

“CAN WE INVITE YOU TO LUNCH?”

“We”, are **Addiscombe Neighbourhood Care Association**, otherwise known as **A.N.C.A.**; a *Registered Charity*, based here at **St. Mildred’s**; where we actually started, as their “Welfare Group”, almost **50 years** ago. We have “Grown and Grown, like Topsy”, ever since; until we finally became Incorporated as a Charity, back in January, 1994; supported and funded by Croydon Council.

Our Aim and Purpose, is to provide practical help, advice, and support; predominantly for the older, frail, or disabled, in our local area; although, anyone over 55 would be welcomed and helped.

Amongst the services we offer, are Escorted Shopping trips, to help independence; Extend Exercise Classes, to help with mobility; and, *the subject of this “Invitation”*, **Lunch Clubs**.

We hold them every **Monday** and **Tuesday** lunchtime, here at St. Mildred’s, where you can come and enjoy a nice hot meal with a dessert, and a cup of tea or coffee, for a reasonable cost. You would have the benefit of friendly company, in a warm, safe, environment; and, better still, no washing up !! We even manage a glass of wine, when it’s somebody’s Birthday !!; and transport can be arranged, for those with mobility problems.

We currently have some vacancies, and would love to encourage more **new Members**; so, if you would be interested in joining us yourself; or you know of a Family member, Friend, or anyone else, who might benefit, or be interested, **please do contact the A.N.C.A. Office**; via Tel:- **8654 5062**, or e-mail to:- info@anca.org.uk, where we look forward to hearing from you.

Norman TILL, Co-ordinator

