

## Morning sessions

Monday	Tuesday	Wednesday	Thursday	Friday
Appointments for council tenants (from North and South Central housing area only) are available. Contact details web page	Appointments for council tenants (North housing area only) are available by appointment only. Contact details on web page	Appointments for council tenants (from South Central housing area only) are available. Contact details on web page	New Addington District: 10am - 12 noon. By appointment only. (East district housing tenants only)	
<b>Hotline: 0800 731 5920 2pm - 7pm</b>	<b>Hotline: 0800 731 5920 3pm - 4.30pm</b>	<b>Hotline: 0800 731 5920 11am - 2pm</b>		<b>Hotline: 0800 731 5920 9am - 12noon</b>
<b>Parchmore Youth &amp; Community Centre:</b> 10am - 1pm. Drop-in.	<b>Whitehorse Practice:</b> 10am - 12 noon. By appointment only	<b>Timebridge Community Centre:</b> 10am - 1pm. Drop-in	<b>Greenside Surgery - Dr Cambridge:</b> 10am - 12pm (fortnightly). By appointment only	
<b>Crystal Centre:</b> Children's disability service. By appointment only 8.30am - 5.30pm	<b>Croydon Churches Housing Association</b> (benefits advice only) by appointment 10am to 1pm	<b>Old Lodge Lane Baptist Church -</b> council tenants only: 10am - 12 noon. (alternate Wednesdays only) Drop in sessions	<b>CESS -</b> Adults with learning/physical disabilities: 10am - 12 noon. By appointment only	
<b>Croydon Churches Housing Association</b> (debt/budget advice only) by appointment 9am to 1pm	<b>CESS -</b> Adults with learning/physical disabilities: 10am - 12 noon. By appointment only		<b>Crystal Centre:</b> children's disability service. By appointment only 8.30am - 1pm	
			<b>Thornton Heath Health Centre:</b> 10am - 12 noon. By appointment only	
			<b>Parchmore Youth &amp; Community Centre:</b> 9.30am - 12 noon. By appointment only	

## Afternoon sessions

Monday	Tuesday	Wednesday	Thursday	Friday
Appointments for council tenants (from North and South Central housing area only) are available. Contact details web page	Appointments for council tenants (North housing area only) are available. Contact details on web page	Appointments for council tenants (from South Central housing area only) are available. Contact details on web page	Appointments for council tenants (from north housing area only) are available 2pm - 4pm. Contact details on web page	
<b>Hotline: 0800 731 5920 2pm - 7pm</b>	<b>Hotline: 0800 731 5920 3pm - 4.30pm</b>	<b>Hotline: 0800 731 5920 11am - 2pm</b>		<b>Hotline: 0800 731 5920 9am - 12noon</b>
<b>Broom Road Practice</b> Dr Win/Dr Singh: 2pm - 4pm (fortnightly). By appointment only	<b>Brigstock Medical Practice:</b> 2pm - 4pm. By appointment only	<b>Carers Information Service:</b> 2.30pm - 4pm. By appointment only 020 8649 5608	<b>South Norwood Hill Medical Centre:</b> 1pm - 3pm. By appointment only	
<b>Family Centre, Lilac House,</b> Lilac Gardens, Shirley: 2pm - 4pm (fortnightly). By appointment only.		<b>New Addington District:</b> 2pm - 4pm. By appointment only. (East district housing tenants only)	<b>Sickle Cell &amp; Thalassaemia Centre:</b> direct referral from the centre to our advisor	
		<b>Eversley Medical Centre:</b> 2pm - 4pm. By appointment only		