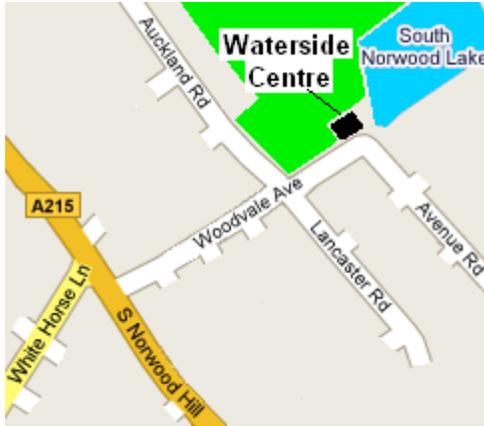


## The Waterside Centre



The Waterside Centre  
26 Avenue Road  
London  
SE25 4DX

The Waterside Centre is managed by Croydon Voluntary Action (CVA). The centre is fully accessible and close to public transport links (including the 410 bus in Auckland Road and the 196 in South Norwood Hill) and we can often arrange lifts.



# Silver Rainbow

**For older lesbians  
and gay men in and  
around Croydon**



Working in partnership with Age UK Croydon

Silver Rainbow is a friendly group of older gay people living in and around Croydon, who meet for lunch twice a month from 12 noon to 2:30.

## Lunch at the Waterside Centre

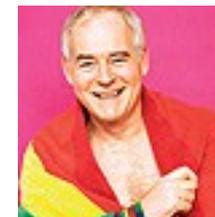
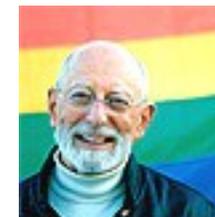
Once a month on a Wednesday we have a cooked lunch, provided by UNACC (Upper Norwood Association for Community Care) at the Waterside Centre, often followed by a leisurely walk around South Norwood Lake – see map on the back page. The two-course lunch costs £4.00 (tea/coffee extra) and needs to be ordered 24 hours in advance.



## Other Venues and Activities

Once a month on a Thursday we have lunch at a variety of other venues in different parts of the Borough. See website for details.

Our partnership with Age UK Croydon (formerly Age Concern Croydon) has included a Healthy Eating programme and a range of future activities are being planned.



Silver Rainbow is a service from Croydon Area Gay Society (CAGS). Membership of CAGS costs £9 a year (for non-earners) and offers:

- monthly newsletter
- theatre and restaurant visits, days out to museums and places of interest
- normally two social events a month in members' homes
- Special Interests Network so members can keep in touch with each other.

*In 2009 and again in 2010 Silver Rainbow came in the top four nationwide in the "Older LGBT" category of the Pink Paper Readers Awards.*

## Contacts for Silver Rainbow

phone: 07594 572 623

e-mail: [info@silverrainbow.org.uk](mailto:info@silverrainbow.org.uk)

website: [www.silverrainbow.org.uk](http://www.silverrainbow.org.uk) (featuring a video of Silver Rainbow members talking about the group).

post: % CAGS, 3 Thanescroft Gardens, Croydon CR0 5JR



[www.ageuk.org.uk/croydon](http://www.ageuk.org.uk/croydon)



[www.cags.org.uk](http://www.cags.org.uk)