

UPDATE / NEWS

Well – as the evenings are drawing in, we find Covid 19 cases rising. At least we understand more about the virus than six months ago – and we are still learning.

Some people are understandably feeling downhearted at this turn of events. Winter and Christmas, however, do not need to be written off! We'll just have to adapt, be resourceful and find ways of enjoying ourselves as much as possible in our own individual circumstances. If you have any good – or even not so good but funny – ideas about how we can keep up our spirits – do please email them to me!

A statement from Croydon's Director of public health

[Click here](#) for this short statement. Rachel Flowers, Croydon's Director of Public Health, has raised Croydon's risk level from low to medium.

Research findings on the early Covid 19 symptoms

The Covid 19 King's study has been accumulating and researching data from volunteer members of the public. There are differences in the symptoms reported by three different age groups: children and young people under the age of 18; adults 18-65; older adults 65+. They have published a short article on the [early symptoms of Covid 19](#).

Covid 19 – developing a vaccine

This is a [link to a 30 minute podcast](#) on the BBC Sounds site, *Sarah Gilbert on developing a vaccine for Covid-19*. Sarah Gilbert is leading a team of researchers based in Oxford. She tells how they have been able to progress through the long process of producing a new vaccine relatively quickly. It is because they had already developed a method of producing vaccines for other Coronaviruses (eg MERS) and are able to adapt this method for Covid 19. Sarah Gilbert describes the carefully controlled process of producing a safe and then authorised vaccine.

Five Covid 19 vaccine myths debunked

The internet has brought us some brilliant benefits. Unfortunately the way some people use it means it can all too easily be used to spread falsehoods. This link debunks [five theories](#) about Covid 19 vaccinations that have been circulating.

The new rules from 23 September 2020

A handy resumé on the [BBC site](#)

More detail from the [gov.uk site](#)

Virtual dog show – deadline for entries is 6pm on Friday 2 October

Peony Court, Addiscombe Road (opposite end of Canning Road) – are running a virtual dog show. Categories are: Prettiest pooch; Handsomest hound; The dog the judges most want to take home.

Please see attached poster (jpeg).

Two events in South Norwood – Saturday 3 October

Two regular monthly events within a five minute walk of each other are being held in South Norwood next Saturday:

Socially distanced table top sale with one-way system in Stanley Halls from 12.00 to 4.00 pm. [Click here](#) for information.

Open air Clocktower Market with stalls from local South Norwood makers and traders from 10.00 am to 4.00 pm. See attached poster (jpeg).

For those of us who are averagely fit, these two events are an easy walk through Addiscombe Railway Park, Brickfields Meadow and South Norwood Recreation Ground with some road walking (approx 2 miles).

HINTS AND TIPS

Why do different people have different ways of viewing Covid 19? Part 2

Last week (19.9.20) we included an item on how people's attitude to risk influences their reaction to Covid 19 and subsequent behaviour. It is not the only factor.

Two other words we have frequently been hearing, connected with attitudes and behaviour in response to Covid 19, are *community* and *individualism*. In his speech on Tuesday 22 September 2020, the Prime Minister said, '*Never in our history has our collective destiny and our collective health depended so completely on our individual behaviour*'.

Here's a link to a 2 ½ minute [podcast](#) *Individualism – is it a good or bad thing?* Although one or two of the theories on the development of individualism and communal thinking may raise eyebrows for some people, they are intended to try and track back how ideas have evolved. A stimulus for our own individual thoughts?

Winter flowering plants for pollinators in towns

Autumn is definitely beginning to arrive. Although our streets and gardens are no longer alive with butterflies and various flying insects, there are some pollinators that remain active during the winter months in urban areas that are warmer than surrounding countryside. [Click here](#) for information on which insects you might see

flying around and what plants we can put in pots, window boxes or gardens to provide them with the nectar they need to survive the winter.

TO MAKE YOU SMILE

Ducks' rule of six (see attached jpeg)

A DIY tip on how to store your important documents (see attached mpeg)

RELIABLE SOURCES OF ACCURATE INFORMATION

Croydon Council services

<https://www.croydon.gov.uk/healthsocial/phealth/coronavirus-information/service-updates>

National – furlough, self-employed, small businesses, benefits, housing

<https://www.gov.uk/coronavirus>

Job Help

<https://jobhelp.campaign.gov.uk/>

[Seven key tips for finding a job](#)

Health

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Money

<https://www.moneyadviceservice.org.uk/en>

<https://www.turn2us.org.uk/>

<https://www.fca.org.uk/>

Citizens Advice

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

Shelter

https://england.shelter.org.uk/housing_advice/coronavirus