

UPDATE / NEWS

Hi

I hope you are keeping well in every way.

As Covid 19 cases are rising, we are being urged to stick to the rule of six when socialising indoors and out and to observe social distancing. [Click here](#) for a message from the Council Leader, Tony Newman.

How to tell the difference between cold and Covid 19 symptoms

We're all being asked to be aware of Covid 19 symptoms and self-isolate until the results of a test, if we suspect we may be experiencing symptoms. How can we tell the difference between the symptoms of Covid 19, the common cold and flu?

[Click here](#) for a 1 ½ minute video from Professor Tim Spector explaining the difference between cold and Covid 19 symptoms. This was recorded in mid September.

There is also useful information on the [BBC site](#) about how to tell the difference between cold, flu and Covid 19.

For information from Abraham the Pharmacist on how to relieve the symptoms of a common cold – [click here](#)

For some weird and wonderful cold remedies, [click here](#). I personally will be opting out of going to bed in wet socks!

Food Banks in Croydon

There is still a high demand from people needing the assistance of Food Banks. This is likely to continue. Our nearest one is in Addiscombe, based at St Mildred's Church Centre, Bingham Road CR0 7EB.

Donations of fresh and dried goods, personal hygiene items, bathroom and kitchen cleaning items can be dropped off Tuesday to Saturday, 10 - 2pm.

For more information on Addiscombe Food Bank, please [click here](#).

Parakeets

Is it possible not to notice the raucous squadrons of parakeets that fly about our streets from time to time? They have the ability to cling to the church tower in a way

unequaled by other birds round here. See attached jpeg. A lot of them appear to nest in Lloyd Park. At sunset roosting time there is a busy, noisy, fussy affair.

Parakeets are members of the parrot family. They are not native to these islands and there are various theories as to how they came to live here in the wild. There are also varying views as to whether or not parakeets are detrimental to other birds. [Wikipedia](#) addresses both these two issues. The RSPB also has [interesting information](#).

For a brief close up video of parakeets in London, [click here](#) and a longer video [here](#). [Croydon parakeets](#) stop filming for a website.

HINTS AND TIPS

Recipes to help boost the immune system against colds and other viruses

Since eating well, which doesn't need to be expensive, is one of the ways we can best protect our health – I thought I'd include links to one or two recipes. When researching cold remedies, I noticed that onion and garlic feature a fair bit. Zinc is also thought by some to be as significant as Vitamin C. [Click here](#) for information on sources of zinc in diet.

Information on [cooking on a budget](#) from the British Dietetic Association (the Association of UK Dietitians)

[Onion soup](#) This recipe uses sage. Some recipes use thyme or no herb at all.

[Garlic soup](#)

[Mushroom brunch](#) If you find kale a step too far along the green veg route, you can swap in less chewy spinach.

[Spinach, sweet potato and lentil dahl](#)

[Cashew chicken stir fry](#) Nuts can be expensive. Look for shops, actual or online, that sell broken nuts in larger quantities – it's a cheaper way of buying nuts.

TO MAKE YOU SMILE

Smidge the cockatiel

Talking of the parrot family – [click here](#) to see how Smidge the cockatiel was returned home

Found in Littleheath Woods

If you keep your eyes open while walking through the five woods that merge and make up Littleheath Woods, you can come across some items that have been left for people to find. Is it the little people leaving them? Please see attached jpeg of a stone seen a week ago.

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