

## UPDATE / NEWS

Well, as of today we are at Level 2 (High Alert) in the three tier Covid 19 alert system. The main basic change is that we can no longer mix socially in any indoor setting with people outside our household, unless we are in a support bubble or serious relationship. For a 1½ minute simple video guide on what this means, [click here](#). For more detailed Government information, [click here](#).

There are things we know and things we don't know. At the moment we know that Covid 19 in its current virulent form will be with us for at least a number of months. What we don't know is how it may mutate over time and how effectively we'll find ways of managing it. I thought this might be a good time to try and put Covid 19 into historical perspective in *How do pandemics end?*

### How do pandemics end?

The BBC site has produced an interesting account of different pandemics through the ages. It puts the current Covid 19 into perspective and shows the different measures that have been used in the past to control pandemics. [Click here](#) to view.

### Meeting friends and family outside

We may not be able to meet with friends or relatives socially inside our homes or other indoor venues but most of us are able to meet them outside. Up to six people of course.

Those of us who are lucky enough to have access to a garden can meet friends there. A source of heat is a BBQ! We don't have to cook on it. We can just use it as an outdoor heater. If we do fancy some comfort food, we try those old camp fire favourites: toasted marshmallows, baked potatoes and baked apples.

A walk or bike ride are great ways to see people, stay socially distanced and stay warm.

Here are just one or two ideas of places to meet people in the Croydon area. Depending on your fitness level, they are all walkable from our two roads. You can walk from some of them to another. As well as the links given here, Wikipedia sometimes has some interesting information.

[Addiscombe Railway Park](#) – they also have a [Facebook](#) page.

[Lloyd Park](#) – you may catch the saxophonist who regularly busks there.

[Shirley Hills](#) – also known as Addington Hills. Lots of interconnecting paths. Viewpoint from which on a clear day you can see for miles.

[Croham Hurst](#) – view several miles to the south across Purley and beyond.

[Littleheath Woods](#) – lots of different walks in the four woods that make up Littleheath Woods.

[Heathfield](#) - Ecology Centre

[Selsdon Woods](#) – many walks through these large woods.

[South Norwood Country Park](#) – at times it feels as though you're in the middle of the country.

[Wandle Park](#) – where the River Wandle is first visible above ground.

[Addiscombe Recreation Ground](#) – also known as Bingham Road Recreation Ground.

[Ashburton Park](#) – the building was for a few years known as the nunnery.

[Park Hill Park & Recreation Ground](#) – see the old water tower.

For a map of the labelled cycle routes we see around Croydon [click here](#)

## **Scam – fraudulent delivery card with premium rate phone number**

Please see attached jpeg. This scam involves a card being delivered through a person's letter box. It makes out that they have missed a delivery and gives a premium phone number for people to ring. (090 .... ). This incurs a very high cost and you would be unlikely to get it reimbursed by your phone provider if you chose to phone it.

## **What if a parcel delivery doesn't arrive?**

For information on what you can do if an item you have ordered is not delivered, [click here](#) for information from the Citizens Advice site. Essentially it's the seller's responsibility to ensure the goods arrive safely to you. If they don't, it's the seller's responsibility to chase the courier, not yours. The law treats deliveries by Royal Mail slightly differently from other couriers.

## **HINTS AND TIPS**

### **Staying fairly warm outside**

As we've already seen, a BBQ can double up as an outside heater for those who prefer to sit around and chat. Otherwise a walk or bike ride are great ways to meet up, be socially distanced and stay warm.

Wearing the right clothes makes all the difference. The old saying is – there's no such thing as bad weather, just bad clothes.

Any walker or cyclist will know that the best way to stay warm is to wear three or four lighter layers rather than one or two thicker layers. The type of fabric makes a difference. Breathable fabric means we can sweat without the sweat making us too much colder! There are all kinds of manmade thermal fabrics nowadays. Wool remains one of the warmest fabrics around but is slow to dry if it gets wet. Lightweight down is warm but check how waterproof the jacket is. For information on wrapping up warmly, even if it's only meeting up in a garden or park, see [here](#) and [here](#).

## TO MAKE YOU SMILE

Seen in a restaurant in South Croydon. Please see attached jpeg.

## 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](https://england.shelter.org.uk/housing_advice/coronavirus)