

## UPDATE / NEWS

Autumn has definitely arrived and the clocks go back tonight. With the gloomy news around Covid 19, I thought I'd try and find some news that is recent and relatively good.

### **Covid 19 – some good news about reinfection rates**

The Covid Symptom Study team have produced an article, *Are you immune to COVID-19? And could you catch it again? Here's what we know so far*. It contains some good news. After six months of Covid 19, confirmed re-infection rates remain extremely small.

[Click here](#) for the article including interesting information on how our immune systems work. It's not just antibodies!

### **Addiscombe Railway Park – half-term week and Halloween**

If you go down to Addiscombe Railway Park this week ..... look out for spooky things!

#### **Half-term from Monday 26 October 2020**

Count up the number of pumpkin pictures you can find in the Railway Park. See which spine-tingling questions you can answer.

#### **Zoom Halloween - Saturday 31 October 2020, 4 – 5 pm**

Dress up for a spooky quiz and ghostly stories at this online [Zoom Halloween](#) event.

For more information, see the attached poster, which is also displayed in Addiscombe Railway Park.

### **Free activities for children and young people in Croydon this October half-term**

Croydon Council's youth service is offering a programme of free activities for children and young people till the end of October. These include:

Football sessions outdoors for different ages; online fitness exercise; online house games for children aged 8 – 12; *Young Croydon Got Talent* event; workshops on goal setting and stress management; online five-day festival called *Turn Passion to Profit* for budding entrepreneurs; Black History Month events: *Heroes, Sheroes and Nonos*

and *Heavy is the Head that Wears the Crown* exploring mental health; how to use sign language; interview with young author, Faridah Abike-Lyimide; Halloween themed art session for children aged 8 – 12.

To find out more and to book activities visit [www.youngcroydon.org.uk](http://www.youngcroydon.org.uk)

## HINTS AND TIPS

### Fungi in autumn

This is the time of year where we see more visible fungi above ground than at any other. In fact fungi are there the whole of the year underground as a network of filaments. What we see above ground is actually the fruit.

Here is a link to [some of the fungi](#) that can be seen in the UK. Attached is a jpeg of a few fungi seen locally in the last month or so. I'm no fungi expert so have not tried to identify them as some fungi look very much like others to me.

Talking of which - some books and sites will give advice on what fungi people can and cannot pick to eat. Be very careful if you don't fully know what you're doing. The advice I grew up with was – don't touch, pick or eat mushrooms or toadstools you see. They may be poisonous. The ones that look like mushrooms you buy in the shop can be the most dangerous. Unless you're out with someone with years of experience, don't pick fungi.

See the Grow Wild link below for interesting information on why fungi are essential to the planet, as well as being of practical importance to humans – '*Fizzy drinks, wine, beer, cheese, bread, Marmite, Quorn, coffee and chocolate all depend on fungi. Fungal mycelium is also being used to create environmentally-friendly leather, packaging and even building materials.*' In addition fungi specialist and enthusiast, Paul Stamets, tells us (without irony) how fungi can save the world! Good to have some 'saving the world' stories at present!

<https://www.growwilduk.com/fungi/why-fungi-matter>

### Three easy mushroom recipes

[Mushroom Brunch](#) – if you're not keen on kale, you could substitute in spinach.

[Mushroom Jacket Potatoes](#)

[Garlicky Mushroom Pasta](#)

## TO MAKE YOU SMILE

See attached jpeg of the Mushroom at the party (sorry!)

[The Fungus song](#)

## **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)