

UPDATE / NEWS

Well, here we are again in lockdown. I don't know anyone who wanted to be in this position. This lockdown, however, is less restrictive than the last but no less serious.

How this second lockdown is different

Here's a [handy guide](#) on how this lockdown is different from the first.

And here's another [handy summary](#) of everything we *can* do.

Those who live alone can still form a support bubble with one other household. [Click here](#) for Government guidance on what that means.

[Click here](#) for the full Government guidance.

'Together we'll get through this - Positive steps for the road ahead'

Covid 19 study have a summary of the current situation. They also offer positive things we can do to lower our risk of infection and maintain our well-being during the lockdown. [Click here](#).

Locally in the East Croydon / Addiscombe area

Thank you to Councillor Sean Fitzsimons for organising a meeting to see what local people might like to do to help those most negatively impacted by Covid 19. He was contacted by Croydon Voluntary Action (CVA). The following ideas are at very early stages of considering practical aspects: Quick Tin project (yellow bins around the area in which it would be easy for people without cars to donate items); reactivating the St Mildred's (or other) food donation collection centre; supporting people experiencing loneliness and isolation; community cooking project.

When there is more information available, possibly in two or three weeks time, I'll keep you updated. I'll pass on any information on how you might contribute in one way or another, if you would like.

Information from Croydon Council's Chief Executive, Katherine Kerswell

With national restrictions in place for the next four weeks, I want to update you on the steps we are taking to provide vital services and ask for your support in keeping Croydon safe.

At this time, our absolute priority is to keep delivering those priority services on which residents - particularly our most vulnerable - depend, with the minimum of disruption.

As before, this will mean an organisational shift as we harness resources to meet our communities' needs. We will have to pause doing some things and change the way we do others to keep everyone safe. Our [Covid-19 webpages](#) will be constantly updated with the latest information on all our services.

*We are here for residents that need help or are experiencing hardship, working with our voluntary sector partners to get them the support they need. Information and advice is available on our [webpages](#). **Anyone needing urgent help as a result of Covid-19 can call our helpline 020 8604 7787, Monday – Friday 9am-4pm.***

Clinically extremely vulnerable (CEV) residents

CEV residents must register with the government's national shielding service [here](#) if they need:

- support getting access to priority supermarket deliveries*
- someone to contact them about any local support that's available*

From this, we will be advised of anyone that needs help and support locally and make contact with them. Residents already registered for a priority supermarket delivery will keep this and do not need to register unless they need other support.

CEV residents that need urgent help from the council, or support in registering on the government website, should contact our Covid19 helpline on 020 8604 7787, Monday- Friday 9am-4pm or use our [contact form](#)

Support for businesses

The Government has [announced a series of economic support measures](#) to further support businesses, and we await confirmation of Croydon's grant funding allocation. Business premises forced to close could receive grants of up to £3,000 a month under the Local Restrictions Support Grant and a new discretionary grant scheme will be available to local authorities. We will have all the updated information on our [business support webpages](#) as soon as it is available - in the meantime businesses can [register their interest for support on our website](#).

Schools

Schools, colleges and universities remain open and we continue to work closely with them to help staff and pupils stay safe. Schools will keep parents and carers informed about any Covid-19 cases and let them know what they need to do. We've updated our guidance for parents and carers and [you can find this here](#).

HINTS AND TIPS

How to work from home without it taking over your home!

A number of us now find ourselves working from home. This has potential advantages and disadvantages. One of the advantages is a gain in time no longer spent commuting. One of the disadvantages is that our homes might feel less like places of relaxation or even refuge.

Alison from Canning Road and I are offering the following ideas that we find helpful. Considering the matter – it boils down to setting clear boundaries. These can be time, physical and mental boundaries.

*Consider having a set start and end time to your work.

*Have a routine of doing the same thing when you finish work to signify to your brain that it's time to switch off. For me it's some form of exercise - ranging from stretching to Pilates to going for a walk or even the occasional run!

*Hide away work related equipment and things. I hide the work computer and bag with work things behind the sofa. Out of sight, out of mind.

*If you have a lot of paper, review how much do you really need? Could some or all of it be stored on your computer, shared work drive or a memory stick?

*Create separate zones in your home so you have a separate zone / space for working from that which you relax in - psychologically I've found it really helps.

*Lighting – if you have a choice, don't use the exact same lighting for work as for relaxing. I use the ceiling light for work, then softer side lights for relaxation. Or you can use a different combination of lights for work and relaxing.

*Find little ways to make the space you live / relax in extra pleasant - I've found that plants and flowers make a difference.

TO MAKE YOU SMILE

Calendar 2021 – please see attached jpeg

IKEA advert – please 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://new.croydon.gov.uk/coronavirus-information-and-service-updates/get-help-your-council-tax-and-benefits>
<https://www.moneyadvice.service.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