

UPDATE / NEWS

Decline in Covid 19 cases is flattening

[Click here](#) for the latest (20 November 2020) update in the number of cases from the Covid 19 study. The study estimates that the infection rate (R rate) London is currently 1. That is – one infected person infects just one other person.

Could you donate blood plasma to help treat Covid 19 patients?

If you have had Covid 19, either with symptoms or a positive test without symptoms, would you consider donating some blood plasma potentially to help treat people who are ill? As the NHS site explains, '*Blood plasma is a yellowish liquid that makes up about half your blood volume. After a virus, your plasma contains antibodies that help fight infection.*'

<https://www.nhsbt.nhs.uk/how-you-can-help/convalescent-plasma-clinical-trial/>

NHS in Croydon still here for everyone

[Click here](#) for information on how the NHS in Croydon is still functioning for all people, whether or not they have Covid 19.

Royal Mail scam

People are receiving an email that claims to be from the Royal Mail telling them that they need to pay a £1.99 redelivery fee and requesting bank details via a link on the email. Due to the style of the email and the small sum that is being requested this scam is unfortunately proving to be successful. Pre-Christmas spending online is likely to make more people vulnerable to being scammed in this way. (From Citizens Advice)

Some good news – The Alma

Gordon got in contact a little while ago with the owners of The Alma, Star Pubs, to pass on residents' concerns about squatters. He has received back the following reply,

'... we gained possession back yesterday and the squatters were evicted. This has been a matter going through the courts for some time, so its great news all round.

The plan is to re-open the pub with a new tenant as soon as practical – depending of course on the state of the pub inside, and any other lockdown measures that may be introduced/extended.'

Zoom Dog event – today (Saturday 21 November) at 4.00 pm

We only just received information on this Zoom Dog event this morning. It is organised by Friends of Addiscombe Railway Park.

You don't need a pet to join us, it is FREE so have ago.

Join in to celebrate our canine friends, especially those who visit the park with their owners/best friends. We will have a dog quiz, a dog event with different categories - waggiest tale, best trick, most obedient, looks most like it's owner - and some people who work with and care for dogs giving hints and tips from their experience for the best health and wellbeing for dogs. An event for all the family:

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You are invited to a Zoom meeting.

When: Nov 21, 2020 04:00 PM London

Register in advance for this meeting:

<https://us02web.zoom.us/j/7561763344882513121454964627031>

After registering, you will receive a confirmation email containing information about joining the meeting.

See the poster on Facebook

<https://www.facebook.com/AddiscombePark/photos/a.756176334488251/3121454964627031/>

Croydon Art Society Annual Exhibition

16 November 2020 – 16 January 2021

This exhibition is being held online at <http://www.croydonartsociety.org/>

HINTS AND TIPS

How to cope with the ups and downs of life

Although this short video addresses an American audience on how to cope with the strong emotions around the presidential election and its result, it could apply to life in general.

<https://www.bbc.co.uk/news/av/election-us-2020-54922925>

TO MAKE YOU SMILE

Day six of quarantine – see attached jpeg

Do not touch your face! – see attached jpeg

RELIABLE SOURCES OF ACCURATE INFORMATION

Croydon Council services

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

Test and Trace and If you have to self-isolate in Croydon

<https://new.croydon.gov.uk/coronavirus-information-and-service-updates/test-and-trace-keeping-croydon-safe/keeping-croydon-safe>

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.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