

UPDATE / NEWS

Hi. I hope everyone's keeping as well as possible. Providing the measures are passed in Parliament this week, we will be returning to a different tier-ed system to help keep down the infection rate of Covid 19. A five-day relaxation of some of the rules will be in place over Christmas.

Different people choose to have a different view and response to Covid 19. Our very strict Zumba teacher, Enrico, gave one view on Zoom this morning; he was completely serious. *'Aren't we lucky we're only in Tier 2. We'll all have to behave ourselves so we don't go up to Tier 3.'*

The new Tier 2 rules

From Wednesday 2 December, providing it is passed in Parliament, Croydon and the rest of London will be in the new Tier 2. This is different from the previous Tier 2. [Click here](#) to see what we will and will not be able to do.

Germ Defence – practical ways to reduce the risk of infecting someone with Covid 19 in your home

With the possibility of up to a maximum of three households forming a bubble over the Christmas period, the [Germ Defence](#) website offers practical ideas to make your home as safe as possible and protect you and your visitors from Coronavirus.

'Coronavirus is most infectious before people start to have any symptoms. This means that someone can have the virus without knowing about it, and easily pass it on. They won't be aware of the risk to other people until it's too late.'

Coming in to contact with fewer people helps reduce the risk. But when you're with someone, you could pick up germs from anyone they have met in the last 2 weeks. And anyone that those people met in the last 2 weeks too! Have they ALL been careful to avoid catching the virus?'

Covid 19 – guidance for parents

[Click here](#) for guidance to parents on when children can still go to school, nursery or childminder, even when they have symptoms of other viruses.

Carers eligible for free flu vaccine

Information from Croydon Council's Adults, Health and Integration team

'If you are the main carer for an elderly or disabled person, or you're receiving a Carer's Allowance, you are eligible for a free flu vaccine. If this applies to you, speak to your GP or local pharmacist about getting your flu vaccine.'

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of flu and its complications.

During the pandemic, changes have been made to make sure it's safe for you to have the flu vaccine at GP surgeries and pharmacies. These changes include social distancing, hand washing and wearing protective equipment. It's important to go to your appointments unless you or someone you live with has symptoms of coronavirus.

Find out more about who is eligible to get the free flu vaccine, visit:
<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Croydon Creative Directory

To find out about the amazing variety of creative businesses in Croydon, you may like to take a look at the Croydon Creative Directory. If you have a creative business and are not already aware of the directory, you can list your business on the site.

To give just a few examples: White Hut Studios (music); Fluid4Sight photography; The 3rd Man (stencil and spray paint artist); GT Videography; Oval Tavern (live music); Rene Chan Diaz Photography; Kids Be Happy (crafts for children and all ages) and lots more eg jewellery.

Click on the interactive map to see what's near us and around the borough

<https://www.croydoncreativedirectory.com/>

Box Park Croydon

Box Park at East Croydon has a [number of semi-outdoor events](#) coming up, starting this week: Champion's League match; Kids' Christmas Film Club films; Festive Jazz Club; Christmas Film Club films for all ages; Quizmas; blues and jazz; Winter Beerfest (presumably with a substantial meal!).

HINTS AND TIPS

How to survive winter restrictions from those who've done it

[Click here](#) for a variety of different tips from a variety of people.

TO MAKE YOU SMILE

Letter from Monti to the Prime Minister and his reply. Please see attached pdf.

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