



As we enter a second lockdown, please do keep in touch; we would like to know what your plans are and if we can help.

Further clarification on the new restrictions can be found here:

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

CROYDON
www.croydon.gov.uk

Croydon Council's Coronavirus (COVID-19) information :

<https://news.croydon.gov.uk/covid-19-update-a-message-from-councillor-hamida-ali-leader-of-the-council-2/>

Director of Public Health for Croydon, Rachel Flowers outlines the borough's current Covid-19 alert level and what it means for residents in this short video:

<https://www.youtube.com/watch?v=KYpMbDsNi54&feature=youtu.be>

Funding



Local Giving £1m Coronavirus Fund

The 2nd stage of funding is open for applications until 9th Nov.

Localgiving Foundation is delighted to announce that it is accepting applications for £1m grant funding available for organisations who are delivering critical work to support people and communities in response to COVID-19. <https://localgiving.org/about/covid-fund?locale=en>

Funding

Funding



The Morrisons Foundation

The Morrisons Foundation awards grant funding for charity projects which make a positive difference in local communities. In the main grants are available to fully fund projects up to £25,000. <https://www.morrisonsfoundation.com/grant-funding-request/>

Croydon Trading Standards

The latest Information Network Bulletin 2020/21 can be found here:

<https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:e68be941-a7e0-4524-816e-4328ea4392a1>

You can join friends against scams today:
www.friendsagainstscams.org.uk

Join the FASathon by completing the Friends Against Scams awareness session:
www.friendsagainstscams.org.uk



trading.standards@croydon.gov.uk

The Mayor of London's Volunteering Awards

Nominations must be made by 9th November:
<https://www.london.gov.uk/what-we-do/volunteering/support-third-sector-organisations/mayor-londons-volunteering-awards>



For people unable to leave their house, Boots offer a visiting opticians service. Telephone: 0333 271 3233



The following is a case study of one of our clients here at CNCA:

We have a lady client, J, aged 70 who lives alone. She has Parkinsons, and this has had a huge impact on her previously independent lifestyle as a former artist and film director.

Although she now relies on a carer and distant family for help, she was determined that the condition would not stop her from being creative and enjoying her life. With support, she joined an art therapy group in Croydon, The Room Upstairs. This was a place where she could continue to explore her artistic abilities in the company of like-minded people. It gave her a sense of calm and proportion. Although she had tremors to deal with, this did not stop her from experimenting with watercolours and producing some beautiful piece of art.

When the lockdown came, the group had to adapt, and the contact continued via zoom calls. J found it hard to participate at times, but it was good to link up with others, and at one point, the group got together in a park for a socially-distanced social.

J also keeps herself supple by practising her piano scales, and she finds listening to classical music improves her mood and makes her feel calm. She also does chair-based yoga over zoom to maintain her flexibility.

We have been in touch with J throughout the lockdown, once or twice a week. Even though life for J can be a challenge, she is a joy to speak with and an inspiration to anyone having to deal with the double whammy of a medical condition during lockdown. J, we can all take a leaf out of your book!

Yesterday we attended a virtual coffee morning hosted by ARCC: **Myths around Flu**. You can see a [summary here](#)

CNCA's DBS Service

As we enter the November lockdown and the new restrictions begin, please be advised that our DBS Service is still running. We will be collecting postal applications weekly so they may take slightly longer than usual.

REMEMBRANCE DAY 2020

For the first time, the annual Remembrance Sunday service at the Cenotaph in Whitehall, London will be a closed ceremony due to the coronavirus pandemic. The Croydon Service of Remembrance will be replaced by a pre-recorded service, available on Sunday 8 November on [the Mayor's Facebook page](#) and [YouTube channel](#).



Find the latest news from CVA here: <https://mailchi.mp/cvalive.org.uk/keep-connected-covid19update2-october2020-1158948?e=0a1eccc1ef>



Connect Well combating loneliness and isolation Living Well is currently able to offer FREE mental health and wellbeing service for any Londoners from the BAME and LGBT communities who are over 18 and struggling with the impact of the COVID restrictions, e.g. suffering from anxiety, loneliness or isolation. <https://www.livingwellcic.com/>

The CNCA bulletin is issued every 2 weeks. If you've been forwarded this and would like to subscribe, please contact us at info@cnca.org.uk.

Please keep sharing your good news stories and any updates/issues info@cnca.org.uk