



## CROYDON EPILEPSY SOCIETY

### Autumn 2021 NEWSLETTER

We hope our members have been keeping well since our last newsletter and enjoyed their summer holidays and outings.

As restrictions around COVID 19 gradually become more relaxed and we see more leisure facilities opening including cinemas and theatres and more overseas countries becoming available to visit again we should still be careful especially in crowded places.

The society urges all our members to get vaccinated as soon as possible if you have not already done so to protect yourself and others.

I actually went to the theatre for the first time last week at Wimbledon theatre. The theatre was strict that you had to show a covid pass to state that you had received both covid jabs before you were allowed in. These passes can be downloaded from the NHS web site using your phone.



We hope the **booster jabs** being offered this Autumn will help us through the winter period without any more COVID spikes or increased hospitalisations.

On the ITV London news on Monday 11th October it was announced that Purley swimming pool and leisure centre would be closed permanently. Cllr Oliver Lewis stated that the pool needed major repairs before it could reopen.

Swimming is on the national school curriculum and the society feels local facilities should be provided to meet these requirements. The nearest pool open will be at Waddon, a journey of around 50 minutes by bus. There is a survey that you can take part in if you may be affected by its closure.

<https://www.getinvolved.croydon.gov.uk/closure-purleylec>

The council also announced that it also needed to make cuts of £38 million to the budget despite receiving £150 million of government loans over the last 12 months. As well as the closure of Purley pool these cuts include £12m of adult social care

services to be transferred to the NHS, three-quarters of Neighbourhood Safety Officer jobs to be axed and Council Tax benefits worth up to £25 per week to be cut.

There has also been a recent government announcement that the £20-per-week uplift to universal credit will be ending.

All these cuts to benefits put hardship on our members and we are all also facing **higher energy bills** this winter as gas prices have soared over the last few weeks due to a shortage of supply. There have also been delays in delivering to shops especially supermarkets due to the shortage of lorry drivers. This has recently also affected deliveries to petrol stations with queues at many garages across London boroughs including Croydon. However, the petrol situation seems to have eased at least for now.

Ending on a more positive note the National Trust and other national gardens are open to the public again so take the opportunity to experience a relaxing Autumn walk and take in all the lovely colours of the trees and shrubs around you.

## COVID19 Update

The Croydon Clocktower is still providing a **lateral flow test centre**.

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

There is more information about epilepsy and COVID-19 on the Epilepsy Action website at [epilepsy.org.uk/COVID](https://epilepsy.org.uk/COVID)

Visit [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus) and

<https://new.croydon.gov.uk/coronavirus-information-and-service-updates> for the latest government guidance and local information

<https://www.covid19.nhs.uk/>

## AGM 2021



**Our AGM took place** on Thursday 20th May 2021 as a zoom meeting this year just before **National Epilepsy Week**. It was decided due to covid 19 and continued restrictions not to hold it in person.

Prof Frank Besag, our President was unable to attend but our Vice-President Yvonne Green was in attendance.

**National Epilepsy Week** was from the 24th to 30th May 2021 .

There was a display at Croydon Library with leaflets to take away and books for loan on the subject.

## Council Mayor Referendum

On the 7th October the Referendum on whether to have a directly elected mayor in Croydon took place. The result was announced the following day that the majority voted to have a **directly elected mayor**. The turnout was 21% and four out of five

voters opted for the mayoral model rather than the current leader and cabinet system. The election for the borough's first elected mayor will take place on the 5th May 2022 alongside the local council elections. At present there are directly elected mayors in four other London Boroughs. These being Hackney, Lewisham, Newham and Tower Hamlets all under labour control.

## Black History Month



October is also Black History Month.

<https://www.blackhistorymonth.org.uk/>

Black History Month gives us a month to celebrate the contributions and achievements of black people throughout the world and to educate all on black history. There are various displays and events in Croydon Libraries during October to celebrate Black History Month. The theme for this year is **Proud2Be**.

### If you need urgent support

If you are living on your own and are still unable to get out to buy food and other essentials like medications please contact local help agencies such as Help the Aged or your local council. See below for Croydon Council details.

The council continues to have a dedicated helpline for residents who need urgent help as a result of COVID-19. Call: 020 8604 7787 – open Monday to Friday, 9am to 4pm. <https://www.croydon.gov.uk/public/coronavirus-covid-19-message-us>

Other information can be found on-line:

<https://www.epilepsy.org.uk/info/daily-life/safety/coronavirus-covid-19>

### Useful Information:

#### **Croydon Health Services Neurology Department:**

**If you are a local support group requesting more information on epilepsy** and for a speaker to come to your group to talk about epilepsy and the support available to those who may have epilepsy or be a carer for someone who has the condition - please email for general enquiries [ch-trspecialistmedicine1@nhs.net](mailto:ch-trspecialistmedicine1@nhs.net).

**There is an Epilepsy Nurse Hotline/Advice telephone number which is open to GP's and patients (who are already known to the Epilepsy Service).** If you are registered with a Croydon GP and under the care of a Croydon Neurologist and feel this service would benefit you please discuss with your GP who would be able to provide you with the telephone number.

**The Croydon Carers Support Centre drop in**, in George Street, Croydon is now back open Monday to Friday, 10am-1pm for drop-in advice and information. You can also call our helpline on 020 8649 9339, option 1 or email [enquiries@carersinfo.org.uk](mailto:enquiries@carersinfo.org.uk).

<https://www.whitgiftfoundation.co.uk/content/carers-support-centre>

**Croydon Age UK** offer a range of practical home services for everyone living in the local area, especially those in later life. Please contact them on 0208 683 7120, or email [homeservices@ageukcroydon.org.uk](mailto:homeservices@ageukcroydon.org.uk), [www.ageukcroydon.org.uk](http://www.ageukcroydon.org.uk)  
There is also a Helpline no 0208 686 0066 for general enquiries.

## Croydon Epilepsy Society Contact Details

**Please contact us by phone or email.** Please leave a message on our mobile no or text us and we will get back to you asap.

**Further information can be provided by the following national support groups if you need urgent support:**

Epilepsy Action [www.epilepsy.org.uk](http://www.epilepsy.org.uk) Helpline 0808 800 5050  
Epilepsy Society [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk) Helpline 01494 60140

Address: 64 Newlands Woods, Bardolph Avenue, Croydon CRO 9JR.  
Mobile No: 07926372711

Email Address: [croydonepilepsy@gmail.com](mailto:croydonepilepsy@gmail.com)  
Visit our Facebook Page: [www.facebook.com/croydonepilepsysociety](http://www.facebook.com/croydonepilepsysociety)  
Web Site: [www.croydonepilepsysociety.org](http://www.croydonepilepsysociety.org)  
Twitter: Follow us @croydonepilepsy ( <https://twitter.com/croydonepilepsy> )

### Elected Members

#### President

Professor F M C Besag, FRCP, FRCPsych, FRCPCH.

#### Vice - Presidents

Yvonne Green

#### Honorary Vice - Presidents

Dr P B C Fenwick  
Mrs Rosemary Aselford  
Mrs Rita Richmond

#### Committee Members

Mr Marco Valencia Chairman  
Ms Dawn Gibbons Honorary Secretary  
Mr Richard Ruffell Honorary Treasurer

***Don't Hesitate Vaccinate Now!***

***Get ready for your booster jab !***

