

Update 27th June

Dear Member

*The wild flowers we planted at Durham Close are in their second year, and we can enjoy looking to see which flowers pop up next!*

*Lots of news items today, from apps to e-scooters, from Tilgate to foreign travel. Hope there are some items of interest for everyone.*



**Tilgate Park** volunteer gardeners: Wednesday 30<sup>th</sup> June in the Walled Garden, meeting in the arena.

**Tilgate Parkrun** is now to re-start 24th July, subject to government advice.

**Tilgate:** Congratulations to Community Care award winner Kaye-Louise Harvey, who helped to start the Tilgate Covid Group, providing support for vulnerable and elderly residents using the Shackleton Road Community Centre.

**Covid in Crawley:** In the seven days to Sunday 20 June there were 83 new cases (74 per 100,000 population). This means on average 12 people are testing positive for COVID-19 each day in Crawley. Cases are **rising** compared to the previous week. However all of these cases were in those under 60 (and this age group has a lower percentage of double-jabbed people). [W.Sussex data](#)

**Vaccination and growing immunity:** As the vaccination rollout continues at pace, the Office for National Statistics estimates more than 8 of every 10 people in England would have tested positive for antibodies to COVID-19 in the week beginning 7 June, 2021.

**Long COVID and Delta** variant are causing concern. Research has shown one in five people with coronavirus in the UK [develop longer-term symptoms](#).

Public Health England analysis has shown that:

- the Pfizer-BioNTech vaccine is 96% effective against hospitalisation from the Delta variant after 2 doses
- the Oxford-AstraZeneca vaccine is 92% effective against hospitalisation from the Delta variant after 2 doses

These are comparable with vaccine effectiveness against hospitalisation from the Alpha variant. Read more: <https://gov.uk/government/new>

All adults aged 18 or over are now eligible for their vaccination.



**Covid Vaccinations Walk-in Clinic**  
Mondays, Tuesdays and Thursdays  
9am - 1pm  
Crawley Chemists, Cross Keys House,  
Saxonbrook Medical



Walk-in appointments available for patients requiring a second dose, 8+ weeks from their first dose. No booking required. Please just bring one form of ID (photo ID not required) and your NHS number, if you know it.

Booked appointments can be made through the national booking system, by calling 119, or through your GP led vaccination service. For more info see:

<http://sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/>

**Apps:** there are 2 NHS apps; one for personal health data including vaccination status (NHS app) and one for anonymous track and trace (NHS Covid-19 app).

**Crime** (“number spoofing” is apparently very easy to do, when fraudsters clone the telephone number of the organisation they want to impersonate and then make it appear on the victim’s caller ID display when they telephone them on a landline.)

Scammers pretend to be your bank, using phone or email to get you to transfer money or send personal details. <https://www.actionfraud.police.uk>

If you’re not sure about something, think twice and get advice.

Advice on scams: [citizensadvice.org.uk](http://citizensadvice.org.uk)

**Digital Support:** Need help using online shopping? Or video calling friends and family? West Sussex Libraries’ FREE Remote Digital Support service can help you! Friendly digital volunteers can provide support over the phone for basic one-off digital enquiries on a number of different areas. Phone or email today to find out more: 0330 222 3455.

**Health:** Tilgate Park Forest Walk (Level 2 Walk) From 29<sup>th</sup> June, every other Tuesday 9.30-10.30am. Meet at Tilgate Golf Centre Car Park. A very popular walk for people who are looking to increase their activity levels. [Book here from Wed 02/06/2021](#)

If Covid has left you struggling with your mental health, visit <http://westsussexmind.org> for useful tips, resources, mental health app recommendations and more. Don’t suffer in silence. [#KeepWestSussexSafe](#)

Stroke survey: can you complete a survey for the NHS on your knowledge and needs relating to strokes? See NHS [survey link](#)

**Training** from HM Government London & SE: Boost your skills and open up job opportunities by taking a free qualification (equivalent to A levels). Adults who are eligible can now choose from hundreds of courses from engineering to childcare. Find out if you could benefit: [gov.uk/free-courses-for-jobs](http://gov.uk/free-courses-for-jobs) <https://twitter.com/hashtag/PlanForJobs>

**Travel** – How can we get around, or get away? From HM Government London & SE: The traffic light system for international travel means new rules on testing and quarantine for passengers. Find out how travel will be different and what you need to do to travel safely [bit.ly/IselTravel](http://bit.ly/IselTravel). Check before you travel at [gov.uk/coronavirus](http://gov.uk/coronavirus)

The NHS App may help in allowing travel; this has personal data, with our individual vaccination status to get an NHS COVID pass, repeat prescriptions, NHS number etc.

E-scooters – an increasingly popular way to get around – but Crawley Police say:

- The law is clear; in Sussex you can buy one but you can’t ride it on a public road, cycle lane or pavement.
- E-scooters are classified as Personal Light Electric Vehicles (PLEVs), so they are treated as motor vehicles.
- Sussex Police also have the powers to seize them.

*Best wishes to you and yours  
Sylvia, Tilgate Community Forum*