

Tiddington Community Centre

TCC eNEWS

Friday 22 May 2020



TCC – CLOSED on 75th Anniversary of D-Day!
STAY ALERT & SAFE (Social Distancing)



Tiddington Community Centre

EXECUTIVE VACANCIES

The TCC is a Registered Charity 1093526.

**We meet approximately 6 times a year
and our Annual General Meeting is in June.**

**We have two vacancies as general Trustees
on the TCC Management Committee.**

**If this is of interest to you and you live locally
then please let us know by emailing
rob.cobley@touchwoodonline.com**

**We look forward to hearing from you.
www.tiddingtoncommunitycentre.org.uk**



Community Carers required in Stratford upon Avon for GP Led small, friendly home care provider.

**Have you considered a role in Adult Social Care?
Are you looking for a career change?
Would you like to make a difference in your community?**

We are looking for hard working carers to join our team in both part time and full time roles.

We work with and support people from all walks of life in their own homes.

Duties will vary from providing company and emotional support, to personal care and all activities of daily living.

Various hours available

Monday – Sunday 07.00 – 22.00.

12-hour day and night shifts also available.

**No previous experience required,
full training provided;**

must be friendly and pro-active.

Car driver preferable (walker/cyclists considered).

From £8.75 to £10.50 per hour
dependent on care type and working times.

Apply/contact us via Facebook, call or text 07925 635630

OR

Apply via Department of Work and Pensions 'Find a Job'

We'd love to hear from you.

The Welcombe Care Team



Can you find all the Countries in the World?



What to read, watch and listen to about coronavirus – for your ENJOYMENT!

[Covid-19 Fact Checkers](#), a podcast from Vice, pairs up young people with experts who can answer their questions relating to the pandemic. Last week's episode focused on why people in the UK from black, Asian and minority ethnic backgrounds are being [disproportionately affected](#) by covid-19.

[Can You Save The World?](#) is a coronavirus social distancing game, where the player travels through a city and gains points for saving lives by practising social distancing correctly and collecting masks.

[What coronavirus looks like in every country on Earth](#) is a 28-minute film from Channel 4 News showing what daily life looks like in every country from Afghanistan to Zimbabwe.

[Coronavirus, Explained](#) on Netflix is a short documentary series examining the on-going coronavirus pandemic, the efforts to fight it and ways to manage its mental health toll.

Coronavirus: [The science of a pandemic](#): As the death toll from covid-19 rises, discover how researchers around the world are racing to understand the virus and prevent future outbreaks in our free online panel discussion.

[A day in the life of coronavirus Britain](#) is an uplifting Channel 4 documentary shot over 24 hours which shows how the citizens of Britain are coping under lockdown.

[New Scientist Weekly](#) features updates and analysis on the latest developments in the covid-19 pandemic. Our podcast sees expert journalists from the magazine discuss the biggest science stories to hit the headlines each week – from technology and space, to health and the environment.

[The Rules of Contagion](#) is about the new science of contagion and the surprising ways it shapes our lives and behaviour. The author, Adam Kucharski, is an epidemiologist at the London School of Hygiene and Tropical Medicine, UK, and in the book he examines how diseases spread and why they stop.

[Coronavirus trajectory tracker explained](#), a video by John Burn-Murdoch for the Financial Times, uses data visualisation to explain the daily graphs that show how coronavirus cases and deaths are growing around the world.

[Contagion: The BBC Four Pandemic](#) is a sober documentary about the progression of a hypothetical pandemic which the BBC simulated in 2017. Fronted by science journalist and TV presenter Hannah Fry, and made with the support of some of the country's best epidemiologists and mathematical modelers, it's very relevant to today's covid-19 pandemic.

Read more: <https://www.newscientist.com/article/2237475-covid-19-news-mixed-progress-on-coronavirus-vaccine-as-us-stocks-rise/#ixzz6Msuzjb2W>



Anyone can join this study by downloading the simple, free COVID Symptom Tracker app from covid.joinzoe.com and answering a few questions about their health and medications. Participants then spend a minute checking in every day, whether they are feeling physically healthy or experiencing any new symptoms.

WE DO IT EVERY DAY ARE YOU?

3,670,714 people are contributing

And 3,577 in Stratford-on-Avon

Fuller Details below.....



Let's beat
COVID-19 for all

Charities back COVID Symptom Tracker

May 1, 2020

LONDON, UK - Today, the COVID Symptom Tracker app, The Academy of Medical Royal Colleges and the UK's largest health based charities are joining forces in order to reach the most at risk groups, including those with pre-existing health conditions such as heart disease, diabetes and asthma and those over 70s.

The COVID-19 Symptom Tracker app has been developed by King's College London and health science company ZOE, and it is endorsed by the Welsh Government, NHS Wales, the Scottish Government and NHS Scotland. More than 2.5 million participants have downloaded the app and are using it to regularly report on their health, making it the largest public science project of its kind anywhere in the world.

The over-70s and those who have pre existing health conditions appear to be most at risk from the effects of COVID-19, yet they are significantly under-represented in the group of people currently providing data through the app. However, early analysis shows that the illness may start with different symptoms in these groups, such as diarrhoea and confusion, rather than the classic cough and fever.

One of the biggest barriers to recruiting people with pre-existing health conditions and those over 70 was access to technology. Developers at ZOE - the company behind the app - have now updated it to allow multiple user profiles, so that family, friends or carers can log daily health reports on behalf of anyone who wishes to take part in the study but does not have access to a smartphone.

Charities including Cancer Research UK, the British Heart Foundation, AGE UK, Diabetes UK, Versus Arthritis (full list below) and doctors' membership bodies including the Royal College of Physicians, Royal College of General Practitioners, Royal College of Obstetricians and Gynaecologists and Royal College of Surgeons of England (full list below), have come together to urge people, especially over 70 and anyone with a pre-existing health issue such as heart disease, diabetes, arthritis, cancer, dementia and other age-related conditions to link up with their relatives, or log on themselves, to help build an accurate picture of how COVID-19 affects us all.



Our charity partners

The findings from the research will help to answer key questions that many people are worried about, such as:

- Which underlying health conditions increase the risk of COVID-19?
- Does having asthma put me at higher risk?
- Which of my medications may be protecting me?
- I'm older but fit and healthy - am I still at increased risk?
- Is mild high blood pressure or type II diabetes a real risk factor for COVID-19?
- Will stopping smoking reduce my risk from COVID-19?
- I'm living with cancer - what does COVID-19 mean for me?
- Is it safe to take ibuprofen painkillers?
- Should I continue to take steroids for my arthritis?
- Is this skin rash a sign of COVID-19?
- Is COVID-19 common in my area right now?
- Does taking immune suppressants put me more at risk of COVID19?

Anyone can join this study by downloading the simple, free COVID Symptom Tracker app from covid.joinzoe.com and answering a few questions about their health and medications.

Participants then spend a minute checking in every day, whether they are feeling physically healthy or experiencing any new symptoms.

Study leader Dr Claire Steves, Clinical Senior Lecturer at King's College London and Consultant Geriatrician at Guys and St Thomas's NHS Foundation Trust, says: "We have been blown away by the public's response to the app and the data collected so far has been invaluable. However, we have a clear gap in the data, so in order for us to really understand how the virus affects those over 70 and with pre-existing health conditions we need the support of the public more than ever to help us reach these individuals."

Tim Spector, Professor of Genetic Epidemiology and PI of the overall study at King's College London said: "Whether you're fit and well or have an existing health condition, using the app to report daily on your own health and that of your loved ones will be making a really valuable contribution to the fight against COVID-19."

President of the Royal College of Physicians Professor Andrew Goddard said: “One of the most difficult challenges about this coronavirus is the wide range of symptoms people are presenting with and the heart-breaking effect COVID-19 has from person to person – mild in many to life threatening for others in what seems like just moments. We urgently need to learn more about COVID-19 and until we have widespread population testing of antibodies, trackers like this app are really useful.”

Professor Martin Marshall, Chair of the Royal College of GPs, said: “This is an exciting development that is already redefining the diagnosis and treatment of COVID-19. As well as providing vital evidence to support the work of GPs and the medical profession, it could identify patients who are most susceptible at a much earlier stage. It has the potential to make a major contribution to our fight against the disease.”

To help support this important initiative, we need more volunteers using the app. You can even report on behalf of older relatives (like your mum or nan) in the app today.

Did you take up my suggestion of daily emails from the New Scientist?

IF NOT – here are some interesting articles to while away the days and nights!

NewScientist IN THIS WEEK'S ISSUE

WEEKLY NEWSLETTER

Hidden laws of hunger

Think you have a healthy appetite? You actually have five separate appetites – independent drives for eating protein, fat, carbohydrate, salt and calcium. Modern eating habits have made us lose touch with these, but there is a way to regain control of your five-appetite system. [Read more](#)

The evolving virus

Viruses, like the coronavirus causing covid-19, can evolve rapidly. Knowing how and why they change should help us beat this pandemic and prevent future ones. [Read more](#)





phototrip / Alamy Stock Photo

Seven new coronaviruses found lurking in bats

Researchers found seven coronaviruses that are new to science but we don't yet know if they could jump to people and cause illness. [Read more](#)

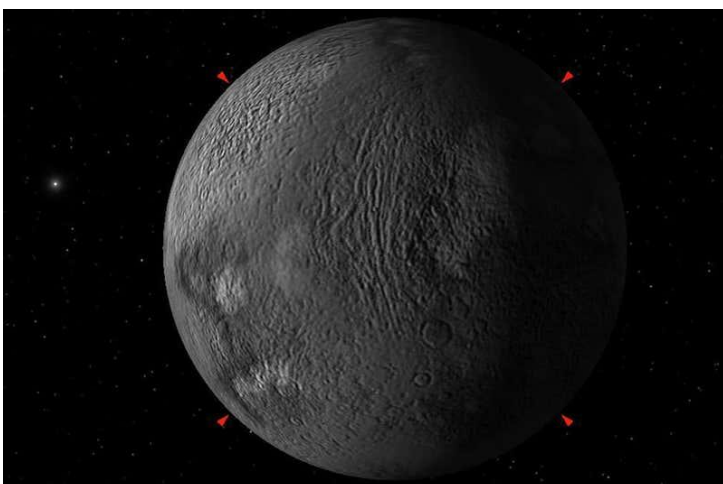
Your coronavirus questions answered

Why do some healthy people develop severe symptoms? Do people who recover from covid-19 become immune to the coronavirus? [Read more](#)

Smoking likely to put you at greater risk of covid-19

Early data suggested smokers may be less likely to be hospitalised with coronavirus, but broader analyses suggest smokers are at higher risk. [Read more](#)

OTHER TOP STORIES



Big moon may be hugging object in our solar system

An object at the edge of the solar system may have a large moon orbiting unusually close, which could help explain how such binary objects evolved. [Read more](#)

Fidget spinner device can diagnose UTIs

A device inspired by fidget spinner toys can be used to diagnose urinary tract infections quickly and easily outside of the laboratory. [Read more](#)

The strange physics of why blue jays look blue

Watching birds is great entertainment, and there's fascinating physics behind how some get their colours, says Chanda Prescod-Weinstein. [Read more](#)

The banner features a black background on the left with white and orange text. On the right, there is a close-up image of a celestial body, likely Europa, showing its icy surface and reddish-brown linear features. The text on the left reads: 'Online event' in white, 'ALIEN OCEANS ON EARTH AND BEYOND' in large white capital letters, '4 June 2020 6pm BST' in white, 'FIND OUT MORE >' in orange, and the 'New Scientist events' logo in white and orange at the bottom left.

Online event
**ALIEN OCEANS ON
EARTH AND BEYOND**
4 June 2020 6pm BST
FIND OUT MORE >
New
Scientist
events

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rob.cobley@touchwoodonline.com



Things We Like And Thought You Might Like Too

#LiveLocalConnect #2

A Guide To Online Arts And Culture

<https://mailchi.mp/liveandlocal.org.uk/things-we-like-and-thought-you-might-like-too-livelocalconnect-2-may-2020?e=75fa15bf19>

ENJOY

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WHAT FACE MASKS SAY ABOUT A PERSON:

MAKE
IT
SO



HEALTH CARE PROFESSIONAL



SEMI-PROFESSIONAL



THRIFTY



HANDY WITH NEEDLE
AND THREAD



PROBABLY A BANK
ROBBER



SHOULDN'T BE ALLOWED
OUT OF THE HOUSE