

Northern Fells Group  
Local Help & Information to all Residents  
during the Coronavirus outbreak

**Bulletin no. 3, 25/3/20**



Our Benefits advisor **Dianne Bowes** is still available and happy to help if anyone needs help re benefits changes, grants and loans for businesses, advice to clarify Self-Isolation/Social Distancing or any other matter. Please contact her on 07752 457513

[benefits@northernfellsgroup.org.uk](mailto:benefits@northernfellsgroup.org.uk)

There are lots of ideas to keep us all busy whilst we are self-isolating but for anyone interested in art there is a lovely link to a virtual tour of the National Gallery  
<https://twitter.com/hashtag/MuseumFromHome?src=hash>

Lots going on still, our Wool-crafts Group has set some challenges for anyone interested in Crafty things, if you would like more information please contact me. We are also asking all you knitters out there if you would like to join us in a Knit-a-thon! Basically we are asking you to knit 8" squares out of any coloured wool so we can make blankets for some homeless folk who need a bit of extra help, it's still chilly at night. (Pattern attached for those clever people who can follow them!) Our Cookery Mornings for Men clients have been set the challenge to make soda bread for lunch today as they are missing out on their day in the kitchen.

Our local shops at Hesket Newmarket 016974 78229 and Caldbeck 016974 78252 are both taking orders and doing deliveries so no one needs to be short of groceries. Orders can be phoned in and collected eliminating excess contact. Deliveries can also be arranged with our volunteers.

Our local pubs and catering outfits have offered to run a take away service so you can still have a MEAL OUT-IN!!! If you are out of area for deliveries we can, by arrangement, get this delivered for you if you are self-isolating. Please check which establishments are still operating.

We are aware that a lot of you have already set up a 'Phone a Friend' (PaF) scheme and are keeping an eye on your friends and neighbours, please let us know if any problems arise and we can help.

Free advice, from a local solicitor, is also available for businesses, charities and individuals on their employment law rights and options by contacting your Village Agent.

Useful advice and support groups can be found at <https://www.eden.gov.uk/> for anyone in Eden District and in the Allerdale COVID-19 Newsletter for people living in Allerdale  
<https://www.allerdale.gov.uk/en/>

**Philippa Groves** 016974 78555 **NFG Village Agent, Castle Sowerby & Mungrisdale**  
[philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk)

**And to help with volunteering please contact**

**Simon Braithwaite** 016974 77196 **NFG Lend a Hand Coordinator**  
[simon.braithwaite@northernfellsgroup.org.uk](mailto:simon.braithwaite@northernfellsgroup.org.uk)