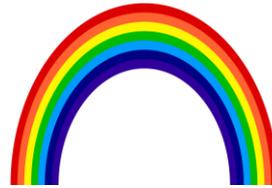


## Northern Fells Group

Local Help & Information to all Residents during the Coronavirus outbreak

Bulletin no. 40

7/7/2020



Northern Fells Group



Action through Community

Please keep sending your photographs of your view of **LOCKDOWN**, we have some great views, some gorgeous gardens, lovely photographs of craft work, wood creations and cooking the list is endless but keep them coming please. These will all be included into a video for a future project.

**Little Cheese & Veg Patch Muffins**, did any of you make them? You can actually add anything you like and the recipe seems to still work well, we added carrot instead of courgette, some chives and cooked ham and they still turned out well.

**Health Information Week 6-12th July** This is just a gentle reminder for us all to look after ourselves, many people have been great at caring for their friends and neighbours and forgetting how important it is for us to keep ourselves fit and well. There are still a great number of online workouts and television fitness sessions which have been very popular so if you haven't tried doing one already why not have a go this week? We also need to care for our mental wellbeing and we are really encouraged to hear of people running family quizzes on Zoom, some Grannies saying they have a better conversation with their grandchildren online than ever before. **GO GRANNIES!!** But if you are feeling down or lonely give one of us a call and we could help with some suggestions of groups you can join, we have heard of the Scrabble Champions getting very competitive online, even chess games and Monopoly wars going on for days, let us know how you have kept yourselves busy. There are still a great number of books on all subjects available and a good selection of films and some music CDs. Please let us know if you would like some.

We have been collecting up **KNITTED SQUARES** and will be able to complete some lovely blankets very soon, please keep knitting as this is going to be such a great achievement and we are sure they will become a treasured possession for someone before the winter.

In England from 4 July,  
where it's not possible to stay 2 metres apart  
keep a distance of 1 metre + precautions

Precautions such as

- Wearing a face covering
- Keeping interactions brief
- Following the COVID-19 Secure guidelines wherever you are

**STAY ALERT • CONTROL THE VIRUS • SAVE LIVES**

**LOCKDOWN LOCKS.**  
Let's bring back the 60s - 70s. We have heard how long hair really suits some people especially men and makes them look younger so think before you rush off to the hairdressers. That does not include sheep. They need their fleeces off!!

How are you getting on with the quizzes, answers attached for Gary's Globetrotting Concealed Capitals Quiz and Who's the Detective

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Benefits advisor: **Dianne Bowes** 07752 457513

Mini bus coordinators: **Carol Hickson and Antoinette Ward** 016974 78787

NFG Lend a Hand Coordinator: **Simon Braithwaite** 016974 77196