

## Northern Fells Group

Local Help & Information to all Residents  
during the Coronavirus outbreak

**Bulletin no. 55**

**17/8/2020**



Northern Fells Group



Action through Community

The hot spell did not last too long for those of us who are shade lovers but there is no in between at the moment so it's a choice of being boiled or having webbed feet!

August just happens to be **HAPPINESS HAPPENS MONTH** and one we should all celebrate but we all realize that even the happiest person may feel a little less happy than they normally do. Your happiness may feel a little flat just now. You aren't doing your normal summer activities. And you're waiting to see if the next few months will be anything close to normal. Some of you may feel more stress, anxiety, and even depression. If this is extreme please reach out for professional help - we're in unique times so get help if you need it — you aren't alone. However, even during uncertain, annoying, and changing times, happiness happens. It might look a little different. But happiness has a common feeling, it makes us feel good, it raises our spirits, it even makes us smile. Love it or hate it Ken Dodd singing **HAPPINESS** always makes me smile however dull I'm feeling

Adults typically smile 20 times a day compared to children, who smile 400 times a day. Now, if you're reading our bulletins, you might smile a little more than that since you're probably naturally happier than some. This challenge gets even happier since smiling is contagious: Your smile starts other smiles. However, no matter how often you smile, the more you smile the better. A happiness expert, reminds us that smiling also helps us retrain our brains to think more positive thoughts. Who can't use more positive thoughts, especially right now?

**And, even if you're not feeling at all smiley, even a fake smile can help improve your mood 😊**

Things that don't make us smile and make us all unhappy are the amount of fraudsters and scams operating at the moment. Please don't be taken in by any of these rotten people, let your common sense prevail and always double check on anyone asking for payments either in person or over the phone, if an offer is too good to be true it probably is! These scammers tell dreadful lies and will try to cheat you in any way they can. I was caught out years ago when my youngest brother's birthday was coming up and I knew he wanted some decorative plates for an old dresser he had, I found a great plate (or so I thought!) advertised on the internet as a great collector's item, perfect condition, stunning artwork and it was only £2.99, the picture of it was clear and colourful of a smart looking horse and I thought this would be perfect so clicked on to buy at once before checking that postage and packing was a further £2.99. When the plate arrived it was tiny, less than 2" wide! I still gave it to him and he dines out on the story of his gullible sister! So easily done and easy to get carried away when you think you have a bargain. Don't be fooled like I was.

**HEARING AID CHECKS:** Are **NOW FULLY BOOKED** for 27<sup>th</sup> August but if you are in need please let us know and we will try to arrange a further session shortly. Please contact me as soon as possible email [philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk) or phone 016974 78555

### **DON'T BECOME A STATISTIC**

**PLEASE REMEMBER FOR YOUR SAFETY TO WASH OR SANITISE HANDS REGULARLY  
OBSERVE SOCIAL DISTANCING RULES - WEAR FACE COVERINGS IN ENCLOSED PUBLIC SPACES  
IF YOU HAVE SYMPTOMS, SELF-ISOLATE AND GET TESTED  
FOLLOW ADVICE TO SELF-ISOLATE IF ASKED - BE SAFE & KEEP WELL**

**Village Agents:** **Philippa Groves** 016974 78555 **Helen Sturges** 016974 78556

**Barbara Stoddart** 016973 42452 **Gillian Skillicorn** 07874 241604

**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