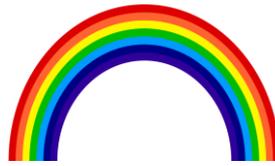


Northern Fells Group

Local Help & Information to all Residents
during the Coronavirus outbreak

Bulletin no. 60

28/8/2020



NFG BARTER BOARDS As we have missed out on our Resourceful Communities Day this is a **NEW IDEA** to recycle items within the area, saving trips off to the towns and fuel. So many items end up in the tip which could have an extended life somewhere else. Anything from garden tools to spare beds, from wheel barrows to kitchen stools. You must have heard of the saying - **'One man's trash is another man's treasure'** So on our virtual Barter Board you can advertise any item you have that you don't want and would like to see go to a new home. Ideally, no money will change hands but if you want to charge for your item then that is between you and the recipient. An idea of an amount you want could be advertised with it or we could indicate that there is a charge to be discussed and the item would be marked with an *. Anything you offer should be in good condition and in working order (unless it is an item for restoration) If you are happy to add a contact number people can contact you directly, otherwise contact will be made via the Village Agents. If you do receive an item for free that you feel you would like to give something for then you could offer to give a donation to a local charity. We will update on Wednesdays and send the list out weekly on Fridays when possible.

Continuing on the subject of saving resources as it is that time when **COURGETTES** put in a take-over bid for mass domination of the vegetable world. To that end we are attaching a recipe that has been sent in this week by a friend of Gill, our Ireby, Uldale & Boltons Village Agent. Also look up Courgette and Apple soup, many different recipes (one attached) both these recipes are quick and delicious and use ingredients in great supply at the moment. If anyone has other ideas of how to cope with the glut of courgettes or any other fruits and vegetables then please let us know.

BANK HOLIDAY coming up. A chance for a long weekend away, an extra 24 hours to switch off or if you're lucky, a barbecue whilst hiding under a golf umbrella! Here are some surprising facts you may not know about Bank Holidays. This August bank holiday was initially introduced as a way to give us all a chance to make the most of the summer. But it didn't always fall on the last Monday of the month. Up until 1971 it always took place on the first Monday of August. It was eventually moved as it clashed with the traditional two week shut down that many companies went through in the summer. Up until 1834 there were 33 public holidays in the U.K., consisting of Saint's days and religious festivals. But some spoil sport considered this to be excessive, so in 1834 the number was reduced to just four. It was the liberal politician and banker Sir John Lubbock who authored the Bank Holidays Act of 1871, which made these four public holidays official. For a while some called the first bank holidays "St Lubbock's Days" after the banker. Funnily enough that didn't stick. It was rumoured that Sir John Lubbock was so keen on cricket he chose the bank holiday dates to fall on the days when village matches were played in his home county! True or not, the masses were ecstatic with the holidays. The country with the highest number of public holidays is India, with a whopping 21 days! In comparison, England and Wales only have eight public holidays in total. The only country with fewer public holidays than us is Mexico, coming in with just seven days. **Whatever you do, enjoy the weekend, stay safe and well, we just need to keep observing the rules which will hopefully protect us all from catching the virus. xx**

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