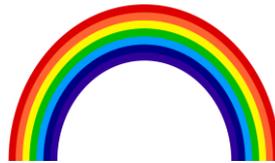


Northern Fells Group

Local Help & Information to all Residents
during the Coronavirus outbreak

Bulletin no. 61

2/9/2020



We all hope you had a good **BANK HOLIDAY WEEKEND**, the weather was changeable but we did have some good patches and we managed to sit out in the garden for some meals over the weekend, we are gathering the fruits of our labours from the garden now with a plentiful supply of salads, herbs, courgettes, tomatoes, beans and we have a forest of leeks and cabbages which although still early have grown well, I think they will need storing before they go to seed which is the next trick mother nature plays on us!!

MAKE IT A SEPTEMBER TO REMEMBER. "Let your dreams be bigger than your fears, your actions louder than your words, and your faith stronger than your feelings."

September comes from the Latin word septem, meaning "seven," because it was the seventh month of the early Roman calendar, in which there were only ten months - the 7th to 10th being September to December as their names suggest. It was only later when July and August (Julius and Augustus Caesar) were added that they became out of sequence. **Character traits of people born in September.** They have an eye for beauty and are always attracted to all beautiful living or non-living things. It can be a beautiful house or a bouquet of flowers; they always uphold beauty to the highest level of appreciation.

The end of summer does not seem the same without **Hesket Newmarket Show** and all the news and views about it BUT there is always next year when it will be bigger and better than ever. Having said that our kitchen is cleaner for it as my husband usually likes to enter the men's class which means several attempts at whatever the class specified. The year it was pizza we had supplies in the freezer for a small army!

BARTER BOARDS. We have collected several items for our first Barter Board and I will attach it with Friday's bulletin. Anyone wanting to add anything please let us know.

How did you get on with the latest **Geomatic European Countries quiz?** A bit of a brain teaser that one – the answers are attached – we didn't do too well!

POWER WALKS As we are not able to run our regular sessions at our halls yet our Fitness instructor will be running some 'Power Walks' for those wanting a bit of vigorous exercise. Please let us know if Thursday 10th September at 4pm is convenient to you. We will run this activity if people are happy to follow guidelines and there is enough interest. You can bring your own poles or hire some from Debbie if you fancy a Nordic Style walk.

The key public health messages remain the same:

- **Wash or sanitise hands regularly • Observe social distancing rules**
- **Wear face masks or coverings in enclosed public spaces, including taxis**
- **If you have symptoms, self-isolate and get tested • Follow advice to self-isolate if asked**

A wise way of looking at this is to follow the advice in this saying:

'Taking care of yourself makes you stronger for everyone in your life'.

In other words if you are not well you are no use to anyone else so look after yourselves.

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