

Tomorrow, Wednesday September 9th is **TEDDY BEAR DAY**. A Teddy Bear is a special friend to people all over the world. He's cuddly. He makes you feel secure in an otherwise insecure world. He's lovable. Your Teddy Bear is both a companion and a comforter and, he's not afraid of the dark! He'll keep you safe. So, spare a thought for your teddy, if he isn't already comfortably somewhere in the house, maybe get him off the top of the wardrobe or out of that box under the bed. No child should grow up without a teddy bear so if you know of anyone without one, use this day to buy a teddy bear for them. It is said that as we become adults, some find it difficult to give up our teddy bear, there is no reason to give him up. Some adults have their teddy bears around all their lives. It's perfectly normal....and okay.

Reminder of the number for unwanted household items that you are happy to give away for the **REFUGES on WATER STREET IN CARLISLE** who are taking in items such as Towels, Flannels, Soup Bowls, Plates, Mugs, Cups, Cutlery, Toiletries, Pots, Pans and Cooking Utensils so there is never a better time to have a sort out. Water Street Refuge is open 9am-5pm 01228 817386

Or if you would like to add anything to our **BARTER BOARDS**, let us know if you have anything or if you are interested in any of the items on offer. **Unfortunately we cannot advertise any electrical items.** It's been an amazing response and all but two of the items advertised have gone to local homes over the weekend. We could extend this service to advertising for WANTED items so for example if you need anything from a child seat for a visiting grandchild or some jam jars or plant pots then please let us know. Keep sending in your items for the Barter Boards, it's great to hear from you..

**More Scams**, my brother received a letter reminder of car tax he did not need to pay and a resident has sent a copy of an email he received about his car tax, both looked official but thankfully both people checked and realising the issue have reported it, please don't fall foul of these wicked people you can report any to <https://www.gov.uk/report-suspicious-emails-websites-phishing> Helen Surges has also received one about her TV licence which she recognised as a scam and immediately checked it out, they too can be checked out <https://www.tvlicensing.co.uk/faqs/FAQ288>

**POWER WALKS starting on** Thursday 10<sup>th</sup> September at 4pm, there has been quite a lot of interest in these walks so we will see if it's viable and safe enough to make it a regular event. This has to be a booking only activity as we will be limited to numbers for safety reasons.

**WHAT AN ACHIEVEMENT** And just for interest and huge congratulations, local son Dan finished his cycling challenge. He rode 1037 miles in 11 days and climbed Snowdon, Scafell Pike and Ben Nevis en route. No doubt we will hear how much he raised for the charity soon but **WELL DONE DAN!**

**AROUND THE ISLAND ART TRAIL** A lovely idea for the weekends 18/19 & 26/27 September just Google '*open studio art trail bowness on solway*'. Looks like some very interesting craftspeople and artist plus the added bonus of some lovely walks in the area.

The schools are back and sadly there are still lots of disruptions happening but the key messages remain the same and its mainly common sense, to keep the virus at bay and to keep ourselves and our families safe we need to follow the simple hygiene rules

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

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