

PARISH MAGAZINES. The distribution of hard copies of the parish magazines are still difficult to organize, however many of the local parish magazine are available online and are full of useful information including the dates and times of the forthcoming **FLU CLINICS** organized by Caldbeck Surgery. These are being organized directly by the surgery who will be texting or sending letters to patients in order of priority, please wait to be contacted. **Full details are attached with this bulletin.**

To find our Warnell magazine online go to <http://warnellparishes.org.uk/> Westward News and Rosley Link are both edited by Marion Grave and to find Rosley Link <http://www.rosley-cumbria.co.uk/> Links to other magazines and newsletters to follow

I am attaching a new **LIBRARY EDIT** and it has some fascinating things in it to see and do for people of all ages, the 'Today I found out' article takes you to an amazing story of how colours were made <https://www.youtube.com/user/TodayIFoundOut?app=desktop>, it is well worth watching

Talking of colours, coming up is our local **OPEN GALLERIES ARTS TRAIL** from 7th – 20th September and includes a studio in the Northern Fells at Mungrisdale belonging to Dorothy Ramsay, more information can be found at <https://evanevents.co.uk/open-studios-and-art-trail/>

COMPETITION for any budding young photographers out there. **Cumbria Wildlife Trust** would like you to send them your best camera shots of wild insect pollinators feeding on flowers, such as bumblebees, solitary bees, butterflies, moths, beetles and hoverflies. The competition is split into the following age categories: open to children aged 5–8, aged 9–11 and aged 12–15. The deadline for the competition is midnight on Sunday 4 October 2020. <https://www.cumbriawildlifetrust.org.uk/>

POWER WALKS started yesterday, 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. Please let us know if you would like to attend.

If you would like to add anything to our **BARTER BOARDS**, let us know or if you are interested in any of the items on offer contact the number or person by that article. **Unfortunately we cannot advertise any electrical items.** It's been an amazing response and all but two of the items advertised in the first Barter Board have gone to local homes. We are extending 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. And it's a super way of recycling locally and saving on fuel.

Just when you thought it was safe from those dastardly quizzes, we have another for you! Although I think this one is slightly less taxing than the last couple, it also sparks some memories of some favourite songs from a wee while back!! If you would like to catch up on old **MUSICAL MEMORIES** then a great place to find them is <https://musicmemories.bbcrewind.co.uk/> divided into genres and years it's really easy to find songs from a time you can remember.

Some of you may already have it but also attached is another useful **DEMENTIA ACTION ALLIANCE** newsletter from Amanda, our Dementia Action Worker, it's full of many interesting ideas to create interest for anyone. Please pass this information on to anyone who may be interested, our aim is to make the whole of the Northern Fells a Dementia Friendly Area, with your help we can do it.

• 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

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