

**MONDAY MORNING!** Do what you love and what makes you happy and Monday will become your favourite day. This is your morning reminder that **YOU ARE AMAZING AND YOU CAN HANDLE ANYTHING**. Wake up every day knowing that you can create something amazing this week. 'Either you run the day or the day runs you'. Mondays are the start of the work week which offer new beginnings 52 times a year! So, get up every morning with determination and you will go to bed with satisfaction. Dress in something bright and cheery and remember the most beautiful thing you can wear is confidence. Open the door, shout hello to your neighbours, take huge lung-fulls of fresh Cumbrian air and hopefully it won't be blowing a gale or raining!

I thought today was the day to send you some of life's great truths:

### THE GREAT TRUTHS LITTLE CHILDREN HAVE LEARNED

1. No matter how hard you try, you can't baptise cats
2. When your Mum is angry with your Dad, don't let her brush your hair
3. If your sister hits you don't hit her back, they always catch the second person
4. Never ask your three year old brother to hold a tomato
5. You can't trust dogs to watch your food
6. Don't sneeze when someone is cutting your hair
7. Never hold a Dust-Buster and a cat at the same time
8. You can't hide broccoli in a glass of milk



### THE GREAT TRUTHS THAT ADULTS & OLDER PEOPLE HAVE LEARNED

1. Raising teenagers is like nailing jelly to a tree
2. Wrinkles don't hurt, time might be a great healer but it's a lousy beautician
3. Families are like fudge, mostly sweet, with a few nuts
4. Today's might oak is just yesterday's nut that held its ground
5. Laughing is good medicine, it's like jogging on the inside
6. Middle age is when you choose your breakfast cereal for the fibre – not the toy!
7. When you fall down, you wonder what else you can do when you are down there
8. It is frustrating when you know all the answers but nobody bothers to ask you the questions

**And always remember that growing old is mandatory but growing up is optional!!**

### CORONAVIRUS SYMPTOMS AND TESTING

Look out for one or more of the key symptoms – \* high temperature, \* new persistent cough, \* loss of sense of taste or smell – and only then get tested, or if advised to by a health professional.

**Book tests at [nhs.uk/ask-for-a-coronavirus-test](https://www.nhs.uk/ask-for-a-coronavirus-test).**

**BARTER BOARDS (BB)** another great weekend on the BB. Anything for next Friday please let me have by Wednesday, its your chance to pass on items, either free/ swopped or paid for, it's up to you. Clear details, cost and contact number required, items will be advertised for up to four weeks. **NFG is not responsible for any transaction as this is between the donor/seller and the recipient.** No electrical items please

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