

KEEP YOURSELF CHEERFUL CAMPAIGN Helen suggested this and we think it's a great idea so that's going to be the winter policy for us all. We hope you will join us in making lists of all the things that cheer you, unfortunately exotic travel is out of the question unless you are Richard Branson and have your own island! Watch out for more ideas on how to 😊😊😊😊 **KEEP YOURSELF CHEERFUL** 😊😊😊😊

HISTORY IN THE MAKING The UK's first stainless steel road bridge was officially opened on Friday (23 October) over the River Eamont at Pooley Bridge. Measuring 128ft long, the landmark structure reconnects the Ullswater valley with a permanent new bridge to replace the 18th Century stone structure destroyed during Storm Desmond in December 2015. Cumbria County Council has delivered the multi-million pound bridge, a flagship scheme in the council's Infrastructure Recovery Programme which has repaired damage inflicted by Storm Desmond to over 450 bridges as well as large sections of road and other highway infrastructure. The new bridge at Pooley Bridge is now open to traffic and pedestrians. It will boost the economy and transport links for local people in this popular Lake District beauty spot. The bridge was designed as a single span structure to avoid the need for piers in the river, thereby reducing the flood risk and making the structure more flood resilient. In total, around 80 tonnes of stainless steel has been used, 2,000 tonnes of concrete laid and 650 square metres of locally sourced stone. Some 250 people have been involved in the project and the bridge has taken approximately 10,000 person hours to construct.

CHIMNEY SWEEP. As the days become colder and the nights longer, more and more people will start lighting up their fireplaces or stoves. Getting your chimney swept means you can relax in front of your fire with peace of mind that your chimney is clear and safe. If you live in Ireby, Uldale and Boltons area and need your chimney sweeping then Chris the Sweep christhesweep@gmail.com is planning to cover the area on Thursday 19th November and would welcome clients on that day. Gill Skillicorn is helping to set up a regular spring and autumn chimney sweeping date so if you are interested or would like to be included please let them know. Cost is £45 per sweep.

FIND MY PAST Cumbria Libraries are offering free access to Find My Past from home whilst libraries are closed for the duration of the COVID-19 crisis. If you want to start your family journey into the past, or carry on from where you left off, please email your library with your name and library membership number, and they will get back to you with the login details. This is a concession by the resource provider, who has altered the licensing terms for the duration of the national period of closure. Once libraries open again, Find My Past will revert to being in-library use only

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.

BARTER BOARDS (BB) another great weekend on the BB. Anything for Friday please let me have by Wednesday, its your chance to pass on items, either free/ swapped 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

Call any one of us if you have a problem, if we don't know, we may know someone who can help

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