

NFG KEEP YOURSELF CHEERFUL CAMPAIGN It will be great to hear your ideas of how you keep yourself cheerful, we are going to need all the ideas anyone has this year. I heard this the other day and thought how true it was; **'THE MOST IMPORTANT THINGS IN LIFE ARE NOT THINGS'**

PUMPKIN COMPETITION HALF TERM FUN Why not take part in our Pumpkin Carving Competition? If you think you have the skills to be able to carve a winning Pumpkin, why not give it a go and send your entry to carlisle.library@cumbria.gov.uk by 5pm on Sunday 1st November to be in with the chance of winning a book token. The winner will be chosen on Monday the 2nd November and the lucky person will be contacted by a member of staff. Good luck! Lots of things to do, take a look at the detail - <https://content.govdelivery.com/accounts/UKCCC/bulletins/2a7cc70>

HEARING AID CHECKS Friday 20th November at Millhouse Village Hall. **STRICTLY BY APPOINTMENT ONLY.** This will be the last session we will be able to run as our operator is losing her funding. Please book a time slot with me by phoning or emailing 016974 78555

philippa.groves@northernfellsgroup.org.uk We will arrange 10 minute appointments for you. You will be asked to stay in your car until you are called by a Village Agent who will be asking you to sanitise your hands and follow the one way system. There will be no facilities for waiting in the hall and no toilet facilities available. We will start at 9.45am, NFG residents will be given priority.

NORDIC WALKING is still happening and from now on will be on a Monday afternoon so the next walk will be Monday 2nd November at 2pm from Millhouse Village Hall. Please book with us before turning up as numbers will be strictly limited due to Covid regulations.

WIGTON LIBRARY is also now open and as in other libraries all fines that might have been incurred are suspended till 31st December.

BLACK CATS are supposed to be a sign of luck and yesterday was **NATIONAL BLACK CAT DAY** which was created by Cats Protection (CP) on 27 October 2011 to help celebrate the majesty of monochrome moggies and beautiful black cats. When the campaign was launched, statistics revealed that black and black-and-white cats took, on average, took seven days longer to find a home compared to cats of other colours. Years later, we are still celebrating black cats in all their glory - although the CP campaigning has now paid off! Black and black-and-white cats now spend less time in their care than when they started promoting the campaign, resulting in thousands of happy cats and lucky owners. Having looked at the things people say about Black Cats I have copied out an article about their luck which is attached. **OTHER SYMBOLS OF GOOD LUCK** include things like horseshoes and heather but there are hundreds, lucky pennies, lucky socks and some sportsmen and women even have their lucky underpants!! Let us know what you have as a lucky mascot. Mine is an old £1 note my Dad gave me, he said, 'keep this and you'll never be without money!'

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) Anything for this week's BB 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

NFG Village Agents: **Philippa Groves** 016974 78555 **Helen Sturges** 016974 78556

Barbara Stoddart 016973 42452 **Gillian Skillicorn** 07874 241604

NFG Benefits Advisor: **Dianne Bowes** 07752 457513

NFG Mini Bus Coordinators: **Carol Hickson and Antoinette Ward** 016974 78787

NFG Lend a Hand Coordinator: **Simon Braithwaite** 016974 77196