

NEW LOCKDOWN – NEW RULES AND REGULATIONS. As the situation is changing daily the best advice is to look after ourselves and stay safe. A new Lockdown comes into force on November 5th and this does mean there will be more restrictions in place. But the main advice has never changed

CORONAVIRUS IS NOT GOING AWAY AT THE MOMENT SO

There are three simple actions we must all do to keep on protecting each other

- 1. Wash hands - keep washing your hands regularly**
- 2. Cover face - wear a face covering in enclosed spaces**
- 3. Make space - stay at least 2 metres apart - or 1 metre with a face covering**

No one needs to be without anything that is necessary, the Northern Fells Group through its amazing volunteers is still able to support you by *Picking up shopping from local shops *Posting your letters and parcels *Collecting prescriptions or medicines *Delivering take-away meals from our local catering establishments *Help with dog walking *Support and information and our *'Phone a Friend Scheme – this means someone can call you if you feel lonely or if you just feel like a chat.

Our shops are still very much open and HNM PO is open as it has always been, Caldbeck now has a Mobile Post Office from Wigton which is now in the village on Wednesdays from 9.30am -12.00noon for the foreseeable future. The local shops are taking orders and deliveries and have a great selection of goods, this is a great service to the community and we are so lucky to have them and in turn we need to support them, so buy local if you can.

And now, again more than ever, we need to keep up with our **NFG KEEP YOURSELF CHEERFUL CAMPAIGN** and we have had some lovely ideas about how we can do this, keeping in touch and sharing a smile is one thing that we all need so make sure you do just that. How about looking in that address book and seeing who you haven't spoken with for ages and give them a surprise call, be positive and try to keep upbeat, we are in this together. As the generation who did not suffer a World War we must take inspiration from our parents' generation and find that fighting spirit and 'Dig for Victory', ((sorry a Churchillian moment overtook me then!)) Seriously, we just need to pull together and get through this, we can do it and we will do it and with support we will do it much quicker.

NFG CHRISTMAS CARDS are available through your Village Agents and also at HNM Shop and PO, if you need any please don't hesitate to get in touch and please remember this year to add a few sentences to each card even if it's just a little joke or a saying. This makes me think of a funny text I was sent by a friend, it read – *I was told that to visit my local supermarket all I needed was a mask and hand sanitizer – they were wrong - everyone else was wearing clothes!* It made us all laugh

METAL DETECTOR NEEDED At St Kentigern's Church in Mungrisdale they need a metal detector to identify the position of some metal post holders in the Churchyard, is anyone able to lend them one or even operate one for a few hours? Please contact Brian Davis 017687 79640

NFG HEARING AID CHECKS. We hope to proceed with our session on Friday 20th November at Millhouse Village Hall. This will be **STRICTLY BY APPOINTMENT ONLY AND UNDER STRICT REGULATIONS.** We will advise you if the situation changes. In the meantime please book a time slot with me by phoning or emailing 016974 78555 philippa.groves@northernfellsgroup.org.uk

BARTER BOARDS (BB) Anything for this Friday's BB please let me have by today if possible, it's your chance to pass on items, either free/ swapped or paid for, it's up to you. **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