

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

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**

*Please remember 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 *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 *‘Phone a Friend Scheme’ – this means someone can call you if you feel lonely or if you just feel like a chat. And our **Lend a Hand, Medical Loan** and the **NFG Minibus** are all still running so please ask if you need help*

OUR 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 very fortunate to have them and in turn we need to show them our support, so buy local if you can. If you like peanut butter try the new one in at HNM shop.

SADLY MORE SCAMS A client sent the following phone message which he received; *“your internet connection will be disconnected as illegal activity has been detected”. It then asks you to press 1 to be connected to an executive.* The callers number is fake 08581 275685. We have checked with BT and the call is definitely fake. SO please be aware. The Neighbourhood Watch News can be found by the following link and is full of really useful advice <https://www.ourwatch.org.uk/news-listing>

NFG KEEP YOURSELF CHEERFUL CAMPAIGN What have you thought about this week, our guilty pleasure is that we made the Gok Wan steak pie and it was delicious! The smell was amazing and the recipe made enough filling for another smaller pie but not for me now as I have taken up

OUR NIMBLE NOVEMBER CHALLENGE which is underway but anyone can join in anytime. Let us know and we can help support you. Our fitness instructor who used to run our Slimming Club is happy to share information with people and offer support. All you have to do to take part is to agree to try and lose half a stone (3.17515 kilos) during this next month’s lockdown, that’s 2lbs (a bag of sugar) a week. That’s the best way to lose weight and keep it off, six people have already signed up, no one will be watching so just weigh yourself, write it down put away the scales for a week and do your best. Cut out the biscuits, chocolate, puds and cakes, eat more fresh fruit and vegetables, take more exercise and if you need help there join one of the **LET’S WALK SESSIONS ONLINE** they are on Mondays 9.30am and Wednesdays 9.30am. Full online timetable is here <http://www.bookwhen.com/getactive>.

NFG CHRISTMAS CARDS are available through your Village Agents and if you need any please don’t hesitate to get in touch with a Village Agent or they are on sale in HNM shop.

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) out today with loads of bargains.. **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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