

SYMBOLS OF GOOD LUCK. It has been great to hear from you with your Good Luck charms which have extended my list of horseshoes and heather, lucky coins, socks, vests and underpants!! We've had four leaf clovers, wishbones, crossed fingers, leprechauns', rainbows, frogs, eggs and elephants!! So I had to check on this and the following is what I found out: Lucky charms or amulets are objects that, according to popular tradition, provide protection to the person who possesses it against bad luck, danger or disease. The word amulet comes from the Latin amuletum, meaning the 'object to be used for defense'. They generally have animal or mineral origin and their characteristics naturally vary between the peoples and cultures of each country, due to the presence or absence of these minerals or animals. This explains the wide variety of amulets around the planet. Today, thanks to globalisation, lucky amulets to attract money and luck from different cultures have started to appear all around the world. But do you know the meaning of the main good luck charms used around the world? If you are interested there is more information here: <https://www.lottoland.co.uk/magazine/good-luck-charms-from-around-the-world.htm> Please let us know what you have as a lucky mascot or charm.

NFG KEEP YOURSELF CHEERFUL CAMPAIGN We continue to promote our cheerfulness campaign and in truth a lot of what makes us happy is food (especially on chilly days!) and I just heard about a rather tasty sounding recipe which was on the television this morning. So if you're craving some comfort food, Gok Wan has added some Asian flavour to a traditional British dish. His **FIVE SPICE BEEF PIE**, served with a delicious coriander mash sounds the perfect thing. (Recipe attached) Maybe followed by good old apple crumble - and then plan a really good walk

NFG HEARING AID CHECKS Our final session will be on Friday 20th November at Millhouse Village Hall. This will be **STRICTLY BY APPOINTMENT ONLY**. 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. There is no charge for this service but donations to NFG are welcome.

NORDIC WALKING will be on a Monday afternoon November 2nd at 2pm from Millhouse Village Hall. Please book with us before turning up as numbers will be limited due to Covid regulations.

CORONAVIRUS

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**

Coronavirus symptoms 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) 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

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