

NEW LOCKDOWN – NEW RULES AND REGULATIONS. We will all be notified further as these come in to practice but the main message is to keep yourself safe and free of the virus by being sensible and taking necessary precautions, we can still help you if you need it, we still have a wonderful team of willing volunteers who are all able to assist if needs be. Do not get stuck for essentials, prescriptions can be delivered, shopping can be done or arranged for you.

HELP IS HERE a new campaign has been launched across Cumbria, including information from Cumbria County Council, local NHS, district councils and the community and voluntary sector, to make it easier for the county's residents to find support if they are struggling with the pressures caused by the COVID-19 pandemic. People who are struggling should go to Cumbria County Council's website at cumbria.gov.uk to find help quickly. Organisations from across the county have contributed to the online information, which includes a new search tool, and support for people struggling to feed themselves or their families, debt and housing advice, benefits and financial grants, mental wellbeing and more. From next week, the county council will also be distributing a support booklet to every household in the county with key points of contact for people who find themselves struggling. For anyone needing urgent help finding food and essential items, or struggling to cope with their current situation for whatever reason, they are advised to call the county council's Support Helpline on 0800 783 1966 (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm). **AND OF COURSE ALL OF US AT NFG ARE HERE TO HELP TOO SO NO ONE SHOULD FEEL LONELY OR DESPERATE, PLEASE SHARE ANY CONCERNS YOU HAVE WITH US AND WE WILL DO WHAT WE CAN**

More than ever now we need our **SYMBOLS OF GOOD LUCK**. So now is the time to focus on all the good things in life and there are still plenty, our beautiful surroundings, our friends and families and whilst we cannot see them as often as we would like at the moment they are still there and precious as ever. Take some time to write a letter to them, remind them of what they mean and find a happy memory to share. We were laughing last night about the things children come out with unexpectedly which brought back a very funny memory of my youngest son, aged 4 at the time, who was allowed down to say hello to dinner guests and when asked if he would like a drink before bed he crossed his little legs, sat back and said, 'please could I have a little Tia Maria!!'

- And now, again more than ever, we need to keep up with our **NFG KEEP YOURSELF CHEERFUL CAMPAIGN** and more ideas of how this can be achieved and shared will be gratefully accepted.

NFG HEARING AID CHECKS. We hope we can still proceed with our final 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

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**

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. **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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