

Ulverston News



Phone 01229 357951

Ulverston Self Isolation Group is here to help if you are house-bound and have no family or neighbour support. Call **01229 357951** and select option **4** if you live in the Ulverston area, or option **5** if you live in Crake Valley. In an emergency, call the Cumbria Emergency Support number below, or call **999**.

The Lockdown Lowdown



Heron in Croftlands. Photo by Dave Buxton.



**ULVERSTON
SELF ISOLATION**

Ulverston Self Isolation Group

The group continues to operate the phone line, and is providing active support in the Ulverston and Crake Valley areas. We can advise on shopping and access to services, collect prescriptions, arrange for food to be delivered, or just be available for a chat. There are many people still in isolation, or struggling with health or finances, so please be assured that the group will remain in place for as long as is needed.

This coming week is Mental Health Awareness Week. In a time of fear and uncertainty, this year's theme is kindness. Anyone can suffer from mental illness, at any time. It's important to be aware of this, both to support other people, and also to be aware that sometimes we might need to ask for and accept help ourselves. Find out more on the [Mental Health Foundation](#) website.

Your NHS is Here For You

Reminder! There has been a significant reduction in people being referred to hospital services with suspected cancer, heart problems and suspected stroke. Local general practices and hospitals have dedicated COVID-19 free zones to safely see and treat patients. Seek help if you need it. Use the NHS 111 online service, or call 111 if you're unable to get help online. For life-threatening emergencies, call 999 for an ambulance.

Shop Local



Ford Park Nursery

The beautiful Ford Park nursery will re-open on Saturday 16th May from 12am till 4pm, and will then open every Friday and Saturday, 12pm till 4pm. Given that the cafe is closed, they are only able to take cash directly into the honesty box. Please do try and bring exact money. Perennials are £6 each or £10 for two. Lovely tomatoes are £3 each or £5 for two. Herbs and veggie plants £1 - £3. Please be patient with the team of volunteers as they practice careful social distancing. So get gardening and support Ford Park charity at the same time.

Support Ulverston Traders

We have seen in recent times how our local traders have pulled out the stops to keep our community fed and looked after. Many of them have introduced radical new methods for ordering and delivering supplies to households, with little fuss, and mostly without charging any extra. In the near future, several large chain stores will open on the outskirts of Ulverston. We don't yet know if they will complement or compete with existing Ulverston shops. We would encourage you to keep using the local shops in their time of need, as they adapt to the "new normal".

Meet the Team



Hi, I'm Tracy Wells

I own the hat shop on Upper Brook Street. For the first 12 weeks of 2020 I was very busy with hat orders for weddings and race events, looking forward to a great year ahead. I also do a bit of hairdressing, which I love.

Around 3rd week in March, our world as we know it turned upside down! A deadly virus invaded our lives, everything stopped, all weddings postponed, all race events cancelled and told officially to shut up shop!! I was invited to join the Ulverston self isolation group, manning phones and trying to help people navigate their new normal.

Then a hat client tagged me into a post asking if I could help 'get furness masked!', a group set up by a Dr. asking anyone who could help to make masks! I had been given a load of amazing fabric by some ladies after their Mum had died, also Katie Veil from squirrel, other local ladies donating fabric, I started making and giving out masks mainly to key worker's, carer's and families who have had the virus.

After giving away more than 400 masks, and my machine breaking, I had to buy a new machine and lots more fabric. I now have to charge people who ask for them, try to keep it affordable, and not to profit from such an awful disease.

Stay safe x. Hope to get back to making hats soon, and seeing what my hair clients have done in my absence!

[Tracy Wells Designer Millinery](#)

We can help control the virus if we all **STAY ALERT**

-  Stay at home as much as possible
-  Work from home if you can
-  Limit contact with other people
-  Keep your distance if you go out (2 metres apart where possible)
-  Wash your hands regularly

 And if you or anyone in your household has symptoms, you all need to self-isolate.

STAY ALERT ▶ **CONTROL THE VIRUS** ▶ **SAVE LIVES**

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