

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**.

Ulverston Self Isolation Group

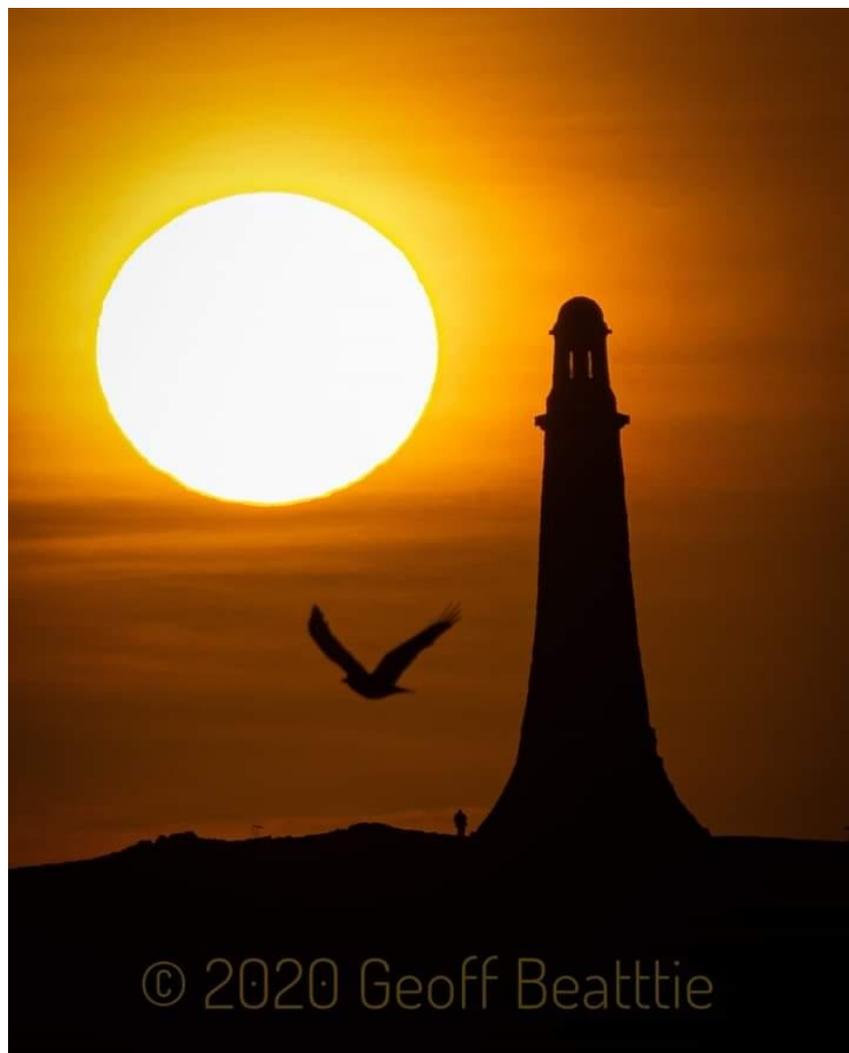


Image by Geoff Beattie

Update from our Chair, Caroline Smith

Think on, we are just over three weeks old. We wanted you to know what you can't always see. Ulverston is looking after its own community. This is now a very busy group. The real leg work is going on behind the scenes with the phones and reaching the people who really really need the support.

- 15000 flyers delivered, thanks to many many volunteers.
- A designated phone line manned every single day.
- Around 1000 calls taken on the help line.
- 350 plus volunteers, many who we are now doing shopping, calls, deliveries etc.
- 4000 or so on Facebook page dealing in facts and positives.
- Hundreds of prescriptions delivered by a dedicated secure team.
- Over £4000 donated by our supporters.
- A steering group of 20 plus with amazing skills, who have never all met.
- Care packs delivered and in place. These have helped the most vulnerable people and have been bought with fundraiser money or donated by Morrisons.
- Emergency super fast responses to people in need of food and care.
- Ad hoc meals provided, leading to the obvious need for a system.
- Around 50 meals delivered thanks to the team here, plus Fox outside catering, Bay Search and Rescue, and Ulverston Inshore Rescue.
- Birthday cards delivered, cakes baked.
- Meals on wheels partnership with deliveries going out today.
- Friendly phone calls.....and someone to listen when people's worlds are falling apart.

Care, just care from people here with huge hearts who want to do all they can to help people....THANK YOU, THANK YOU ALL FOR CARING AND THANK YOU FOR MAKING THIS SITUATION A LITTLE EASIER TO DEAL WITH.

Also thank you to the businesses of Ulverston and everyone keeping them going, done the town proud.



Thank you to our Supporters

We hugely appreciate all the donations of time, effort, and money that so many of you have given us. We enjoyed Dave Watson's Live@Lockdown entertainment on Facebook last week, and he'll be performing on your screens again on Wednesday 22nd April.

If you'd like to donate some money, we promise to use it wisely. [Click here to go to our donations page.](#)

Meet the Team



Hi, I'm Rosemary

I joined the team a few weeks ago, working behind the scenes manning the phones along with being the secretary for the group.

Before the current bizarre situation we find ourselves in, I was working as a childminder and volunteer at Ulverston Swimming club. Keeping within Government guidelines, I'm unable to work, so with lots of time on my hands. I need something to keep me occupied.

It's nice to work on something that is bringing the whole community together, along with making new friends along the way.

Support Local Charities with Bici Cafe



take aways

BY PRE-ORDER ONLY
CALL 01229 581833
OR
EMAIL
HELLO@BICI-CAFE.CO.UK

Wednesday - Friday
5pm - 8.30pm
Saturday 4.30pm - 9pm

St Mary's Hospice and Ulverston Food Bank

It's almost a month now since we closed to "eat in" customers, and we're counting our blessings that we've been able - so far - to keep our business ticking over with take away collections. We're aware that others, for a myriad of different reasons, are unable to trade in this challenging period, and we feel fortunate. We've also been blown away by the local support and encouragement we've received, with many of our customers placing regular orders, and with special friends helping us in other practical ways (you know who you are!!).

As a result, and while we can, we want to give something back to our community during this difficult period, and especially to those most in need. So, during "lockdown", we'll be donating 40p per take away pizza sold to two great local causes - 20p to St Mary's Hospice*, and 20p to the Ulverston Food Bank**. Thank you for your continuing support.

** Registered Charity Number 517738 ** Barrow Food Bank Limited, Registered Charity Number 1152753.*

Cumbria Constabulary

Following the announcement by the Government that restrictions have been extended for another three weeks, Cumbria Constabulary's Chief Constable confirms that the force will continue their approach, advising people not to travel to Cumbria in order to save lives during this national public health emergency.



CUMBRIA
CONSTABULARY

Message from Chief Constable Michelle Skeer

Firstly, I would like to thank everyone in Cumbria who has been following the Government guidelines over the last three weeks, this is helping to save lives. It is important that we focus on why the restrictions remain – which is to save the lives of people in our community and support our colleagues caring for those in our local hospitals.

When leaving home we need to continue to do what is necessary and reasonable and this includes where we exercise. Now is not the time for people to be travelling to Cumbria to exercise in our rural communities or visit the National Parks. I am pleased that most people understand this.

The guidance from the government remains that exercise should be done locally, using open spaces near to your home where possible and people should travel only when necessary and for a short distance. Travelling from other areas, like we have seen recently from Middlesex, Plymouth and Leeds to enjoy our local areas is not necessary or reasonable. We need the continued support of the public and the Lake District will be here when this is over and we will welcome you when it's safe to do so.

Our Officers will continue to patrol all areas across the county and where they come across people travelling unreasonably or people failing to adhere to the social distancing guidelines, they will engage with them, explain the guidance and encourage people to go home, only as a last resort where reason fails, enforcement action will be taken.

Find out more at ulverston.com

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