

**ULVERSTON  
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## Ulverston News



### **Covid-19 Vaccinations are Coming to Ulverston**

Hundreds of local vaccination services run by family doctors and their teams are opening across England, as the roll out of the biggest vaccination programme in NHS history gains further momentum.

Groups of health providers are setting up local vaccination centres in villages, towns and cities covering every part of the country. The vaccination centre for Mid-Fumess, covering Ulverston, Dalton, Askam, and Duddon Valley, will be at Ulverston Health Centre.

Nurses, paramedics, pharmacists and other NHS staff will work alongside GPs to vaccinate those aged 80 and over, as well as care home workers and residents, identified as priority groups for the life-saving vaccine.

Practice teams are working rapidly to redesign their sites and put in place safe processes to meet the tough logistical challenges of offering the vaccination.

The NHS will contact people in the priority groups when it is their turn to receive the vaccine. Vaccinations have already started in Barrow, and are expected to start in Ulverston in mid-January.

### **About Ulverston News**

Our fortnightly newsletter covers Ulverston events and community matters. We also send email and SMS alerts regarding significant incidents.

Ulverston News Website: [ulverston.com](http://ulverston.com)  
Facebook Group: [facebook.com/groups/ulverston](https://facebook.com/groups/ulverston)  
Phone: 01229 357951

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# Ulverston Self Isolation Group



**ULVERSTON  
SELF ISOLATION**

If you are elderly, vulnerable, lonely or need help, then we are here for you. Please call us on 01229 357951, and leave a message via Option 1. We aim to call you back within a day.

We will continue to monitor the phone line over the Christmas holidays, including Christmas day.

As we look back on 2020, we have a lot of positive things to reflect on in our community.

Caroline Smith-Dance, Chair of the group, said: "2020, wow what a year. It's been mad. Putting the first flyers out and getting calls just to say thanks for being there if we need you was quite emotional."

"I had no idea we would still be at this now. You can't help but be proud of how the town has pulled together. People have given so much, literally thousands of hours and pounds to make sure those who needed it most have been looked after."

Donna Queggan, volunteer, said: "2020 has been a challenging year for so many, but I'm so glad to have become a part of this wonderful group and being able to offer support and help to others. Everyone has been such an inspiration, and I thank you all for letting me offer to be a small part of a wonderful town."

## Cumbria County Council update

Following a review by Government, all of Cumbria remains under Tier 2 High Alert COVID-19 restrictions. 472 new cases were recorded in the week ending 11 December, up 23% from the previous week.

People making plans for Christmas this year are being urged to think carefully about the risk of more social contact, particularly with family members who are vulnerable, and to celebrate in a safe and responsible way.

The call from Director of Public Health Colin Cox comes as the latest data shows the number of new COVID-19 cases rising again, though with significant variation between districts. COVID-19 infections are rising steeply in most parts of the country.

View the full report at [www.cumbria.gov.uk/stopthespread](http://www.cumbria.gov.uk/stopthespread)

From next week, between 23 and 27 December, the Government is changing some social contact restrictions for a short period of time - allowing three households to form an exclusive 'bubble' which can mix indoors in private homes and stay overnight. 'Bubbles' are restricted to three households in total. A household cannot be part of multiple 'bubbles.'

However, with these relaxations of the rules, come concerns of an increase in infection rates and a third wave of the virus in the New Year. Cumbrians are being urged to reflect on their circumstances, think about any possible exposure from work or school that could put loved ones at risk and consider other ways to celebrate such as using technology to get together virtually.

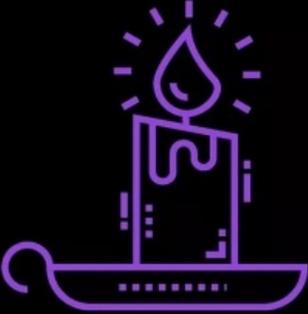
Colin Cox, Cumbria's Director of Public Health, said: "We know it's been a difficult year and people will want to spend time with their loved ones over Christmas, but we want them to really think twice about taking risks with their family's health, particularly loved ones who are vulnerable - such as grandparents."

"In my family we won't be visiting grandparents this year for just these reasons. That's not easy, but we'd rather miss this Christmas to be sure of being able to celebrate many more."

"We know from experience how quickly the virus can spread. It would be extremely easy, if we aren't careful and sensible, to find ourselves facing a third wave in Cumbria, with hospitals under pressure and tighter restrictions imposed after Christmas."

"If you do decide to visit others, keep doing the basics - hands, face, space - and over Christmas remember: no more than three households in your 'bubble', clean touch points regularly, keep indoor spaces well-ventilated and

follow rules on self-isolation if you develop symptoms or test positive for coronavirus.”



- 💡 Invite your friends & neighbours!
- 💡 Plan some added festive cheer: mince pies, mulled apple, Christingle
- 💡 Tune in to BBC Radio Cumbria from 6pm or listen online on BBC Sounds
- 💡 Wrap up warm and find a light: torch, lantern, candle...
- 💡 Head for your doorstep for 6.15pm and make a joyful noise!

**CUMBRIA BIG CAROL SING**  
See [bit.ly/CBCS20](https://bit.ly/CBCS20) for a whole range of creative ideas.  
Sunday 20th December, 6pm

## Christmas Tree Recycling



### For St Mary's Hospice & Barrow Foodbank

Let St Mary's collect and recycle your real Christmas tree. Collections take place on the 8th & 9th of January, from postcodes LA11 through to LA20.

Our Christmas tree collection would not be possible without the support of Chamleys Home & Garden, and all the other wonderful businesses and individuals that give their time, energy and resources to make it possible. So THANK YOU to them and to you for your donations.

Find out who is involved, and register your tree for collection. Registration closes on 5th January 2021.

[Register](#)

# Merry Christmas



## Last Shopping Weekend before Christmas

We'd like to assure you that this is an old photo of Ulverston at Christmas from our photo archive. The town centre does not look like this at the moment!

This is the last Saturday's shopping before Christmas, and many town centre shops are also open this Sunday. Our local shopkeepers and traders have provided magnificent support to the community this year, and they deserve our support in return.

Many thanks to Ulverston Town Council, Ulverston BID, and the traders themselves for looking after us this year, and helping to keep us all safe.

## Find out more at [ulverston.com](http://ulverston.com)

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