

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



**ULVERSTON
SELF ISOLATION**

This Week's Update

Firstly, many thanks to Don from Northern Line for designing us a wonderful new logo, free of charge! To state the obvious, it incorporates a giant U, the Hoard Monument, and a rainbow. We love it!

We are continuing to deliver and enhance our range of services to the community. We will support anyone who is in genuine need, to the best of our ability. Please don't hesitate to phone us on 01229 357951 for advice.

Many of the local shops are offering very efficient delivery services. Please continue to support them.

Meals

We are now up and running with a short term meal delivery service during the pandemic, for the more vulnerable residents in our community; elderly residents living alone, or maybe someone who has lost a loved one and is feeling low.

We offer a small range of very tasty and nutritious meals, freshly prepared by Andrew Fox of Fox Outside Catering, and kindly delivered by Bay Search and Rescue and Ulverston Inshore Rescue on a Wednesday and Saturday. Meals arrive frozen in foil trays, clearly labelled with heating instructions. The meals consist of a main course and a dessert, and cost £4 if people are in a position to pay. Payment is ideally made online to reduce cash handling, and relatives can do this, wherever they are in the world.

An example of a meal would be chicken and leek pie, with mashed potato and vegetables, along with a good portion of chocolate sponge and chocolate sauce. Delicious! An added benefit is that these people also get a phone call to take orders, so a chance for a chat and get to see the search and rescue guys face to face. It's a good way to check that people are ok.

We are very grateful for the support and advice from Lynne at Meals on Wheels in getting this set up. In the first two weeks we have delivered over 100 lovely meals. Feedback has been 100% positive, with everyone really enjoying the food and the contact. Elsie commented "ooo the pork was lovely, best meal I've

had in weeks. I don't make the effort the same when I am on my own".

If you know a neighbour, friend, or family member who would benefit from this, please do call the help line.



Coronavirus

Find out how to help others safely at gov.uk/safehelp



Meet the Team



Hi, I'm Neil Fleming

I helped to set up the Ulverston Self Isolation Group, and am now the Vice-Chair. You may find me at other times working in BAE Systems, helping to organise the Keswick to Barrow Walk, Retro Rendezvous, Hawcoat Park Sports Club, or at various other events in the Furness area. I also run the Ulverston.com website.

It has been my privilege to work with Caroline and the team of Ulverston Self Isolation Group volunteers over the last month. I started off thinking that vulnerable people were those who were elderly, or had pre-existing illnesses. It has now become clear that Covid-19 can affect anyone in the community, medically and financially, and we are all vulnerable, no exceptions!

Last week, I spent an unplanned few days as a patient at Furness General Hospital. The whole experience was scary and surreal. The A&E waiting area was empty, the corridors were empty, the radiology waiting area was empty, and in the ward were only patients and staff, no visitors. Everywhere I talked to NHS staff, many of whom seemed to be doing jobs that they would not normally be doing, and many didn't know what they might be asked to do next. Some of them had already had time off work with Covid-19. The number of patients coming into the hospital is vastly reduced, but the staff are still very busy because of all the additional precautions and cleaning required for each patient.

There is a sense of ongoing fearfulness. You can't see Covid-19. Anyone could have it already, and anyone could catch it. The staff clearly want to be there to take care of patients, but at the same time are worried about their own health, and the potential impact on their families. There is PPE, and there is testing, but staff have to work very close up to patients, and so the risk of catching Covid-19 is still high. The testing process is largely retrospective, and is not in full swing yet, so offers little comfort.

My experience highlights the importance of self isolation. Take it from me, you really don't want to be visiting FGH as a patient just now, unless you have a real medical need. If you are in any doubt at all about whether you have Covid-19 symptoms, then follow Government advice, and self-isolate. The Ulverston Self Isolation Group is here to help you, which in turn helps our NHS workers to support those who really need their expert help. It's well worth suffering a little inconvenience in the comfort of your own home, to help everyone stay safe, and reduce the load on the NHS.

Photo Quiz



Announcing the Winners of our Photo Quiz

Thank you very much to everyone who entered our photo competition over the last two weeks. Several of you responded with all answers correct! Due to being unexpectedly hospitalized, I'm afraid I haven't had time to check all the responses yet and arrange for the winners to be drawn. Please bear with me. I'll publish the results and announce the names of the winners next week. Neil.

Find out more at ulverston.com

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