

Ulverston News



Welcome to our fortnightly newsletter, covering Ulverston events and community matters. We also send email and SMS alerts regarding significant incidents.

Website: Ulverston.com
Facebook: [Ulverston News](https://www.facebook.com/UlverstonNews)
Phone: 01229 357951

Ulverston Self Isolation Group



**ULVERSTON
SELF ISOLATION**

Autumn is here, and our Summer break is well and truly over. New Covid-19 rules are in place in England, and look like they'll be with us for at least 6 months.

Currently, the local infrastructure is well able to support members of our community who are vulnerable and self-isolating. Shops and pharmacies are doing deliveries, and a range of voluntary organisations are providing their services.

The Ulverston Self Isolation Group telephone helpline is not currently manned by volunteers, and so our ability to respond to requests for help is limited. However, if you have no access to support from friends, neighbours or other organisations, you can phone us on 01229 357951, select option 1, and leave a voicemail. We'll aim to get back to you within 24 hours, and provide whatever help we can.

Covid-19 in Cumbria



Latest Information and Guidance

Confirmed COVID-19 cases have continued to rise across the county according to the latest data published on Thursday

105 new cases were recorded in the week ending 18 September, up from 82 cases the previous week. For the third week running Barrow had the highest number of new cases of all Cumbrian districts, with 38.

Barrow's infection rate continues to be well above the national average with 57 cases per 100,000 compared to 35 per 100,000 for the whole of England.

In Barrow the advice that groups of six should be limited to people from no more than two households remains in place and will be reviewed next week. The additional restrictions on hospital, care home and school visitors also remain.

Cumbria Constabulary's Assistant Chief Constable, and Chair of Cumbria's Strategic Co-ordinating Group, Andrew Slattery, said:

"I welcome the latest measures which were announced yesterday by the Prime Minister.

"Cases are now rising dramatically across the country, hospitalisations are rising and we are starting to see an increase in deaths. The situation which has been developing in recent weeks meant that continued release of lockdown was no longer sustainable and measures had to be taken to apply the brakes. Hopefully these measures will have the desired effect but more stringent restrictions may need to come into force if they do not.

"The vast majority of people in Cumbria were fantastic in respecting the restrictions earlier this year. People not only protected their own health but protected the well-being of others, including close family members, which resulted in greatly reduced infections and provided relief for the NHS.

"We are now asking you to do the same and I am confident Cumbrian people will again meet the challenge and adhere to the new regulations.

"For the minority who do not, my message is that we will not hesitate to take enforcement action against those who show a wilful disregard for the health and well-being of themselves and others. Refusal to adhere to the regulations is not your individual risk, it is a collective risk for all in our communities. Cumbria Constabulary issued hundreds of fixed penalty notices over the summer months to those who broke the rules and non-compliance with the new measures is unacceptable and will result in newly increased penalties.

"The new measures include the closing of licensed premises at 10pm and Police officers will patrol areas where licensed premises operate to ensure the regulations are being respected, and to prevent people from congregating in the street afterwards. If you are out socialising then please go home as soon as the pubs and takeaways close at 10pm.

"The activity of the multi-agency Strategic Co-ordinating Group was scaled back as the regulations were relaxed over the summer. However, we are now increasing this activity, with all authorities and partners meeting regularly to ensure the pandemic is tackled effectively, locally.

"This is a critical point. I urge people to think about why these new measures are necessary and what will happen if they are not adhered to. If people respond positively to the new measures, we can once again curtail the rise in infections which will, ultimately, save the lives of people in our community.

People are reminded to continue to take the three simple actions which can help reduce the spread of infection – wash your hands, cover your face and make space.

Whilst the regulations set out a framework for the minimum you must do, it is a matter of personal choice how much you socialise. The fewer people you have contact with, either at work or when socialising, the lower your risk of infection so please act now and protect yourselves, your families and the vulnerable in

our communities.

Cumbria County updates can be found at:

<https://www.cumbria.gov.uk/publichealth/covid19outbreakcontrol.asp>

Government Coronavirus FAQs are at:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Ulverston Emergency Planning



The Importance of Teamwork

We held the long-awaited Ulverston Emergency Planning Group (UEPG) Forum on the 23rd of September. The event was very well supported by some senior and experienced people from South Lakeland District Council, Cumbria County Council, Ulverston Emergency Planning Group, Kendal Emergency Planning Group, Cumbria Fire and Rescue Service, and Ulverston Self Isolation Group. We've had great feedback over the last few days, and are now considering next steps.

If you were unable to attend, the event was recorded, and you can watch it by clicking on the button below. Please think about the issues and opportunities discussed, and how you would like to be involved. We plan to set up volunteering sub-groups shortly, to do some real planning and actual work.

Note that this is a recording of a live event, not a professionally produced corporate video. Nevertheless, the fact that we were able to do this at all in the current situation, demonstrates the willingness of all parties to work together.

If you have not volunteered and would like to do so, please click on the "Update your preferences" link at the foot of this newsletter, tick the "Major Incident Volunteer" box, and fill in as many of the other boxes as you can. Don't worry, you won't be asked to do anything dangerous!

If you have previously volunteered, please also update your preferences to indicate which sub-group you would like to join. We would appreciate you including your mobile phone number, so that we can contact you by text (SMS) in an emergency.

[Watch the Video](#)

If you have trouble accessing the video via the button, please try this download link instead: [Download video](#). Thank you.

NHS Test and Trace



Download the NHS App

The new NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community.

The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

Colin Cox, Cumbria's Director of Public Health, said:

"I'm strongly encouraging people to download the app. The more people who use it the more powerful it becomes in helping us stop the spread of this virus. I know it has been a long time coming and people may be sceptical, but the trials of the system elsewhere in the country have gone well and it's clear this is an important weapon in our fight against COVID-19. I want to stress that the app cannot be used to identify you, track you, check if you are self-isolating or by law enforcement, but it can make a significant difference to our ability to keep the virus under control.

"Local businesses covered by the new regulations should now have their QR code posters prominently displayed and robust manual systems for logging customer contact details for those who don't use the app. The fines for not doing so are significant and working with partners we will be taking a proactive approach to ensuring businesses are complying with the law."

[Get the App](#)

Keswick to Barrow Walk



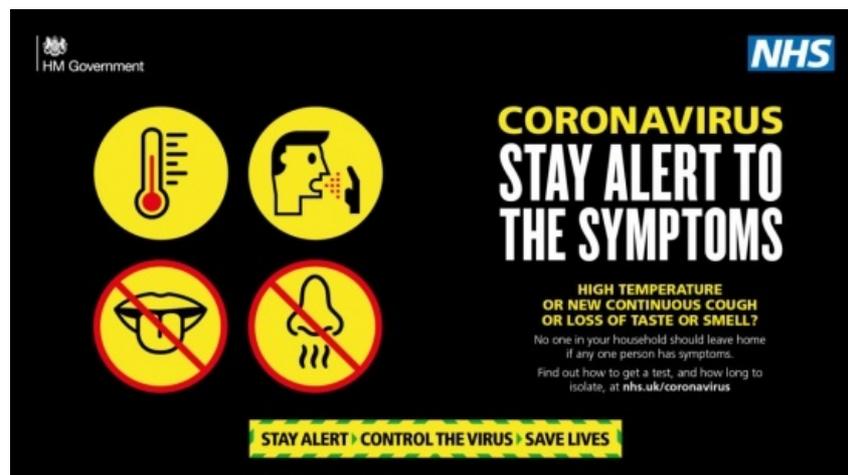
2020 Walk Cancelled

The Keswick to Barrow and Coniston to Barrow Walks take place every year in May. Sadly, for the very first time since the K2B started in 1967, and despite the Walk Committee's best endeavours, this year's event has had to be cancelled. Due to ongoing uncertainty about Covid and what might happen over the winter, it has been decided that the 2021 walks will not take place in May, and instead the event is now being planned for September 2021.

In the meantime, the Committee is pleased to be able to make additional donations to four of the very important charities that provide invaluable support to our community: Bay Hospitals Charity, Cancer Care, St John's Hospice, and St Mary's Hospice. Regrettably, it is not possible to provide financial support to the hundreds of charities that normally benefit from the event. Hopefully, 2021 will be a better year for us all.



Coronavirus Symptoms



When is a cough a covid-cough?

With common coughs, colds and sneezes around it's tricky to know when and if you should get a COVID-19 test.

The current guidance is, whether or not you have common cold symptoms first, if you develop a high temperature or a cough it must be treated as a possible COVID-19 symptom, and you must isolate and get tested.

The NHS provides more detailed definitions for each of the three COVID-19

symptoms:

- a high temperature – measured as 37.8°C or above. If you don't have a thermometer, feeling hot to the touch on your chest or back is a good indicator of a high temperature.
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

Find out more at ulverston.com

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Reply to this email to ask a question or submit content for Ulverston News. Alternatively, phone 01229 357951, and select option 1 to leave a voice message, or option 2 to hear a recorded update regarding current incidents in Ulverston.



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