

End of Lockdown Week One!



Ulverston Coronavirus Support

All parts of the UK are now on an emergency footing, which is unprecedented in peace time. Local responses to Coronavirus are being planned in a co-ordinated consistent way across the country. Senior NHS officials, police, fire, ambulance, and military commanders are working together in strategic co-ordination centres, "from Cornwall to Cumbria", according to the Government.

Here in Ulverston, we were amongst the first in the UK to set up a voluntary support organisation, known as "Ulverston Self Isolation Group", to assist the elderly and vulnerable in our community during this difficult period. The group covers all of LA12, including the Crake Valley. Already, the group has provided help to a wide range of people, most commonly with signposting callers to local shops that provide home deliveries, carrying out emergency food shopping for the most vulnerable, collecting prescriptions, and sometimes just chatting on the phone.

Help can be requested by phoning 01229 357951. Almost 15,000 leaflets were delivered by volunteers to LA12 households within the group's first week of existence. So far the phone line has taken over 500 calls. A core team of about a dozen volunteers is handling the calls on a rota. Other volunteers carry out support tasks, collect prescriptions, etc. The volunteers could put their own health at risk if they do not follow appropriate procedures, so the number of volunteers conducting these activities has been kept to a minimum, and the procedures are being continually improved.

One of the services offered initially was dog walking. Unfortunately, the guidelines for doing this are particularly strict and so, with a few exceptions, it has not been possible to deliver this service.

Moving forward, the group is working with a number of local food suppliers, packagers, and agencies, including Ulverston Town Council, to find a way of assembling and delivering food parcels for those who need them most. It is hoped that this service will launch in the coming week. The group is also working with other voluntary groups and organisations, including Cumbria County Council, NHS, CancerCare, Age UK, and St Mary's Hospice, to try to deliver the best service possible under the circumstances.

Visit ulverston.com, and go to the Covid19 dropdown menu to find out more. Join the [Self Isolation Ulverston](#) Facebook group to take part in group conversations and online activities.

Key Points for Shopping

- For those with no family or neighbour support, Ulverston Self Isolation

Group is able to signpost delivery services from local businesses.

- Everyone in the community can keep an eye on elderly and vulnerable neighbours, and help them with shopping.
- Shop alone, not in groups, and only buy essentials.
- Only pick up goods that you intend to buy.
- Try to pay by card, and avoid handling cash.
- When you're cooking at home for yourself and your family, consider making an extra portion and delivering it to a vulnerable neighbour.
- Maintain a safe distance, and make use of hand gel, plastic gloves, etc.



Ulverston's Fabulous Small Businesses

Never before has the importance of our local food shops and other small businesses been so apparent. Where supermarkets have struggled, Ulverston traders have battled on to provide fresh produce in their shops, and in many cases now, delivered to your doorstep. Ulverston Town Council has produced a list of about 40 local businesses that provide home deliveries. The list is available on the town council website, and is regularly updated. Visit the [Ulverston Town Council](#) website.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am	BEGINNERS PILATES	MORNING MEDITATION	MORNING MEDITATION	BEGINNERS PILATES	MORNING MEDITATION
9.30am		Yoga to Manage Stress and Anxiety			Yoga to Manage Stress and Anxiety
10am	POWER YOGA FOR BEGINNERS			YIN YOGA TRICIA	
5.45pm	BEGINNERS FLOW YOGA	GENTLE BEGINNERS SLOW FLOW	POWER YOGA BEGINNERS	GENTLE BEGINNERS FLOW	
7pm	PILATES	YIN YOGA TRICIA	GENERAL POWER YOGA	VINYASA FLOW YOGA	
8pm	YIN YOGA RELAXATION SLEEP	Meditation Rachel	YIN YOGA RELAXATION SLEEP	YIN YOGA RELAXATION SLEEP	YIN YOGA RELAXATION SLEEP

Cost - £5 waged
£3 - benefits
Free - if you are struggling

Yoga from the Safety of your Home

Mind/body exercises like Yoga and Pilates, are not going to make the Coronavirus go away. However, they are an excellent way to reset the mind, the body and the nervous system, especially if you are stressing out, can't sleep, or having panic attacks. They get rid of stress hormones and produce endorphins, so you end up feeling relaxed and flooded with well-being. They can help ground you, strengthen you, heal you, and relax you. All the family can join in, you don't need experience. All you need to practise them is a towel and a space on your living room floor.

The local yoga studio Lightbird Yogas online class timetable is shown above. Classes are £3 if you are on benefits, £5 if you are working, and free if you are struggling for money right now. Contact Rachel at r.lightbird@gmail.com, tel: 07722 735218, or on Facebook via the [Lightbird Yoga](#) fan page with questions, and details of how to book.

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