

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**.

The Lockdown Lowdown



**ULVERSTON
SELF ISOLATION**

Ulverston Self Isolation Group

The period of lockdown and self-isolation continues to ease gradually, but circumstances are still challenging for some members of our community, financially, and from physical and mental health perspectives. We very much recognise this, and will remain here to provide support for as long as we reasonably can.

We're delighted to announce that we have received a substantial donation from Leanne Scrogam, originally raised to start a befriending service for the elderly. We will be using this money to supplement our existing activities. Leanne was particularly keen for us to deliver "Random acts of kindness". We'll tell you more about this next week.

Garden of Remembrance



An appeal from Tracy Wells

30 years ago in June, my Mum died on her 30th wedding anniversary. I want to give something back! So does the team! We want to build a memorial garden for St. Marys Hospice, as a thank you for the care they've given us and our loved ones over the years.

In June, we will be opening an online donations page specially for this cause. Every donation puts a new flower into the garden! Watch the garden grow as donations come in. Keep an eye on the various Ulverston Facebook groups and in other media channels for more information.

The garden will start to develop in my shop window in Upper Brook St. We have a team making beautiful flower brooches for you in honour of your loved ones. At the end of June, you can collect a brooch for your donation, or donate back to the Hospice so they can then sell from their shops and gift shop. Thanks everyone. Every single penny makes a difference.

Explore the Lakes



Gummer's How

Those of us in Ulverston who are able to hop into a car or onto a bike are

fortunate to have a range of beautiful places to visit, right on our doorstep. Gummer's How is easy to reach by car or bike via the A590 from Ulverston, turning onto the A592 Bowness road at Newby Bridge, and then right onto Fell Foot Brow. Continue to drive or cycle up the incredibly steep hill until you reach the car park at Gummer's How. There are also several laybys where you can sensibly leave your car or bike.

You can probably do without a map for the basic walk, but if you have an OS map, the grid ref for the start is SD 390 877, height 681ft. If you go off the main path onto the myriad of smaller paths, we would definitely recommend a map. Start by taking the footpath northwards, signposted Gummer's How. Almost immediately you will be rewarded with magnificent views of the lake. The path is a little bit challenging, but straightforward if you're reasonably fit and wearing sensible walking shoes. There are a few narrow sections, but it's perfectly possible to maintain social distancing.

There are some short steep climbs, via "fix-the-fells" style steps. There are also plenty of places where you can stop for a breather, and enjoy the view. To get to the very top, you can choose to go up a ridiculously steep path, or via a more gentle route round the right-hand side, similar to when you climb Hoad via the Ford Park route.

Grid ref for the summit is SD 390 884, height 1034ft. At the top there is a trig point, and some fabulous views of Windermere. You can clearly see Coniston to the north, and parts of Morecambe Bay to the south. You can just see Hoad on the horizon to the west. There's a large grassy area with a few trees, which is perfect for having a picnic. It feels like you've climbed up a long way, but actually the car did most of the work (unless of course you cycled). Total length of the walk, there and back, is about 1.2 miles. There are more pictures and reviews on [Tripadvisor](#).

Incidentally, "how" or "howe" is derived from the Norse word haugr, meaning a hill or mound. Similarly, "thwaite" means a clearing, and "fell" also refers to a hill, often barren. A "ghyll" or "gill", is a steep-sided valley, often wooded, or a narrow mountain stream.

RESPECT THE RULES



**NO OVERNIGHT STAYS, NO CAMPING,
NO VISITING SECOND HOMES**

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

Respect our local communities

The Lake District is still not ready for a mass influx of visitors. Many cafes, restaurants, toilets, etc remain closed, but some are now open, with safety measures in place. People are still being asked to think twice about visiting particular 'hotspot' areas such as Windermere, Ambleside, Glenridding, Alston, and Devil's Bridge at Kirkby Lonsdale.

- Be considerate and don't do things that increase the risk or cause problems for local people, particularly the vulnerable: avoid using paths through farmers' yards; keep your dog on a lead and take your litter home.
- Plan ahead and avoid busy places: use saferlakes.co.uk to park safely and considerately and avoid the more popular destinations.
- Bring your own food and drink to avoid pressure on local shops.
- Don't behave in an anti-social manner.

#MulletOver

Lost money to a phishing scam?
Report it.

If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud:
www.actionfraud.police.uk

ActionFraud www.actionfraud.police.uk Cyber Aware TO STOP FRAUD

Report Fraud

Shop Local



Paper Petals UK

Hi I'm Jo, owner of Paper Petals UK. I started my business around 4 years ago when I was looking for an alternative wedding bouquet and decided I could make my own! We should have been getting married last Saturday, but obviously that didn't happen.

I make paper flowers for birthdays, weddings, funerals, or just because. They're a great alternative to real flowers, and you get to keep them.

During lockdown I've been busy making rainbow kusodama flowers. I've sent some to St Mary's Hospice, as well as to some amazing key workers. They are still available to order at £5 for three through my Facebook page [@paperpetalsuk](#) or website www.paperpetalsuk.net

My biggest achievement is having some of my playing card roses in Monte Carlo's Casino.

An NHS advertisement featuring a background image of a garden with a white metal table and two chairs. The text is overlaid on the image. In the top left corner is the HM Government logo, and in the top right is the NHS logo. The main text reads: "From 1 June in England you can use your garden to see up to 5 people from other households, keeping 2m apart." The number "5" and the phrase "from other households," are highlighted in yellow. At the bottom, a yellow banner with black text and green diagonal stripes on the sides reads: "STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES".

HM Government

NHS

**From 1 June in England
you can use your garden
to see up to 5 people
from other households,
keeping 2m apart.**

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Find out more at ulverston.com

This newsletter was sent to {{ contact.EMAIL }}
You received this email because you are registered with Ulverston Ltd

[Unsubscribe here](#)

Ulverston News

Published by Ulverston Ltd in
association with the Ulverston Self
Isolation Group.



© 2020 Ulverston Ltd