

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

We thought as things are changing again, it was about time we updated you with what we have been up to. This isn't for praise, it's for accountability. We are here to help the community, and hopefully have done so.

Around 25k leaflets have gone out, the first batch delivered to every door and the second delivered with the local shops phone numbers etc on it.

We have used many volunteers, not all of the many hundreds who volunteered, but many, so thank you. We really appreciate the fact that we knew the community was there.

There have been over 5,000 phone calls, some from you, some to you. That's a lot of time on the phone and handling calls, so thanks to all who help with that.

We have collected and delivered hundreds of prescriptions. We can still do this if needed, but please where possible use the pharmacy delivery services, or friends and family, now things are easier.

We have delivered over 870 meals to the elderly and vulnerable. Thanks to Fox Catering, Bay Search & Rescue, and Ulverston Inshore Rescue for your work on this.

We have fed over 1,700 people with our family meals. Thanks to Ford Park, and to Paul and Trudi at the Stan Laurel Inn.

We have given over 150 sweetie boxes to deserving youngsters in our community, and delivered over 500 acts of kindness. Thanks to:

- Ellie's Florist
- Bargain Booze
- Miners Arms
- Brocklebanks
- Ulverston Meat Company
- Vintage Village Hall

But mostly, thanks to Leanne Scrogam and the Cyril Flint Befrienders for funding the acts of kindness.

We have had loneliness calls, mended bedding, fixed IT problems, spoken to relatives far away to reassure them that their family members are ok, delivered emergency food parcels, hidden activity packs to find. We have laughed and we have most definitely cried.

We are still here, but the bulk of it is done, and we are going to grab a bit of down time. Thank you to everyone on our fabulous team, and to the town of Ulverston, the shops, and residents.

The Ulverston community has been great. We have followed rules mostly, we stayed home, we looked after each other, we shopped local. Let's keep it that way.



Sue Nugent writes

Our guys in supported living couldn't access their day service any more, so decided to transform their garden into a veg, fruit, herbs & flowers garden, making their own compost, and tending every day to the garden. Now they have got rhubarb, tomato plants, lettuce, radish, beans, herbs, strawberries, and beetroot. Oh, and we just bought some sunflower seeds to see how tall we can get them.

Here's a great story from Kerry Lawson

At the start of lockdown, my family created a wish box. Every Tuesday we all sat around the table and each put in something we wanted to do once lockdown was lifted. It was only small things like a walk up the lakes, ice cream from Roy's, sweets from Mr Simm's, or a chippy tea, all the little things we took for granted! Now we are slowly working through them, which has been great, and given my two boys something to focus on.

By local people... For local people... And friends!

Ulverston News is written by members of our local community, for members of our local community, and for anyone else who is interested. The newsletter is sent only to people who have registered themselves and verified their email address, so no spam or other nonsense! There are almost 1,000 verified "double opt-in" subscribers. If you have a story that you'd like to share, ask for help, advertise an event, or anything else of local interest, please contact us. Just reply to this newsletter, or use the [Contact Us](#) form on our website.

Hospice Garden of Remembrance



Update from Tracy Wells

30 years ago in June, my Mum died on her 30th wedding anniversary. I want to give something back, by building 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.

At the start of June, I opened an online donations page specially for this cause. Every donation would put a new flower into the garden! I've now received an amazing £3,163 in Paypal donations, and also £520 in donations through the door!

The garden has grown and flourished in my shop window in Upper Brook St. I've had a lovely team making beautiful flower brooches for you in honour of your loved ones. Now, if you have already requested one, you can collect a brooch from my shop for your donation, or donate the flower back to the Hospice so they can then sell from their shops and gift shop. Thanks everyone. Every single penny makes a difference.



On your journey



Please be considerate of other passengers.

Not all disability is visible, exemptions to the use of face coverings apply for those with certain health conditions.

More info at [gov.uk](https://www.gov.uk)

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Furness Tradition Online



OBT or 'Oakes, Bews, Thorpe' is a Scottish trio consisting of Tom Oakes (Ross Couper + Tom Oakes, Auvo Quartet) on guitars and wooden flute. Jon Bews (Malinky, Cantrip) on 5 string fiddle and Daniel Thorpe (young traditional musician of the year, Malinky, Tyde) on fiddle.

10th to 12th July 2020

This year's Furness Tradition Festival will be entirely online. The festival kicks off at 7pm on Friday 10th July, Ian Douglas and Fireside Stories. Imagine that you are sat around the fire in the Hope and Anchor garden with friends, as we have for so many magical festival evenings!

On Saturday, there is a childrens' singing workshop, more storytelling, a singaround with Sandra and Steve, and there's OBT, a young trio on guitar, flute, and fiddle. The highlight of the evening is a live concert by Jenn and Laura-Beth, who were a huge success in 2018 at both the festival and in a concert. Two voices; a guitar and mandolin. Simply sublime.

Sunday is packed with music and storytelling too, and there's a dance workshop with Jennifer Oag, an experienced Clog and Rapper dancer, covering Percussive Step Dancing. Sunday evening features Ross Couper and Tom Oakes. Ross is currently fiddle player with the mighty Peatbog Faeries and is one the finest Shetland fiddle players. The final act is Bob Fox. One of the great voices of the folk music world, Bob is also known as the Songman in the stage show Warhorse. His concert at the 2016 festival was a sellout.

Visit the festival website to find out more, and to book tickets online.

[Festival information and tickets](#)

National News

In England from 4 July,
where it's not possible to stay 2 metres apart
keep a distance of 1 metre + precautions



STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Staying safe after 4th July

The Government has produced an FAQ document outlining what the public can and can't do from the 4th July. The document covers the following topics:

- Gatherings, public spaces, and activities
- Vulnerable groups, shielding, 70 year olds and over, and care homes
- Going to work / Closed businesses / Safer spaces
- Workers' rights
- Public Transport
- Schools and Childcare
- Borders / international visitors
- Devolved administrations

[Read the FAQs](#)

**From Monday 6 July,
people who are
shielding from
coronavirus can meet
up to 6 people outside.**



Plans to ease guidance for those shielding

From Monday 6 July, clinically extremely vulnerable people will be able to spend time outdoors in a group of up to six people including those outside of their household, while maintaining social distancing. Those who are clinically extremely vulnerable and live alone or are single parents with children will also be able to create a 'support bubble' with one other household of any size, following the same rules already in place for the wider population.

From Saturday 1 August, the guidance will then be relaxed so clinically extremely vulnerable will no longer be advised to shield. They will continue to have access to priority supermarket delivery slots if they have registered online before 17 July for a priority delivery slot. NHS Volunteer Responders will also continue to offer support to those who need it, including collecting and delivering food and medicines. The food and medicine boxes facilitated by the National Shielding Service will stop as of 1 August as individuals are advised they can visit shops and pharmacies.

To register and access a priority delivery slot:

<https://www.gov.uk/coronavirus-extremely-vulnerable>.

From 1 August, those who need to work and cannot do so from home will be able to return to work as long as their workplace is coronavirus secure. Clinically extremely vulnerable people should continue to follow strict social distancing measures, taking particular care to minimise contact with others outside their household and practise good, frequent handwashing.

The Government will be writing to all individuals on the Shielded Patient List with updated information on shielding advice and the ongoing support that will be available to them. The updated guidance for those classed as Clinically Extremely Vulnerable will be published on 6 July and 1 August as these measures come into force.

[Read the full announcement](#)



POPPIES
cafe & bistro

RE-OPENING

JULY 4TH

WE WILL BE OPENING
THE CAFE FOR EAT IN
CUSTOMERS FROM JULY
4TH 10AM-2PM

BOOKED TABLES ONLY

FROM 4TH JULY 2020 POPPIES CAFE &
BISTRO WILL BE OPEN FOR EAT IN
CUSTOMERS WITH REDUCED OPENING
HOURS. WE ARE UNABLE TO ACCEPT
WALK IN CUSTOMERS AT PRESENT. CALL
07305712476 TO BOOK A TABLE. BISTRO
EVENINGS WILL RESUME FRIDAY 10TH
JULY. WE ARE CONTINUING OUR BANQUET
BOX DELIVERY AND COLLECTION SERVICE.

Find out more at ulverston.com

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Isolation Group.



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