

# 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 Group

Thanks to a donation from the charity Cyril Flint Befrienders, through Leanne Scroggum, we have been able to initiate random acts of kindness in our community for the over 60 age group. We will take nominations over the next four weeks for people who have experienced traumatic or lonely times, or people in this age group who have given back to our community. The random acts will help local businesses, as they will include things like vouchers, meat, fruit and veg packs, afternoon teas, or plants, all sourced locally.

We also think it's time to reward some of our younger community, our future volunteers. The ones that have volunteered with the isolation group have this week received sweet boxes as a little treat. Over the next few weeks, we will be gifting sweet boxes to children nominated for various reasons, such as fundraising during the pandemic.

We now feel that we have families in need, elderly, and the most vulnerable catered for, and we will continue to look after them in the coming weeks. It's nice to be now spreading happiness.

## Visit the Lakes



### **Book your National Trust visit**

National Trust houses and gardens remain closed. However, car parks and outdoor areas are gradually opening up. Due to the high demand, you will need to pre-book your visits to some of these facilities, whether you are a National Trust member or not. You will be turned away if you arrive without a booking. Local National Trust locations that are now taking bookings include Fell Foot Park, Sizergh Castle, and Aira Force. Information is continually being updated. Please go to the National Trust website to find out more, and to make your bookings.

[Visit the National Trust](#)

### **Please park your car carefully**

Cumbria Fire and Rescue Service is urging motorists to be considerate after significant problems were encountered last weekend with parking in popular areas of the Lake District. In some cases, emergency services vehicles were impeded or would have been unable to access some locations if required, due to abandoned vehicles.

Craig Drinkald, Area Manager, Head of Community Safety, Cumbria Fire and Rescue Service, said: "While we understand that people want to get out and enjoy our county's beautiful scenery, it's important everyone does so responsibly. We are asking people to ensure they park in a safe and considerate way that allows access for fire appliances and other emergency vehicles. If you can't guarantee this then please find a safer alternative place to park or return at a different time.

Fire engines are approximately 2.5 metres wide. Therefore if you're parking your vehicle and don't think a van could get through the space, it's extremely unlikely that a fire engine will either. So please keep this in mind, especially on our narrow country lanes. Inconsiderate parking can cause unnecessary delays, and lost minutes really can mean the difference between life and death when we are responding to a serious incident. Every road user can help to avoid this by allowing enough room for us to pass."

**Shop Ulverston**



## Keeping you safe

Many shops that are not currently open should be able to open by the 15th of June. Certain businesses such as hairdressers, beauty salons, pubs, cinemas, and gyms will not be able to open until at least July. Ulverston Town Council and Ulverston BID have been working together to produce a set of Covid-19 safety guidelines and resources for local traders, so that all businesses in Ulverston can follow a standard approach.

When you're out shopping, please consider the following, for the benefit of traders, other customers, and yourself.

- Don't go shopping at all if you think you have Covid-19 symptoms.
- Follow recommended hygiene practices, including regular hand cleansing.
- Consider additional personal safety measures, such as wearing a face mask.
- Join the queue outside if the shop is full.
- Avoid blocking adjoining shop entrances, etc.
- Pay attention to signs, stickers, barriers or tape.
- Keep 2 metres distance from anyone outside your family group.
- Follow one way systems in the shops.
- Avoid touching stock that you don't intend to buy.
- Be patient whilst waiting to pay as the process may take longer than usual.
- Pay by card if possible to minimise handling and save time.
- Try to avoid returning goods, unless essential.

## Shop Local



### King Street Vintage

King Street Vintage opened in October 2019, based in Ulverston Interiors at 31 King Street, Ulverston. They are a group of six individuals, all selling vintage items for collectors and for the home. Ulverston Interiors specialises in locally made wooden furniture, shelving, and mirrors with living edges.

The shop has a large display area, and sells a huge variety of items from garden collectables to jewellery and militaria. King Street Vintage plan to re-open on 15th June, and are looking forward to meeting all their customers again.

## Find out more at [ulverston.com](http://ulverston.com)

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### Ulverston News

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