**Dear Local Resident**,

CARTNET NEWSLETTER - Issue No 1

The purpose of this Newsletter is to explain CARTNET, why it has been established and how it can help you. We are hoping to publish regular editions of the Newsletter to keep you up to date.

During the Covid-19 pandemic CARTNET is coordinating local support for residents of Cartmel and its outlying areas and it is as a way for us all to keep in touch. We have divided the village into small areas, each of which has a point of contact who we’re calling a Focal Point (FP). This will almost certainly be a neighbour or someone you already know.

CARTNET is entirely optional to join and aims to keep us all informed about what’s happening in the village with regards to medical issues, food availability and delivery, local council’s information, Doctor’s surgeries and other important matters. We’ll do this through the Cartmel Village Society website, [www.cartmelvillagesociety.co.uk](http://www.cartmelvillagesociety.co.uk), emails, telephone and, for people without internet access, with this printed newsletter.

Crucially, any face to face contact will fully adhere to self-distancing restrictions and we’ll avoid any physical contact except in emergencies or other special circumstances. CARTNET will be able to provide assistance for residents who are self-isolating or self-distancing. We do encourage you to register so that we can support you in whatever way you wish. If you have not previously received details and you would like to register please contact:- Ewen Cameron Mobile Number 07929 833528. For email contact:

[**e.cameron1@btinternet.com**](mailto:e.cameron1@btinternet.com)

Your details will be logged confidentially so that you are kept informed of developments as they occur. You may contact your Focal Point for information or assistance that you cannot obtain by other means. If you do not have access to a computer, please find the following information that is otherwise available on the Cartmel Village Society website.

**From your Local Councils**

**Household Waste Recycling**

1. South Lakes District Council has suspended green bin garden waste collection from March 30th, to ensure that priority is given to grey bin and recycling collections during the Covid-19 pandemic.
2. All 14 of Cumbria County Council’s Household Recycling Centres have been shut down during the Covid-19 pandemic. This temporary closure applies locally to the Guides Lot Centre, Allithwaite Road, Grange over Sands.

**Council Tax Deferment**

If you contact the South Lakes District Council on 01539-733333 you can ask for your Council Tax to be deferred for two months. This means no payments in April and May and this is assuming that you usually pay on a 10-monthly basis. The Council will arrange for your payments to be taken June to March.

Please share this information with as many people as possible, so they can choose if they would like to benefit from this financial relief, especially the self-employed.

**Medical Advice**

**Useful information from Cartmel Surgery-** Notes from Dr J. Colclough

* Please do get in touch if you are feeling unwell in any way. We don't want people getting worse because they have waited too long.
* It is important that your general health and other conditions are in tip-top condition to make it easier for your body to deal with COVID.
* Please don't over order medicines, as we are trying to make sure that nobody goes without.
* There are huge shortages of paracetamol within the NHS but there are supplies in the shops just now (Asda, Co-op, Tesco)
* We are offering phone appointments first and are still seeing patients who need to be seen.
* The surgery is running a system where those with vulnerable immune systems come for appointments early in the morning**.**

**Shopping and Delivery Support List**

**Supermarkets** – as of this morning Tesco, Sainsbury, Morrisons and Iceland have no delivery slots or won’t deliver to new customers or to Cartmel. Asda have some delivery slots with availability in around 3 weeks.

**Rogans Bistro**, Cartmel. Tel 015395-35917, offering a takeaway menu with main courses at £5 each and fresh bread at £1

**Cartmel Village Shop**, Cartmel. The café has been temporarily closed but the shop is open 7 days a week 09.00-12.00 except Sunday 10.00-12.00

**Cockles in Cartmel** Tel: 015395-59203 (HQ), the Cartmel Shop is open 7 days a week (Monday – Saturday 8-6. Sunday 9-4). They ask for only 2 customers in the shop at one time, please wait outside until it is your turn to come in. They also have a delivery service for those who are unable to get to the shop themselves or send someone on their behalf. Orders can be placed by call or text us on 07920853499

**Tim the Milkman**. Tel: 07920-771495 or 015395-33916 doorstep deliveries of milk, juice, eggs, butter etc.

**B.E. Hargan** – Wholesale greengrocers, Flookburgh. Tel: 015395-59058 delivering boxes of vegetables for £10 or boxes of fruit for £13.

**Higginsons Butchers**, Grange over Sands. Tel: 015395-34367 are offering a delivery service for all their products and is free for orders over £25.

**Hazelmere Bakery**, Grange over Sands. Tel: 015395-32972 are offering a delivery service for their bread, cakes and meals.

**Grange Charcoal Grill**. Tel: 015395 38853 for takeaway kebabs and pizzas, delivery charge of £1

**At Home Café and Bistro**, Grange over Sands. Tel: 015395-34400 are offering a takeaway service and free home delivery

**Brooke Supplies**, Flookburgh Tel: 015395-58510 for dog and animal food plus emergency hardware supplies, etc. Will deliver larger orders or contact free collections from 08.00 daily except Sunday.

**Hampsfell House Hotel**, Grange over Sands. Tel 015395-32567 are delivering meals for £1 with 1 course at £8, £10 for 2 and £12 for 3 courses. Wed to Friday inclusive.

**Plumgarths Butchers**. Tel: 01539-736300 Special Meat Pack Offer with free delivery. 1 whole chicken, 4 beef burgers, 4 chicken fillets, 4 gammon steaks, 4 pork steaks, 2 x 500 g mince beef, 12 thin sausages, 6 thick sausages – £29.50

**Gillam’s Tearoom**. Tel: 01229 587564 Fresh bread, yeast and flour, chocolate, vegan food, over 100 varieties of coffees and teas, boxes of organic vegetables, cupboard essentials, eco-cleaning products, eco-toiletries, wines and real ales. Free delivery to the Cartmel Peninsular for orders over £30

**Chris Lark**, the ‘Fishman’, every Thursday in Cartmel, 10.00 Main Square near Fish Slabs; 11.00 Town End Meadow/Haggs Lane Junction; 11.15 Headless Cross end of Allithwaite Road.

Pre-Order Tel: 01253-857842 or 07805-857842.

**Grange Bakery**, Grange over Sands, Tel 015395-36802.Delivery Tuesday, Thursday, Friday and Saturday,

**Furness Fish and Game**, Flookburgh. Tel 015395-59544. Free Local Delivery, online menu and ordering or over the phone.

**Fletchers Fruit and Veg**., Grange over sands. Tel: 015395-32518. Free Local Delivery

**Thyme Out Cafe** (café shut). Tel: 015395- 34079. Kitchen Open and Free Local Delivery.

**Waste Not, Want Not Food Bank/Shed**, 6 Pitt Garth, Haggs Lane, Cartmel. This is collection only from the building/shed in the front garden. The area is regularly sanitised in line Public Health guidelines.

We hope this has been of some help to you, we will be updating you with more news on a regular basis. Best Regards,

Your CARTNET Team.