**Dear Local Resident,**

**CARTNET NEWSLETTER - Issue No 2**

The purpose of this Newsletter is to explain how CARTNET can help you and to outline what support is available during the Covid-19 pandemic. We are hoping to publish regular editions of the Newsletter to keep you up to date

**CARTNET Volunteers**

CARTNET has set up a pool of volunteers who can help with routine tasks such as shopping, prescription collection and delivery and dog walking, for people who are having to self-isolate or social distance.

The enterprise is being co-ordinated by Patricia Whitehead. If you require assistance or if you are able to volunteer, please contact Patricia either at triciawhitehead@btinternet.com or on 015395 36499.

**Brighten your day with free plants**

CARTNET has teamed up with the Cartmel in Bloom Group to communicate a morale boosting initiative.

Each year Cartmel in Bloom organises several community events to raise funds for their ongoing activities which include litter picking, arranging some of the floral displays in the village and making donations to local good causes.

One of these events is the annual plant sale held at the Village Hall which raises funds for local charities. In view of the current Covid-19 situation this year's event has been cancelled. But given the support that they have received from our community, they would like to reciprocate that support by offering each household covered by the CARTNET area, a small selection of plants for your enjoyment. The idea is to bring a little cheer to brighten both your day and hopefully your garden, container or basket.

If you are interested please email gillianbates@rocketmail.com or phone Gill on 07901 717056, providing your contact details by 24th April.

## **Updates from your local Councils and the Government**

## **(a) School meals voucher scheme**

## On 31st March, the Department for Education launched a national voucher scheme for children eligible for free school meal. This will allow them to continue to access free meals whilst they stay at home.

Your children’s schools can now provide every eligible child with a weekly shopping voucher worth £15 to spend at nominated supermarkets while schools are closed due to coronavirus.

The vouchers can be spent on food at a range of shops including Sainsbury’s, Tesco, Asda, Morrisons, and M&S. The DfE is working to get more shops to join the scheme as soon as possible.

The guidance: <https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance/covid-19-free-school-meals-guidance-for-schools>

**(b) Emergency Support Line for vulnerable people**

Cumbria County Council and partners, including the SLDC, have launched a new emergency support service for people at high risk of becoming seriously ill as a result of COVID-19, and who do not have support available from friends, family or neighbours.

Those at high risk include people over 70 years old, pregnant women and those with underlying health conditions who should be protecting themselves by staying at home.

Most of these people will already be receiving support from family, friends or local voluntary groups with tasks like shopping or collection of medicines if they require it. We know that a small number of people will not have this support. If they have no alternative, these people will now be able to call the Freephone number to request help with getting food, medicines, essential supplies and home deliveries.

**The Emergency telephone support line is 0800 783 1966 or you can email your request for help to** COVID19support@cumbria.gov.uk. **The telephone ‘call’ centre will operate Monday to Friday 9.00am to 5pm and 10am to 2pm at weekends.**

**Medical Advice**

**NHS asks people to share their coronavirus symptoms to help others**

A new Coronavirus Status Checker has been launched to help the NHS coordinate its response and build up additional data on the COVID-19 outbreak. People with potential coronavirus symptoms are now being asked to complete the status checker and answer a short series of questions which will tell the NHS about their experience. It is open to anyone in the UK and can be found on the NHS website. During its initial phase, the NHS is particularly keen for anyone who thinks they may be displaying potential coronavirus symptoms, no matter how mild, to complete the Status Checker.

The information gathered will help the NHS to plan its response to the outbreak, indicating when and where more resources like oxygen, ventilators and additional staff might be needed.

The Status Checker will not identify users from the information they provide, although it will cross-reference data from other sources to ensure it avoids counting people twice.

Please follow the link or copy into your web browser [www.nhs.uk/coronavirus-status-checker](http://www.nhs.uk/coronavirus-status-checker)

**Additions to our Shopping and Tradesman’s List**

We are adding extra categories of Tradesmen and Businesses to our List as follows: -

**Logs and Coal**

(1) Barkers Woodyard, Lindale for delivery of logs. Tel. 015395 32526 or Mobile 07786 006780 (Richard)

(2) Cosy Logs, Ings for delivery of logs. Mobile 07747 635334 or 07887 409829

(3) J.J. Coupland & Son Ltd – Approved Coal Merchant, Staveley.  Deliveries fortnightly on Fridays to Cartmel area.  01539 821258 Mobile 07881 912404 oliver@jjcouplandandson.co.uk

(4) Tom Baron – Firewood and charcoal, Cartmel. 07733 290801

**Local Services- Plumbers, Electrician etc.**

(1) Sebastian Wilson Electrician. Mobile 07932 635367

(2) Robinsons Electric, Grange over Sands. Shop closed but offering phone for advice and delivery/maintenance service Tel 015395 32077 or Mobile 07941 698795.

(3) South Lakes Drain Jetting. Tel 01539 732996 or Mobile 07887 691671.

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.

For more information on CARTNET support, please go to [www.cartmelvillagesociety.co.uk](http://www.cartmelvillagesociety.co.uk)