

Over the last few months I have realised what a great community we live in. To all those individuals, groups, and businesses who have shopped, collected medicines, talked on the phone, checked on neighbours and done a hundred and one other small things which have helped make life during lockdown a little more bearable – A big thank you!

Rosley Link - there will be no regular issues for a while. If you have anything you wish to report or update contact me on 01228 711520 or marion.grave@hotmail.co.uk Updates will be put on the Rosley website. Phone numbers have been include for those not on line.

Rosley Church - Rev Eileen Reid - 016973 43089, ereid2002@yahoo.co.uk

Rosley Church has a service each Sunday at 9.30 and is open for private prayer on Mondays from 10.00 - 11.00

Rosley School - The Autumn term starts on Wednesday 2nd September and breakfast and after school clubs resume on Monday 7th September

Rosley Pre-School Busy Bees is all set to reopen on Wednesday 2nd September (all being well), and we can't wait to see everyone again, and also meet some new faces! We have spaces available from September, and welcome children from the age of 2 years. Please contact us on 07919 422527 or busybees.rosley@hotmail.co.uk for further details and follow us on Facebook.

Rosley Baby & Toddler Group remains closed at present, but looks forward to welcoming everyone back and meeting lots of new people as soon as it is safe to do so! Contact Sarah on 07887 409277 or saz7777@yahoo.co.uk for more details and follow us on Facebook.

Westward Parish Council - Clerk: Mrs Julia Webster 07796123425 or westwardpc@gmail.com

The minutes of the meeting held virtually via zoom on Monday 27th July are published on the website www.westward.org.uk The main business was the signing off of the accounts. Parish Councils now pay the electricity costs of footway lighting so please report to the clerk if one isn't working. Planning applications are being dealt with by way of delegated decision. Contact the clerk if you have any issues you want raised. Date of the next meeting to be confirmed.

Rosley Village Hall - The Hall is available for hire by small groups who can meet the relevant government guidelines on social distancing etc. All enquiries to 016973 44255 or debrajs@live.co.uk The rear entrance porch to the hall has been extended and converted into a store room for equipment for the School and the Baby and Toddler Group. The old store room has been demolished although there is still a small area in the main hall to store Bowls Club equipment. An extra shutter has been added so the two areas can still be separate depending on requirements. In the kitchen there has been a range cooker installed and worktops have been renewed. There is a Hall Committee Meeting on Monday 1st September.

The Share Club has been holding meetings outside observing social distancing - peat.grave@gmail.com

Rosley W.I. - the committee are grateful to have this opportunity to wish all members and their families the very best at this time. We are continuing to review our programme and are very aware of the concerns and preferences of members as to when we meet again. Until then - stay safe and positive - 01228 711215. The following groups are not meeting at present.

Bowls - 016973 44909, **Crafts** - 016973 43181, **Art** - 01228 712224, **Reading** - 01768 776056

Qigong - classes online via zoom from September - sanbrablair@tiscali.co.uk 07748556326. **Yoga** - classes are currently being held online via zoom - annablair@tiscali.co.uk **Evolve Yoga and Pilates** Crofton, classes in the studio and online evolveyogacumbria@outlook.com 07842437700

Broadband - as a rural resident or business, you could be entitled to a broadband upgrade paid for by the government. If you have broadband speeds of less than 100Mbps you could be eligible for the Broadband Upgrade Fund. The Broadband Upgrade Fund is a pilot campaign available to rural premises in parts of Cumbria. Funding is available as small grants known as vouchers worth up to £3,500 for each small and medium-sized business (SMEs), and up to £1,500 per residential property. Once enough interest is created in your area or community, the fund that you generate goes direct to your chosen supplier to offset the cost of delivering the improved service. So it really is a question of the more the merrier.

It is easy to check if you can register an interest by putting in your postcode to see if you qualify

<https://broadband-upgrade-fund.campaign.gov.uk/>

The Royal Oak, Curthwaite - Brian & Becke - we have been in the hospitality business over 20 years and bring our knowledge, enthusiasm & passion to The Royal Oak. At the heart of everything we do is the customer, so rest assured although there will be small changes they will be for the good of the Royal Oak. Using local producers to ensure the freshest ingredients the food will be second to none and great value to boot. Our former claims to fame are twice being Somerset Lifes "Best Roast" finalist and Everards small pub of the year 3 times amongst many others. Now part of the Lakeland Inn Group and under our guidance the pub will go from strength to strength. Please bear with us while we settle in and watch this space. Our current opening times are: Closed Monday, Tuesday 5pm - 11pm bar only, Wednesday to Friday bar open 12noon - 2.30pm and 5pm - 11pm Food 12noon - 2pm and 5.30pm - 8.30pm, Saturday bar open 12noon - 11pm Food 12noon - 2pm & 5.30pm - 8.30pm, Sunday bar open 11am - 10pm Food 12 - 6pm

Northern Fells Group (NFG) www.northernfellsgroup.org.uk

**If you'd like further details about any of the Northern Fells Group Services or Activities contact Village Agent - Barbara Stoddart - 016973 42452
barbara.stoddart@northernfellsgroup.org.uk**

While for many people life is slowly returning to some kind of normality there still those who feel very vulnerable, whether for health or age reasons or both and as a consequence are reluctant to venture far from their home. Support is still there if you need any help, advice or just want someone to talk to - please contact Barbara.

NFG Bulletins - During lockdown Philippa Groves has issued regular bulletins covering a very wide spectrum of information, coronavirus updates, advice, contacts, phone and internet scams, useful tips, recipes, quizzes, craft ideas, poems and much much more. Also updates on the ups and downs of gardening and pets at the Groves household. Thank you Philippa for keeping the community so well informed and entertained!

Bulletins are posted on the Northern Fells Group and Rosley websites If you would like to receive these bulletins via email, or if you are not on line and would like a printed copy contact Barbara to be added to the mailing list.

Benefits Support Service - Dianne Bowes, Benefits Support Worker Please call me on: 07752 457513 or email me on benefits@northernfellsgroup.org.uk for free, confidential support.

I work part-time for Northern Fells group and I can come to your home (restrictions permitting) or talk to you by phone or email, to help with form filling, queries about existing benefits, checking entitlement to benefits, dealing with the Department for Work and Pensions and so on.

- Do you need advice regarding how to apply for Universal Credit?
- Are you over Pension Age and on a low income with savings under £10,000? Pension Credit could top up your State Pension and entitle you to free eye tests, TV Licence and so on.
- Are you struggling to walk very far? Do you need a little help filling in the Blue Badge form to get more convenient parking to help you to stay independent?
- Do you think you may be entitled to Attendance Allowance as you're struggling with everyday tasks like washing and dressing due to illness or disability? The extra money could help you to pay higher heating bills or to pay for a Gardener, Cleaner, Taxis or Window Cleaner if you can no longer manage some of these things,
- Are your Employment Support Allowance (ESA) forms from the Job Centre too complex to understand? Do you need support attending the Face to Face Assessment?
- Are you eligible for Reduced Council Tax, due to a disability or low income?
- Are you under Pension Age & disabled? You may be eligible for extra money from the Personal Independence Payment (PIP) to help with your increased living expenses.
- Have you been with your Gas/Electricity Supplier or House Insurance company for many years without checking if you could be getting a better rate?

Dementia Action Alliance Amanda Ingram Dementia Support Worker amanda.ingram@northernfellsgroup.org.uk
If you are living with dementia, or caring for someone living with dementia, you may be finding it a particularly challenging time. There are lots of charities, companies, and people out there ready to help support you wherever they can, if you are unsure who to ask, get in touch with us and we will help point you in the right direction.

The NFG Minibus Service is available to anyone of any age who is struggling for transport for whatever reason, it has disabled access. Phone 016974 78787 for more information or bookings.

Northern Fells Excess Apple Scheme

Sadly we have had to take the decision not to run the scheme this year. This is not because we would not have had plenty of apples donated, as it is probably going to be a bumper fruit year, but it was thought we would have had a problem selling the juice as so many of the events at which we usually sold it are not now taking place.

We are sorry to disappoint our many loyal customers but having none this year will hopefully encourage you all to buy twice as much next year to make up for what you are missing this autumn. Tim and Anne Cartmell

The next **Oil** delivery and **Septic tank** emptying are in November. **The Walking Groups** are meeting in bubbles of six maximum and hold zoom meetings on Friday evenings. **Seated exercise** on zoom Mondays at 5pm and

Marching and arm exercise zoom on Thursdays 9.30am **Zoom Coffee and Chat** - Thursday mornings 10.45am

Solway Red Squirrel Group - Please let me know if you have seen a red recently, have you had one visit your garden? Let me know if you see a red which seems unwell, lethargic or slow. With red squirrel numbers increasing in our area it is vitally important that we know where they are and that they are healthy. **Please report all squirrel sightings, red or grey to 01228 711520 marion.grave@hotmail.co.uk - Thank you**

Thursby Post Office

Open Every Tuesday 9 to 11 and Fridays 12:30 to 2:30 in Thursby Parish Hall