



CERG Messenger No.2

01 April 2020

CERG's shopping support for those self isolating is up and running thanks to our volunteers. We can take orders for small amounts of shopping but you must have cash. This is meant to cover the gaps that the local shops who take payment over the phone can't cover. We won't do your weekly shop for you and it is only for those who are self isolating. We can help those living in Cockermouth and Papcastle. For help with shopping please ring 07517 519377.

If you don't live in this area we can refer you to outlying groups. For this and everything else please ring Jo on 07852 599794

Thank you to all our lovely volunteers, many of them new, who have made this possible. You are all stars!!!!

Diabetes UK have started an initiative in Cumbria called the Befriending Circle.

The initiative will provide people living with or caring for someone with diabetes the opportunity to connect with someone who has also been affected by the condition. Diabetes UK will connect people based on their shared experiences and support will be made available either over the phone or via email. This will help particularly during this time of self isolation.

The Circle is open to anyone affected by the condition in Cumbria and the charity is encouraging people who would like to try it to get in touch. To find out more about Diabetes UK's Cumbria Befriending Circle email n.west@diabetes.org.uk or call 01925 653281.

Community spirit

Kindness on display: many thanks to Elaine for providing CERG with a large bottle of sanitizer for volunteers, and to the lady who gave very positive feedback on the household leaflet – it was good to hear!



Follow Cumbria Neighbourliness Network on Facebook who suggest: Remember to check on neighbours over the coming days & weeks - more than ever we are going to need our communities to pull together and help each other out. Remember if they are isolating to communicate with them via phone/video call, if social distancing stand min 2m apart.

Working with and/or funded by



Contact us on: chair@cerg.org.uk or mobile: 07852 599794

Being active at home:

Cockermouth based Wright Sports Services and Chance Camp have provided an at home workout booklet and daily challenges. Well done to all those who have taken part so far! Find out more @chancecampsports on Facebook.



This weeks North Lakes Food bank appeal

1ltr UHT Fruit Juice

Tinned Custard

Tinned Fruit

Sponge Pudding

Tinned Tuna

Collection centres: Sainsburys

Do you have ideas of stories, poems, pictures or anecdotes or aspirations we could include in the next issue Contact: newsletter@cerg.org.uk

Please share the newsletter with your online and neighbourhood communities if you can do so in a socially distanced way!

The businesses in Cockermouth that are now taking orders and payments over the phone <https://cockermouthonline.co.uk/home-delivery-directory/>

Caterite <https://www.caterite.co.uk/> 017687 76000 and Scales Farm 01768776514 or mob 07594263171 are doing order and collect services for households. Contact CERG if you need help with collection.

For up to date information on Coronavirus see:

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/government/organisations/public-health-england>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

For health advice <https://111.nhs.uk/covid-19>

Staying active, being creative, cooking, music, community spirit and staying in touch content sought for issue 3 of CERG Messenger!

Many thanks to the volunteers who are assisting with individual requests for help, and distributing leaflets around Cockermouth. Register to volunteer: As a volunteer it is important that you are a valued member of a team. <https://www.cerg.org.uk/registration>

You will need to confirm that you are fit and able to carry out the duties assigned to you.

Please tell us what you think about the newsletter and send us ideas or content. If you could help produce future issues a small newsletter group of volunteers would be amazing! Sign up as a volunteer with CERG and drop us an email

newsletter@cerg.org.uk