



CERG Messenger No.1

25th March 2020

Cockermouth Emergency Response Group are an established volunteer group that can help you during the current Covid 19 outbreak.

If you are self-isolating – or you are unable to get out of the house for some reason – then just call us on our mobile. We will then send someone to help if we can but please remember we will be following government guidelines. Our volunteers can't come into your house. We can help with simple tasks like picking up shopping and will help with anything else if we can within guidelines. If you don't have to self-isolate and want to volunteer to help please consider registering with us via our website www.cerg.org.uk

Community spirit

Over the next few weeks it will be helpful to keep up to date with what is happening, but also to remotely connect with others in the community. Would a regular newsletter help?

Can you use the newsletter to help with a phone chat with self-isolating neighbours?

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

Need someone to talk to?



If you need a friendly ear then Cockermouth Linking Lives are an established organisation who have agreed to help during this difficult time. They can also link you up with trained professionals at Churches Together. Please ring them on 07957 515140 or e-mail on cockermouth@linkinglives.uk.

Crime prevention: Cumbria Trading Standards has advised residents to be extra vigilant of the threat posed by telephone scammers who may be more likely to target the increasing numbers of people at home as a result of the spread of Coronavirus (COVID-19).

Source Neighbourhood Watch in Cumbria

Working at home? check out <https://mhfaengland.org/> for a guide to supporting your mental health

Working with and/or funded by



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

Helping kids at home:

With schools now closed for most children, I thought I'd share an activity that worked really well with my children who are 10 and 13 - I gave them a big sheet of paper each and asked them to write all the things they would like/need to do during this period. I wrote category headings such as: entertainment, helping round the house, keeping fit, music, garden, communicating with friends and family, home learning, mealtimes, etc to help them which we then shared and discussed. They both came up with some great ideas - and it was good to let them have some control.

In years to come, when our kids are grown up, they won't remember what they did during this period, but how they felt. For us parents I think it's important we are kind to ourselves and our children. This is not 'normal' and emotionally, they need reassurance and support. **SOURCE: Eleanor, mum in Cockermouth.** If you have tried an activity or experience you would like to share please let us know!

Also check out <https://www.scouts.org.uk/the-great-indoors/> for indoor activities



Spring is on it's way, and an allotment grower shared extra produce on Gote Road recently.

Future newsletter items could include stories of what's growing at this time of year...

SOURCE: Local grower

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

Self-isolating, and can't find a delivery option for something you need: contact CERG by telephone and we will endeavour to deliver for you.

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>

The Cumberland Building Society is having to rationalise the branches that it can keep open due to staff shortages, this also affects some ATM's. Full details of the closures can be found on the website www.cumberland.co.uk

Staying active, being creative, cooking, music, community spirit and staying in touch content sought for issue 2 of the Cockermouth CERG newsletter!

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