

17 April 2020

CERG volunteers continue to support the local community by helping self-isolating people to obtain essential supplies. To make the support for this possible, CERG applied for funding from Cumbria Community Foundations' Cumbria Covid-19 Response fund. CERG are grateful to receive £4890 to help provide ongoing support to our community.

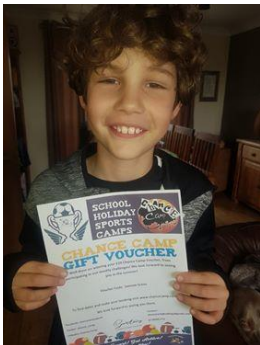
For help with shopping please ring 07517 519377.

For this and everything else please ring Jo on 07852 599794

If you don't live in this area we can refer you to outlying groups.

Thank you to all the volunteers who continue to make this possible!

Community spirit



Following Samson volunteering for Chance Camp, Cockermouth they sent him a £10 voucher thanks to a kind donation from one of our neighbours. Samson said

"I volunteered to keep kids active and off their x boxes. Chance camp challenges have really helped me keep active and helped with the boredom. People are loving Tik tok so I thought I'd set dance challenge."

"We live on a small cul de sac & last Sunday we held a coffee morning. We all sat in our gardens with a cuppa and chatted for an hour. It went so well that in addition to the Thursday clap at 8pm, another neighbour suggested 5pm after work drinks on Friday. It is a really nice, positive gathering whilst staying in our own gardens and adhering to social distancing. Just an idea how you can have interaction whilst following the guidance." Connecting in Cockermouth

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!

Working with and/or funded by



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

Cockermouth Country Market has "sacrificed" its table cloths to make scrubs bags for the front line workers during this crisis.

Scrubs are being worn by more and more workers to work directly with people affected by the virus, and those in vulnerable situations. At the end of a shift the scrubs are put into a cloth bag and the whole lot goes in the washing machine when the worker gets home. Of course, workers need more than one bag. Cockermouth Country Market-which is closed at the moment- saw the need for these bags and decided to re-purpose its tablecloths, getting some of its sewing producers to create scrubs bags. These will be used at the West Cumberland Hospital for a range of staff, both on the front line, and those in other roles to ensure the virus is kept at bay. The Market had decided to replace their tablecloths anyway, and this seemed a perfect way to use the still good cloth, rather than it go to waste. It might mean the tables have no cloth on for a couple of weeks when we return, but we are sure the customers will understand.



The businesses in Cockermouth that are taking orders and payments over the phone is kept up to date here <https://cockermouthonline.co.uk/home-delivery-directory/> These businesses are currently offering a delivery service:

Harrison's Butchers 01900 823164

Fyne Fish Fishmongers 01900 827814

County Fruit Store 01900 822108

Allison's Chemist 01900 822292

RTSN Huddart Supplies Pet Shop 01900 822118

The Coffee Kitchen Bakery 01900 821599

West Cumbria Farmers (WCF) 01900 822118

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.

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.