

160 new volunteers have joined the CERG since the start of March. As well as flabbergasting the groups administrator Jo, these volunteers are crucial for the support being provided to the community by supporting deliveries from the pharmacies, the foodbank and helping those self isolating with shopping.. We will also help out with other support needs if we can.

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



4 year old Connie Wright along with her mum Sally have made sure South Street come together on Thursday nights to thank key workers.

Invites were posted and music selected (Heros, Alesso), and what a response with the whole street out in force.

The street now looks forward to this on a weekly basis.

Working with and/or funded by



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

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 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.

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>

Are you working at home?

Liz Hunter Physio Ltd, of Lorton Street has shared an advice sheet for desk work at home, which includes a link to simple exercises to help too. Download a copy from the CERG website <https://www.cerg.org.uk/news>

Gratitude unlocks the fullness of life. It turns what we have into more and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. *Shared by CERG Chair Brian Mitchell-Hill*

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.