

ALLITHWAITE AND CARTMEL PARISH COUNCIL – COVID-19 NEWSLETTER – 22 MAY

(www.allithwaiteandcartmel.co.uk/)

THE UK GOVERNMENT AND THE NHS WILL KEEP PEOPLE INFORMED OF NEW ADVICE AND DEVELOPMENTS. PLEASE CHECK THE FOLLOWING SOURCES OF ADVICE FREQUENTLY:

- GOV.UK will keep you in touch with how the Government is responding and how you can help.
- The [NHS coronavirus \(COVID-19\)](#) page includes the latest health information about how to protect yourself or check if you need medical help.
- [General Frequently Asked Questions \(FAQs\)](#) - Public Health England
- Follow [Public Health England](#) or [The Department of Health and Social Care](#) on Twitter for regular updates.

Remember to only follow and share credible and trusted information and guidance from gov.uk, Public Health England, the Department of Health and Social Care, [NHS](#) and local agencies including councils and Police.

RESPECT THE RULES ACT RESPONSIBLY STAY SAFE

LIMIT CONTACT WITH OTHER PEOPLE	✓
STAY 2 METRES APART	✓
WASH YOUR HANDS REGULARLY	✓
NO OVERNIGHT STAYS	✓
AVOID CROWDS	✓

STAY ALERT › CONTROL THE VIRUS › SAVE LIVES

EMERGENCY SUPPORT LINE HELPING THOUSANDS

Cumbria County Council's Emergency Support Helpline is helping thousands of vulnerable or isolated people in need of urgent help.

The Emergency telephone support line is 0800 783 1966. Or you can email your request for help to COVID19support@cumbria.gov.uk.

RENEWED WARNING AS DELIBERATE FIRES CONTINUE

Cumbria Fire and Rescue Service is again urging people to stay alert and be vigilant in the countryside following a spate of deliberate fires in open spaces across the county.

The service has received dozens of calls to deliberate fires since the Covid-19 restrictions were introduced in March - this is on top of numerous accidental fires that have also been faced as a result of the dry, warm weather.



These deliberate incidents are causing firefighters to be taken away from what could potentially be real life-threatening emergencies at a time when the Service is supporting the emergency response to Covid-19.

PUBLIC URGED TO HELP KEEP CHILDREN SAFE

Following a 40% drop in the number of people contacting the authorities with concerns about a child being neglected or abused, the public is being urged to help keep children safe.

If you have concerns contact the Multi-Agency Safeguarding Hub on 0333 2401727 or NSPCC on 0808 8005000. If a child is at immediate risk of harm call 999.

GRANGE-OVER-SANDS RECYCLING CENTRE



Household waste recycling centres

The household waste recycling centre at Grange is set to re-open on Thursday 28th May with a booking system in place.

People wishing to use the recycling centre at Grange can book a slot by calling: 0300 003 1118 between 9am and 5pm two days ahead of their visit. Those who do NOT have a booking will not be able to access the site.

RIGHTS OF WAY

Cumbria County Council issued a warning about 'footpath blocking', reminding people that there was 'no advice, or requirement for the public rights of way network to be closed or restricted in any way'.

The public are urged to wear gloves and sanitise when opening and closing gates, and if possible, bypass farms.

To report a problem with the Public Rights of Way Network, contact: 0300 303 2992 or E-mail: betterhighways.carlisle@cumbria.gov.uk

PAY EXACT FARE

Bus passengers in the county will have to pay their fares in exact change from Thursday 21st May 2020.

Passengers are being asked to use contactless or mobile payment methods if possible. Any extra cash received as a result of not giving change will be donated to the NHS Charities Together Appeal, which supports NHS staff and workers.

FIND OUT HOW TO GET HELP IF YOU OR SOMEONE IS A VICTIM OF DOMESTIC ABUSE



The government acknowledges that the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. There is never an excuse for domestic abuse, no matter what the circumstances are.

For anyone who feels they are at risk of abuse, it is important to remember that there is help and support available to you, including police response, online support, helplines, refuges, and other services. You are not alone.

If you, or someone you know is suffering from domestic abuse, help is available. Call 101 or report online.

Always call 999 in an emergency.

ALLITHWAITE POST OFFICE

As of Tuesday 26th May 2020 there will be a Post Office at Allithwaite Bowling Club, opening every Tuesday and Thursday at 1.30pm - 3.30pm.

actionfraud.police.uk/report-phishing

Spotted a
suspicious
email?

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS)

report@phishing.gov.uk

ActionFraud
www.actionfraud.police.uk

Cyber Aware