

BEETHAM CORONAVIRUS COMMUNITY SUPPORT

As a community we want to do our best in the coming weeks to support those who need our help at this difficult time.

If you need assistance with anything:

**shopping - collecting prescriptions - posting letters - having a friendly chat
- or anything else you can think of**

please ring the Support Line on

015395 63368

or email estateoffice@dallamtower.com

If you reach an answer phone please leave a message with your name, address, telephone number and requirements and someone will return your call.

Even if you live outside the parish, if you are in touch with anyone in Beetham and the surrounding area who may benefit from this assistance please encourage them to register with the Support Line.

If you would like to volunteer to help:

please ring

015395 64778

or email beethamaid@btinternet.com

leaving your name, address, and telephone number/email address

Please consider whether you can offer help, particularly if you are in a less vulnerable group for deliveries or collections, or by making friendly calls from home if you are self-isolating.

All calls will be treated in confidence & all safety precautions will be taken by the volunteers.

**Thank you for your assistance, and please keep safe
Beetham Church and the Beetham Aid Support Group**

**IMPORTANT INFORMATION
CORONAVIRUS
COMMUNITY
SUPPORT GROUP**
Please read the back page

THE GATEWAY

PARISH MAGAZINE OF
ST MICHAEL AND ALL ANGELS, BEETHAM

APRIL 2020

Dear friends,

It would be no exaggeration to say that the past weeks have brought with them a great deal of uncertainty and concern, not just in our own country but around the world. The spread of the Coronavirus across the globe has posed unexpected challenges, difficulties and ongoing anxieties for the entire human family. This has led, quite rightly, to the need for us all to listen carefully and obediently to the advice offered by medical and scientific experts, with the result that our daily routines and habits of life have drastically changed. These radical changes, though worrying, have been necessary, including the decision taken by the Archbishops of Canterbury and York to suspend public worship across the Church of England.

This means that the life of the church here in Beetham is going to look very different in the days ahead, characterised less by attendance in church on Sunday and more by the prayer and service we offer each day. We still need to pray each day; for each other, for our leaders, our National Health Service, our loved ones, and for all who are suffering; we still need to offer practical care and support through our support of charities and foodbanks and for our concern for our neighbours around us. Since, if we do this, as the Archbishops' note, 'then by our service and by our love, Jesus Christ will be made known, and the hope of the gospel – a hope that will counter fear and isolation – will spread across the land'. We will be, as Teresa of Ávila the sixteenth century Spanish mystic once wrote, the living presence of Christ with which he continues to bless the world.

All these things have taken place within the season of Lent, that season of the Church's year where we are bidden to prepare ourselves in heart and mind to celebrate once again the joy and gladness of Easter.

At the heart of this story is of course the reminder that God's power, glory, majesty and victory is revealed in the costliness of generous sacrifice, in the laying down of life, in order that through love and mercy, life might be restored and transformed for ever. The events of Easter confront us with the mystery of how God in Jesus Christ was, and is still, at work. By remembering the story of Jesus' death and resurrection we prove not only God's faithfulness to what he has promised, but rather the enduring promise there is always the opportunity for a new beginning and a fresh start. The reminder, that in Christ God triumphs over all isolation, fear and difficulty, bringing new hope, new light and new life.

It can be difficult for us, all these thousands of years later and especially amid the uncertainty and anxiety that surrounds us at the moment, to imagine the joy and disbelief of that first Easter morning, when the women come to leave spices at Jesus' tomb were confronted in amazement at what God had done. In this moment fear was transformed by faith, sadness by hope, and helplessness by the revelation of God's undying love. In the days that lie ahead, as we continue to do all that we can to limit the further sorts of the Coronavirus, taking all sensible precautions and of course praying for those in special need; the story of Easter is one we are all invited to share and receive.

The reality of life as we know it now is a time for caution, but not for fear, because we have a great hope. The good news of Jesus' death and resurrection is not just for the seemingly holy or special, for the ardently religious or those whom we think it matters to most. Rather, the Easter gospel is for us all, shaping our lives, bringing peace, and offering a hope and a joy that is secure and certain.

May God bless us all with his love, comfort and strength in the days ahead,

As ever,

Andrew

www.beethamstmichaelandallangels.co.uk



Coronavirus

You must stay at home



Guidance from Cumbria County Council (dated 24th March 2020)



**We must stop the disease spreading.
Only leave home for :**

- * Shopping essentials
- * Exercise once a day
- * Medical or care needs
- * Travel to work if you have to

Stay at home



No more meeting friends.



No visiting family in other places.



No groups of more than two people in public.



Most shops are closed. Events are cancelled. Funerals are allowed.

Closed



CALL 111

**If you are ill
Stay at home for 7 days
If you feel worse
Phone NHS 111
or visit 111.nhs.uk**

Sadly, many of our advertisers have now had to close down their businesses until further notice and the services listed below will not all be available. However, the adverts are here to remind you to keep them in your thoughts and prayers at this difficult time and to remember to support them once trading returns. Some businesses are still able to remain open, and do please support them where you can.

| | | | | | |
|---|--|---|--|---|--|
| Milnthorpe Angling Association Milnthorpe Angling Association has a limited number of vacancies for members for fly fishing only on the River Bela and its tributaries If interested, please phone John McKay on 01524 812896 for an informal chat  | | LUNESDALE HOUSE RESIDENTIAL RETIREMENT HOME Hale, nr Milnthorpe 015395 - 63293 Registered with The National Care Standards Commission | | BED AND BREAKFAST Barn Close, Beetham Peaceful setting on edge of village www.barnclose-beetham.co.uk www.nwbirds.co.uk Anne Robinson 015395 63191 | |
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May deadline for The Gateway

The deadline for contributions for the May edition is noon on **Monday 27th April.**


Please send contributions to the editor, Jenny Marks

Email: beethamnews@aol.com; Tel: 015395 62559

View The Gateway online at beethamstmichaelandallangels.co.uk

FOOTCARE AT HOME

Tracey Garrett BSc MInstChp
 Nail trimming ~ Ingrown nails
 Corns ~ Callus ~ Diabetic foot
 Care and advice
For Home Visit tel 07766 167018

Friends of Beetham Church

The Friends of Beetham Church organise events throughout the year to raise funds for the upkeep of the church and to maintain the strong sense of fun and community that exists in and around our church

Friends Membership is by Annual subscription of £10, a one-off payment of £100 for Life membership, or £150 for Joint Life members.

If you would like to play a part in maintaining our beautiful church for future generations please download the application forms at beethamstmichaelandallangels.co.uk, pick up a leaflet at the back of church, or email beethamnews@aol.com for a Membership pack

MOSSDALE SERVICE STATION

A6, Hale Moss, tel: 01524 781381
 Petrol, Car Wash



Store open 6am-8pm
 Wines & Beers, Fresh Produce, Groceries, Snacks
 Hot & Cold Drinks, Papers, National Lottery



SOUTH LAKELAND AGE UK LUNCH CLUBS (12 for 12.30pm)

All lunch clubs are cancelled until further notice

Helpline: 01539 728180; www.ageuk.org.uk/southlakeland

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Beetham Church Heritage Trust

is registered with the donation website at
easyfundraising.org.uk/causes/bcht

Please help to support us by using
 this for your online shopping...

...it will cost you nothing and
 we have raised **£369** so far!

For details of the Friends of Beetham Church and how to become a member see the top of this page or visit
beethamstmichaelandallangels.co.uk

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 to discuss your requirements

ADVERTISE in THE GATEWAY

500 paper copies of The Gateway are distributed free to every home and to local businesses in the parish, and it is published on our website.

To book space from £33 per year
 call John on 015395 62648

or email j.d.lomax@btinternet.com

The Old Beetham Post Office Shop & Tea Room



We are sorry that we are closed until further notice, but deliveries can still be arranged for vulnerable people. Please call Huw & Lorraine on

015395 62389

THE PARISH OF ST. MICHAEL AND ALL ANGELS, BEETHAM

| | | | |
|------------------------|------------------------|--------------|-----------------------------|
| Priest-in-Charge | The Revd Andrew Norman | 015395 62355 | revdabn@gmail.com |
| Licensed Lay Minister | Vivien Stirrup | 015395 64320 | vstirrup7@aol.com |
| Licensed Lay Minister | Chris Roberts | 015395 63019 | lainyandchris@aol.com |
| Lay Chair/Churchwarden | Brian Smalley | 015395 64778 | b.e.smalley@btinternet.com |
| Churchwarden | Jenny Marks | 015395 62559 | jenny.marks@btinternet.com |
| Churchwarden | Ian Stirrup | 015395 64320 | ianstirrup02@gmail.com |
| PCC Secretary | Dorothy MacLeod | 015395 62062 | admdhm@live.co.uk |
| PCC Treasurer | John Lomax | 015395 62648 | j.d.lomax@btinternet.com |
| Church Flowers | Dianne Lomax | 015395 62648 | diannelomax@btinternet.com |
| Bell Tower Captain | Jenny Marks | 015395 62559 | jenny.marks@btinternet.com |
| Beetham C of E School | Wendy Nicholas | 015395 62515 | head@beetham.cumbria.sch.uk |
| "The Gateway" - Editor | Jenny Marks | 015395 62559 | beethamnews@aol.com |
| - Business Manager | John Lomax | 015395 62648 | j.d.lomax@btinternet.com |

For Baptisms, Confirmation, Weddings, Funerals, Home Visits & Holy Communion at Home, Prayer & Anointing for Healing, Sacrament of Reconciliation or if you have any questions about church life or the Christian faith, please do feel able to contact the Vicar



The Church of England
around the Kent Estuary

Worship in the Kent Estuary area

ALL CHURCH SERVICES ACROSS THE UK ARE NOW
SUSPENDED UNTIL FURTHER NOTICE

A digital method of broadcasting a regular
Beetham worship service with music is
currently being investigated and details will be
circulated if the circumstances at the time
enable this to go ahead

In the meantime, BBC Radio Cumbria broadcast the first
of their live streaming worship services on Mothering
Sunday in a series that that we can all listen to on
our radio or follow online:-

BBC
RADIO CUMBRIA
95.6 FM | 96.1 FM
bbc.co.uk/cumbria



Weekly worship will be broadcast between
8am and 9am each Sunday on Richard Corrie's
Sunday Breakfast Show. It is available on AM, FM,
Freeview channel 721 and online at
www.bbc.co.uk/programmes/p083w0fh
or linked via the Carlisle Diocese website below

The order of service will be available to download on
the Carlisle Diocese website each week at
www.carlisediocese.org.uk/coronavirus/bbcservices/

Funeral

Our prayers and condolences are
with the family of
Anne Fielden
Friday 13th March



Funeral

Our prayers and condolences are
with the family of
The Reverend Canon Tom Thompson
Friday 20th March



Sadly Tom's funeral was restricted to close family only.
The Right Reverend Graham Usher, the Bishop of Norwich
sent a recorded sermon, and a transcript can be found on
our website at www.beethamstmichaelandallangels.co.uk

Prayers during the Coronavirus pandemic

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake. Amen.



God of compassion, be close
to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. Amen.

Mary Anderson

Just over a year ago* I contributed an article for Gateway about a memorial plaque in the south aisle of the church dedicated to Mary Anderson of Cirencester, Gloucestershire, who had died in June 1834, aged 19, whilst staying with her aunt, a Mrs Barrow, in Milnthorpe.

I related how I had been contacted by Mary's 3 x great nephew, Robert Ingham, who lives in Leamington Spa, and who had come across family documents relating to Mary, the plaque and her burial in Beetham.

At the time, although I knew approximately where Mary's grave was situated, I couldn't identify it. However, I have now found the grave, near the south east corner of the church. It was hidden under decades (centuries) of weeds, grass cuttings and soil. I have cleared the accumulated debris that was masking the horizontal gravestone and found that the stone is in remarkably good condition, with the inscription being as clear today as it must have been when carved. The inscription reads simply: 'Mary Anderson, Died June 6th 1834, Aged 19 Years' and merely repeats the information given on the internal plaque.



Interestingly, though, on the adjacent (and not quite vertical) gravestone is an inscription for a James Barrow, "late of Meathop", who had died in 1831, aged 71 years. Now, you will recall that when Mary died she was staying with her aunt, recorded on the plaque as a Mrs Barrow. The siting of Mary's grave next to one for someone with the same name as her aunt is more than a coincidence. I am currently researching James Barrow, born about 1760, and have come across a James Barrow who was baptised in Kendal in 1762. Years spent researching my own family history has made me very wary about jumping to conclusions and so I have made no definite connections between these individuals.

I have sent photographs and news of my recent discoveries to Robert Ingham and I hope that he will be able to provide some more information about his and (Mary's) family which will enable me to build up a picture of their connections with St Michael & All Angels. Mary Anderson is part of the history of this church, and I want to know more about her. I will keep you posted.

Brian Smalley, March 2020

(* The original article appeared in the Gateway for January 2019)



Lent Drop-in Soup Lunch

It is difficult to believe that this year's Lent Drop-in Soup Lunch was held only a couple of weeks ago, on Wednesday 11th March. Unknown at the time it was to be just hours before coronavirus was declared as a pandemic. As a result it was still a happy social event enjoyed by all who came, with the usual choice of a variety of delicious home-made vegetarian soups and fresh bread, and followed by mounds of tray bakes and cups of tea and coffee. The lunch raised £102 for Christian Aid and a big thank you goes to all who helped in any way - soup-makers and cake-bakers, servers and clearer-uppers, and particularly to Brian Smalley and Norma Morris for such an efficient kitchen!



School Corner

Our new half term began with a visit to church for Ash Wednesday. Our service was led by Father Andrew with children having the opportunity to have the sign of the cross in ash marked on their forehead. The children learnt more about Lent and this important time leading up to Easter.

Recently we received a lovely photograph from our twin school Ataba Tabar in Senegal. The photo shows the older children from the school with the postcards that we sent them. Our children collected these from the local area and wrote messages on the back in French to the children in Senegal. This is an excellent way for KS2 to practise and use their French skills for a very real purpose.

Last week we celebrated STEM week in school. This is an international initiative that invites projects, organisations and schools across Europe and around the world, to celebrate careers and studies in the fields of Science, Technology, Engineering and Maths. Our Yr 5 & 6 children planned the week and came up with lots of exciting activities for everyone to take part in, organised by our staff team:

Virtual Reality Workshop: All the children really enjoyed having the opportunity to use Virtual Reality headsets - these are able to transport people to places that they cannot visit easily. Our children simultaneously blasted off into space, piloting their research vehicles around planets and moons, learning more about the solar system.

Scientific Experiments: Children planned experiments at home and brought these in to share with others. We had a great variety including dancing raisins, balloon inflation and exploding volcanoes!

Bee-Bot Mazes: A Bee-Bot is a small robot designed specifically for use by young children. It is used as a teaching tool for sequencing, estimation and problem solving. Our KS2 children worked together in groups to design a Bee-Bot Maze activity. The younger children then had to programme the Bee-Bots to move through the maze accurately.

Dressing up Day: This was absolutely brilliant! At home the children researched the work of a famous scientist, technologist, engineer or mathematician and came to school dressed up as that person. They then shared with the whole school who they were and why they were famous. We had a huge selection of people including... Marie Curie, Florence Nightingale, Albert Einstein, Brian Cox, Steve Jobs, Neil Armstrong, Alexander Fleming, Hedy Lamarr and Dian Fossey. I'm sure you will agree from the photographs that the children looked great and had gone to a lot of effort with their families to research and organise such super outfits.

Engineering Workshops: We were delighted that Dr Irene Wise from the Engineering Department at Lancaster University came to run workshops with all our children. The younger children worked on designing waterproof houses for the 3 Little Pigs, Yr 3 & 4 designed towers to rescue Rapunzel and Yr 5 & 6 worked on an engineering task of how to distribute food in a disaster emergency zone.

Home Help Gadgets: For homework during STEM week the children designed/made gadgets to carry out tasks around the home. There were some great ideas and I'm sure there are some budding Robert Dysons in our midst designing...sock sorting machines, dishwashing robots, cobweb busters, stick holders, washing and dressing robots, portable kitchen robots, homework help pens and more!

STEM week was a great opportunity for exciting learning but also provided a way to open all children's minds to the endless possibilities for their future careers.

The half term finished with our wonderful church volunteers working with all the children to make lovely Mothering Sunday posies to give to someone special at home.

Our best wishes to you all,
Wendy Nicholas and all the staff and families at Beetham CE Primary School



A Cheesy Evening!

Our March speaker, John Natlacen, came from Barbon and gave members and guests an entertaining history of how the Churchmouse Cheeses began and how it evolved into what it is today, a popular village Store, Café and Delicatessen that supports the local community. He brought a variety of cheeses that he thought



we might like and after interesting descriptions of their creations, samples were tasted and the evening was enjoyed by all.

Our next monthly get-together on Tuesday 7th April was to have been a talk by Charlotte Windle from St Mary's Hospice., but has now been cancelled.

The Kitty Brown Fashion Show at the Heron Theatre on Tuesday 5th May has also been postponed until further notice.



theWI
INSPIRING WOMEN

~ Update

Cancellations

We remember all our regular Gateway contributors involved in voluntary local activities who have had to cancel or postpone events for an unknown length of time. All of these social activities will be very much missed. Our thoughts are with all who have dedicated so much time to organising them, and all those who have joined in for friendship, laughter, listening and learning. We look forward to supporting them again as soon as possible.

theWI
INSPIRING WOMEN

Eversley
Choir



art
dance
music
film
the HERON theatre



Westmorland
Orchestra

Kendal South
Choir

National
Trust



ARNSIDE
HIGHLIGHTS

Beetham Community Band

Dear readers and fellow musicians,

Since my last article, our lives have begun to move to a different beat. The 'COME AND GIVE IT A BLOW' day had to be cancelled in line with current guidelines about the Coronavirus pandemic. When all settles down we will offer that again.

Weekly practice has been suspended for now, but we are hopefully all still being tuneful at home.

As always should you wish to know anything about Beetham Community Band please contact Tess on 015395 64254.

In the meantime, stay safe and well and hopeful.

BEETHAM PARISH COUNCIL

NEWSLETTER No.39 OCTOBER 2019 - MARCH 2020

Flooding in Beetham parish is a constant worry. Apart from Parsonage Fold in Beetham, which has so far been spared the worst consequences of recent heavy winter rains, the wider area of the East Ward has been shown to be vulnerable. In the West Ward the flood risks along the B5282 at Sandside are well-known, especially when combined with local high tides, on-shore winds and heavy rains on the nearby fells - some of which find their way into the Kent Estuary via the River Bela. All these areas hold risks for people and property. Beetham resident Linda Dean is determined to tackle her local problem by mobilising volunteers and forming a Beetham Flood Resilience Group with the aim of keeping the issue in the spotlight for higher local authorities and environmental bodies, fully supported by the parish council.

The junction at Storth Road/B5282 is also a traffic hazard. A site meeting between parish council members and a senior Highways engineer concluded that a major redesign of the junction might be the only way to reduce the problem significantly, although this would be expensive and so was unlikely to happen any time soon. The convex mirror has now been tested at a trial location on site and should help, but distances and sight-lines are such that its effectiveness is limited.

The parish council continues to progress a structured plan for tree management on its two sites - at Sandside Cutting and 'Plot 4' at Slackhead, despite the high ongoing cost of this work. It has also lodged representations to the Secretary of State in support of groups challenging proposals for the North West England Coastal Path project, which currently seek to bypass Beetham parish in favour of using the train service across the estuary from Arnsdale to Grange. This important issue was due to be the subject of a special presentation at the Parish Annual Assembly held on 19 March at Heron Hall, Storth, but which was cancelled. Additionally, the parish council will be closely involved in the plan to enter the parish in Cumbria in Bloom - another project spear-headed by Linda Dean.

Apart from some finishing touches, the defibrillator now located in the decommissioned Stanley Street, Beetham phone box is up and running, although it has not yet been called into action - and, of course, we hope it never will. But this facility is of such importance to the community that it is planned to replicate it at the Carr Bank Road phone box, which is similarly to be decommissioned by BT. Funding for this project is already secured, with a major contribution coming from the Storth Community Group, which runs the Storth Post Office and shop.

More good news regarding the new Arnsdale-Milnthorpe/Kendal community bus service, which took over responsibility following the withdrawal of Stagecoach. The new service has been so popular that its continued existence now seems assured and, indeed, current plans are to extend coverage to Kirkby Lonsdale and Silverdale/Morecambe.

Finally, welcome to BPC's latest new councillor - Mrs Becky Dewar of Storth, whom is already making a valuable contribution at parish council meetings. The council is now at full strength.



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**Guidance for Volunteers Shopping for People who are Self-isolating,
Family Isolating or Social-distancing**

We are seeing many communities and individuals volunteering to support friends, families and neighbours during the COVID-19 outbreak. You are providing an important and much valued service, which we are all grateful for. It is important that you do all you can to follow the national guidance on 'social distancing for everyone in the UK and protecting older people and vulnerable adults'. Follow the advice on protecting yourself and others at all times ~ spread only kindness, not COVID-19.

DO NOT VOLUNTEER IF:

- ◆ you have symptoms of COVID-19
- ◆ you should be self-isolating or are part of a family who should be isolating
- ◆ you are in a group being 'strongly advised' to socially (physically) distance themselves from others, or you have been told to shield because you are extremely vulnerable.

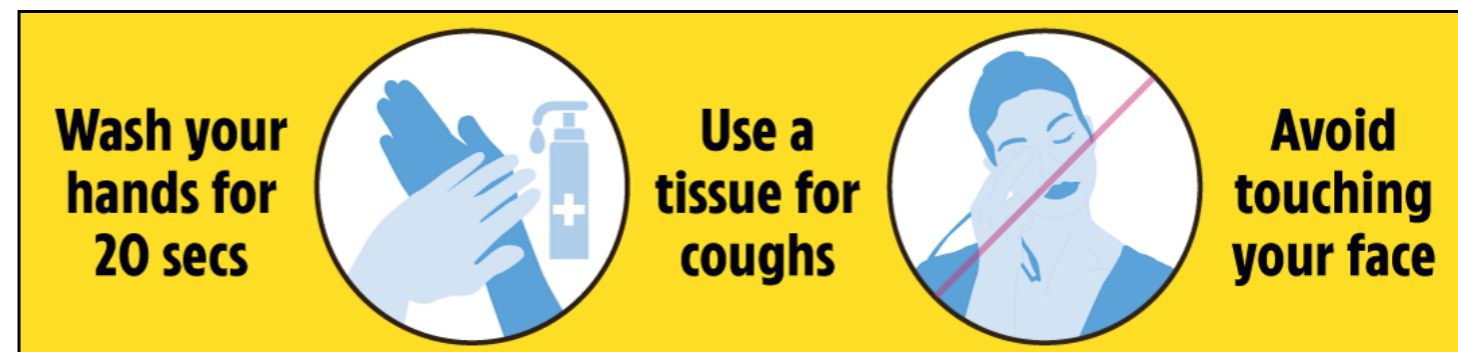
IF YOU ARE ABLE TO VOLUNTEER AT THIS TIME, consider whether or not you will do this very informally (e.g. communicating your contact details and offer of support to family, friends and neighbours) or through a coordinated volunteering group such as Beetham Aid Community Support Group (see back page)

PLEASE DO NOT ENCOURAGE VULNERABLE PEOPLE TO DISPLAY REQUESTS FOR HELP VIA NOTES OR CARDS IN THEIR WINDOWS/DOORS. Criminals can take advantage of this.

- ◇ When a person contacts you to ask if you can do shopping, you should discuss how the shopping will be paid for. Use online or telephone payment options where possible (so the person can pay directly themselves – this will also minimise the need to touch money). If you are paying for items yourself, use contactless payment options where you can. Consider if the person has any memory difficulties. It may be important to keep a record of what has been bought and the cost (e.g. can you take a photo of the receipt and keep a record of any money that is exchanged?).
- ◇ Consider where you will do the shopping. Is there a chance to support local business? Could they arrange for payment via telephone? Think about the person and their income – do you need to shop within a specific budget that will influence where you shop?
- ◇ Consider others whilst shopping. Follow the advice on how to reduce your risk of catching or spreading the illness. Keep 2 metres away from other people at all times, including at the check-out.
- ◇ Do not buy high-demand items in bulk – only buy what is needed.
- ◇ If you need to consider substitutes, are you aware if the person or other household members have any allergies or are there foods they should not have because they may interact with medications? What sort of cooking and food storage facilities do they have? Would they be able to open tins/jars for example?
- ◇ Transporting shopping – for food hygiene purposes, ensure any frozen food does not thaw before reaching the person's house (and check the person places in the freezer immediately if they are not planning to consume to food immediately). For food that should be refrigerated, such as raw/cooked meat; do not allow it to get too hot whilst being transport and make sure it is back in a fridge within two hours of picking from the shelf.
- ◇ Delivering shopping to the person – where possible, we strongly advise volunteers not to enter homes. Keep a 2 metre distance from the person you are helping. Agree a time and safe place to leave the shopping and ensure the person knows it is there. Where this is not possible (e.g. where a person is physically not able to carry their own shopping into the house/lift bags onto the worktop), wash your hands, or use hand sanitiser before and after entering the house. Consider wearing disposable gloves and change them between deliveries if it is difficult to wash your hands regularly.
- ◇ If you need to handle money, ensure you and the person you are helping wash your hands before and after touching it.
- ◇ Wash your hands before and after each delivery. It is also recommended that the person receiving the shopping wash their hands after bringing the shopping into the house and also after packing it away.
- ◇ If you are part of an organised group delivering shopping and you are not known to the person you are delivering shopping to, consider use of a 'safe word' agreed with the person in advance, that you can use to provide reassurance if required. Double check you are leaving food at the correct house.

This guidance has been developed through the COVID-19 Cumbria Community Resilience Group. It aims to compliment national Government COVID-19 guidance and will be reviewed regularly. This information is current at 23rd March 2020.

Thank you for your support



**What to do if you think you have
coronavirus symptoms
(NHS advice online, dated 24th March)**

Do not leave your home if you have either of the following symptoms, or live with someone who does:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do. Only call 111 if you cannot get help online

If you are self-isolating, you must:

- not leave your home for any reason, other than to exercise once a day – but stay at least 2 metres (3 steps) away from other people
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home
- not have visitors, such as friends and family, in your home. You can use your garden, if you have one.

For the latest NHS advice go to:-
[nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/](https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/)

PLEASE SHARE - PLEASE SHARE - PLEASE SHARE
[#clapfourcarers](https://www.clapfourcarers.co.uk) [clapfourcarers.co.uk](https://www.clapfourcarers.co.uk)



During these unprecedented times they need to know that we are grateful.

Please join us on: **26th of March at 8pm**
for a big applause (from front doors, garden, balcony, windows, living rooms, etc)
to show all who are working at the front line, our appreciation for their ongoing hard work and fight against this virus.

Please share this message, so we can make sure, the word spreads and reaches all to join!



[#clapfourcarers](https://www.clapfourcarers.co.uk) [clapfourcarers.co.uk](https://www.clapfourcarers.co.uk)
PLEASE SHARE - PLEASE SHARE - PLEASE SHARE

Preparing for Coronavirus

Please note that the following suggestions have been contributed from a nurse, for some common-sense practical preparation tips:-

You basically just want to prepare as though you know you're going to get a nasty respiratory bug, like bronchitis or pneumonia. You just have the foresight to know it might come your way!

Things you should actually buy ahead of time (not sure what the obsession with toilet paper is):-

- * Tissues
- * Paracetamol
- * Any generic, mucus thinning cough medicine of choice, but check the label and make sure you're not doubling up on Paracetamol. Honey and lemon can work just as well!
- * Vaporub for your chest

A humidifier is good to use in your room when you go to bed overnight. (You can also just turn a shower on hot and sit in the bathroom breathing in the steam).

If you have a history of asthma and you have a prescription inhaler, make sure the one you have has not expired and refill it or get a new one if necessary.

Prepare some easy meals, such as soup, and freeze.

Stock up on your favourite clear fluids to drink - tap water is fine but you may want some variety as it is very important to keep hydrated

For symptom management and a fever over 38°C, take Paracetamol rather than Ibuprofen.

Get plenty of rest and remember you should not be leaving your house! Even if you are feeling better you may still be infectious for 14 days. Children will generally get better quicker, but will also remain infectious for 14 days. Ask friends and family to leave supplies outside to avoid contact.

You DO NOT NEED TO GO TO THE HOSPITAL unless you are having trouble breathing or your fever is very high (over 39°C) and unmanaged with medication. 90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter medication.

If you are worried or in distress or feel your symptoms are getting worse, ring 111 and they will advise if you need to go to hospital, as hospital beds may only be used for those who actively need oxygen/breathing treatments/IV fluids.

Stay At Home and Save Lives