

The Weekly Round-up

For tenants & Residents of Eden (EHA), Mitre & Lyvennet

Friday 10 April 2020

Issue 3



Hello and welcome to EHA's third 'Weekly Round-up'...

This issue may come a little later due to postal restriction over the Easter weekend.

As always, please get in touch if you have ideas for articles, recipes, poems, useful tips or quizzes to keep in touch with other readers across Cumbria.

Contact Jenny on 01768 861435/
jenny.webb@edenha.org.uk or your scheme staff to contribute to the Weekly Round-up.

Weekly Top Tip:

You can grow carrots from their tops! Cut around 1cm from the top and place in water.

After a week or so they should start to develop more leaves, once a few leaves have grown plant into soil covering the top of the carrot completely.

Clap for carers

Every Thursday evening at 8pm, the nation unites to applaud those who are working on the front line to tackle Covid19 and keep the country running - staff across the NHS, carers, food retail staff, Postal staff to name a few. If you can do so, perhaps clapping out of your front window, join the nation's display of gratitude!

Simple recipes for self-isolation:

This week, why not try **Bacon, Onion and Potato bake**, another recipe from Pinch of Nom www.pinchofnom.com

Ingredients:

- 1 kg Potatoes peeled and sliced thinly
- 16 Bacon Medallions
- 2 Onions peeled and thinly sliced
- 1 Veg or chicken stock cube made up with 200ml of boiling water
- Sea Salt
- Freshly Ground Black Pepper
- 40 g Cheddar grated
- Low Calorie Cooking Spray

Method:

1. Pre heat the oven to 180°C.
2. Spread a layer of sliced onion on the bottom of an ovenproof dish.
3. Arrange a layer of potato slices and bacon on top of the onions, alternating a couple of slices and potato with bacon, next add another layer of onions. Repeat until you have used up all the bacon and potatoes.
4. Pour the made up stock over the top, then season with a little salt and pepper. Spray the top with cooking oil, and then cover with foil and seal.
5. Cook for an hour, then remove the foil and check that the potato is cooked. If not cover and return it to the oven for a bit longer. When it is cooked sprinkle the cheese over the top, then return to the oven for another 10 – 15 minutes or until the cheese has melted and is golden brown.



Local Authority updates

All council offices are closed for face-to-face contact; however, here are some service updates:

- **Eden District Council** –you can call 01768 817817 or emailing enquiry@eden.gov.uk
General waste, Garden waste and recycling collections continue as normal. Blue bags must be double knotted in line with regulation; otherwise, they will not be collected. Residents must disinfect the handles of bins and boxes before placing them out for collection and when returning them
Council tax If you are struggling to pay your council tax, please contact customer services. You may be able to claim Council Tax Reduction, and they can offer weekly and fortnightly arrangements too.

- **South Lakeland District Council** – you can call 01539 733 333 or email customer.services@southlakeland.gov.uk
Green bin, garden recycling and bulky waste collections garden waste collection is suspended, however other recycling and waste collections continue as normal.
Council Tax – contact customer services to find out about support available

- **Carlisle City Council** – you can call 01228 817200 or email: customerservices@carlisle.gov.uk
Green bin, garden recycling and bulky waste collections have been suspended our other recycling and waste collections continue as normal.
Council Tax – contact customer services to find out about support available

- **Allerdale Borough Council** – you can call 0303 123 1702 or make contact via the website: www.allerdale.gov.uk
Green bin, garden recycling and bulky waste collections have been suspended our other recycling and waste collections continue as normal.
Council Tax if you are struggling to afford to pay, you are encouraged to contact customer services advisors. You can reduce the monthly payment by spreading the costs over 12 months, rather than 10 and you may be entitled to help under the Council Tax Reduction Scheme and Hardship Fund.

Remember: Cumbria County Council have launched New emergency support line for people who are at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours. Contact 0800 7831966 or COVID19support@cumbria.gov.uk

Easter word search

Bonnet	Hunt	Lambs
Eggs	Basket	Chick
Chocolate	Easter	Bunny



M	B	C	P	B	A	S	K	E	T
N	O	H	L	E	N	P	B	O	O
D	N	O	Y	S	A	G	X	T	M
Y	N	C	J	N	E	S	V	W	H
K	E	O	A	S	N	B	T	U	N
C	T	L	T	T	W	U	N	E	R
I	L	A	M	B	S	T	B	V	R
H	X	T	Z	C	Y	D	L	R	C
C	O	E	I	L	S	G	G	E	J
H	Z	S	Y	G	I	F	P	O	G

Keeping active – exercise at home

We've teamed up with local Personal trainer, James Pittam to bring you some exercises to try at home. Each week we will bring you a new exercise to try.

Hi I'm James and I'm a Level 4 Personal Trainer and Remedial Sports Massage Therapist running my own Health and Fitness Consultancy based at Penrith Leisure Centre. Before this I served as a Royal Marines Commando worldwide where a very high level of fitness always had to be maintained.

Since the lockdown for the Coronavirus outbreak, I have been training myself daily at home with my own morning exercise programme to set myself up for the rest of the day. No matter what your age or fitness ability, this can be done by most, and does not have to be too strenuous.

Whilst we are staying at home during this period it is important for all age groups, including the elderly, to stay active, maintain a routine and do regular exercise. This will lead to the following benefits:

- Release those feel good endorphins.
- Reduce stress and anxiety.
- Elevate your mood.
- Keep you mobile.
- Ease symptoms of arthritis, diabetes and heart disease.

A moderate level of activity and exercising can help you maintain your health at any age, providing physical benefits as well as having a positive effect on your sense of wellbeing.

1. Shadow Boxing - 2 Sets of 20 Repetitions Each Arm (2 x 20)

Just like a boxer or a fighter, punch the air like you have an imaginary opponent. Alternate the punches using both arms. To increase difficulty try holding some small hand weights or 2 tins of canned food. Don't lock out your elbows.

See image to the right for guidance:

Next week we'll include a second exercise to build up your routine – stay safe and keep active.

Poetry corner

Here follows a poem, written by one of our residents at Heysham Gardens, June Wilkinson.

I would like to encourage other readers to send me their poems – either ones you have written, or their favourite ones which are poignant at the moment, and I will try to publish one with each newsletter.

Thank you June for, hopefully, starting a wave of creativity!

*Oh Dear, what can the matter be,
Life at Heysham is not what it used to be,
No bingo, no quiz, no living history,
What a sad state of affairs!*

*We went out last night to join in on the clapping,
But we had to ensure there was no 'back
slapping',
We kept our distance away from each other,
And enjoyed the chance to chat to another.*

*We may be alone, but we're cared for, and well,
Thanks to all the staff who turn up without fail,
At Heysham we all look forward with glee,
Once more we all will be happy and free.*

Contact me on 01768 861435 with yours!



Easter 2020

This Easter may be like no other before, we will all spend it either alone or with members of our immediate household. Many of our readers will miss attending places of worship, visiting family, trips or meals out. Remember this is not forever, and we must stay at home to stop the spread of Coronavirus, save lives and save our NHS. **Please stay at home this weekend.**

Gina Bracken and Debi Wilkinson, our Independent Living scheme staff have provided a few Easter bits to help keep is entertained over the Bank Holiday weekend. Quiz answers will be published next week – good luck!

Five Little Easter Eggs

Five little Easter eggs, lovely colors wore;
(hold up five fingers)
Mother ate the blue one, then there were four.
(bend down one finger)

Four little Easter eggs, two and two, you see;
Daddy ate the red one, then there were three.
(bend down next finger)

Three little Easter eggs, before I knew,
Sister ate the yellow one, then there were two.
(bend down next finger)

Two little Easter eggs; oh, what fun,
Brother ate the purple one, then there was one.
(bend down next finger)

One little Easter egg; see me run!
I ate the very last one, and then there were none.
(bend down last finger)

Easter Quiz

1. What is the traditional name for painting Easter eggs?
2. Lent, a season of fasting before Easter Sunday lasts for how many days ?
3. Where would you find the world's largest Easter egg?
4. What does the Easter symbol represent?
5. What is another name for Easter Sunday?
6. 75/% of people eat which part of the Easter bunny first?
7. When is Easter celebrated?
8. Which country has the tradition of eating Hot Cross buns at Easter?

Georgina's Easter Tips for the long weekend

- Easter Egg Hunt for the kids – place an egg or picture of an egg in your window for local children to hunt on their daily walk.
- A spot of home baking - Easter Buns, Ester Simmel cake with the 11 marzipan balls on top for the 11 Apostles - the 12th being Judas and we all know what happened to him! Easter Cup Cakes with egg nests on top with the kids - for the adults you could flavour the butter icing with baileys!
- Make Pace eggs, boiled eggs with different patterns from boiling them up with onionskins, wrapped in either foil or string - then you can eat them with a lovely salad later in the day.
- A bit of flower arranging - a few daffodils and foliage out the garden will look lovely in your hall or front window.
- Don't forget to wear your easter best on Sunday with an Easter Bonnet as well, so come on everyone get your creative juices running and have a fab time with all the old traditions!
- There will be some Easter services on the TV as well which will be very convenient as the local churches are not open just now.

Happy Easter Everyone!

EHA - Easter opening times

Our offices remain closed to the public, however you can contact us by calling 01768 861400 or email enquiry@edenha.org.uk.

We are only booking emergency repairs:

Our staff and contractors will ask you if you have been diagnosed or are in isolation/quarantine for Covid-19/Coronavirus and we will only attend to absolute *risk to life* emergencies if that is the case.

Due to the Easter Break our staff will not be available to answer calls or emails between 5pm on Thursday 9 April and 9.00am on Tuesday 14 April.

If, you have an out of hours emergency repair over the Easter Break please contact our out of hours service on 01768 861434 or 0800 3581401

In response to government advice regarding the corona virus, our offices will remain closed after the 14th April, however our staff are still available to answer telephone enquiries on 01768 861400 or by email on enquiry@edenha.org.uk Monday to Friday 9.00am to 5.00pm

COVID-19 latest guidance:

We continue to receive reports about neighbours who are not following the Government instructions to stay at home.

People over the age of 70 and those with serious health conditions should be self-isolating.

The only reasons to leave home are:

- ✓ **To shop for basic necessities or pick up medicine**
- ✓ **To travel to work when you absolutely cannot work from home**
- ✓ **To exercise, once a day, alone or with members of your household**

- × **Do not meet others, even family or friends**
- × **Do not allow children to play outside your garden or with others who don't live in your home.**
- × **Do not allow visitors to your home who do not usually live with you.**

A message from our Queen

The Queen's address to the nation on Sunday evening helped convey the scale of the current situation and British resilience wonderfully. Here are a some highlights:

"I hope in the years to come everyone will be able to take pride in how they responded to this challenge. And those who come after us will say the Britons of this generation were as strong as any. That the attributes of self-discipline, of quiet good-humoured resolve and of fellow-feeling still characterise this country. The pride in who we are is not a part of our past, it defines our present and our future."

"The moments when the United Kingdom has come together to applaud its care and essential workers will be remembered as an expression of our national spirit; and its symbol will be the rainbows drawn by children."

"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again."

Until next week...

Enjoy the Easter weekend but please stay at home. Issue 4 of the Weekly Roundup will be shared next week.

Please do get in touch if there is information you would like to see included in future editions on 01768 861435 or email me jenny.webb@edenha.org.uk

In the meantime, please take care and make sure you ask for support if you need it.

Eden Housing Association

Eden Business offering call to collect and delivery services:

Information sourced from Penrith Chamber of Trade, and Cumbria County Council resources.

Alston Moor

Alston Wholefoods – pick, pack & delivery, free delivery also available. Phone: 01434 381 588 Email: info@alstonwholefoods.com

High Plaice Chippy - telephone order and collect. Open Tuesday -Thursday 4pm - 7pm, Friday - Saturday 12pm - 3pm & 4pm - 8pm Phone: 01434 382300

Alston Moor Top Café - collection service. Only one person permitted in the shop at once. Open Tuesday-Saturday 10:30am - 1:30pm Phone: 07387 117520

Appleby

Co-op, Appleby Extended opening 7am - 8pm, 7 days per week. Social distancing throughout shop. However, no deliveries or orders. Phone: 017683 51577

Appleby Spar, Appleby Local delivery. Phone: 017683 51644

Appleby Low Howgill Butchers & Deli, Appleby Availability of goods from all other shops in Appleby. Next day deliver for orders placed before 12 noon. No contact delivery, drop at door, payment on order. Phone: 017683 51644

Askham

Askham Stores, Askham Newsagent. Phone to order and collect from outside store. 48 hours notice for delivery. Phone: 01931 712187

Pooley Bridge

Pooley Bridge Post Office - free home delivery service to all local customers. Order by phone during working hours 7:30am - 5:30pm Phone: 017684 86168

Chestnut House – Delivering across Eden, stock includes meat from Howgills Butchers, Breads from Brysons - view video of stock on Facebook page, call to order on 017684 86444

Brough

- One Stop, Brough Orders taken by telephone - local volunteers delivering when available. Phone: 017683 41260

Newton Reigny

- The Sun Inn, Newton Reigny A range of bread, milk, canned food and condiments for sale to the public as a convenience.

Langwathby

- Food Store open (limited hours and people allowed in the shop). Offering delivery and collection service. Delivery is free if order is over £20 - £2 charge if under. Delivery available to: Langwathby, Winskill, Hunsonby, Phone: 01768 881342 Email: email@northernstores.co.uk

Greystoke

- Greystoke Village Shop, deliver available, phone: 017684 83137

Armathwaite

- Armathwaite Stores Food store open, limited PO service (emergency cash withdrawals) Phone: 016974 72778

Kirkby Stephen

- Eden Valley Produce – telephone order and delivery available. Also delivering for Steadman Butcher 017683 71282 and Ivy Cottage Baker 07857 324029 orders to them direct. Phone: 017683 71323 Email: info@edenvalleyproduce.co.uk

- The Penine Boutique Hotel, Offering a take-away Sunday meals, delivery for those in isolation. Phone: 017683 74997 Email: penninehotel@outlook.com 10.30pm. Phone: 017683 71353

- Spar - order service and some deliveries. Saturday 8am - 10.30pm, Sunday 9am - 10.30pm. Phone: 017683 71353

Melmerby

- Melmerby Village Stores, Melmerby Essential supplies shop open, delivering food to local isolating residents. Residents need to order by telephone, and can make requests for additional food that the shop will order. Phone: 01768 881915

Caldbeck

- Caldbeck Shop, Caldbeck Food Store and Delivery Phone: 016974 78252

Orton

- Orton Village Stores and Post Office, Orton Open 9am - 5pm. Post Office open 2 days. Frozen food, fresh dairy, dry goods, bread, household cleaners. Orders by telephone. FREE delivery. Phone: 015396 24225 Email: orton.village.stores@btinternet.com

Penrith

- Bake4Eden, Sandgate, 01768 891825
- Cranstons - Customers are able to place an order from the comfort of their own home and collect it from Cranstons food halls in Penrith carpark: <https://clickcollect.cranstons.net/>
- The Chopping Block - offering delivery of meats and deli products in Penrith. Phone: 01768 899092 Email: shop@thechoppingblockpenrith.co.uk
- The Country Coffee Shop, Princes Street, 01768 210100
- Daffodils Coffee House - 01768 210604
- Dana Indian Takeaway, Great Dockray, 01768 863812
- Foundry 34, Penrith Partnered with Sandgate Friery to offer delivery and collection serve 7 days a week. Phone: 01768 210099 Online: www.foundry-34.co.uk
- Four and Twenty, Penrith Meal delivery, suitable for freezer Phone: 01768 210231 Email: info@fourandtwentypenrith.co.uk
- Greenwheat Florist and Fika, 01768 744240
- J & J Graham, Market Square, 01768 862281
- Just Greek, King Street, 017687 44120
- MyKebab 017684 28496
- New Squares Café, Bowling Green Lane, 07448 688140
- Rooting 4 U, Devonshire Arcade, 07773 749777
- Sandgate Friery, Penrith Partnered with Foundry 34 and Angel Lane chippy to offer delivery and collection service 7 days a week. Phone: 01768 210099 Online: www.foundry-34.co.uk
- Star Fruits, Penrith Home delivery of fresh fruit and vegetables, milk, bread, butter etc. XL Cheese crisps. Phone: 01768 890255
- The Arcade Pet Store, Penrith Delivery across Eden on various days Phone: 01768 863809
- The Wolfe, Penrith Offering meals for those in isolation, a range of dinners to cover 3 days and more, contact via email to arrange a chat Phone: 01768 868140
- Villa Bianca, Corney Square, Limited Opening - Friday, Saturday, Sunday from 5pm.
- Wrights Coffee, 01768 744180
- Woodstone Pizza and Grill
- Xaviers, Penrith Take Away and delivery of meals. Phone: 01768 867644

Stainton

- The Brantwood Hotel, Stainton - Takeaway meals for collection or local delivery - 01768 862748
- The Kings Arms, Stainton - takeaway meals for collection or local delivery - 01768 862778

Shap

- Andersons Village Newsagents, Shap Will deliver newspapers, milk and any other items in the shop for free to Shap residents. Phone: 01931 716450

Tirril

- Queens Head Inn, Tirril Shop: fresh veg, fruit, pies, fresh meat, dairy, dry goods & toiletries Phone: 01931 716450