

# Dalston Newsletter - December 2021 (Free Issue)

## From St. Michael's and St. John's Churches

Christmas is happening! It was always going to happen, but we now apparently know more about how it will happen. It was quite depressing to hear from politicians that a reduction in turkey availability and some imported toys would mean the end of Christmas. More significant would be the inability to gather with family, friends and loved ones which many of us had to put up with last year - but even then - we celebrated Christmas. Last year our worship was Livestreamed, our gatherings were more online or on the phone, and our feasting was downsized - but we celebrated Christmas.

This year we can worship 'in-person', our families and friends can gather and our parties can take place. We celebrate the coming of Christ; the demonstration that God loves the world and reaches out to save us, to forgive us and redeem us.

Not everyone is back to normal so the church is encouraging those who can afford it to put together Christmas Hampers which social services will deliver to those they know most need them. Please contact Jo Phillips for more details at [jophillipsindalston@gmail.com](mailto:jophillipsindalston@gmail.com) Some of our community are still unable or unwilling to gather in a crowd so please be in touch with those you know who live alone. Our 'in-person' services will continue to be livestreamed for those who can't come out and many of our larger services will be held outdoors to make sure that we can sing carols safely. But, Christmas is happening! Merry Christmas!

12<sup>th</sup> Dec 4pm Outdoor Christingle Service St Michael's Dalston

19<sup>th</sup> Dec 2pm Outdoor Carol Service St John's Cumdivock

24<sup>th</sup> Dec 4pm Outdoor Carol Service St Michael's Dalston

24<sup>th</sup> Dec 11.30pm Midnight Communion St Michael's Dalston

25<sup>th</sup> Dec 9.45am Christmas Family Communion St Michael's Dalston *Ben Phillips, Vicar 07936 099123*

## Dalston Methodist Church

Well, it's beginning to feel a lot like Christmas! Isn't it lovely to be able to plan and meet friends and family and to retrieve our decorations from the loft and do all that is familiar. It is good too that we can plan our Christmas Services - we have a Carol Service at the Chapel on Sunday 19<sup>th</sup> December at 10:30am - all welcome, and a series of Advent Reflections on Wednesday afternoons at 2.30pm on 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> December, with the obligatory mince pies. It will be good, in the midst of all that is familiar to think a little about what this wonderful season means in and for our lives today. I pray that you/we all have a happy and peace filled Christmas. The Christmas Carol Services on 19<sup>th</sup> December and will be led by Rev Janice Faris followed by coffee and mince pies.

*Rev David Newlove, Minister 01228 585295*

## Christmas Memorial Tree

Jill Glencross Funeral Directors in the village will have their Christmas Memorial Tree up from Wednesday 1<sup>st</sup> December, when they will be having mulled wine, mince pies and carols between 1pm - 7pm. Please, anyone feel free to come and place a tag or bauble on the tree with your loved ones name on. Tags will be supplied by the chapel or you can bring your own bauble.

## Cumdivock WI

The speaker will be Sally Pigg from Roseberry Floral Design on Wednesday 1<sup>st</sup> December at Cumdivock WI Hut at 7pm (please note earlier start time). New members are always welcome. Please contact Mandy Henderson 01228 710282 for details or just come along to a meeting and 'try before you buy'! (no charge for your first meeting).

*Carolyn Hodgson*

## Caldbeck Area Film Society

The December film is David Copperfield on 3<sup>rd</sup> December at 7.30pm in Caldbeck Village Hall. From start to finish, this version of 'The Personal History of Charles Dickens' directed by Armando Iannucci (The Thick of It, Death of Stalin) is a delight. 'Colourful' and 'laugh-out-loud funny' aren't terms immediately associated with Dickens' original story, but this multiple award-winning re-telling is wonderfully enjoyable.

We will comply fully with Village Hall and national regulations in place at the time. At the moment this will mean spaced seating and wearing a mask if possible. We are also asking you to book in advance so that we can avoid overcrowding. Phone 016974 78626 or 017684 84840. Please feel free to bring your own refreshments.

*Sally Vaux, Caldbeck Film Society*

## Men's Breakfast

Churches working together in Dalston, (St Michael's Church & The Methodist Chapel) are holding the Men's Breakfast on Saturday 4<sup>th</sup> December from 9am to 10am in the Methodist Schoolroom. The breakfast will be Cereals, Bacon Roll and Toast with Tea or Coffee. Come along for a chat to meet new and old friends.

Contact Phil Kershaw on 711234 or Tom Little on 711548 for more details

Donations to cover the cost will be appreciated

## Coffee Morning - St Michael's Church, Dalston & St John's Church, Cumdivock

We will be holding a Christmas Coffee Morning on Saturday 4<sup>th</sup> December 2021 from 10am - 12noon in the

Victory Hall. Entry is £3 including coffee & homemade mince pies, shortbread, scones. The entertainment is by the 'Songbirds' with a Tombola, Raffle, Guess the Weight in the Jar, Greenery from the garden for a seasonal arrangement/wreath and Cake Jams and Chutney Stall. Can the bakers in the area please bring items for the cake stall. Please contact Shirley Bell or Carolyn Hodgson for further information or any queries.

**Santa will be with us so come along and say 'Hello'**  
**Everyone is welcome to join us for a festive morning**

*Shirley Bell 01228 711824 or Carolyn Hodgson 0789 979 6577*

### **Dalston Male Voice Choir Christmas Concert on Sunday 5<sup>th</sup> December**

The male voice choir is eagerly awaiting to entertain you on the 5<sup>th</sup> December for the first concert for nearly two years. It is fitting that we are performing on home territory at St. Michael's Church; a venue dear to our hearts. As usual the programme will be largely seasonal with songs spanning the autumn and winter periods. There will be many popular Christmas songs as well as traditional Christmas music and this year we shall be having three carols for the audience to join in singing with us.

Of course it is the duty and responsibility of the choir to ensure a safe and healthy environment in the church and there are one or two features that will be put into place for the sake of 'Safety First', I am sure that you will agree that these conditions are essential. For example, we shall be restricting the number in the audience to about half the normal size. This will be done by missing out alternative rows of pews for seating and as much as possible asking for a gap to be left between groups.

We want to avoid hand contact as far as we can, so tickets will be on sale in advance and as far as possible it will be entry by ticket only. Tickets are available now and I have a batch for sale; see details below. There will not be a raffle this year.

Finally, we will not be able to provide refreshments this year because of this same risk factor. However, we feel that we have a very exciting programme for you and after all, this is why we will be there in St. Michael's Church on 5<sup>th</sup> December to entertain you at 2.30pm. Please get your tickets in advance and it will be our pleasure to sing for you and with you.

On behalf of the choir I wish you all the most peaceful of Christmases and a happy and safe 2022.

David Wood 01228 711798 text 07527081212 or email [wyncliffe46@gmail.com](mailto:wyncliffe46@gmail.com)

*David Wood, Dalston Male Voice Choir*

### **Caldew Club**

We will meet on December 7<sup>th</sup> in The Victory Hall at **1.45pm** with entertainment by Stuart Bowie the magician. Please note the earlier time.

*Julia Higgins*

### **Meet to Eat**

You are invited to come along to a light lunch and chat at the Methodist Church on Tuesday 7<sup>th</sup> December between 12noon and 1.30pm. All donations will go Action for Children.

### **Saturday Pop-In Coffee Morning in St Michael's Church**

On Saturday 11<sup>th</sup> December from 10am - 12 noon we will be decorating St Michael's Christmas tree and making Christingles ready for our Christingle service on Sunday 12<sup>th</sup>. All ages are invited to 'Pop-In' for refreshments and to help decorate the tree and assemble the Christingles. We look forward to seeing you!

### **Remembrance Lunch**

Thank you very much to Alan Dinning for organising the super Remembrance Day lunch which was enjoyed by many people. Also, thanks to Joyce and her team for providing the main course and all those people who made puddings. Ben said prayers before the meal and Alan auctioned Pam's beautiful flower arrangement to make extra money for the British Legion.

### **Carlisle Southern Link Road - Project Update**

The event on 19<sup>th</sup> October was well supported by residents and road users with over 200 attendees. The feedback received regarding the artwork and placemaking enhancements is now being collated and will be used to inform the next stage of design for the road. A number of advance warning signs have recently been erected across the site of the proposed Carlisle Southern Link Road (CSLR). The signage is for the CSLR enabling works which commenced on Monday 22<sup>nd</sup> November 2021.

The enabling works are being undertaken in advance of the main construction works commencing in Spring 2022. Morgan Sindall Infrastructure will be undertaking the works including the construction of two site compounds, one at Newby West and another near Junction 42 of the M6. The compounds will provide welfare facilities as well as areas to process materials arising from the vegetation clearance, relocation of hedgerows, ecological protection works and surveys due to take place.

The works will require some traffic management to be put in place across the highway network. However, the majority of the works will be undertaken between the hours of 9:30am and 3:30pm in order to reduce disruption to road users at peak times. Information regarding the traffic management arrangements can be found on the council's website: [www.cumbria.gov.uk/roadworks](http://www.cumbria.gov.uk/roadworks)

Further information can be found on the council's website: [www.cumbria.gov.uk/csrlr](http://www.cumbria.gov.uk/csrlr) If you have any questions or would like to communicate with the project team please email [cslr@cumbria.gov.uk](mailto:cslr@cumbria.gov.uk)

*Alan Bingham, Project Director, Carlisle Southern Link Road*

## **Dalston Gardening Club AGM & Cumbria in Bloom Awards**

Chairman Jenny, welcomed everyone present and especially new members attending their first meeting of the Gardening Club. She introduced members of the committee so that everyone would recognise them and was pleased to report that Jackie and Linda had now become committee members. Jenny reported that Molly and David Marsden had had a nasty car accident recently and were being treated in the Cumberland Infirmary. They had been sent good wishes from members for a speedy recovery. The next meeting of the Club is the Christmas Party. This will start at 2pm when tables will be set up in the Hall. It is hoped that as many members who are able will come along to help and bring greenery etc. for decorations.

The weekend away in 2022 will be from the 8<sup>th</sup> - 10<sup>th</sup> July and based at the Tontine Hotel, Peebles. An 'expression of interest' form will be available for members at the January meeting. A bus will be leaving Dalston on Wednesday 1<sup>st</sup> December for a half day trip to Cockermouth. Ten places were available for anyone interested in going on the trip. Ann read out a thank you letter from Wendy Ream who has now resigned from the committee. She was thanked for all that she had contributed to the success of the Club over many years. Penny gave details of the raffle prizes.

Jenny introduced Duncan and Lyn Wilson from Pine Tree Nurseries, Glassonby, our speakers for the evening. Duncan started by explaining that the careers he and Lyn followed until 2012 were not particularly related to horticulture but they had always been passionately interested in plants and gardening and it was a long held dream of theirs to find somewhere that they could run as a Nursery and grow their own plants. A turning point came in 2012 when, having finished a three year course in Garden Design, he and Lyn came across two acres of derelict countryside in Glassonby which many years ago had been a plant nursery. Fortunately, because of its history, planning permission was granted and they were able to buy the site and start on the difficult process of reclaiming the land and creating their own nursery. Slides were shown of a large area of neglected land with bent and twisted polytunnels, a huge greenhouse left with a few dangerous broken panes of glass and evidence that it had long housed the local population of rabbits. The whole site was covered in huge amounts of tangled undergrowth, brambles, shrubs, old trees and general rubbish. It seemed there was no mains electricity or water supply on site. A daunting task lay ahead to bring the area back to life as a nursery again.

Gradually a car parking area was cleared and the foundations covered with thousands of pounds worth of gravel. New poly tunnels were erected to replace the original ones which were blown down in the severe storms and 'beast from the east' winds which badly affected the area in 2014. Slides were shown of family fun battling with nature on such an exposed site when trying to cover the basic structures with polythene.

Many diggers were employed to clear more land of huge amounts of dead, unwanted plant material and massive tree roots from old neglected trees which had to be removed so that new trees could be planted in more appropriate areas. Greenhouses were restored and many metres of rabbit proof fencing put in place. Happily, a natural spring was uncovered on the site and eventually became a much needed water supply for the nursery and was also used to generate electricity.

By 2016 the Pine Tree Nurseries was officially open to the public. After all the hard work that had gone on for four years it was good to see slides of the nursery with its imaginative layout designed by Duncan and the beds full of beautiful flowers all displayed against the stunning scenery of the Eden Valley. Chris Scales thanked Duncan and Lyn for sharing with us the journey that made their 'dream come true'.

The next meeting is the Christmas Party on Tuesday 21<sup>st</sup> December at 7.30pm. Remember to bring your party food and singing voices. If you are unable to come please phone 01228 712846.

*Rosalind Ford*

## **St. Michael's and St. John's Churches - 100 Club**

Monthly draws of The 100 Club have taken place throughout 2021 and a list of winners will be displayed inside St Michael's church after the December draw. It is now time to join or renew your 100 club membership for 2022 at £12 per number. If you would like a renewal form please contact 711956 or 712846 or collect one from the church entrance. Your cheque for £12 per number (made payable to Dalston PCC) can be posted through the letterbox of Church House or we can collect your subscription if that is easier for you. Thank you for your support.

## **Watchtree Christmas Event and Calendars**

The photographs in the 2022 Watchtree Calendar are all taken on site by amateur photographers. The calendars are available at the Corner Shop and Carrock Meats the butcher in Dalston or phone 01228 710363. They cost £3. Any money donated over and above £3 will be put back into the Watchtree Nature Reserve.

**We are also hosting a weekend of Christmas celebrations for the family on 11<sup>th</sup> and 12<sup>th</sup> of December.**

Watchtree is a 205 acre fully accessible nature reserve situated on the Solway plain six miles south west of Carlisle. We have developed into a successful community asset with a small team of staff and active volunteer force. The reserve has become a popular visitor attraction due to the warm welcome from our team, the variety of wildlife and the additional attractions including cycle service. Watchtree is powered by its members and supporters - without you we simply could not keep doing what we do. Join our amazing team of volunteer workers who maintain and improve the site on a daily basis.

Watchtree is a registered charity with the objective to maintain, improve or provide public amenities.

*Willie Little*

## Dalston WI

This month's meeting will be on Wednesday 15<sup>th</sup> December at 2pm in the Social Room at the Victory Hall. There will be a demonstration of a Christmas flower arrangement. New members are always welcome. There will not be a meeting in January as we are going out for a meal. For further information please contact Margaret Peet, president on 01228 712102 or Janet Wright, secretary on 01228 711098.

## Makers' Market

The next Makers' Market is on Saturday 18<sup>th</sup> December in the Victory Hall. A chance to do some last minute shopping for Christmas - lots of food & craft stalls to choose from. So get in the festive spirit and the Pop-Up Cafe will be offering their usual delicious home bakes. Hope to see you there!

*The Victory Hall Committee*

## Walking for Health and Pleasure in 2022

The Redspearlands and Ivegill footpath group plan their programme for the year ahead.

With a new year in the not too distant future it is always a good idea to grasp new opportunities whilst enhancing old traditions. In the case of the Redspearlands and Ivegill Footpath Group we feel the need even more so as we were ready for our AGM in March 2020, when the carpet was snatched from under us. This has made us even more determined to plan a productive year in 2022.

We also want to seek out and welcome new members and survey the condition of local footpaths in order to prioritise the maintenance of them. If the idea of all this appeals to you, read on as your ideas will be appreciated.

If you have perhaps thought of joining us in the past, but have never had the time, we intend to hold our AGM in late March and this would be a good time to join us, meet members old and new and even to propose and lead a new walk.

From April onwards the group meets at least once a month for a local walk and over the winter months attention is given to rectification of problems found when walking the paths. We try to keep an eye on paths in all areas of the parishes ie Dalston, Castle Sowerby, Cummersdale and adjoining parishes and make plans for remedial work as necessary. Often this means cutting back overhanging vegetation which might protrude in order to ensure and create a safe access. Stiles can also be a problem as the steps can rot and the wooden structure becomes a danger. There have been several instances of this recently.

The yellow way markers also have a habit of fading fast and need to be replaced on a regular basis. All in all there is more to do than meets the eye. As previously stated, all these points will be discussed at the AGM.

So watch this space for the date and venue in the next edition of this newsletter and we shall look forward to welcoming you. If you would like further, more informal detail then please contact me. Don't forget to start the new year with a good walk on New Year's Day and I hope to see you soon in the Dalston lanes.

*David Wood, Chairman of the Redspearlands and Ivegill Footpath Group  
Phone 01228 711798, text 07527081212 or email wyncliffe46@gmail.com*

## 2021 Charity Christmas Tree Appeal in aid of Hospice at Home

Hospice at Home Carlisle and North Lakeland are having their annual charity Christmas tree collection. Let us collect and recycle your real Christmas tree in aid of Hospice at Home Carlisle and North Lakeland, local care for local people and other charities. After costs at least 90% of the monies raised will go to the Hospice and up to 10% is donated to other local charities. We would welcome a donation for the collection of your Christmas tree. Registration is now open and closes on **Monday 10<sup>th</sup> January at 10am**. To arrange a collection please book in at [www.charityxmastreecollection.com](http://www.charityxmastreecollection.com) Please put out your tree on **Wednesday 12<sup>th</sup> January 2022**.

Do you have a van? Could you help collect our Christmas trees.

If you are able to help please contact Sam on 01768 210719 or email [comms@hospiceathome.co.uk](mailto:comms@hospiceathome.co.uk)

The fundraising team are very happy to share that last year's appeal was a great success, with over 1100 trees booked in for collection. Whilst the collection unfortunately could not go ahead due to COVID restrictions, the generosity of our supporters meant that the Hospice was still able to raise **£16,843** from the appeal. This remarkable sum, covers almost one week of the entire running costs of the Hospice, providing invaluable care free of charge to the local community.

Hospice at Home was set up in 1997. Our team deliver services to patients in their own homes, to meet their palliative and end of life care needs. Hospice at Home's core and largest service is its nursing team which consists of Registered Nurses and Healthcare Assistants who are skilled in providing nursing care and support in the last year of life and at the end of life.

Hospice at Home also has additional clinical services. Care and support may be provided by one or a combination of the services so that a person's needs may be more fully met. Care and support is individualised and aims to improve quality of life, facilitate a peaceful and dignified death and to support those who are bereaved. Hospice at Home's clinicians work closely with other health, social care and voluntary organisations who may also be involved in a person's care.

Hospice at Home's clinical service area covers a mixture of urban and rural communities, a region of approximately 1, 500 square miles throughout North and East Cumbria.

**Again Hospice at Home would like to thank the local community for their kindness and support**

## Are You Weather Ready?

Nearly 40% of people have been caught out by severe winter weather - and a third of those say this was down to a lack of preparation. As we leave autumn behind us and head into another winter, it's important to be prepared for what winter weather may bring. Any small actions we can take to minimise the impact of severe weather on our lives and livelihoods, and those of our neighbours, are increasingly important and always worthwhile. WeatherReady - the Met Office preparedness initiative - aims to bring together up-to date, expert advice from carefully selected organisations to help you prepare your home or business and take care of yourself, your family and neighbours. A range of advice articles can be found on the Met Office website including top tips to help you prepare for winter, staying healthy in winter, and what to do to prepare your home, business and car to cope with winter weather.

Find out more about winter weather at [metoffice.gov.uk/WeatherReady](https://metoffice.gov.uk/WeatherReady)

## Tombola Drum

The tombola drum is fit and well  
He's been for his booster so I hear tell  
His furlough is nearly at an end  
And now a hand he'd like to lend  
To raise some money for the church  
He'll never leave us in the lurch  
On Saturday he's ready to spin  
So roll along and try to win  
Bring your friends, bring your purse  
Tombola drum won't rehearse  
He's back in action from a two year gap  
His numbers hiding behind the flap  
Prizes ready, take a glance  
Pay your money, enjoy a chance  
A rare event, a social do  
With coffee, scones, mince pies too  
See you in the Victory Hall  
When TB Drum will give his all!



The tombola drum will be  
spinning at the  
Christmas Coffee Morning  
in the  
Victory Hall  
on  
4<sup>th</sup> December

*With apologies to poet laureates everywhere! Helen Banks*

## 23 Million people use 123456 as a Password

Whether it's your Facebook, Amazon, or Netflix account, the explosion in popularity of online apps and services means more and more of us have to remember an increasingly long list of passwords. Unfortunately, some of us cope with this challenge by resorting to practices that leave our data, devices and money at risk - by using the same password across multiple accounts, or by creating simple passwords that could easily be guessed by hackers. Bad password practice is more prevalent than you might think - the UK's National Cyber Security Centre carried out analysis of passwords leaked in data breaches and found that more than 23 million users worldwide used 123456 as a password. You can read more about it at <https://www.ncsc.gov.uk/news/most-hacked-passwords-revealed-as-uk-cyber-survey-exposes-gaps-in-online-security> Here are some top tips that will make your life easier and your online accounts more secure:

### 1: Creating memorable passwords

A good way to create strong, memorable passwords is by using 3 random words. But remember, don't use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, 'RedPantsTree4!'

### 2: Saving passwords in your browser

Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you. This can help:

- ~ make sure you do not lose or forget your passwords
- ~ protect you against some cyber crime, such as fake websites

It is safer than using weak passwords, or using the same password in more than one place.

There is useful help on how you can start saving passwords in your browser at Google, Chrome, Firefox, Safari, Microsoft Edge,

### 3: Email account passwords

If a hacker gets into your email account, they could:

- ~ reset your other online account passwords
- ~ access personal information you have saved about yourself or your business

Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess. For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: <https://www.ncsc.gov.uk/cyberaware>

*Action Fraud Administrator*

## **Roots of Remembrance**

Please remember that anyone in the parish who died as a victim of Covid-19 can have a tree of remembrance for them planted in the parish. It can be recorded, by the RHS on a national map. Please write confidentially to The Clerk at Forge Green, Riverside, Dalston, CA5 7QG or email [clerk@dalston.org.uk](mailto:clerk@dalston.org.uk) giving the name, date and place of death of the loved one.

*The Parish Council*

## **Scafell Pike Challenge 2022**

We keep getting told that walking is a pastime that reduces our mental anxieties and helps our wellbeing. Perhaps we've known this all along, but to prove it, the time is upon us to revisit England's highest mountain, Scafell Pike. Last summited by 18 souls (10 adults and 8 children) back in May 2016. It was simply the best of days. We can now make some new memories and tackle the walk from Seathwaite via the corridor route. A longer but more gradual ascent, up and down (moving time) in around 7 - 7.5 hours, plus lunch and peak time, approx 9 hours overall. A decent day out on the fells you might say, but don't be put off by the statistics. It is fun and the confidence gained is immeasurable. Imagine what else you can do! We're not raising money this time, the challenge is open to adults and children, no dogs please for safety reasons. Parents/guardians will be solely responsible for their children, with one adult supervising a maximum of three children. Folks should undertake their own training but to help there are to be optional practice walks, which everyone is welcome to attend, whether taking part in the challenge or not.

Practice walks dates;

Sunday 2<sup>nd</sup> January 2022 - Start 1pm meeting outside Raughton Head School anticipated 2.5 hours local walk.

Saturday 15<sup>th</sup> January 2022 - Start 11am from Caldbeck village car park (packed lunch will be needed) approximately 3 hours.

Sunday 13<sup>th</sup> February 2022 - TBA We'll head into the northern fells in March and get more of a flavour of what to expect in our challenge.

The anticipated walk date will be Saturday 14<sup>th</sup> May (with a reserve date of 21<sup>st</sup> May in case of inclement weather).

*Rod Phillips - 016974 76172 [rodorbaz@btinternet.com](mailto:rodorbaz@btinternet.com)*

## **Hundreds Fall Victim to Lottery Scams in Just 7 Months**

Criminals will contact unsuspecting victims informing them they have won a lottery or prize draw. The victim is then informed that they will need to pay an advance fee in order to receive their winnings. In reality, the winnings are non-existent and it is an attempt to steal the victims money, personal or financial information. Between April and October 2021, Action Fraud received 629 reports of lottery fraud, with 89% of reports mentioning well-known prize draws. Impersonation of People's Postcode Lottery accounted for almost half of all reports. Almost three quarters of victims were aged over 50, with those aged over 65 accounting for 40% of reports. Fraudsters use gift cards as a form of payment as they can be easily redeemed and sold on. The criminals don't need the physical card to redeem the value as they ask the victims to share the serial code on the back of the card with them. In other instances, victims reported being asked for personal and financial information in order to obtain their alleged winnings. Some victims reported providing their bank details thinking they would be sent a small payment to verify the account. In reality, criminals will use these details to steal the victim's money.

*Action Fraud Administrator*

## **Dalston Medical Group - Wigton Hospital Covid Vaccine Hub**

We have now boosted more than 50% of our eligible patients with the Covid Vaccine. If you think you are now due your booster please contact us. It has to be 6 months or 180 days from your second vaccine. If we don't have the correct contact details for yourself please contact us to have these updated, this enables us to send a text message rather than try and call you.

As of next week all our boosters will be Moderna. If you have received a letter from secondary care advising you are eligible for a third dose and a booster vaccine please contact reception and let us know so we can ensure the correct dose of booster is given. Unfortunately at the moment we cannot vaccinate anyone under the age of 18 with the Moderna vaccine so we advise all under 18 year olds who are eligible for second dose or booster to call 119 or book online at a walk in clinic.

## **Prescriptions over Christmas/New Year**

Please ensure you order your medications in plenty of time to allow us to process them over the festive period. We will be closed on the bank holidays Monday 27<sup>th</sup> December, Tuesday 28<sup>th</sup> December and Monday 3<sup>rd</sup> January 2022. To allow the dispensary to provide an efficient service at this busy time please remember that you can leave your medication request on the dedicated answer-phone line 24 hours a day on - 01228 711760. Please allow at least 48 hours before collection.

## **Dalston Parish Council**

The Dalston Parish Council will be closed over Christmas from 24<sup>th</sup> December until 4<sup>th</sup> January. In case of emergency please phone 01228 712846. Thank you to all those who helped in any way for the November Remembrance events. The next Dalston Parish Council meeting will be at Gaitsgill Village Hall on Tuesday 14<sup>th</sup> December at 7.15pm.

*Chair, Dalston Parish Council*







