

There's Always

A Reason To

SMILE

you just have to

Find it

From,



WEST-CUMBRIA!



I understand that everyone is going through a tough time, just remember to keep smiling, stay strong and positive. If we continue to come together as a community, maybe we can make things better. Share the love & happiness! xx

Hello,

Whoever may be reading this at the Lowther Medical Centre. You may be ill but keep in mind you are the people who had brought us up as a community, as a nation. Nothing says that you will not overcome this pandemic victoriously because you will.

Yours Faithfully,

Date
23/03/20

History of cumbria

*What this is all
about!*

Here is some past history for all the old people and young who are in self isolation and feel lonely you are not alone and this virus will all blow over soon but for now:

The history of cumbria and the lake district

The Lake District National Park, the largest national park in Britain, established in 1951 and covering 2,292 sq km. The northern ranges of the Lake District consist of Ordovician slate, about 500 million years old; the central ranges of younger volcanic rock; and a southern range of limestone and other Silurian rock about 440 million years old. Human settlement began in the Lake District at least 5,000 years ago, when Pike o'Stickle and other mountains became the source of stone for axes and the sites of stone circles at Castlerigg, Long Meg, and elsewhere. In Neolithic times, the Lake District was a major source of stone axes, examples of which have been found all over Britain. Mining. As early as the 12th Century there is evidence of mining and quarrying in Cumbria, and it probably dates back to Roman times.



**Quote of
reassurance**

Nothing is permanent in this wicked world, not even our deepest troubles- Charlie Chaplin

Facts about cumbria that many don't know

1. Carlisle, the only city in Cumbria, once had a Ship Canal This was not a narrow boat canal like the majority of canals in the UK. The Ship canal, officially opened in March 1823, was to be 11½ miles (18.4km) long, 54ft (16.5m) wide and 8ft 6in (2.6m) deep.

2. There is Only One Actual Lake

Lake Bassenthwaite is the only lake in the Lake District. The other "lakes" are considered to be Waters, Meres or Tarns. And no, we don't know the difference between them all either.

3. Whatever You Call It, Windermere is Definitely England's Longest Body of Water

4. The Top Five Highest Peaks in England Are Here There's Scafell Pike (978m), Sca Fell (964m), Helvellyn (950m), Ill Crag (935m), and Broad Crag (934m).

5. Whitehaven Was Once Invaded by Americans, Who Got Distracted by the Local Ale

During the American War of Independence, a common tactic by the American navy was to try and disrupt British trading routes to the US.

**Ways to prevent the
spread of the virus**

it can be scary in this worrying times to have to think about now being able to leave your home but not every bad thing stays for long and I personally think this will be over soon and people will be able to go about there lives again but for now people will have to be helped and feel safe so here are some of the steps you can take to be safe around these dangerous times:

1. Clean hands- with soap and water based alcohol hand rub wash for 20 seconds or more
2. Cover nose and mouth- when coughing with tissue or a flexed elbow
3. Avoid close contact- with anyone with a cold or flu like symptoms
4. Avoid touching your face, eyes, nose and mouth with unwashed hands
5. Stay at home if you feel like you have a persistent fever and a dry cough that is consistent you must self isolate away from people for a week if you live alone or two weeks with your whole family members

These are some of the few steps to take to prevent any infections coming round and if you get it and go out your putting your own life and the many others around you at risk so be careful!!

Here are some olden day pictures of whitehaven and cumbria to remember the past days and remember stav safe!!
