



There will be many people in our communities who may struggle over the next few weeks with various things, due to the Coronavirus outbreak.

Several local groups , choirs , bands and other organisations have taken the hard decision not to meet until further notice, which will be difficult for many who may begin to feel lonely and isolated.

It may be that there are those within our villages who are having to self isolate and need help with general day to day shopping , or maybe even just a chat.

A Good Life Project hope to offer help and services from local people and businesses and for those who also need help to be able to reach out to people here also.

Please invite anyone you wish, who has access to Facebook to visit A Good Life page and SHARE this group so we can all reach as many people as we can.

If you are able to offer help, goods etc where you can - or if you need help with things like picking up prescriptions, getting hold of food etc please ask.

Please feel free to offer suggestions and information on this page also .

We all know how great the Upper Dales are for community spirit - this is a crisis - let's all come together to help each other if we can.

Thanks Julie

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