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ISSUE UN029 - MAY/JUNE 2019 - [www.ulverstonnow.co.uk](http://www.ulverstonnow.co.uk)



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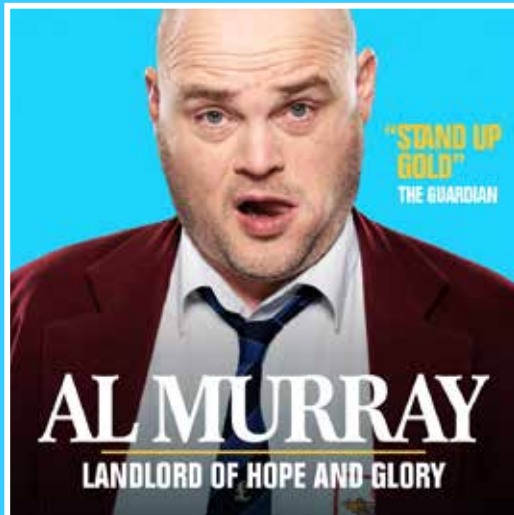
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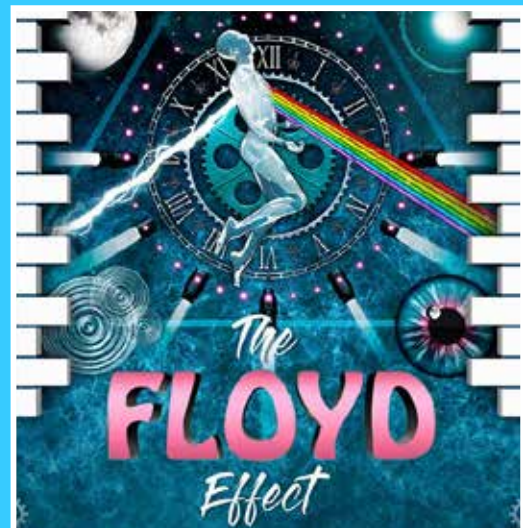
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# Letter from the Editor

We have now gone 33% bigger as there is so much going on. It also allows us to include more news, larger pictures and to make the adverts bigger for everyone who supports the paper by advertising their business.

Would you like to include a stock of Ulverston Now papers in your shop or premises for people to pick up? If you want 20 or so to put on the counter then please let us know and we'll add you to our list of places where people can find a copy.

It may well help to increase the number of callers so perfect for cafes, hairdressers and so on.

We deliver to every letterbox in Ulverston and are currently looking to expand our team of deliverers. If you are interested in becoming a deliverer then please get in touch.

We now offer box adverts on the front page at great value prices. Ulverston Now goes to 100% of homes in Ulverston (by comparison the local paid for papers go to about 15% of the homes in Ulverston)! If you are looking for customers in and around Ulverston there is simply no better place to advertise and support a real local community newspaper at the same time.

There are a raft of great local stories in this issue so pull up a chair, grab a brew and enjoy. If you wish to make a comment, send in a letter or tell local residents about something that is happening then please get in touch for the next issue. We also do a monthly newsletter update that we put out through facebook. Simply like our facebook page to be notified when it is out.

Thank you to Helen, Liz and Tom for putting together this issue.

Next deadline is 7th June. If your school, club, society or charity has never sent in a report before then please do so for the next issue - there is no cost and its a great way to spread the word, publicise events and attract new members.

If you are a local business then please consider placing an advert in Ulverston's own paper - especially now we've made it 33% bigger.

Best wishes, The Ulverston Now Team

**The next issue will be a bumper Summer Festival issue. If you would like an article about your festival to be included, please contact us. We look forward to hearing from you.**

**info@ulverstonnow.co.uk**  
**01229 490 000**

ISSUE	DEADLINE	RELEASE
UN 30	Fri 7th June	Mon 20th June
UN 31	Fri 30th Aug	Mon 12th Sept
UN 32	Fri 25th Oct	Mon 7th Nov

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CLASSIFIEDS

## An Invitation to clubs, societies, schools, arts, music and voluntary groups

It's FREE to get your report published to everyone in Ulverston Now. If your sports team, school, playgroup, club or society has a match report, a news update or a special event you want people to know about, please email it to info@ulverstonnow.co.uk If you send a picture, please name everyone. If the picture includes children please get explicit permission from parents or guardians in writing.

## 'Bin the Butt'



You may have noticed striking posters on bins and on South Lakeland Council waste, recycling and street cleaning vehicles. These are part of a campaign SLDC has launched, in conjunction with the environmental charity Keep Britain Tidy, to stamp out cigarette litter by encouraging people to 'Bin the Butt', rather than dropping cigarette ends down a drain.



The council is urging people to rethink how they dispose of their cigarettes, as research has shown that only half (53%) of smokers in Britain know that cigarette butts get washed into the sea if they are dropped down the drain and then cause significant damage to marine life.

Dropped cigarette butts are the most common form of littering, and nearly four in ten (39%) smokers admit to throwing a cigarette butt down a drain within the past month.

This research, carried out for Keep Britain Tidy by YouGov, which was made possible thanks to support from players of People's Postcode Lottery, also showed that one in ten

smokers (11%) do not even consider cigarette butts to be litter. However, studies have shown that just one cigarette butt per litre of water is highly toxic to fish.

SLDC's environment portfolio holder, Councillor Dyan Jones, said: "We are encouraging people to put cigarette butts in a bin or an ashtray to reduce litter and protect the environment.

"Some people often have the misconception that cigarette filters are biodegradable, but they contain plastic and contain a number of chemicals. When they are dropped down drains or washed down them, they flow directly into a river or sea." This all adds to the minute particles of plastic in rivers and seas which are now turning up inside most fish and marine animals.

He also reminds us that "Dropping a cigarette end on the floor is littering and an offence. If caught by one of the council's enforcement team you will be issued with a fixed penalty notice of up to £100,"

Keep Britain Tidy CEO, Allison Odgen-Newton, said, "While flicking a cigarette down the drain may not seem harmful, we need to ensure smokers understand that this has a direct and often drastic impact on wildlife.

"Our research showed that more than a fifth (22%) of Brits thought putting a cigarette down the drain was acceptable, which rose sharply to over half (52%) among smokers who smoke every day. We need to challenge this view and get the message to smokers that this is still littering.

"We are delighted that SLDC is working with us to encourage smokers to Bin the Butt and stop the flow of plastic, toxic cigarette butts into our rivers and oceans."

**More information on Bin the Butt can be found at: [www.KeepBritainTidy.org](http://www.KeepBritainTidy.org).**

## Town Council Recommends Go-ahead for McDonalds

At their April meeting, Ulverston Town Council voted to recommend that SLDC should pass the planning application from McDonalds to have a drive-through and restaurant at their proposed site opposite Booths, where the recycling area is now.

This was with the proviso that Highways England, who have concerns about traffic backing up on to the A590, gave their approval. Most councillors acknowledged that even if they weren't fans of McDonalds, they had to move with the times and that many residents across the town were in favour of the application, and were looking forward to not having to go to Barrow for their favourite treat. Those opposed raised questions about how having a McDonalds on the edge of town would affect fast food businesses in the town centre, what would happen to the recycling



area and how having queues of cars would fit in with campaigns to reduce vehicle emissions. In response, one councillor who had undertaken an informal survey of fast food businesses in the town said that most of them depended upon evening customers who were already in the town centre enjoying the nightlife, although outlets which opened early to catch the breakfast trade might be affected. It was also pointed out that SLDC might be tending towards cutting down the number of small recycling areas in order to encourage people to do more recycling at home. The vehicle emissions question wasn't answered. This year the 21st June will be Clean Air Day, and local councils will be encouraging drivers to turn off their engines if they are waiting, instead of leaving them idling, so there is some contradiction here. However, it seems that the fate of an Ulverston McDonalds rests with Highways England, although this might have been decided by the time you read this.

## The Stead and Simpson Building

Ulverston Civic Society recently paid for the windows and fascia of the former Stead and Simpson shop to be cleaned so that its appearance wouldn't be quite so off-putting. Ulverston residents often ask why the building has been allowed to stand empty, and why the shop window at least can't be used for changing displays. They can be reassured that this is not for a want of trying on the part of the Town Council.

The building itself belongs to Denbray Estates, a consortium with a London address, whose directors are based abroad and do not respond to direct correspondence. The Town Council used to hold the keys on behalf of the agents, Peill and Co, so that if anyone wanted to look around the building with a view to taking it on, the council could lend them the keys. The keys were also used to gain access so that displays could go up in the windows to hide the empty space behind. However, some time ago, after the Town Clerk and festival stalwart Peter Winston put up the current signs, Peill and Co took



the keys back. This means that the signs cannot be changed, and the windows can no longer be suitably decorated for events like the Dickensian Festival.

With regard to finding a good longer term use for the empty shop, around 4 years ago several councillors worked closely with South Lakes Housing to look at acquiring the site for social housing. Although the owners were never formally approached at this stage, it was found that the site was so complex that it would be too expensive to buy and then redevelop as social housing. In cases like this, local councils would probably love to have a magic wand to make owners of empty buildings in town centres bring these buildings back into use, but as yet, this wand hasn't been found!

# Have You Tried An Electric Bike?

For some riding an electric bike may seem like "cheating" but for many others it makes travelling by bike far more accessible and enables them to start incorporating more exercise into their daily routine. Electric bikes are fast becoming more mainstream and you may have even started to see them on the road yourself, but is an electric bike right for you? Below are some facts about electric bikes to help you out.



## Build confidence in your fitness and ability

An electric bike helps by giving you an extra boost as you cycle, so although you're being electrically assisted you will still be pedalling the whole time. Therefore when riding an electric bike you burn almost as many calories as on a regular bike - which is a whole lot more than you would in a car or on a motorbike.

## Hills and wind need not be a problem

The thought of cycling uphill against the wind is probably one of the most off-putting reasons for not cycling. With an electric bike neither need to be a problem when you can tap into your electric motor as and when you need it.

## Wear what you want while you ride

A massive benefit of not exerting as much energy while you cycle means that you won't overheat and sweat as much as you might do on a traditional bike. This means you can dress more appropriately for prevailing weather conditions. This is a real bonus if you're cycling to work and there are no shower facilities at the other end.

## Safer than you think

Having a little more acceleration when starting from a stopped position means that junctions and car traffic can feel a lot safer than if you were using a traditional bike. You may also find that you will be more aware of your surroundings as you won't spend as much time head-down or standing up on your pedals in an attempt to build up speed.

## Spend less time in your car

If you are an everyday commuter you may find yourself regularly sitting in traffic daydreaming about being anywhere else other than in your car. That dream can be a reality. Cycling to work is a great way to include more exercise into your daily routine. Arrive at work more alert and ready for the day.

## Enjoy cycling longer distances without getting exhausted

Being outdoors on a beautiful day can be one of the most enjoyable and relaxing experiences. One of the big draws to long distance riding is that you are able to experience more views and sights than if you were walking. With an electric bicycle you can enjoy the great outdoors without worrying about the after-effects on your legs. A short journey can turn into a mini-adventure that spans just that little bit further than you could usually attempt under your own steam.



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## Ulverston Emergency Planning Group

Ulverston had a major flood in 2009, and then a number of events in the following years including power cuts, burst water mains and small drain blockages which led to flooding of properties in different parts of the town.

The Ulverston Emergency Planning Group aims to provide a Community Response when residents are in difficulty from such events, as well as to plan for potential threats from anything from snow and ice to epidemics. While the emergency services and highly trained specialist services provide the main response to disasters, the group wants to help residents and the emergency services when asked. It also seeks to assist residents who might require ongoing support through any recovery period. For example,

in the event of a major incident or disaster, SLDC will open an emergency centre and those involved in the community response may help to drive people to and from the centre as well as providing food and drink in conjunction with local businesses or other groups.

The group is learning from what happened in Kendal during Storm Desmond. The main tasks which a community group then could do were alerting residents in potential areas of danger of rising waters to be aware, and how they could get hold of sand bags. There were opportunities to assist in coordinating the various groups who wanted to help residents move furniture and clean up, and to help in dealing with the enormous amounts of donated materials from all over Kendal, Cumbria, Britain and abroad.

It is hoped that Ulverston won't face any more major floods or other disasters, but an effective Community Response will certainly help residents to cope better if anything unforeseen happens.

## Advance Notice - UlverSTEM Will Be Back!



Due to its huge success, **UlverSTEM is coming back later this year. With over 2,000 visitors at its inaugural event last autumn, UlverSTEM promises to be even bigger and better in 2019.**

UlverSTEM is Ulverston's only dedicated FREE STEM educational event for families. It is aimed at 6-16 year olds and is an opportunity for young people and their families to find out what is on offer in the South Lakes, in terms of continuing education and future careers.

If you would like to find out more about artificial intelligence (AI), meet a robot, try your hand at virtual reality, ride the liquid nitrogen roller coaster or just learn more about how much fun science, technology, engineering and math can be, then come along to UlverSTEM on Saturday 9th November at the Coronation Hall. You will also find many of the area's world leading technological businesses demonstrating what they do and learn lots of new stuff.

Dr Michael Jeschke, Planning Team member and Chairman comments: "We had such an

overwhelming response to last year's event, the planning team have decided to extend the opening hours by two hours. This year we will be open from 9 am until 4 pm. Hopefully, this will both spread out and increase the number of visitors on the day to enable more youngsters to be inspired to continue studying STEM subjects".

Over 35 organizations will be exhibiting at UlverSTEM including firms such as Oxley, GSK, Siemens, Bender UK, Chris Brammall, FETL, Kimberly Clarke, NHS, Cumbria Constabulary, LA12 Ltd who will all be on hand throughout the day, along with C-STEM, Ulverston Victoria High School (UVHS) and Furness College.

Free parking is available for visitors to UlverSTEM courtesy of UVHS. The UVHS car park on Springfield Road, Ulverston LA12 0EB will be open from 0900 – 5.30 pm and is only a short walk from the venue at Coronation Hall. Overflow parking is available at Siemens, Low Mill Business Park, Ulverston LA12 9EE.

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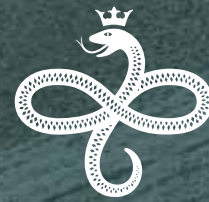
## More Trains to Manchester Airport

The Furness Line Community Rail Partnership would like to remind readers that a new timetable was introduced on the Furness Line from Sun 19 May.

Although the pattern of service on the line between Lancaster and Barrow will be very similar to the current timetable, there will be six trains to Manchester Airport from Ulverston on Mon - Sat compared with the four we have now. It is planned that there will be further enhancements to the Manchester service later in the summer when brand new trains should appear.



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## Oxfam Shop Still Top

Ulverston's Oxfam Shop is still the best Oxfam shop in England for online sales.

The manager says this is all down to the hard work of a team of 5 volunteers who put in about 20 hours a week concentrating on giving their stock a second chance to sell. Items are sold through Oxfam's web page, like an Oxfam e-bay, and apparently there is hardly anything which can't be sold, and the weirder an item is, the better. The strangest thing they have sold recently was a



horsehair magistrate's wig in its original tin box and with the magistrate's name on it. This raised a magnificent £350 for Oxfam.

The Oxfam shop is always looking for volunteers, so there will be a role for you especially if listing items online is your thing.

## Bus update from the 'Friends of the X112'.

Negotiations are still on-going with regard to applications for Section 22 Permits, which will mean that the community owns the bus routes, and for Charitable Incorporated Organisation status, which will mean different sources of funding will become available.

However, significant progress is being made on both fronts,

and if the negotiations are successful, this will make the bus services more sustainable.

Congratulations are owed to Sharon and her team for a fantastic Easter raffle and cake stall in Ulverston market recently. The event raised just over £400.

The 'Friends' also say, "Please keep using the bus services whenever you can. We totally understand that 8 seater taxis are not ideal, nor are the timings, but it is always better to have something rather than nothing at all! We are working hard to improve both things."

## Moves Towards Extending the Lake District National Park

Locals will remember the protests a couple of years ago against plans to build massive pylons across the Duddon area in order to carry lines from the proposed Moorside nuclear power station.

Seventeen parish councils came together to form the Southern Boundary Partnership in order to deal with this threat. Now that it looks like this threat has receded, the Partnership has changed its terms of reference, and is working with the Friends of the Lake District to make a case for the Lake District National Park to be extended

to southern and western areas. The Partnership would like to meet Ulverston Town Council to see what councillors think of this idea.



Undoubtedly there are advantages in being part of a National Park in terms of encouraging visitors and protecting the environment, among other factors. On the other hand, some might see being part of a National Park as too restricting for development, so it will be interesting to see what happens if this idea progresses further.

## Footpath Progress!



After plugging away at Network Rail for years, the Town Clerk Jayne Kendall has succeeded in obtaining a positive response about re-opening the disused railway track bed between the canal and Next Ness. Following a site visit, Network Rail have written to say,

"Subject to the usual checks and agreeing acceptable terms, that some form of arrangements could be put in place to enable the footpath cycleway from Canal Head to

Next Ness to be progressed"

The next steps will be to organise a detailed map of the route required by Network Rail, understanding what sort of agreement they would like, whether it would involve a lease, sale, or license, consulting the public, finding the funding for the project and getting planning permission and so on. However, this is progress and thanks are due to the Town Clerk for not giving up on this.



### Urgent Stock Appeal

Your donations help older people of South Lakeland to make the most of later life.

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## Help Support Ford Park For Future Generations

Many of you will have been to Ford Park – acres of beautiful green space, well-loved and used by a variety of people in the urban heart of Ulverston.

But how many of you know this amazing place is run and cared for by a small charity – Ford Park Community Group.

Following a council announcement to sell Ford Park, the charity was initially set up in 1998 to secure the future of the park for the local community. Today, Ford Park Community Group continues to work hard to maintain, improve and most importantly, ensure all ages can enjoy the benefits of this special place for future generations.

However, as a charity, we don't receive any government funding to help us in our work. Instead we rely on membership subscriptions, donations, volunteers, sales at The Coach House Café at Ford Park and sales from our plant nursery to help look after the park we love – and

this is where you can help.

### **Why support our charity?**

Simply, we couldn't do it without our members. We've been caring for Ford Park for more than 20 years now, and with your support as a member, we can continue to look after it for many more. So the woods we went to as children, where we kicked piles of fallen leaves and hunted for conkers, and the fields where we played rounders can still be enjoyed for years to come.

It's £2 a month for an individual membership. That's about the same as a cup of coffee, a Sunday newspaper or quarter of a cinema ticket. It's £3.50 a month for a family membership – worth every penny to ensure the children have a safe, welcoming large green space to enjoy at the heart of the town.

### **Think of it as a donation with perks.**

Through your membership, you'll be directly contributing to the protection of the fields, playground, woodland, orchard, kitchen garden and all the wildlife that calls it home. And in return you'll receive discounts at the café, The Coach House at Ford Park and for events, which you can enjoy knowing you are helping secure the future of this special place.



With a variety of memberships available – individual, family or life – you can choose one to suit you. Even better, it's simple to join our members! For more information on becoming a Ford Park member or how to join, please visit our website [www.ford-park.org.uk](http://www.ford-park.org.uk) or call the team on 01229 580666.

### **So much more than a park... it's your Ford Park. Take a look...**

**Enriching the lives of our young people.** School projects, work experience, National Citizenship Service and apprentice programmes all take place at the park providing real hands-on projects and experiences.

**A home for our clubs, societies and celebrations.** From baby classes to knitting, yoga, pilates and everything in between; baby naming ceremonies, birthdays and weddings, Ford Park provides a

welcoming venue and a place to be.

**Supporting our community festivals.** Ford Park provides the only large green space in the town, used by the Lantern Parade and Carnival, for other festival activities and sporting events such as the Parkrun.

**Part of the community.** Outreach, healthy eating, gardening skills, horticultural consultancy and conservation volunteering. Our Inclusive Volunteer Programme supports vulnerable and excluded people from the Furness area by providing a programme of training and volunteering opportunities.

**Our reach is far wider than the boundaries of the park... and we cannot continue to do this without you! So why not become a Ford Park member today and help support your local charity.**

## Ulverston Parish Churchyard Joins Quiet Garden Movement



ourselves unable to communicate. Silence is the missing and vital ingredient. Even as little as five minutes can be restorative and healing."

The world's largest study into the

links between rest and wellbeing, published in 2016, showed that 'being alone' and 'in the natural environment' were rated top in the three most restful activities.

Ulverston Parish Church, founded in Norman times, has been a site of prayer and worship for over 900 years. In front of the church, old gravestones mingle with flower and shrub borders, and behind the church with grasses, wild flowers and trees. Here you can wander or sit, rest from life's busyness and, it is hoped, find peace and tranquility.

The churchyard is open all year. Gardening by volunteers takes place on Wednesday afternoons.

The Quiet Garden movement is a global network of over three hundred gardens in homes, churches, hospitals and schools. Quiet Gardens are made available by local hosts for people of all ages to experience silence and spend time in prayer and contemplation. Ulverston Parish Churchyard is delighted to have joined this movement recently.

"The Quiet Garden movement is about giving people permission to step back and experience a sense of stillness and wonderment," said founder, Reverend Philip Roderick. "We live in a world where we are swamped by methods of communication and yet we find

## Home Sweet Home



Between 30th - 31st March over 360 model houses delighted visitors to St Mary's Church, Dalton.

Rainbows, Brownies and Guides, from across the South of Cumbria, displaying their creative talents, created the buildings as part of an exhibition giving thanks for their own homes whilst also raising money for Shelter, the housing and homelessness charity.

The 3D buildings were made using a variety of techniques, including painting, applique and clay modelling, and created a very eye-catching display. County Commissioner, Sue Gudgeon, said "The detail and variety of the houses the girls created was lovely to see. The homes really reflected each individual girl's unique take on what home means to them and when they were all standing together they were stunning".

As well as supporting Shelter there were also prizes awarded for the best houses made by each age group and the 16th Trinity Rainbows, from Barrow were the proud winners of their category.

When asked what she had enjoyed about the project Dalton Brownie Isabella Ireland (7) said "I liked colouring all the different coloured blocks and putting the glitter on."

Charlotte Wood (9), also from Dalton, said "I enjoyed using different materials and using my imagination to create a house. The exhibition was a good way to help people that don't have a home and to make people realise that there are a lot of people out there that do not have a house and need support."

Finally, if you missed the exhibition in Dalton don't worry, it will be in the Westmorland Centre in Kendal towards the end of May.

## Ulverston Lantern Festival Needs You!

Ulverston Lantern Festival is appealing for new helpers to join the volunteers who organise the annual event which sees a spectacular 'River of Light' progress through the town's streets.

The theme for this year's Festival, which will happen on Saturday September 14th, is Fantastical Beasts. The big priority for the committee now is to attract new helpers to help ensure Ulverston's most eye-catching festival takes place.

Last year the festival returned to Ford Park for the big finale, and will be using the venue again this year for the huge firework display that ends the night on a high note.

The festival committee always



wants to support as many people as possible in the community and local schools to get involved and make lanterns. The committee organises making and selling lantern kits and also runs lantern-making workshops every night in the week before the procession takes place.

The whole festival depends on volunteers to organise the event, run the lantern-making workshops and ensure that the procession takes

place in a safe way so that everyone who attends and takes part can enjoy it.

Festival chair Chris Nelson explains: "The original festivals received tens of thousands of pounds in Arts Council and local authority funding, but that all ended some years ago. We still get a valuable support from the Town Council and South Lakeland District Council, and from private companies such as CGP in

Broughton which has been a huge friend of the Festival.

"But the vast majority of the £10,000 it costs to stage the festival each year comes from the money we raise in kit sales and the collection on the night. That collection has unfortunately been declining but if every person who watches this fantastic free show put just £1 into the collecting buckets, it would secure the Lanterns event for the following year.

"Our other most valuable resource is the volunteers who freely give their time to organise the event, man the lantern-making sessions, distribute the kits to outlets around the town, and steward the march and the Ford Park finale on the night. Just a few more people willing to give up a little of their time would make a big difference."

***If you would like to be part of the Festival, as a committee member, a steward or simply an enthusiastic helper, please call chairman Chris Nelson on 07761 930627 for further details.***

## The Rotary Club of Ulverston

### Charter Night

On Wednesday 6th March 2019, the Rotary Club of Ulverston held its 83rd Charter Night at the Olde Mill Bardsea.

The Ulverston Rotary President, Mike Hall, chaired the evening. Several different Rotary Clubs were present, including District Governor Mary Bradley from the Whitehaven Castle Club, plus members from Carnforth, Furness and Furness Peninsula, Grange and Kendal.

Frank Musker represented Probus Club of Ulverston, and the Mayor of Ulverston, David Webster and Mayoress, Sharon Webster, were present. This made a grand total of 77 persons in attendance, all ably catered for by Martin and Helen Barlow, proprietors of the Olde Mill. The Toastmaster was John Greenwood. Secretary Ann Allen made the roll call of those present and their Club.

Ex-President Bill Penny read out the achievements of Rotary around the world, with an emphasis on the task of trying to rid the world of polio. It once numbered thousands world -

wide, it is now down to a handful of cases in a couple of countries.

The Speaker for the evening, Giles Wingate-Saul, gave his interesting reminiscences of his time spent as a QC. He also spoke of the work he does for the Bendrigg Trust, based in Kendal for persons with physical and learning difficulties or disadvantaged in other ways. He likened it to the Calvert Trust based on Bassenthwaite, to which the Rotary Club of Ulverston sponsor two people with similar difficulties each year for a week. The evening closed with a final toast from President Mike Hall.

### Litter Pick

On the morning of Sunday 7th April 2019, the Rotary Club of Ulverston had a litter pick, covering the car parks of Ulverston.

Although the car parks did not look too bad, the result was 14 bin bags of litter. Quite a lot of the litter was plastic bottles and cans which were hidden amongst the vegetation.

The club will be having another litter pick later in the year, probably in June.

***Contact the secretary@ulverston.rotary1190.org***

## Inner Wheel Club of Ulverston

Cancer Care was the subject of the talk given at the March Club meeting by Emma Athersmith.

Club President Dot Johnson introduced Emma who spoke with great enthusiasm on the work of the charity Cancer Care, an independent charity dedicated to helping families and individuals affected by cancer and other life limiting conditions. Originally set up by Professor McIlmurray thirty five years ago in Lancaster and Kendal, it has now been extended to Barrow-in-Furness. Therapies are free to people of all ages, helping to improve the quality of life and working alongside the Hospice, McMillan and Rosemere Cancer Care. The fundraising team makes it possible to bring in therapists for massage and pampering

sessions and it is not necessary for patients to be referred by a doctor. Club member Jean Day gave the vote of thanks to Emma, Jean herself having benefited from head massage in particular, whilst recovering from cancer treatment.

1st Vice President, Anne Rankin, had visited Club member Irene Jackson and presented her with flowers and a certificate marking her 50 years as a member of Inner Wheel. Irene has been Club President 5 times, District Chairman and had held other offices at both Club and District level.

The speaker for the April meeting was Susan Benson, the Chief Archivist in Barrow, based in the Library. The archives are open three days a week and have a tremendous amount of material covering the Furness area. Papers from religious denominations, schools, clubs, societies, even

workhouses etc. give good historical background knowledge. Susan spoke of the Christina Fell Trust started in the 1st World War under the auspices of the 4th Battalion Kings Own Regiment Lancashire which provided comforts for prisoners of war. This closed in 1980.

Christina Fell was a suffragette from Ulverston. Another suffragette was Selina Martin, who ended up in prison being force fed. She survived and lived until 1972. To illustrate the breadth of material held in Barrow, Susan showed a letter written by a 14 year old girl guide living at 47 Lightburn Road to her pen friend in Africa, giving an insight into life as a teenager in the 1950s. This had been a most interesting and knowledgeable talk. The vote of thanks was given by Past President Edna Callanan.



Irene Jackson

## Sir John Barrow Cottage School Visit

In April the Sir John Barrow Cottage in Ulverston welcomed the children of Dalton St Marys as Green Lane Archaeology opened its doors for the new season.

The cottage is the 1764 birthplace of Sir John Barrow. Since renovation and re-opening in 2017, the beautiful cottage at Dragley Beck has hosted Ghost Story Evenings, a marzipan sweets kitchen, printmaking and drawing workshops as part of the SJB3 Arts projects and regular living history days with historian Iain McNichol and Green Lane Archaeology. Artist Ellie Chaney was one of the artists working in the cottage last year, and its environs inspired Ellie's book "Tiny Voyages Of Discovery". The garden has been worked over and in recent weeks a new flue has been added, to make the cottage welcoming in the winter months.

Arts Project Manager John Hall says, "The cottage is a real gem, and we are keen to see it become part of the life of the town again."

We are open to suggestions from our local schools for visits and arts sessions. To arrange visits, you can contact Dan from Green Lane at [info@greenlanearchaeology.co.uk](mailto:info@greenlanearchaeology.co.uk)."

St Mary's Year 1 Teacher Emma Bonney writes..

"The Year 1 children at Dalton St. Mary's have been learning about the life of Sir John Barrow as part of their recent Explorers topic. They have found out about his early life in Ulverston, and his adventures to the Arctic, Africa and China. As part of this work, the children were very excited to go to Ulverston for an educational visit. We spent the morning at Sir John Barrow's cottage, where we were kindly helped by Dan from Greenland Archaeology and by arts project manager John Hall. Dan and John asked the children to pretend that they were explorers and investigate the cottage and gardens. Olivia said she "really liked drawing with the chalk on the slate", Oliver liked "going up the ladder to look into the attic bit" and Bobby's favourite part was finding snails in the garden. Thank you very much to Dan, John and Les for all of their help in making our trip a success."



The cottage is open Sundays 1pm till 5pm and then on Fridays (11am till 4pm) until the end of October. Entry is now FREE, with donations requested and we now have a working fire to warm the place up on cold days!



## St John Ambulance Fellowship

The Fellowship meets on the second Tuesday of each month at 2 pm in the Sports and Social Centre on Priory Road.

They have interesting speakers, and tea, coffee and biscuits are provided. In January there is a pie and pea lunch, and a special trip in the middle of the year, while in December there is a Christmas Dinner, usually at Stone Cross Manor in Kendal, to which transport can be arranged.

Past or present serving members of St John Ambulance are invited, and the meeting is also open to friends of St John Ambulance or anyone wishing to come along for a pleasant afternoon.



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## Parish Nurses

A recent seminar at the Emmanuel Christian Centre informed those present about Parish Nursing Ministries UK.

Parish nurses are Christian nurses, either paid or voluntary, who follow patients from ward to home, or surgery to home, wherever suitable, to give support where needed.

Faith Community nurses are more prevalent in countries where there is no NHS, but even here there is a real and growing need for this service. Once, all people over 75 had a health visitor. Spending cuts have reduced services drastically, and many people are

falling through the net once they are discharged by a hospital or doctor's practice.

Ward 2, the Orthopaedic trauma ward, at Furness General has a Parish Nurse who works closely with the ward staff, and she told the seminar of some of the cases she deals with. The work is not medical, but preventative and supportive in nature.

Parish Nurses ease the transition from ward to home when a patient is at a most vulnerable stage of recovery, and Ulverston Churches Together are looking into whether they could provide a Parish Nurse, perhaps with support from local charitable groups.

## News from Sandside Lodge

By the time you read this, a team from Sandside Lodge School will have (hopefully) completed the C2B or the K2B. This is part of our fund raising for our new school.

We will also have done a bag-pack at Booths (thanks to them) and will

be doing a sponsored walk up the Hoad on the 26th of June, so look out for us then!

We had a donation of £200 from Athena, which is great. The donation will be used for equipment in our new school.

If anyone is interested in joining Friends Of Sandside, please contact us at [fsandside@sandside.org.uk](mailto:fsandside@sandside.org.uk).

## Rotary Young Chef North West Region Final

On a wild, wet day, nine budding young chefs, aged between 12 and 16, from North Wales, Cheshire, Cumbria and Lancashire, travelled to Kendal College for the North West Region heat of the Rotary International Young Chef Competition. Each had won through from earlier rounds and were dreaming of winning a place in the National Final.

With top chefs, Marc Sanders of Low Wood Bay Hotel and Michelin starred chef Steven Doherty, as judges, the contestants were quickly put at their ease. Seemingly undaunted the young chefs set about the demanding task of preparing a healthy, three course meal for two, costing under £20, in a time limit of two hours. In addition they were

given just ten minutes to set out their tables

The judges had a very difficult task, as the quality of the meals presented were the finest that had been seen at this stage of the competition. It required professional expertise to differentiate the dishes and select a winner. In the end by just one point, Hannah Bentley aged 15 of Queen Elizabeth Grammar School, Penrith, was judged the victor. Prizes donated by Lakeland Limited and trophies were presented by Mr Simon Berry in his capacity as High Sheriff of Cumbria. In praising all the competitors, Steven Doherty said "I have judged many competitions of apprentice chefs but never have I come across such a high standard as was displayed throughout the array of dishes prepared today."

Hannah has now gone through to the National Final, sponsored by Filippo Berio oils.

## Report from Urswick WI

Over 55 members from both Urswick and visitors from fellow local WI's were welcomed to the March open meeting.

The guest speaker was Roz Harrison who amazed all with her floral demonstration- producing six fabulous spring flower arrangements effortlessly over the space of 90mins- from the very ultra-modern- the latest trend from Paris- to a very 'traditional' floral arrangement.

Whilst creating her floral arrangements Roz entertained everyone with anecdotes from her family – the children she and her family care for both as respite care and long term foster care. She described the joy, love and experiences they have, on coming out of retirement after a successful and much enjoyed career as a florist and floral demonstrator, to run an early years children's club at her church on Walney and teaching young mums cookery skills. They are also part of a number of volunteers from the church who go out on the streets in the centre of Barrow late on Friday and Saturday nights to help young people coming out of the nightclubs and bars get home safely, handing out flip flops for girls struggling on high heels & bottles of water .

At the April meeting, the guest speaker was Duncan Hamlett who spoke about 'Mercy Ships-

the largest non-governmental hospital in the world'. Over 50% of the population of Africa currently has no access to a doctor, and the Mercy ship -the largest floating hospital in the world offers access to a range of operations based predominately on facial and neck tumour reduction and removal, cleft palate and obstetric fistula surgery -all of which produce life changing opportunities for the patients seen by the dedicated surgeons and medical staff on board the ship. The staff on board also undertake dental work from removal of rotten teeth to reconstructive jaw work- often being the 1st time the person receiving treatment has ever seen a dentist.

The ship is entirely funded by voluntary donations and all medical and support staff are volunteers who come on board from several weeks to several months -with up to 450 volunteers on board. The Mercy ship operates along the west coast of Africa, from Senegal to Angola, amongst some of the poorest countries in Africa- spending 10 months each year in a different country based in a major port of the country, the ship then goes for 2 months in Tenerife each year for refitting and servicing.

A 2nd Mercy ship is set to join in late 2020 to enable their life saving & changing surgery to reach more people each year.

## Super Scintillator Summer!

In the Blue Gallery 'Incandescence: Turner in Venice' continues to captivate visitors, alongside the display of Japanese Mingei tradition style pots by renowned UK and Japanese ceramicists. Demonstrations by Miles-Moore Ceramics on selected days. In the Severn Studio, Cumbrian artist Daniel Cooper returns to Brantwood with 'Reflections of Imagination: Observations from Brantwood and Coniston' until 23 July (image: 'Super Scintillator').

To accompany our Blue Gallery exhibition, Amy Concannon, Assistant Curator of the Tate will be giving a talk 'Turner & Venice' on Saturday 8 June at 10.30am. Tickets £7 (includes £4 discount on House Admission on the day).

Our outdoor events include a dance performance 'Topos (Yan Tan Tethera)' by Cumbria Youth Dance Company in collaboration with Wired Aerial Theatre in the meadow 26-27 May. There is an opportunity

to walk around our Wildflower meadow on 24 June – 8 July (both included in admission). Illyria return again with an outdoor theatre performance of The Tempest in our lakeside meadow on Tuesday 16 July at 7pm. Full details on our website.



On Friday 28 June, National Cream Tea Day, enjoy a 'quirky' scone and tea at the Terrace for £5 per person 3pm – 5pm. From 27 June, Summer BBQs return on Thursdays throughout the Summer until 5 September.

[www.brantwood.org.uk](http://www.brantwood.org.uk) / 015394 41396

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**MONDAYS**

**Ulverston Rotary Club** 18.30 for 1900 (No meetings on Bank Holidays) The Olde Mill, Coast Road, Bardsea, 01229 869262

**Knit & Natter, Crochet & Chat Group** - Virginia House, Queen Street, Ulverston 1-3pm & 6.30-8.30pm. Making Hats, Octopuses and Twiddle Muffs £2.00. Contact Joyce 0777 5664532

**Tea & Chat Dalton Community Church**, Wellington Street Dalton. Come and have a cuppa and a good chat. No Charge. 10am-11.30am

**Good Tones Singing Group** Singing and fun in the back room at Ulverston Methodist Church. People of all abilities welcome. 7pm-8pm £8 <http://songbirdsong.webs.com/about> <http://facebook.com/songbirdsulverston>

**Circuits, Walking Football 55+** Ulverston Leisure Centre with Age UK

**Leave 'em Laughing Chess Collective**, every Mon & Tue from 7pm at The Stan Laurel Inn, A friendly bunch of chess enthusiasts.

**Ulverston Air Cadets**, Dragley Beck. 7.30 - 9.30pm. Open to children aged 12 ½ (year 8) to 18. Further info email [oc.2223@aircadets.org](mailto:oc.2223@aircadets.org)

**Barrow Male Voice Choirs** practise session. Nan Tait Centre, Abbey Rd, Barrow. 7.30pm - 9.30pm. All welcome. Contact Keith Newby 01229 472383.

**Ulverston Mums** 09.30 - 11.30 at The Emmanuel Centre, LA12 7EB.

**Drop-in silence.** Swarthmoor Hall, Ulverston 9.30-10.00 am Quaker Meeting for Worship followed by refreshments and discussion.

**Coffee and Chat** 10.30 - 11.30 at the Flannery Centre, all welcome.

**TUESDAYS**

**South Lakes Jive**, Beginners class 7.30pm, Improvers class at 9pm and after that Freestyle until 10:30pm! Red Rose, Ulverston. £6, doors open at 7:30pm. All beginners welcome

**French Lessons.** Ou La La French Lessons, 3 levels of lessons by native French speaker. At Natterjacks. 01229 582190

**Gleaston Craft Group**, 7-9pm, Gleaston Village Hall. Every Tuesday except 2nd Tue of the month. £2 per session incl tea/coffee & cake. All welcome, contact Barbara tel 869968 or [barbara.birch@hotmail.co.uk](mailto:barbara.birch@hotmail.co.uk)

**Social Club Barrow & District Society for the Blind.** Ostley House, Abbey Road, Barrow 6.30pm-8.30pm. Tel 01229 820698

**TUESDAYS CONT..**

**Urswick Toddler Group** at Urswick Parish Rooms. 9.30-11.30am during term times. Email: [urswickchurch@hotmail.co.uk](mailto:urswickchurch@hotmail.co.uk)

**Furness Tradition**, Hope and Anchor, "Slow and Steady" learners session 8pm - 9pm and a regular open session 9pm till whenever! [www.furnesstradition.org.uk](http://www.furnesstradition.org.uk)

**Drop-in silence.** Swarthmoor Hall, Ulverston 6.30-7.00 pm Quaker Meeting for Worship.

**Walking Netball**, Tuesdays 2-3pm, Ulverston Tennis Centre.

**WEDNESDAYS**

**Creative Support**, 7pm - 9pm A fun evening catering for those with learning disabilities. Red Rose, Ulverston. £1 per session, over 18s only. Malcolm on 07523 284865.

**Mindfulness Classes** at 2pm - Dalton Community Centre

**Knit and natter** in the Coach House, Ford Park. 1pm - 3pm.

**Table Tennis**, 7pm Gleaston Village Hall & Green Committee. £1 per session. JTU - Bring your own drink. Contact Barbara tel 869968 or [barbara.birch@hotmail.co.uk](mailto:barbara.birch@hotmail.co.uk)

**Volleyball** 7.45-9.15pm Glaxo sports club, £3 per session. All ages and abilities welcome. Runs throughout the school holidays. Social in the pub afterwards 01229 837633

**THURSDAYS**

**Ulverston Outdoor Market**

**South Cumbrian Retirement Brass Band**, 10am. Red Rose, Ulverston. Free tea, coffee and biscuits.

**Country Market**, from 9.30am to 11.30am in the Coronation Hall. Home made bakes, preserves, craft work, cards, gifts, plants & vegetables.

**Knit and Natter** at Natterjacks night time coffee house, 7:00pm.

**The Feel Good Singalong** More than just a singalong. Singing and fun in the back room at Ulverston Methodist Church. People of all abilities welcome. 10.30am-11.30am £7 <http://songbirdsong.webs.com/about> <http://facebook.com/songbirdsulverston>

**Coffee mornings** in the Coro Hall.

**Lakeland Orienteering Club - NavNight**, 6.30pm - 8pm Red Rose, Ulverston. Basic navigation and map reading skills. Contact Richard 01229 716021 or [navnight@lakeland-orienteeing.org.uk](mailto:navnight@lakeland-orienteeing.org.uk).

**Circuits, Walking Football 55+** Ulverston Leisure Centre with Age UK

**Choral Society Meetings**, New members welcome. 7pm - 9pm. Ulverston Methodist Church, Pam Gilman 01229 716321.

**Texas hold 'em** poker with supper. 8pm at the Swan, Ulverston

**Digital Photography** Classes on a Thursday 7-9. Dalton Community Centre

**Thursday Club Barrow & District Society for the Blind.** Ostley House, Abbey Road, Barrow 1.30pm-3.30pm. Tel 01229 820698

**Thursday Club** Dalton Community Church, Wellington Street Dalton. Armchair exercises, varied entertainment, a cuppa and a chance to socialise. School term times. No charge, 2pm-4pm.

**Drop-in silence.** Swarthmoor Hall, Ulverston 12.30-1.00 pm (Last Thursday in the month 11.00 am-1.00pm) Quaker Meeting for Worship followed by refreshments and discussion.

**Mindful Meditation** at St Mary's RC Church Hall Ulverston from 2- 3pm

**FRIDAYS**

**Children's story time** 09.30-10.30 Friday's during term time at the Ulverston Library.

**Yoga Classes** Croftlands Community Centre, £4 drop in 10am - 11am

**Coffee and Chat** 10.30-12noon.

Ulverston Parish Church  
**Ulverston Air Cadets**, Dragley Beck. 7.30 - 9.30pm. Open to children aged 12 ½ (year 8) to 18

Info: email [oc.2223@aircadets.org](mailto:oc.2223@aircadets.org)

**Swarthmoor Baby and Toddler Group** Swarthmoor Reading Rooms. Friday 9.30 - 11.15 during term times. Find us on Facebook: Swarthmoor Toddlers Group

**SATURDAYS**

**Ulverston Outdoor Market**,

**Coffee mornings** in the Coro Hall.

**Popular Ballroom/Sequence/Old Time Dancing** 7.30pm-11pm, Red Rose Club, Ulverston. Red Rose club's very own night featuring live music from the in house band and dancing. A great time to be had for only £5/member and £6/non-members.

**SUNDAYS**

**Pub Quiz at the Swan** - Fun pub quiz with gallon of ale prize and inclusive supper. Starting 6.30pm

**Walks with Barrow Ramblers** [www.barrowramblers.co.uk](http://www.barrowramblers.co.uk)

**Free meat raffle** Devonshire Arms, Ulverston - One drink = 1 raffle ticket, drawn at 6pm (customer can claim price only if in pub at time of draw)

**FURNESS TRADITION JULY FOLK FESTIVAL 12-14** NOW IN OUR 21ST YEAR

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[FURNESSTRADITION.ORG.UK](http://FURNESSTRADITION.ORG.UK)

**Quakers from Ulverston**



**Quakers from Ulverston and surrounding area meet twice a week at Swarthmoor Quaker Meeting House, Meeting House Lane, Ulverston. LA129ND.**

Wednesday 11.30 to 12 noon and Sunday 10.45 to 11.45. All are welcome to these mainly silent worship times.

**For further information contact 01229 343638**

## Festival Dates for Your Diary

### May 25 -26 Taste Cumbria Ulverston Food Festival

*Delicious food and drink, demo's by local chefs, children's activities. Town Centre. [www.tastecumbria.com](http://www.tastecumbria.com)*

### June 7 -15 Ulverston International Music Festival

*Featuring Royal Northern Sinfonia, BBC Young Musician of the Year Lauren Zhang, Craig Ogden. [www.ulverstonmusicfestival.co.uk](http://www.ulverstonmusicfestival.co.uk)*

### June 14 -16 Summer Colour at Swarthmoor Hall (NGS Open Day) Beautiful gardens and wildflower meadow.

[www.swarthmoorhall.co.uk](http://www.swarthmoorhall.co.uk)

### June 15 -16 Another Fine Fest!

*Music, comedy, street theatre and art. [www.anotherfinefest.co.uk](http://www.anotherfinefest.co.uk)*

### June 16 Songpath

*New! Celebrate the restorative powers of walking, talking and music making. From Bardsea to Swarthmoor Hall. Raising funds for Ulverston Mind and Mind in Furness. [www.songpath.co.uk](http://www.songpath.co.uk)*

### June 22 - 23 Ulverston Open Gardens

*Organised by Ulverston in Bloom*

### June 30 Ulverston NGS Open Gardens

[www.ngs.org.uk](http://www.ngs.org.uk)



## Come and make a difference at Ford Park this summer

FORD PARK



New gates at Ford Park front entrance

**If you have visited the park recently, you may have noticed our new traditional-style gates at the front entrance – looking very smart!**

We opened up the front entrance to the park last year to enable us to replace two wall sections with gates. This allows for safe access to the park for a range of community events - such as the Ulverston Lantern Festival procession, which can once again enjoy its finale on the field (as has been tradition) As part of this work, we also included a fully accessible, dedicated pedestrian entrance - enabling people to enter and exit the park much more safely.

Huge thanks to Ulverston Gates and Railings - and of course, to our funders for helping to make this work a reality as part of our wider safety and access improvements...Ulverston BID, Co-op, Town Lands Trust and South Lakeland Community Grants Fund.

Also in the park, we have added a gate at the entrance to the new accessible path from St Mary's Hospice - which looks great! Many thanks to Ørsted for funding for inclusive access arrangements through their Walney Extension Community Fund.

The latest improvements in the park don't stop there! Have you walked along the new path and seen all the planting which has taken place? 400 Willow and 100 Hazel and Alder (in total) have been planted to form a woodland bank alongside the new path. A huge thank you to our amazing volunteers for their hard work with the planting. If you're interested in joining us to plant trees, or perhaps similar park maintenance tasks, then maybe you'd like to join our Volunteering team.

We are currently offering a variety of volunteering opportunities for people to get involved at Ford Park, so take a look....

**Park Maintenance Volunteers** – working as part of a team to carry out tasks such as tree planting, litter picking and clearing.

**Events Volunteers** – you can help support some of the much-loved events which take place at Ford Park, such as Ulverston Carnival, Apple Day and Ulverston Lantern Festival

**Ford Park Ambassadors** – engaging with the public and talking to people about Ford Park and what we do

**Weekend Watering Volunteers** – if you have an hour or two to spare at weekends to water our plant nursery, this could be a great way to volunteer as a family, or meet new people

**We're a friendly bunch at the park and it certainly is a beautiful location to volunteer, so if you're interested in any of the opportunities and want to find out more, do pop in to The Garden Room at Ford Park on a Tuesday or Thursday afternoon for a chat! Alternatively, you can email Cath at [catherine.elliott@ford-park.org.uk](mailto:catherine.elliott@ford-park.org.uk) or visit <http://www.ford-park.org.uk/volunteering-opportunities-at-the-park/>**

Hope to see you soon, The Ford Park Team



Tree planting alongside new accessible path

### We look forward to all the wonderful events happening in the town and within the Coro as we move into the summer.

We've so much here to celebrate, from comedy and theatre to live music. Ulverston is a festival town and boy we don't half put on some festivals! Walking, International Music, Folk, Retro, Gin and Food are to name a few!

Here at the Coro we think the events and festivals really make this lovely town shine and we know how much our great community enjoy them too, just from the number of people who come through the Coro doors alone. This year we've already seen 17,000 people attending the varied events held within the hall and we'd like to say Thank You.

We couldn't do it without the continued support of our community, especially those who are popping in, not only to attend events, but to help us ensure the events take place by volunteering their time and skills. It really means a lot to be able to make everyone who comes through our doors and into our town feel welcome and looked after and we hope to build upon our fantastic group of volunteers in the coming year.

We know there are lots of people out there who would love to volunteer – we know your skills can contribute to our success both at the Coro and within Ulverston, so please come and be a part of it.

**Get in touch with our Volunteer Coordinator Steph if you would like to join our volunteering team – [steph.sexton@ulverstonenterprises.uk](mailto:steph.sexton@ulverstonenterprises.uk) / 01229 588994 today!**

We hope to see you all soon,

The Coro Team xx



## What's On at The Coro Hall

### May

21: Coro Charity Bingo

25: Ulverston Live Music – Martin Simpson

26: The Dreamboys

31: Johnny Cash Roadshow

### June

2: Al Murray

7-14: Ulverston International Music Festival

21: Quentin Crisp: Naked Hope

25: Coro Charity Bingo

28-29: Maria Fischer's School of Dance – The Sleeping Beauty

### July

5-: The Gin Festival

8: UVHS Summer Concert

11: The Horne Section – That's How I Like My Tour

12-13: Furness Tradition Festival

1-14: Retro Rendezvous Festival

19: Ghyll Singers

23: Coro Charity Bingo

26: The Floyd Effect

## Scales Scarecrow Festival

Scarecrows will start appearing in the village of Scales from Friday 24th May. Cream Teas will be served at the Village Hall from 2 pm till 4 pm on Saturday 25th, Sunday 26th and Bank Holiday Monday 27th May

Everyone is welcome to walk through the village and look at the Scarecrows and pop to the Hall for a Cream Tea.

**This years' theme is: PEOPLE FROM HISTORY**

Any queries, phone 869814

Organised by Scales Community Association



## Jess Gillam's Debut CD Launched

Gillam's Tea Rooms were bursting at the seams on the morning of 26th April as Jess Gillam, Ulverston's international saxophone star, launched her first CD, 'Rise'.



Rather than holding the launch in London or Manchester, Jess chose to come back to her roots and be with her family, friends and those who supported her at the beginning. In spite of a sore throat, she played a track, answered questions and signed CD's for the long queue, and we wish her all the best as her career hits new heights.

## Concert by The Gladly Solemn Sound

On Saturday 8 June 2019, 7.00pm at St Matthew's Church Dendron, The Gladly Solemn Sound will be performing a programme of sacred West Gallery and secular music of the 18th & 19th centuries.

Much of this music was found in manuscripts belonging to families who lived in the ancient counties of Westmorland, Cumberland & Lancashire. This music celebrates the importance to them of singing in church, their enjoyment of life, and also their awareness of current events such as the Peterloo Massacre which took place 200 years ago in 1819.

*"With cheerful notes let all the earth to heaven their voices raise; let all inspired with godly mirth sing solemn hymns of praise."*

Entrance £7.00 at the door

Light refreshments will be available afterwards (For Sat Nav: LA12 0QN)

## The Sky's the Limit at Ford Park

Local artist Daniel Cooper's new solo exhibition is running at Ford Park until July 6th. Showing exclusively signed limited edition prints, including some new editions depicting the landscape from Ford Park and Hoad Hill, the exhibition contains views from around the Lake District – a landscape often dominated by the dramatic and sublime happenings in the skies.

Having lived in Ulverston, Cooper continues to visit the town for new inspiration, focusing on the iconic Sir John Barrow Monument, which overlooks Ford Park.

He said: "There isn't anywhere else like it. If you think of hills and fells in Cumbria, one naturally finds themselves in the Lakes – Ulverston has its own well-trodden and much admired views from around Hoad Hill."

'The Sky's the Limit' opened to the public at Ford Park from April 9, and for the most part, will run alongside Cooper's major solo show at Brantwood in Coniston. Starting on June 8, 'Reflections of Imagination' will show



COPYRIGHT DANIEL COOPER  
Festival for the Nocturnal

Cooper's original works inspired by his residency last year and is set to be one of the highlights of this year's celebrations of the bicentenary of John Ruskin's birth.

To find out more about Cooper and his work, visit his website [www.daniellecooper.com](http://www.daniellecooper.com)



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Spirited in Ulverston



OUTDOOR THEATRE AT STORRS HALL HOTEL

Sunday 9th June – 3pm

Tickets: Adults £15.50, Child £12.50

Call 015394 47111 (no fee) or book online at [www.illyria.co.uk](http://www.illyria.co.uk) (+5.4%) Book afternoon tea and show ticket for £30.00 (save £2.50)

Cancellation in the event of hurricane only, when performance will be rescheduled. Tickets are non-refundable. Please bring your own seating/rug and picnic. Hot and cold drinks will be available. Warm/waterproof clothing recommended.

Storrs Hall Hotel, Bowness-on-Windermere, LA23 3LG  
Email: [reception@storrshall.com](mailto:reception@storrshall.com) [www.storrshall.com](http://www.storrshall.com)

## ULVERSTON JAZZ APPRECIATION SOCIETY

The programme for May 23 will include:

**Altos a'Plenty:** The alto saxophone has traditionally played 'second fiddle' to the tenor, but it boasts just as many great players; here are a few of them.

**Stan Tracey:** Godfather of British jazz: pianist, composer and leader of groups large and small, Stan became for years the focal point for the best of the country's modern jazz.

**British Mainstream:** Neither 'trad' nor modern, mainstream middle-of-the-road jazz also has a

popular following all over the country.

The programme for June 27 will include:

**Newly discovered treasures: Errol Garner and John Coltrane:** Treasures indeed! Long missing, often previously unknown, jazz recordings are regularly being unearthed, to the delight of enthusiasts. Here are a few from two masters.

**Jazz goes to Sea:** It's 'all aboard' for jazz enthusiasts, as the ever popular international cruise industry now caters for fans by offering regular jazz festivals

while their liners traverse the oceans.

**Classic Piano Blues:** Probably more than any other solo instrument, the piano echoes the earthiness of the blues to perfection: here are some fine examples.

**Note that meetings at Bardsea's Malt Kiln begin at 7.30pm – and tasty refreshments are included in the modest charge of £3 – but for more information phone Roy Booth at 01524 853335, or visit the club's website at [www.ulverstonjazz.co.uk](http://www.ulverstonjazz.co.uk).**



# 2019 Ulverston International Music Festival 7-15 June

**This year's Ulverston International Music Festival is packed head to toe with an eye-opening number of events to satisfy the demands of every lover of music.**

Now in its 16th year, to open the Festival, Tango returns in grand style with the London Tango Quintet (7 June), followed by the experience of an intimate solo guitar recital with celebrated guitarist Craig Ogden (8 June).

There is a plethora of piano repertoire this year and one certain to catch the eye is teenage sensation Lauren Zhang (8 June), who wowed the piano world and beyond with her dazzling, winning performance at the 2018 BBC Young Musician of the Year. Celebrating their 60th birthday, the Royal Northern Sinfonia return (9 June) with a

stellar programme. On the eve of Beethoven's 250th birthday, fans will be pleased to see the featured concerto is his third piano concerto. Two of his 'war-horse' sonatas also appear in Ronan O'Hora's lunchtime recital at Ulverston Parish Church (12 June).

Gathering some of the country's leading chamber players in the town for the festival allows for a cluster of chamber music concerts including Ebony & Embouchure (10 June), a spiritual experience at Swarthmoor Hall in Solo Bach Plus (10 & 11 June), and British cellist Jamie Walton's dulcet tones at Ulverston Parish Church (11 June). More hidden gems of the repertoire by Gustav Mahler, Frank Bridge and John Ireland will reveal their beauty when we all convene for Anthony Hewitt & Friends (12 June).

As well paying respect to the greats of music, the Festival always tries to encourage and promote the next generation. With that in mind, there are two cross-genre concerts:

Romanian pianist Bogdan Suciuc brings his 'urban' piano project in a free concert (11 June) replete with street acrobatics and Parkour, whilst a unique performance marries actors and musicians in Romeo & Juliet (13 June).

Romeo & Juliet is part of a special 'Stage & Screen' day (13 June) where's also a chance to revisit the Oscar-winning film The Pianist at the Roxy, and brilliant film composer Neil Brand will feel at home in Ulverston with his ingenious compositions and improvisations to silent film, including Laurel and Hardy.

The highly inventive Misha Mullov-Abbado Group entertain in Jazz Night (14 June) and a rousing Choral Concert (15 June) brings us to a celebratory close, but not before local favourites Martin Roscoe & Jess Dandy have had a unique input. The last lunchtime performance of the Festival sees Martin & Jess (14 June) in a unique recital to introduce an exciting new project – 'SongPath'. The pianist Martin Roscoe needs no introduction, whilst Jess is quickly gathering a reputation as a singer of rare gifts, and is in increasing demand internationally. She brings a brilliant invention as an 'encore' to the Festival: 'SongPath' (16 June) which encourages wellness in body and mind through walking, nature, and the link between music and its

surroundings. The perfect and way to wind-down after nine days of intense music-making!

The Ulverston International Music Festival runs from 7-15 June at venues around the town including the Coronation Hall, Swarthmoor Hall and Ulverston Parish Church.

**For more information visit: [ulverstonmusicfestival.co.uk](http://ulverstonmusicfestival.co.uk) or email [info@ulverstonmusicfestival.co.uk](mailto:info@ulverstonmusicfestival.co.uk)**

**Tickets are on sale now from [corohall.co.uk](http://corohall.co.uk)**



SongPath is a travelling concert series to promote walking, talking and music-making together for everyone's mental health. The inaugural event explores the landscape between the coastal village of Bardse to Ulverston and takes place on 16 June.

**For more information visit: [songpath.co.uk](http://songpath.co.uk)**

get the  
full festival  
brochure &  
tickets from  
Coro Hall

## ULVERSTON INTERNATIONAL MUSIC FESTIVAL

7-15 JUNE

+ SONGPATH 16 JUNE

Annual celebration of music, from classical to jazz, in wonderful locations around Ulverston performed by some of the world's finest musicians!

**BOX OFFICE**  
CORONATION HALL  
01229 587140  
[COROHALL.CO.UK](http://COROHALL.CO.UK)

**TICKETS**  
ADULTS £7-25  
STUDENTS & u18s £3

[ulverstonmusicfestival.co.uk](http://ulverstonmusicfestival.co.uk)

[ulverstonfest](https://twitter.com/ulverstonfest) [ulverstonmusicfestival](https://www.facebook.com/ulverstonmusicfestival) [ulverstonmusicfest](https://www.instagram.com/ulverstonmusicfest)

THE RIGHT IS RESERVED TO SUBSTITUTE ARTISTS AND VARY PROGRAMMES IF NECESSARY.

Sir John Fisher  
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# Another Fine Fest - 15th - 16th June 2019

## The twice world record breaking free festival is back!

This June, Ulverston will once again erupt in a multicoloured feast of live music, DJs, circus, street theatre, live street art, window painting, yarnbombing, interactive workshops, walkabout acts and comedy, as well as a cornucopia of various other weird and wonderful activity.

Yes, that's right, the twice world record breaking Another Fine Fest is back to rock the cobbles with the sixth instalment of its free multi-arts, family friendly festival, raising vital funds for St Mary's and Ulverston Mind!



After just 5 years, AFF has established itself as one of the firm favourites in Ulverston's festival calendar. It is also one of the most well attended with local media reporting 15,000 revellers flocking to Ulverston for the 2018 installment despite the early rain. 875 of these hardy party people turned up to Ford Park in the morning sog to brave the weather and break the world record for the largest gathering of people wearing conical party hats! AFF also holds the title for the world's biggest shaving foam pie fight and is now merrily on its way to becoming the town with the most world records under its belt!

## Funding

It has been a tough one for the festival in 2019. The event's biggest backers, the Arts Council decided not to fund the event this year, having provided £10,000 of its

overall budget in previous years. No stone has been left unturned in the pursuit for alternative funding with numerous other grants applied for, sponsorships sold, a crowdfunding campaign completed and official merchandise created. Public support is as important as it has ever been (crowdfunding is how it got off the ground in 2014) and fans of the fest are urged to purchase a supporter wristband for £2 available at many of the shops and partner venues in town. All profits go into the running of the event and paying wages for many local acts, artists and providers as well as bringing world class acts from afar.

## Edinburgh Fringe Festival Previews

AFF is a celebration of the birth of Ulverston's most famous Son, Stan Laurel, born here on 16th June 1890. It is only right then, that comedy is a big part of the festival and in this sense it does not disappoint.

Ulverston's comedy club Planet Mirth will present some of the UK's finest stand up talent, giving an exclusive glimpse of their forthcoming Edinburgh Fringe shows live and direct at the home of laughter itself, The Laurel & Hardy Museum. Two whole days worth of comedy, equaling 10 full one hour performances by a multitude of award winning acts. One such highlight being Alex Kealy, a former "So You Think You're Funny" finalist and writer for BBC 2's Mock The Week with his brand new show "Rationale". All shows are free but will have a donation bucket so you can give a little direct to the artist if you enjoyed the show.

## 8 partner venues - A musical fest within a fest!

With the help of several local promoters and the support of seven official partner venues, Sun Inn, Hope & Anchor, The Piel, The Mill, Rose & Crown, Beerwolf & The Globe, the festival brings you lashings of Rock, Indie, Jazz, Blues, House, Techno, Breakbeats, Hip Hop, Disco, Reggae, Funk, Folk, World, Country and more late into the night!

## Two outdoor stages

The beautiful Melodrome stage will be located at the Market Cross and runs from 10am to 10.30pm Saturday and 10am - 7.30pm Sunday. This stage will play host to a variety of street theatre, circus workshops and shows, live music, DJs and on the Saturday afternoon a mass fairground flash mob featuring the Human Rollercoaster and Giant Hook A Ducks! Oversized



fairground attractions have been made in workshops provided by the fest in the run up to the event. Think clowns & cotton candy, bearded ladies & mustachioed strongmen & a thrilling human rollercoaster ride! Festival goers are invited to dress up and join in on the fun!

Mr Alexander's Travelling Show stage will be stationed proudly outside the Laurel & Hardy Museum between 10am - 7.30pm on both days alongside colourful traders, live art, fine food, a cocktail bar and chill space and will feature a fabulous mix of live music, mindful meditations, interactive workshops & spectacular shows. All hosted by the legend that is David Alexander, as featured on the National Geographic in the short film "A Look at the Whimsical Life of a Traveling Showman"



## Extending the good times

Responding to audience feedback, the festival will now run both outdoor stages on the Sunday of the event, running alongside the comedy at the museum, selected partner venues and an extended trader market featuring a vast variety of wonderful craft items and foods from around the world.

## AI fresco gallery - a visual feast

Ulverston will be brought to life in an explosion of vibrant creativity and painted several shades of every colour once again with live street art displays, yarnbombing, window painting on at least 20 shop windows and a brand new Stan &

Ollie mural on the side of the Roxy Cinema.

## Reducing environmental impact

AFF has teamed up with Ulverston based zero waste store Cut The Wrap and produced some branded, stainless steel receptacles which aim to cut down on single use plastics, available to purchase at the store and also at the official merch stall at the event. Selected bars at the fest will be offering a discount to patrons who use these cups!

## A thank you from the festival!

"A warm and heartfelt thanks goes out as ever to all of the wonderful and generous members of the public that have contributed to the cause via our crowdfunding campaign, your donations along with help from Ulverston Town Council and our sponsors have made this festival a reality. We love you so much and would not be here without you!

So then people, we ask that you start shining up your dancing shoes and make sacrifice to the solar deities. Help us bring in the sunshine once again for this year's spectacular

## ANOTHER..FINE... FEST!



# Friday Night Live - 14th June - Roxy Cinema

**Planet Mirth is back with its hottest ever event and an all star line-up including legends of the stage and the silver screen.**

Kickstarting Another Fine Fest 2019, Ulverston's comedy club Planet Mirth presents Friday Night Live at the 330 capacity Roxy Cinema. The headline act for the evening being none other than Dave Johns, one of the most respected and best loved stand up comics working on the British comedy circuit.



Dave Johns. Photo by Steve Ullathorne

A multi-award winning film actor, accomplished stage actor and improviser who has appeared on the West End stage in 'One Flew Over the Cuckoo's Nest', alongside

Christian Slater. Dave is perhaps best known for his breakthrough leading role in Ken Loach's critically acclaimed film 'I, Daniel Blake' which won the coveted Palme D'Or Award at the 2016 Cannes Film Festival.

Johns also co-wrote the stage adaptation of Stephen King's "Shawshank Redemption" and can be seen on the big screen in the comedy-drama "Fisherman's Friends" currently on international cinema release.



Gary Delaney

Sarah Millican's other half, Gary Delaney is a razor sharp one-liner comedian, who is widely regarded as being the most quotable comic on the circuit and is a double Sony Award winner for his work for Kerrang! Radio.

The sheer volume of gags that make up his set leaves his audiences struggling to remember them all. Gary is at home in venues from arts centres and theatres to rowdy pubs and clubs and has even performed at the Labour Party Conference.

He regularly plays the most well respected clubs including The Comedy Store, Komedia, Glee, The Frog and Bucket, Hyena, Baby

Blue, The Stand and Comedy Café. A prolific writer, Gary has contributed to Ivan Brackenbury's Hospital Radio Roadshow (nominated for the Perrier Award in 2007), Russell Howard's Good News, Jason Manford's Comedy Rocks, and Radio 4's The News Quiz.

Troy Hawke is an erudite homeschooled 1930's throwback, the Errol Flynn of the high street. Educated, sophisticated, but utterly clueless. He tackles modern issues head on in his uniquely untimely manner. Troy is the hilarious invention of character comedian Milo McCabe who has over ten years experience on the circuit. He has twice been nominated for the Amused Moose Best Edinburgh Show Award and was listed in GQ's Top Ten comedy shows of the festival. TV credits include ITV's Benidorm, BBC3's Live at the Electric and various hidden camera and talking heads projects on Channel 4 and 5. As himself, Milo appeared in US documentary 'Everyone has an Andy Dick story'.



Ria Lina

Compere for the evening is Ria Lina. Ria has been entertaining both UK and international audiences with her dry wit and

social commentary comedy songs for over 10 years. Her charm and intelligence allows her to get away with anything from the most audacious routines to subtle wordplay. Ria has been a regular at the Edinburgh Fringe Festival since 2011. Her 2014 show "School of Riason" was nominated for the Amused Moose Laughter Awards, contained one of Dave TV's Top 10 Jokes of the Festival, and was commissioned by BBC Radio 4 as a half-hour special.

Previous projects include her critically acclaimed shows "Thpethial" (2013) and "It's Not Easy Being Yellow" (2012), which travelled to the Brighton Fringe, Edinburgh Fringe, and Singapore International Festivals. Her most recent show but one, Taboo Raider (2015), was filmed for DVD release and can now be seen on the NextUp online comedy streaming platform. And her most recent, Ria Lina: Dear Daughter (2016) won Best Comedy Show at the Greater Manchester Fringe.

Ria has written for the Ladyboys of Bangkok "Fantasy & Feathers" 2010 & "Glamorous Amorous" 2013 tours, and wrote/acted for the ITV2 comedy sketch show "Meet the Blogs". She has also written and presented her own documentary for Channel 4 revealing the truth behind the myths that surround oriental women in Britain.

**Tickets (£15) are unreserved meaning that you can choose your seat on the night and are available from the Laurel & Hardy Museum or via 01229 582292. The show is not suitable if easily offended and under 15's must be accompanied by an adult.**

## Poem and a Pint

**In a coup for them, Poem and a Pint have persuaded the poet Ilya Kaminsky to make the trip to Ulverston on Saturday 29th June.**

Ilya Kaminsky's background is Russian and Jewish: his grandfather was shot as an enemy of the state in the late 1930s and his grandmother deported to Siberia; his father was saved from German soldiers who were dragging him away from his adoptive mother by the intervention of an unknown Ukrainian who outfaced them on the open street.

Ilya has been profoundly deaf since the age of 4 when a severe case of mumps was misdiagnosed as a cold, and grew up in a silent world until his family was granted political asylum in the United States when he was 15 and he was fitted with his first hearing aids.

This summer Ilya is reading from his latest book, Deaf Republic, an 'astonishing parable in poems' which asks us, 'What is silence?' It opens in an occupied country in a time of political unrest. When soldiers breaking up a protest kill a deaf boy, Petya, the gunshot becomes the last thing the citizens hear – they all have gone deaf, and their dissent becomes coordinated by sign language.

The story follows the private lives of townspeople encircled by public violence. At once a love story, an elegy, and an urgent plea, the collection confronts our time's vicious atrocities and our collective silence in the face of them. Ilya's poems force the listener to consider both the ways in which we define our social belonging and the loyalties according to which we operate. They are moving,



Ilya Kaminsky

engaging and profound.

Ilya will be supported by Amy Boud, a multi-talented musician, environmentalist and educator, best known for making wild music and her Windermere impersonation, expect the unexpected, the traditional open mic, and the engaging M/Cing of one of Ulverston's best loved poets, Caroline Gilfillan.

**DATE: Saturday 29th June 2019**

**TIME: 7.30 pm**

**VENUE: LAUREL & HARDY MUSEUM, ULVERSTON**

**FEATURING GUEST POET: ILYA KAMINSKY**

**LIVE MUSIC by AMY BOUD**

**FLOOR SLOTS: available at the door.**

**MC: CAROLINE GILFILLAN**

**ENTRANCE: £6.00/£5.00 concessions (Pay at the door)**

**(A Poem and a Pint is supported by the Hadfield Trust)**

**For more info. go to: <http://www.apoemandapint.co.uk/>**

ARTIST OF THE MONTH

## Bob Sutcliffe



**This issue, we have a very different 'Artist of the Month'. Bob Sutcliffe only started painting after suffering a heart attack, and now raises money for charity from his amazing work. Here is his inspiring story.**

I'm 48 and live in the Lake District. At 46, I had a heart attack as a result of a virus. I was a very active person doing triathlons and training for the London Marathon. However, I was left struggling to find something a little more gentle to help my recovery. My brother bought me a set of watercolour paints and suggested I had a go. I thought it was a bit of a joke really since I'd never painted before apart from O Level art which certainly didn't include watercolour art.

I'm not a very patient person but suddenly I was interested in capturing fine detail and expression in my art. It was quite bizarre.

Paintings for family and friends soon turned into commissions for people as word spread that I was 'ok at it' but I didn't want to do it for money. I decided to paint and raise money for charity.

Since then I've raised £41000 for different causes including buying a wheelchair for a little boy in need and funding

Epilepsy Action, St. Mary's Hospice and Support Dogs UK for people with disabilities. I'm also funding mental health training for a community school in Zambia.

I've painted for people across the world from Australia to Alaska!

As my body has struggled to recover from my heart condition, it seems to have caused my epilepsy to return. I continue to struggle with seizures and have broken my wrists and suffered various injuries over the last 10 months. However, I've continued to paint both to relax and inspire people to continue to be successful no matter what they suffer from.

I have used social media to help me with my charity painting mission. As a member of different forums I am inspired or touched by the different stories I read about - a pet or relation that's died suddenly, a relationship worth celebrating or someone who deserves a boost. So I paint for them.

I've painted about 30 paintings for people I don't know or donated vouchers for paintings to many local causes. One surprise painting was for a 18 year old man who had just been diagnosed with epilepsy and



Bob Sutcliffe 'You Woke Me'

was struggling to come to terms with it.

Another captured the long term love of an octogenarian couple as they celebrated climbing Gummers Howe. The painting was just a surprise! A new version of it, along with others inspired by people photographs, will capture why people love the Lake District in my first exhibition at Wilfs in Staveley from April 2019

You can also find my paintings and cards at Thyme Out, The Hazlemere, Bob in Cafe in Arnside, St Mary's Hospice Shop in Grange, Witherslack Community Shop and The Gilpin Bridge Inn. All proceeds from my work go to various charities.

## Hay Fever Production

**Rehearsals are already underway for Grange Drama's summer production, Hay Fever by Noel Coward.**

As yet it cannot be confirmed whether Charleston flappers 'will flap' during four performances

of Noel Coward's 1920's Play of Manners but it is certain that from her seat in the director's chair professional Emma Rucastle has some musical aspirations for this production. Together with Deborah Powell (her aide de campe) she will be on the lookout for performers to introduce the audience to music and songs of the period and a book

of Coward's music and song scores have already been acquired from Grange Library.

**The production will run nightly from Wednesday 12th to Saturday 15th June, in Victoria Hall. Front of House is expanding its operation for this show, the Box Office opens the first week**

**of May at Grange Information Centre and online/TryBooking will be available via [www.grange-drama.org.uk](http://www.grange-drama.org.uk). If you want to know the latest news about this production and especially if you would like to join our Front of House Team please give Florence Robson a call on 015395 32879.**

## Furness Tradition

**When Ulverston Now arrives on everyone's doorsteps we'll have enjoyed Furness Tradition's two May events – Lady Maisery in concert at the Coronation Hall and The Gift of the Gab and Cosmotheke at Laurel & Hardy Museum so we'll be having a short break from big events.**

Just the weekly session at the Hope and Anchor on Tuesday evenings 8-9 for slow steady tunes for less

experienced players and then from 9pm anything goes. All are welcome, all instruments – bring a tune, bring a song or just come and enjoy a good night at The Hope! These have been great nights with up to 15 musicians playing together. We'll also be running our Community band rehearsals as usual.

Mostly we'll be preparing for Furness Tradition Folk festival

weekend July 12th-14th when there will be concerts, dances, sessions, storytellers, workshops, free concert at the Market Cross and dance displays throughout town. We have Scots young musician of the year Iona Fyfe, American singer Debra Cowan, Katie Doherty and the Navigators, Tumbling Tom Big Band, a host of dance groups and at least three Storytellers and lots more.

**Watch the website ([www.furnesstradition.org.uk](http://www.furnesstradition.org.uk)) and Ulverston Now for full details.**

As for future events we will be continuing with our Coronation Hall events with fiddle maestro Duncan Chisholm in September, a dance special with JigDoll in October, a return of Blazin' Fiddles in November and a special Christmas themed concert for "Winter Union" in December.

# The Joys of an Electric Bike

Some might think that age and health conditions prevent us from being active. This report from a gentleman in his seventh decade and with a transplanted kidney shows us that this need not be the case!

**“I’ve got an electric bike!**

It’s beautiful up here. I’m cycling along the fell above Ulverston. Yet, less than ten minutes ago, I was in the middle of town. I’ve pedaled up Daltongate, turned into Stockbridge Lane and then taken on the massively steep hill up to Horace crossroad. You must be thinking I’m pretty fit but I’ve got a secret, I’m riding an electric bike!

I have to pedal but the amount of effort required is dependent on the level of electric power I choose. Eco for the flat, tour for gentle inclines, sport for hills and turbo for mega hills. A screen on the handlebars shows the level I am using and + and - pads enable me to move easily between them. I’ve also got nine gears.

I’m looking down on Hoad and out to Morecambe Bay. As I round the corner, Coniston comes into view flanked by Dow Crag and Coniston Old Man – old friends! I drop down towards Lowick. My bike is a Cube Acid Hybrid, with a range of 70



Photo with thanks to Steve Miller

miles (The amount of power left is displayed on the screen). It is a low level mountain bike with chunky tires and front suspension – perfect for on and off road.

At the Red Lion I cross over the road and head up the east side of the lake. Straight handlebars enable me to sit up and enjoy the

view of woods on the right and the lake and mountains on the left. This is the life!

I pull in to let a car overtake. Live and let live is my motto.

Rounding the top of the lake, I pass through Coniston village and as I climb the hill on the way out, I select tour instead of sport and

have to work really hard to reach the top, taking deep breaths of fresh Lakeland air.

Heading back towards Ulverston, I use the disc brakes to control my descent on the steep hill after the Landrover garage, taking the sharp corner at the bottom with ease. Then it’s back via Spark Bridge and Penny Bridge taking the right hand turn after Egton cum Newland church and following the lanes to Ulverston. The sea comes back into view. Wonderful!

After 28 miles, I remove the battery and put it on charge, ready for next time.

Perhaps I’ll meet you enjoying the freedom an electric bike can bring to your life? I hope so.”

**(Electric bikes can be hired at Grizedale and at Gleaston Water Mill, if you want to give one a try)**

## GSK Hoad Hill Harriers Coaching



**If you have taken up running or want to improve, Hoad Hill Harriers report on their coaching sessions.**

“We have a coaching plan that is updated every 3 months. There are two groups and this gives an opportunity for all runners from beginners through to the most experienced athletes to find the right group and the appropriate level. The objective of coaching is to try and improve both speed and technical ability or running efficiency.

“Coaching sessions are led by trained and experienced coaches and our aim is to make the sessions both fun and challenging. Through the summer we are based on the sports field at GSK and in the winter months we use a number of different locations to provide variety during dark nights.

“Sessions typically start with a

jog of 1-2 miles and then some warm up exercises or drills. Then come the ‘intervals’ or ‘repetitions’ (reps) where we run hard for a short period (typically 100m – 1 mile) followed by a rest. During a session we’ll typically be running hard for 12-20 minutes. We jog easily for a mile or so to warm down and then participants are encouraged to do some stretching afterwards.

“On occasion we will do ‘hill reps’ where the hard running involves going up a climb! – excellent resistance training to increase effort. We do run down sometimes as well. Another session is termed a ‘pyramid’ where we start with shorter reps and then get a bit longer then reduce again at the end of the session. The sessions start at 7pm on Thursday evenings and we tend to be back around 8:15-8:30 depending of the session.”

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# A Circular Stroll Through History

This is another flat walk accessible by train from Ulverston. Probably best taken on a fine day, it can be muddy in places after rain or high tides, and unfortunately a stretch of uneven surface makes it unsuitable for buggies.

1. Take the train to Cark, turn left out of the station and walk down to Flookburgh square. It is said that Flookburgh, an ancient settlement with some pleasant old buildings, was either named after

the flukes fished in the nearby bay or, contrarily, that flukes were named after the town. Fishing has always been important to Flookburgh and until relatively recently fishermen used horses, carts and specially designed nets to catch the famous Morecambe Bay shrimps which were then potted on shore. Fishermen now use tractors rather than horses, and their trailers can be seen at various points along the shore.

2. Leave the square, walking down the long straight road signposted for the holiday park. This might not be the most picturesque section but Cark Airfield to your left has an interesting history as a training base in WWII, and some of its original buildings still remain.

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The River Eea at Cark, now a peaceful scene very different from in the past.

If you have picked a day when sky-diving takes place, you can watch these brave souls descending to earth, some at what seems like reckless speed! What is now the holiday park at the end of the road was a camp for Polish refugees in WWII.

3. As the road ends, go through the gap straight ahead and turn right along the old sea wall embankment, following this path along to Cowpren Point. On a sunny Bank Holiday your walk tester met only a few other strollers, and enjoyed the views over Morecambe Bay and a peace broken only by larks singing. Although the sea wall path ends at Cowpren Point and the path becomes uneven, it is easy to follow all the way round to Sand Gate, passing the fine old Canon Winder farm.

4. At Sand Gate, you may notice the fishermen's trailers with their unusual nets. Keep going along the track which soon leaves the shore line to run alongside the oddly named River Eea. This is only a stream nowadays but apparently was the scene of boat building in the past. It is not long before you come into its small valley in Cark, which now presents a quiet picture with its attractive terrace of cottages and little bridges over the Eea. It would have been far different in the 19th century when James Stockdale's cotton spinning mill, now gone, was belching out smoke from its steam engine, the first in this area. The engine was built to Boulton and Watt's design in 1784, it is said without their permission, and its installation caused such a stir that the pub was named after it. If you have time before catching the train back to Ulverston, you can pause for refreshment here, then turn right down the road to return to the station.

## The Lakes Road Club

The Lakes Road Club is a friendly cycling club of keen cyclists based in Furness, run entirely by volunteers.

We are involved in all aspects of cycling and our members take part in types of cycling – from leisure riding and touring, trips abroad and sessions on the famous Manchester Velodrome, through to competitive road racing, time trialling, cyclo cross and mountain biking. We have regular club rides throughout the week and are also very involved in organising the best and toughest sportive event in the UK, the Fred Whitton Challenge. This epic sportive is organised in honour of Fred, a former member of the club and to date has raised well over £1 million for charities, including Macmillan Cancer Support as well as Duddon and Furness MRT, North West Air Ambulance, Great North Air Ambulance and supporting local youth and disabled cycling causes.

[www.lakesroadclub.org.uk](http://www.lakesroadclub.org.uk)

# Lakes Road Club Bring Road Racing Back to Furness for a Second Year

Following last year's successful running of the first road race to be run in Furness for several years, The Lakes Road Club has teamed up with leading Barrow bike shop Topmark Cycles to make this event even bigger and better with the launch of the Topmark Cycles Summer Classic 2019.

Last year's event was a great success, with a great race and hundreds of spectators around the course watching the event. Event Organiser and club member Richard Dixon commented "It was great to see so many riders and spectators turn out for last years event, and so we had to put it on again this year. It's great that Topmark Cycles wanted to get involved, which will really help us improve the event further and really get it on the map."

The race will take place on Sunday 14th July 2019 and Bill Nickson, founder of Topmark Cycles remarked "We are really excited to be involved with this event – it is great to support local cycling events like this and help create racing opportunities for local talent."

Mark Nickson added "It will be great to see



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some of the top end race bikes that Topmark Cycles have supplied to local riders in action on our local roads! We're really looking forward to the day."

The event is being run under British Cycling regulations and the 60 riders taking part will take in 6 laps of the same 9 mile circuit as last year, based around a start and finish on Birkrigg, with the circuit going to Scales, down to the Coast Road at Aldingham, along to Ulverston, up Oakwood Drive and back up to Birkrigg.

Richard Dixon said "Last year we tried to create a 'Fan Zone' at the Start / Finish area, where people could watch the race and this worked well - we'll be giving away clapper sticks and cow bells again this year so that spectators can cheer the

riders as they go through, and there will be prizes throughout the race for the first across the line on different laps, so hopefully plenty of action to see".

In the past, riders such as Chris Boardman have ridden local races organised by the Lakes Road Club and gone on to be household names, so could the next Chris Froome or Geraint Thomas be in this race? The Lakes Road Club hope so, and want to do their part in nurturing young talent. Last years winner, Adam Hartley from Poulton-Le-Fylde, has now gone on to ride for the SEG Racing Academy in Belgium, and this year has taken part in major European races, including the Under 23's Liege Bastogne Leige, one of the most prestigious races in international cycling.

The race is taking place on Sunday 14th July, with the start at 10:00am and will be finished by around 12.30. Richard Dixon said " We hope that people will come and watch the race. We'd also like to thank people for their patience while the event passes – you may be briefly held up but it will only be for a couple of minutes at most. We're being supported by British Cycling and



Copyright Martyn Uttley

using Accredited Marshals to help with the event, who are able to control traffic as the race passes through. We're also using the National Escort Group – a team of specially trained motorbike marshals, who also work on professional races, so the event will be really safe and have a real professional feel to it."

## Join the Adventures at Day Camps 2019

**Dates**

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- Week 2** 29th July to 2nd August 2019
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Illustration by Rachel Penman

# Traditional Crafts in the Modern World

In the age of the 'internet of things', Artificial Intelligence, robots which make cars and 3D printers capable of producing almost anything, there is still a place for the traditional crafts familiar to our ancestors. Local craftspeople nowadays are finding new opportunities to keep crafts alive...

## Working the Woods in 2019

**Nowadays there is a tendency to see all the deciduous woods around us in Furness as permanent features of the landscape which should be left alone for 'nature' with no felling of trees.**

For many centuries, though, these woods were managed and used on an industrial scale. Areas were cut down and re-grown, or coppiced, on a rotation system to provide huge amounts of necessary and useful products. The list of woodland products is too long to give here, but included tons of charcoal for smelting iron, oak bark for the tanning industry, oak poles for making the swills used by mines, mills and farms, and hundreds of thousands of hoops for barrels and besoms for the steel works in Barrow. In addition, cutting and re-growing woods in rotation over the centuries created different habitats in which our wildlife thrived.

Last century, the advent of plastics and other new materials and the decline of traditional industries meant that demand for woodland products plummeted. Woods were no longer managed, which, counter-intuitively perhaps, was not necessarily good news for plants, insects, birds and butterflies. However, inspired by a few pioneers who kept the old skills alive, new generations of woodland workers are now reviving the management of woods for wildlife and products.

Among them are Jo Clayton and Darryl Kelbrick who some years ago were able to buy Great Lindeth wood at Bouth. Taking advice from experts, they are restoring the coppice cycle in suitable areas, particularly those of overgrown hazel. Sections or 'coupes' are cut in rotation then fenced from deer so that they can re-grow and provide a mix of different habitats, so helping to halt the decline in birds and butterflies. On a fine spring day one can see the beauty of these coupes, from a bare glade cut this winter where plants will soon appear to an area of healthy re-growth loud with birdsong.



7 Years re-growth of a coppiced area

At the same time, Jo and Darryl are trying to make a living from the wood they produce, and since there is no longer a mass demand for woodland products in the 21st century, this requires some skill and imagination.

The mainstays of modern-day small and medium-scale woodland businesses are usually firewood and charcoal for barbeques. Darryl and Jo produce lumpwood charcoal for barbeques from a ring kiln, and the presence of historic

'pitsteads' in Great Lindeth wood suggests they are reviving an ancient practice here. However, although with more people owning wood-burning stoves there is always a demand for firewood, in spite of encouragement most consumers still buy instant barbeques and inferior barbeque charcoal imported from Africa and South America rather than British charcoal from sustainable forest management. In addition, the metal ring kilns mostly used by coppice workers today can be wasteful and produce clouds of smoke as the damp and volatile oils are burned off from wood to create pure carbon.

Darryl is therefore probably going to concentrate on making horticultural bio-char, which research suggests can be vital in restoring health to our depleted soils and can assist in carbon sequestration. Instead of a ring kiln, they have invested in a conical 'Kon tiki' kiln. Based on an ancient design, the Kon tiki kiln is more efficient, produces far less smoke and is ideal for bio-char, although the science of why this works is too complicated to explain here!

When it comes to craft items made from wood, Jo has found that in an age where consumers can buy mass-produced cheap products, it is important to raise recognition of the value of something which is hand-crafted and unique. She has an indoor workshop for fine work, and an open-sided workshop where stacks of neatly graded wood are waiting to be used. At the moment she is developing the

creation of furniture, especially stools, out of wood with the bark left on and which she upholsters herself in Arts and Crafts style fabric. She is also planning to make more of the intriguingly-named 'Sussex pimps': tightly packed bundles of small wood in a circular frame which used to be made in their thousands as firelighters. Now they are mostly produced for decoration, but they will still work to light your fire! In addition, she makes birch logs 'candles', which burn spectacularly for hours, the attractive decorative 'gypsy flowers' and other carved flowers.



Carved Flowers

When local schemes like the Rusland Horizons initiative and the Bill Hoggarth MBE Memorial Apprenticeship Trust (BHMAT) are also fostering the revival of traditional woodland management, the more we, as the wider public, recognise the benefits of this and appreciate its products the better. If you think that working in the woods might suit you, BHMAT runs 'Woodland Pioneers', one of the most popular coppicing and greenwood working courses in the UK. This year's course will run from 2nd - 6th September, and online booking is now open. **Go to [www.coppiceapprentice.org.uk](http://www.coppiceapprentice.org.uk).**





# The Modern Blacksmith

## Chris Brammall

Sculptural and Architectural Blacksmith



**Although the days are long gone when nearly every village had a blacksmith's forge making and mending tools and everyday iron implements, the day of the blacksmith is certainly not over yet. This is illustrated by the career of Chris Brammall, who has gone from humble beginnings working independently in a traditional blacksmith forge in Graythwaite, to building purpose built premises in Ulverston and employing a team of craftsmen. His work can now be seen across the North West and beyond.**

Having originally planned to be a furniture designer, Chris took a blacksmith course at Hereford College of Art and Design and this is where his natural affinity for the medium of metalworking was born. After this, he spent many more years learning and perfecting his craft. Working from the small forge in Graythwaite, the quantity and scale of his work grew. "Not just in quantity but in physical size too" says Chris. "Some of the pieces just wouldn't fit in my old workshop; when you're creating a nearly 9 metre tall (2 double decker buses) yellow Y, you need a lot of space!"

As a lone blacksmith, he always had his eye on expanding, and made big decisions on the direction he wanted to go in, even though it was daunting. One of the biggest decisions was to move from the forge to a purpose built studio and workshop in Ulverston in 2002. Knowing it was time to move on, it was important that his new working space was exactly right and the only way to get that was to build it himself. He says, "When we finally moved in to the new workshop in Ulverston it was an inspiring day".

Although his business has expanded, Chris remains at the centre of his team with the same drive which enabled him to set up his first

blacksmith workshop all those years ago His Ulverston workshop still has a forge and traditional skills are very much the heart of what his company does and how the team works. Now in his company's 25th year, the next chapter is opening as they change their name to CB Arts, which will open up new avenues and opportunities to grow and develop.

For Chris, the name change is an exciting step forward, "I'm incredibly proud to say we've achieved 25 years in business. Now, the team and I are looking to the future and our next step as CB Arts, a change that allows me as an artist to really invest in the growth of craftsmanship and blacksmithing skill." For his business as a whole, it means they can encompass all the different elements of what they do as blacksmiths and artists, creating amazing metal work worldwide, both for public works, private sculpture and architectural metal work.

Whereas the image of a blacksmith nowadays might be someone making hand-crafted tools or nails for heritage projects Chris's work shows how traditional skills can be employed to create eye-catching work for the 21st century. We will have seen examples of his craft along Ulverston canal, and in Cumbria he also created the Glebe Bandstand in Windermere, Staveley Mill Yard footbridge and a bespoke bar top in the lounge of Holbeck Ghyll. If we go further afield, the giant yellow Y, (Yorkshire Gateway sculpture), the Churchill War Rooms in London and the London Stock Exchange War Memorial are also his work, so he is an inspiration for anyone who thinks that the 'old skills' have been lost.

You can view a selection of CB Arts' UK wide projects at [cb-arts.co.uk](http://cb-arts.co.uk) - from bridges and public realm sculpture to gates and railings!



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## Avoiding Falls

They say you know you are getting old when instead of 'falling over' you 'have a fall'. From toddlers to centenarians, we all fall over at some time, whether it is tripping over a raised pavement or climbing a mountain. However, falling over for older people can lead to serious injuries as bones lose their density, and treating such falls is costly for the NHS. At the same time, falling over is not an inevitable result of getting older, and many falls can be avoided. Although the following tips are aimed at older people, they can apply to all ages, especially those with chronic health conditions.

**Get regular exercise to improve your strength, fitness and balance. There are simple exercises you can do at home, such as walking sideways and standing on one leg, which will help.**

**Have your eyes and hearing checked. Vision and hearing play a vital role in balance and movement.**

**Ask your Pharmacist or GP for an annual medication review. Some medicines or illnesses such as poorly controlled diabetes, can make you feel faint and dizzy.**

**Look after your feet. Painful feet and ill-fitting shoes can affect your balance and increase your risk of falling.**

**Make sure you get enough calcium and vitamin D to keep your bones strong.**

**Check your homes for trip hazards. Some risks are obvious but often overlooked, such as clutter and poor lighting.**

If you make these small adjustments in your daily life, this can give you greater freedom and confidence, but if you have fallen over or feel you are going to fall with no obvious reason, see your GP.

**Don't forget the Falls Prevention advice drop-in on the third Thursday of each month in Ulverston Library.**



ADVERTORIAL

## A BID TO SAVE THE PLANET

Sir David Attenborough's Blue Planet series pricked the conscience of the public and started everyday discussions about what we consume and how we can do it more responsibly.

I have spent most of my career working in the auction industry where previously-owned goods, including anything from fine art and antiques to household items, are bought and sold. It brings the wanted and unwanted together, extending the life and value of an item and ensuring it doesn't end up as landfill.

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washing machine to a rare whisky or a bird bath. It's also a place to find the well-made, items that last from generation to generation and are ready to be rehomed, repurposed and given a new lease of life. It seems to me that our planet



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would be well-served if more people considered purchasing and disposing of items through auction.

**Bill Nelson, 1818 Manager**



I've been set two challenges this month. The first was to devise ideas for what to do with a bulging button box. The second, how to repair jackets where the zipper pull tab on the slider has been pulled off.

My plan repurposes the buttons into a new zipper pull (toggle). You need some beading wire (Boyes in Kendal have a great selection of colours). Cut a length of wire to be three times the length you want your finished toggle. Bend the wire into a U shape, then thread on the buttons, making sure the wire goes through 2 different holes, so the bottom of the U forms the bottom of the stack. When you've got a big enough toggle twist the ends together tight against the last button to keep them in place. Thread the two ends of the wire through the hole in your zip (one left to right, the other right to left to create a loop) then twist them together to secure the toggle in place. Snip off any excess wire and bend the end back on itself. I used tiny silver bells with mine for a bit of extra sparkle.



I made a longer button toggle to use as a tassel for my desk key. They'd also be great as key rings.

Larger buttons can be used to hold together stud earrings and stop them getting lost.

Last but not least, take your favourite big buttons, glue a small magnet on the back and stick them on your fridge as a crafty fridge magnet.



## 2019 Projects for the Ulverston BID Start to Happen

Plans for the 2019 projects are now starting to be put into place and a whole host of facilities and opportunities are about to be realised for the community and businesses in Ulverston.

**Free Town Centre WIFI went live at Easter!** This will mean everybody who uses the town centre facilities can access the web free of charge together with the Loyal Free app, saving you money whilst you shop! The bonus is that it means we will have marketing information that we can use to promote the town and the businesses and see who uses the town and when..

**Parking:** We are working with SLDC to develop a new parking solution for the town which works for everybody and will last. Watch this space!

**Ulverston in Bloom:** This wonderful group of volunteers had a fantastic result in the Cumbria and Britain In Bloom awards in 2018. BID is now looking at more ways to work together for 2019 and will enter the awards on behalf of the town for 2019. We will showcase the town and celebrate partnership working with businesses and the community.

**Free Business Training:** Started on April 24th & 25th 2019. We start the free business training with an opportunity to attend the Boost Business training. After these courses the BID are looking to give training in Social Media, Marketing, Food Safety, Mental Health First Aid, Emergency First Aid to the BID Levy payers. This enables business to access professional training for themselves and

employees. For more details and to book a place go to [www.ulverstonbid.org.uk/free-courses](http://www.ulverstonbid.org.uk/free-courses)

**Revote 2020:** We will be busy working towards the revote so that we can continue the development of Ulverston for business and community. Have your say and visit the BID website and complete the Revote questionnaire. [www.ulverstonbid.org.uk/revote-2020](http://www.ulverstonbid.org.uk/revote-2020)

**Late Night Thursday Shopping for the Community and Visitors:**

This project started late in October 2018. With only two weeks to organise it, the event was very successful, and the BID are organising it again during the run up to Christmas 2019. The event succeeded and traders reported good business! More than 46 businesses opened from November to Christmas Eve every Thursday for the convenience of the community. This was the first late night with the backing of BID. We are looking forward to enhancing this project and making it another great festive experience for Ulverston, increasing the festivities with music, carols and festive treats all around the town

**Funding Applications:** The BID still welcomes applications from the community for funding that fit with our objectives.

**Tour of Britain Signs:** You maybe wondering where the cycling signs that were produced by Northern Line for the Tour of Britain have gone! Well the BID has funded them to be placed in the Market Hall for all to see..

**Visitor Information Point (V.I.P) / Market Hall:** This project has been a great team effort from the BID, UCE and Town Council. The facility has attracted both community and visitors, manned by volunteers it is a great source of information for Ulverston and is entering its second year.

This is just the start as things will develop and new opportunities arise. The Directors of BID will look and evaluate funding applications, opportunities and relevant issues in the twelve Board Meetings that they have in the year, dedicating their time voluntarily. With a fantastic mix of skill, the decisions made are fully evaluated by the directors and executed by the Project Officer with the longevity and dedication that the town needs.

[www.ulverstonbid.org.uk](http://www.ulverstonbid.org.uk)

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## Book Reviews

### Cumbria at War 1939 - 1945

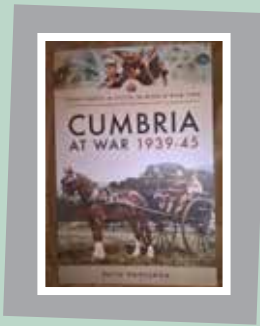
Ruth Mansergh

Pen & Sword Military 2019

£14.99 from Sutton's Books

Part of Pen & Sword's 'Your Towns and Cities in World War Two' series, 'Cumbria at War' is stuffed full of information, much of it about our area, which might be new to some readers. It starts with a description of the airship Hindenburg's flight over Barrow in May 1936 and ends with the launch of HMS Resolution, the first Polaris nuclear submarine, at Barrow in September 1966. Along the way, it covers among other things the evacuation of children to Cumbria, the bombing of Barrow, prisoner of war camps in Cumbria (and escape attempts), the role of industry and the Land Army, the feats of the two Victoria Cross winners from Ulverston, Frank Jefferson and William Basil Weston, the history of ships and submarines built in Barrow

during the war and war memorials. Your reviewer didn't know that Barnes Neville Wallis, the inventor of the bouncing bomb, had developed his skills at Vickers in World War I, or that it was Barrow built ship, HMS Ajax, which fired the first shots of WWII off the River Plate on the 3rd September 1939, sinking the German merchant ship, Olinda. Less gloriously, perhaps, the owner of a pharmacy in Broughton in Furness was the first person in the area to be hauled in front of the Ulverston magistrates on 28th September 1939 for breaking the new blackout regulations. Illustrated with many photographs, this book is invaluable for those who like local history, and stands as a testimony to the efforts of Cumbrians in World War II.



### To See Clearly Why Ruskin Matters

Suzanne Fagence Cooper

Quercus 2019

£12.99 from Sutton's Books

2019 is the 200th anniversary of John Ruskin's birth, and so there is a renewed interest in this leading figure of the nineteenth century. Since he made his home at Brantwood on Coniston in his later life, many of us locally may have visited the cafe and gardens or gone to events and exhibitions in the house. At the same time, we might not know a vast amount about him or the extent of his influence. Because only the most dedicated Ruskin fans will want to read the 39 great volumes of his collected writings, this perceptive introduction to his life and work is a good start to understanding his importance. In many ways, Ruskin is a strange figure to the modern world. Financially secure from his father's business, he never had to make a living, his deep love of Gothic architecture may be alien to our tastes, and nowadays his intense feelings for young girls would at the very least make us uncomfortable. The author does not shy away from this, or from his breakdowns in later

life. However, it explains that although Ruskin made his name as an art critic, his life-long habit of looking closely at everything from a flower to a building led him to become aware of the inter-connectedness of the world, and how every human action has an effect. This underpinned his writings on a wide range of subjects including the environment, social affairs, the preservation of buildings, the dignity of labour and the economy. He did not invent the phrase 'climate change', but he saw clearly how pollution was already changing the weather and warned of the dangers of deforestation and mass tourism. Not only influential in inspiring the Arts and Crafts movement, he was also a major figure to the early Labour movement and to Gandhi, helping to set him on his course. All in all, the author helps us to see how complex a man Ruskin was, and how much more there is to his legacy than a beautiful garden.



Welcome to Ulverston Library

## Forthcoming Events at Ulverston Library

### Archives Open Day

**21st May 10:30-13:00** No need to book, just turn up!

Telephone 01229 404151 for further details, or see our Facebook page.

### Children's History Treasure Trail

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A half-term activity to coincide with Local History Month. More details on the library Facebook page.

### Reimagining Wordsworth on Tour

**Wednesday 12th June Adult Session 10:00-11:00**

This free pop-up session will introduce William Wordsworth, his sister Dorothy, and their life at Dove Cottage in Grasmere, where they lived from 1799-1808. You will get to know this remarkable family through exploring reproductions of their letters, notebooks and journals, as well as finding out how some of the world's best loved writing came to be. We'll also bring along one or two original items from our collection to give a sense of how we handle and use museum artefacts to bring stories to life. You don't have to be a poetry buff to enjoy this session!

Booking is essential. Telephone 01229 404151

### Katie Hale – Local Poet & Author

**Thursday 13th June 7pm**

**Debut Novel - My Name is Monster**

Inspired by Robinson Crusoe and Frankenstein, My Name is Monster is a novel about power, and about the strength and the danger in a mother's love. The novel centres on a young woman called Monster who believes she is alone in an empty, post-apocalyptic version of Britain. Slowly, piece by piece, she begins to rebuild a life. Until, one day, she finds a girl: another survivor, feral, and ready to be taught all that Monster knows.

Tickets £2. Booking is essential. Telephone 01229 404151

### Health Information Week Drop-in

**Tuesday 2nd July 10:00-12:00am**

NHS. Falls Prevention. All welcome

### Caroline Gilfillan – Author & Poet

**Thursday 4th July 7pm**

**The Terrace - murder mystery novel**

The Terrace (Cowslip Press) is a warm, sparky book featuring a female sleuth: disgraced journalist Rags Whistledown. After leaving London with her tail between her legs she must rebuild her life. A chance to make some money comes her way when she's asked to investigate a mysterious disappearance. But all is not what it seems ...

Booking is essential. Telephone 01229 404151

# From the allotments - the Voice of Experience

When you chat with other allotment gardeners, you pick up many handy hints and learn that some are trying methods which would surprise the more traditional.

Some are experimenting with no-dig beds instead of expanses of well-turned earth, others have ponds and areas for wild flowers. It was interesting, therefore, to chat with a well-known local gardener who has had a lifetime of experience in serious gardening.

Among other

jobs, he was a groundsman at Oxley and worked at Conishead Priory when it was a miners' rest home and was self-sufficient in vegetables. He remembers using a plough and rotavator to grow the tons of swedes and especially potatoes which were stored in the former stables. One of the winter jobs was to move the great piles of potatoes from one side to the other, throwing away any which were going mouldy so they wouldn't affect the others. He has no truck with trying to get away with not digging an allotment.

At the end of summer he rakes off any weeds and trenches in manure, making sure this is done before the nights draw in. He uses what he calls 'whole manure', the muck and straw from barns where calves have been reared, and

says that it's better to get this in the autumn. He doesn't use compost and has no time for horse manure which he believes does nothing to build up the ground.



He grows everything from seed, and says that you shouldn't believe everything you read in magazines or see on 'Gardeners' World' since you have to adapt to suit the climate in the north. Since he has club root on his allotment, though, he is full of praise for modern hybrid strains of brassicas which are resistant to club root. His methods might be different from those of some gardeners today, but having seen pictures of his allotment they certainly work for him.



## The Bold Blackbird

One resident on our allotment at the moment is 'Mr Blackbird'. Not the most handsome chap, he seems to have lost his tail feathers. This hasn't stopped him winning a partner and, we think, a clutch of nestlings. If we are digging, he hops up close and will accept worms thrown in his direction. However, he has the very annoying habit of digging up little seedlings when they appear, and we think he is the culprit who ruined half of our garlic bed by pulling up the planted cloves.



That's why our seedlings are covered in fleece until the plants get big enough to survive his attentions!



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## A Record Number of Grey Seals

Cumbria Wildlife Trust has counted a record number of grey seals at their South Walney Nature Reserve in Barrow, thanks to the latest drone technology. The conservation charity's recent drone survey counted 483 seals (the previous highest survey in January 2018 counted 360).

Sarah Dalrymple, Warden at South Walney Nature Reserve said: "This is very encouraging news indeed – we're delighted to see that the grey seal colony at South Walney continues to thrive! We go to great lengths not to disturb the colony and to ensure that all visitors to our reserve are equally respectful of these wonderful marine mammals.

The seals are extremely vulnerable to disturbance and we can put this record number of seals down to the fact that our strong and consistent 'do not disturb' message is really getting across to the public.

"We take great care using the drone, which flies very high and requires special permission from Natural England, to avoid distressing the seals and other wildlife. We've been using this exciting new technology to survey the seals for the past two years. It's a great resource for us to use, although we're continuing with our traditional counts, which involve crawling across the shingle



Grey seal pup @ Cumbria Wildlife Trust



Drone seal count 2019 © Cumbria Wildlife Trust

and watching the seals through binoculars, to compare results. Both methods are important, but the drone gives us more accurate numbers."

Seal surveys are carried out fortnightly at South Walney Nature Reserve, from September to March. The surveys monitor the seal population structure in the area from year to year. The behaviours displayed by the seals are also monitored to gain an understanding of how they respond to different factors. This includes how they are affected by human disturbance, such as boating and recreational

use of the sea surrounding Walney Island.

This season seven seal pups were recorded at South Walney Nature Reserve. There is strictly no access to the area of the nature reserve where the seal pups are. However, the rest of the seals can be seen playing and fishing in the water at high tide, along with thousands of wintering wildfowl and wader birds, from hides elsewhere on the nature reserve.

**See the seals online at <https://www.cumbriawildlifetrust.org.uk/wildlife/cams/seal-cam>**

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## From the Farm

with Will Case



**May is one of my favourite months, as it usually signals the end of a long winter when cattle are turned out to grass and the daily routine of feeding cows is made a little easier.**

We have now finished lambing and spring work is all but done. We have put new grass seeds into two of our fields. The new seeds, once through, will grow quickly and produce high quality grass for both silage making and grazing. We are using a modern variety of seeds that have been developed to be highly nutritious and high in natural sugars.

In spring we roll all the grass meadows. This makes a pretty pattern but there are practical reasons for doing it too! Rolling flattens the surface so that machinery can travel smoothly and so that any stones which may have been sticking up are pushed down to stop them damaging the blades on our mower.

Now that temperatures are rising, we will be giving our lambs a



dose of sheep wormer. The warm weather stimulates the tiny microscopic worms that live on the grass grazed by the sheep, these worms can upset the lambs stomach at best, and can even kill them at worst. They will be wormed two or three times throughout the summer to keep them healthy. While we have them in the pens we will put a blue 'C' mark on all of our lambs to make them easily identifiable. We also count them so that we can measure how successful our lambing season has been and to help us plan for the year ahead. We would hope to have 180 lambs for every 100 ewes, or as farmers would say a "180% lambing."

Our beef cows are now calving in the paddocks by the yard. We try and keep a close eye on them and they are close to the buildings in case we need to assist if there's a problem. Thankfully most of our cows calve themselves. Now i've tempted fate, i'd better go for another check!

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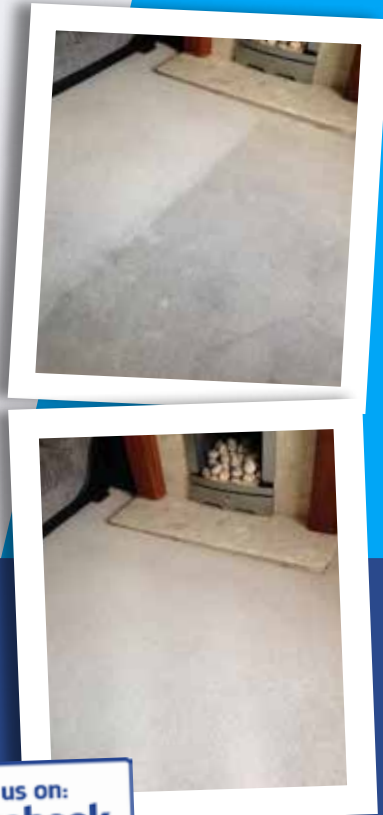
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