

# ulverston NOW

ISSUE UN030 - SUMMER 2019 - [www.ulverstonnow.co.uk](http://www.ulverstonnow.co.uk)



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# Letter from the Editor

We are well and truly into festival season here in Ulverston with a whole host of events taking place over the summer. From the International Music Festival, to Retro Rendezvous, Gin Festival and Furness Tradition while not forgetting the Ulverston and North Lonsdale Show on 31st July.

On 21st July the Ulverston Canal Regeneration Group are holding a summer gala at canal foot while sportier types can look forward to the Hoad Hill fell race on July 4th. There is a community games day on Sunday 7th July at the leisure centre while Shakespearean words will flow on 20th July as Ford Park host 'Much Ado About Nothing.' Of course there is also the not to be missed Ulverston Carnival on 6th July.

Luckily all these events and many more are listed for you in this issue of Ulverston Now - take a look at the what's on section starting on page 16. You have got to hand it to the Ulverston Community that it is an incredibly rich, diverse and dynamic place to live and enjoy life. Why not get involved?

We received positive feedback to the change of size as we now produce a paper that is 33% larger in size. We welcome contributions from all sections of the community including letters, reports, news and events.

The next deadline is the 30th August which allows the Ulverston Now staff to have a well earned break. We look forward to hearing from you then.

Thank you to Helen and Liz for another great issue of Ulverston Now.

**Next deadline Friday 30th August**

*Do get in touch*



NEWS

COMMUNITY

SPORT & LEISURE

WHAT'S ON

LIFESTYLE & HEALTH

ART & MUSIC

BUSINESS

BOOKSHELF

NATURE & GARDENS

LETTERS TO EDITOR

CLASSIFIEDS

Remember our next deadline is on Friday 30th August

## 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](mailto: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.

ISSUE	DEADLINE	RELEASE
UN 31	Fri 30th Aug	Thu 12th Sep
UN 32	Fri 25th Oct	Thu 7th Nov

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## Sharon Webster - A 'People Person' Mayor

Following in the footsteps of her husband, David, the outgoing mayor, Town Councillor Sharon Webster took over officially as Mayor of Ulverston at the May Town Council meeting. Talking to her makes you realise what busy lives many of our unpaid town councillors have, and how much they do behind the scenes.

Originally from Preston, the Websters moved to the area in 1979 and have lived in Ulverston since 1985 with both their children going to St Mary's RC Primary School and UVHS. Having been in this line of work for many years, Sharon still works as a relief senior support for the Day Services, and is active in the union Unison. First becoming a Health and Safety officer, a special interest of hers, she now shares the post of Women's Officer and is the Lifelong Learning Officer for the North West region, a demanding role which takes her all over the north west. Her union work involved a great deal of problem-solving and dealing with those from all walks of life. This urge to help others and try to solve their problems led her to stand for the Town Council, to which she was elected in 2016. She says there is nothing she doesn't like about being a councillor and having the chance to make a difference, and she wouldn't do it if she didn't enjoy it! She loves talking to people, and when residents come up to her and describe their problems she doesn't mind if they are just taking the opportunity to 'vent'. Sometimes, being a 'Listening Ear' is enough, and they go away feeling better. At the same time, if something is wrong, she tries to change it, and to direct people to the services they need if their issues are beyond the Town Council's limited powers, recognising that what might be a small problem to some can be big to the person affected by it.



Mayor Sharon Webster

As if this wasn't enough, Sharon is also involved in 'Bras for Africa', which recycles bras, raising money for breast cancer in women and men research and helping women in Africa. So she reminds us to put our unwanted bras in the box in the library. She is trying to set up a 'Silent Disabilities' scheme, giving those with invisible disabilities an emblem, ribbon or lanyard to enable shopkeepers and businesses to recognise that they might have difficulties. An active WASPI woman, a campaigner for sufferers of domestic abuse and a member of festival committees, she still finds time to be a member of Scales WI.

Sharon stresses that she has had a great deal of support from her employers, union and the rest of the town council, and that she has had a great year as Deputy Mayor. She clearly loves Ulverston and its sense of community, where people look out for each other, hopes that it prospers and is determined to use her year as Mayor to promote this 'fantastic town' and its people.

they are wary of putting out more public litter bins. Individual SLDC councillors from Ulverston have a small discretionary budget which they can spend on worthy causes in their wards, and providing a needed bin and paying for it to be emptied year on year can be seen as a good use of their budget. An issue arises if they cease to be district councillors because then the Town Council is sent a bill for emptying such bins. It might not be a large bill for just one bin, but it is something which could mount up. At the same time, the Town Council recognises the problems with litter and bins, and is willing to negotiate with SLDC about this.

## Bin There...

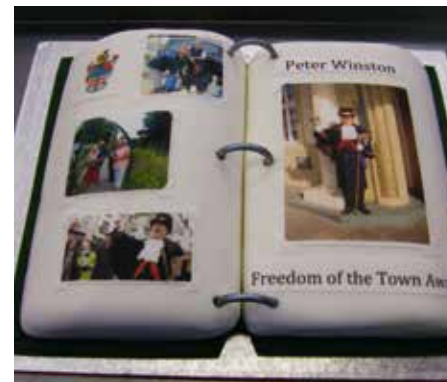
**Now that everyone is aware of how litter, especially plastic and cigarette ends, is unsightly and bad for the environment, the call often goes up for more litter bins in Ulverston to stop people either dropping litter when there isn't a bin nearby or using grit bins, for example.**

The problem with providing more bins was highlighted in a recent Town Council discussion, since the main issue is not the one-off cost of a bin but the ongoing cost of emptying it. This cost is borne by SLDC, and when budgets are tight,

## First 'Freedom of the Town' Award

At the Annual Town Meeting on 13th May, the first 'Freedom of the Town' award was presented to the man without whom all the town's festivals would be in trouble, Peter Winston.

For some time the Town Council has been discussing setting up this occasional honour for those who have gone well beyond the call of duty in serving Ulverston, and the notoriously modest Peter Winston was the obvious recipient. A familiar site with his trailer, for years he has worked behind the scenes, setting up road signs and cones, putting up and taking down flags, moving the events caravan to and fro, and doing every job going in the lantern festival. This is before you mention his willingness to store flags, poles, lantern-making equipment and



Celebration cake by Jo Stoney

other necessary equipment in his Aladdin's cave. Lured to the Town Meeting on false pretences, Peter was presented with a scroll for meritorious service and a magnificent cake. All he would say when asked about this honour was to wonder if he could now drive his sheep up Market Street, and whether he could negotiate with the Town Clerk to be able to order a free round in every pub in town.

## Stonecross Opens Its Doors

**Now that the restoration of Stonecross Mansion is on the way to completion, with the main hall and some apartments finished, the builders, Charles Church, have been opening the doors to the public so they can see the results of their labours.**

There is no doubt that this important Ulverston building looks better than it has done for many years. Originally built in 1874 by Myles Kennedy, who made his fortune from iron ore, the mansion has had its ups and downs, with more downs in recent decades. In the late 1940's it became a school, and the bottom flight of the magnificent main staircase was removed, so that pupils could play football inside. It was then



bought by Marl International, who furnished the main rooms with antiques and hosted concerts and charity events, bringing back a flavour of what it might have been like in its heyday. Unfortunately perhaps, Marl was not allowed by planners to build a further building in the grounds, and the house was put up for sale. Bought by a housing developer, it was then boarded up and neglected to the extent that water started coming in. A major fire in 2004 was the final insult. As we can all see, the price of having the mansion restored was planning permission for houses in the grounds and for the house to be divided into apartments. You might not guess how badly the mansion has fared as you walk now into the fine entrance hall. The beautiful three-panel painting by Lucien Besche on the main staircase looks almost as good as new, as do the tiled floor and the restored stonework. It is perhaps a shame that perspex screens have been added to balustrades, presumably for safety reasons, and some might like to see furniture more in keeping with the Victorian Age in the public areas, but that is a matter of taste. At least the building has been saved, and if you would like to view an apartment, this is now by appointment only.



Stonecross Manor



## All Set for the Lantern Festival

Ulverston Lantern Festival is set for its biggest parade in recent years as a great array of Fantastical Creatures alight on the streets on Saturday September 14th. Organisers are appealing for new volunteers to help run workshops and keep the processions on track.

The Fantastical Beasts theme for the 2019 Festival has already created great excitement with people commenting and sharing ideas via social media. The Festival finale will once again take place at Ford Park with a huge firework display.

On the day, the town centre will effectively be closed to cars and other traffic from around 6.30pm onwards until around 10.00pm when the crowds of families from Ford Park have dispersed. No vehicles will be allowed to enter the town centre, and vehicles parked in the town centre or the car parks will not be allowed to leave until the police officers supervising the event give the all clear.

Lantern kits are on sale from August 3rd for £5 each at Appleseeds, the Coronation Hall, Costa Coffee, the

Book Shack in the Market Hall, the Laurel and Hardy Museum, from the Launderette at Croftlands, and from 14 Moorgarth in Swarthmoor.

Lantern workshops will be held on September 7th and 8th at the Parish Rooms on Church Walk from 2.00pm to 6.00pm, and Monday through to Friday during the week before the Festival from 5.30pm to 8.30pm.. There will also be workshops in the Coronation Hall on September 10th and 11th from 4.30pm to 6.30pm.

Festival committee chair Chris Nelson explains: "We always get fantastic support but we still need more helpers. Stewards don't need any previous experience – they just need to give a few hours on the night. This year once again promises to be a fantastic event and we hope that more businesses will stay open later to take advantage of the huge crowds in Ulverston."

**For more information on the Lantern Festival visit the Festival's Facebook page or go to [www.ulverstonlanternfestival.org](http://www.ulverstonlanternfestival.org). Volunteers can contact Chris Nelson on 07761 930627**

## Summer Gala at Canal Foot

On Sunday 21st July, the Ulverston Canal Regeneration Group are holding a fundraising Gala at the Foot of the Canal from 11am- 3pm.

There will be a range of craft and charity stalls, fun games for all the family: stocks, crockery smash, face painting, burgers, drinks and cakes, plants, books and bric a brac.

The Group says, "Thank you to all the people who have donated raffle prizes. So far they include: The Stan Laurel Inn, Bluebell & Ivy, Cumbria Crystal, Nailport, Beth Pipe (Cumbrian Rambler & Author), Daryn Davies, Mercedes Benz & Rusland Pool. Please check our Facebook Page and website for details.

"Trying to maintain a 'Nautical' theme to reflect the history of the canal, 'Hearts of Oak' will be sailed in front of the pier for viewing if the tide permits. There will be the amazing new hovercraft from Inshore Rescue demonstrating their

considerable skills for everyone to see.

"We are excited to be able to offer the chance to take a trip on the canal courtesy of Duddon Canoe Club whose members are bringing their craft and equipment to make it possible.

"We have permission to use the car park at GSK and Glaxo sports club and ask that visitors please park and walk to the gala to keep Canal Foot as free of traffic as possible for the safety of all.

"There is no charge for attending the event but there will be a small charge for the games and activities. We are hoping that everyone will have an enjoyable day out; sharing this beautiful area of Ulverston, finding out about our plans for future events and proposed developments, giving feedback and ideas for the group to take forward.

**If anyone wishes to book a stall, there are still some available. £20 per pitch. (£10 for charities) For details and booking contact [www.ulverstoncrg.co.uk](http://www.ulverstoncrg.co.uk) or [chairman@ulverstoncrg.co.uk](mailto:chairman@ulverstoncrg.co.uk)**



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Ford Park Volunteers Celebration copyright Ford Park Community Group

## Top Award for Ford Park Volunteers

**Volunteers from Ford Park Community Group, based in Ulverston, have been honoured with the Queen's Award for Voluntary Service - the highest award a voluntary group can receive in the UK.**

The dedicated team of volunteers play a huge role in helping to maintain and care for Ford Park, a well-used green space in the urban heart of Ulverston, run by the charity Ford Park Community Group. The volunteers carry out a diverse range of tasks as part of a fantastic team from all backgrounds.

Representatives from Ford Park Community Group attended a garden party at Buckingham Palace in May, along with other recipients of this year's Award.

Ford Park Community Group is one of 281 charities, social enterprises and voluntary groups nationally to receive the prestigious award this year. The number of nominations and awards has increased year on year since the awards were introduced in 2002, showing that the

voluntary sector is thriving and full of innovative ideas to make life better for those around them.

The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities. It was created in 2002 to celebrate the Queen's Golden Jubilee. Winners are announced each year on June 2 – the anniversary of the Queen's Coronation.

Representatives of Ford Park Community Group will receive the award from Clare Hensman, Lord Lieutenant of Cumbria later this summer.

Shirley-Anne Wilson, Acting Chair of Trustees for Ford Park Community Group, said: "This award is a real tribute to 20 years of dedicated volunteering from all the wonderful people who have helped in so many different ways to make Ford Park the fantastic community asset it is today. It is a beautiful space, open and free to all.

"We are so grateful to our volunteers – past and present – who give their time to keep this essential community asset open. We simply could not do it without them."



Sandside Lodge Coniston to Barrow Walk Group

## News from Lightburn Park

**Sandside Lodge School have supported Incredible Edible for the third year running by planting vegetables and fruit and sowing beetroot for the community to enjoy and pick to eat. They also helped weed the sensory garden which looked stunning in May with the Bearded Iris and the smell of fresh herbs.**

The Model Railway have also been very busy, filling an old trench with soil and planting it up so train passengers have colour and interest while enjoying a train ride. We all would like to congratulate them on their 20th year running the trains and we continue to support them.



Sandside Lodge students

Friends of Lightburn Park (FOLP) have raised over £80k to improve the facilities within the park since starting in 2014. FOLP & SLDC

are starting to get on track with fundraising towards the new playground. So far we have raised £70k for this and a more suited relocated play area, but we need more local funding for this to happen. If you can help, do support us .

Tesco Bags forLife helped FOLP raise an extra £8,000 to place four picnic benches around the park. These are very well used day and night, and we also are proud to have two memorial benches within the park now. We would love to add three more picnic benches to our new little skate /bike track next to the new £70k MUGA for parents or park users to use. If anyone would like to sponsor or buy a memorial bench, please get in touch with SLDC at parks@southlakeland.gov.uk

FOLP would like to thank and remind the public of Peter, who checks the safety of the play equipment and park area weekly, and Continental Landscapes who go the extra mile to edge paths, cut the hedges and look after the trees. We really appreciate their team work.

Friends of Lightburn park are a voluntary group making a big difference to the future of your local community which uses the park and the next generation. If you can give an hour here and there to help weed or plant we would love to hear from you via the Friends of Lightburn Park FaceBook page.

## News from Sandside Lodge School

**Not long now, until the move to our new school on Springfield Road.**

It's a very exciting time for everyone involved. Our local community has rallied together and we've had some amazing donations, so thank you to everyone who has pledged money to help us furbish our new building and give our special pupils the very best that they deserve!

The C2B and K2B raised an amazing £7000 for our fund. These 2 photos show both groups, with headteacher Donna taking the C2B photo but actually completing the course. The T-shirts all the walkers wore had photographs of two students who sadly died earlier this year. The walk was in memory of them and parents of both Ben and Katie also completed the walk with us.



Sandside Lodge Keswick to Barrow Walk Group

It was a massive effort, raising a tremendous amount of money.

Our next fund raiser is our Hoad Walk, which is taking place on the 26th June, in the morning. We're in the process of having t-shirts printed with our new logo on them, so look out for us that Wednesday and give us a cheer! Money raised from that will be split between school and St Mary's Hospice, who have kindly offered to provide our pupils with some refreshments on the day.

Good, joined-up, community working, at its best! Look out for photos of our new building soon! And thanks again.



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## Urswick WI

**Our President, Rachael Edmondson, welcomed members to our May meeting on a cool spring evening.**

Rachel talked to members about the events and celebrations for 2020 - our Centenary Year- these include a celebration cake, poem, calendar and performance and invited members to enter the competitions for the centenary celebrations to help make the celebrations a great success. Details of how to enter all these competitions are in this month's edition of the Cumbria-Westmorland WI News.



Our talk this evening was by Sally Lister, one of our members, who runs craft classes both in Urswick and Rusland during the month. Sally showed us how to 'quick' press flowers using a towel and a small hot iron, and for large flowers use of a flower press or between the pages of a heavy book. By melting wax in a small heater, then placing the pressed flowers on the surface of a plain church or pillar candle, painting the hot liquid wax over the flowers positioned on the candle surface within minutes a beautifully decorated candle is created, a great present or for you to use. Sally also showed us to how to convert no longer wanted t-shirts into attractive scarves to wear, rag rug making and beautiful necklaces from unwanted scraps of material and spare buttons and beads. A fascinating and inspiring display of how to easily re-use and upcycle materials and clothes in your home.

### Don't forget the Urswick WI Annual Summer Concert

Wednesday 26th June at 7.30pm in Urswick Parish Church with Ulverston Town Band and local artistes. Summer Punch and Shortbread will be served, tickets are £6 and can be obtained from Rachael 869643 or Inez 869400.



## Inner Wheel Club of Ulverston

**The Club's May meeting took the form of an outing to Sizergh Castle when members enjoyed a guided tour of the gardens which President Dot Johnson had arranged.**

Head Gardener Susan Rowley had been the speaker for the Club at the January meeting when she had talked about all the work taking place in the grounds. Susan has held the position of Head Gardener at Sizergh for five years and is working on many of her new ideas which she hopes will gradually be completed. The kitchen garden is providing salads, vegetables and herbs which are used in the Castle Cafe, walls are being repaired and rebuilt just to mention a few of the projects Susan has planned. The

photograph shows members in the Stumpery, another of Susan's ideas. A number of the stumps were reclaimed from the building of the M6/Heysham link road which had to be cut through woodland at one point and all the old tree stumps removed. Susan approached the company involved with the road works and the stumps were delivered to Sizergh. They now have clematis, ferns and other plants growing on and around them and look very attractive.

Following a most interesting afternoon, members enjoyed tea and cakes in the Cafe!

We are now looking forward to President Dot's At Home when we are invited to Afternoon Tea. Any money raised at this event will start off the charity account for the new Inner Wheel Year which begins in July.

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## The Best View of Ulverston?

If you don't want to drive somewhere to climb up a mountain, on a clear day very little can beat the view from the Hoad. For a change, this sometimes uphill but not too-taxing circuit gives the casual walker a fantastic view of Ulverston from a slightly different angle. Although some of it is on minor roads, usually there is not much traffic, but unfortunately narrow footpaths uneven surfaces and stiles make it unsuitable for buggies etc.

1 The first stretch of the walk follows the Cumbria Way from Ulverston. Although this is waymarked, we will give directions in case you miss the signs. Go along the lower path of Gill Banks and take the clearly marked left hand turn over the stream. Thanks to the Gill Banks Action Group the bridge is no longer a mudbath! Follow the path upwards, go through the kissing gate at the top and turn immediately right over a waymarked low stile in the wall. Walk along the edge of the fields, keeping to the wall on your left, go over two stiles and then along the track to Old Hall Farm.

2 The Cumbria Way passes through the yard of this working



Ulverston from Gamswell

farm, so watch out for tractors and livestock. Again, the footpath is clearly marked, taking you to the left of the old farmhouse, along by the stream for a few yards and then left over a waymarked stile.

3 Cut across the field and through a waymarked gap in the wall to walk along the edge of Heaning Wood. The path leads to steps up to a stile, after which you turn right and follow the path uphill with the large house and garden (formerly Chiltern Seeds) on your right. Go through two clearly marked gates (don't trespass into the private grounds!) and walk up by the stream in its little valley, bearing right over the miniature bridge to another stile.

4 Go across the field in the direction of the waymarker arrow and you will soon see a wooden stile over the wall. This leads to a lovely stretch through gorse, bracken and wild

flowers until you reach waymarked steps over yet another wall. Cut across the field, go over another wall (use the step stones, please!) and you will find yourself on a minor road at Higher Lath Farm.

5 Turn left up the road. This is a bit of an uphill pull, but it is worth it when you arrive at Knotallow Tarn at the top. Knotallow Tarn is man-made, but is now a peaceful spot and looks perfectly natural. If you want a shorter circuit, you can turn left down the public bridleway to Gamswell, and then follow the road back into Ulverston. If it is a clear day, though, and you want great views of Morecambe Bay, turn right and follow the minor road round the tarn, catch a glimpse of Coniston Water on your right and walk on to a T-junction.

6 Turn left at the T-junction and walk to Horrace, admiring the panoramic view of the bay. At

Horrace, turn left at the crossroads and make your way down and up and down again back to Ulverston, watching out for the occasional car, especially on the bends, if you are distracted by seeing the town spread out at your feet.



Looking over to Coniston



## Bracken Clearing Volunteers Wanted

The Morecambe Bay Partnership is calling on volunteers who like the fresh air to help clear bracken from important scheduled ancient monuments on Birkrigg Common.

This will aid in protecting and conserving the archaeology hidden under the bracken. The work parties will meet at the Malt Kiln, Bardsea for tea/coffee and registration, there will be no cost to volunteers and full instructions, tools and all equipment will be provided.

From the Malt Kiln working parties will go out to the sites to undertake targeted clearance work. The minimum age for the work parties is 8 years old, but all children must be accompanied by an adult, as all work will involve using tools

and can involve heavy lifting which may not be suitable for children.

Volunteers are asked to bring a drink and wear suitable clothing for undertaking outdoor work-waterproofs, long-sleeved tops/trousers are recommended to protect from ticks.

The work will involve manual removal of vegetation with slashers/rakes and some lifting. A degree of physical ability/fitness is required, although work is paced to accommodate all (where possible walk).

When: Monday 15 July, Saturday 31 August, Friday 13 September, 9.30 - 16.00

**Booking: Please contact the Partnership if you are interested so that enough tools can be provided: [www.morecambebay.org.uk/events](http://www.morecambebay.org.uk/events)**

There are further volunteer work parties throughout the season - search for 'volunteer work party' in the Events listings for details.



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## Ulverston Golf Club Hosts Cumbria Ladies' Veteran Championships

Ulverston Golf Club is honoured to have hosted Cumbria Ladies' Veteran Golf Association (CLVGA) Silver Championships from April 29th to June 1st, and the Bronze Championship on June 13th.

The Silver Championship was played over three days of good weather and excellent course conditions. Day One saw 50 ladies from Cumbria compete in

an 18-hole medal competition, with 24 competitors qualifying for match play knockout rounds on April 30th and May 1st. The first 16 played for the Sylvia Barron Trophy, and the next 8 played for the Cupboard Trophy.

Congratulations to 2019 CLVGA Champion and winner of The Sylvia Barrow Trophy, Rosie Waller of Kendal Golf Club, who beat Kathryn Bulman of Penrith GC in the Championship Final.



**CLVGA SILVER CHAMPIONSHIP WINNERS** Liz Scott (Runner-Up, 2nd Flight), Margaret English (CLVGA Vice-Captain), Rosie Waller (Champion), Ann Newberry (CLVGA President), Margaret Shepherd (Winner, 2nd Flight), Kathryn Bulman (Runner-Up), Trudy Hubbard (CLVGA Lady Captain, Semi-Finalist Winner)

# YMCA

Lakeside



## NEW FOR 2019...



climbing

kayaking

canoeing

zipline

abseiling

archery

fell walking

sailing

rafting

Congratulations also to Margaret Shepherd from Carus Green GC, who beat Liz Scott from Keswick GC, in the 2nd Flight Final, winning the Cupboard Trophy.

Trudy Hubbard, of Ulverston Golf Club, and CLVGA Lady Captain won the Moulie Moore Trophy for Best Gross on Day One, and is Semi-Finalist Winner. Ruth Coleby of Penrith GC, won the Louise Mayne Trophy for

Best Nett on Day One.

The Bronze Championship, played over one day, saw 56 ladies from Cumbria compete in an 18-Hole Stableford for the Sylvia Barron Plate, with Lyn Bond from Kirby Lonsdale, winning the Championship, and Best Gross. Christine Hough from Carus Green won 2nd Stableford, and Super-Vet.

## Summer Events for Runners and Cyclists

*On legs:*

**July 4** Hoad Hill Fell Race

**August 8** Summer 10k Road Race

**September 4** Ulverston Charter 5k

*For all details and how to enter go to [hoadhillharriers.co.uk](http://hoadhillharriers.co.uk)*

And for the really serious runners:

**September 14 - 15** Cumbria Way Ultra

Run the 73 miles from Ulverston to Carlisle castle, or just cheer the runners on.

*Go to [pureoutdoorsevents.co.uk](http://pureoutdoorsevents.co.uk)*

*On wheels:*

**July 12 -14** Velo Retro

As part of the Retro Rendezvous weekend enjoy this vintage cycling event which has a choice of three retro rides including the Mighty Corinthian.

*[Veloretro.co.uk](http://Veloretro.co.uk)*

**September 6 - 8** Ladies of the Lake Sportive

The ever-popular women only sportive with a choice of a steady or a more challenging hilly route.

*[lakesladies.uk](http://lakesladies.uk)*

## FAMILY ACTIVITY DAYS

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## The Springfield Volleyball Team Try Something New!

Lesley Millachip from The Springfield Volleyball Team has approached us with this inspiring story. The team has played at Glaxo Sports Hall for many years and was recently approached by Gary Pettit to see if they were playing sitting volleyball. They weren't but were prepared to give it a go after learning that Gary is putting himself forward for various sports, including sitting volleyball, for the next Invictus Games.

Gary's account of his troubles as an ex-serviceman is all-too familiar in many ways, but is also one of hope. He joined the Royal Navy as a 16 year-old in 1989 and saw service in Bosnia and the 1st Gulf War. He sustained a serious knee injury, and after he was discharged in 2000, he went into a downward spiral following corrective surgery. He got into trouble with the law, his marriage broke up, he had problems with alcohol and painkillers, was diagnosed with PTSD and depression and ended up in hospital. However, in 2015 his life was turned around when he went on a 4 day course organised by Future for Heroes at Brathay Hall. Being with other veterans made him realise he was not alone, and since then he has become more and more involved with the charity, ending up as its official photographer. Inspired by the example of a former comrade who competed in the Invictus Games 2017, and by watching the Games in 2018, he decided to have a go himself, and signed up for Team UK. He applied to compete in rowing, cycling, sitting volleyball, wheelchair rugby and maybe archery, and was told that he was a natural at sitting volleyball. This is where the Springfield Volleyball Team come in.

Lesley says, "Obviously if he is playing regularly he will be in a stronger position for the try outs in July. Gary says we are the only club playing sitting volleyball north of Manchester so Go Us!

"Members of the club have welcomed Gary and we are trying our best to play sitting volleyball. We are not very good at it, but Gary is attending a training camp in June so hopefully he will come back with some suggestions for us on how to improve. We are proud of our club members, some of whom come early to play sitting volleyball, and those who lose 15 to 30 minutes of our normal game time to accommodate Gary and sitting volleyball without any complaints."

Gary says, "Lesley has been an absolute superstar allowing me to be a part of the club and train there."

Gary has to complete training camps and a training/pre-selection mini games in Sheffield in July before selection in September. If selected he will have the honour of representing Invictus Team UK 2020 in The Hague. We wish him all the best whatever happens.

# Community Games Day

**Sunday 7th July**

**Ulverston Leisure Centre, 12-5pm.**

*Free fun for all the family. Don't miss out!*

**Contact [Hannah.paling@gll.org](mailto:Hannah.paling@gll.org) or call 01229 581123**

**[www.better.org.uk](http://www.better.org.uk)**



## YMCA Lakeside

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- Week 4** 12th to 16th August 2019
- Week 5** 19th to 23rd August 2019
- Week 6** 26th to 30th August 2019

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# Ulverston Evening Townswomen's Guild

Established 1969  
The First 50 Years

*Members write...*



In 1969 Ulverston had an influx of families from the North of England as Glaxo and Ashley Accessories recruited large numbers of staff. Ulverston Townswomen's Guild was formed initially mainly by the, "off comers". Friendships were quickly made at our meetings in the Scout Hut. We must have been doing something right because the numbers grew and we moved to Croftlands School where we still feel at home 50 years later.

Such memories! Carnival Day – on a float in 1920's swimwear – all to raise money for a swimming pool – so needed by our families in the 60's.

Country dancing, our own keep fit group, evenings doing craft, eating out.

The Coronation Hall, one December, rang to our Carol Concert when we baked 300 mince pies to keep the audience happy. An International Day when we were America.

A day of craft stalls in the Coro, a cake stall on the outside market, Thursday coffee mornings at the Coro. What a lot of charities we have supported. What's not to enjoy?

**Christine B.**



I was asked to be Banner Carrier at the AGM in Birmingham. Having been a member for 20 years and attended many AGM's in locations all over the country I liked the parade of all the Banners in their many and varied styles. So I happily accepted the invitation and had a thoroughly enjoyable experience, turning to wave the Banner from

the stage at all the friends who had accompanied me on the trip. I am to carry the Banner again this year and hope all goes as well as last time.

**Angela**



I joined UETG in 2000 and it wasn't long before I was fully involved in all TG had to offer. A trip to Belgium was proposed, to see the European Parliament at work. Coach travel with UETG was an eye-opener! I was told to bring a cup and at regular intervals members in frilly aprons served refreshments enroute. (I doubt health and safety would approve these days.) The funniest moment in the trip was a stop at motorway services. Many members had performed as Abba at the Albert Hall in "Circles of Time" so in the entrance they broke into song entertaining everyone. Missing, were the wigs and the knee-high boots. That is Ulverston TG for you.

**Janet**



As a raw recruit in 1975 I let myself be coerced into becoming secretary where, inexperienced but eager, I organised an evening trip to the theatre in Grizedale Forest never thinking to check confirmation. The outcome was double booking and a very red-faced me. Luckily, we ended by having a great evening being entertained by Richard Stilgo. I learned a valuable lesson – always insist on written confirmation.

**Pauline**



Before I came to Ulverston, I already knew one of the members of UETG. Each year she would tell me of the "Holiday" that several members were going on, which was centred

round the National Annual General Meeting of the organisation. This is held in a different city each year and the holiday would include excursions to places of interest in the area. I wondered at the fact that so much fun could be had by attending an AGM, usually a dull affair in other organisations! I felt I had to join such and have found it to be worthwhile, with pleasant, welcoming company, educational speakers, many interesting local visits, walks and meals together. Keep up the good work, Ulverston TG!

**Prim**



It's the third Wednesday of the month. Polish the walking boots, pack the rucksack – coffee, sandwiches, chocolate bar treat (in December there may even be mulled wine in the flask!) – We're off for a walk. Where will it be this month? The limestone scenery of Fairy Steps; Tarn Hows for Lakeland views; woodland walks round Finsthwaite and High Dam; or a local walk straight from our doorstep? One thing's for sure, we'll finish with tea and cake at the café.

Then once a year a lively group head off for a few days away in the countryside. Gentle walks, lots of chat and laughter, and plenty of stops for tea and cakes on the way. Usually in the Lakes or Yorkshire Dales. UETG have terrorised the locals and checked out the teashops in Patterdale, Keswick, Malham and Hawes to name just a few.

**Christine Q**



I joined UETG twenty five years ago. I have done many things in those years and met many friends. Going on the London Eye was wonderful as was appearing at the Royal Albert Hall. Another highlight was a visit to the Eden Project in Cornwall. The visit that means most to me by far was to the Armed Forces War Memorial at the Arboretum in Stafford. I went to look at the Japanese Prisoner of War hut as my father-in-law was held for 4 years.

Inside you could listen to an audio tape listing some of the prisoners' names. Suddenly I heard a name I recognized - my father-in-law. I was completely stunned. That is why that visit stands out for me forever.

**Jill**



When I joined Ulverston Evening TG I hoped to make new friends and share different experiences. TG has not let me down. One of my most memorable experiences was taking part in, "Circles of Time" at London's Albert Hall. Townswomen Nationwide united to mark the Millennium with an array of singing, dancing, narration and movement celebrating the decades of time, representing seasons and commemorating women through the ages. A never to be forgotten experience shared with fellow Townswomen.

**Vera**



Joan Helme (HQ Trustee, Vice Chairman and one of our Founder Members) had been my teacher at Ulverston Grammar School so when she decided UETG accept the HQ Netball Challenge and chose me as one of the team I couldn't say "no". I'd played hockey, rounders and tennis at school but never, ever netball. We practised, we played and I think we won but I still can't play netball!

**Ann**



Christmas, and ladies from all the Townswomen's Guilds in the North of England gather at a cathedral for a Carol Service. Over the years York, Liverpool, Chester, Wigan or Blackburn. Wherever held it is a joyous occasion where members meet friends from other Guilds, join

in the carol singing, listen to the choir and hear anew the Christmas story read from the Bible. For me it is the Guild highlight of the year and we certainly feel the Christmas spirit on the way home.

**Diana**



Ulverston Evening and Ulverston Afternoon Townswomen's Guilds worked, along with others, to bring the first Bottle Bank to Ulverston. The year was 1982 and the venue was Buxton Place car park. Present were the Mayoral party and members of both Guilds with bottles at the ready.

**May**



Ulverston TG ladies enjoy a trip to the theatre. I found this out even before joining Guild myself. An ABBA tribute group was performing at the Coronation Hall with the audience singing and waving their arms to the music. One particular group of ladies, in front of the stage and in the aisles, were up on their feet having a particularly lovely time – UETG ladies re-living their Circles of Time success at the Albert Hall. Since then I have joined my TG friends on many theatre trips in the north-west and further afield. We have enjoyed musicals, comedy, ballet and more serious, thought provoking plays. A pre-booked meal and a glass of wine after the show finishes a great day out. Fun, food and friendship – that's what makes a TG theatre trip!

**Gita**



This is my experience of being a member of the Townswomen's Guild. I decided to join the swimming group. I could swim but I

had very little confidence until one of the group encouraged me to try swimming the length of the pool. I managed this and discovered that becoming a townswoman means you can do more than you think. So, come on and join UETG and see what you can achieve.

**Alice**



**U** You and you, could stop feeling lonely and blue by beginning to enjoy your life anew.

**E** Evenings, days and weekends too, soon become full of overdue exciting, life-changing things to do.

**T** Travelling to fun-filled events will help you become more content, relaxed, ready and hell-bent to follow your dreams and live in the present.

**G** Go girls go, join our Guild - a move you won't regret.

All are welcome, don't forget! Ulverston Evening Townswomen's Guild.

**Kate**

Follow the exploits of our next 50 years in Ulverston Now or, better still, join us and be a part of it!

We meet at Croftlands Junior School on the first Wednesday evening of the month at 7.30.

Phone Joyce on 586652 for more information.



**Thanks from Ulverston Mind**

Thank you to the Ulverston community, the members of the public, market traders and shops that supported our local charity's street collection during National Mental Health Awareness Week. With the help of our own service users and volunteers we raised £212.00 in just a few hours, brilliant!

Thank you too to the wider community, including Coniston, for more support through the week. Through public street collections, private donations and support from local businesses we raised £ 3,730 in total. Thank you to everyone for such an amazing joint effort.

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## UVHS Chemistry Success

**UVHS sent a Year 12 team down to UCLAN to participate in the Royal Society of Chemistry Schools' Analyst Competition.**

Run by the RSC's Analytical Division, this competition offers students studying A-level Chemistry, in the first year of sixth form the chance to put their experimental and analysis skills to the test. The competition was

an opportunity for students to use analytical equipment not usually available in schools, gain additional practical experience and apply their knowledge of chemistry to problem solve.

The UVHS team of Jasmine Martin, Chris Davies and Louis Robinson were up against 27 other sixth form teams. In a very high quality and competitive field the students did themselves proud coming 3rd overall and deservedly winning individual prizes.

## The 45th Annual Gathering of Girlguiding Cumbria South 2019

**Girlguiding Cumbria South came together for the 45th Annual Gathering on Tuesday 16 April.**

It was an enjoyable evening, recognising the awards, achievements and adventures of the past year. Sue Gudgeon, County Commissioner, set the tone for the rest of the night with an inspiring montage of photos; her personal highlights included our Herdy summer, Brownie and Guide Adventure Day and Baden Powell Challenge canoe camp, leaving us with a very empowering message of "yes, we can!"

Embodying this spirit perfectly, presentations throughout the evening shared experiences from Brownies, Guides and Senior Section members, as they described their adventures at the Beamish overnight weekend, conservation and volunteer trips to Belize, Nepal and Romania, the Cumbrian Women project, and the Wellies and Wristband festival. It was hugely inspiring to hear how girls and young

women have been seizing opportunities to explore and do good in their communities and beyond.

The first awards of the evening followed, with the winners of the county Home Sweet Home challenge being announced. For this, participants were tasked with creating a model house, with the exhibition of all the models touring the county to raise money for Shelter. The Marian Salway challenge trophy was presented for the best Brownie unit entry to 1st Hawkshead. Their contributions to the exhibition were beautifully detailed, innovative and creative. The Jacqui Fulton trophy was bestowed for best individual Guide entries.

Next, the High Sheriff Shield was presented to Kate Asquith for her work co-ordinating the newsletter and designing the Annual Review. This was followed by the Flamingo Award to Lindsey Cooper, county outdoor adviser, for her phenomenal commitment to encouraging girls to be adventurous.

The evening closed with the Girlguiding and region honours. Katherine Knowles, Jo Gaynor, Susan Benson, Rhona Teale, Edith Gill and Susan Hayes were all honoured.

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## Casualties Union

**If you had been strolling down the riverbank near Sedbergh a few weeks ago, you might have come upon a distressing sight.**

A man had slipped down the riverbank and had been impaled by a branch on the way down. Kendal Mountain Rescue Team were present and doing a fantastic job to get the chap's wounds attended to before having him stretchered and extracted to safety. You would have been even more surprised if you had seen him leap from the stretcher and, despite being bruised and bloodied, have a smile on his face as he thanked his rescuers before walking away. No, it wasn't a miracle, you had just witnessed a training exercise involving a member of Casualties Union.

Casualties Union evolved from the Surrey County Civil Defence Rescue School, which was set up in 1940 to train for bringing bomb victims out of damaged buildings during WWII. At first, rescue operations were looked upon as unskilled pick and shovel work, just digging out bodies from piles of rubble. Eric Claxon decided to set up a course in which acting, made-up casualties were introduced to demonstrate as vividly as possible the need for skill in reaching injured people, assessing and tending to their wounds. In 1942, it was decided to offer the opportunity of training as a casualty to the Surrey Civil Defence Service. Some 350 attended the inaugural meeting, and 120 of them became involved in the



birth of Casualties Union. During the war, all members of Casualties Union were also members of the Civil Defence, but after its dissolution in 1945, medical advisers urged Casualties Union to continue to serve the needs of peace-time first aid training. About 100 volunteers continued to develop makeup and acting techniques and were cherished by those who saw the need to bring realism to training so that real casualties would ultimately benefit.

We create the illusion of illness or injury with makeup, from a faint to a heart attack, or from a splinter to a protruding broken bone. We study how the victim would behave, acting with appropriate posture, facial expression and speech. We respond to how we are treated by providing vital feedback both during the scenarios or role-play and in any debrief session afterwards.

We provide our services to first aiders, paramedics, doctors, nurses, police, fire-fighters, the armed forces, rescue teams, transport companies,

local authorities, universities, morticians, film crews and television. The organisations we work with are usually astonished at the effect on staff or students when they meet our 'casualties' in action. The realism of the makeup and acting is the nearest thing they will get to the real emergency. Some have told us that they suddenly forgot it was simulated and had the adrenalin rush (sometimes panic!) that the actual situation creates. This, too, is good training, for they learn to manage it productively. Our members provide feedback during the incident by responding appropriately to careful or clumsy handling. In a debrief session afterwards they can offer invaluable tips in how performance

could have been improved. All our members are volunteers, giving our spare time to training and practising our 'art' and administering our local, regional and central management. Many of us are first aiders, and some are medical professionals and SFX makeup professionals. What we have in common is the conviction that rescue, first aid and medical training is improved by having casualties and patients who look and behave as realistically as possible. Our ages currently range from 11 to 95, and a few of our senior members have been with us for more than 60 years.

Here in Cumbria, we have one unit - the Furness Branch, established in the 1970s. We have a current membership of around 20 and attend duties all over the north-west and Scotland. We engage in regular scenarios at BAE, for local Mountain Rescue teams, armed forces, First Responders, Cumbria Ambulance service, and many more. Last month some of our members met Prince Charles when he visited the Mountain Rescue HQ in Ambleside. We always welcome new members so if lying in a ditch covered with blood appeals to you then come along and meet us! We meet regularly every Monday evening for training. [www.cufurness.co.uk/](http://www.cufurness.co.uk/) [facebook - CU.Furness](#)



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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://songbirdsonsong.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.

**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**, (term time only) 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://songbirdsonsong.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

**Walking Football** (term time only) Ulverston Tennis Centre. 11.30am-12.15pm.

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

Concerts - Dance Displays - Sessions  
Workshops - Storytelling and more  
- In Coro Hall and around the Town

[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**

**Need Health Information?**

As part of Health Information Week, there will be a 'Coffee and Chat' event in Ulverston library on 2nd July, 10 am - 12 pm. University Hospitals of Morecambe Bay Foundation Trust and South Lakeland Age UK will be there to chat and let you know how you can access good quality health information.

**Coffee and Chat****Feeling fed up? Need some company?**

Come and join us on the first Monday of each month in the Flannery Centre, St Mary's Catholic Church (opposite the bus stop) Between 10.30am and 11.30am. Coffee, tea, biscuits.

**Everyone Welcome.** Small admission charge.

**Scales WI Open Meeting**

Scales WI are holding an Open Meeting on Thursday 18th July at 7.30 pm at Aldingham Parochial Hall, Scales.

This will take the form of a cookery demonstration. A taste of the Mediterranean by Joan Young with Shirley Cahill. Entry at the door £5 to include a plated supper and tea/ coffee. All welcome.

Further information from Joan on 01229869553.



## Join the summer fun and celebrations at Ford Park

Our volunteers have been celebrating recently – and deservedly so! A few weeks ago, we announced volunteers from Ford Park Community Group have been honoured with the Queen's Award for Voluntary Service - the highest award a voluntary group can receive in the UK. A fantastic achievement!

It's no secret how our dedicated team of volunteers play a huge role in helping to maintain and care for Ford Park – and we simply couldn't do it without them. So it is a great delight to see the hard work of all our volunteers – past and present – recognised in this way.

Representatives from Ford Park Community Group attended a garden party at Buckingham Palace in May, along with other recipients of this year's award, and we look forward to receiving the award from Clare Hensman, Lord Lieutenant of Cumbria, later this summer.



The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities and with the number of award nominations increasing annually, the voluntary sector is thriving – so why not be a part of it?

If you are considering volunteering, or know someone who may like to volunteer at Ford Park, then do come along on a Tuesday or a Thursday and say hello. There are plenty of opportunities – from gardening, park maintenance, woodcraft and tool maintenance, to helping with events, crafts and much more. Everyone in the community can get involved – whatever your experience, interests or age, we have something for you!

**To find out more, please contact Cath Elliott on catherine.elliott@ford-park.org.uk or call 01229 588164.**

The volunteers have also been busy helping prepare the park for some of our summer events – which you don't want to miss!

**July 20 – Much Ado About Nothing** (outdoor Shakespeare in the park)

Picnic blankets at the ready as the popular **Festival Players Theatre Company** are set to return to Ford Park this summer – this time to perform Shakespeare's *Much Ado About Nothing*. Starting at 7.30pm, on Saturday 20 July, this beguiling comedy, with its all-male production, promises to be fantastic entertainment for a summer evening. Bring your own chairs, rugs and blankets and a picnic to enjoy (hot/cold drinks and refreshments will be available). Tickets are now on sale at The Coach House at Ford Park – simply pop in to purchase yours or call 01229 581666 (payment required on purchase of tickets). Tickets are £13 for adults, £12 concessions, £8 children/students and £36 for a family ticket (2 adults/2 children). 10% discount for parties of 10 or more. \*Please note – tickets are non-refundable\*

**August 3 – Ford Park Family Fun Day**

Kicking off a weekend of events at the park, we have a Ford Park Family Fun Day on Saturday 3 August, 11am-4pm. Come along and enjoy a fun day for all ages, whilst helping to raise money for Ford Park Community Group – the charity which runs and cares for this amazing place. Free entry – however a donation will be appreciated.

**August 31 – Classic Car Rally and Vintage Fun**

Enjoy a day of much-loved classic vehicles and vintage fun – 11.30am-4pm.

**Do keep an eye on our website – [www.ford-park.org.uk](http://www.ford-park.org.uk) – and our Facebook page @fordparkulverston for more information.**

Whether it's supporting an event, enjoying a picnic on the grass, using the playground, exploring the trails, visiting the cafe or browsing the plant nursery, we hope to see you at Ford Park soon.

Wishing you a wonderful summer,

**The Ford Park Team**



## What's On at The Coro Hall

### July

- 5 & 6: The Gin Festival
- 8: UVHS Summer Concert
- 11: The Horne Section: That's How I Like My Tour
- 12 & 13: Furness Tradition Festival
- 13 & 14: Retro Rendezvous
- 19: Ghyll Singers Concert
- 20: Coro Make & Create Session with Lex
- 23: Coro Charity Bingo
- 26: The Floyd Effect – Wall Around the Moon – Pink Floyd Tribute
- 27: Coro Make & Create Session with Fran

### August

- 2 & 3: Ulverston Society of Artists Exhibition
- 3: Coro Make & Create Session with Hannah
- 13: Coro Charity Bingo
- 17: Coro Make & Create Session with Lex

### September

- 5 - 7: CAMRA: Ulverston Beer Festival
- 10 & 11: Lantern Making Workshops for Ulverston Lantern Festival
- 14: Coro Make & Create Session with Hannah
- 14: Ulverston Gardeners' Society Annual Show
- 15: Furness Tradition presents Duncan Chisholm
- 17: Coro Charity Bingo
- 21: Coro Make & Create Session with Lex
- 21: Walk Like a Man: Frankie Vallie & the Four Season night combined with The Jersey Boys
- 28: The History of Rock – all the best Rock songs rolled into one night

## Fun, Music and Laughter

As the brighter weather descends upon Ulverston, it's been great to see the start of the festival season. The town adorned with flags, streets with stalls of crafts and food and the brilliant entertainment that complements it.

June at the Coro has seen the return of Ulverston International Music Festival. A fantastic event full of diverse and highly acclaimed talent, including workshops for local children, fantastic collaborations between film, music and movement and a wealth of rising stars.

June also brought the fun and varied weekend of Another Fine Fest, bringing together circus, music, art and of course, to celebrate Stan Laurel's birthday, comedy!

It's great to have such fun, music and laughter in our town and long may it continue.

July brings the Gin Festival to the Coro offering gins, tonics, food and music. Ulverston Victoria High School take to the stage for their Summer Concert, followed by the fantastically funny BBC Radio 4 and 8 Out of 10 Cats collective, The Horne Section (true ambassadors of bringing fun, music and laughter together).

Ulverston will be an explosion of fun, vintage and folk once again with the return of the Retro Rendezvous and Furness Tradition festivals – both take place on the same weekend in multiple venues, so lots for people to see and do!

With so much on offer we can see why Ulverston is a destination for locals and visitors alike. If you have an event, venue or activity that takes place in the town, why not let our Visitor Information Point know? They're located in the Market Hall with information readily available for anyone to see and learn about. Pop into the Coro and speak to Steph if you would like your information there.

Have fun, enjoy the music and laugh often,

**The Coro Team xx**

## Urswick WI Annual Summer Concert

Wednesday 26th June at 7.30pm in Urswick Parish Church with Ulverston Town Band and local artistes. Summer Punch and Shortbread will be served, tickets are £6 and can be obtained from Rachael 869643 or Inez 869400.

## FREE DIGNITY IN DEMENTIA COURSE FOR FAMILY CARERS

Are you supporting someone with Dementia?

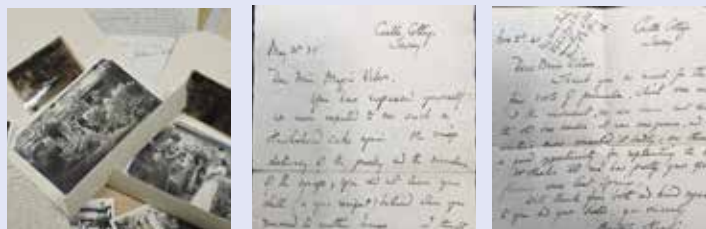
Do you sometimes feel overwhelmed?

If so, why not sign up for our 4 week 'Dignity in Dementia Care' programme, designed to support family members caring for someone with dementia. It provides easy to use dementia care guidance to help you connect more effectively to the person you support, leading to an improved quality of life for you both.

Starting on Wednesday 31st July in Ulverston Library between 2 – 4pm, then the following 3 Wednesdays at the same time.

**To book a place or find out more information email: [info@dignityindementia.org](mailto:info@dignityindementia.org) or ring Diane on 07771 682378**

## BEATRIX POTTER LETTERS REVEALED HER CHARACTER AND INTERESTS



**THREE handwritten letters by Lakeland children's author and illustrator Beatrix Potter to two sisters (Miss Sissy Wilson, who taught at Hawkshead village school, and Miss Maggie Wilson, who owned the village tearooms) provided a snapshot of her life and interests between 1935 and 1942.**

Her home, garden and husband's health featured along with her thoughts on the Land Army and women's

wages. A fascinating read, they unsurprisingly attracted great interest among our buyers.

A further lot also sold well. It included an image of the author in her garden at Castle Cottage, used by the Times newspaper in her obituary in December 1943, and a letter addressed to Beatrix Heelis about leaving her estates to the National Trust.

How lucky we are to have such a rich literary history on



## EIGHTEEN EIGHTEEN AUCTIONEERS

1818 Auctioneers at J36, just off the M6

Find our catalogues online every Thursday:  
[www.1818auctioneers.co.uk](http://www.1818auctioneers.co.uk)

View what we are selling every  
Friday 1-4pm and Saturday 10-1pm

Take part in our auctions every  
Monday from 10am.



[the-saleroom.com](http://the-saleroom.com)

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CROOKLANDS, CUMBRIA, LA7 7FP  
015395 66201 INFO@1818AUCTIONEERS.CO.UK

our saleroom doorstep. You can hardly call it work when the items we deal with are of such interest and quality.

## Crafty Corner

Hello readers,

**W**ell - this is my first time writing for our lovely Ulverston Now! And I have to say it's a real privilege.

My name is Hanne (pronounced Hanna) and I moved to Ulverston just over two years ago with my husband John and our little dog Louis. Creatively, I make special occasion cakes which I love designing with my customers. The quirkier the better! This week for instance, my cake brief was a 90 year old lady going shopping with an Asda carrier bag and her faithful dog Charlie.

When we first moved into our house here, however, I didn't have a kitchen for several months - which clearly posed a problem. My urge to create and work with my hands was so strong that I had to do something - but what? That was when I taught myself to needle felt!

The miraculous, magical process of turning soft hanks of wool into 3D sculpture was a revelation to me. I was totally hooked immediately - devouring online tutorials and Pinterest pictures like a half starved animal. Before then I had no idea what needle felting was and once I had discovered this new, spellbinding art, I knew it was for me. There was no going back!

With a kitchen finally in situ, I now manage both creative outlets, delicately balancing baking, icing, felting, craft fairs and workshops. Needless to say, the artistic opportunities are endless and I must admit, I am never, ever bored.

When I was asked to write for this Crafty column, I wasn't sure at first what to talk to you about. After some

thought though I settled on starting at the very beginning of the needle felting process by providing a brief description of the type of wool we use.

Now when most people think of wool, they think of a ball of knitting wool. I know I certainly did. Coming from a big city I had never seen any other sort - other than on an actual sheep. No, not that kind of wool, you need pre spun wool. This wool, is fleece, shorn from lovely sheep, which has been 'scoured'. Scouring is the process of cleaning to remove most of the dirt and greasiness -lanolin. Once cleaned, the scoured wool is dried and brushed in a process called 'Carding'. Brushes with metal teeth called 'tines' comb the wool in two

different directions. This not only removes any further embedded twigs, grass etc. but also untangles and teases the fleece.

Once complete, the wool is then loaded into a carding drum which compresses and combs the fibres together. The wool is then removed from the drum in one piece as a sheet of thick, soft, clean wool known as a 'Batt'.

This wool is what is most commonly used for the middle, or main body, of 3D needle felt sculptures. This use provides the alternative name 'Core' wool. The texture is perfect for fast sculpting as it is lofty and soft and easy to pull sections from.

For the outside of needle felted structures - to create hair, fur etc,



another type of wool is used called 'Tops'. This is much smoother, softer wool, which has been combed again so that all the fibres are running in just one direction. For most of my work I tend to use merino wool tops which is luxuriously soft and once dyed, comes in a wonderful myriad of stunning colours.

Ok, so that's our wool sorted.

Next time I'll explain how we magically transform these batts and tops into intriguing 3D forms. Watch this space.

**If you have any crafty questions you can email me through my website at [www.hannecrank.co.uk](http://www.hannecrank.co.uk)**

## Furness Morris

You know, Morris Dancing is a much maligned hobby. It is a traditional British entertainment and dates back many hundreds of years. Most counties have their own folk traditions and some are surprisingly similar to 'The Morris' which is not really surprising as, for centuries, travellers and soldiers saw other cultures and often brought the memories back with them.

During the summer months, Morris 'sides' entertain visitors and locals alike all over the country and here in Furness we have our own side, Furness Morris Dancers. Formed back in the 60's and originally an all-male side it is now mixed gender, performing dances collected in the Cotswolds, Welsh Borders, the North West and Longsword from Yorkshire.

Friday nights are where we are generally seen, outside a local pub or sometimes inside if



our glorious Cumbrian weather is not being kind. (see [www.furnessmorris.org.uk](http://www.furnessmorris.org.uk) for dates and times).

We also perform at local shows, such as Coniston Country Fair, and even the odd private event. All this dancing takes a bit of practice so winters are reserved for our two-hour practice sessions in Swarthmoor and this is where we learn new dances and polish up on ones we already know. Most of the dances you see around the Country were collected during the first part of the 20th century by, amongst others, Cecil Sharp who visited the villages where the dances were performed and wrote down the music and steps so that they wouldn't be lost to future generations. Just as well, really, since a large number of dancers and musicians were lost during the First World War so most of the sides you see know were formed during the 20th Century to carry on this fascinating tradition.

As with most sides, Furness Morris needs new members, particularly younger adults, to keep things going so if anyone feels a bit of exercise and fun would be worth giving up a couple of hours a week for then why not give it a go?

## Ulverston-themed exhibition at Ford Park

Popular local artist, Jack Webster, will open his exhibition 'Ulverston and Beyond' at Ford Park next month.

Speaking ahead of the exhibition, which begins on July 6, Jack says his work aims to capture 'what makes Ulverston so great and special.'

Jack said: "My paintings seek to bring out the character of the town and capture the vibrancy of the festivals that sparkle with colour.

"From a rain coated Roxy Cinema dazzling in neon lights, to the amber glowing lanterns descending on King Street, all Ulverstonians are familiar with these special moments."

The town of Ulverston is certainly a source of inspiration for Jack, who began his art career at the age of 19.

He added: "The way in which light and shadows cast shapes over the town greatly inspires my work. Another more recent source of inspiration is my night scenes. They allow me to explore the town in a different mood.

"I like to focus on a subject up close so the viewer is looking 'around it' and not just 'at it.' For instance in Market St. Flag Festival, the deep blue shadows push our attention towards the sunlit shops on the left.

"Ulverston will always be a source of inspiration for years to come."

Jack mostly works inside a studio, but inspiration often leads him outside to produce sketches and take photographs. His work appears at regular exhibitions, art markets and in various shops. For more information on Jack and his work, visit [www.jackwebsterartist.com](http://www.jackwebsterartist.com)

## Are you a DJ?

Lake District Radio, a community radio station launched recently and based near Lakeside, is keen to hear from people who would like to become a 'live' on-air radio presenter at the station. The role consists of doing a 2 or 3 hour radio show on a once a week basis. The show would consist of the presenter's choice of music if it was in the

daytime, or a specific genre or theme if it was in the evening. The station is more than happy to train people who live in the Lake District and who have a keen interest in music and local news and events. You might want to do it as a hobby, as the chance to start a new career or to share your music and have a chat on air. It is a fun thing to do, and the station promises you will be part of a friendly team.

Contact Steve Guppy, Station Manager on 07858 310811 or email [studio@lakedistrictradio.org](mailto:studio@lakedistrictradio.org)

## STOP PRESS!

### Change of Venue for Poem and a Pint

The Poem and a Pint with Ilya Kaminsky on Saturday 29th June will be held at Greenodd Village Hall at 7.30 pm, NOT at the Laurel and Hardy Museum in Ulverston.

## THE ENGINE INN

Pub, Restaurant & Rooms



## Beer Festival

### 3rd - 4th August

Cask Ales from 10 breweries | Real Cider  
Whitley Neill Gin Bar | Barbecue  
Live Music | Raffle Prizes to be won  
Free Entry 10 minutes by train from Ulverston

To book a room or table, or for more information contact us at:  
Cark-in-Cartmel LA11 7NZ

015395 58341

[engineinnmanager@gmail.com](mailto:engineinnmanager@gmail.com)  
We are only a five minute walk from Cark Station

Good Food, Good Beer, Good Wine & Great Company!

## Show Your Artistic Side

The Ulverston Art Society are embarking on an ambitious art installation as part of their next exhibition and are asking the public for their help. Artists and members of the public are being asked to produce small paintings or artwork measuring 15 cm by 21 cm which will come together to form "Wonder Wall", a spectacular art installation on the wall at the society's exhibition from 1st August until 3rd August. It will be held at the Coronation Hall open between 10am until 7pm on Thursday and Friday, to allow people who work through the day to visit the exhibition in the evening and between 10am until 3.30pm on Saturday.

A number of galleries in the UK have shown work in this way on their walls which has inspired the art society to try this new idea. Small paintings are accessible original art works that encourage people who don't usually buy original art, to do so at a moderate price. By asking the members of the public to also contribute and submit their own pieces of art will help to further encourage people to get involved in ulverston's vibrant



art scene and sense of community spirit as well as encourage new members to join the Ulverston Art Society.

The art work can be of any medium, either landscape or portrait, as long as it is wall mountable, unframed and measures 15 by 21 cm. Up to 5 pieces of artwork can be submitted onto the Wonder Wall. Anyone interested in submitting a small painting or artwork can buy the appropriate sized board at a cost of 50p for 2 boards from Brenda Craven by phoning 01229 582253.

The art installation will include members' work using a variety of media such as original print,

ceramic art, oil paint, acrylic, mixed media, pencil, ink and watercolours. Ceramic artist, Kathryn Stevens and member of the Ulverston Art Society said "I am looking forward to being involved in this exciting opportunity and seeing everyone's work sitting side by side showing the diversity of art and outstanding artistic talent in the area. It would be amazing to include the work of art students and members of the public within the art installation inspiring the next generation of artists. So if you are interested please do get involved".

Please bring your Wonder Wall submission to the Coronation Hall on Wednesday 31st July



2019 between 1pm and 2pm. On the back of your artwork please include your name, address, phone number, title of the work, price and medium used.

**Anyone wishing to discuss further the work of the society or those who would like to join can do so by contacting Mary Calvert by phone 01229 820954 or by email [mcalvert184@aol.com](mailto:mcalvert184@aol.com)**

## Furness Tradition Festival

**Furness Tradition's 21st folk festival weekend will very soon be with us.**

Eight dance sides, concerts from some of the finest traditional and contemporary singers and musicians of the folk and roots scene, two big dance bands with callers for you to dance to, seven very fine storytellers, a book launch, traditional mummings, sessions and workshops. There's a close up, intimate acoustic concert from all our guests, an all-day storytelling venue, open sessions, free town centre concert, dance displays throughout the town, our own version of a Cumbrian "Merry Neet" (Cumbrian ceilidh) in the form of a major, dance, concert, party event with three stages for a grand finale – not to be missed!

We start by quietly judging the entrants for our annual tune writing competition – there's still time to enter, check the website. Thursday 11th July things start with a session at the Hope & Anchor from 8pm, Friday 12th we host a "Gathering" dance with the Furness Tradition Community band and

song and story performances in the Coronation Hall. Saturday 13th is the big day starting with a parade of the dancers from Coronation Hall to Market Cross where from 10am to 2.30 there will be free performances from all our visiting dance groups and three great Cumbrian roots music bands, Mike Willoughby's Raving Rock, Cuttery Coo and Baab, who will all retire to the Hope & Anchor for a "Raving, Cuttery Baab" session at 3pm. The Hope & Anchor will host a singing session and the Old Friends will host a tune session for the afternoon.

The main events will be starting at noon with an acoustic concert from all our festival guests in the Coronation Hall Supper Room. A unique opportunity to hear these top musicians and singers in an intimate setting. This is followed by a story show from our guest teller Dave Tong who will be presenting a show called Tavern Yard Tales.

The final event of the day is the "Big Merry Neet" in the Coronation Hall from 7.30pm when Tumbling Tom Big Dance Band and all our festival guests will fill the hall for a non stop

show from three stages bringing the whole festival together. If you can't get to anything else you'll see a flavour of all the festival here.

A growing part of the festival over the years has been a focus on storytelling, so this year we have storytelling shows throughout Saturday in Natterjacks Coffee House from 10am to 6.30pm. There's a great programme featuring seven storytellers including Taffy Thomas launch of his new book "The Magpie's Nest" and of course the popular late night fireside story sessions in the yard of the Hope & Anchor to end both Friday and Saturday's events.

Headline acts this year will be Iona Fyfe, Scots singer of the year (MG ALBA Trad music awards 2018) with Aidan Moodie (guitar) and Charlie Grey (fiddle), Benedict Morris (fiddle - Young Scots Traditional Musician of the Year 2019) and Cormac Crummey (guitar), Katie Doherty and The Navigators and American singer Debra Cowan.

As ever we continue to host



sessions every Tuesday evening at the Hope and Anchor and will continue hosting major concerts at Coronation Hall starting with a return of Duncan Chisholm in September, an important dance show "Jigdoll" in October and Blazin' Fiddles in November.

**For festival details, tickets and news of all upcoming events [www.furnesstradition.org.uk](http://www.furnesstradition.org.uk)**

## Celebrating Norman Nicholson

There will be a Norman Nicholson Festival Weekend in Millom on 28th, 29th, and 30th June 2019 to spread the word about Cumbria's best-loved twentieth-century poet and writer. All are welcome, either for the whole weekend or for individual events, the majority of which are absolutely free!

The Festival will have something for everyone to enjoy: talks by poets, writers and academics; Nicholson-inspired walks; a creative writing workshop; tours of Number 14, St. George's Terrace; poets and poetry galore; discussions; quirky celebrations and much more.

### The following people will be our headline acts:

**Sean O'Brien**—poet and writer, described by the Poetry Archive as 'a central figure in the contemporary poetry world'.

**Andrew Frayn**—a lecturer in twentieth century literature and culture based at Edinburgh Napier University, who is currently carrying out research on Nicholson's war-related poetry and on his industrial and post-industrial poetry.

**Rob and Harriet Fraser**—the internationally renowned Somewhere- Nowhere partnership, who will be running a workshop and creative presentation on Sunday.

**Patrick Wright**—poet, academic and creative writing tutor. Patrick has taught creative writing for the Open University and for the Poetry School, amongst others. He is an experienced workshop leader and a real fan of Nicholson's work.

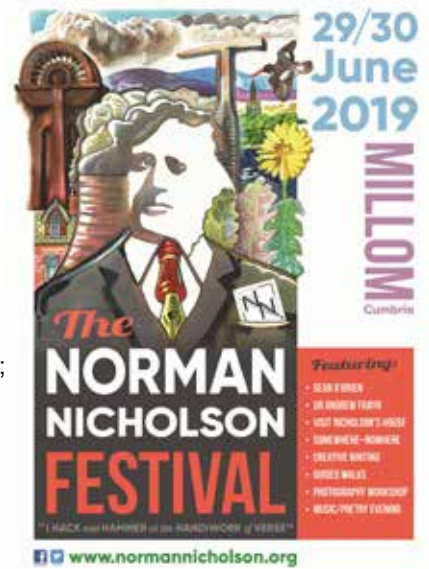
**Tom McCafferty**—Blue Badge Tourist Guide and Nicholson fan.

**The DEMIX**—Jazz/folk duo Rod and Sarah Demick.

On Saturday evening there will be a celebratory Poetry and Music event, featuring a wealth of poets published in the 2018 Cumbrian 'This Place I Know' anthology, which included no less than eleven Norman Nicholson Society poets. Visitors can expect a lively mix of poetry and music.

There will be plenty of other things on offer, including the chance to visit St. George's Church to see the wonderful Norman Nicholson Memorial Window, created by the stained glass artist Christine Boyce; the Millom Discovery Centre, with the Norman Nicholson Room; the two nature reserves; Millom Library, with its bust of Nicholson by Joan Palmer; and the sculpture at Haverigg by Josefina de Vasconcellos, 'Escape to Light'.

Further details about the Festival are on the NNS website [normannicholson.org](http://normannicholson.org), on Facebook and on Twitter. Please do come along - all are welcome!



## Seeking Routes at Swarthmoor Hall

The annual free summer art exhibition at Swarthmoor Hall, near Ulverston, explores how we build a more sustainable earth. Run by Quaker Arts Network, the title is Seeking Routes and includes a community art work 'Loving Earth', which local people are invited to contribute to.

An exciting afternoon of arts activities on 20th July marks the start of 'Seeking Routes'. The workshops will be held at the nearby Quaker Meeting House in Meeting House Lane and are open to everyone. There are four choices followed by a performance

from 5.30 pm, that anyone can join in for free – bring your musical instruments, your poetry to read, your artwork to display.

The four workshop options are Mapping an Enchanted Woodland, using drawing and collage after a visit to Swarthmoor Hall Wood; Dancing the Abundance of the Earth, a Chantraine dance workshop needing no experience or ability; Loving Earth, textile art to make a community exhibition piece; and Nurturing Our Spiritual Nature, a creative writing opportunity.

Registration is at 1.30 for workshops 2.00-4.30, £10 including materials and refreshments, under 18s accompanied by an adult free. More details and booking form: 01229 343638.

Other events associated with the exhibition include three short talks on economics – Routes to Sustainability, The Economics of the Coming Spaceship Earth and Circular Economy, given by Jon Lovett Chair in Global Challenges

at Leeds University. There are three performances of Lilies of the Field and Weighing Pearls in the Great Hall and in the garden; a poetry reading; an interactive workshop on Creative Change for Climate and Community, and a troubadour singing animal songs at The Barn Café. No booking necessary, donations appreciated.

Go to [quakerarts.net](http://quakerarts.net) for all information.



Going Going by Judith Bromley

As usual Swarthmoor Hall's gardens, wildflower meadow and labyrinth are freely open for all to enjoy; tours of the 17th century Hall cost £6.50 adults, £4.50 children (under 5s free), and The Barn café will be serving 10.30 am to 4.30pm.

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

## Wanted! Aspiring actors, backstage staff and directors

Ulverston's long-established amdram group, the Outsiders, is on the look-out for new members. "We put on two plays a year at the Coronation Hall, sometimes in the round, and enjoy good local support. Indeed, we have even made a profit on our last three productions!

"We also have regular play-readings, usually at a pub or

a member's house. These are informal evenings and represent a chance for new members to get to know people, as well as helping the committee to gauge response to plays that have been proposed for the main productions.

"Over the past few years we have performed All My Sons, Twelfth Night, Time of My Life, Bedroom Farce, I Hate Hamlet, The

Importance of Being Earnest, The 39 Steps (comedy version!) and, most recently, Agatha Christie's And Then There Were None."

If you are interested in joining them, please get in touch with their secretary, Emma Bonney. She can be contacted by email on [emma.bonney55@gmail.com](mailto:emma.bonney55@gmail.com)



Cast Photo from And Then There Were None

## Festival Dates for Your Diary

**June 30 11.00 - 4.00** Ulverston NGS Open Gardens - private gardens open for charity [ngs.org.uk](http://ngs.org.uk)

**July 5 - 7** The Gin Festival - does what it says on the tin! [Corohall.co.uk](http://Corohall.co.uk)

**July 6** Ulverston Carnival - parade starts at 1.00 pm, town centre

**July 12 - 14** Furness Tradition Festival - see details in this issue

**July 12 - 14** Retro Rendezvous - The South Lakes Vintage Festival, [retrorendezvous.co.uk](http://retrorendezvous.co.uk)

**July 21** Ulverston Canal Summer Gala

**July 26 - August 10** Summer Buddhist Festival, [manjushri.org](http://manjushri.org)

**July 31** Ulverston and North Lonsdale Show. Lindal Cote Farm LA12 0TG [ulverstonandnorthlonsdaleshow.com](http://ulverstonandnorthlonsdaleshow.com)

**August 3 - 4** Ford Park Family Fun Weekend

**September 5 - 7** Ulverston Beer Festival, Coronation Hall [furness.camra.org.uk](http://furness.camra.org.uk)

**September 7** Ulverston Charter Free Family Fun Day, town centre, [ulverstoncouncil.org.uk](http://ulverstoncouncil.org.uk)

**September 14** Ulverston Lantern Festival, the biggest and the best! [ulverstonlanternfestival.org](http://ulverstonlanternfestival.org)

## Counting down to Retro Rendezvous 2019

Ulverston comes doubly alive again on the weekend of 12th - 14th July with the Furness Tradition Festival and Retro Rendezvous bringing colour and music to our streets. Retro Rendezvous promise some excellent music, dance, fashion, motorbikes, cars, cycling, vintage market and tearooms, food court, and even a boat!

### Get Carter

On the main music stage Get Carter comes to Retro Rendezvous for the first time. James Mackie played with The Selector, Madness, and the Eurythmics, and has composed music for film and radio. John Elles has drummed in bands such as The Permanents and The Ranking Popes. Together as Get Carter, they are incredible. See them at Retro Rendezvous FREE!

### Dirty Dancing

Tickets are on sale for the Dirty Dancing cocktail and movie evening. Included in the ticket price of £13 is a cocktail (alcoholic or non-alcoholic) in the festival marquee, and entry to the movie in the Roxy Cinema. There are also two hardback copies of the Dirty Dancing 25th Anniversary book to give away. Just buy your tickets from the website, and the purchaser will be automatically entered into a free prize draw to win one of the books. The two winners will be able to collect their prizes at the Retro Rendezvous festival.

### Vintage Market

There will be a lovely market area this year, with stalls inside the festival marquee, in the street, and inside the Coro. Browse the colourful vintage clothing and jewellery stalls. To keep the hunger at bay, there will be a choice of hot food stalls, cakes, coffee, gin, prosecco, and ice lollies. Try out some toffee vodka. For the vintage cyclists there will be great cycle repairers and parts specialists coming along. The Save Grange Lido campaign will also be there.

*If you'd like to help out as a volunteer with any aspect of organising and running the festival, go to <https://retrorendezvous.co.uk/contact>*



## ULVERSTON JAZZ APPRECIATION SOCIETY

### The programme for June 27 will include:

Newly Discovered Treasures - - Erroll Garner and John Coltrane: Enthusiasts will delight in hearing some long-missing or simply previously unknown recordings of these jazz masters.

Jazz Goes to Sea: It's 'welcome aboard' for jazz lovers as the ever-popular cruise line industry offers jazz festivals on their glossy ships

while they traverse the seven seas.

Classic Piano Blues: Perhaps more than any other instrument, the piano echoes the yearnings of the blues to perfection: here are some typical examples.

### The programme for July 25 will include:

Stan Getz' Late Period : One of the greatest lyrical and imaginative improvisers in jazz, Getz played ever more challenging music in his

final years: here are some exciting examples.

The Great American Songbook: From the early days of jazz, musicians of all styles have delighted in improvising on the memorable tunes of Broadway and the movies.

Whether your 'bag' is old jazz , new jazz or in between – or you're simply curious about the music – you'll receive a warm welcome when the Society meets monthly

at Bardsea's Malt Kiln Village Hall, just down the coast road from downtown Ulverston, where it presents music to please every jazz taste, along with knowledgeable commentary, on high quality audio equipment. Summer meetings begin at 7pm, and 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).**

## 'Mindfields' Exhibition at Natterjacks

Ulverston artist Tim Leeson is joining forces with Kendal based artist Peter Blaskett to exhibit a range of figurative and abstract art. Tim's work is bold and colourful, exploring the themes of portraiture and Portals.

Peter's work is larger scale and has a real power to affect. A strong concept always underpins his work. Peter's large abstracts were used as a backdrop on the set of the Christopher Ecclestone

TV drama shown on TV 'Safehouse'. This Mindfields exhibition will be at Natterjacks, 34 Queen Street from 1st July until 30th August. Natterjacks is open 5 - 10 pm Monday to Friday, and admission is free.





Here's hoping for a lovely sunny Summer! Our packed Summer programme includes events which showcase our beautiful lakeside meadow: a chance to walk amongst the flowers, insects and butterflies of our wildflower meadow from 24th June to 8th July, followed by Dawn Scything on the 9th. The meadow will then be ready for the return of our Outdoor Theatres!

On Tuesday 16th July, touring theatre company Illyria return with their usual madness to Brantwood with a performance of The Tempest. Show starts at 7pm. Adults £12.00. Children & students £8.00. Coniston Launch will be running a ferry service to and from the performance bookable through Brantwood. Full details can be found on our website. They are back again on Tuesday 20th August with Ali Baba and the Forty Thieves, one of their funniest and most popular ever family shows (start time 6.30pm). Ferry service also available. The Terrace will be open during the evening and drinks and popcorn available in the field.

The Terrace will again be firing up the BBQs every Thursday during the summer from 27th June to 5th September. Summer evenings at The Terrace are very special occasions, relaxed and family friendly. Bar open until 9pm. Don't forget National Cream Tea Day on 27th June with quirky scones and tea 3-5pm £5.



Our programme of exhibitions continues to delight: the Turner paintings will be on display until 4th August and Japanese ceramics until 5th August. Daniel Cooper's 'Reflections of Imagination' is a must-see until 23rd July. This will be followed by 'Landscape - a Visionary Approach' by artist Patricia Haskey and photographer Mike Shepherd (27 July – 26 August). From 8th August – 17 November we have 'Conversation with Ruskin' Hideyuki Sobue in the Blue Gallery. Japanese/English Lake District artist Hideyuki Sobue will create a portrait installation of John Ruskin calling forth his love of nature, his spirituality and the conflicting sensitivities of this visionary man. On 12th September Hideyuke will be giving a talk to accompany his exhibition. 7.30pm. Tickets £7.

Other events during the Summer include a talk on 8th August at 7pm by Brantwood Director, Howard Hull, on Ruskin's personal geology collection of over 2000 specimens which returned to Brantwood this year. A moth survey around Brantwood's estate 30th & 31st August. Sally Bamber will be holding wildflower painting courses on 6th & 27th September. Lastly, opening 2nd September, a mixed media exhibition by Russell Mills. PHEW!

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

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## Ulverston BID's aim is to help Ulverston become the best it can be

Last Wednesday saw the fourth Annual General meeting of Ulverston BID which gave the Chair, Jan Hancock, the opportunity to look over the successes Ulverston BID have achieved since their inception in 2015. She started by stating that the aim of Ulverston BID is to engage the whole community in a mission to work with the statutory authorities, businesses large and small, and the public sector to become the best Ulverston can be.

She then reported back to the levy payers on how the BID have used their money to achieve their core values to make Ulverston **Attractive, Accessible, Alive and Altogether.**

**Attractive:** By working collaboratively with Ulverston in Bloom BID aim to make the town centre and outlying parts of the

town zing with colour – this year 100 new hanging baskets will be installed throughout the town centre, historic sites such as the Pound at Mill Dam will be tidied and brought back to life, Schools and communities will be encouraged to enliven the places where they live by planting in recycled containers such as old tyres and wellington boots. And finally, building on the success of last year, Ulverston BID will be entering Ulverston in Cumbria in Bloom, hoping to bring us yet more kudos and acclaim. Having a beautiful, well cared for town is not only a glory for the locals to enjoy it encourages tourists and sends a message to prospective investors in the town by promoting it as an attractive environment in which to set up businesses bringing employment and diversity to the town.

**Accessible** doesn't only mean making it easy to get into or around the town it also means making services and information easily available to everyone, everywhere.

The recent launch of Free Town WiFi does just that, every visitor to the town who takes advantage of the WiFi will be connected to Choose Ulverston, the official information website paid for by BID, and be notified of up and coming



Ulverston events and festivals through social media, promoting repeat visits and making Ulverston a destination town to visitors from around the world.

BID also continues to support the Visitor Information Point and UCE in their efforts to make information easily available to locals and visitors alike and they have also contributed to Ulverston Community Partnership to ensure the Ulverston Festival leaflets are made available in Service Stations on the M6.

In a more direct way BID sponsored a vintage bus to transport people from outlying areas into Ulverston for the BeWell festival organised by Ulverston Rotary. And by backing the UlverSTEM event BID also made it possible for the Coronation Hall to give FREE access to over 2000 visiting families and young children to the biggest ever educational event in South Lakeland.

Ulverston is a thriving Festival Town and as such certainly comes **Alive** with colour, music, laughter and fun from May to December. BID receives numerous applications for grants towards festivals and in the past year has supported Retro Rendezvous, Another Fine Fest and Printfest, helping with promotion and giving advice to the organisers to help them develop their events.

This year they also responded to a request from the organisers of the Ulverston Dickensian Festival who wanted to celebrate their 20th anniversary with a Light Show. BID part funded the project which saw historic images of the town projected on buildings for several weeks in the run up to Christmas.

**Altogether** is a more difficult category to define but it is in fact BID's reason for existing.

Collaborative and partnership working is the only way to get things done and by engaging with the statutory authorities, businesses large and small, and the community BID has achieved a great deal towards making Ulverston a great place to live, work and visit.

However Jan was keen to stress that BID does NOT and never will take over council responsibilities, explaining that BID works alongside Ulverston Town Council in partnership to enhance the environment we all live in. The Town Council budget is already stretched and without the collaboration with BID they may possibly have to choose between reductions in essential services or less vital budget items, such as the provision of Christmas Lights or illumination of the monument on Hoad. This is not a reasonable thing to ask of the rate payers, so, while the Christmas lights and floodlights on Hoad monument do not necessarily contribute to our physical wellbeing or the safety of the town or impact on the way our businesses thrive they most certainly do contribute to the vitality of the town making it a better place to live, work and visit.

The Chair then went on to thank the members of the BID board, who are ALL volunteers, for giving their time freely to work together for the betterment of the town. But most of all she thanked the levy payers who took the decision four years ago to invest collectively in local improvements. Without their contributions BID would not have had the funds to bring about any of these enrichments.

The present BID term runs out in September 2020 and it is vital that the businesses respond positively in favour of renewing the mandate when it comes to the Revote. She encouraged levy payers to fill in the questionnaire on the BID website [www.ulverstonbid.org.uk/revote-2020](http://www.ulverstonbid.org.uk/revote-2020) to ensure they had their say in the way that BID develops the business plan for the next term 2020 - 2025.



## Ulverston Business Centre

Are you running a business from home and find you need some more space? Or are you thinking of starting a business, or expanding, and need an office or offices? Ulverston's Town Centre Business Hub on New Market Street could be the answer to your problems. The offices in this tardis-like building have all been re-furbished to a high standard, while double-glazing, LED lights and an air source heat pump play their part in reducing power consumption. There is one of the fastest broadband connections in town, along with secure electronic access and 24 hour CCTV

monitoring of the building. If you rent an office here you can have free use of the well-equipped meeting rooms and even free tea and coffee. The owners are prepared to be flexible with layout if your business grows, and the hub's central location means that you can nip out for cakes and be back at your desk in minutes. The centre is already home to a wide mixture of small and medium-sized enterprises, from a call centre to a therapist, and you can rent an office from as little as £50 +VAT a week, a price which includes all heating and electricity. The manager, Archie Workman, is also a business mentor, so why not call him on 01229 480485 or email [info@ulverstonbusinesscentre.co.uk](mailto:info@ulverstonbusinesscentre.co.uk) to have a chat about your business needs.





**South Cumbrian lawyers Progression Solicitors are delighted to announce that Richard Denby has joined the practice.**

Richard is an established and well regarded solicitor who has practised in Barrow in Furness for over 25 years as a specialist wills, elderly client and probate solicitor. Richard is an accredited member of STEP (the Society of Trusts and Estate Practitioners) and Solicitors for the Elderly and joins as an Associate Solicitor in the Private Client Department. Richard said; "I am very happy to be joining Progression at an exciting time in the expansion of their legal practice. They are a forward-thinking firm and I am particularly pleased that they have offered me the opportunity to develop and expand the firm's Private Client department in Barrow and I am looking forward to taking on the challenge and to working with the rest of the Private Client team".

Richard joins Director Pamela Horobin and the other members of the Private Client team at Progression. Pamela said "we are very lucky to have a solicitor of Richard's

calibre joining us and we are all looking forward to working with him and expanding our Private Client services into Barrow".

Richard will work full time from Progression's current Barrow office which is presently in Phoenix Business Centre, Phoenix Way Barrow in Furness.

Progression also has offices in Ulverston, Grange-over-Sands, Windermere and Kendal offers a full range of legal advice on all areas of law including commercial, family and property as well as the wills, probate, trusts, tax and elderly client advice covered by the Private Client department.

Managing Director Anthony Smith said "We have been searching for the right person to grow our private client work in Barrow for a number of years. We wanted someone who not only has the highest level of technical knowledge and expertise but who also shares our values. A pragmatic approach to problem solving and forward thinking is vital to the success of the business and the service that we can offer to clients and we equally appreciate how important community and local knowledge are. Richard absolutely fits the bill because he thinks like we do, he knows and is known in the area and is an extremely successful solicitor with a great track record. It is like he has been here for years. Welcome to the team Richard!"



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**WHAT IS AN INHERITANCE CLAIM?**

Every individual in England and Wales has 'testamentary freedom' the right to leave assets on death to whoever they choose but the law recognises that sometimes where someone does not inherit, intentionally or not, they should still be considered because of their dependency and relationship with the person who died.

**Who can make a claim?**

Not everyone is entitled to make a claim. Under the Inheritance (Provision for Family and Dependants) Act 1975, a person can bring a claim against an estate for reasonable financial provision:-

- where there is no will and the person does not benefit under the Intestacy Rules**
- if they have been left out of the will entirely**
- if they have not received enough to meet their needs**

The people entitled to bring claims include spouses/civil partners (or former spouses/civil partners), cohabittees living as though they were spouses/civil partners but without being legally married or in a civil partnership, children or those treated as children or someone being maintained by the person who has died.

These claims are complex and must be prepared carefully and efficiently. The court take into account a vast range of factors when considering a claim and will not award claimants in every situation. There is a strict time limit of 6 months from the date that a grant of representation is issued in the estate for a person to bring a claim and only in exceptional circumstances will the court allow a claim outside of this deadline.

Seeking legal advice early after someone has died is crucial to establish whether you will be able to make a claim. Contact us for further advice in respect of inheritance claims and all aspects of wills, trusts or estate administration.



Hannah Taylor



Pamela Horobin

For more information contact us to speak to one of our experts.

Telephone appointments also available, not always necessary to attend the office

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# Facing up to climate change

Climate change and the environment are at the top of the news agenda. This hasn't passed Ulverston by, and here are some of the people and groups involved in facing up to climate change, and some ideas for us to think about.

## Ulverston's First Green District Councillor

**Ulverston Now doesn't favour any political party, but since Ulverston has just elected Judy Filmore as the first ever Green Party councillor to South Lakeland District Council, we thought we would ask her how she hopes to give Ulverston a different voice on the district council.**

Judy worked for many years in the demanding role of a social worker in Child Protection, and is now a child therapist for the Burchall Trust, working with children who have suffered trauma. She has always been interested in environmental issues, joining what was then the Ecology Party in 1983. It has taken a long



time to put herself forward as a councillor: she says that it is easy nowadays to feel powerless when we think about an enormous issue like climate change, and easy to believe that local councils, which have lost powers and funding, cannot do anything about it. However, some local councils and businesses across the country are now taking the lead in initiatives to deal with environmental issues, and are influencing national government, rather than the other

way around. Two years ago, therefore, Judy decided to try and build a team behind her, so she could put her head above the parapet and support this needed culture shift by running in local elections. After missing out a seat on the Town Council by 4 votes, she was elected to the district council this May, and intends to run for the Town Council again.

Through campaigning and talking with residents in Ulverston West, she found that many locals' concerns were actually to do with their environment. People were worried about air quality, especially if they lived alongside the A590, and about speeding, not only on the A590 but also on roads like Soutergate. She is in favour of a national 20 mph speed limit in towns, to improve air quality and safety. The perennial problem of dog mess is also an environmental

issue, and volunteers have been using stencils and biodegradable colouring to highlight where irresponsible owners have not picked up their dog's waste. Most people are now alert to the damage done by plastic waste, and Judy is determined to find out what happens to the plastic waste collected from businesses by contractors, and to encourage alternatives to plastic. She would also like to see SLDC become more proactive in bringing empty buildings back into use. SLDC has made a climate change pledge, and Judy sees her main task as challenging decisions if the council does not take their impact on climate change into account, as they have promised to do. Her message to residents is that if there is a 'green' issue, she will be there, thinking of an improved environment for them.

## A Message from 'Greener Ulverston'

**Climate change is the greatest threat facing humans and action needs to be taken now.**

While it can seem like a daunting task and perhaps one left to politicians and big businesses there are many little things we can do in our own lives to help. All these small changes add up to something important.

Greener Ulverston was formed in April this year. Our motto is "small changes, every day, by everyone." In a series of articles we'll be providing some ideas that are simple and inexpensive. This issue it's food shopping. We challenge you to 'Make One Change' each week to your shopping to make it more climate friendly and reduce single use plastic, for example:

Buy less meat (especially beef and lamb) and dairy. Waste less food

- ask yourself if you really need to buy everything in your trolley. Avoid air freighted goods. Try to buy all your fruit and veg free from plastic packaging. Choose chocolate in foil/paper/cardboard packaging rather than plastic. Imagine how fast big companies would change their packaging away from plastic if we all just stopped buying it! Buy or make a cotton bag to put food in, such as loose crusty bread, instead of whatever the shop provides. It can be washed in a washing machine and used over and over again. You can take your own containers to various shops in Ulverston to get your fresh meat, fish, cheese, and so on.

Visit a zero waste shop with your own containers for staples like pasta, rice, oats, dried fruit, nuts, herbs and spices. We are lucky to have Cut The Wrap on Upper Brook Street which is open Tuesday to Saturday 9-5pm.

**'like' our Facebook page @ GreenerUlverston or sign up to our mailing list by contacting hi@greenerulverston.uk**

## You Can Recycle More Than You Think!

How often do we throw things like crisp packets, pens and medicine blister packets in the bin because we know that they shouldn't go in our blue plastic and can recycling bags? We might not know that these, and other items we might not have thought of, can now be recycled. 'Cut the Wrap', the zero waste shop on Upper Brook Street, is working with TerraCycle, and will now take crisp packets, medicine and gum blister packets and biscuit wrappers for recycling. Take them along (unfolded and empty) to the shop which is open Tuesday - Saturday, 9 -5, but please don't leave them outside. At the moment, they can't take popcorn bags, crisp tubes pretzel or meat snack bags, but who knows for the future... Look out for the TerraCycle symbol.

### You can also take:

Pens to Ford Park Cafe

Inhalers to Boots and Cohens (formerly JN Murray) chemists

Bike inner tubes to Ride Bikes, 5 Union Place (on the car park)

Soft contact lenses and their blister packs including the foil lid to Eye Care Excellence, 34 Market Street.

Collect these items up, have a brisk walk round town and you'll be adding to your daily step total if you're counting!



## Ulverston Town Council to Act on Climate Change

Ulverston Town Council is determined to enter the new municipal year challenging climate deterioration.

Back in March the Council unanimously agreed to set out such a campaign. Leader, Cllr. Colin Pickthall, said "We should be ashamed to have to be motivated by the wonderful campaign by school-children and, of course by David Attenborough. Our Council fully recognises the imminent peril to our planet stemming largely from humanity's long term greed and excess."

"However," he said "we must zero in on the actions and campaigns



we know we can deliver at our local level and which we are pretty sure will be supported in our town. Many other towns are doing the same thing and if every town takes

relevant steps, we can make a significant difference."

The Council has now set up a small group to research a range of actions suggested by Cllr. Pickthall.

"Yes, we can move towards a minimum plastic use, and some local shops and stores are beginning to act on this. Yes, we can take steps to prevent the sheer nasty anti-social, idling of vehicles' engines in car parks, outside schools and in the Town Centre. We can encourage switching to green energy providers. We can plant many more trees on public land and encourage others to do likewise. We can help strengthen public transport and reduce car-reliance."

The Council recognises the importance of a close co-operation with SLDC, who are working along the same lines and with the same

urgency.

Cllr. Pickthall said that his own 'hobby-horse' is the sheer absurdity of building hundreds of new houses without insisting on maximum self-sufficiency in energy, through solar, domestic wind-power and other non-fossil fuel power sources. Most owners of new homes should be paying nothing for their on-going energy supply, he stated. Development plans at the moment are immensely increasing climate dangers.

Cllr Pickthall said "I am sure that every councillor has ideas about better re-cycling, more sustainable travel; reducing domestic waste and so on. Our task as a council is to lead by our own examples and to persuade fellow-citizens that our children and grand-children will have appallingly reduced life chances unless we succeed."



## School Strikes Come To Ulverton

On Friday 24th May, onlookers might have been surprised by a demonstration outside the Coronation Hall of school students from UVHS demanding action on climate change.

Some think that school students should stick to their lessons and leave worrying about climate change to the 'grown-ups' or that they just want a day off from school. However, the strike was organised by Heather Ball and Tilly Jackson, and here Heather gives their side of the argument.

"Myself and Tilly are both sixth formers, and we're both passionate about the environment. I got the idea of the strike because I have friends in Kendal who had taken part in one there, and I had seen on social media how big the strikes were getting all over the world. There hadn't been one in our area yet, so I decided to set one up and Tilly helped, as she's already organised a local beach clean and similar events so I knew she'd be interested.

I understand that lots of people might not understand the purpose

of missing school when we could be studying, but overall the purpose of everyone striking is to make our voices heard by governments. As young people, many of us cannot vote yet, and so we have little say in what our government does. We can make changes ourselves, like not driving as much and trying to cut down on waste, but the vast brunt of the change needs to come from the government and big corporations, and we don't have very long left to make these big changes.

On Friday, the strike was the biggest yet, taking place in thousands of places all over the world. We will definitely be planning more strikes for Ulverton, until the government meets the demands we are striking for, which are on the UKSCN website (UK Student Climate Network). Although we strike as a collective under the name of the UKSCN, the strikes are all organised by the locations themselves. I think it's especially important for people in Cumbria to help the environment. We live in a beautiful part of the world, and we gain so much from the nature around us, especially from tourism. For me, it's really important that we try to give back as well as take."

### Latest news

Ulverston's Green district councillor Judy Filmore has now been appointed to the Planning Committee of SLDC. She is already conscientiously studying planning applications and intends to point out when plans

are not consistent with SLDC's environmental and climate change policies.



ESKDALE VALLEY PRESENTS:

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## Book Review

### The Terrace

Caroline Gilfillan Cowslip Press 2018  
£8.99 from Suttons Books

Some readers like nothing more than settling down on the beach or on a balcony with a good murder mystery, and 'The Terrace' fits the bill. Your sleuth is Rags Whistledown, a disgraced journalist fleeing debts and bailiffs in London, who lands herself on her father in a sleepy North Norfolk town. She soon finds she is investigating the death of an

estate agent whom she met by chance in the pub, and suspicion falls in turn on the various inhabitants of The Terrace, the row of houses where her father lives. This is a light breezy read with twists and turns, an amorous adventure, danger and a narrow escape, just the ticket even if you're not away on holiday.



## 35th Lakeland Book of the Year

The finalists for the Lakeland Book of the Year have been announced. The winners will be revealed on Tuesday 16 July. Ulverston Now is pleased that the finalists include several books reviewed by us, which we hope shows our good

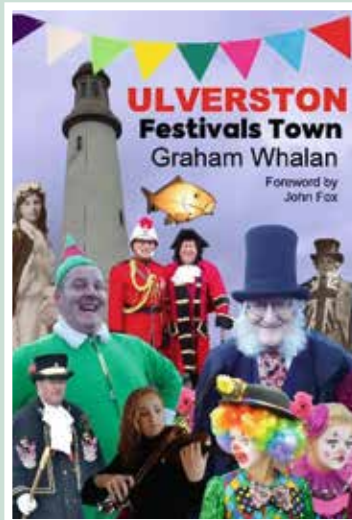
taste. These include 'The Corpse Roads of Cumbria', 'The Debatable Land' and 'This Place I Know', Handstand Press's fine anthology of new Cumbrian poetry. We will also be crossing our fingers for the fortunes of 'Feather Bed & Shive of Cheese', the excellent work on field names by local authors.

## "Ulverston Festivals Town"

Graham Whalan's new book will have its official release and launch at Ulverston Library, King Street, on Thursday August 1st at 7pm.

"Ulverston: Festivals Town" is a comprehensive review of the history and development of the many Festivals held in Ulverston every year. Illustrated throughout, included are details about the evolution of the modern Carnival Parade from the early 'Hospital Parades' of the 1900s, and the role of Welfare State International in getting things started. There is also much additional background detail on all the annual arts, music, heritage, and comedy events which have all secured Ulverston's identity as Furness' premier 'Festival Town'.

The Foreword is provided by John Fox MBE, of the former WSI group, who describes the book as a 'detailed and generous read ... recommended to every town



planner as an inspiration.'

Graham Whalan was born and brought up in Ulverston and has written previously about the history of the Coronation Hall, and local amateur musical theatre – both books inspired by his experience of growing up in the town. 'This new book,' he says, 'is really a celebration of the town of Ulverston and its people, as well as its history and values as a community.'

**Tickets for the launch on August 1st can be obtained from the library on 01229-404151**

## Welcome to Ulverston Library

## Forthcoming Events at Ulverston Library

### Health Information Week Coffee & Chat

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

We'll be joined by University Hospitals of Morecambe Bay Trust and South Lakeland Age UK for a friendly chat about how to access good quality health information. Free event 10am-12pm

### 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

### Disability Awareness Day with demos - Coffee Morning Monday 15th July 10:00-12:00

### Children's Craft Event

– **Build Space mobiles. Recycle for Cumbria** Thursday 25th July. See our Facebook page for more details or phone 01229 404151

### Dignity in Dementia Course

**31st July 2-4pm**

We've got a new booking for a course for Carers on a Wednesday afternoon from 31st July for 4 weeks. The bookings will be direct with Dignity in Dementia, but if anyone needs care for the person they care for during the course, that may be available and people should ask about that when they book the course.

To book a place or find out more information email: [info@dignityindementia.org](mailto:info@dignityindementia.org) or ring Diane on 07771 682378

### Graham Whalan – Local Author

**2nd August 19:00**

Born in Ulverston, Cumbria, Graham Whalan subsequently worked in the NHS as a Clinical Psychologist. So far he has written 3 novels (Mr Tambourine Man; Life is What Happens; Reunion) and about the history of theatre and the performing arts in the Furness area. Come and listen to Graham discuss his latest book – Ulverston: Festivals town. Booking is essential. Phone 01229 404151

### Lynda Collings – Sign-along for children

**Thursday 15th August.** See our Facebook page for more details or phone 01229 404151. Booking is essential.

### Wordsworth Trust – Children's event - Summer Garden

Rucksack of Rhymes & Activities & Crafts. Activities + Crafts 2 Sessions **Friday 23rd August 10:30-12:30**  
Booking is essential. Phone 01229 404151

### Adult Education Enrolment

**6th September 10:00-13:00**

## Rusland Horizons: A Reader Writes...

An intriguing FaceBook post caught my eye: an Event happening in the Outback Hall at Leven Valley Primary School. Memories of school dinners and long forgotten halcyon days of yore flooded back; I decided to attend. It was free and supper was provided.



Thus I found myself on a beautiful Backbarrow summer evening sitting in pretty much the same spot from which I had looked after my table of eight younger pupils 44 years ago. The Hall was pleasingly full, the event was well attended.

Rusland Horizons were hosting



their penultimate celebratory event to mark the end of 3 years of community conservation projects in and around the Rusland Valley. They have worked on 9 very different Projects in close partnership with local landowners and interested residents of all ages including pupils from Leven Valley and Pennybridge Primary Schools. They have provided apprenticeships to young people, with opportunities to learn about and participate in traditional land management crafts, such as dry stone walling and hedge laying. They have educated and mobilised volunteers to survey our meadows and gather information about the state of the flora and fauna across the valley. They have exploited links with Butterfly Conservation, Cumbria Wildlife Trust and Natural England (among others) to analyse and assess the health of the area's meadows, woodlands and habitats. Groundbreaking work on mapping

the the landscape will feed into the Cumbria Biodiversity Database. Trees have been planted, walls and hedgerows repaired, wildflowers have been returned to meadows so that butterflies will multiply, and work has been done to protect red squirrels and dormice. The nine projects were presented with enthusiasm by experts in their fields, proving that a lot of ground has been covered in the three years since Rusland Horizons was awarded a Lottery Heritage Fund Grant. There is still work to be done however and the final part of

the evening turned our attention to the future.

Rusland Horizons Trust Ltd has been set up as a registered Charity to take the work forward. Membership is available to all. They hope to continue to coordinate volunteers to build on the work already done. There will be plenty of varied opportunities to get involved and if collecting firewood isn't your thing maybe spotting butterflies is. I'm glad I went along, I learned a lot and will be looking out for future events - maybe I'll see you there.



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# Nature Notes

## Water, Water All Around... Flooding and Wildlife

**It goes without saying that flooding can be a terrible experience for people.** Hydrologists warn that floods are going to become more likely, but at least humans can develop systems to warn them if a flood is likely, so that the threat to life, if not to property, can be reduced. It might seem like a minor consideration to those whose homes are at risk, but flooding can also be extremely harmful to wildlife which can't receive text alerts of imminent heavy rain. As might be expected, the impact on wildlife is worse when places which don't usually flood are inundated. While most natural sites are able to cope with occasional flooding, a sudden winter flood can drown hibernating mammals, field voles and mice, and can even flood badger setts.

At any time of the year, floods can kill pollinators like bumblebees and food for birds like earthworms, snails, beetles and caterpillars. In fact, flooding can wreak havoc with birds' food supplies. Standing water can lead to the growth of mould deadly to insects, and if flood water is polluted by drains, septic tanks, pesticides from farms or other toxic chemicals from industry this can also devastate insects, so birds have less to eat. In addition, fast-moving flood water from rivers and streams which have burst their banks can carry away top soil rich in bug life, while plants under water for any length of time can start to decompose and give off noxious fumes.

Even if there is no actual flooding, heavy rain in spring and summer is not good news for birds which are trying to keep their eggs warm or raise young. The open nests of bird of prey like buzzards can become water-logged while owls are especially badly affected when their feathers get wet and they can't fly and hunt properly.

Flooding is not even particularly good for fish, since young fish can be swept into grassland by burst rivers, only to die when river levels drop back to normal. The only winners are probably wading birds and waterfowl which we can see on flooded grassland munching on drowned insects and grubs. However, our wildlife is nothing if not adaptable. Now experts are talking about helping to prevent flooding in built-up areas by slowing the flow of rivers and streams, letting them overflow upstream and restoring water meadows. If this happens, wildlife will probably adjust to these new habitats which are potentially rich in bio-diversity.

# Could We Grow More Vegetables Than We Can Eat?

**My eye was caught by a newspaper article which said that a professor who is also a keen gardener had calculated (roughly!) that if half of our garden area in the UK was used to grow vegetables and fruit, we could theoretically produce 7.5 m tonnes of these, which is more than the 6.9 m tonnes we eat in a year.**

Apparently we import 73% of the fruit and vegetables we eat, including 70% of apples, which is maybe odd considering that our climate is ideal for growing apples. At the moment, even though there is more and more interest in growing your own, the produce grown in gardens and allotments is only a tiny fraction of what is produced by our farms. Of course it would need a government supported campaign on the scale of 'Dig for Victory' in WWII to persuade people with gardens to grow anything like 7.5m tonnes of fruit and vegetables, and that's before we take into account the fact that novices would have to learn how to get the most from their plots. However, now there is so much uncertainty about how easy importing fresh produce is going to be in the future, maybe it's time for some official encouragement for home-growers. When (or if!)

we leave the EU Agricultural Policy and the current system of agricultural subsidies ends, perhaps the government could help home-growers by buying suitable land and turning it into allotments as well as offering free training and seeds.

A substantial increase in home-growing of fruit and vegetables could have great economic benefits for

allotments, on the other hand, with their mixture of flowers, fruit and vegetables can provide much more diverse habitats for insects and birds. If gardeners try to go organic, leaving flowers like buttercups and daisies, not using chemicals and working with nature, rather than against it, all this



people, and also help in improving physical and mental health, since it is so satisfying to eat fresh food which you have grown yourself. It would help the environment by reducing the carbon footprint of imported food, and would also be good for wildlife. Farms nowadays tend to grow large fields of one crop only which require pesticides and weed-killers. Gardens and

could help halt the decline in insects, birds and butterflies. A nation of individual and small-scale food producers might sound utopian, but even a modest number of gardeners swapping shaved lawns dowsed with chemicals and over-neat borders for vegetable plots and wildflower areas would make a difference.

# Ducking and Diving

**On a sunny afternoon as the tide was coming in, a group of mostly male handsome black and white eider ducks on the shore at Canal Foot made for a lovely sight.**

The sound of their crooning added to the effect. This part of Morecambe Bay is the eider's southernmost breeding site, and for reasons which are unclear there are far more male than the brown-ish female ducks around Chapel Island and on Foulney closer to Barrow. Eiders feed on shellfish, and can dismember crabs with their bills, as well as swallow mussels whole and then digest them later while they are resting. Later on, we will hope to see groups of females with their ducklings floating all together, as if they are sharing looking after their young. The down from female eiders has always been highly prized for its warmth, hence the word 'eiderdown', but nowadays no-one would think of disturbing this welcome breeding colony.



# Letters to the Editor



**Chestnut, the last boat designed & built in Ulverston by Franklin Eldridge Boatbuilders**

Dear Editor,

Your December issue has just reached me at the Isle of Luing, Scotland, and I read the piece on p32 with interest.... though I'm afraid the headline was not correct!

In November 1978 I established the Franklin & Eldridge Boatbuilding Partnership in Clarence Street Yard (The old CooP Yard & Bakehouse), where Brennan Eldridge and myself built a number of wooden boats for oar and sail. The very first boat we built there has just been spotted in New Zealand... it travelled there in 1982 as deck cargo onboard my sister's yacht Skugga, a 28ft Swedish yacht built in the 1930's!

I designed and built a number of boats taking advantage of modern adhesives and Brazilian Mahogany (which I could buy then in North Lonsdale road for £8/cu.ft!) at a time when wooden boatbuilding had almost disappeared in favour of glass fibre. We were determined and successful in proving otherwise.

The first floor premises at Clarence Street were not really suitable for building boats of more than 18ft in length, (we had to

lower them with a homemade crane from a large hole we cut in the wall) so we re-located to Ferry Nab, Windermere in 1980. By 1999 we had built 80 one-off wood-epoxy boats, the smallest being an 8ft dinghy, numerous lug sail dinghies, half a dozen Champion Royal Windermere Class Yachts, some larger ones and finally a 35ft Steam Launch. I continue to design traditional style sailing craft, and regularly travel to the USA to help with a Community Heritage Boatbuilding project at Tawas, Lake Huron, Michigan.

It would have been difficult to establish ourselves without the help and support we had from Ulverston companies and individuals too numerous to mention here!

Meanwhile back in Ambleside my son James continues to build Ship & Yacht Research Models... our sideline in 1983 has developed into a sound business in its own right. But that's another story.

Regards,

Richard (Franklin) Pierce

An Cala, Isle of Luing

Argyll, Scotland

Dear Editor and People of Ulverston

**SALMON FAMILY OF ULVERSTON**

I am in New Zealand and am researching my ancestors, the Salmon family from Ulverston.

I have traced back to Thomas Salmon b.1818, a sail maker, who married Hannah Biggins. I think his father was also a Thomas Salmon, who may have been the Town Crier in old age.

The earliest Salmon I have

found was a Thomas Salmon who married Dorothy Backhouse in Ulverston in 1780; he was possibly involved in the building of the Soutergate chapel.

If anyone thinks they may be related to this family, or has done further research I would love to hear from you. Any info would be greatly appreciated; please email me at louise.marion.edwards@gmail.com

Many thanks  
Louise Edwards  
NZ

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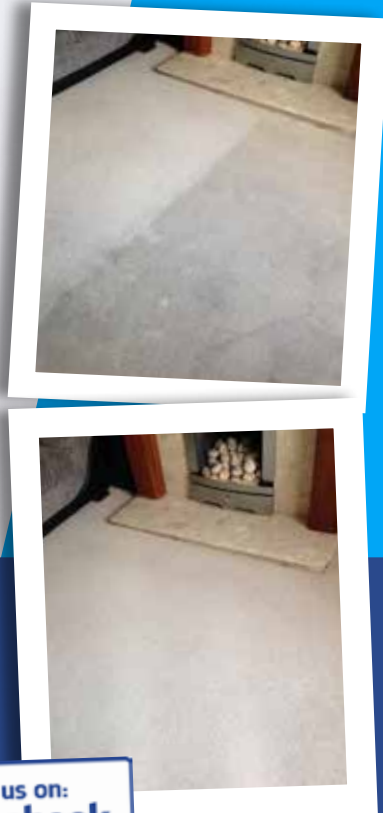
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