



Riding for the disabled page 9

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20 October: 7pm



Forbidden Nights:
24 October: 7.30pm



Megaslam Wrestling Live!
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Letter from the Editor

Well it has been a very busy summer but as we go to press, there are still many events are just about to take place. The Eco Fair is on 26th September, the Apple extravaganza on 5th October, Anchor Festival 15-28th October, Candlelit Walk on 31st October and of course the fabulous Lantern Festival on 14th September.

For a full list of all upcoming events, turn to page 16. There are also a wide range of arts and music events to get involved with - see pages 19-22.

The next issue of Ulverston Now is the Christmas edition so please get in your news of concerts, services, Christmas offers, gift ideas and remember, the paper is delivered to every home in Ulverston. There is no better way to spread the word across the town. Delivery begins 15th November.

Why not send in your news so everyone can read about that too! For school reports, club news, upcoming events and community information, it's free to put your news in Ulverston Now where it can be seen by the whole town and many surrounding villages. The deadline for all submissions for the Christmas edition is 1st November.

As always we welcome your letters, news, events and adverts. We couldn't produce Ulverston Now without your input and the massive commitment of Helen and Liz who put the paper together.

Next deadline Friday 1st November

Do get in touch



info@ulverstonnow.co.uk
01229 490 000

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NEWS

SPORT & LEISURE

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ART & MUSIC

BUSINESS

LETTERS TO EDITOR

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LIFESTYLE & HEALTH

NATURE & GARDENS

CLASSIFIEDS

Remember our
next deadline is
Friday 1st Nov

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

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

Ulverston's First Eco Fair at The Coro

Ulverston's Eco Fair will be held at the Coronation Hall, Ulverston on Thursday 26 September between 11-6pm. Packed with exhibitors, the event will feature talks throughout the day, children's entertainment plus an open Mic on stage where musicians and schools can come and give their message about the climate change emergency and how to live sustainably. Ulverston's Retirement Band will take to the stage from 11am. Free trees and seeds will be on offer plus free tea and coffee.

Outside The Coro

- Myerscough's Hybrid Ford Mondeo
- Barton Townley, the all-electric Nissan Leaf

Inside The Coro:

- CAFS Cumbria Action for Sustainability.
- Cold to Cozy Homes - a new grant for people to improve their homes and make them warmer.
- Free Tree Stall/ SLDC tree officer.
- Ford Park – Sustainable Ford Park events and produce Green Ulverston – sustainability wall.
- Master Composters. How to make your own fantastic compost
- Velo Bikes – Ever thought of an electric bike – Velo have a full range
- The Bike Project. How to recycle and repair your bikes

- Little Sansook Ulverston Vegan Bed and Breakfast demonstrate delicious home-made vegan food and produce.
- Homes for Ulverston. Plans for Robinsons Brewery, sustainable housing for local people.
- Cut the Wrap. Goods, advice and products to help you be more sustainable.
- St Marys Hospice. How to repurpose old clothes – withy many items for sale!
- Neville Nice Lollies
- Loyal Free App sponsored by the BID will feature a new sustainable shopping trail in Ulverston.
- Ulverston in Bloom and Gill Banks Action Group. How to get involved in these local voluntary groups
- Allotments – Sign up for an allotment in Ulverston and grow your own fruit and veg.
- Rotary Club - Ride the Smoothie Bike and make your own healthy drink.
- Woodland Trust
- Cumbria Wildlife Trust
- Measure your Carbon Footprint.
- Furness Line Action Group (FLAG) What's happening with the Furness Line?
- The Old Library staff and clients with their planters made from recycled wood.
- Morecambe Bay Partnership. Sustainable activities you can get involved with around the bay
- Forge Europa. LED's supporting sustainability
- Clean Air for Ulverston + Carry on Breathing. Find out about air quality in Ulverston.
- Better Leisure – Wheels for All
- Knit and Natter. Learn to knit with friends!
- Upcycled furniture stall
- Furness Hedgehog Rescue.

**ULVERSTON'S
ECO
FAIR**
26 SEPTEMBER 2019

Free trees & seeds
Free Fairtrade Tea & Coffee
Free children's events
Recycling update
How to compost
Re-wilding & seeds
Allotments – how to get one
Ford Park
Ulverston in Bloom & Gill Banks - how to get involved
'Cold to Cozy Homes' project
Electric cars & bikes
Re-purpose old clothes
Locally sourced food ideas
Talks & information
And more...

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Printed on FSC papers. Please recycle this poster after the event. Thank You.

Chair of the town councils Environmental Sustainability Committee Cllr Judy Pickthall said: "The town council fully recognises the climate change emergency and wants to do everything it can to raise awareness of the problem. This event will be the first of what will be an annual eco fair held at the Coronation Hall. It's a free event and we invite everybody to come along. It's on until 6, so we really hope school children and folk coming home from work will drop in."

For further information contact Jayne Kendall, Town Clerk. 01229 585778
admin@ulverstoncouncil.org.uk

Cold to Cozy Homes



Cumbria Action for Sustainability (Cafs) has launched a 'Cold to Cozy Homes' programme. Over two years the scheme aims to help over 1000 Cumbrian households to make their homes cosier and cut down their energy bills. The scheme involves home visits for some, and also giving advice over the phone or face to face at public events. The scheme is aimed at households which are eligible because a member fits criteria, which are based on household income and benefits, vulnerability and a range of health conditions.

COME TO THE ULVERSTON ECO FAIR

- meet the team
- get home energy advice
- book a home visit, if eligible

<https://cafs.org.uk/cafs-draughtproofing-energy-saving-services> or call 01768 210276



Sunflower Lanyard Scheme - Get Involved

Tuesday 30th July saw Ulverston Mayor, Councillor Sharon Webster, officially launch the Sunflower Lanyard Scheme for Invisible Disabilities in Ulverston. The aim of the scheme, organised by Ulverston Town Council, is to ensure that all customers wearing a sunflower emblem will be instantly recognisable to shop and business staff as somebody who might need a little bit more assistance because they have a hidden disability.

The scheme is already operated in airports, by rail companies and is being trialled in Sainsbury's and Tesco. The Town Council hopes that as many shops and businesses as possible will be able to take part in this entirely free and voluntary scheme to make Ulverston a disability friendly town.

If you would like to be part of the scheme, please contact the town council office and the town council will deliver a window/door sticker to you, together with an example of the lanyard, badges and brooches that people with hidden disabilities may be wearing.

The sunflower emblems will be available for the public and they can be collected by them from:

- ✓ Ulverston Town Council office, County Square
- ✓ Ulverston Mind,
- ✓ Ulverston Library
- ✓ The Visitor Information Point VIP stand in the Market Hall.
- ✓ SLDC desk – Coronation Hall
- ✓ Box Office – Coronation Hall.



The Sunflower Lanyard Scheme Launch

If you or your business would like to have a stock of these as well, please let the town council know. The scheme will also be on Choose Ulverston and a list of businesses involved will be on the Loyal Free App

As the town council says, "Let's work together to make Ulverston the most disability friendly town on the Furness Peninsula."

Contact Ulverston Town Council Office on 01229 585778 or admin@ulverstoncouncil.org.uk

Return of Litter Shame

It is one of life's mysteries that some people are happy to carry food and drink to a nice spot for a picnic or just their lunch in the open air but can't carry the much lighter empty food wrappings and packaging away when they have finished. Perhaps the person who enjoyed some al fresco dining outside the Swan in Ulverston can tell us why.



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Extending the Lake District National Park

In issue UN29 (May / June) we flagged up that the Southern Boundary Partnership, formed originally by the 17 Parish Councils which opposed the building of massive pylons across the Duddon estuary and into Furness, was now looking at extending the Lake District National Park to the south and west to protect the landscape.

This group of councils has now teamed up with the Friends of the Lake District (FoLD), and a formal proposal to extend the national park boundary has been sent to



Natural England. It is Natural England, together with the Secretary of State for the Environment, Food and Rural Affairs (Defra), which has the power to agree to the national park being extended.

To back up this proposal, FoLD commissioned a

leading landscape adviser to assess the area between the

Kent estuary and the Irish Sea at Silecroft to see where a new boundary should be. If land is going to be in any national park it has to be of a certain quality in terms of its landscape, cultural heritage, wildlife and what it offers people in the way of recreation. Based on the adviser's study, a possible new boundary was drawn, and the partnership has held a series of open events, or 'Community Conversations' so that residents

could come along, see the proposed new boundary and ask questions.

At the 'Community Conversation Event' in the Coronation Hall in July, most people, while Ulverston Now's correspondent was, there were mainly interested in the large-scale map showing where the new boundary might be. To the untrained eye it seemed a bit odd in places. While the area from Grange-over-Sands to Humphrey Head would be in the national park, most of the Flookburgh peninsula with its interesting history and pleasant coastal walk was not included. As expected, Ulverston town would not be in the park, but Hoad Hill and the area bordering the canal from the old swing bridge to Canal Foot and stretching to Arrad Foot, including Plumpton, would be. However, there was a little blip in the boundary which meant that the land around Rame Farm would be outside the park. Similarly, although the boundary stretched to the moors north of Ulverston, it did not include Knotallow Tarn and the reservoirs. Representatives of the partnership listened to all the comments, but maybe the landscape adviser knows things members of the public do not!

The partnership has also produced information sheets stating the benefits of being in the Lake District National Park for farmers and for housing, planning, tourism and transport. While national parks in general protect precious countryside, some local politicians have raised concerns that being in a national park would have an effect on house prices, meaning that some families would not be able to afford to live in the park. Another issue is planning. While we might grumble about decisions made by SLDC's planning committee,



the committee is made up of elected councillors whom we can vote out. This is not the case with the National Park Authority. In any case, with all the processes and consultations which have to be gone through and delays at Defra, it might be a while before a decision is made on this new boundary. The last extension worked on by FoLD took about 12 years. The FoLD hope that this extension won't take so long, but everyone is waiting for a separate Glover report into how landscapes are protected, and at the moment Defra are no doubt busy with other problems. If you have a view on this, do write to us and let us know.





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Over the Water with the Anchor Festival

Ulverston Canal Regeneration Group have sent this reminder that as autumn approaches the Anchor Festival is on the horizon.

"It's time to get ready for the Anchor Festival! This year it will run from 15th - 28th October and the theme is "Over The Water", as we are highlighting the Rolling Bridge. As many of you know, we have been working hard to save the old "Rolling Bridge" from disintegrating. Did you know that it is the only one of its kind in this country? An interactive information station will be installed shortly to show how it used to work.

To take part in the festival we ask you to decorate a marine plywood anchor. Each anchor is 1 metre high and needs decorating on one side.

If you are a business and would like an anchor we ask for a minimum donation of £10 (which goes towards the cost of wood). If you are a school, community group or charity, they are free.

The demand for anchors is very high and the official deadline for picking one up has passed, but if you contact Zoe on 07794699913 you may be in luck. They need to be completed and returned by Saturday 12th October at the very latest.

There will also be a Trail Sheet to find small hidden bridge pictures among the display. All correctly completed sheets will go in a prize draw.

We'd also like to take this opportunity to thank everyone for their help and support with our Summer Gala. It was a great success!"





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The Candlelit Walk is Moving!

Ulverston is once again invited to enjoy Halloween with the soul-stirring spectacle of hundreds of candles and light installations glowing in the woods.

But this year on Thursday, October 31, Ulverston's Candlelit Walk will be found back on The Gill not at Ford Park. The event started life on The Gill but in 2015 made the move to the park prompted by the flood works on the beck and congestion on the path. "We had to leave in 2015 but the flood works are long gone and the advent of timed tickets last year showed us we can manage crowd flow so that makes hosting it safely on The Gill do-able again," said Jennie Dennett from the volunteer committee which organises the annual event. "It also feels like the right time to return to our spiritual home in memory of the walk's founders, the late Geoff Dellow and partner Christine Atkinson, who died quite suddenly in May. I think they'd be delighted to see the pottery spike lights out again, firing-up the railings as we did for the very first walk in 2010. "The move is no reflection on Ford Park which took us in when the event was made homeless and have been extremely supportive, including letting us store all manner of spooky oddities in their garage. Jill Salmon of Ford Park said the park had "been delighted" to provide the event a temporary home. "Although the spooky antics on the park will be missed, we are sure that the walk will continue to get even more weird and wonderful back home."

This year's walk is aiming to put the craft into Witchcraft with magical installations including sweeps of glowing mushrooms, eyes-of-newts and a healing tree featuring charms made of wax doll parts. Witches' familiars including toads and cats will be hopping and stalking their way onto shadowscreens in the woods and the waters of the beck will be lit with flares made with wax again kindly donated by Wax Lyrical of Lindal-in-Furness.

There'll also be fire dancing from Matrix Circus, a charm van with artist Fran Riley, bewitching eggs from John Hall, story-telling with Martin Gilbert and sweet singing from The Dorothies.

Tickets will be £1.50 again to cover costs and will be available from mid-September. Keep an eye on [facebook.com/candlelitwalk](https://www.facebook.com/candlelitwalk) and posters for details.



Sizergh Visitors at Sizergh ©National Trust Images, John Millar

Sizergh Uncovered

Have you ever visited Sizergh Castle and wanted to see more of this fascinating historic landmark? For one week only you can discover the secrets of some of Sizergh's finest pieces of furniture.

You can get up close to the interior decorations and original fabrics normally covered for their own protection, and the hidden mechanisms and secret compartments which are usually shut away from view. From the 17th century spinet to Gillow furniture commissioned by 18th-century lady of the house, Cecilia Strickland, over 200 years of Strickland family taste, style and opulence are opened up for visitors to enjoy.



The event runs from Tuesday 24–Sunday 29 September 2019, 12–3.30pm and entry is free for National Trust members.

Bus update from the 'Friends of the X112'

The 'Friends of the X112' report that as hard as they try to improve the situation it now looks as if they will not get a decision on their application to become a charity until at least the late autumn, since there is apparently a five to six month delay in processing. So for now the services have to continue as they are.

The good news is that Blueworks have permission to use a sixteen seater bus on some occasions on the routes rather than only eight seater taxis. The sixteen seater is also available for private hire from Blueworks. They would like to give many thanks to all the people in Coniston who organised the recent coffee morning which raised just over £300. Thanks are also due to all those who supported the Tombola and Cake Stall in Ulverston Market Hall in the summer, which raised a magnificent £223.02. They also ask us to continue to support the bus in whatever way we can and, if in a position to do so, encourage others to do the same, especially visitors to the area.

There is a lot of work going on behind the scenes to try and improve things and it is essential that they keep the services running for everyone's sake.

Ulverston Fallen Website

Janet Eglin, standard bearer of the British Legion, who has researched the Ulverston fallen of WWI, has sent the following message,



"Our Ulverston fallen website is now up and running. Many thanks to my cousin Paul Chappell for his hard work creating this website to make available all of the information gathered last year during my research on the fallen of Ulverston from WW1. The website will continue to be developed over the next few months with more information being uploaded and the map page being developed. Please take a look, I hope you find the website interesting. The address is ulverstonfallen.uk"

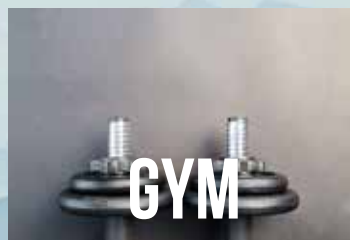
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On the right - Gary Pettit

Gary Strikes Gold

In the last Ulverston Now we reported how The Springfield Volleyball Team were supporting veteran Gary Pettit in his efforts to be selected for the next Invictus Games. Everyone's efforts have paid off, since at the Invictus Team UK Sheffield Games, Gary won two medals, bronze in sitting volleyball and a magnificent gold in wheelchair rugby. Here are some edited highlights from his personal account of this experience, which show what an achievement this was, and what it means to him.

'So today I wake up back at home, a little sad that the Invictus Team UK Sheffield Games have come to a close, but what a week it's been, from meeting Mark Ormrod who, along with Michelle Louise Turner and Kirk 'Spike' Hughes, is my inspiration to competing alongside some world class athletes to sitting there on the first night collecting a Gold medal in the wheelchair rugby. It's been such an emotional week as well, hearing people's stories of why they're at the games and what it means to them, and feeling so humbled that they/everyone is letting me be a part of their recovery. I met some old mates who I've not seen for years, along with the friends I made last time at Sheffield, plus I've made so many new friends. From the absolutely epic "big gig" that was laid on for us, free transport around the whole of Sheffield to the closing speech from the Rear Admiral which brought a few tears to my eyes, what a journey, what a bunch of people, what an unforgettable experience. If I don't get selected for The Hague 2020 I can say 100% hand on heart I gave it my all. Thank you Sheffield and thank you Invictus.

"My Invictus journey has been put on hold until October when the team of 65 out of 310 is announced. It's been emotional, it's been painful at times and it has pushed me to limits I thought I could never reach. I've met some amazing people along the way who have now become the closest of friends for life, but most of all it has made me find me again, given me a reason, given me inspiration and given me a focus. If selected or not I know deep down I've given it everything I have and at points I've even found a reserve tank I never knew I had."

Dance Local at South Lakes Jive

One of the things you can do to combat climate change is to choose leisure activities that are local to you. So, instead of driving to a leisure class out of town, why not come along to the Red Rose in Ulverston and try modern jive, also known as Ceroc.

Modern Jive is a partner dance, and was developed in the 1980s, and is different from ballroom jive. Classes have a fairly standard format, and it is addictive enough that dancers from other parts of the country will regularly go to local classes when they are on holiday, or working away from home. There is no need to bring a partner, and everyone dances with all the other dancers there. People of all ages are welcome, whether or not you have danced before. Amongst many other positives, dancing combats social isolation, improves memory, and releases endorphins. South Lakes Jive run weekly modern jive dance classes and freestyles every Tuesday evening at the Red Rose, Victoria Road, Ulverston, from 7:15pm to 10pm, and cost £5 for the evening, with people who have never danced before having their first evening free of charge. South Lakes Jive always welcomes new dancers, including complete beginners. Doors open at 7:15pm, and the beginners class is held from 7:30pm-8:15pm, followed by a freestyle, with the improvers class from 8:45pm-9:15pm, with a freestyle until 10pm.



South Lakes Jive

Here are some of the things people have said about South Lakes Jive:

"Sounds dramatic but the jive class brought me to life. I live more joyfully now through dance and the interactions I have within dancing are just great. I now have the confidence to go into any dance class without anxiety and I get to dance with my brother who also benefits greatly from Jive class THANK YOU"

"Dave's modern jive class has changed my life so much for the better. Dave and Jo are great teachers: warm, humorous and with clear instruction. The atmosphere is welcoming and fun. Do yourself a big favour and join."

Bike to School

Schools across Cumbria are invited to take part in the 2019 Bike to School Week, 23 – 27 September.

Organised by Sustrans, the walking and cycling charity, and supported by the Bikeability Trust, Bike to School Week celebrates cycling to school and the benefits of travelling actively for children.

Current figures show that only 2% of primary school children in the North West currently travel to school by cycle. This is a stark contrast to cycling levels elsewhere such as in the

Netherlands, where cycling is the main mode of transport for 49% of primary school children. These figures suggest that more needs to be done in the UK to make cycling an easy, safe, and appealing option for travelling to school.

To support schools throughout Bike to School Week, there are a range of resources available, including school posters plus a 5-day pack of daily activities to be completed in class and a video guide with simple practices to check your bike is safe to ride. These activities aim to inspire pupils to think about their

journeys to school, understand the benefits of active travel, and consider the causes and effects of air pollution.

Outside the classroom, families are invited to join two competitions:

The Bike to School Week Sustrans photo competition, where sharing photos of cycling to and from school with the hashtag #SustransWin could see one lucky pupil win a brand new Frog Bike. Parents are also invited to download the Sustrans guide that offers tips on cycling, walking and scooting to school.

The Bikeability Trust story competition. All entrants of stories about riding to and from school during Bike to School Week will be entered into a prize draw to win a brand new Carrera Abyss 24 inch wheel suitable for 8 – 9 years old:

To enter: <https://bikeability.org.uk/your-stories/>

For more information on Bike to School Week, including access to resources, please visit: <https://www.sustrans.org.uk/campaigns/bike-to-school-week-2019/>

The Twin Towns: Ulverston and Albert

The idea of pairing or twinning towns in different countries to encourage friendships and cultural links across national borders became especially popular in Europe after WWII, when there was a strong move towards promoting peace and reconciliation.

Ulverston's twin town is Albert in the Somme department of Northern France. Roy Gill of Ulverston Rotary and Chair of the Twinning Association together with former Town Clerk, Bill Penny, also of Rotary, who was closely involved with the twinning, have generously given Ulverston Now these details about Albert and the special connection between our two towns. Although people living or working in Ulverston pass the road signs saying we are twinned with Albert possibly thousands of times, it is Roy's and Bill's experience that some of this information is not widely known in the town!

Ulverston and Albert were twinned in 1976, when the mayor of Ulverston was Cyril Barker and the mayor of Albert was Fernand Demilly. As a result, many friendships were made between the people of both towns. There were school exchanges, visits between the two town councils, while Cyril Barker arranged a football competition for a trophy and swimming teams exchanged visits. Although contacts between the two councils and other adult organisations, for example the Town Band, choirs and football teams, have continued, exchanges involving young people are now



BREATHTAKING 2 & 3 BEDROOM LUXURY APARTMENTS SET IN A BEAUTIFULLY RESTORED GRADE II LISTED MANSION IN ULVERSTON, CUMBRIA



CHARLES CHURCH

more complicated, since modern legislation means staying with host families would involve too much red tape. In 1989 Stephane Demilly, son of Fernand Demilly, became mayor of Albert. Because he had made several visits to Ulverston as a student, he was, and continues to be, an enthusiastic supporter of the twinning.

There are several similarities between Ulverston and Albert. Just as Ulverston still has industry, even though former industries are less important nowadays, Albert has a major employer in Airbus. The factory in Albert manufactures the cockpits of most, if not all, of the Airbus models, and these are then flown by 'Beluga' transport planes to the factory in the south of France where the aircraft are completed. Albert also has a carnival, although it only takes place every three years. It lasts most of the day, and has entries not only from French towns but from Belgian and German towns as well. The people of Albert are always delighted if Ulverston Town Band is able to join in. Unlike the Ulverston carnival, no money is collected but a vast amount of confetti is sold to spectators.



Brenda Marr unveiling the Ulverston Trench Memorial

The most poignant connection between Ulverston and Albert lies in the horror of the First World War. In 2006, the 90th anniversary of the Battle of the Somme, a student, Paula Kestleloot, was researching the Somme battlefields and studied trench maps of the positions of troops in the Thiepval and Orvillers area not far from Albert. The trenches were referred to as streets and were named after the villages or towns from where the soldiers in the area came. Ulverston Trench, situated just to the west of Orvillers-la-Boiselle, was clearly marked. Paula showed the map to Stephane Demilly, and the townspeople of Albert erected a memorial plaque on the site of the trench. The plaque is inscribed in French, English and German, and was unveiled in 2006 by Brenda Marr who was then the Mayor Elect of Ulverston. Every year a delegation from Ulverston or Albert lays wreaths at this memorial, and since even now the ground holds the water if it has rained, it makes it a bit easier to imagine how terrible it must have been for those in the trenches in 1916.

The Thiepval Memorial, commemorating the tens of thousands of Commonwealth soldiers whose bodies were never found, is near the Ulverston Trench, as is the Lochnagar crater, formed when a huge mine was triggered to signal the beginning of the Somme offensive at 7.28 in the morning of 1st July 1916. Albert also has a British War Cemetery, where Ulverstonians and the people of Albert lay wreaths. Unlike Ulverston, Albert itself suffered dreadfully in WWI, being reduced to rubble and its Basilica destroyed. The Basilica was rebuilt between the wars, and, strangely, a picture of the ruined Basilica was found in a skip in Barrow. Ulverston presented this picture to Albert, and it now hangs to the left of the altar. A tunnel under the square in front of the Basilica, built centuries ago for a safe place in times of trouble and used as an air raid shelter in WWII, is now a museum depicting WWI scenes with accompanying sound effects.

It would be a great shame if the connection between our two towns ceased, so if you would like to be involved in the twinning, please contact the Town Clerk, Jayne Kendall, on 01229 585778.



Residents of Rue d'Ulverston, Albert

Summer at the Inner Wheel Club of Ulverston

In June, President Dot Johnson welcomed members to the Annual General Meeting at the Olde Mill, Bardsea. 2018/2019 had been a busy year for President Dot with interesting speakers and various social events, some of which raised money for people at home and abroad who are less fortunate than ourselves. We now look forward to the new Inner Wheel year 2019/2020 under the leadership of President Anne Rankin. President Dot invested incoming President Anne with her chain of office who then spoke of her plans for the coming year. There will be more fun, fellowship and fundraising. Deputy Secretary, Jean Day, read out some of the greetings cards and President Anne was presented with flowers from her family and also members of the Rotary Club of Ulverston.

At the July meeting President Anne Rankin welcomed members to her first meeting of the new Inner Wheel year and introduced Dennis Round as the speaker for the evening.

Dennis brought along his pet, Nell the barn owl, which he has had since she hatched from her egg. Dennis was interested in owls as a child and listening to Tony Warburton from Muncaster, his enthusiasm has rubbed off on to Dennis. Following retirement he became more involved and is now a keen

conservationist and has trained so is able to go into schools to talk about owls. He also advises farmers on helping to retain owls, does property surveys and builds nesting boxes. Nell was well behaved and sat on her perch all evening whilst Dennis explained how, even though the barn owl is only a small bird, its wings are thirty two times its own body weight so are able to produce a fantastic amount of force. The wingspan is almost one metre, approximately 20,000 feathers keep the owl warm, and also help with both flight and camouflaging and it is the only bird whose feathers do not have a quill. There were a number of questions from members and an opportunity for anyone to hold Nell on a gloved hand before Past President Barbara Crellin gave the vote of thanks.

The business meeting followed and Past President Margaret Taylor lit the candle to International Friendship, mentioning that Inner Wheel clubs throughout the world would all be welcoming the new Presidents. She also asked that we remember children, particularly in Syria, who are suffering through deprivation.

President Anne had attended a meeting at the new Sandside Lodge School where a Gala is to be held on the 21st September to celebrate the opening of the new school. Inner Wheel and Rotary Clubs from Ulverston and Barrow have been asked to assist on the day, the ladies of Ulverston Inner Wheel are to provide refreshments and will have the use of the new kitchen.



Anne, President of Inner Wheel with Nell the Barn Owl and Dennis Round

The Great Wall of China Completed!

In spite of challenging weather conditions, including a torrential hailstorm, for the third year running members of the Cumbrian Dry Stone-Walling Association at the invitation of Ulverston Civic Society worked on the wall on Little Hoad.

All one side of the path up to the Hoad is now completed, and should last for many more years to come.



Ulverston Evening Townswomen's Guild



Two founder members cutting the 50th Anniversary cake.

This summer, Ulverston Evening Townswomen's Guild celebrated their 50th Anniversary in style with a great deal of fun enjoyed by all but right now they are looking to the future, eager to start their next half century. We meet on the first Wednesday of each month at 7.30pm in the hall of Croftlands Junior School. Why not come along and see what we are all about? We hold Guild Meetings with interesting speakers, then there are outings, walks, ambles, lunches, swimming and Rummicub. **Members can be busy on Wednesdays every week. For further details please ring 586652.**



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Riding for the Disabled Association - It's what you can do that counts



The Riding for the Disabled Association is a national charity that operates through a network of regional groups to deliver therapy, achievement and fun to children and adults with disabilities, through horses.

Furness RDA is always on the look out for new recruits to join their cheerful team of volunteers. You don't have to be 'horsey'; you just need to be enthusiastic and willing and they will teach you the rest! You could be leading a pony, side walking with a rider or just helping with the hats, refreshments etc. Of course, they have to fundraise to pay for the group's activities and anyone interested in helping with this would be made very welcome.

The Furness group hold riding sessions for local disabled children on a Wednesday morning and Thursday evening during the autumn and summer school terms at Seaview Riding School on Walney Island. You don't have to come every week – just come when you can.

For more information about joining them, please visit their website www.furnessrda.org.uk and/or find them on Facebook through the link on their website.

Step Back In Time at Bardsea Malt Kiln



On Saturday 5th October, Bardsea Malt Kiln is holding a VE Day Party Night. The toe-tapping singalong entertainment will feature Becki Fishwick, and if you can get into the spirit by wearing fancy dress of the era, so much the better.

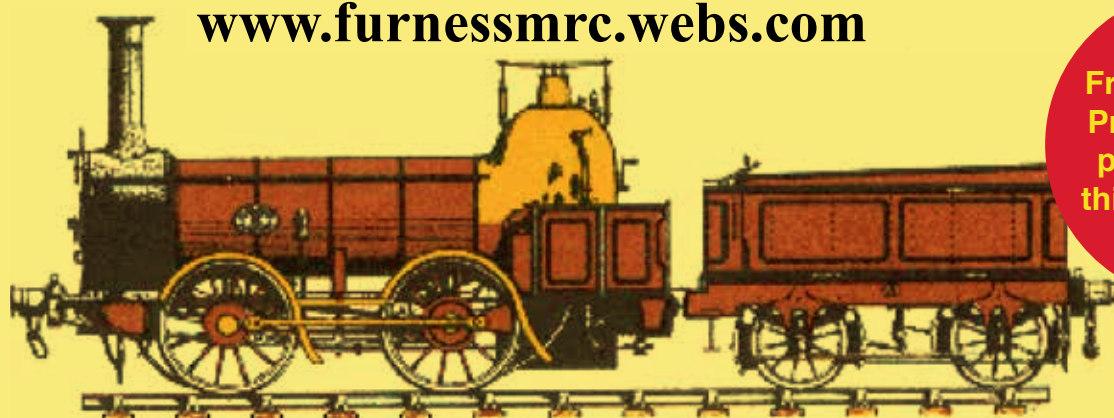
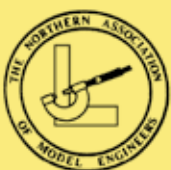
It's BYOB, but the ticket price (£12) includes a pie and peas supper, and there will be a Super Raffle as well. This is a fundraiser for the Malt Kiln, a registered charity, which relies on people using the facilities for funding for the upkeep of the historic building.

The committee is trying to maintain its integrity and usage as part of the local community, and could do with some support from people in the Bardsea, Baycliffe and Urswick area who are willing to be volunteers or committee members.

Tickets for the VE Party Night are available from Carolle Paret 07557 142142.

FURNESS MODEL RAILWAY CLUB

www.furnessmrc.webs.com



Free Exhibition Programme on production of this advert (UN)

57th MODEL RAILWAY EXHIBITION

Sat 12th & Sun 13th October 2019 10am - 5pm

Barrow 6th Form College
Rating Lane
Barrow-in-Furness
LA13 9LE

Adults £ 6.00
Senior Citizens £5.00
Children £3.00

QUALITY CATERING BY



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Transformation at Croftlands

Joanne Proctor, the headteacher at Croftlands Infant & Nursery, reports that they had Shift Four team from GlaxoSmithKline in for an "Orange Day" where workers give back time to the local community, and they completely transformed the outdoor area in the most awful rain showers.

The First Ulverston Scholarship Recipients

The Ulverston Scholarship is a new award for UVHS students, funded by the Snowdon Trust, to provide financial assistance for students during the first two years of their chosen degree programme at university.

In order to apply for one of the three scholarships available each year, students are required to fill in an application form as well as write a detailed letter of application, outlining the reasons for both A Level and degree choices, preferred university destination and 'life plans' beyond that.



Congratulations to Iona (Veterinary Medicine @ Glasgow), Megan (Medicine & Surgery @ Newcastle) and Jack (History @ Loughborough), who can be seen with David Snowdon and, in the post-lunch photo, with Head of Sixth Form, Mr Rastelli.

Following on from a successful A Level results day, the three students who had successfully applied for the Ulverston Scholarships were lunch guests of the Snowdon Trust at Lakeside Hotel on Monday 19th August. As well as enjoying the amazing hospitality that the hotel offers, each of the recipients had an individual meeting with David Snowdon before receiving the first part of their £3,000 scholarship.

Ulverston Businesses Joined Forces To Take On Placement Students

This summer, eight Ulverston Victoria High School Sixth Form students joined three Ulverston businesses on a summer placement programme. Oxley Group, Bender UK and Siemens Subsea welcomed students to their businesses.

Each student took on a specific live project and will be working towards a Gold CREST Award. All eight sixth form students are currently studying STEM related subjects with a view to either entering into a relevant career or continue studying STEM subjects further.

At Oxley the two students worked together on a project involving development test boxes, reviewing the design, layout and assembly and verifying data. This will involve both mechanical and electronic disciplines to develop a final solution.

At the end of the assignment, each student delivered a technical report and a presentation outlining the work they undertook and their findings. The technical report and presentation will form the foundation for their Gold CREST Award application. The students are being supported by The Ogden Trust's Coastal Energy Internships that provides bursaries to sixth form students.

Grand Gala for the New Sandside Lodge School

As Sandside Lodge School moves to its brand new purpose built premises next to UVHS, the six Rotary Clubs in Furness have jointly undertaken a challenge to raise £11,500 to fund the transformation of the new Therapy Pool, through lighting and specialist equipment, into a multi-sensory experience.

They realised that the new premises are magnificent, but that the budget for development in some cases did not cover the cost of equipment and fittings which would make the most of the new building, and the hydrotherapy pool is one example of this.

The Clubs have already raised £7,000 and on Saturday 21st September, 10 am - 3 pm, they will be holding a Grand Gala at the new school. Everyone will be welcome, and will be able to look round the building. There will be music and dancing performances by students of Sandside Lodge, UVHS and St Mary's Junior school, fun games, stalls and refreshments. Entry is only £1, and will go towards making the daily lives of the disabled young people attending the school even more special.

The Big Move!

On the 18 & 19 of July Sandside Lodge School moved from its old site on Sandylands Road to its new school on Springfield Road.

A huge thanks goes to all the staff, friends and volunteers who helped with the move and to those that loaned vans, vehicles, trolleys and muscle power. The summer and start of September will be spent finding our way around, unpacking and induction.



Join us in celebrating 30 years...

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Contact us: [@stmaryshospice](https://twitter.com/stmaryshospice) [f stmaryshospiceulverston](https://www.facebook.com/stmaryshospiceulverston) www.stmaryshospice.org.uk

“Do Something Wonderful”

Plan for your future by writing a will with St Mary's Hospice.

Throughout September the following companies have offered their services FREE OF CHARGE in exchange for a donation to St Mary's Hospice.

For more details please contact Geoff.Steele@stmaryshospice.org.uk or contact any of the supporting firms listed above direct and quote St Mary's Hospice. There is no requirement to leave St Mary's a gift in your Will. Suggested donations £150 Single/ £200 Couple (Conditions apply).



Men in Sheds

Ulverston's Men's Shed has sent us the following message, "You have probably heard of the venture we have here in good old Ulverston called 'Men in Sheds'.

We now have a lovely hand built shed in the local area where we meet every Tuesday at 2 pm. We are now able to do lots of things that use our brain and our hands. We can make things, think things through and many a time just have a good old chat. For the people who are skilled with their hands we can make planters, bird boxes, chairs and benches, all of a rustic nature. For those chaps who are adept with other skills we can make good use of them too. Basically if you just want to meet up for a chat and a brew, that is great, and that's what we aim to do. Everyone is welcome. Why sit at home when you can be with pals in the shed? Try it out, it's tranquil, peaceful and close to home. It's also free!"

The Men's Shed is on the Lund Road allotments, opposite the gate, and is the red shed. Do contact Dave on 01229 585961 or Ron on 01229 321954 if this appeals to you.

An Invitation to Join the St John Ambulance Fellowship

Most people have heard of St John Ambulance, the charity which provides first aid cover at all sorts of events, but few have heard of the St John Fellowship.

The fellowship is made up of former members of St John and their family and friends. Its aim is to create a happy and supportive group of people which meets on a regular basis for fun, comradeship, guest speakers and a jolly good natter. The Ulverston branch meets on the second Tuesday of the month at the Ulverston Sports Club, Priory Road, at 2pm.

The group would love to invite you to come along and join in, and it does not matter if you have had no involvement with St John. Please contact Ken on 07818 712 069.

ADVERTORIAL

Essential Skills for Line Managers

ACAS, St Mary's Hospice and Turnstone HR Ltd are teaming up to bring a 1-day Essential Skills course for Line Managers to Barrow at the Living Well Centre, 299-301 Duke Street, Barrow, LA14 5UL on Friday, 20th September 2019 9.30-4pm.

Price £135.00 per person. Please note our training events are VAT exempt. Refreshments and lunch are included. Booking is via Eventbrite.

This course will enable you to be an effective manager, and covers the value of communicating with, leading and motivating your team. It also explores the importance of monitoring absence, how to identify bullying in the workplace and managing discipline and grievances.

Overview: You will gain a comprehensive overview of essential managerial 'people' skills involving interactive group discussions, helpful scenarios and case studies.

Business need: The transition from team member to team leader can be tough. It is therefore important that line managers receive the support and training that they need. Failure to ensure that they have the proper skills and knowledge to carry out their pivotal role can have a negative effect on the motivation and productivity of those whom they manage.

Programme:

- ✓ How to be an effective manager
- ✓ Communication skills including listening skills and questioning techniques
- ✓ How to motivate your team and delegate successfully
- ✓ Examine how to prepare and conduct challenging conversations
- ✓ How to identify bullying and promote a culture of dignity at work
- ✓ The basic principles of managing discipline and handling grievances
- ✓ Dealing with staff absences



www.turnstonehr.com

What's On at Ulverston Parish Church

Ulverston Parish Church have sent us a reminder of all that is going on at the church for all ages. As well as the Toddler Group on Wednesdays and the Coffee and Chat on Fridays (see the What's On listing for details), on Tuesdays there are two regular events for young people:

Energize (Youth club on Tuesday evenings for Years 7 to 11). Held in the Basement; an entirely youth centred space in the parish centre, young people enjoy free time with the x-box, pool table, air hockey and music system and also lively, focused discussion with a Christian perspective.

Encounter (Small group for 16 to 18 years olds) – These young adults love getting together on Tuesdays. There is never a dull moment while chatting about exam stress, friendship groups and what it's like having a faith in a continually more secular society. Get in touch by emailing youth@ulverstonparishchurch.org if you want to know more.

Vision Wednesday afternoons, after school youth club for Years 5 & 6. Do you know any young person who would like to meet new people and explore the Christian faith in an interactive and fun way? We'd also love to welcome visitors to tell us about their faith or share any gifts and skills. Email children@ulverstonparishchurch.org for more info.

Church Services

Wednesdays

Morning prayer - interactive readings & prayers in Ulverston Parish Church 8:30am – 9:00am

Thursdays

Midweek Communion with a hymn, a short talk & refreshments afterwards. Healing Service 3rd Thursday of each month. Held in Ulverston Parish Church 10:00am – 11:30am

Sundays

8.30am - a more traditional service with space for quiet, reflection and prayer. Morning Prayer on the 1st and 3rd Sundays. Holy Communion on the 2nd, 4th & 5th Sundays. In Ulverston Parish Church 8:30am – 9:30am

10.30am - a great service for church families, guests and visitors. A mix of modern, traditional worship & relevant Bible teaching. Lots for children to do! In Ulverston Parish Church 10:30am – 11:45am

Café Church - a warm welcome, modern worship, interactive teaching & prayer at this informal service from 6:30pm – 7:30pm. Coffee and cake served before the service

Special Events!

31st October - Pumpkin Party a free alternative family Halloween Event held at Ulverston Parish Church on 3.15pm – 5:15pm. For more information contact children@ulverstonparishchurch.org

Thurs 17 October - Festive Foods! A Cooking Demonstration 6:30pm – 9:30pm Poppies chef and owner Steve Hartley & team will demonstrate ideas and inspirations to stock your festive fare ahead of time for the holidays! Tasting canapés will be served with coffee tea & fizz. Held in Ulverston Parish Church Centre of Church Walk, this event is part of The Restoration Mission. Tickets £10 per person. **Please secure your seat at Poppies, 4 Union Street, Ulverston, LA12 7HR. Tel: 07305 712476. Email: poppiesulverston@gmail.com For more information visit ulverstonparishchurch.org/what'son or call Jen at 01229 58808. Email: office@ulverstonparishchurch.org**

Reopening Announcement

Ulverston Parish Church Centre is reopen for hire. Last winter it was temporarily closed due to a failing heating system. That issue has now been resolved.

If you would be interested in renting the Parish Centre for your club, meeting, class, presentation or other community activity, please contact Jen (9:00-noon Mon-Fri) 01229 588081 Email: office@ulverstonparishchurch.org

Barrow and District's Society for the Blind - Support Near You



The Barrow & District Society for the Blind have an Ulverston Group which meets between 1.30 p.m. – 3.30 p.m. on the third Wednesday of each month at Ulverston Methodist Church. They have a speaker, tea/coffee and raffle.

The Macular Degeneration and Charles Bonnet Group meets three times a year at Ulverston Methodist Church, and the next meeting is 1.00 p.m. on Wednesday 23 October when the speaker will be Michelle Dutton from the Macular Society.

The Vision Support Centre on Cavendish Street in Barrow has more groups and support. The Dual Sensory Loss Group (for sight and hearing problems) takes place at the centre on the last Monday of each month, and there are weekly groups which offer socialising, craft, bingo, and knit & natter. There is also a Men's group which meets monthly at the Vision Support Centre. There is usually a speaker, tea/coffee and raffle, although in June the group went sailing at Windermere Outdoor Centre.



A Technical Support Team is available at the Vision Support Centre on the second Wednesday of each month, and all visually impaired people are welcome to attend any of the above.

If you are interested or have a friend/relative who may benefit from any of these groups, please contact Emillie Voy on 01229 440556 or email: Emillie.voy@barrowblindsociety.org.uk.

Bringing Communities Together

Ulverston Bringing Communities Together (UBCT) held their August meeting in Ulverston Library, and Chairman Dave Webster welcomed 16 attendees, including our guest speaker Sharron Gillam who came along to tell us about her role as a Magistrate.

She had been a Magistrate for 25 years, and it all started when she met a mother at the school gate - by coincidence that mother's daughter ended up marrying Sharron's son! She filled in an application form, got an interview and went up to London for training. Magistrates are taken from across the board regardless of age/sex/religion. By the time she was appointed the Ulverston & N. Lonsdale bench had gone, and the Furness & District branch was created. She produced a short quiz to see how much knowledge we had about the work of a Magistrate, and we learnt that they don't get paid, it's voluntary, although they do get expenses. She recounted a number of incidents, and also covered the use of Restorative Justice which can be useful in certain instances.

Other business included the Ulverston Emergency Planning group and their planned visit in October to Keswick to see how their group do things. A full survey as to the best places to site CCTV in Ulverston, if finances allow up to 3 cameras around the town, is planned although it was pointed out that many of the shops/businesses do have their own CCTV. Town Mayor Sharon Webster was delighted when Blackburn & Darwen had been in touch regarding the Disability "Lanyards". UBCT has recently been working with Cllr. Helen Irving and Trading Standards in setting up a "No Cold Calling Zone" on Garden Terrace. It's hoped that this will serve as a deterrent to discourage rogue traders from pressure selling at the door, and give residents the confidence to collectively say NO to unknown callers.

The group hold their next meeting on October 1st 2019 (6.30-8pm) in Ulverston Methodist Hall, where Police Dog handler P.C. Jonathan Chappell (with his dog of course) will be our guest speaker. Coffee/tea available and all welcome.

Lightburn Park

A Success Story By Any Measure

Whatever the results of this year's Cumbria in Bloom competition, a report from the Friends of Lightburn Park (FOLP) about the judges' visit this summer shows how FOLP's hard work and dedication in recent years has improved the park beyond recognition. Lightburn Park enters the 'It's Your Neighbourhood' category of Cumbria in Bloom, and since it won 'Outstanding' last year, the pressure was on this year to keep to these high standards.

The judges were shown around by the Chair of FOLP, with the Treasurer on hand to answer questions about all the successful fundraising the group has undertaken to improve the park, and how they have worked closely with South Lakeland District Council. Impressed by the presentation of the park, the judges asked who else the group works with, so a good word was put in for Continental Landscapes who cut the grass and hedges and look after the trees in accordance to a maintenance plan which is agreed each year. The judges were also impressed by the wildlife area, the work being done to plant more trees and create a wildlife meadow around the railway and the sensory garden used by all ages, as well as by the Multi-Use Games Area. The feedback from the judges was very encouraging, since not only does the park look great, but unused or unloved areas have been transformed to benefit wildlife, biodiversity and the community. This is all down to team effort from all parties.

FOLP's next project is to relocate the whole play area, and for the play park, skate park, football pitch and Multi-Games Area to be enclosed in a dog exclusion area. The group is working towards their funding target for this, another plan which seemed to impress the judges, so Ulverston Now wishes the Friends every success.



Fit for Life and Step Out & Dance

Coronation Hall, Ulverston
Wednesday 16 October. 2.00pm - 4.00pm

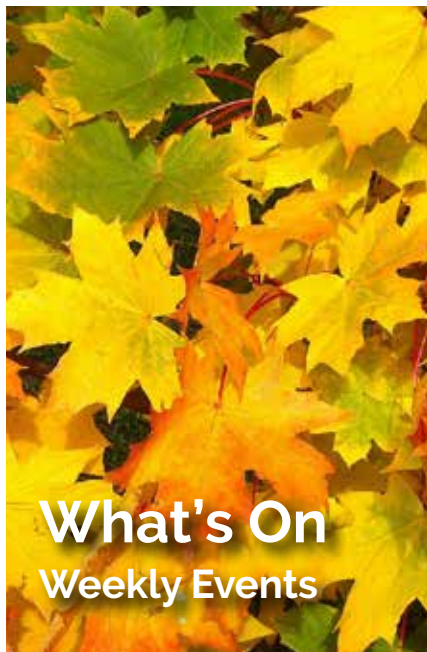
Come and enjoy musical entertainment by the fabulous UVHS Jazz Combo Band. Get your toes tapping, enjoy the music or even get up and dance.

Information also available throughout the afternoon:

- Talk by Dignity in Dementia
- Find out how to improve your finances and be fraud smart
- Try an Amazon tablet and get online
- Benefits Advice and information on the services of Age UK South Lakeland available
- Information and advice on hearing loss and tinnitus
- Have a blood pressure check
- Free Event with Refreshments

For more information please call 01539 728118 or email Volunteering@ageuksouthlakeland.org.uk. Booking preferred.

Age UK South Lakeland Ltd is a registered charity, No 1141415 www.ageuk.org.uk/southlakeland/



MONDAYS

Ulverston Rotary Club 18.30 for 1900 (No meetings on Bank Holidays) Ulverston Golf Club

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

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.

Back to Netball 6pm (term time only) Tennis Centre Moves to UVHS after October half term

Toddler Soccer 13.45 Tennis Centre (term time only)

Feel Good Singers Community Singing Group 7-8pm Ulverston Meth Church, Hartley St. £8

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 7:15pm. Improvers 8.45pm. Freestyle til 10pm £5.

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

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

Urswick Toddler Group at Urswick Parish Rooms. 9.30-11.30am during term times. Email: 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

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.

Toddler Soccer (term time only) Tuesdays 11.10am, 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

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

Toddler Group Relaxed and friendly Ulverston Parish Church 10-11.30am

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 Singers 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 £8

<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.

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

Tots Dance 10.15am (term time only) Tennis Centre

Wheels for All (astro turf) 4.30pm Tennis Centre

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



Candlelit Walk

Thursday October 31st
The Gill! (not Ford Park!)

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

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. 11am.

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

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)

Quakers from Ulverston



Quakers from Ulverston and surrounding area meet twice a week at Swarthmoor Quaker Meeting House, Meeting House Lane, Ulverston. LA12 9ND. 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

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.



31st October - Pumpkin Party a free alternative family Halloween Event held at Ulverston Parish Church on 3.15pm - 5:15pm. For more information contact children@ulverstonparishchurch.org

Thurs 17 October - Festive Foods! A Cooking Demonstration 6:30pm - 9:30pm. Please secure your seat at Poppies, 4 Union Street, Ulverston, LA12 7HR. Tel: 07305 712476. Email: poppiesulverston@gmail.com.



FORD PARK

Apples. Copyright Ford Park Community Group

Apple Extravaganza to return to Ford Park

Summer seems to have flown by, particularly as the team at Ford Park are now busy preparing for the first event of the autumn – our Apple Day!

A wonderful extravaganza of all things apple, this annual event is set to be a fantastic day for all the family. With an apple press, entertainment, crafts, activities, food, drink and more, there will be plenty to enjoy.

Pop the date in your diary – Saturday 5 October, 11am-4pm.

Since our last column, the Green Flag Award Scheme has recognised Ford Park as one of the very best green spaces in the world – for the fifth consecutive year. Such a great achievement!

We were delighted to learn the park is among a record-breaking 1,970 UK parks and green spaces, and 131 in thirteen other countries around the world, to receive a prestigious Green Flag Award – the mark of a quality park or green space.

This international award is a sign to the public that the space boasts the highest possible environmental standards, is beautifully maintained and has excellent visitor facilities – hoorah!

Of course, we know how important quality green space is to the community and this award celebrates all the hard work and dedication from our fantastic team of staff and volunteers, who are here on a daily basis to maintain the park to such a high standard. We really couldn't do it without our super volunteers – so a huge thank you to them.

In other news, Val, our gardener, has been busy recording an audio tour for Candide Gardening - a new app which provides inspiration and knowledge on gardening and ideas of places to visit.

The Ford Park audio tour will soon be available to download (for free!) and enjoy whilst exploring our garden – so do keep an eye out for it on the Candide app. You can find out more about Candide at <https://candidegardening.com/GB/>

For more news, events information and updates on the park, do keep an eye on our website – www.ford-park.org.uk – and our Facebook page @fordparkulverston

We hope to see you at the park soon!

The Ford Park Team

Upcoming events

Saturday 5 October – Apple Day – 11am-4pm

Join us for an extravaganza of all things apple! Apple press, entertainment, crafts, activities, food, drink and more...Free entry

Friday 1 November – Halloween Party (Adults only) – 7pm

This year, Halloween isn't just for kids! Join the spooky antics at The Coach House @ Ford Park for our grown-up fancy dress Halloween party. Welcome drink, creepy hot buffet and traditional Halloween disco until 11.30pm. Haunting begins at 7pm. £25 per person. Booking essential – call 01229 581666

Saturday 14 December – Christmas Party – 7pm start

Join us at The Coach House @ Ford Park for a fantastic Christmas party to remember. Start the evening with a glass of mulled wine and canapés, followed by a stunning four-course meal. Then dance the rest of the night away in our beautiful winter-decorated Williams Room. The party starts at 7pm and finishes at 11.30pm. £34.95 per person. Booking essential – call 01229 581666



WHAT'S ON AT THE CORO...

SEPTEMBER:

- 26 Ulverston Eco Fair
- 28 The History of Rock

OCTOBER:

- 1-5 Ulverston Amateur Operatic Society: A Tale of Two Cities – the musical
- 5 Make and Create Session – Screen printing
- 5 Friends of the Coro Talks
- 6 Ulverston Knits & Stitches
- 9 Kate Rusby in Concert
- 10 Doug Scot The Hard Road To Everest Talk
- 11 Rotary of Ulverston: The MoonBeats A Tribute to the Swinging 60's
- 12 Ulverston's Got Soul
- 17 Furness Tradition: The JigDoll Ensemble
- 18 Jess Gillam with Manchester Camerata
- 19 Friends of the Coro Talks

- 19 Ulverston Live Music & Music in Ulpha: Merry Hell & Gerry Colvin Band
- 20 A Tribute to Ariana Grande & Jojo Siwa
- 22 Bingo
- 23 Blood Donors
- 24 Forbidden Nights
- 25 Megaslam Wrestling Live
- 28 Ulverston Community Enterprises Public Meeting
- 31 Auction House

NOVEMBER:

- 1 Friday Night Live Comedy
- 2 Friends of the Coro Talks
- 3 Tales from the Coro
- 9 UlverSTEM
- 10 MARVELus...All the Marvel Movies...Kind of
- 12 Bingo
- 14 Blood Donors
- 16 Friends of the Coro Talks
- 18 The Grand Christmas Fair
- 19-22 Ulverston Outsiders: Woman in Mind
- 24 Antiques Fair
- 28 Furness Tradition: Blazin' Fiddles
- 30 Glamrockz Live

friends of the
CORO

AUTUMN 2019
TALKS PROGRAMME

Get your diary ready!
Saturdays 1pm-2pm
in the Coro's Supper Room.



Coniston then and now

21

Peter Wilde



Stan goes to Hollywood

5

Mark Greenhow (Laurel & Hardy Museum)



A closer look at Ulverston

19

David Fellows



An Archaeologist's View of Hoad

2

Dan Elsworth



John Bolton of Urswick – a Geologist in the age of Darwin

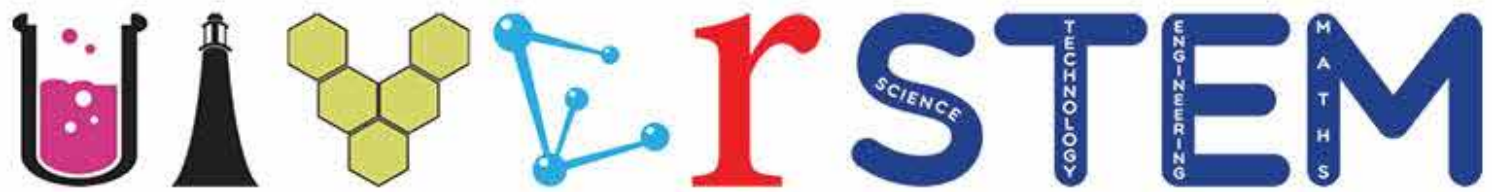
16

Colin Pickthall



Tickets available on the door £5 (FOCHA members £4).
Doors open at 12.45pm. Light refreshments included.

WWW.THECORO.UK



UlverSTEM

FREE EVENT

Saturday 9th November 2019

9.00 am – 5.00 pm

Coronation Hall, County Square, Ulverston.

Challenge on @UlverSTEM for all 6-16 year olds – bring the family.

Discover more about opportunities to be gained from studying science, technology, engineering and math (STEM) subjects.

Meet local employers including Bender UK, Siemens, GSK, Oxley, CB Arts, LA12 Ltd, Fetl, Kimberly Clark and many more.

Interactive and fun activities throughout the day, including Sci Fi Ulverston Challenge.

Make sure you join in with activities before and during the event to win great prizes.

Keep up to date with news, activities and prizes by visiting our Facebook, Twitter, Instagram and Website.

@UlverSTEM

@StemUlver

www.ulverstem.org

The Ulverston Poem

One of the highlights of this year's Another Fine Fest was hearing poet Tony Walsh reading the Ulverston Poem. Dave Crossley, founder of AFF, explains how this extraordinary combination came about.

"Ulverston is where I was raised, the place I adore and where I currently, very happily reside. Despite living away for 15 years, this town pulled me back with its warm embrace, its rich artistic ways, and its inspirational people with their overflowing creativity.

It has always been and continues to be a hotbed of music, poetry and art, and with so much talent on our doorstep it was the natural home for a multi-arts event such as Another Fine Fest to take root and provide fertile ground to grow into the unique happening that it has become today.

For this summer's edition I wanted to create something special for Ulverston, a poetic piece that would act as a thank you, a celebration, and a love letter to it, much in the same vein as the festival itself was always designed to be.

Being such a wonderfully community driven town, the aim was to develop a project which would be shaped by its residents and its fans, something that they could take pride in, and claim ownership of.

The call was made - a request to the public to provide us with their thoughts on what makes Ulverston such a unique and special place, what it is that they love so much about it. Instantaneously, a wave of wonderful words, feelings and memories were filling up our inbox, all of them stirring our emotions and invoking Ulverston at its finest.

It was our job to amalgamate these musings, weave them into a beautiful whole and do them justice as a poem to be performed live on stage at the festival. For this most important task, I consulted Ulverston author, workshop leader and former literary development officer for Cumbria, Zosia Wand. She suggested that I call upon Caroline Gilfillan, a stalwart of the local poetry scene, organiser of Ulverston's Poem and a Pint and author of multiple poetry anthologies.

Caroline says "Dave Crossley, the director of Another Fine Fest, got in touch. 'I've had an idea: let's create



an Ulverston Poem for the festival. We can invite people to send in words and ideas, so it's written by the local community. What do you think?' I thought for about two seconds before saying that it was a brilliant idea, and that I'd be happy to help pull it all together. So we set to work. We invited people to contribute by email or at a drop-in workshop with Zosia and I.. Within a few days I had a wealth of material. Though the contributions were diverse in style, certain themes emerged.

People loved Ulverston's big heart, its festivals, its vibrant community, its quirkiness, and its fondness for parties. Writers also expressed their love for Hoad and the surrounding countryside, and many had strong memories of people and places that have now vanished from the town.

After much head-scratching, and some help from Zosia and Dave, I had a version that I was pleased with."

Alongside the poem, Zosia ran workshops as well as a competition to find the best limerick. The competition received many entries and was eventually won by Cat Moffat from Ulverston's zero waste store Cut The Wrap, her limerick was also performed at the fest and thanks to Zosia's efforts, were displayed in the shop windows throughout town.

"The oceans are drowning in plastic,

It's now time to do something quite drastic.

So let's Cut The Wrap!

Stop buying the crap,

and we'll keep our planet fantastic!"

But the story does not end there. Flash back to the aftermath of the terrible Manchester bombings, and the vigil held before many thousands at Manchester Town Hall. The brilliant poet Tony Walsh delivered an impassioned rendition of his "This is the Place" piece, uniting the people in their grief whilst looking forward in hope

and celebrating the true spirit of a resilient and loving Manchester.

The screening of his performance completely blew me away and my tears mirrored those that ran down the faces of many in the audience who gathered to show their respects. I became an instant fan of his work, similarly impressed by his poem "Reflecting on the Lakes", commissioned by the Lake District National Park to sing the praises of our fine county.

One crisp winter's day at the top of Hoad Hill, daydreaming in the shadow of the monument, I envisaged Tony reading our poem from the memorial before a sea of Ulverstonians. I pictured this fantasy scene so many times, trying to make it real in my mind. What a dream come true it would be, but surely out of the question, it could never happen?

In a moment of madness I wrote to the man himself, detailing the many wonderful things that Ulverston has to offer, excitedly describing our celebration of Stan, and linking to colourful videos of our previous shindigs. I sheepishly asked if he'd maybe like to get involved, not thinking for a second that I would even receive a reply from this obviously ridiculously busy guy.

But just one day later, the unbelievable happened, a dream come true, a response from this legendary poet in our festival inbox, I couldn't believe my eyes!

"Thanks for this. I watched the video and it looks ace, well done to all. I'm a big fan of both the Lakes and Laurel and Hardy, I'm free that weekend so it all adds up to looking possible."

What followed was an experience that I for one will never forget, a truly special moment in the history of Fine Fest and a wonderful happening for Ulverston town.

As the crowds gathered before the magnificent Melodrome, the excitement and anticipation were tangible. People from all walks of life basking in the summer sun, the young and the old, contributors

to the poem all waiting for this moment and a chance to hear their words spoken.

Here is the beginning and end from the finished article. The full version, recited by the townsfolk of Ulverston, is available for download via facebook.com/anotherfinefest and a range of merchandise such as posters, coasters, t-shirts and prints which feature the poem are available for purchase from the Laurel and Hardy Museum, with proceeds going into AFF 2020 and a % donated to St Mary's Hospice."

The Ulverston Poem

Written by the members of the community for Another Fine Fest June 2019

Where is Ulverston? We often get that.

It's near the Lakes, on the Bay, a dot on the map –

a tiny dot – but it's much more than that.

It's a town where people grow and unfurl,

where we'll hold you whether you're up or you're down

where you can strut in a spacesuit, a tutu, a gown,

in pyjamas if you dare – we really don't care,

because we've got permission to be crazy here.

...

If parties were a contest, we'd always win

and when there's a gig on, we'll shout 'Get in!



The Green Door Art Trail 2019 is Finally Here!

The weekend of 28 and 29 September sees the return of the eagerly-awaited Green Door Art Trail. Art lovers are in for a treat when more than 50 artists in South Lakeland and North Lancashire open their doors to the public.

There's an impressive array of original art to be seen, including ceramics, drawing, glass, mixed media, painting, photography, printmaking, textiles and wood - not forgetting those popular small and special treats, including jewellery and greetings cards.

Trail venues stretch from Burton in Kendal in the south, up to Kendal, and across to Grange over Sands with group venues at the Athenaeum at Leasgill near Milnthorpe and the Green Door studios on Market Place in Kendal. This year sees an expansion of the Trail towards Ulverston with a group of eight artists exhibiting at Greenodd Village Hall and six



Green Door Carol Lewis - Winter Fields

artists showing their work around the town.

Greenodd Village Hall will be home for the weekend to landscape painter Jacqui Bassett, sculptor Roger Bell, mixed media artist Carol Lewis, felt artist Jane Mallinson, painter Fiona Reeves and printmaker Marie Wright. You'll also find prints and hand-stitched books from Elizabeth Shorrocks, and Shaker boxes from Ketih Shorrocks, as well as delicious refreshments from Egton cum Newland WI.

Rachel Pearson will be exhibiting at The Medicine Garden in Ulverston.

"I'm inspired by the diversities



Green Door Winter Tapestry Marie Wright

within life, the natural world and the energy within all of creation" said Rachel. "I work intuitively with crystals, flowers, fabrics, gold leaf and mixed media, and creates healing, ceremonial, and therapeutic art and jewellery."

David Pooley will be at Paper Bunny on Market Street. Inspired by the stunning local countryside, David works with a variety of media to produce exciting, vibrant art which is full of character.

Down the street at Gallery 68, you can find work from Sally Bamber, Jan Huntley Peace, Annie Luke Turner and Rosie Wates, as well as many other delights.

"The Trail is a wonderful opportunity to visit our talented members in their homes and studios to discuss, admire and purchase their work - and celebrate just how much original art is created in our area." said Janice Benson, Green Door's Administrator. "Visitors can find out more about the techniques artists use and the passions which inspire them. Some artists will be giving demonstrations and many will be showing their work in progress. There's something for everyone. It's a great way to spend a day or the whole weekend - on your own, with friends or as a family."

All Trail venues are open on Saturday 28 and Sunday 29 September and a number are also opening on Friday 27 September. The free catalogue - complete with Trail map, timings and details of all the artists taking part - is available to download from www.greendoor.org.uk or you can pick one up from outlets around the area.

(Green Door is a self-managed, not-for-profit artists' co-operative based in South Lakeland, and committed to bringing artists together and making contemporary art accessible to local residents and visitors to the area.)

Autumn Treats from Furness Tradition

Well the festival was all kinds of brilliant this year, so we crack on with Furness Trad concerts in the Coronation Hall, Ulverston.

We are proud to be bringing three big main hall events between now and Christmas as well as continuing with our weekly hosted sessions at the Hope & Anchor on Tuesdays from 8pm, our Community band continues to meet each month and you may well catch them playing for a ceilidh somewhere locally or as part of the Furness Literary Festival in the coming weeks. Our "Winter Gathering" will take place on December 16th at the Sports and Social Club. We are looking very seriously at how Furness Tradition continues and develops and would welcome any comments, thoughts or offer of involvement.

Main Hall events

Due to audience demand and simply incredible concert performances we are inviting back Duncan Chisholm and also Blazin' Fiddles this year and also bringing something very special in the shape of Hannah James' Jigdoll Ensemble combining music, song and very top level traditional dance in one mesmerising piece of work.

These can all be booked via the Coronation Hall booking office and website.

Duncan Chisholm Sept 15th

Duncan Chisholm with Megan Henderson, fiddle, Innes Watson, guitar and Calum Stewart uilleann pipes. Duncan Chisholm is one of the most accomplished and authentic interpreters of traditional Highland fiddle music. His music is elegant, trancelike and tender, laced with strokes of genius.

www.duncanchisholm.com

Jigdoll Ensemble October 17th

Hannah James has been an unmatched force of innovation in British folk for nearly two decades. A multi-faceted performer, James' virtuosic talent spans all her four disciplines: singer, accordionist, composer and clog dancer. She has amassed an international touring career and multiple award nominations. JigDoll Ensemble sees Hannah joined by three masters of their instrument: percussionist András Des (Hungary), fiddle player Kate Young (Scotland), and bassist Marti Tarn (Estonia), perfectly articulate James' visionary ideas for song,



tune and dance.

The resulting live masterpiece debuted at the English Folk Expo, gaining an awestruck standing ovation from distinguished folk industry professionals from around the globe.

<https://jigdoll.co.uk/>

Blazin' Fiddles November 28th

Take a group of the hottest contemporary fiddle players from the Highlands and Islands of Scotland, mix with some wonderfully sympathetic piano and

guitar arrangements and you've got the award winning Blazin' Fiddles on your hands. And they are Blazin', in the past decade no other band has quite captured Scottish fiddle music's variety, energy and sensitivity like Blazin' Fiddles have. Jenna Reid, Bruce MacGregor, Rua Macmillan and Kristan Harvey are joined by Anna Massie on guitar/fiddle and Angus Lyon on piano to deliver a musically intoxicating evening for all.

www.blazinfiddles.com

Planet Mirth

Following a recent busman's holiday to the Edinburgh Fringe, the team behind Ulverston's premier comedy club Planet Mirth managed to bag five of the finest acts that they saw slaying the festival stages, securing their comedic services for another jam-packed evening of stand up at the Laurel and Hardy Museum on 5th October.

These always prove to be popular events with tickets often selling out in advance.

Host for the evening is Ada Campe whose show "The Psychic Duck" sold out most nights of its month long Edinburgh run, receiving numerous four and five star reviews.

In 2018 Ada won the prestigious New Act of the Year Show (NATYS), the Leicester Square Theatre Old Comedian of the Year competition, and was shortlisted for the 2019 Chortle Awards in the Variety category.

Sandi Toksvig had the following to say about this larger than life character, 'Ada Campe made me laugh more than anyone on the



Planet Mirth Ada Campe

circuit for years. Genius."

Singaporean comedian Jinx Yeo's sets combine clever punchlines, self-deprecating humour and witty one-liners that pack a punch. Currently, he has acquired nearly half a million followers and 21 million views on Facebook for his "Asian Nerd Roasts the British" stand-up routine. Jinx's effortless delivery and clever material won him 1st Runner-Up at the Hong Kong International Comedy Festival (2011) and made him a Finalist in the America Meet World Global Comedy Competition (2014).

Chris Stokes is a former RSPCA van driver who hails from the South

West. His act has been described as playing on social misconceptions and dismantling them on stage via gag-packed first-hand anecdotes told with a charming and offbeat sincerity.

Chris has supported Milton Jones and Jason Manford among others on nationwide tours, has appeared on BBC Three, Dave and Radio 4 and was named on the BBC Talent Hotlist. He has taken 5 solo shows up to the Edinburgh Fringe, the first of which won Best Show at the Dave's Leicester Comedy Festival Awards in 2012.

Since starting out in January 2014 Mike Dryburgh has quickly established himself as a promising newcomer with a likeable personality and an ability to poke fun at himself and the situations he lands in. His anecdotal material conceals wordplay and some sharp one liners whilst remaining conversational. In 2015 he was nominated for the Birmingham Comedy Festival Breaking Talent award, Nottingham Comedy Festival Best New Act and Best Newcomer at the Midlands Comedy Awards.

Headline act for the evening is former Holsten Pils Comedian of the Year, Steve Shanyaski.

Steve rapidly established himself throughout the UK as a top choice for all of the major comedy venues & promoters, including the Comedy Store, CSE, Glee Club, and Jongleurs.

His whirlwind performances and thrilling routines have consistently proven a hit with even the quietest crowds. He has performed his comedy throughout the world: to an audience as diverse as bikers in a field, to royalty in a theatre, and never ceases to go down a storm.

Combining surreal observations with wildly tangential imaginings, his off kilter set pieces have audiences fully immersed in 'Stevie World' as he leads them, Pied Piper-like down the charming avenues of his inner mind.

Tickets, priced at £11.50 are available from the Laurel and Hardy Museum, Brogden Street, on 01229-582292 or via facebook.com/planetmirthcomedy.



Planet Mirth Michael Dryburgh



Are You The Next Kate Winslett or Benedict Cumberbatch?

If you are aged between 7 and 15 and interested in performing, then why not try Furness Youth Theatre which meets on Tuesdays at 6 pm at Pennington Hall just outside Ulverston. This is a great opportunity to make new friends, grow in confidence and develop new skills.

For more information ring Liz on 585433 or go to www.furnessyouththeatre.com

The Gondoliers Come to Grange

Following their run of shows in September, Staveley Amateur Operatic Society will be transporting a Grange-over-Sands audience to sunny Venetian climes for a concert version of Gilbert and Sullivan's ever popular comic-opera "The Gondoliers" where romance is afoot as two



Staveley Amateur Operatic Society

handsome gondoliers, brothers Marco and Giuseppe choose their brides. Following their wedding to Gianetta and

Tessa they are surprised to learn that they are not in reality brothers and one of them is actually the heir to the throne of Baratara. Until it

is resolved which is which, they are sent by The Grand Inquisitor, Don Alhambra, to Baratara to rule jointly. To complicate things, a Duke's daughter, Casilda is betrothed to marry whichever gent proves to be the King.

They are well supported in song and dance by the ladies and gentlemen of the chorus and Musical Director David Tattersall conducts Sullivan's delightfully varied compositions.

The show takes place in The Victoria Hall at 7.15pm on Saturday 12th October. Tickets are available from Grange Information Centre 015395 34026."

New Exhibition at Brantwood

Happenstance, an exhibition of work by Russell Mills is now showing at Brantwood until 6th November. The exhibition includes mixed media works and an aleatoric soundwork made especially for Brantwood.

Russell Mills was born in Ripon, Yorkshire in 1952 and studied at Canterbury and Maidstone Colleges of Art, and the Royal College of Art. He works across different media, encompassing mixed media painting, site-specific installation, sound, film, design, visuals and lighting for contemporary dance and music, and writing. His interdisciplinary approach has also led him to work with some of the most influential cultural figures of our time, producing album covers for the likes of Brian Eno, Nine Inch Nails, David Sylvian and Peter Gabriel, and book covers for Samuel Beckett, Ian McEwan and Milan Kundera, amongst many others. He has exhibited and created his immersive multimedia installations internationally. Inspired and informed by ideas of contingency, chaos, order, control and surrender, juxtaposing traditional art materials with chemicals and organic matter, his work, morally and philosophically, exemplifies a rare integrity. Mills lives and works in Ambleside.

Happenstance is on every day in the Severn Studio at Brantwood, 10.30am-5.00pm. Admission is included in the house or garden ticket. For further information please contact Brantwood, Coniston, LA21 8AD, Cumbria. T: 015394 41396. www.brantwood.org.uk



Brantwood Exhibition A Star For Every Seed 2018-19

ADVERTORIAL

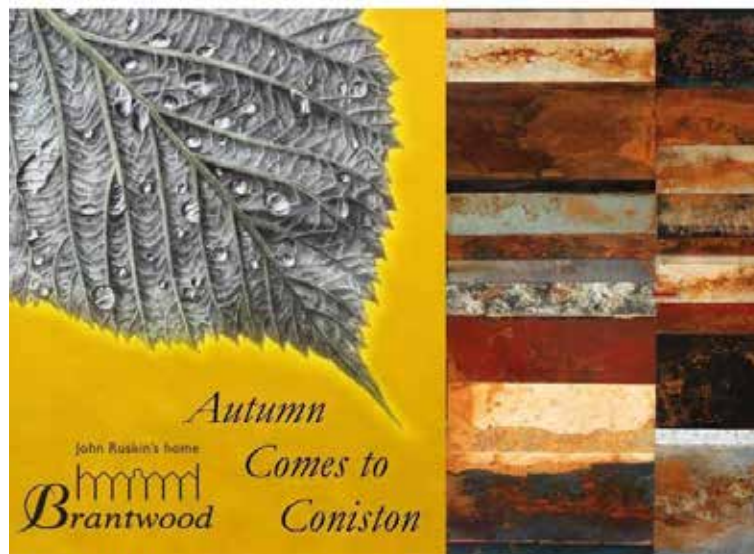


Image: Hideyuki Sobue & Russell Mills

We still have plenty to come this year: 'Conversation with Ruskin' Hideyuki Sobue's exhibition continues in the Blue Gallery until 17 November, then Ruskin and Trees. In the Studio, we have 'Happenstance' by Russell Mills; an array of mixed media works and an 'aleatoric' soundwork until 6 November: followed by Phil Entwistle's stunning quarry paintings.

Events include a talk by John Blewitt on Ruskin and William Morris on 3 October. On 7 November our Poetry Open Mic Night returns to The Terrace (includes supper). Budding poets can also join our writing course with Geraldine Green & Pippa Little 11-14 October. Our Concert Season returns on 1 November with a performance by renowned pianist Martin Roscoe, followed by local student Jen Hucknall on piano on 14 December. Sally Bamber will be holding a wildflower painting course on 27 September and life drawing on 4 October. Last and not least, our Annual Winter Craft Fair is on Saturday 9 and Sunday 10 November with a wide range of quality crafts and demonstrations on display throughout the House. 10.30am-5.00pm (4pm on Sun). £2.50 admission. www.brantwood.org.uk / 015394 41396

ULVERSTON JAZZ APPRECIATION SOCIETY

The programme for September 26th will include:

Mississippi Memories: A member's musical reminiscences of a recent visit to America's Dear Old Southland.

Emily Remler: a first class guitarist, whose even greater potential was sadly cut short by an early drug-related death.

Classic Piano Blues Part 2:

Another welcome presentation of more earthy blues piano by some of its greatest practitioners.

The programme for October 24 will include:

The Forgotten Ones: For many demanding reasons, too many top jazzmen have fallen too soon by the wayside. Here's a tribute to

some of them.

The Charles Mingus Septet of 1964: Perhaps the greatest group of the difficult but multi-talented bassist.

Jazz oldie or beginner, you'll be sure to receive a warm welcome when the Society meets monthly at Bardsea's Malt Kiln Village Hall, down the coast road a piece from Ulverston, where knowledgeable

presenters with wide tastes present music of all jazz styles 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.

Ulverston Outsiders Next Play - 'Woman in Mind'

Ulverston Outsiders next play will be Alan Ayckbourn's Woman in Mind, and will be performed at the Coro from Tuesday 19th until Friday 22nd November.

The director will be Jean Hunt, who directed the acclaimed production of All My Sons, and this is her take on the play,

"Although 'Woman in Mind' is one of Ayckbourn's darker comedies, it is a very funny and thought provoking play. First performed in Scarborough at the Stephen Joseph Theatre in 1985, it transferred to the Vaudeville Theatre in London in 1986, starring Julia McKenzie



Jean Hunt

as Susan, with Martin Jarvis as Gerald. Starved of affection and love by her rather boring husband, Gerald, and her son Rick, who is ashamed of her, Susan conjures up an imaginary family. A loving husband Andy, an adoring daughter Lucy, and a brother Tony. She is happy and relaxed when she is with this imagined family.

The play is set in the small suburban

garden of Gerald and Susan, but when she is with Andy, Lucy, and Tony, this rather dull space expands to become bright and lavish. Other characters who, as well as their own standing in the play, serve to show different aspects of Susan's character, are Bill, the doctor who has had a long standing crush on Susan but is unable to express his feelings, and Muriel, Gerald's long suffering sister. The action is all seen through Susan's eyes - we see what is in her mind. But gradually Susan loses control over her dream, which breaks down into a nightmare when her real and imaginary families clash."



Recycling Facilities in Ulverston

Recyclers who use the banks at Booths at Oubas Hill in Ulverston are being reminded that there will be no facilities there after 23 September due to construction work.

Residents are being reminded that there are two other recycling sites in Ulverston – at the leisure centre in Priory Road and the Household Waste Recycling Centre in Morecambe Road.

The HWRC in Morecambe Road, run by Cumbria County Council, is open seven days a week 8am to 6pm while the site at the leisure centre in Priory Road is open 9.30am-9.30pm Monday to Thursday, 9.30am-8pm on Fridays, 10am-4pm on Saturdays and 10.30am-6pm on Sundays.

The majority of items which could be recycled at Booths can also be recycled kerbside in people's household blue bins and boxes.

Your blue bags are for:

- ✓ plastic bottles, pots, tubs and trays
- ✓ shampoo, toiletry and detergent bottles
- ✓ food trays and fruit punnets
- ✓ steel and aluminium cans, food tins and clean aluminium foil
- ✓ jar and bottle tops

Your second blue box is for:

- ✓ glass bottles and jars - **not sheet glass, broken glass or lightbulbs**

Your paper and cardboard boxes are for:

- ✓ newspapers and magazines
- ✓ junk mail and leaflets,
- ✓ greetings cards,
- ✓ white office paper
- ✓ brochures and soft back catalogue
- ✓ telephone directories
- ✓ envelopes
- ✓ wrapping paper
- ✓ flattened card and other food boxes
- ✓ flattened cardboard packaging and corrugated cardboard



You Can Recycle More Than You Think!

'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!



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LoyalFree in Ulverston is a year old

Launched in the summer of 2018, the successful partnership between Ulverston BID and the LoyalFree app now offers 91 deals and is used by over 10% of the local population in the town.

The multi-award winning app is now available in 14 towns and cities across England and encourages the public to save money when they shop local. The app showcases local businesses in Ulverston with profiles which display special offers, loyalty schemes, reviews, instagram feeds and more. A location based 'Local Guide' also enables users to find information on key attractions,

events and parking in the area - perfect for encouraging people to make a visit to the town.

Tours & Trails

More recently the app introduced interactive 'Tours & Trails', the aim is to draw attention to the variety and diversity of the businesses in town and are themed to appeal to a wide range of users.

For instance there is a dog friendly trail highlighting not only premises that offer dog grooming or pet supplies but also shops, restaurants and bars that actively encourage dog owners to call in.

The Cocktail trail and the Ale trails are obviously focused on the many bars in town, many of whom have fantastic LoyalFree offers to tempt us to try new products and then

return to try some more.

The Health & Beauty trail showcases 18 Ulverston based businesses helping users understand what each establishment offers - did you know, for instance, that there are yoga lessons available right in the town centre and a shop that offers an allergy testing service?

Loyalty brings its own rewards

Of the 75 businesses that have joined the scheme there are 25 establishments where you can collect digital loyalty stamps on your phone enabling collectors to obtain everything from free beer and wine through to free burgers and main meals. Or if you prefer a coffee or a milkshake they are also available in several of our local cafes. In addition

there are many money off discounts given by a number of the unique independent fashion shops in town plus money off craft items, jewellery and handbags.

Deals are regularly updated on the app, with new businesses joining all the time. So far 5,624 stamps and deals have been collected and claimed through the LoyalFree app in Ulverston. So if you haven't already downloaded the app - what are you waiting for?

The app is free to download by searching for 'LoyalFree' on the Apple or Android app stores alternatively look under "offers" on Choose Ulverston www.chooseulverston.co.uk or find it on the Ulverston BID website www.ulverstonbid.org.uk

Exciting News from Shed 1 Gin

Last year we held a Mega-Gin Raffle and managed to raise £2,000 for two local charities, St Mary's Hospice and The Foodbank. So, we're doing it all again!

Shed 1 Gin began in our 7x7 foot garden shed in October, 2016 and this October we'll be moving to a 100 by 20 foot shed on the Auction Mart. This will mean we'll have the

space for a Visitor Centre. You'll be able to come along for gin tasting events, gin afternoon teas and, the first in Cumbria, Make Your Own Gin Experiences.

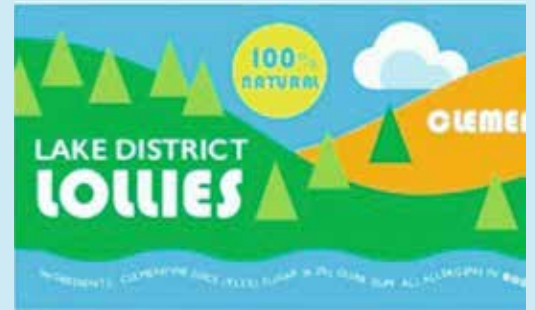
So, as part of this year's raffle you could win a Make Your Own Gin Experience among, at least, 10 other gin-related prizes. This year we are raising money, and awareness, for Ulverston Mind and the Gorlin Syndrome Group, which personally affects us. For more information, please check our Marmalade Fund page on our website: <https://shed1distillery.com/marmalade-fund/>

We are also delighted to tell you that we have won 5 more Great Taste Awards, as well as being finalists in the Rural Business Awards. Zoe is also a finalist in the Enterprise Vision Awards, and if you would like, you can vote for her on their website: <https://evasvoting.co.uk/hospitality-industry-award/>

We're looking forward to welcoming you all to the new shed.

Enjoy a Plastic-free Ice Lolly!

The Handmade Ice Cream Company has developed a 100% natural range of ice lollies to complement its range of handmade ice creams.



The lollies are made using pure fruit juice, and flavours include Strawberry & Banana, Apple & Mango, Orange & Mango, Orange & Lemon, Clementine and Raspberry & Passion fruit. The company is also looking at a collaboration with "Shed One Gin" to make a gin & tonic lolly among other local brands. Steven Darvill, the founder of the company, says "We are purely based on making the best quality products as with our ice creams but also wanted to go one step further with the packaging so we are using a 100% biodegradable wood pulp based (looks like clear plastic) packet with a printed paper label."

Steven started the company in April 2012. Originally a pastry chef, he wanted to branch out on his own in a trade he already knew something about, so he started making ice cream in his own kitchen. The wholesale and retail sides of the business snowballed, and he then took a unit in the Clock Tower at Haverthwaite. The company only uses the best ingredients, with no artificial flavours or colourings, and as much as possible, including fruit compotes and gingerbreads, is made in house. At the moment the business is roughly 50/50 wholesale and retail, supplying independent shops, Booths, hotels and restaurants, and there are plans afoot to move to new premises with an ice cream parlour. Steven says they are constantly on the look out to replace plastic, but this is tricky on the wholesale side because ice cream needs robust containers which can go into freezers and withstand a lot of handling.

If anyone has an ideas for an alternative to plastic ice cream tubs, please let us know.



Cards for Good Causes

Cards for good causes will start trading at Ulverston library on Saturday 12th October 2019. Charity Christmas cards, gifts, wrapping and other Christmas essentials for sale; early viewing is recommended as these amazing products sell fast.

We want to hear from you - get in touch with
Ulverston Now by email or post

Star letter

Gardening is good for you!

The evidence is growing that being out of doors in a natural setting is good for you. And even better, it seems, is gardening. Purposeful activity in the open air, such as gardening, is good for our sense of wellbeing. It can help to relieve stress, soothe anxiety and restore a sense of meaning during recovery from depression.

And Ulverston Parish Churchyard Quiet Garden, affiliated to the Quiet Garden Movement, is in need of more gardeners. The gardens provide an oasis of tranquility, open all year for anyone who wants to sit or wander in peace in lovely surroundings. And the small team of volunteers are working to make it more welcoming, more beautiful and more friendly for wildlife. But we would be glad of extra help.

So, if you are looking for ways to de-stress, or for alternatives to worry, or for something purposeful to do; if you have no garden and have time on your hands and would like to be active out of doors, or would simply enjoy working as part of a team doing something worthwhile, then helping in the Parish Garden might suit you and bring benefit to other people

Experience is not necessary, we can show you what to do, and you can work together with others or, if you prefer, quietly alone. We garden on Wednesday afternoons from 2.00 to 5.00 and you are welcome to join us. We have tea and biscuits at 3.30 as well!

Come along to Ulverston Parish Church, Church Walk, Ulverston LA12 ZEN on Wednesday afternoon or for more information, phone 01229 582065

Jane Parker

Dear All former Pupils, Staff, Governors and Friends

In September this year -2019- Grange C of E School celebrates 50 years since it opened. As a result we have organised an "Open afternoon" on Thursday 19th September, 1.30pm to 4.30pm which would give you the opportunity to see our display of photos as well as looking round the classrooms, and possibly chatting with the children about your time here or their current experiences in school in 2019. (Pupils leave at 3.15pm though).

We would love to see you whether or not you attended at the time or were a member of the former Grange C of E School in the first building in the town -all interested parties are welcome. Light refreshments will be available by members of our FROGS committee. Current staff members will be able to come to the display in the school hall once they have finished teaching for the afternoon. If you know of other people who may not read this article please do let them know. I do hope that you can visit.

Mrs Phillipa Summers (Current Headteacher from 2012 to present)

Dear readers of Ulverston Now

You still have time to vote for Ford Park to win a share of Persimmon Homes' Building Futures £1million pot supporting under-18s nationwide.

Persimmon Homes has shortlisted Ford Park Community Group to be a potential prize winner at a gala dinner in October, where cash awards of £100,000, £50,000 or £20,000 will be made to those winning the most online votes. It is a huge achievement to have been selected as a regional finalist, but now we really need people to get behind us and get voting so that we are in the strongest possible position to earn one of the top three cash awards on the night.

If successful, we will use the funding to improve the existing playground by adding equipment suitable for disabled children and toddlers. We will also improve the accessibility of existing equipment by creating new pathways. Voting could not be simpler. Just log on to www.persimmonhomes.com/building-futures/ and select Ford Park Community Group (in the Health category) and vote for us - we would really appreciate everyone's support. Voting closes on September 27 and you can vote once per day, so please do spread the word with friends and family. The more votes we gather, the better chance we have!

Jill Salmon Chief Executive, Ford Park Community Group attached: Ford Park, Ulverston. Copyright Ford Park Community Group



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DIVORCE

Our most commonly asked questions

Our expert family solicitor Lisa Martin answers your most frequently asked questions when it comes to divorce and separation.

"My spouse caused the split, will they get less from our financial settlement?"

The court does not concern itself with punishing one party for their behaviour which led to the breakdown of the marriage. Instead, the court will look for a fair and reasonable financial settlement that meets both parties' needs.

"I want my husband/wife out of the house, can I change the locks?"

If you own the property jointly and it has been the shared home during the marriage or civil partnership, you do not have a right to change the locks without your spouse's consent. If there is a risk of domestic violence or abuse then an application can be made to the court for an 'Occupation Order' which, if successful, will exclude one spouse from the home.

"If I inherit money from my parents, surely my spouse does not have a claim against it?"

The answer to this is not straightforward. Property that is gifted or inherited from third parties during the marriage is not automatically matrimonial money to which the sharing principle applies, however, if the nature of the gifted item or inheritance changes during the course of the marriage, your spouse may have a claim against it.



Michele Ashton



Lisa Bell

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A Different Harvest

As the season of mists and mellow fruitfulness is upon us, the traditional harvest time is nearly over. In the past, farms in Furness grew fruit, hay, wheat, barley, oats, potatoes, beans and turnips and raised cattle and sheep. In the 21st century, after great changes in agriculture and modern challenges, many farms are facing an uncertain future. Here are the stories of two farms, one just outside Ulverston and one a bit further afield, showing us how farmers are determined to carry on by looking at a different kind of harvest.

The Story of a Small Farm - History and Development of Hawes Villa, Moss Lane Silverdale

Our family moved to Hawes Villa in 1960. Prior to that the land had been used for market gardening and flower growing. There was also an orchard with apples, pears, plums and damson trees.



Hawes Villa 1968 showing the market gardening and first of the pig housing erected.

Over a period of 15 years or so, the family built up a herd of about 400 pigs which were fed on swill collected from the local schools, hospitals and hotels and which was boiled up for two hours in a metal tank using a ship's steam engine to generate the heat. Pig farming, often seen as 'poor man's' farming as it can be done on a relatively small acreage, has never attracted any of the grants awarded to other sectors of agriculture so one could argue that pig farming is done for love rather than money! As is quite common in the pig industry, poultry, also requiring less land, were kept alongside the pigs and we had about 200 hens and 30 ducks at any one time. We also bred and reared rabbits for a time.

As Hawes Villa farm is relatively small, our family has always had to be enterprising to make a living and we were agriculturally diversifying long before the term was coined

in popular parlance. We had a market garden of 1.5 acres half way up Moss Lane upon which we grew lettuce, cauliflower, sprouts, cabbage, broccoli and leeks often planting up to 2,000 plants in an afternoon in between feeding the pigs and collecting swill. We stood 3 markets a week (Lancaster, Carnforth and Warton) selling fruit and vegetables plus our own grown produce. Down on the main farm we had a plant nursery in addition to the pigs and poultry. We grew perennials and bedding plants which we sold at our market stalls and also to other shops around the district. Spring and Summer were very busy for us often working from dawn to dusk (and beyond) looking after the stock, watering and repotting plants and loading/unloading from market. We always had a least 1 'lad' working for us and nearly all the young lads in Silverdale village had a spell working on 'The Pig Farm', most of them having fond memories of doing so despite the hard heavy work and the pong. In the winter we sold logs and coal delivering these when we collected the swill to save time and petrol. We used to travel to the North East in the wagon to buy sea coal to sell to our customers.



Hawes Villa 1976 when new swill laws required a larger processing plant to be built

In the 1970s new swill laws were introduced which meant that in order to feed swill to pigs, a large processing plant had to be built. The plant cost over £4,000 which was a considerable amount of money then, and today it would cost about £200,000 to build the same plant. This put a considerable

amount of financial strain on the farm but we got through it will much hard work and determination. The next challenge we faced was building of the various supermarkets around the area, in particular the opening of Asda near Lancaster had a considerable impact on our income, the market takings halving.

By the end of the 1990s the farm was unable to support all members of the family so some found employment outside of agriculture and the farming operations were scaled down, there being a period of about 4 years when we had very little livestock. As a result a massive clearing up operation was required to remove unwanted farm materials, scrap, greenhouses, poly-tunnels, tin-sheet fencing and horticultural glass. This was a very slow process due to lack of time and money and some of the farm buildings fell into disrepair as a consequence.

About 2004, Stephen, then aged 16, decided, with the help of other family members, to build up a herd of rare breed pigs (Gloucestershire Old Spots) in order to re-generate the farm business to try to halt the deterioration of the farm buildings and land.

Stephen was working locally as an apprentice joiner, improving the farm and breeding the pigs alongside this however things were still tough financially and there was a point when the farm was valued for sale due to the enormity of trying to keep the place in order whilst the family were working.

A chance visit by a friend from Manchester, who called for the night in his campervan on the way to Scotland then stayed for the week, resulted in the family thinking about tourism as a way of saving the farm and providing an income. We applied to the Motor Caravanners Club for a Certified Location (CL) Licence which allows us to have up to 5 caravans/motorhomes at any one time on the farm. Initially, we had only the minimum facilities required for a CL (water and waste)



Gloucestershire Old Spots sow and piglets

however we have continually used the money we have earned from the site to improve it and to continue the clean-up operation. Additionally, we opened up one of the paddocks in the wood for occasional camping during the summer.

The woodland camping field shortly after opening it up

A natural progression from the CL and tenting was to offer Glamping and we decided to put 2 yurts (Mongolian tents) on part of the wooded pasture. This land had been churned up for years by the pigs so the first step was to fence them out of the area again using money raised by the CL and camping to pay for the fencing. The yurts have been successful to date with most customers coming from large towns and cities to enjoy the tranquillity and beauty of the site and surrounding area. Tourism has enabled us turn the yurt site from a muddy field to a magical setting for our guests. It is this return to Nature which captures the hearts and imaginations of so many of the visitors to Hawes Villa and we feel particularly privileged to meet and get to know our guests. Without them the future of Hawes Villa as a family farm and home would be in jeopardy. Thank you to all the guests who have visited and continue to visit Hawes Villa. You are helping to keep the family tradition alive.



The Yurt Site

For more information, please visit www.hawesvilla.com or www.hawesvillayurts.co.uk

Cumbrian Cow

The ice cream at Cumbrian Cow is now legendary in the area, and here Denise Stable tells us why and how her farming family diversified.

“We are now heading towards the final few weeks of our fourth season of Cumbrian Cow. My husband Mike and I moved to Edgehill farm from Bolton Manor farm Little Urswick six years ago. We took on the second farm as our son Tom was shortly to be married to Anna and we needed a second house but also Edgehill provided us with much needed extra land to grow cereal crops for our expanding dairy herd. The herd of Holstein cows are based at Little Urswick where they produce the milk for our Gelato style ice cream. Gelato is lower in fat than ice cream and has less air churned into it. We make it fresh in small batches and is it is served at a higher temperature, giving a smoother more intense flavour.

The idea to diversify into ice cream came about when the ever fluctuating milk priced took a dramatic fall. We attended the Ice Cream Alliance show at Harrogate, went on a training course in

Hereford, completed the required food hygiene course, whilst Mike and my son in law Harry with help from local builders converted what had been the original dairy at the farm into our ice cream parlour, we managed to find a pasteurizer and batch freezer second hand and nervously opened our doors on the Spring Bank holiday weekend. We totally underestimated the public response and if it hadn't been for our family and friends stepping in to help we would never have survived the first week! We now have 12 part time staff to keep up with demand.

We use top quality ingredients the majority are Italian and believe that




you can't beat freshly made ice cream. We bring the milk up from Bolton manor and I make the ice cream myself every day, so often the ice cream our customers enjoy is only made the previous day, and can actually only be 12 hrs from Cow to Cone! We have a number of regular flavours such as double strawberry and Belgian chocolate that we have all the time but have others that change day to day. We now have

over 60 flavours but our top seller is our definitely dairy ice cream (no Vanilla) and it is our most popular flavour.

We also serve hot waffles, Sundaes, milk shakes, cake, tea and coffee, sweet treats! We have ample seating in the outdoor seating in the farm courtyard, and also a large covered seating area . The

field / paddock is a great place for a picnic with panoramic views of Hoad Monument, Coniston Old Man and the Lakeland peaks. Wheelchair access is good and disabled toilets are provided.”




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Pictured: Acers in the Rock Garden at Sizergh, near Kendal

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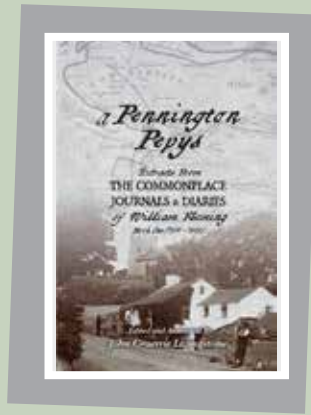
Book Reviews

A Pennington Pepys

Edited and Annotated by John

Graeme Livingstone

Vimiera Publishing £10.99, available after 3rd October from Suttons Books, The Book Shack, The Old Curiosity Shop and other good bookshops.



The subtitle of this book is "Extracts from the Commonplace Journals & Diaries of William Fleming (1770 - 1829) Book One (1800 - 1808). The word 'commonplace' should not mislead us, since this is one of the most fascinating local history books produced in recent years. In it we have a voice speaking directly to us from over the distance of 200 years. After painstaking work in the archives, JG Livingstone has done us all a service in bringing William Fell's words to us. William Fell of Pennington was an educated man and a local landowner in a small way, owning farms which he either rented out or paid a farmer to work for him. He enjoyed what seems to have been a leisurely life, shooting game birds and making social calls. However, he was also a sidesman at Pennington church and was, at times, the Surveyor of Highways and Overseer of the Poor, so his life was not all pleasure. He wrote his journals to entertain himself, so that he could look back in later life and remember what had happened, and so as not to forget his friends and their good qualities.

It is difficult to know where to start in emphasising the significance of these diaries. As befits someone who made his income from farming, his journal is stuffed with information on the weather, how the various crops grown and livestock raised were faring and the prices of food in Ulverston market. This is gold dust for serious

students of agricultural and economic history, and also for those looking at weather patterns and relating them to current concerns about climate change. Incidental observations, such as that it was so hot on August 19th 1801 that a reaper at Gleaston Castle died, and so cold on December 23rd 1808 that people were skating on Ulverston Canal will delight the casual reader.

His description of a walk between Pennington and Windermere gives us a wonderful picture of all the local industry, such as blast furnaces and gunpowder works, and of what the countryside looked like. An account of a trip to Liverpool by coach makes us realise that romantic Christmas card images of stagecoaches are far from the reality of unwelcoming inns and coach drivers, who, like hard-pressed delivery van drivers of today, nearly fall asleep at the reins. In some ways William Fell confounds our ideas of what views a Georgian middling class man would hold. He believes the popular and mainstream pastime of cock-fighting is barbarous, laments the loss of life in the Napoleonic wars and paints an unflattering picture of certain clergymen. While his world was so different from ours, anyone who reads his accounts of a disappointing night at the theatre, drunken antics and dodgy speculators digging for coal will soon realise that human nature and behaviour has hardly changed at all.

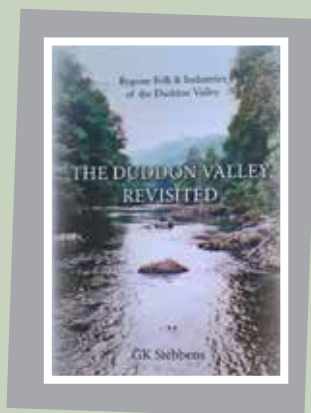
The Duddon Valley Revisited

GK Stebbing

GKS Press 2019

£14.99 from Suttons Books

This is an updated version of GK Stebbing's 2002 'Bygone Folk and Industries of the Duddon Valley - A Brief History', and contains the original content together with more information and photographs. It covers places such as Duddon Hall, and industries like the important Duddon Iron Blast Furnace and the



slate mines, and shows, as do other local history books, how areas in Cumbria which are now seen as rural and idyllic were once home to industry.

Welcome to Ulverston Library

Forthcoming Events at Ulverston Library

Author event -

Martin -Salter-Smith Poet

Words from Stone: Poems of the wild places

Martin's new collection of poems includes a celebration of the great sandstone Cistercian abbey of Furness and continues with poems that bring to life the stony wild places that we all love, drawing mainly on his experience of the Lake District.

Thursday 26th September 19:00. Tickets cost £1 & Booking is essential. Phone 01229 404151

A Pennington Pepys:

The commonplace journals and diaries of William Fleming of Pennington 1800-1808. By J. Graeme Livingstone

William Fleming of Rowe Head, Pennington kept a diary between 1800 and 1821. He was an educated man and his diaries show his wide-ranging interests: botany, natural history, the weather, history and social comment. Living through a period of great economic and social development, Fleming recorded the changes taking place around him. His diaries are invaluable source material for local social, economic and agricultural historians.

Join staff from Barrow Archive Centre in Ulverston Library on Thursday 3rd October at 7pm. Free event but please book a place. Tel: 01229 407377 or barrow.archives@cumbria.gov.uk

Celebrating libraries in a digital world

Come and find out about the digital resources on offer at the library: Ancestry, Find My Past and Borrow Box. Coffee Morning Tuesday October 8th 10:00-12:00. All Welcome

Get Safe Online

THE training will provide you with simple information to help keep yourself and your communities safe through topics such as: updates on the latest scams, creating secure passwords, shopping and banking online securely, social media, and how to prevent and report fraud, identity theft and abuse. Sessions are free to attend but pre-booking is required as spaces are limited. Wednesday November 6th 13:30-15:00. Tel: 01539 793278 Jemma.fells@southlakeland.gov.uk

I.T Help

Drop-in. Tuesdays 13:00-15:0

Alzheimer's Society

We hold regular drop-in Dementia Information Sessions at Ulverston Library. These are offered by the Alzheimer's Society and are aimed at people with dementia, their family and their carers. No need to book – just turn up. Every Fourth Thursday of the Month. The next session is Thursday 26th September 10:30-11:30

Ulverston Falls Prevention

Falls prevention advice drop-in. Every Third Thursday of the month. The next session is 17th October 10:00-12:00

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Auction houses are most commonly associated with vintage or antique sales but good hammer prices can also be realised on modern pieces.

A recent collection of Games Workshop War Hammer books, figures, and fantasy games highlighted the fact that current items can deliver excellent value.

These contemporary lots showed that when demand outstrips supply, the value of the item rises significantly. At the ripe old age of 3 years, the hard-to-find leather-bound volume, *Horus Heresy, Book Six, Retribution* by Alan Bligh, commands £200-£300.

The challenge for collectors remains the same then: find the rarity to reap the reward.

From Greener Ulverston

Greener Ulverston has been busy since the last issue.

We arranged recycling bins at Another Fine Fest for the first time and designed a Summer Recycling Challenge that went out to nearly 1000 primary school children. It was great that every school in Ulverston was happy to take part. We had a stall at Ford Park family fun day and we've been organising a Global Climate Strike on Friday 20th September along with Youth Strike for Climate Ulverston. There is also now a Terracycle collection point for old toothbrushes and empty toothpaste tubes in Booths supermarket. More details of all the Terracycle collection points in Ulverston are on our website www.greenerulverston.uk

If you've also been busy making some changes to your food shopping as we suggested in our last article, with the increase in vegan products in shops and on the menu in restaurants and cafes it's never been easier to eat less meat and dairy. Our focus for this month is to buy fewer new things.

We have started a Facebook group called 'Ulverston Fix It Service and Library of Things' to

help with this aim.

Borrow tools from friends or neighbours instead of buying new ones, especially ones you would rarely use.

Try second hand options first, e.g. Facebook groups such as Ulverston sell and seek, eBay, charity shops, and Freecycle. Also try to pass on unwanted items through these channels rather than throwing them away.

Buy second hand clothing instead of fast fashion. Or you could organise a clothes swap evening with some of your friends.

Use your own water bottle instead of buying bottled water. There are plenty of places to get them refilled in Ulverston and everywhere else.

If you can't resist a bargain and often end up coming home with things you don't actually need try avoiding going in these shops or write a list before you go and stick to it.

We hope to see lots of you at our stall at the Eco Fair in the Coronation Hall on 26th September. It's an event not to be missed!



Crafty Corner

Hello again readers,

I hope you have all had a great summer.

In my last article I started to talk about the wonderful art of needle felting by describing the various types of wool used. The 'Core' wool is what is most commonly used for the middle, or main body, of 3D needle felt sculptures. 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 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. As promised, I'll now move on to explain the magical process itself...

When I first heard of needle felting and that the cute little curled up fox that I clutched in my hand had been 'needle felted' I was perplexed? How could a sewing needle create this beautiful little fox? I couldn't see any stitches?



My curiosity was such that I just had to find out more and this was what I discovered....

Firstly - the 'needle' is not a 'sewing' needle at all. The needles used for felting do not have 'eyes', they are longer and extremely sharp. In addition, they have a series of barbs running up from the point and, crucially, it is these barbs which make the magic happen.

When pushed into wool roving, the

barbed needle interlocks the wool fibres to create a more condensed material. It is the unique property of wool fibre which allows it to 'stick' to itself causing the wool to 'felt'. Gradually this becomes more and more firm and then all manner of flora and fauna can be sculpted using this simple process....

...and that's it! Yes, that's all you need some core wool (as described in the last article) and a felting needle. As such, this fantastic craft

is not only a cheap pastime but you can also do it anywhere. For instance, I can often be found needle felting whilst sat on a bench half way up Hoad and sometimes even down the pub whilst enjoying a relaxing pint!

Admittedly, yes, needle felting is a time-consuming craft, requiring concentration, patience and practice. Once mastered, however, it is extremely therapeutic and intensely satisfying to watch your

creations come to life in your hands!

So that's it for this time folks as my thoughts now turn to beautiful Autumn and all the wonderful, creative opportunities which the season brings. Time to start felting rich copper and amber autumn leaves, acorns and fat orange pumpkins! Bring it on...

If you have any crafty questions you can email me through my website at www.hannecrank.co.uk

The Return of Flower Meadows at Fell Foot

Wild flower meadows don't only look beautiful but they provide vital habitats and food sources for pollinating insects, butterflies and birds. Fell Foot park on Newby Bridge is home to two types of flower meadows; a traditional hay meadow, cared for by the park's tenant farmers, and more recently, a series of striking ornamental meadows. Here National Trust Ranger, Jo Day, and Gardener Bethan Pettitt, talk about the historic significance of these meadows in the park's Victorian landscape, how they were restored, and tips on how to create your own haven for wildlife at home.

"If you've visited Fell Foot recently, the chances are you'll have seen the lawns have been transformed into patches of dazzling colour. With five different meadow areas displaying a mixture of native flowers and perennial beauties, the blossoming site is a magnet for wildlife, with its most notable new residents being butterflies, bees and hoverflies.

These additions may be new to us, but the park has a rich history of vibrant meadows and floral displays. With input from our Ranger Jo and Gardener Bethan, here you'll find out why these meadows belong into the park's historical landscape and some top tips on creating your own at home.

The floral history of Fell Foot

The grounds at Fell Foot reached their most opulent status in the 1880s under the ownership of Colonel Ridehalgh, who set about redesigning the landscape around his villa. This included planting rhododendron bushes which were fashionable at the time and well suited to the area. These rhododendron beds survived until 2009 when an outbreak of the plant disease *Phytophthora ramorum*



wiped out the collection. Due to contamination of the soil the area unfortunately couldn't be replanted with any rhododendron species.

However, staff at the park decided to see this as an opportunity, and the new areas it opened up created space for the beautiful flower meadows you can see today. These meadows will supply a vital nectar source for pollinating insects right up until late autumn and they keep with the historic design created for Colonel Ridehalgh.

Today's meadows

Today, there are five different areas of blooming meadows. There are annual mixes of native plants and cultivars (a plant variety which has been produced through selective breeding) which create long lasting colourful displays. You can find these under the trees, outside the shop, in the middle of the park and near the playground. In these displays there is an abundance of flowers including poppies, toadflax, Centaurea, Phacelia, Cosmos, Baby's breath and Viscaria. Lots of people asked us about the toadflax, which we believe to be *Linaria maroccana* or 'Fairy Bouquet'.

One of the most beautifully diverse areas can be found by the Active Base. It consists of a perennial mix of native plants and cultivars and is a small patch which we hope to expand next year. This bed will come back year after year and contains lovely *Verbascum*, *Viper's-bugloss*, *Rose campion* and *Yarrow* cultivars. The mix came on a roll of

compostable wool based turf which was very easy to lay.

Our largest meadow area is the south meadow, a traditional wildflower mix, full of native plants such as orchids, vetch, Ox-eye daisies, clover, sorrel, Yellow Rattle, buttercups, Selfheal, Forget-me-nots, Meadow vetchling, burnet, Eyebright, Pignut, Ladies Smock and knapweed.

The benefits of meadows

Both native wildflower meadows and our cultivated ornamental meadows are great for wildlife, providing habitats and helping to keep the soil healthy.

The wildflower native meadow can be home to insects which only live on specific plants – for example the beautiful Cinnabar moth only lives on the *Senecio* plant. The ornamental meadow plants can provide nectar sources for longer – but not all plants have this capability.

Grow your own meadow

Growing a meadow is a great way to increase the diversity of wildlife in your garden as well as adding colour and variety. Here are three steps our rangers and gardeners recommend to give flowers the best chance of thriving...

Step one: Slow down on the mowing! To manage the meadow, we mow it once a year, after the seeds have set in late summer/early autumn. Meadow flowers thrive in nutrient poor soil so in an established lawn you'll need to



remove the soil's nutrients naturally. To do this, allow the grass to grow up all summer then cut it short before removing the clippings and composting them.

Step two: Sow some Yellow Rattle. Sowing Yellow Rattle in autumn will help keep grass growth down and give other flowering plants a chance to thrive.

Step three: Plug plants. We used plug plants to get our meadow underway, but you can do it equally well with seeds or simply by waiting – you'd be surprised what comes up when you stop mowing! Check what conditions the plants prefer and relate them to your own garden. If, however, you have some bare soil, a flower seed mix might show results more quickly. To look after these areas, don't cut anything until the end of the following summer to allow the plants to establish and seed, and again remove the clippings, after giving them a good shake to release any seeds.

Lastly, good luck! Make sure to share your efforts with us on Fell Foot's Facebook or Twitter."

With thanks to Lucy Tickle, Jo Day and Bethan Pettitt.

Pond Life

Our graphic designer, Liz, has decided to create a large pond on a piece of her land. This is to contribute towards flood management and benefit biodiversity. Over the next issues we hope to follow how the pond fares and to look at the wildlife it attracts.



In the beginning



The pond is dug



After the first rain

Bird Life on the Canal - The Familiar and the Exotic

Even a non-expert strolling down Ulverston Canal will soon see that for a short stretch of water it attracts a surprisingly wide range of water-loving birds. Some, like the goosanders who appear to be able to stay under water for an unfeasibly long time, are usually only seen in winter.

Others breed on the canal and in the spring and summer are a source of endless interest and concern. We can watch the moorhens and swans building nests and sitting on their eggs, then wait for the appearance of cygnets and tiny cheeping moorhen chicks. The cygnets strike one as pretty robust and well protected by their fierce parents, but how many vulnerable moorhen babies and mallard ducklings will survive? It can be dispiriting if the number of fluffballs declines day by day. This year has been a bit of a mixed bag. It looks like at least two pairs of moorhens have bred successfully, and while one set of proud swan parents had a gang of adolescents to occupy them by August, another



Cygnets chilling out on the nest

unfortunate pair spent long weeks sitting on eggs which never hatched. The word from the person who has a special interest in the swans' welfare is that the mother was ill during the winter, and this may account for the lack of young. The successful swan father is a DIY fanatic, often seen uprooting rushes to improve his latest home, but we have observed a cheeky moorhen nipping in and stealing a floating rush or two after the swan has done the hard work.

The solitary heron and cormorant



Bar-headed Goose

frequently seen fishing on the canal probably breed elsewhere, since both water birds usually build nests of sticks high in trees, although sometimes herons will nest in reeds and cormorants on rocks. It is a lucky person who even catches sight of the kingfisher reputedly living on the canal, let alone finds its nest. While all these birds, except for the kingfisher, are a familiar sight, this August we were treated to the appearance of two bar-headed geese mingling with the swans at Canal Foot. These striking and sociable birds, natives of Asia, have a phenomenal ability to fly at very high altitudes, having been tracked at over 23,000 feet, where there is less than 10% of the oxygen in the air than at sea level. Great flocks breed in summer on high altitude lakes in Central Asia, especially the Tibetan plateau, then

migrate south over the Himalayas to winter in lowland India and south Asia, before returning over the highest mountains on earth in spring. Scientists have recently discovered that they do not use tail winds in this feat, but hug mountain slopes, taking advantage of wind deflections to gain lift and flying at night when the air is colder and denser. Bar-headed geese spotted in Britain, far from their native home, have probably escaped from bird reserves, although it is believed that these freedom-lovers have now started to breed in this country. It would be very exciting if this pair turned out to be a couple who decided to settle in Ulverston and start a family next year.

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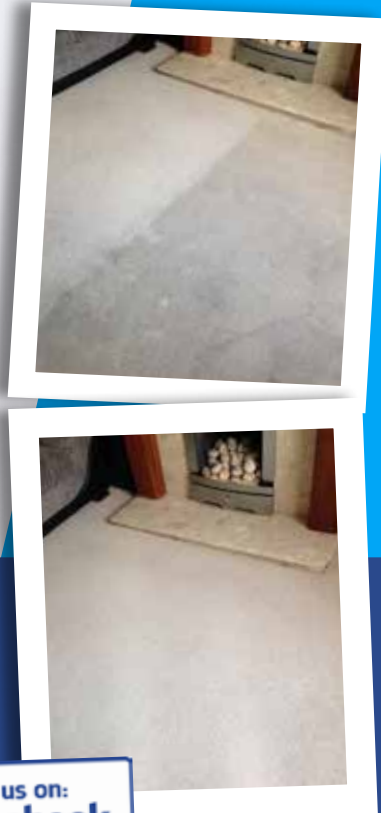
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