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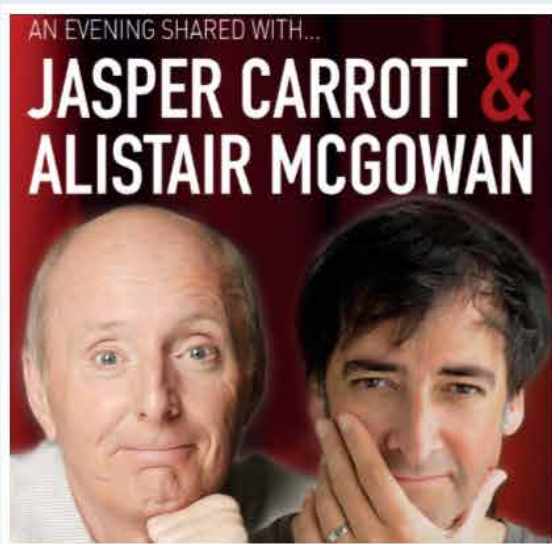
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Letter from the Editor

If you missed the print deadline for this issue but you still have events, services and news of a Christmas nature to share with Ulverston residents, then please send in to Helen by 1st December at news@ulverstonnow.co.uk - these will go into the email and facebook newsletter going out first week of December.

Did you know our email newsletter goes out to over one thousand local people while over two thousand people follow our facebook page. If you want to join the email list please let us know. To follow us on facebook go to www.facebook.com/ulverstonnow/



We have had considerable feedback from readers - amazing - please keep on sending in your events, projects, photos, work experience, race results, awards and anything you would like us to try and fit in the next issue! And don't forget to support our advertisers, shop locally in Ulverston and use local companies; we are all working together.

Thank you to Helen and Liz for another great issue of Ulverston Now. The fact that Ulverston now has its own community newspaper, supporting local groups and helping local businesses to thrive is entirely down to their commitment and hard work.



Helen Shacklady, News Editor



Liz Harrison, Design & Advertising

We are supported by paid adverts and offer great value and 100% coverage of homes in Ulverston and surroundings. Please get in touch to advertise your business, and take advantage of our 6 adverts for the price of 5 offer.

Wishing all our readers a very Happy Christmas.

Next deadline Friday 31st January

Do get in touch

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ISSUE	DEADLINE	RELEASE
UN33	Fri 31st Jan	Thu 13th Feb
UN34	Fri 27th Mar	Thu 9th Apr
UN35	Fri 29th May	Thu 11th Jun
UN36	Fri 31st Jul	Thu 13th Aug
UN37	Fri 25th Sep	Thu 8th Oct
UN38	Fri 20th Nov	Thu 3rd Dec

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- NEWS
- COMMUNITY
- WHAT'S ON
- ART & MUSIC
- BUSINESS
- BOOKSHELF
- LIFESTYLE & HEALTH
- NATURE & GARDENS
- CLASSIFIEDS

Remember our next deadline is Friday 31st Jan

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.

Late Night Shopping Returns

It's the time of year again to get festive and enjoy the unique shopping experience that Ulverston has to offer. We like to go the extra mile for our beautiful town so the Late Night Thursday night shopping is back again this year starting on November 28th, 6pm until 8pm. Late Night Shopping will take place for the four Thursdays running up to Christmas, November 28th, December 5th, 12th and 19th so pencil the dates in! We would love to see you so that you can get the perfect gifts and have a great night for all the family.

As well as Christmas Carols and Brass Bands there will be Mulled



Wine and Mince Pies for you to enjoy. Santa will also be there in his Bus so the kids can tell him their wishes for Christmas and get an early gift from him. After that make a night of it and meet friends and family for a pre-Christmas gathering in one or more of the fantastic bars and restaurants that Ulverston has to offer, this is sure to get the festive season off to a great start!

If you would like more information visit Choose Ulverston or pay us a visit at the Dickensian November 23rd where we will be giving away free Late Night cotton shopping bags filled with offers from the shops and establishments taking part in the festivities. Grab a bag, save money discover the Loyal Free APP and the activities of the Ulverston BID.

If you would like to see the shops taking part in the town, please visit your LoyalFree app and access the 'Trails' option (available from November 20th), so you can follow along and comment. If you do not have the LoyalFree app, please visit your app-store and search for "LoyalFree". Alternatively, if you are in town, please access the Ulverston Free Wi-Fi and follow the links provided and take advantage of over 96 offers throughout the town's shops.

The BID is also looking forward to seeing the town Sparkle again this year after the investment in the Christmas Lights and Hoad lighting, working with the town council to make this happen. Many thanks to the businesses which support the BID, enabling this for the town so that business and community keep the town Alive!

The BID would still like your feedback on how to improve the town further as it enters its next five-year term, investing into the town for business and community. Please visit www.ulverstonbid.org.uk/revote-2020.



The Mayor Sharon Webster opens the new installation at the Rolling Bridge

All The Latest From The Canal

Well, what a time we've been having here at Ulverston Canal Regeneration Group!

The Rolling Bridge has been cleared and some of the deterioration has been halted. It's now more accessible and visible for users and visitors. The new interactive installation, created by the very talented Chris Brammall and his team at CB Arts, explains the historical significance and helps the public see how it used to operate. Thank you to the Mayor for coming along to open it.

We couldn't have achieved this without a lot of people's help including Bradley Park Community Fund, Ulverston Town Council, all the local community support, NPL Estates (Ulverston Canal Owners), railway enthusiasts, history researchers, volunteers, Symmetry CGI (who created an animation showing the original bridge workings, which can be found on our website), and South Lakes Tree Surgeons.

Coinciding with the opening was the Anchor Festival. This year's theme was "Over the Water" and we must thank all the wonderful schools, groups and businesses who took part. The display along the towpath was much admired and it was great to see so many enjoying the trail and filling in the trail sheet. Congratulations to Isabel who won a £10 Book Token.

Please save the date for our AGM: Wednesday, 19th November, 7pm. It will take place at Shed 1 Distillery on North Lonsdale Road

(please note that Shed 1 will only be open for the AGM). Please come along and find out what the last year has brought and help us move forward. We need a clear steer from the community on future activities - what we continue to do, what we stop doing, and what else might be done in the future. It is important for us to get as much response as possible so that any priorities truly reflect the opinions of the users. Sustaining our present involvement will require more volunteers to help run the events. So, come and share your ideas with us.

The AGM will also be an opportunity for you to buy our UCRG 2020 Calendar, and the newly published book, 'The History of Ulverston Canal', by the late Alan Pearson. All the pictures in the calendar were taken by former Ulverston resident, Kevin Milner, a self-taught photographer, who told us, "Ulverston Canal gave me the opportunity to practice my art."

Lastly, look out for us at Dickensian where we'll also be selling calendars, cards and books!

Finally, another date for your diary. THE BROLLY PARADE is taking place on Friday December 6th. Meet at the Auction Mart, 5.30pm, to promenade along the towpath. Or you can join us at Canal Foot. There will be carols around the Christmas tree, refreshments, and the Town Band.

Decorate your brollies with tinsel, lights and baubles and come along! Thank you all for your continued support. www.ulverstoncrg.co.uk

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Sad News

It is with great sadness that we say goodbye to our very own, very special Queen Victoria.

On Friday 27th September, Mary Isabella Pattinson Dodd passed away at the age of 86, marking an end to her 17 year reign as the Ulverston's Dickensian Festival's well loved monarch, Queen Victoria.

Mary has attended the festival in the guise of Queen Vic, as she was affectionately known, since 2001 and during the intervening 17 years has graced the parades and acted as judge for the various costume competitions with regal aplomb.

The Dickensian Festival began in 1999 and by the following year Mary had been in touch with the organisers to offer her services. As it turned out, she was away on a cruise in the year 2000 so did not make her first appearance until the following year.

Born in Carnforth in 1933, Mary eventually moved to Lancaster where her love of history and the Victorian era especially, made her a well known figure in the town. When the Cottage Museum, opposite Lancaster Castle opened in 1978 Mary volunteered to be a guide taking on the role of "Granny Mary" where she shared her vast knowledge of life in the 19th



century with school children and other visitors for the next 35 years.

Travelling over from Lancaster each year, Mary took no payment for her appearances and only recently accepted the offer of free accommodation for the weekend, she said she just loved being here and would happily do it for nothing.

Mary had suffered rheumatic fever as a child and her health was always precarious; she had five major heart operations in her lifetime. Each year as she left she would say "see you again next year, God willing" yet the next year would come and Mary would be here as usual to greet her subjects. Even up to two weeks before her death she was making arrangements to be here but God wasn't willing and her heart gave up the fight.

Her partner Norman has very kindly donated her costume to the Dickensian committee and this year it will be displayed in the window of the Old Curiosity Shop on Queen Street for the duration of the Festival.

Friends of X112

The plight of our local rural bus services has been highlighted several times in Ulverston Now, and they would probably be non-existent now without the support of the Friends of the X112.

Originally formed 5 years ago to raise funds for the service to Coniston and the No 11 bus, they now support the X70 Ulverston Town Service and the X7 as well. When people are being encouraged to leave their cars at home, it is vital that these services, now run by Blueworks Taxis, are kept running and that they are used.

The good news is that the Friends have now become a registered charity, which means that they may be able to access more funds from different sources.

Discussions are on-going with the Traffic Commissioner to obtain the Section 22 permits which they are seeking. Now that they have charity status they hope these permits will enable the community to run the four services that they support at the moment as recognised Community Transport non-profit making schemes. Working through the necessary red tape requires a lot of patience and form filling, but progress is being made. It is likely

that if the Friends achieve their objectives early next year they can begin to take over the running of the bus services. They would like to be able to extend the Ulverston Town Service, re-introduce the direct Barrow to Coniston service via the coast road and ultimately own an electric bus, especially for the Ulverston Town Service. Whatever happens, they will need the continued support of all the communities involved.

The Friends would like to thank the Rawdon Smith Trust For The Bed Of Coniston Water for the recently awarded grant of £3000 towards their funds.

Please look out for the recipe book 'Recipes from the Route' which the Friends have put together and which gives recipes from the pubs and restaurants on the route of the Coniston service, and for fundraising events, including:

*Cake stall at Rampside Village Hall on Tue 19th Nov as part of the usual coffee morning.

*A Christmas table top sale and raffle on Thur 19th Dec. 11am-1pm in the indoor market in Ulverston.

The Friends are always looking for volunteer committee members and fundraisers, contact 01229 835712 or Facebook 'Friends of the X112.'

Get Dressed Up For Dickensian!

Don't forget that if you want to cut a dash at this year's Dickensian Festival, 23rd & 24th November, you can pre-book a costume at Pure on Market Street, and collect it from the Parish Centre, Church Walk.

www.victorianscostume.co.uk

viccossies@hotmail.co.uk 07798 604897.



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Sunday 8th December - 4.00pm
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Victoria Road, Ulverston, LA12 0BY

Thursday 12th December - 6.30pm
St Paul's C of E Church
Hawcoat Lane, Barrow-in-Furness, LA14 4HF

Sunday 15th December - 3.30pm
Cartmel Priory
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closes its doors – but carries on!

After three successful years of trading from their Ulverston Station site, BikeStation owners, Jon and Caroline Clutterbuck, are closing the doors to move on to new challenges.

BikeStation will live on, in the form of a mobile bike repair service, operated from Jon's fully equipped home workshop. He brings with him support from his major suppliers, offering next-day availability on most parts and accessories. Jon says that the three years of running his own retail space has brought him useful experience, which he will be using to round out the service he can offer in his mobile operation. Whether carrying out on-site repair and service work, or via a collect-and-return service, he is confident that he can offer all the support you expect of your Local Bike Shop, brought right to your home or place of work.

Jon hopes that the move will open up more opportunity to develop his bike-building work and other interests away from the cycling world.

The iconic station building, which Jon and Caroline's business helped to bring back to life, is also expected to continue in use. The current expectation is that it will be taken on by a cafe and sandwich shop operation, hopefully opening early in the New Year.

Jon and Caroline would like to take this opportunity to thank all their customers for the enthusiastic support over the three years. They look forward to hearing from their cycling customers, and hope that their cafe customers will continue to support the new business taking over at the station.

BikeStation's contact details remain unchanged.



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Keep Our Phone Box!

BT have asked Ulverston Town Council to respond to a consultation on their proposal to take away two public phone boxes in Ulverston: the one at the station and one at the junction of Victoria and Park Roads. At their October meeting councillors strongly opposed the removal of the station phone box and voted unanimously to convey this opposition to BT. Although most people carry a mobile phone around with them nowadays, councillors put forward many good arguments for keeping a public phone at the station. An overseas visitor from outside Europe who might not have organised a phone to use in the UK could arrive straight from Manchester Airport, or someone might have had their phone stolen, or have a flat battery. There are no houses by the station where someone in trouble and with no phone could go to ask to use a phone, and it was felt that people could be put at risk by the removal of the phone box. 179 calls were made from this box over 12 months, which works out at about 1 every 2 days, and any one of these could have been an emergency. Phone boxes which are not being used, though, can be put to imaginative use. Communities have adopted phone boxes for projects like book swaps, and apparently in one case even for a fish tank. It was suggested that residents around phone boxes about to be made defunct should be asked if they want to use the boxes for a good purpose.

'Outstanding' Friends of Lightburn Park

Friends of Lightburn Park are a small group of community volunteers, formed in 2014, who wanted to change the way their local park was looking. The aim is to improve the facilities and put the heart back into this popular Ulverston park.

In the last 5 years, together with SLDC and Continental Landscape Ltd, the sensory garden has been transformed with hedging taken out to open up the area and flower beds lowered and freshly planted. Sandside Lodge School, for the 4th year running, planted "Incredible edibles" for the community to enjoy. Rose and Herb beds were created, a tree stumpery and 5 star bug hotel all sit in a wildlife area under the trees of Aldwych Terrace. Two new goal posts were installed on the pitch, four new disabled/pushchair-friendly picnic benches along with seating have been installed around the park. A notice board has also been included to share information.






Friends of Lightburn Park raised over £70,000 to install a Multi-Use Games area on the old disused tennis courts and painted a small scooter track along with a new accessible path to access this area.

It was not a surprise that when they entered Cumbria in Bloom 2019 in the "It's your Neighbourhood" category they won OUTSTANDING for the 2nd year running. The chair, Amanda Smith, would like to say a big well done and thank you to Continental Landscapes for their immaculate presentation; hedge and grass cutting, to those who litter pick every morning, to Friends of Lightburn for looking after the sensory garden and flower beds, the PCSOs for monitoring the park, to all the houses which overlook the park for being the eyes and ears, and to SLDC who own the park and support the group. It was a great team effort.


NEXT GREAT NEW IMPROVEMENTS for 2020 - working together with SLDC the Friends of Lightburn Park have raised over £120,000 to relocate the play area and transform it into an exciting and challenging facility for children of all abilities up to the age of 14. This will allow dog walkers to enjoy the park without going through the playground. Following the responses from the consultation, and advice from Sandside Lodge School, the Friends will ask the designer to include a zip wire, a trampoline and a variety of swings.

If you would like to find out more about Friends of Lightburn park visit Ulverston library display or visit our Facebook page at [facebook.com/friendsoflightburnpark](https://www.facebook.com/friendsoflightburnpark)



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Another Triumphant Year for Ulverston in Bloom

As winter closes in, Ulverston in Bloom can look back with pride on another successful year. At the Cumbria in Bloom awards, Ulverston triumphed with 12 trophies and certificates.

The efforts which resulted in a Gold Award, Best Town and the South Lakeland Trophy for the town were fantastically supported by local businesses and community groups, more of which entered than ever before. Ulverston BID, which provided all the colourful hanging baskets, won Best Business Improvement District.



Flowers in Ford Park.
Copyright Ford Park Community Group

All kinds of different groups won certificates, including the Sun Inn and The Farmers, with the Sun gaining the accolade of the Best Pub in Cumbria. Other certificate winners were Gill Banks Action Group, which involves volunteers repairing The Cumbria Way and dry stone walls and working to a 10 year Woodland management plan including the recent planting of a perennial



LR - The Mayor Sharon Webster, Kim Farr, Justin Wales and Jan Hancock with some of the awards.

meadow. Families, residents, local volunteers and staff worked together to plant up new beds and hanging baskets at Elmhurst Residential Home. The Friends of Lightburn Park collaborated as usual with the children from Sandside Lodge School to plant Incredible Edibles (with painted stones for labels to avoid using plastic!) and make more plans for the future. Ford Park, run by the charity Ford Park Community Group, who also achieved a Green Flag award again this year have ambitious tree planting plans, and Ulverston in Bloom developed the new planters in Buxton Place car park with wildlife friendly and edible planting. Finally Sophie's Garden in Ullswater Close was very colourful and creative in the recycled garden as ever and developed several new areas of planting for fruit and vegetables. Five of the six community entries were judged "Outstanding".

Kim Farr of Ulverston in Bloom says, "This is a fantastic result for team working and collaboration across the town and the hard work of many volunteers - well done everyone! The judges made very positive comments about our wildlife

friendly and sustainable and edible planting around the town so they can certainly see what we are doing, and that the residents of Ulverston are working hard together to make a better environment for everyone."



Work party at Elmhurst Residential Home.

Valerie Madden, Gardener at Ford Park, is delighted with the accolade. She said: "It is such wonderful news to be acknowledged by the Cumbria in Bloom judges once again. The award recognises the hard work carried out by not only our small team of staff, but more importantly, our brilliant and dedicated volunteers. They work together in all weathers to ensure our park looks attractive and offers a beautiful outdoor space for the community, so a huge amount of thanks has to go to them."

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Would You Like To Join Homes For Ulverston?

Homes For Ulverston CLT Ltd (H4US) is a group which is looking to build some exciting new homes in our area, created in a very different way from developer homes.

H4US has two events for you in December, so please join now and have a look at how you could be helping to create fair-priced homes for your family and friends.

Email: homesforulverston@gmail.com to ask for an application form.

On December 6th at the Ulverston Children's Centre Training Room, we shall have information about the group, new projects and how to get creating. This is a drop-in session for members from 14:00 - 18:00, and if you don't do email you can join at the event.

We're holding a Meet the Architect drop-in day on December 9th at the Children's Centre on Lund Road, from 13.00 - 15:00. This is especially for people with children who want to get involved with the group and with the design of Ulverston's future homes and communities. Sometimes the ones who need to be designing the homes are too busy with children to get to meetings, so this meeting shall



Could modular homes like this be the answer to Ulverston's housing needs?

be held in a child-safe playroom, so families can work with the architects while little ones play.

It's members only, but if you haven't joined yet, you'll be able to join at the event. It's £1 to join.

There'll be an opportunity to look at plans for a sites in Ulverston, and also a chance to talk about building modular homes in Ulverston.

Our group was started by members of our community, who decided to "support people in finding their own solutions to their housing needs".

We're developers who use any profit from full-price homes to create income-linked, fair-price homes.

We're looking at a few sites at the moment, with two being subject to in-depth feasibility studies. Members get the opportunity to work with architects to create the home they need at a price they can pay. See you there!

A New Approach to Weeds and Verges?

Ulverston Town Council has been discussing how to deal with the weeds which have the habit of popping up in the town and in residential streets, and also how to manage verges and areas of grass around the town. While no-one wants Ulverston to look a mess or roads to be unsafe, the frightening decline in numbers of our pollinating insects and wildflowers means that a different approach from spraying weedkiller about and endless expensive mowing may be needed.

Town Councillors know that by law the District and County Councils have to control weeds, especially poisonous ones, but it has been pointed out that the toxins in sprayed weedkillers are harmful to people, animals and insects. Therefore the Town Council is going to write to the District and County councils asking them to develop a more environmentally aware policy towards the use of weedkillers, and is already going to use the services of a 'lengthsman' to hand weed areas in the summer. The council has also put in a Freedom of Information request to the county council asking them which weedkiller they use. Some other local councils are developing community self help and Community Road Warden schemes which encourage and train volunteers to maintain areas for the benefit of wildlife by, for example, hand weeding.

The Town Council would also like to see more space created for wildflowers, and this has led to discussions about road verges which, if managed properly, can be havens for wildflowers, bees, reptiles, amphibians and small mammals. As



Rotherham Council's River of Flowers.

97% of our wildflower meadows have been lost since the 1930's and 87 species of wildflower are in danger of extinction, councils like Devon County Council and Rotherham have consciously decided to manage road verges for wildlife, in the hope that a network of wildlife 'corridors' can be created. Of course grass verges have to be cut when visibility is essential, but the management of verges for wildlife involves cutting once a year which lets wildflowers grow, flower and drop their seeds. Rotherham Council decided to commission the company which did some of the planting at the 2012 Olympic Village to create 8 miles of wildflowers on the central reservation of their ring road. The result is a 'River of Flowers', with plants which bloom at different times in the season. This supports bio-diversity, has saved the council thousands of pounds in maintenance costs and, incidentally, looks amazing and improves human well-being. Rather than regularly cutting verges with polluting machinery for no reason of safety, perhaps it would be better if the district and county councils, as well as Highways England, looked at these and similar examples. Then all we would need to do is to find a way of persuading people not to hurl rubbish out of their car windows on the A590, although maybe beautiful swathes of wildflowers might discourage them.

Grand Christmas Raffle and Table Top Sale

**Ulverston Market Hall
Thursday 19th December,
from 9.30 am**

Plenty of good prizes, including a Christmas Hamper and much more!

All proceeds go towards the Friends of the X112

Correction

Apologies for a mistake in our recent electronic newsletter.

In reporting that the Vodaphone phone mast next to houses on Croftlands has been given planning permission, we stated that communications companies now have the same rights as utility companies when it comes to planning. We have been informed that this is not the case, since the Bill for this is still in parliamentary limbo.

In other phone mast news, Ulverston Town Council has supported the view of the National Association of Local Councils that when it comes to new phone masts being put up for 5G in rural areas, the heights of the masts should be subject to full planning permission. Councillors wanted the location as well as the height of new masts to come under this, and wanted residents to be consulted and be listened to as well.



Christmas Saver Scheme

01229 581116 www.velobikes.co.uk

**Reserve a bike before
7th December to
spread the cost and
receive 15% back to
spend on accessories**

*Terms and conditions apply, please speak to a member of staff



VELO ULVERSTON, LIGHTBURN TRADING ESTATE, ULVERSTON, LA12 7NE

The Mission To Restore the Parish Church

For over 900 years at least Ulverston Parish Church has served the people of Ulverston and the surrounding area. Tradition has it that it was founded in 1111, but like so many Norman churches it may have been built on the site of an earlier Anglo-Saxon or even Celtic place of worship. Now the Grade 2 star listed building is in urgent need of serious repairs. A regular 5 yearly inspection revealed extensive damage, and a masterplan, based on this and other expert surveys, has been drawn up.

The masterplan makes for scary reading, with the only good news being that the roof should last for the next 10 -15 years. The main problem is that water has been penetrating deep into the building's fabric. One cause of this is leaking from the cast-iron gutters and downpipes. Another cause, more difficult to solve, is that over the years the lime mortar between stones has been clumsily replaced with hard cement mortar which does not let moisture 'wick' out. As a result, softer red sandstone used alongside limestone in the church's construction is crumbling, and truss bearing ends are at risk of decay from water seeping in and getting trapped.

The worst affected part is the church tower, such a familiar landmark in the town. It is usually said that the tower was built in the 1540's after the original fell down, although there is some debate about this. Documents from the time describe a



Ulverston Parish Church Tower in desperate need of restoration

steeple in the middle of the church, not a tower at the end, falling down, and some think that the tower we see today might be much older, and have been Ulverston's only defensive tower in the Middle Ages. Whatever the truth of this, the tower is in a very poor structural state, the timbers of the bell frame and belfry are decayed, as are the timbers of the ringing chamber floor, and plaster is coming off inside the tower.

The priority is to repair the tower, including the bell frame, to replace stones, to repoint it with lime mortar and restore the interior. Then all

the church's gutters and downpipes have to be replaced and the whole building similarly repointed with lime mortar. Alongside these vital repairs to safeguard this major historic building, other work needs doing. The churchyard, now a quiet space lovingly maintained by volunteers, requires gravestones to be stabilised and iron railings and gates repaired.

The church would also like to be able to refurbish the Parish Rooms, already a valued venue for community activities. If it was modernised and access improved, the rooms could play an even bigger role as a debt relief centre, a youth hub and a focus for events and celebrations. Finally, the Parish Office and car park could do with some attention.

The total cost of all this work could reach £1.4m, which sounds a daunting sum. It might not be possible to complete everything in one go, and plans may have to be scaled back. However, different grants may be available, especially to protect the historic church. Also, as the Rector, Alan Bing, says, every little helps, and if we think of it 'stone by stone', £25 would pay for a replacement stone in the tower. His other main point is that the building which needs saving is more than stones and mortar, it embodies the lives of all the people who are supported spiritually and practically by a church with open doors, and this needs to continue now and for future generations.

If you would like to stand with the church, please pick up a 'Restoration Mission' leaflet, and see how you can make a contribution to the cause.







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Great gifts for CHRISTMAS



21 Market Street, Ulverston.
01229 348010

Church Mouse Hunt

16th November to 1st December.



Can you find the 20 church mice who are hidden in shops and cafes around Ulverston? Pick up a booklet for £1 at Cornerstone or Squirrel to play.

All proceeds will go towards The Restoration Mission which will pay for the £1.4 million church buildings' restoration. Once found, write their names down in your booklet and when you have found all 20 mice, submit your booklet to the miniature bell towers found in Cornerstone or Squirrel for a chance to win your very own mouse and a £10 book voucher.

Help For Debt Problems

Are you weighed down emotionally by your debt problems? Has travelling become an issue for you and are you feeling in need of extra support on your journey to becoming debt free? If so, our free, FCA approved, home-based debt counselling service may work

better for you.

Ulverston Parish Church have partnered with Christians Against Poverty to provide a free debt counselling service for Ulverston and the surrounding area.

If you'd like to know more, please phone 01274 761911 to arrange for a home visit. You don't need to be a Christian to use our service – being a Christian is why we do what we do.

Inner Wheel Club of Ulverston

President Anne Rankin welcomed Club members and also Neil Honeyman as speaker to the September meeting.

Neil gave a most interesting talk about the life of Patrick Bronte and his family, Patrick having been the first of ten children born into the family in Co. Down, Northern Ireland in 1777. He was an apprentice to the local smithy and, having shown great ability, had extra schooling paid for by a local gentleman. This eventually led him to study at St. John's College, Cambridge. He studied theology and went into the ministry as a curate in Essex in 1806. He eventually moved to Yorkshire in 1811 and in 1812 he married Maria Branwell. He and his wife had five daughters and one son and lived in the Parsonage in Haworth.

The Bronte girls were schooled by Carus Wilson in Cowan Bridge, a school for 'Young Ladies'. The school eventually moved to Casterton. Sadly, there was an outbreak of low fever from which two of the Bronte girls died. Charlotte, Emily and Ann returned home and Patrick later sent them to Brussels for further education. Although the three sisters are better known, their brother, Branwell, too had a great imagination and seemed to live in a fantasy world. He was an author and also painted miniatures but sadly his health deteriorated quickly after taking laudanum. Charlotte, probably the best known of the sisters for her books, was married at the age of 39 to Arthur Nicolls. The Parsonage in Haworth is now the Bronte Museum and is open to the public.

The vote of thanks was given by Club member Anne Emmett.

The business meeting followed when President Anne welcomed Pauline Parkin as an Honorary member and also Past President Irene Jackson as an Honoured Active member. Sylvia Elliott lit the

candle to International Friendship and asked that we remember the students and staff of Sandside Lodge School as they move into their new premises. The next meeting was the annual Club Charter Lunch held at Ulverston Golf club.



L - R Tracy Wells and Anne Rankin

The Club Charter celebration is always a special occasion and was made more special this year by the speaker, Tracey Wells, a local milliner who spoke about making hats. Tracey initially trained as a hairdresser having always enjoyed styling hair as a child. She then became fascinated by hats and the various styles and materials used. She explained about the materials used to make the basic shape which was formed into a hat shape on a special wooden hat block. Some of the hat blocks are now made by a local joiner. President Anne had asked members to wear hats if possible but unfortunately the District Chairman, Margaret McIntyre, was not aware of this. However, Margaret need not have worried as Tracey provided one of the hats from her collection, a small black number which completed Margaret's ensemble perfectly.

The Annual Coffee Morning will be held in the Coronation Hall on Thursday, 28th November. There will be the usual stalls, bric-a-brac, cake stall, tombola, raffle and Christmas stall. Monies raised will be shared by local charities.

FREE Event at Rydal Hall

If you are going up into the Lakes, a visit to Rydal Hall is always worthwhile, and this will be especially true on Tuesday, November 19th, when they are having a free event and exhibition to highlight the world's sanitation crisis.

Although we face problems with the closure of public loos here, most of us have a loo at home, unlike 2.3 billion people in the world who don't have access to any loo at all. World Toilet Day is about inspiring action to tackle the global sanitation crisis and help achieve Sustainable Development Goal (SDG) 6, which promises sanitation for all by 2030. A toilet is not just a toilet. It's a life-saver, dignity-protector and opportunity-maker. Whoever you are, wherever you are, sanitation is your human right. Yet still 1 in 3 people on the planet don't have a loo.

Go along to the open day (from 10 - 4pm), learn about how important it is to have a loo and help fund a toilet for where it is needed."

CAROLS

at THE **CORO** ULVERSTON

Saturday 14th December

Coronation Hall, 2pm

Free admission

.....

With...

Ulverston Town Band

Croftlands Junior School Choir

Ulverston Choral Society



Retiring collection for Town Mayor's Fund for Ulverston.
Organised by Ulverston Town Council

Turnstone HR wish all Ulverston Now readers a Happy Christmas.

Remember to contact us for all your staffing issues.



We cover the whole Furness area



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Director
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07725 735681



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Director
sarah.goddard@turnstonehr.com
07715 822 216

Based in Ulverston we work with clients from a range of industries right across South Lakeland and beyond, offering a local, hands-on service that leaves them secure, confident, compliant with the requirements of employment law and most importantly, free to focus on running their business.



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British RedCross

Open your garden for the British Red Cross in Ulverston and celebrate our 150th Birthday!

Do you have a beautiful garden you would like to share?

Open your garden to the public of Ulverston and raise money for local British Red Cross services. We'll help with promotion, provide Red Cross branded materials and ensure you have everything you need to make your open garden a success!

Proud of your garden but don't want to open to the public?

Invite friends and family over for an outside get-together. Have some alfresco fun and raise money for

the British Red Cross. You can help us save and change lives.

Be proud of your garden – no matter the size.

Charis Priestley-Bird, British Red Cross community fundraiser, in Cumbria, says:

"We are incredibly excited about getting the Ulverston community on board with Red Cross Open Gardens and Proud of Your Garden for our 150th Birthday in 2020. Getting involved with the Red Cross gives you so many ways to use your kindness to help people in crisis. By signing up to open your garden you could be helping a family made homeless by a house fire, someone who needs to borrow a wheelchair to stay independent after an accident, refugees and people seeking asylum who need help settling into their new community, or making contact with loved ones."

To find out more about how to sign up or what services are available in your local area, contact Charis Priestley-Bird on 07711 189085 or email cpriestley-bird@redcross.org.uk. To find out more about the work of the British Red Cross in the UK and overseas, visit redcross.org.uk



YEW TREE BARN CHRISTMAS MARKET EXTRAVAGANZA

6th DEC - 8th DEC
Fri, Sat & Sun 10am-4.30pm

Over 40 quality artisan stalls throughout YTB, marquees and courtyard selling gifts, art, crafts, food & drink, antiques, homewares, Christmas trees and decorations. Shuttle minibus available.

YEW TREE BARN - THE LAKE DISTRICT:
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WWW.YEWTRREEBARN.CO.UK T: 015395 31498

Ulverston Explorer Scouts get Top Award

Two Xenolith Explorer Scouts Evie Frost and Leah Albion have reached the pinnacle of Scouting by gaining their Queen's Scout Award which is the highest award a scout can achieve.

Evie who is now 19 years old is continuing to volunteer in the Xenolith Unit as an assistant leader while studying Contemporary Dance at Bath Spa University.

To gain her Queen Scout Award Evie completed her service as an assistant helper at the Contemporary Dance at the Brewery Arts Centre, Kendal, and her residential project was a 10 day youth group residential in Norway.

Leah also 19 years old, volunteers in the Unit as an assistant leader and after completing her Btec level 3 in Outdoor Adventure and Sport at Kendal College is working at Grizedale Forest, on the Go Ape High Wire Forest Adventure. In November Leah is off to Canada as a Skiing Instructor for 4 months.

To gain her Queen Scout Award Leah has completed her service as a volunteer with 2nd Ulverston Scouts and for her residential project she went on a personal development course at Ullswater Outward Bound which was part of her National Citizen Service delivered by the University of Cumbria.

Both Leah and Evie have gained international experience camping in Holland at the Naalenveld

scout centre and this year at the Zellhof International scout centre in Austria. While there, they completed an Explorer Belt along with Francis Smith Ward, Megan Bartlett, Lucy Jolly, Alex Nicklin and Robert Albion. This was a 10 day exploration that brings a real understanding of a different country, its culture and way of life.

Bryan Caine Xenolith Explorer Scout Leader said "They have both devoted lots of time and energy



Leah and Evie with other members of the Xenolith Explorer Unit doing their Explorer Belt in Austria this summer



L-R Leah and Evie helping with the Rotary Club of Ulverston on a Gala Day

into gaining this award and should be proud of their achievements. In recognition of their achievements they are both going to the Queen Scout's St Georges Day gathering at Windsor Castle next April where they will meet a representative of The Queen and The Chief Scout, Bear Grylls.

New Clubhouse for Croquet Players

Work has commenced at Crake Valley Croquet Club in Greenodd with the demolition of the 100 year old clubhouse.

In its place will be a new build with electricity and modern facilities. Chair Jim Allcock said "The new clubhouse, along with increased lawn capacity,



will allow our club to offer taster sessions to the local community and cater for more visiting groups next summer."

See the development progress at www.crakevalleycroquet.org.uk



L-R Rebecca Barrow (Hospice Sister), Tyne Bayliss (Ulverston Branch Manager), Kimberly Everett (Health Care Assistant), Angela Mason (Health Care Assistant)

Make Your Savings Count for the Hospice!

St Mary's Hospice supporters have generated almost £80,000 this year by saving in the charity's account with Furness Building Society.

The building society makes an annual payment to St Mary's from its own funds - not the savers' money - which is based on the total balances in the accounts; so the more supporters save, the bigger the payment to St Mary's Hospice.

Furness Building Society will make a cash payment to St Mary's Hospice each year equal to 0.50% of the average total balance held in all St Mary's Hospice Charity Accounts.

St Mary's Hospice Area Fundraiser, Charlotte Windle explains that the donation from the Furness Building Society is a vital source of income for St Mary's Hospice, helping them to meet the £3.2 million which must be raised each year to fund the Hospice, of which only 18% is funded by the NHS.

St Mary's Hospice has provided care and support to those facing

life shortening conditions and those that love them in South Cumbria for the last 30 years. They pride themselves on making a difference when it matters most. Accepting that while they can't change the outcome, they can change the journey for their patients and their families.

Charlotte, Area Fundraiser said: "The fantastic aspect of the St Mary's Hospice Affinity account offered by the Furness Building Society is that it costs the supporters nothing, simply by saving in the account they are helping to generate a huge annual donation for St Mary's Hospice.

"Thank you to every single individual who has opened the St Mary's Hospice Charity Savings Affinity Account and helped to contribute to such an amazing figure, and thank you to Furness Building Society for their continued support with this fantastic account."

If you are interested in supporting St Mary's through this account, please call in at your local branch or agency, call them on: 0800 83 43 12, visit their website www.furnessbs.co.uk, email them at furness.direct@furness-bs.co.uk

Are You An Unpaid Carer?

To celebrate Carers Rights Day 2019, Furness Carers together with Ulverston Healthy Town Group are organising a free coffee morning on Thursday 21st November, 10.00 am - 12.00 pm, at the Red Rose Social Club in Ulverston.

This is especially for unpaid carers who look after family or friends, although anyone with an interest in carers is welcome. Furness

Carers know that having the right information at the right time can make all the difference, so at the coffee morning there will be lots of organisations with information and advice on the free support and services carers and their families may find useful. The aim is to help carers know their rights and find out how to get the support they may need, as well as to get people together to celebrate Furness Carers 25 years of supporting carers.



Ulverston Evening Townswomen's Guild

The picture shows some of the members of Ulverston Evening Townswomen's Guild stopping for lunch on one of our monthly walks. Soon we will be planning our annual walking holiday for next year. All that to look forward to plus

the exciting programme of speakers and events taking place on the first Wednesday evening of each month, 7.30 at Croftlands Junior school. So far this session we have enjoyed a Bring and Share supper with entertainment and a fascinating talk about the Dragon Boats on Windermere. Lots to learn, lots to do and friendly company. Why not join us? Phone 586652 for further details.

Leven Valley History Society

Why not join the Leven Valley History Society, which has been going for over 25 years and which is looking for new members. Traditionally, the society met at Haverthwaite Church Hall, but hopes now to meet at Greenodd Village Hall. The society offers a wide range of activities, including talks, members' evenings,

social events, research, field visits, archives, book sales, history advice and lots more. Visits and talks planned for next year include Fell Foot, My Windermere Steamboat, Field and Place Names in the Leven Valley, a talk and conducted tour of Backbarrow Ironworks and Kirkhead Tower.

Contact Richard Sanderson on 07772 960093 or richard@alistairsanderson.com, leaving your email address.

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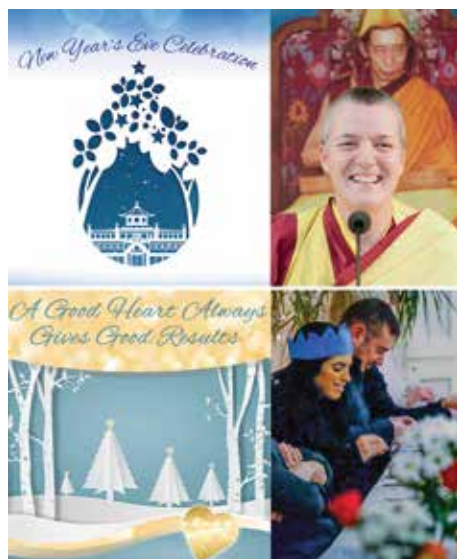
'Celebrating Christmas with a Good Heart'

If you would like to experience some heart-felt Christmas (and New Year) cheer and wish to genuinely share the love over the festive season then perhaps you might like to look at what Manjushri Kadampa Meditation Centre has to offer.

Just 6 minutes walk from the beach, and with its own expansive grounds and woodland, Manjushri Centre is a magical setting for meditation courses and retreats, providing ideal conditions for you to find some authentic peace and happiness, away from the stresses and strains of daily life. From Christmas Eve through to December 28th you are invited to come to a Christmas course entitled, 'A Good Heart Always Gives Good Results', which offers an opportunity to listen to, reflect and meditate on methods to overcome issues such as stress, depression, anger and so forth, and to develop a good heart and a happy, peaceful mind.

On this course you can learn to develop and maintain such a precious good heart all the time in daily life and how this has the power to bring great joy and happiness to everyone - to family, friends, work colleagues and beyond. In this way, you can make your human life truly meaningful and become a source of inspiration for others. The course includes food and accommodation for those who wish, including a celebratory vegetarian Christmas lunch. Past attendees have described the Christmas courses as 'reviving' having felt 'taken care of in a peaceful environment'.

Continuing in the festive spirit, you can



join Manjushri's Resident Teacher and also the Kadampa tradition's General Spiritual Director Gen-la Kelsang Dekyong for a New Year's Eve to remember. This is an ideal opportunity to start 2020 with inspiration, confidence and joy. For those who wish, this will be followed by a one day retreat for World Peace on New Year's Day. This is a wonderful way to begin the New Year! In the Kadampa Temple for World Peace, praises and requests to our common holy Mother, Arya Tara, will be made every four hours following the powerful prayers Liberation from Sorrow.

Through turning to her, your good fortune will grow like a waxing moon. No previous experience required – just a mind wishing for a better year ahead and a happier, more peaceful world.

Please see our website for more details and to book at www.manjushri.org or call 01229 584029 for more information

Santa Is On His Way

Ulverston Rotary Club is helping Santa on his visits to Ulverston from 10th until 13th December. As the reindeer will be resting so that they will be on top form for Christmas Day, Santa thanks Alan Myerscough for the loan of a vehicle to carry his sleigh, and Marl Electronics for the lighting.

Here are the places Santa will be visiting, starting at 5.30 pm at each start point, and travelling around until about 7.30pm.

Tuesday 10th December:

Swarthmoor: starting at the Miners Arms Urswick Road/Mountbarrow Road area:

Wednesday 11th December:

Church Walk and Soutergate: starting at the Gill car park

Croftlands North and Larch Grove: starting



at the Leisure Centre

Thursday 12 December:

Croftlands Central and South: starting at the Esso garage

Honeypot: starting at Brewery Street car park

Friday 13th December:

Neville Street and Watery Lane: starting at Brewery Street car park

Hart Street: starting from Brewery Street car park

For more details and maps of routes, please visit Ulverston Rotary's Facebook page or their website.

Christmas With The Churches

Croftlands Community Church

Sunday 24th November 10.30am: What the Dickens? Dickensian Family Service, Croftlands Junior School. Come in costume if you wish! Well known Victorian hymns led by the youth band, followed by a shared lunch. Students from Capernwray College will help lead this all-age service.

Friday December 6th 12.00pm: Festive Community Lunch, Croftlands Community Centre. Make a Christmas table decoration, funny stories plus short thought for the day. Donation.

Thursday 12th December 2-4pm: Christmas Pop-up Café at Hill Foot Garden Centre. Free. Enjoy tea and cakes in a friendly atmosphere whilst browsing the seasonal displays at the garden centre.

Christmas Services:

Sunday 22nd Dec: Croftlands Infant School. Interactive family event at 4pm followed by festive refreshments and mulled wine at 5pm. Candlelit service at 6pm.

Christmas Day – 10.30am: Short service around the manger. Bring your favourite gift to show. Tea/coffee.

Ulverston Methodist Church

Ulverston Methodist Church on Neville Street is gearing up for Christmas.

On Sunday 8th December at 5pm we are hosting Saltmine Theatre company who will perform their production Rapunzel. It is suitable for all ages.

Let your hair down this Christmas and join **Saltmine Theatre Company's** unexpectedly twisty tall tale as we unravel the knots of being different, being free – and being yourself. Tickets are £5 for adults and £1 for children available by phoning 01229 583198.

Our Messy Church meets on the 3rd Saturday of the month 3-5pm with crafts, worship and food. On 21st December Messy Church will be a Christingle to which all are invited.

At 5pm on Sunday 22nd December we will hold a **Carol Service for all ages.**

Christmas Eve Communion will start at 11.30pm and at 10am on Christmas Day we celebrate Jesus' birth with a family service.

Ulverston Parish Church

30th November: Bach Choir Concert. For more information keep an eye on our website www.ulverstonparishchurch.org

13th December: Choral Society concert. For more information keep an eye on our website www.ulverstonparishchurch.org

22nd December: Christingle Making – a fun time for anyone who is able to help make the Christingles for the services. Come and join us as we whistle whilst we work, and of course have a giggle too.

24th December: Christingle, 2pm and 4pm. This is a great family service for Christmas Eve. It is so popular that we have it twice! Come and join us as we sing songs, understand what a Christingle is and of course eat the sweets on it.

Christmas Day: 8.30am Holy Communion – a traditional service to start your Christmas day. 10.30am Family Service – a relaxed service mixing modern and traditional worship plus a little time for the children to tell everyone about a gift they have opened in the morning

Free Sunday Car Parking in the run up to Christmas

South Lakeland District Council is offering free car parking on its pay and display car parks on Sundays in December in the run up to Christmas.

The free Sunday parking offer will apply on the 1st, 8th, 15th and 22nd December. No contract permit-holder only car parks are included in the offer. In Ulverston there will be free parking in these car parks: Brewery Street, Buxton Place, Daltongate, Stockbridge Lane, Theatre Street and the Gill.



Brantwood Winter Warmers

Having had a fabulous and frantic year celebrating Ruskin's Bicentenary, there are still plenty of reasons to come and visit Brantwood over the winter months. Not least a warm welcome from the Terrace Café; sample from our yummy autumn menu with a piping hot chocolate in front of the fire. If you are in the festive mood, we have a special afternoon tea of Christmas classics 're-imagined' available from 20th November. The Terrace is also available for evening Christmas parties (min. of 15 people). If you're looking for something creative for a winter afternoon, why not try our Cookie Decorating Workshops (festive drink included!) on 7, 8, 15 December 3-5pm.

For bookings or further details contact The Terrace on 015394 49025 or theterrace@brantwood.org.uk.

Also coming up we have a stunning new exhibition in the Severn Studio by Phil Entwistle. 'Above and Below' features Phil's dramatic oil paintings of the slate quarries that

Coniston is famed for, alongside an intriguing series of topographical drawings. Exhibition runs 14 November – 12 January 2020. On 14 December enjoy an evening of classical music in Brantwood's Drawing Room with Jen Hucknall. Although just 16 years old, Jen is already making a name for herself, with performances at venues from The Bridgewater Hall and The Barbican. Jen came to our attention when she performed at Brantwood as part of the opening of the ceramic exhibition in May 2019. Tickets £16 p.p. / £9.50 for under 18's (includes glass of wine / soft drink in the interval). Booking essential. Pre-concert supper in The Terrace can also be booked in advance.

www.brantwood.org.uk / 015394 41396



What's on at Croftlands Community Church?



**www.croftlandscommunitychurch.org
Church Office 01229 583824**

Sunday Service at 10.30am
– Croftlands Junior School.

With activities for children and youth. 4th Sunday is an all-age family service led by the youth band with a shared lunch.

Wednesday Breakfast Club and Toddler Group. Term time only. Croftlands Community Centre. Croissants, toast and play at 9am with craft, playdough, music time

from 10am with lots of toys, plus snack time. £1 per child.

Monthly Community Lunch – 1st Friday, (except August & January) 12.00pm at Croftlands Community Centre. Food, fun, interesting talk/activity plus short 'thought for the day'. Donation.

Please see our website for details of weekly home/prayer groups and youth activities.

FRANK LYMAN

MONTRÉAL



Invitation

DAVENPORTS GRANGE

In association with Frank Lyman Montreal
We would like to invite you to join us for a
fabulous event on

Wednesday 20th November 2019 11am to 4pm

In celebration of the fabulous Frank Lyman
Montreal Autumn /Winter 2019 collection
Come along and get the latest style tips,
advice and some great ideas on how to
look and feel good.

Put the date in your diary! Nibbles, fizz,
give aways and discounts on the day.

We look forward to seeing you all.

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What's On Weekly Events

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

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

Led by Kirsten Taylor 7pm til 8pm £8 Fun and easy going community singing group for all voices & abilities. In the Back Room - Ulverston Methodist Church, Hartley Street, Ulverston, LA12 0AN stentaylor@hotmail.com Facebook SONG BIRDS Ulverston

Ulverston Methodist Church

Toddler group from 10.00 - 11.30 am term time

Ulverston Parish Church Tower Bell Ringing practice 7-8:30pm, newcomers and experienced ringers welcome.

TUESDAYS

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

7:15pm. 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.

Yoga class with Sue Ward on Tuesdays at Bardsea Malt kiln village hall, 7 to 8.30pm, £7 pay as you go. All abilities welcome, for more details contact suzanne_ward3@hotmail.co.uk 07577808094

Ulverston Methodist Church

Throughout the year we have Lunchlink on alternate Tuesdays at 12noon for a 3 course meal £4 and in between Soup and Pud for £2.

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

Ulverston Methodist Church Drop in for coffee and chat 10-11.30am. Boys Brigade from 6.30pm.

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 Led by Kirsten Taylor 7pm til 8pm £8 Fun and easy going community singing group for all voices & abilities. In the Back Room - Ulverston Methodist Church, Hartley Street, Ulverston, LA12 0AN stentaylor@hotmail.com Facebook SONG BIRDS Ulverston

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.

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. These weekly one-hour sessions will involve several guided meditations with a break in between for tea or coffee, biscuits and chat. To find out more contact Age UK on 01539 728118.

Tots Dance 10.15am, Tennis Centre (term time only)

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

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 (ages 50+), Tennis Centre 11.30am (term time only)

Girls Football, Tennis Centre 4.45pm

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 prize only if in pub at time of draw)

**Bardsea Malt Kiln
Presents...**



**Sat 14th Dec
7pm -11.30pm**

**Themed music for
dancing**

Christmas Karaoke

**Mulled Wine and Mince
Pies inc in ticket - £5pp**

Tickets from Carole

Tel 07557 142142

ParkerCarole051@gmail.com

Bring your own booze!

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.

If you missed the print deadline for this issue but you still have events, services and news of a Christmas nature to share with Ulverston residents, then please send in to Helen by 1st December at news@ulverstonnow.co.uk - these will go into the email and facebook newsletter going out first week of December.



Clare Hensman, Lord Lieutenant of Cumbria, officially presents the Queen's Award to Ford Park volunteers and representatives

Ford Park volunteers officially receive Queen's Award

Volunteers from Ford Park have now officially received the Queen's Award for Voluntary Service – the highest award a voluntary group can receive in the UK.

Earlier this year, volunteers from Ford Park Community Group were honoured with the award for their dedication and commitment, as they play a huge role in helping to maintain and care for Ford Park. The volunteers carry out a diverse range of tasks as part of a fantastic team from all backgrounds.

Ford Park Community Group is one of 281 charities, social enterprises and voluntary groups nationally to receive the prestigious award this year, which aims to recognise outstanding work by volunteer groups to benefit their local communities.

At a simple ceremony on Sunday 20 October, representatives from Ford Park Community Group officially received the award from Clare Hensman, Lord Lieutenant of Cumbria, supported by her deputy Harry Knowles.

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

"We are deeply grateful to our volunteers – past and present – who give their time to keep this essential community asset open.

"Volunteers help to maintain and manage the green space, they help at events, keep the garden looking wonderful, whilst providing fresh produce for our community enterprise run café, The Coach House @ Ford Park.

"Many of our volunteers work away quietly and effectively in the background supporting our small team in a multitude of ways. We could not do it without them.

"It was lovely to see so many of our volunteers represented at the official hand over of the Queens Award. We are all very proud and the award will have pride of place at Ford Park."

We are also busy preparing for Christmas – both in the park and the café! Our popular wreath making workshops may have sold out, but there are still a few spaces left on our Fabric Wreath Making class (held on Nov 28) so if you fancy creating a beautiful wreath to decorate your home year after year, then do join us! Simply call 01229 581666 to book.

Bookings are coming in for our Christmas Party Night at The Coach House @ Ford Park (Dec 14), which is set to be a fantastic, festive evening. And if you haven't organised your work Christmas party yet, don't panic - we have a couple of spaces left for private functions, so do get in touch and let's start planning a party!

With Winter approaching, you can enjoy a range of seasonal delights at The Coach House @ Ford Park – so do be sure to visit for a delicious hot chocolate, a spiced latte or a hearty bowl of soup. Don't forget to bring your voucher in this edition of Ulverston Now for a free mince pie (terms and conditions apply)

For more news, festive 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

Thursday 28 November – Fabric Wreath Making – 7pm-9pm

A wreath making workshop in the spirit of 'make do and mend', using brightly coloured strips of fabric we will make wreaths that won't wilt! Led by tutor Zosia Wand, design your own bespoke wreath to be hung with pride year after year. Materials will be provided, but if you have any fabric remnants, bedding, tablecloths, bits of ribbon or clothes that can be recycled, do bring them along. £30 per person, including mulled wine and mince pies. Booking essential - simply call 01229 581666 (Payment taken at time of booking)

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



November

Monday 18 November: The Grand Christmas Fair: 11am – 4pm

Tuesday 19th – Friday 22nd November: Ulverston Outsiders Woman in Mind: 7.30pm

Saturday 23rd – Sunday 24th November: Ulverston Society of Artists Exhibition

Saturday 23rd – Sunday 24th November: Dickensian Coffee Morning

Sunday 24th November: Antiques & Collectors Fair: 9am – 4pm

Thursday 28th November: Furness Tradition Blazin' Fiddles: 8pm

December

Thursday 5th December: 2x2 St Mary's Hospice Ball

Saturday 7th December: The Coro Christmas Craft Market: 10am – 3pm

Saturday 7th December: Jasper Carrott & Alistair McGowan: 7.30pm

Tuesday 10th December: Coro Christmas Bingo: 8pm

Saturday 14th December: Carols at the Coro: 2pm: Free but need a ticket from our Box Office

Wednesday 18th December: UVHS Christmas Festival: 7.30pm

Friday 27th December: Let's Dance: 7.30pm

Saturday 28th December: Ulverston Rotary Houghton Weavers: 7.30pm

January

Saturday 18th January: Dirty Dusting: 7.30pm

Wednesday 29th January – Saturday 1st February: Ulverston Panto Society Sleeping Beauty



VOUCHER



THE COACH HOUSE @ Ford Park

A FREE homemade mince pie with every meal purchased until December 23rd.
Starts 1st December

Tel 01229 581666

T&Cs – Daytime food only. One person per voucher.
Not to be used in conjunction with any other offer.





“I chose a career in engineering as it gave me the opportunity to work in a technically challenging role whilst making lifesaving medications.”

- Emily,
Zinnat Supply Chain
Engineering apprentice



Are you looking for an apprenticeship like no other?

Zinnat Supply Chain apprenticeships

The recent restructure of the Zinnat brand has seen the Ulverston and Barnard Castle GSK sites merge into a single, more focussed supply chain - The Zinnat Supply Chain, the first of its kind for GSK. This unique set-up allows for an exciting opportunity and we are looking for individuals who are driven, outgoing and flexible, who can integrate effectively into new teams and environments.

Our programme will involve rotations between our two Zinnat Supply Chain sites in order to maximise the learning experiences of our apprentices. This gives the potential to land in a permanent role at one of our two sites when their apprenticeship finishes.

Our apprentice programme is held in high regarded across the whole of GSK. We are known for our unrelenting commitment to the development of apprentices from the moment they step onto site, to the end of the apprenticeship programme and beyond. Personal and professional development is at the heart of everything we do.

Applications open 2nd December –

Visit: apprenticeships.gsk.com/uk

Zinnat Supply Chain
apprenticeships

A unique opportunity for
unique talent

Furness Tradition

Furness Tradition Coronation Hall Concerts continue with a great Scots institution – the very finest of Scots fiddle players gathered together in the form of the very exciting Blazin' Fiddles. We are proud to be bringing these main hall events whilst continuing with our regular programme. The weekly hosted Sessions at the Hope & Anchor are on Tuesdays from 8pm, our Community Band continues to meet each month and you may well catch them playing for a ceilidh somewhere locally.

Main Hall Event

Blazin' Fiddles November 28 th Coronation Hall 8pm
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. In the past decade no other band has quite captured Scottish fiddle music's variety, energy and sensitivity like Blazin' Fiddles have. From remote village halls to the BBC Proms at the Royal Albert Hall, fiddlers 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.

Winter Gathering

Monday 16th December sees our annual "Winter Gathering". It's an evening to celebrate our year of events with supporters, friends and family. Also an opportunity for local performers to share their music, song, and dance with each other. A few performers are already agreed including the FT Community Band, but if you would like to be added to the list then please get in touch. Venue is the Ulverston Sports Club, from 7.30 to 11pm. It's a free event, and includes our famous Winter Warmer stew and a mince pie, donations welcome.

Dates for 2020

**Phil Cunningham and Aly Bain
12th March 2020 Coronation Hall
7.30pm.**

Phil and Aly, masters of Scots fiddle and accordion. We've had so many great comments after their concert last year we've asked them back for a re-run!! Both with a stream of accolades for their many TV documentaries, Transatlantic sessions hosting, live work with many top level bands, honorary doctorates and a pair of MBE's for their services to traditional music. Simply the best and along with all that expertise a totally hilarious and entertaining time is always a sure thing in their company.



**Dominic Kelly – The Hero Light
22nd March 2020 (Supper Room
– Coronation Hall)** Dominic Kelly is one of our very top national storytellers who has brought two amazing shows to the festival over the past years. The Hero Light is a unique and remarkable retelling of the extraordinary tales of the Ulster Cycle – the 'Irish Iliad'. Centred on legendary hero Cú Chulainn, the Hound, it weaves together stories of loyalty, love and betrayal that are still startlingly relevant today. Dominic Kelly balances irreverent humour and beautiful imagery with a powerful rendition of a deeply affecting tale. The Hero Light brings an ancient epic to crackling contemporary life.

Furness Tradition Festival weekend will be the 10 th -13 th July 2020 Artists joining us for the festival will

be Tim Edey, Hannah Rarity trio, Alice Jones, OBT – Tom Oakes, Jon Bews and Dan Thorpe. Many more will be announced very shortly and of course there will be a host of guest dance sides, sessions, workshops, dances, storytelling and our great Market Cross stage concert.

We are looking very seriously at how Furness Tradition continues and develops and would welcome any comment, thoughts or offer of involvement. Thanks for your support.

Keep watching at www.furnesstradition.org.uk for more concert and festival news, you'll find us on Twitter and Facebook too.

Troy Hawke - Tiles of the Unexpected

Troy Hawke is the foppish, silver-tongued, caddish charmer alter ego of comedian Milo McCabe, son of Mike McCabe, a comedian himself of New Faces fame. Troy is currently embarking on a nationwide tour of his total sellout Edinburgh Fringe show "Tiles of the Unexpected", taking in two nights at the Soho Theatre, London, as well as major cities such as Newcastle, Sheffield, Hull, Salisbury, Liverpool, Birmingham, Melbourne and lil' old Ulverston town!

Milo's creation Troy Hawke is an erudite homeschooled 1930's throwback, the Errol Flynn of the high street. Educated, sophisticated, but utterly clueless. He tackles modern issues head on in his uniquely untimely manner and engages with the 21st century like someone who has spent the last forty years in suspended animation.

Following his previous show in



Troy Hawke

which he exposed Bingo as the deadliest sport in the country, the empty Marxist promise of Poundland's false advertising and the truth behind Princess Diana, the comedic investigator returns, applying his scrabble mentalism to uncover a dastardly fifty year deep undercover conspiracy related to the world's largest furniture chain.

The man behind Troy Hawke is an award winning comedian who studied Meisner Technique Acting at Impulse Theatre Company, a

method which encourages the actor to "get out of their head", such that the actor is behaving instinctively to the surrounding environment. Much of Meisner Acting is based around improvisation, enabling an actor to be spontaneous and respond to live moments as well as rehearsed situations. Troy's rapid-fire, quick witted, crowd work owes much to his background in Meisner acting, often leaving the audience in awe of his incredibly fast paced spontaneous responses.

It was at Impulse Theatre that he met Tim Booth, lead vocalist with James. McCabe became a drummer for Tim Booth and the Individuals and in 2004 played Glastonbury Festival, T in the Park, V Festival and Benicassim alongside Morrissey, The Killers and The Strokes.

McCabe has presented ITV2's Dare and ITV1's The Mint as well as appearing in The A-Z of Sexual Fetishes for Five, Rob Brydon's Annually Retentive and Live At The Electric for BBC Three.

In 2018 McCabe performed a sell out run of his show '1001 Moments with Troy Hawke' then brought the show to the 2019 Perth Fringe World Festival, where it won the Weekly Comedy Award and was shortlisted for the Best Comedy Main Award.

You can catch Troy Hawke's "Tiles of the Unexpected" at the Laurel and Hardy Museum on the Saturday night of Dickensian festival (23rd November). At the time of writing over 50% of the tickets had sold.

Tickets are £11.50 and are available from the Museum on 01229 582292.

Cedric and Stan Get-together in Ulverston!

It's not often you get two 'legends' on the same stage, but it's going to happen in Ulverston later this month!

Ulverston's very own Stan Laurel needs no introduction: his reputation as a Hollywood star of comedy is recognised worldwide. But just along the coast in Grange-over-Sands, Cedric Robinson has enjoyed his own legendary fame as the record-holding Queen's Guide to the Morecambe Bay Sands.

Over his 55 years tenure, Cedric has changed what had become an archaic post into a relevant and dynamic role that raises thousands of pounds for charities. Each year, more than 10,000 fund-raising walkers are guided across the eight miles of often-treacherous and shifting sands of Morecambe Bay, a tidal 'wet Sahara' that stretches for 120 acres between the Cumbrian and Lancashire coasts.

Now, as 86-year-old Cedric passes on the mantle to a new guide, another 'fisherman by foot' from Flookburgh, he is to give a joint evening presentation at Ulverston's celebrated Laurel and Hardy Museum on the ground floor of the Roxy Cinema on Thursday, November 28th.

On the big screen that normally features Stan and Ollie, an illustrated presentation will be given jointly by Cedric and writer Lindsay Sutton, the award-winning author



Crossing the Bay

of 'Sands of Time,' written to mark Cedric's handing on of the official cross-bay Guide's duties to younger colleague Michael Wilson, another third-generation cockler, shrimper and fisherman.

After the free-entry presentation - doors open at 6.30pm for a 7pm start - there will be a book signing session by Cedric and Lindsay in the bar area, where audience members can buy a drink and chat informally with both presenters.

Cedric says: "I like Ulverston a great deal and I know a lot of people in the area. It's a real joy to be doing a presentation in the place that honours Stan Laurel. I've got a good sense of humour but I can't compete with Stan. Even so, my friend Lindsay Sutton and myself have a good tale to tell between us. We'll do our best to entertain and inform the folk that turn up, and we're very happy to have a chat and to sign and dedicate the books to those who want that. I'm really looking forward to the event and I hope we get a good turn-out on the evening."

Author Lindsay Sutton added: "After

helping to set up the presentation at the Laurel and Hardy Museum, I'm ready and waiting for Cedric to say: 'That's another fine mess you've gotten me into.' It's inevitable with Ced's great sense of humour. But I can always come back with the line: 'If you must make a noise, do it quietly!'"

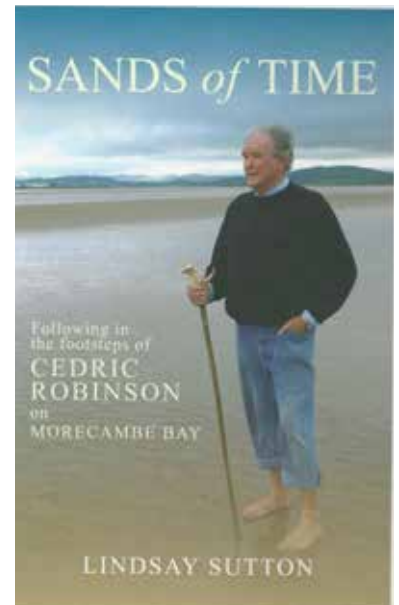
"Everyone has great affection for both Cedric and Stan Laurel, so it's marvellous that two well-esteemed local legends are coming together under one roof. I'm so pleased that museum owner and curator Mark Woodhouse has allowed us to do this presentation. My next book project has an entire chapter on Stan Laurel. I'd better make a good job of it or I'll be run out of town."

Cedric's 55 years as the 'Queen's Guide to the Kent Sands of Morecambe Bay' has given him a unique insight into changes affecting the bay and its coastal communities.

Now, he has taken on a new, transitional role as Ambassador of the Sands and advisor to Michael Wilson. In Lindsay's book, 'Sands of Time,' Cedric passes on his

experience and observations and reveals the startling effects of climate change.

The book looks at the bay and



its surrounding communities through the prism of Cedric's keen observations and thoughts. With characteristic openness, he tells it how he sees it. His views are fearless, but also illustrate his fondness, sprinkled with his often-wicked sense of humour.

Lindsay hopes his book gives full testimony to Cedric and describes his offering as "a labour of love." He adds: "At this historic hand-over period between old and new guide, I have written a book to not only commemorate Cedric's record-breaking service, but also to examine the changes he has observed during his seven decades of walking out in the Bay."

* 'Sands of Time' by Lindsay Sutton is published by Great Northern Books for £11.99 - www.gnbooks.co.uk

Come along and enjoy the Uplands Christmas Party Menu.

Lunch and evenings available.
2 courses £21, 3 courses £26.

Call us now to book your table!
Tel 01539 536848
bookings@uplandscartmel.co.uk

Uplands Inn Cartmel, Haggs Lane,
Cartmel, LA11 6HD

FESTIVE JAZZ APPRECIATION

The programme for December 4 (again, note earlier date) will feature no formal presentations; instead there'll be a cheery pre-Christmas get together for members and their friends, with plenty of conviviality and, of course, non-stop jazz recordings to hear, enjoy and discuss.

Jazz enthusiasts, oldies or beginners, will always receive a warm welcome when the Society meets monthly at Bardsea's Malt Kiln Village Hall, just down the coast road from Ulverston, where knowledgeable presenters with wide tastes play music of all jazz styles on high quality audio equipment. Winter meetings start at 11.30 am, and refreshments are included in the modest charge of £3

For more information phone Euan Dixon at 01229 869642, or visit the club's website at www.ulverstonjazz.co.uk.

COMING SOON!

BARDSEA MALT KILN PRESENTS.....

MOVIE AFTERNOONS

Commencing December 2019!!!

Brief Encounter... Great Expectations...
Oliver Twist...Blythe Spirit...
Hobson's Choice...This Happy Breed...
In Which We Serve...
And many more from the 'Dusty Collection'



Above and Below by Phil Entwistle

Exhibition at Brantwood

From 14th November until 12th January, Brantwood will be hosting a new exhibition, 'Above and Below', by Phil Entwistle, which will contain paintings, drawings and 3-D models.

Phil Entwistle paints in oils, sometimes with the addition of ink. His subjects are mainly vertical faces such as mountain or sea cliffs, drawn mainly from the UK but also from Canada and Australia. He works as part of a Professional Practice Collective at Hull College School of Creative Arts, where he has been based since 2007.

Phil looks at the landscape as an object rather than a place, emphasising the physical processes that take place on a geological timescale. Spending time exploring the terrain on foot is an essential part of his working practice. His focus is on the physical form of the rock, often keeping the scale ambiguous.

The activity of painting suggests parallels with geological processes. Gravity controls the flow of paint on a sloping canvas; colour is laid down in strata;

brush strokes reconstruct the grain and fractures in the rock. Like the landscape, the surface of a painting may be repeatedly covered and re-exposed.

The exhibition also contains a series of 2-D and 3-D pieces that had come out of a detailed exploration of the landform of the Coniston Fells in Cumbria, both from maps and from observation on the ground.

The work explores the relationship between the fells as represented on a map by contours and spot heights, and their appearance in reality. One of his works was a technical perspective drawing constructed using over 900 spot-heights. Another was a relief map built up in contour layers, which was then developed into a mould to produce a plaster cast. Paintings were made from this "still-life" object, as if it were an overhead view of the fells, with lighting to simulate morning and afternoon sunlight.

Phil and his work are also on Instagram at [a.geological.artist](https://www.instagram.com/a.geological.artist). Entry to the exhibition is included in admission.

Tina Allonby at Ford Park

Ulverston-based artist Tina Allonby is hosting an exhibition of her work at Ford Park's Coach House.

Titled 'Plant-Based', the exhibition displays work in oil and acrylic on canvas, with sources of inspiration taken from nature and the organic form.

Tina, who is also an art therapist, said: "During the process of painting, I am interested in the dynamic and story of what's hidden, what's shown and the shadowy space between these two." Themes around Buddhist philosophy inspire her work and Tina aims to show this through her stylised zen-like approach to her subject matter and



Copyright Tina Allonby

simplified form. The exhibition runs until the 27th December so you can enjoy the pictures whilst you have your festive treats in The Coach House.

For more information on Tina, who is a member of the Green Door Artists, please visit www.tinaallonby-artist.co.uk

ART & MUSIC

NETHERWOOD

HOTEL & SPA

015395 32552 | enquiries@netherwood-hotel.co.uk

Festive Lunches

2 courses £15.95 | 3 courses £19.95

12.00 - 2.00 pm | pre-booking essential

Tea or Coffee & a Delicious Mini Mince Pie £2.95

Netherwood Winter Tapas

choose 3 dishes for £9.50 per person

12.00 - 5.00 pm | pre-booking essential

Sing Along with Santa

Sunday 1st December

£10.00 per child, must be pre booked

December Party Night Dates

FRIDAY 6TH - DJ & Casino	Fri/Sat £32 pp
FRIDAY 13TH - DJ & Tribute Act - Stuart Michaels	3 course meal inc.
SATURDAY 14TH - DJ & Big Trouble Live Band	Thurs buffet £17.50 pp
THURSDAY 19TH - Buffet PN - 24/7 Live Band & DJ	
FRIDAY 20TH - 70 & 80's Boogie Night & DJ	

CHRISTMAS SPA EVENT

Thursday 28th November

5.00 - 9.00 PM | TICKETS £5.00

MULLED WINE ON ARRIVAL

FESTIVE EVENING OF FUN & SHOPPING

GIFTS FROM £10 - £100

CHRISTMAS PRIZE DRAW

GOODY BAGS WITH PURCHASE

Three Evenings of Ghost Stories

Locally based Arts Group Artspace have recently begun work on their new project based in the Sir John Barrow Cottage at Dragley Beck.

Green Lane Archaeology are the leaseholders and are working with artist and Project Manager John Hall to explore and re-introduce the site to local people and

visitors. They have been opening the cottage to visitors and for workshops and chats about the work, and a steady number of the curious have been calling in.

Last year's project produced a popular book by artist Ellie Chaney, and this year Ellie returns alongside John, Alex Blackmore, and Jamie McPhie to identify and examine mediators of communal memory, including the cottage itself.

As a special seasonal attraction on December 5, 6 and 7 historians Iain Mcnicol, Karen Mason and John will present three evenings of Ghost Stories at the cottage. Each evening will include an original tale alongside Victorian classics and other surprises.

Says John " We hope to provide an intimate, atmospheric evening of seasonal chills, with refreshments to warm you further. The cottage is very small, and our audience capacity is limited. On the upside the range is now working so it'll be warmer. There'll be a chance to look around the ground floor and at the display of artworks, prints, photographs, letters and artefacts about Sir John in the back room."

Tickets are £5 each and are only available from Sutton's Bookshop on Market Street, Ulverston.

For more information, contact John at artspacebarrow@gmail.com. More on Soft Drive at <https://softdriveartspace.blogspot.com/>



Helen Newell Stars in 'Woman in Mind'

Helen Newell takes the role of Susan, the central character in *Woman in Mind* by Alan Ayckbourn, which is being performed by the Ulverston Outsiders at the Coronation Hall in November.

Helen is Barrow born and bred and was too nervous to venture onto the



stage until she was 34 and played the part of Dunyasha the maid in *The Cherry Orchard* in 2002. She even managed to fall off a plinth

during one performance.

Despite this, she was not deterred and progressed to playing Angela in *Abigail's Party* (2006) as her first big role. She subsequently moved on to characters like Ruth in *Calendar Girls*, Mrs Hamilton in *Fawlty Towers*, Auntie Vi in *Breezblock Park* and Stephanie in *Time of My Life*. She was an excellent Miss Prism in *The Importance of being Earnest* and had an almost unintelligible but wonderful Scottish accent as Mrs MacDougal in *39 Steps*.

Jean Hunt, director of *Woman in Mind*, is thrilled with the way that Helen is creating the role of Susan, who is on stage throughout the play. "She is a joy to work with - you

only have to tell her anything once - and she does it".

Other members of the cast are Chris Barron as Susan's real life husband, Paul Jordin as Bill her doctor, Matt Berry as her son Rick and Kirsty Goodall as her live-in sister-in-law Muriel. Susan's lovely imaginary family consists of Eddie Rafter as husband Andy, Duncan Lindsay as brother Tony and Hayley Parsons as daughter Lucy.

Woman in Mind is on at the Coronation Hall from Tuesday November 19th until Friday 22nd.

Box Office is at 01229587140 or at https://uk.patronbase.com/_CoronationHall/Productions/WO19/Performances



One of the Ulverston Landmarks pictures up for auction

Still Time to Bid for Art Work

If you pass Tape Design on King Street, you will have noticed striking 3D pictures of Ulverston landmarks in the window.

These pictures by Paul Glass are for sale to the highest offer. All the proceeds will go to St Mary's Hospice before this Christmas. Why not put in an offer and have a chance to own a lovely piece of artwork and help the Hospice at the same time. You have until 20th November to put in an offer, and the latest offer will be displayed next to the picture.

You can make an offer by email to paul.glass@gmail.com, text 07730 431205 or leave a note with your offer and contact details in the shop.



Justin's Watercolours – Teenage Artist with a rapidly rising reputation

Natterjacks in Ulverston is hosting a watercolour exhibition of Justin Corbishley, a 15 year old artist, based in Cumbria.

Justin has been painting for 18 months and his prolific output has been inspired by both our local Lakeland landscapes and Provençal outlooks, following several weeks painting in the South of France. Justin is self-taught and influenced by a number of UK and International artists. He has already enjoyed commercial success, including a number of commissions from clients appreciative of his style, and has already exhibited at Prom Art in Grange.

The exhibition runs until Friday 20th December 2019 at Natterjacks, 34 Queen Street, Ulverston.

New Gin inspired by Ulverston

Wolftown is a new drinks brand, created in and inspired by the market town of Ulverston. Its first drink will be a classic London Dry Gin.

Wolftown is the creation of TV professional and video producer, John McKeown, who wants to swap life on the road for more time at home and to further his passion for food and drink.

"I have had an incredible career in Television for 25 years now, taking me all over the world working on global events such as the Summer and Winter Olympics and Football World Cup Finals - as well as work in the UK, filming premium sports and entertainment shows - though now it's time to enjoy more of what is happening at home with my family," John says.

Some say that Ulverston's name derives from the Norse word Ulfar, meaning Wolf Warrior and it is this history that has inspired Wolftown.

"I wanted to encapsulate the festival spirit of Ulverston, whilst at the same time reflecting on the town's history, by creating a brand that local people can get behind and one that will resonate further afield," said owner John McKeown. "My family are behind me and I can't wait to bring Wolftown to market."

Branding was completed by Eclectic from Staveley, whose current clients are a 'Who's Who of Cumbrian Food and Drink. They include Kin Vodka, Hawkshead Relish, Carr's Flour and many more.

Wolftown's first release, is small batch premium gin, distilled using botanicals including sarsaparilla root, ginger, cinnamon and citrus.

"Sarsaparilla root was the first ingredient that came to mind when thinking about producing our first gin. I grew up drinking the local sarsaparilla drink and I couldn't resist trying to make it work - and it has produced a smooth, slightly sweet and distinctive gin," John enthused. "As a Cumbrian, ginger had to be in there too and this gives the

drink a wonderful warm finish."

The first batch will be sold for pre-order online through a Crowdfunder campaign and the company website, with delivery guaranteed before Christmas. The new gin from Wolftown will also be available to sample and buy at Ulverston's annual Dickensian Festival on November 23rd & 24th, 2019. Crowdfunder campaign: <https://www.crowdfunder.co.uk/help-us-launch-a-new-drinks-brand-in-ulverston>



Prestigious Awards for Local Firm

Kelly Walsh, a solicitor who lives in Grange, set up her own legal firm, K W Legal based in Grange, in 2012.

Due to rapid growth she moved to offices in Ulverston and Barrow to share space with the family firm Home & Finance and changed the name at the same time to H & F Legal.

Kelly looks after a lot of local clients, being local herself and choosing to return to Grange following her qualification, and was thrilled to be shortlisted for the 2019 Esta Conveyancer Awards which were held at The Grosvenor House Hotel, Park Lane, London. The awards were hosted by Phil Spencer and attended by about 300 solicitors.

Kelly says, "The Esta awards are based on Customer feedback, and we were absolutely delighted and honoured to win 2 awards, 1 for best conveyancer in the county, and the silver award for the whole of the North West.

We were up against some really big firms, so to be recognised for our hard work and commitment to



customer care and service in this way is fabulous. We think we are unique in our customer standards of service, and make sure we are available when it suits our clients rather than sticking to rigid office hours, a real bonus for those who might do shift work, or work away from home. We might be a small firm, but this means we have the personal touch when looking after people."

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The new visitor space at Shed 1 Gin

Ulverston's Award-Winning Gin Distillery Is Now Open To Visitors!

Well, it took a bit more time than we thought, but Shed 1 Gin's Visitor Space is now open!

Thank you to the Lord Lieutenant of Cumbria and the High Sheriff of Cumbria for opening the New Shed and launching our Gin Elixirs.

Tom, from Ulverston's Kindred Spirit Cocktails, created a Shed 1 Festive Breakfast Martini (recipe on the



The Lord Lieutenant open the new premises

website) and Ulverston's Aroma catering produced a delicious Shed 1 Blackberry Elixir mousse.

It was great to open our doors to everyone and show what we have

been up to.

Between now and the New Year, the visitor space will be open on Thursdays, Fridays and Saturdays from 12-7pm. Come along, enjoy a

G&T, have a look around and chat about gin. Do you have a special event coming up? Get in touch to talk about using our space for your do!

From January 2020, we'll be offering our special Gin Experiences: Make Your Own Distilled Gin, Make Your Own Bath Tub Gin, Afternoon G&T, Distillery Tours and Tastings. Bookings and Gift Vouchers will be available from December, 2019. A great gift for the Gin Lover in your life.

And if you'd like the chance to WIN a Gin Experience, enter our raffle. Tickets can be bought online, from our Shed, Tinners' Rabbit, Olde Ulverston Tea Room, TP Framework and the Book Shack in the Market Hall. All proceeds will go to Ulverston Mind and Gorlin Syndrome Group.

We couldn't have achieved this without the support of the Ulverston community. Thank you all so much for your continued encouragement and we hope that our new distillery will be a positive addition to the town. Looking forward to seeing you at the Shed!

The Old Calf Shed, North Lonsdale Road, Ulverston, Cumbria, LA12 9AU

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Dear Ulverston Now

Think of any town, think of your favourite towns, and almost certainly they are to an extent pedestrianised.

I and others feel that Ulverston would benefit from a traffic - free centre. Towns are for people and our experience of them is much improved without polluting traffic. We are learning more and more about how vehicle pollution from exhausts, brakes and tyres kills people.

Studies have shown how pedestrianisation can actually increase footfall. A recent survey of traders in Ulverston town centre showed a small majority in favour of pedestrianisation.

One major issue we certainly have in Ulverston is idling. Not all stationary cars automatically cut out. There is no excuse. We need to understand how much damage to our lungs is being done – particularly those of growing children. There is no safe level of such poisons.

Peter Needham

What do you think about pedestrianising Ulverston Town Centre?

Let us know!



Cut out and keep ulverston NOW

2020 Deadlines

ISSUE	DEADLINE	RELEASE
UN33	Fri 31st Jan	Thu 13th Feb
UN34	Fri 27th Mar	Thu 9th Apr
UN35	Fri 29th May	Thu 11th Jun
UN36	Fri 31st Jul	Thu 13th Aug
UN37	Fri 25th Sep	Thu 8th Oct
UN38	Fri 20th Nov	Thu 3rd Dec

grange NOW

2020 Deadlines

ISSUE	DEADLINE	RELEASE
GN342	Fri 17th Jan	Thu 30th Jan
GN343	Fri 14th Feb	Thu 27th Feb
GN344	Fri 13th Mar	Thu 26th Mar
GN345	Fri 17th Apr	Thu 30th Apr
GN346	Fri 15th May	Thu 28th May
GN347	Fri 19th Jun	Thu 2nd Jun
GN348	Fri 17th Jul	Thu 30th Jul
GN349	Fri 14th Aug	Thu 27th Aug
GN350	Fri 11th Sep	Thu 24th Sep
GN351	Fri 16th Oct	Thu 29th Oct
GN352	Fri 13th Nov	Thu 26th Nov
GN353	Fri 11th Dec	Thu 30th Dec

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Give the gift of 'peace of mind'



Richard Denby

Richard Denby talks about the vital importance of having a professionally drafted valid will in place this winter.

The cold snap of winter 2017/18 saw temperatures plummet in the Lake District to as low as -13°C reminding us that with the ongoing climate change, the 'Beast from the East' may begin to make a regular appearance. People who are elderly or infirm are some of the most vulnerable during the winter months, particularly those living alone. The importance of having an up to date valid will should not be underestimated as it can relieve the relatives left behind of some of the emotional and financial burden of having to sort things out.

A professionally drafted will and the advice that comes with it can alleviate after-death issues such as liability to inheritance tax, ensuring who inherits your assets and in what proportions, knowing who will be in charge of sorting everything out and making arrangements to protect a 'significant other'.

With offices presently open in Ulverston, Barrow-in-Furness, Windermere and Kendal (Grange-over-Sands undergoing refurbishment) there is still time to arrange an appointment and have a will drafted in time for Christmas. We know that some individuals find it difficult to attend our office which is why we also offer home visits to the particularly elderly or infirm.

Gift the gift of peace of mind this Christmas, either by encouraging your relatives to make a will or by arranging an appointment to make one for yourself.



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The Burning Issue

In a recent issue we highlighted the issue of climate change. Climate change can seem like too big a problem for individuals and local groups to tackle, yet we can all consider changes to make a difference.

It's also true that some people believe it isn't happening, in spite of evidence from all over the world. For example, our informant from Canada's North West Territory, where the temperature usually stays between minus 20 and 40 degrees C all winter, reports that this February the temperature shot up, melting not only their ice sculpture festival but the ice roads upon which transport depends in the winter. Nearer

to home, Cedric Robinson, the famous guide across the sands, is convinced of the effects of global warming. As he says "The evidence is there, right outside my front door. I used to rarely have to cancel a walk, but I had to postpone four weekends a couple of years ago. It was the worst season I've known for wind and rain together. I remember my old dad, who lived to 104, telling me: 'It never blows hard on a high tide - but it does now, lad.'". Since Ulverston Town Council and different groups in the town are taking this issue seriously, we thought we would give a 'progress report' on what is already happening, together with some ideas for readers to think about.

What Your Town Council Is Doing

Town councils don't have the powers some residents believe they have, but Ulverston Town Council has positively embraced the idea of doing what it can and bringing different groups together, so that as many people as possible work for the good of the community to cut carbon footprints and promote sustainability.

This is the main message of the Friends of the Earth's guide "20 actions parish and town councils can take on the climate and nature emergency", which the council is studying. Earlier this year the council created its own Environmental Sustainability Standing Committee, and in September it financed and



organised the first Eco-Fair at the Coronation Hall.

At the fair, community groups, local businesses, local and national charities and local councils came together. Hundreds of people aged 3 months to over 90 visited forty-six stalls to discover what strategies groups and individuals are already using to cut their carbon footprint, and to consider what individuals can do next to ensure a better future for our

children and grandchildren. Councillors from Kendal were very impressed by this event, and Ulverston councillors plan to hold another next year, preferably on a Saturday when more working people might be able to come along.

After the fair, there were discussions between councillors and community groups on what could be learned from the event and from the many suggestions which visitors put into the suggestion box for further projects.

Of the other specific actions recommended by Friends of the Earth, the council is trying to reduce pesticide use, and is planning to plant more trees, looking at how it can support the major national tree planting event on the 30th of November. It will also look at how to manage the land it controls, like the allotments,

for nature. When it comes to cutting carbon emissions from vehicles, the news that after years of being reluctant to communicate Network Rail has said it is willing to sell the trackbed between the canal and Next Ness means that a new safe cycling and walking route might be a step nearer. The town council doesn't run any car parks, so it cannot offer free or low cost parking for electric vehicles. However, it is making progress, and plastic water bottles seem to have disappeared from its meetings!

The Environmental Committee also encourages groups and schools who want to undertake small projects to improve their sustainability to apply to the council for small grants. Call in at the Town Council office, or email admin@ulverstontowncouncil.org.uk

Repair café coming!

There are thousands already established in other towns and cities worldwide so it's about time we had our own.

We aim to help the people of Ulverston live more sustainable lifestyles by providing the opportunity of fixing things that would otherwise have been thrown away. It will run on a monthly basis, probably alternating between a daytime and evening slot and run for 2 hours a time. There will be several repairers present each time with

different skills and they can teach you some of what they know while you watch them repair your item.

In order to make this happen we're looking for repairers with different skills including fixing clothing and textiles, electrical appliances, tools, computers, bicycles, furniture, and toys. We've had our first planning meeting recently and hope the first repair café will take place in January.

If you'd like to be involved you can contact us via our Facebook group "Ulverston Repair Café" or via email on UlverstonRepairCafe@btinternet.com

Ulverston Bike Project

Have you got an old bike rusting away unused in a shed, or would you like a quality refurbished bike so you can reduce your carbon footprint?

The Ulverston Bike Project, a community group working with Cumbria County Council's Health and Wellbeing Team, runs a weekly workshop on Tuesdays, 1.00 pm - 3.00 pm at Ulverston Library (in the garage up the drive past the Masonic Hall). The workshop not only offers a safe space for those requiring support



to gain skills and confidence, but also services donated bikes then offers them for sale, which gives us all the opportunity to find a genuine bargain. You can drop off unwanted bicycles and parts here, and if you have some spare time you might like to volunteer at the project.

For further information, please contact Kev Bell, Health and Wellbeing Coach, 07785 456662, kevin.bell@cumbria.gov.uk

An App To Help Reduce Food Waste

It can be alarming to know that as a nation we waste 20% of the food we buy. Given that it takes precious resources such as land, water, and energy to produce our food, any food that is wasted is also a waste of these resources. It also presents us with a moral dilemma, when so many people go without food each day.

So what can we do about it? The Love Food Hate Waste campaign urges us to buy only what we need, store it properly, and then eat what we buy. But with all our best intentions, sometimes we find ourselves with food that is good enough to eat but we can't use. Going away for the weekend, a glut at the allotment, your little fussy-eater has just changed their favourite food... all result in perfectly good food becoming destined for the bin or compost heap.

Rather than waste good food, the best solution is to redistribute your unwanted food to someone who can use it. The local foodbank will accept donations of in-date long-life food, take a look at their website to find out what they need right now. And now thanks to an innovative and award-winning app called Olio, you can easily redistribute other surplus food such as home-made



Ulverston residents meet up to swap surplus food listed on the Olio app.

food, allotment surplus, or food past it's "best before" date.

Using the app, you can quickly and easily advertise your surplus food and be contacted by neighbours who can put it to good use. If you'd like to collect some surplus food, simply open the app and search to see what is available nearby. The app is currently being used in 32 countries, has over a million users, and has shared almost 2.5 million portions of food!

We would love to see Ulverston become a waste-reducing food-sharing super town. After all, using the app to cut down on food waste could reduce our carbon footprint, save precious resources, connect us to our neighbours and support members of our community who need our help.

The app is free to download and use, so why not have a rummage in those cupboards, check your fridge, or offer up something from your garden and give it a try today.

Top Tips For A Sustainable Christmas

Last year we ran a piece on how to have a more eco-friendly festive season, so here again, in plenty of time, are the top tips from Greener Ulverston. It's not about doing everything, but more about doing what you can and still having a good time!



Make homemade Christmas crackers - loo roll tubes are ideal as a starter.

Use washable napkins, or even create your own, rather than buying paper ones.

Try not to buy too much food which then goes to waste. (See information on the Olio food-sharing app here).

Remember others - put some extra festive treats in collecting points for the food bank. The earlier you donate these the better. Go to

barrow.foodbank.org.uk to see what they would like.

GREENER
ULVERSTON

Buy as many presents as you can locally.

Try to avoid gifts wrapped in layers of plastic.

Think about giving charitable gift donations from, eg, The Oxfam Shop.

Talk to those you always buy for and see if they'll agree that you should make donations to favourite charities instead.

Handmade presents are always good. A load of home-produced eco-friendly firelighters was one of our favourites! Groups like Furness Refugee Support (www.furnessrefugeesupport.co.uk) always welcome items which are really needed, not unwrapped and put away in a cupboard.

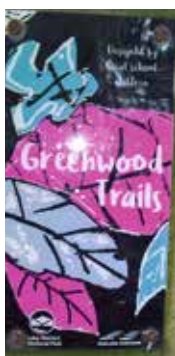
Use LED Christmas lights.

Don't buy new non-recyclable decorations - have fun making your own.

If you can, travel by foot, bike or public transport, and don't forget to go out and get some fresh air to walk off any over-indulgence.

Up & Down Through The Woods - a perfect Christmas walk

Your not-so-intrepid walk tester has tried one of the Greenwood Trails devised and marked out by Rusland Horizons, who have produced user-friendly waterproof guides to their walks.



This was Walk 2, Haverthwaite Heights, which the tester tried because you can get a bus to a starting point at Haverthwaite Station. If you can't get hold of a walk guide, the following directions should help to keep you on the right path. In addition, the numbered posts marking their trails have special 'Greenwood Trails' signs on them, and clear directional arrows.

The walk is mostly on narrow paths, rocky and potentially muddy in places, and there are some steep uphill sections so it's not suitable for buggies. If you love woodland and fine trees with some great views, though, it's perfect for a crisp winter day, and is about 3 miles long.

1. At Haverthwaite Station walk left along the platform to the path running alongside the play area, and follow it as it winds uphill with a large

rock and viewpoint on your left. At the top is a post with a Greenwood Trails sign, so follow the directional arrow.

2. Go downhill until you see another post at the bottom and follow this arrow, making your way through the mature trees which somehow cling to the steep slope. When you reach a 3 fingered sign take the right turn marked 'Backbarrow'.

3. At the post marked '4' take the 'Linsty Green' path, bearing left. Ignore a path to your right, and near Post '5' you will find a narrow path on your left. This is a detour up to the summit viewpoint - it is a bit of a climb but well worth it for fantastic views over the Leven estuary and out to the Irish Sea.

4. Return to the main route and watch out for Post '6' which takes you snaking downhill towards the railway line. Ignore another path to

your right and follow the arrow on Post '7' which takes you alongside the railway track. Don't be tempted to stray on to the track as you pass Post '8', but at Post '9', a T junction, you might want to turn right into Backbarrow for a tea break.

5. This will prepare you for following the left hand fingerpost to Abbots Reading since the path now goes steeply uphill, passing Posts '10' and '11'.

6. Your walker couldn't find Posts '12' and '13', but it is clear the path bears right at the top of the hill, and then goes down through the woodland towards Abbots Reading farm.

7. After the long descent which gives beautiful views of the Coniston fells you will find Post '14'. Go through the gate into the field, and cross down to the bottom right hand corner. Go through another gate and follow the farm track to the road.

8. Turn left and walk carefully along the road until you see a fingerpost on the left hand side marked 'Lane



Ends'. Go through the gate, straight up the field, through yet another gate and then turn right in the direction of the arrow.

9. Walk alongside the wall, through a gate and keep bearing left until you reach Lane Ends, where you can park and start the walk if you are using a car.

10. At the very end of Lane Ends follow the fingerpost 'Linsty Green via Haverthwaite Heights'. Keep going straight, turn right at Post '2' and after a downhill and a last sharp uphill stretch you should arrive back where you joined the route from the station.

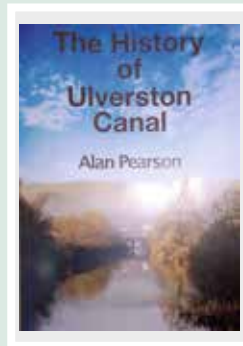
Thanks to Rusland Horizons for devising these trails which demonstrate that you don't have to go far from Ulverston to have a lovely walk!

Book Reviews

The History of Ulverston Canal

Alan Pearson

£7.50 from The Book Shack,
Suttons Books



This history of Ulverston Canal was originally written by Alan Pearson, and after his sudden death in 2004 only one hard copy existed. Now Mrs Pearson, with the help of Jennifer Snell and Ray Elmitt, has rescued and published her late husband's work, to the benefit of all who want to know more about this fascinating story.

At first sight this seems a slim volume, but in fact it is the most comprehensive history of Ulverston's canal, always known as the shortest, straightest and deepest in the country, and is the fruit of what must have been extensive research. It is full of information your reviewer was not aware of. It starts with a review of shipping in Furness from the Middle Ages until the 18th century, showing how before the canal was built there were far more anchorages and small ports for shipping in Furness than we might imagine, and finishes with the formal revocation of local quays at Ulverston by the Board of Customs and Excise in 1959. In between it details the building of the canal, the type of ships used for trade to and from Furness, the industries and trade associated with the canal and its eventual decline as a result of the

coming of the railways and the growth of Barrow.

This could all be dry as dust, but Mr Pearson's account is very readable, and incidentally contains a very clear explanation of how the rolling bridge over the canal worked, which is good timing now the site has been cleared up and a new sculptural panel installed. Your reviewer never knew that one 19th century Ulverston shipyard was owned by a woman, Margaret Wilson, or that the Ulverston-built Mary Ann Mandell engaged in battle with a U-boat in 1918. The appendices include contemporary accounts of the tragic deaths of three teenaged skaters on the canal in 1880, when two young men tried to rescue a young woman who had fallen through thin ice, maybe a warning if we have the cold winter which is forecast.

The book is illustrated with fine photographs, and all profits will go to the Ulverston Canal Regeneration Group who work to enhance the canal for the people of Ulverston, so many thanks to Mrs Pearson for making it available to us.

What's In A Name?

Re-discovering the Field Names of the Rusland Valley and Fells

Rusland Horizons 2019

£17.50 from Suttons Books



Earlier this year we reviewed 'Feather Bed & Shive of Cheese', a work on names in the landscape around Finsthwaite, Stott Park, Ealinghearth and Lakeside. This new handsome 'booklet' from the Rusland Horizons Landscape Partnership can be seen as a companion work to 'Feather Bed...', covering as it does a wider area. The 'Mapped Histories' project, one of the 15 projects which made up the Rusland Horizons scheme, discovered and interpreted the names of fields, woods and other landscape features in and around the Rusland Valley, and 'What's In A Name' is the result of their painstaking work.

It gives a brief history of the woodland in the Rusland Valley and its associated industries, then describes how the Mapped Histories volunteers went about this work. It makes the point that names of fields, woods and other features

are a source for understanding the history of our landscape and should be recorded and preserved as part of our heritage. Each different section for different areas in the Rusland Valley give us a historical summary, a map (sometimes a fascinating old map as well) and explanations for some of the names. If you want to know how Rusland itself got its name, or how names like Cringlemire or Tottlebank originated, then delve into this book which will please anyone with an interest in local history and the landscape.

Angus Winchester, the expert from Lancaster University says "The book is a triumph for the members of the Mapped Histories' project a visually stunning production, highly informative and full of interest not only to those who love the Rusland area but to all with an interest in the rural landscape of the Lake District."

Welcome to Ulverston Library

Forthcoming Events at Ulverston Library

Cards for Good Causes

Our annual charity Christmas card sale - Cards for good causes will cease trading at Ulverston library on Friday 20th December 2019. Cards, gifts, wrapping and other Christmas essentials for sale; don't miss out folks!

South Lakeland Age UK - Sloppy Slippers Swap

Wed 20th Nov 10:00-12:00noon Ulverston Library

Sloppy slippers cause accidents! At our free slipper swap, you can bring in your old pair, and we'll swap them with a new non-slip pair. While stocks last as there's a limited amount available. We'll also have experts on hand to offer advice and guidance on reducing risk and preventing falls.

Community Learning and Skills

Emily from community learning and skills South Lakeland is available each Monday at Ulverston library to assist with any course queries and enrolment.

Tel: 01539 713257 Website: cumbria.gov.uk/learningandskills

Email: southlakelandclas@cumbria.gov.uk

Junior Chess Club

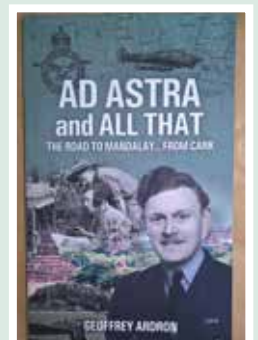
This popular club meet each Tuesday after school-16:45 pm Whatever your skill level just pop along to the library to play a game and meet new friends. Complete beginners welcome!

Ad Astra and All That The Road to Mandalay... from Cark

Geoffrey Ardron

Pixel Tweaks Publications 2019

£7.99 from Suttons Books



This is another book which was never published in the author's lifetime. He wrote it in the 1980's, and now his daughter, Sheridan, has put it into print after encouragement from local historian John Nixon, who has written about Cark and Millom airfields. Although it is mostly written in a breezy style, even without the local interest it is a valuable reminder of how ordinary young men (and women) were thrown into extraordinary circumstances in WWII and just got on with doing the best they could. Geoffrey Ardron was a Signals Officer in the RAF and after training was posted to Cark airfield. When we see the airfield now,

it doesn't look like much, but the author brings it to life as a bustling place full of all sorts of characters thrown together by the war. Light-hearted tales of high jinks in the mess, of bending rules and of hair-raising 'prangs' together with serious accounts of terrible accidents make us realise that Cark saw many sides of this conflict. After a spell at Cark, Geoffrey Ardron was posted to Burma, and gives us a perhaps rare view of a junior officer in this often overlooked campaign. It closes with a moving account of laying the airfield's flag in the church at Flookburgh, a fitting end to a book which should make us look at Cark airfield with fresh eyes.

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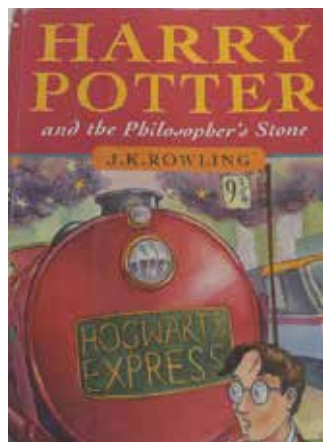
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A key part of auction life is predicting buyers' likely responses to items going under the auction hammer. As with all markets, there are trends but every so often there's a lot, or two, that take us by surprise.

Last month, for instance, two JK Rowling lots, which sold in our Two-Day Specialist Auction caused a bit of a stir. A signed, first edition of Harry Potter and the Philosopher's Stone sold for £6,000 (four times estimate) and a set of 6 first impression deluxe editions of the Harry Potter novels sold for £500 (three times estimate).

So, what led to the unexpected results? Well, there's a current boom for children's literature that is happily coinciding with interest in signed books - and one of the lots was in excellent condition - but we're all sticking with the idea that it was just a little bit of saleroom magic.



The Best Mulled Wine Recipe

Make perfect spiced mulled wine at Christmas. Use a good quality red wine like an unoaked tempranillo and give it a twist with a dash of sloe gin

Ingredients

750ml bottle red wine

1 large cinnamon stick, or 2 small ones

2 star anise

4 cloves

2 strips lemon zest, pared using a vegetable peeler

4 tbsp caster sugar

100ml sloe gin (optional)

Orange slices to decorate

Method

Put the red wine, cinnamon, star anise, cloves, lemon zest and sugar in a large pan. Cook on a low heat for 10 mins.

Remove from the heat and cool, leaving to infuse for about 30 mins.

To serve, heat without boiling, stir in the sloe gin (if using) and pour into mugs or heatproof glasses with the sliced orange.

Crafty Corner

Hello again readers,

Well what a stunning autumn we've had. From the wonderful colours and crispness of the falling leaves, fabulous shaped toadstools and the site of squirrels foraging for acorns to fill their winter larders, all have inspired my creations over the last couple of months. As we move into Winter now, my thoughts turn to Christmas. Yes it can be an overly commercial and materialistic time, but it really doesn't have to be like that. It's fantastic fun to make your own Christmas presents, wrapping and decorations and, in my experience, they are always really appreciated by family and friends.

So for this article I thought I'd share with you one of my favourite Christmas traditions of making Cinnamon Dough Tree Decorations. These wonderfully fragrant, (though non edible) decorations are fun to make with children and will immediately fill your house with that evocative Christmasy smell. They will also last year after year if sealed in an airtight box.

To make approximately 16 decorations (depending on the size of your cookie cutters), you will need:

Ajar of apple sauce (approx. 200g)

120g ground cinnamon

1tsp ground cloves

2 tablespoons of PVA glue

cookie cutters

a straw

ribbon/string

Method

Mix the spices together and add about 2/3 of the apple sauce with the glue. Mix well to form a soft dough. Add more of the apple sauce if the mixture is too dry.

Knead the dough into a ball and then roll out to about 3-5 mm thickness . I find it easier to do this with a sheet of cling film under the dough and one on top, to prevent sticking. Cut out shapes with your cookie cutters and carefully place



on a baking sheet . They can be quite close together as they don't spread. Now use the straw to make a hole in the top of each shape to be able to thread ribbon through for hanging.

Bake in the oven at 100 degrees C for 2 hours, turning over once, half way through the cooking time. Your kitchen will be filled with the delicious aroma. Alternatively, the decorations will air dry in about 4 to 5 days.

Once dried out and threaded with ribbon or rustic string, these pretty decorations can be left plain or adorned with further decorations, glitter or those puffy pens which give the impression of icing. Just let your imagination run wild and have fun.

Well that's it for this year folks. I'd better get back to my preparation for our Dickensian Festival!

The Urge to Hibernate

When winter comes with cold, rain, ice and snow and we go to work and come home in the dark, some of us wish we could go to sleep for at least a couple of months and only emerge in the spring.

Unfortunately perhaps, unlike some other mammals, humans have not adapted to hibernate. Strictly speaking, hibernation only refers to warm-blooded mammals which can regulate their body temperature and so induce a state of very low body temperature and a much reduced breathing and heart rate. This is to conserve their energy when it is cold and there is not much food, and mammals which hibernate need to stock up enough energy to see them through this sleep. Cold-blooded animals like reptiles cannot regulate their body temperature and metabolic rate, and although some reptiles find safe places to slow down and sleep in the winter, technically this is a state of dormancy not hibernation. Some species of mammals, like hedgehogs, hibernate spontaneously every year even if temperatures have not dropped and food is available, while others, not native to the UK, only hibernate if it is cold and they can't find enough



food.

In the UK the only species of mammal which hibernate are dormice, the 18 species of bats and hedgehogs. This can come as a surprise since it is often assumed that other mammals like badgers and squirrels also hibernate. It's true that badgers do spend a long time underground using as little energy as possible if, for example, the ground is frozen and they can't dig for earthworms but they are not hibernating. Squirrels eat nuts they have hidden previously, and other small mammals like voles and shrews stay awake and have to find enough to eat to fight the cold.

Dormice are the champion sleepers of our native mammals, spending up to 7 months of the year snoozing curled up in their bushy tails. In the early autumn they weave a

tiny nest of leaves and bark either in leaf litter on the ground or at the base of hedgerows and pop inside for their long sleep. Because they favoured hazel stools from coppiced hazel woods as a site for their nests they were often called hazel mice. Sadly, with the decline in traditional coppicing, dormice have suffered from a loss of habitat, and also up to half die in the winter because they haven't managed to eat enough before they go to sleep. However, if they come out too early, they can return to a brief state of torpor to save their energy.

Since bats eat flying insects which disappear in the winter and cannot fly long distances to migrate, they hibernate in roosts which can be in caves or hollow trees but also barns, sheds and attics. Their body temperature drops from 37 degrees

C to 10 degrees, so when it warms up in late March or April, they have to shiver for 20 minutes to bring their temperature back up again so they can fly out to feed. This takes up a lot of energy, so they have to find food straight away. If you find roosting bats you must never disturb them - it could lead to their deaths and is also against the law.

You are perhaps more likely on a mild late winter's day to come across a hedgehog which has been fooled into thinking that spring has come and woken up from hibernation to look for food. This can be fatal, since its body weight will have fallen and if it can't find enough food quickly it will die. In the previous autumn it will have looked for a safe place to sleep, perhaps under a logpile, then moved inside and shut itself down, reducing its body temperature from 35 degrees to 5 - 6 degrees. Of course, a hedgehog cannot tell the difference between a safe logpile and a bonfire built of garden rubbish or for Bonfire Night, so please always check before setting a bonfire alight.

If you find a hedgehog out and about before spring is well on its way, ring Furness Hedgehog Rescue on 01229 464829 or look on their Facebook page for advice on what to do.

Pond Life

In the last edition of Ulverston Now you may remember Liz, our graphic designer is having a pond created by the Rivers Trust on her farm.

As you can see in the photos, the pond is developing well. The pond and nearby watercourse are being fenced off from livestock to improve water quality in the river catchment. Native broadleaved trees will be planted next which provide many benefits to rivers including slowing the flow of water from the land, reducing the risk of flooding, filtering sediment and pollutants from the water and providing shade along watercourses.

Alongside this, more trees are needed across the country to help in absorbing carbon dioxide and to provide habitat for wildlife. It is hoped that the pond itself will become a magnet for aquatic life like amphibians and insects so encouraging biodiversity on what was a plain pasture. Marginal plants have already been planted and we will see what insects, birds and other wildlife start to appear next spring.



Volunteer from the Rivers Trust erect fencing



Fencing taking shape



Hoping to attract the damselfly

The Perfect Plot

Remember, remember that you still need to get down the allotment even though it's November, and it's cold, wet and dark. It was earlier this month that we commemorated the 'gunpowder plot' and Guy Fawkes who was famously somewhat unimpressed with the residents of the parliament of the time, glad things have improved over the last 414 years, eh?

The weather will be changing for the worse so it's worth having a walk round your plot and making sure everything that needs to stay put is firmly secured; Brassica nets, plastic cloches and any wobbly greenhouse panes can be carried off by the wind and create hazards for traffic or pedestrians. A huge Brassica net came free in the wind at a garden I was working on, on a windy day. The first I saw of it was a gigantic black shadow, swooping down on me from the sky and swaddling me to the ground.

You should also stake your Brussels sprouts as they are so top heavy that the wind can easily blow them down and they've got to last a little while yet...just under 55 days!

You can also plant garlic, shallots and onion sets. If your soil is



particularly wet and claggy you can dib small holes for the bulbs and fill them with a mixture of compost and sand or grit so they get a little extra drainage.

Other tasks for this month include pruning, blackcurrants, red currants and gooseberries as well as cutting down autumn fruiting raspberry canes, if you're lucky enough to still be getting fruit, but you can leave this. I've mentioned this before but try making cuttings from the currants as they tend to strike very easily and you've got some Christmas presents to hand out next year. You could save any particularly big limbs you remove to defend yourself on Christmas morning as well!

It's a good time to start digging over and mulching beds as you clear them and it's also a good way to keep warm.

With thanks to John Random Love, columnist for Grange Now

What Next After Rusland Horizons?

Over the three years it has been running we have reported on some of the activities of the Rusland Horizons Landscape Partnership Scheme (or Rusland Horizons, for short). This was a community-led Landscape Partnership largely funded by the Heritage Lottery Fund. The scheme carried out many worthwhile projects with the aim of reviving traditional skills together with learning about, enhancing and enjoying the heritage, habitats and wildlife of the beautiful Rusland Valley right on our doorstep. Creating Greenwood Trails, restoring habitat for dormice, training apprentices in countryside skills and researching field and wood names are just some of the successes of Rusland Horizons. Now the Heritage Lottery funding has come to an end, people wanted to find a way of carrying on Rusland Horizons' vision.

By chance, in 1987 a charity, Woodmanship Limited, was founded to further the work of the well-known coppice worker, willow grower and all-round traditional



An example of greenwood crafts

craft enthusiast Walter Lloyd. By late 2018, the charity had distributed its limited funds, but the trustees wanted the charity to continue, and they also wanted the work of Rusland Horizons to carry on in whatever form was possible. With the agreement of the Charity Commission and Companies House, therefore, Woodmanship Limited became The Rusland Horizons Trust Limited, an organisation which includes Woodmanship's original aims and the desire to continue the work started by the lottery funded Rusland Horizons.

The Rusland Horizons Trust Limited (RHTL) is an entirely different legal entity to the Rusland Horizons Landscape Partnership Scheme



View from one of the Greenwood Trails

and is independent of any partnership organisations. Its aims are to 'promote, enhance, improve, protect and conserve the physical and natural environment and maintain its natural beauty for the public benefit within a broad area of the Lake District centred on the Rusland valley and fells' and 'to advance education and interest in the landscape and natural environment and in particular in the skills and knowledge associated with the conservation and improvement of the physical, natural and social environment of the area'.

As there is no follow-on funding from the Heritage Lottery Fund, RHTL has to find alternative sources of funding. It is planned

that this funding will come from membership fees, donations from within the community and further afield, grants from charities, and corporate donations or sponsorship.

RHTL has already made progress in raising money and is making an application for new funding from the National Lottery. This won't be on the scale of the Heritage Lottery grant but, if successful, this new funding will be focussed upon young persons' training in countryside and environmental skills, which can only be a good thing.

If you would like to support the Trust, go to the 'Trust' page of Rusland Horizons' website.

Help Our Beaches!

Don't forget the beach cleans organised by the Morecambe Bay Partnership, a great way to get some fresh air over the winter.

There will be beach cleans at North

Walney on Saturday 7th December, and Sunday 22nd December 10.00 - 12.00. Volunteers new and old are most welcome, just meet at the West Shore car park (Earnse Bay). Sat navs should use the postcode LA14 3XZ. All equipment

is provided, but if you would be very helpful if you could bring your own work gloves.

Booking in advance is not necessary, but if you wish to bring a group please



On the Farm

With Ulverston farmer Will Case

As the clocks go back and the nights draw in, our cattle have come inside for winter. Cows don't enjoy the cold, wet weather any more than we do and they're very glad to be in a cosy shed out of the way of the elements.

While we are sheltering them we are also protecting the land from damage. Much like a rugby pitch in winter, grazing fields get pretty muddy if we aren't careful. The damage to the grass plants and topsoil can take a long time to recover, so when the weather turns wet, the cows are off the pitch for the off season!

Last month in Grange Now, I mentioned that mating time for sheep is about to get into full swing. Have you ever noticed that sheep have colourful backs at this time of year? The boys (tups), have colourful crayon marker painted on their chests and when they mate, the marker spreads onto the back of the girls (ewes.) We have different colours for different tups. This lets us know that the tup is 'busy' and which lambs he has fathered. We change the colours every 17 days, in line with sheep's cycle. 147 days later when lambing time comes around we know roughly when each one will be giving birth so we can look after each one correctly.

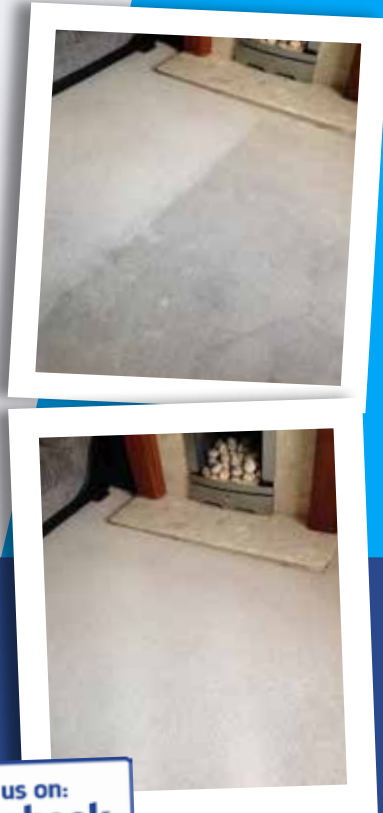
This month, I took part in a brilliant initiative called 'FaceTime a Farmer'. The idea is to give school children an insight into what happens on a working farm. Each school who wants to get involved is paired up with a farmer. We then arrange a monthly FaceTime link up to



show the children what is going on and answer any questions. I have been paired with St Hugh's School in Scunthorpe and in our first FaceTime we looked at our dairy cows and how the robots milk them. The teacher used the milk yield of the cows as part of a maths class and the kids loved seeing the tractors. Speaking directly from the farm is a great way to interact, and I can't think of a better way to communicate in a positive way about the great work done by British farmers.



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