

ulverston NOW

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Repair Cafe a Hit - page 7

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**Hey Beatles Tribute
Saturday 29 February**



**LipService:
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Friday 7 March**



**Little Mix Tribute
Sunday 5 March**



One Night in Dublin Live Music Event: Saturday 4 April

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Letter from the Editor

Welcome to our first edition of 2020. So much to look forward to this year in and around Ulverston. There are also a wide range of ways for you to get involved with your local community. So grab a brew, pull up a chair and enjoy reading Ulverston Now.

- A few of the many highlights you will find in this issue -
- Lantern Festival date change to September 19th - page 6
- Ulverston Emergency Planning Group seeks volunteers - page 10
- Could you help the charity MIND - page 9
- Youngsters why not join the Air Cadets - see page 10
- South Cumbria Musical Festival - see page 17
- Whats on listings on pages 12 and 13

We welcome your contributions for the next issue so please note the deadline of Friday 27th March.

Local businesses - please help to support this local community paper. Without your support it cannot happen, so please use the pages of Ulverston Now to get the message out - remember we deliver this paper through every letterbox in Ulverston, Swarthmoor and surrounding villages.

A big thank you to Helen and Liz for this issue.

Next deadline Friday 27th March

Do get in touch

info@ulverstonnow.co.uk

01229 490 000



Have your say...

Do send us your views on local issues in a letter to the editor (max 250 words preferably). We will always look at articles sent in by our readers as well if you think you have a subject you would like people in Ulverston to know about.

ISSUE	DEADLINE	RELEASE
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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ADVERTORIAL

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"From the outset, Höfn was able to create the perfect occasion from the vision I set out. They are professional, polite and have a wealth of knowledge. I would highly recommend them." - Lucy, 21st Birthday Celebration

A unique offering of Hofnevents is the ability to join together more than one stretch tent to fit any space and also they act as a one stop shop for everything your event needs.. So if you have an event in mind, take a look at their advert on the back page or just go to www.hofnevents.co.uk (see back page advert)

NEWS

COMMUNITY

WHAT'S ON

ART & MUSIC

BUSINESS

SPORT & LEISURE

BOOKSHELF

NATURE & GARDENS

We Made It In The Market!

This January an available stall in Ulverston Market Hall was brightened up and made good use of by Jean Povey, who invited people to come along and get crafty.



Materials and help were at hand for anyone who wanted to knit, crochet, sew, make rugs, try felting or do patchwork. Jean reports

that this experiment was a great success. Every day, on average, 6 - 8 people sat down, chatted and improved their skills or learnt new ones. A few of these people were already involved in craft groups in Ulverston, but others were trying out some crafts for the first time. Regular market shoppers liked the opportunity to pop in for a chat, two Americans and a person from Luxembourg had a go, women from Lancaster and Morecambe who had seen reports on Facebook turned up and one gentleman came in to make a crown for a fancy dress party. It certainly cheered up a dull January for a lot of people, and the feeling was that it would be a good idea for this to happen again, or for other craftspeople or artists to have a pop-up space while there is a stall available.

Litter Shame

We hope the fans of Sweet Thai Chilli Lentil Curlys enjoyed their snacks, but it would have been nice if they had put the empty packets in a bin (maybe even carried them home if there wasn't one handy)

instead of decorating Newton Street with them!



Are you ready for the Good Work Plan that comes into force on 6th April 2020, placing new administrative and legal challenges on employers?

That means : **NEW 'day one' rights for employees**
Increase in the holiday pay reference period from 12 weeks to 52 week to name just 2 of the important changes.
If that leaves you feeling worried and unsure about what to do, then give Turnstone HR Ltd a call?

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Ulverston Climate Change Gardening Competition



Ulverston Town Council and Ulverston in Bloom are co-hosting a new Climate Change Gardening Competition which will be judged in July 2020.

Many of you will have noticed that the seasons are changing and we are having both wetter and hotter weather than in the past. This is a challenge to gardeners of all sorts and our wildlife too. Anyone with a garden, allotment or commercial premises with some green space is encouraged to enter by contacting Ulverston Town Hall on 01229 585778 or admin@ulverstontowncouncil.org.uk. A judging date will be communicated to competitors nearer the time and certificates will be presented by the Mayor on Charter Day in the centre of Ulverston in September.

Judges will be looking for:

- Plants that are pollinator friendly including wild flowers
- Plants that cope well with summer drought
- Plants and trees providing food for wildlife
- Places for wildlife such as bird boxes, log piles, bee boxes, bug hotels, hedgehog houses, ponds, water bowls, wild areas and bird feeders
- Trees in general providing shade, habitat, noise and air pollution benefits and flood resilience



So while you are sitting in the warm over winter planning your gardening for 2020 think about giving this competition a go!

Offset Your Carbon Footprint

Those who want to offset their carbon footprint from flying and long distance travelling by supporting tree planting now have an opportunity locally to make sure that money they donate for this will be used properly.

A new charity group, TREES, is being set up in Ulverston with a local account to receive donations and fund tree planting not too

far from home. One project the charity can support right away is the 'Restoring Hardknott Forest' project which is busy removing non-native trees, rewetting peat bog and planting native trees up the Duddon valley. The charity has more ideas for other local tree planting initiatives which the charity can help in the future.

If anyone wants further information about the TREES charity or the Hardknott Forest project please get in touch with Bill Shaw at 01229 343638.

Grants For Environmental Projects Now Available

Do you have a project which will help the environment? Would you like some funding for it?

Ulverston Town Council has now launched a new grant which is open to all local groups, charities, schools and non-profit making groups. The council is looking for

applications for all types of projects which can help the environment including planting, recycling, upcycling and rewilding.



Chair of the Council Environmental Sustainability group Judy Pickthall said: "We are really excited about this new grant and look forward to receiving lots of application from local groups and schools especially those who may not have applied for a grant before. The grant is up to £200.00 and does not necessarily require match funding. The Environmental sustainability group meets every month and will look at each application then."

The application form can be found on www.ulverstoncouncil.org.uk

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



Open Up!

We are looking for new participants for the 2020 Ulverston Open Gardens weekend of the 20th and 21st of June.

When you have enjoyed working on and developing your garden it is a pleasure to share it with interested visitors. We like to add two or three new gardens each year and are on the lookout for wildlife friendly gardens, pretty backyards, quirky gardens with garden ornaments, vegetable growing gardens –in fact



any kind of garden large or small!

If you would like to take part please contact Martin Cooper on mbhscooper@btinternet.com or Kim Farr on farraway@hotmail.co.uk.



Ulverston Canal Easter Trail is Coming!

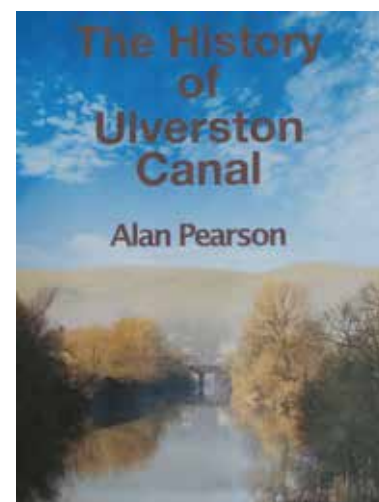
26th March-16th April

The annual UCRG Easter Trail will be brightening up the canal towpath in a few weeks, so if you would like to take part, please get in contact with Colin, chairman@ulverstoncrg.co.uk, to register your interest and find out more.

Schools, Community Groups & Charities can all take part for free. If you are a business, we do ask for a minimum donation of £10 to cover the cost of the plywood.

Cut outs of bunnies and eggs will be available from February 13th. All you have to do is decorate them and return them to us by March 22nd.

There will be Easter Trail sheets you can fill in and we'll draw a winner or three from all the correctly completed ones.



Also, the sales of the posthumously published book by Alan Pearson are doing very well. It's a fascinating read about the canal and we're very grateful to Cath Pearson for donating all the profits to the UCRG. Books are on sale directly from us, and from The Bay Horse at Canal Foot, Sutton's Bookshop, The Book Shack and The Old Curiosity Shop in Ulverston.

Thank you to everyone for your continued support.

Bureaucratic Hold-ups for The Friends of the X112

The Friends were hoping that they would have good news by now on their progress towards trying to make the bus services they support more sustainable.

Yet again though they have to report that they have come across more bureaucratic hold-ups which are causing immense frustration. However, they are determined to keep fighting on and keep everyone informed. In the meantime they urge people to keep supporting the bus services in whatever way they can, particularly

by using the buses and showing that there is a need for them.

The next fundraising/social event for the buses is on February 28th, a lunch at Rampside Village Hall from 11am- 2pm. Please get in touch with Sue Jenkinson on 01229869637 for more details.

The Friends' Christmas Raffle and Sale in Ulverston Market Hall raised a magnificent £644. They will be having an Easter Raffle in the Market Hall on 8th April.

A date for the next AGM of the Friends group has not been decided yet, but as mentioned many times before they need as many people as possible on the committee.

If you want to offer your services to the 'Friends' group please contact Roger on 01229 835712.

Jobs fair

Ulverston Community Partnership working with Ulverston Town Council are holding a Free to enter Jobs Fair in the Coronation Hall, Ulverston on Thursday 27th February. Doors open to Job Seekers from 9.45 am until 12.30 pm.

Any would be Job Seekers are advised to bring copies of their C.Vs. with them. Various employers, training providers, educators and voluntary groups will be attending.

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Ulverston Canal Easter Trail Is Coming!
26th March-16th April

Does your School, Community Group, Charity or Business want to join in the annual Canal Easter Trail? Always a popular event which attracts many visitors to Ulverston Canal.

Please register your interest in either a plywood Bunny or Egg by emailing chairman@ulverstoncrg.co.uk

If you are a business, we ask for a minimum donation of £10 to help pay for the plywood.

Cut outs will be available from February 13th. They need to be completed and returned by March 22nd.



www.ulverstoncrg.co.uk

From Greener Ulverston

Cutting down our meat and dairy consumption is getting a lot of attention at the moment but it's not the only way we can reduce the carbon footprint of our food.

Winter is an important time to make sure we're eating seasonal fruit and vegetables with low food miles although there are exceptions.

Produce like bananas, apples, oranges, and sweet potatoes that have travelled here by boat will still have a relatively low carbon footprint. But we should avoid anything that wouldn't keep well so has had to come by plane, e.g. blueberries from Peru. (It's pretty appalling that blackberries from the other side of the world are filling our supermarkets in September when there are so many going to waste in the countryside if only someone would pick them.)

If something has been grown in this country out of season it will also be a bad choice as it will have been grown in a heated greenhouse. So ideally things like tomatoes and cucumbers need to be off the menu for a while. If you're using them in a stew, curry, chilli etc it doesn't really matter what vegetables you're using!

Here's what's in season in February and March, and what's extra good is they're mostly easily available free from plastic packaging:



Vegetables - beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, chicory, kale, leek, parsnip, potatoes, spinach, squash.

Fruit - early rhubarb. But apples, pears, oranges, other citrus fruit, bananas, pineapples, and mangoes are ok to eat all year round because they store well and can come to the UK by boat.

Cut the Wrap have kindly agreed to host a 'seed swap' box in the shop where you can donate your spare seeds and get free ones so what better way to get started at growing your own veg that's organic, plastic free, and with zero food miles!



Ulverston in Bloom Plans Include Flags, Poems and Walkfest!

Ulverston in Bloom will be taking part in both the regional Cumbria in Bloom and national Britain in Bloom competitions this year having been nominated as a national finalist.



The regional judges will visit in July and the national judges in August. Ulverston in Bloom is one of four finalists in Cumbria alongside the Ulverston Business Improvement District, Penrith and Kirkoswald and we will be marked on horticultural skills, community involvement and environmental responsibility.

In addition to all our usual work around over 100 tubs, troughs, planters and garden areas we are planning some new developments. This will include nine flags for

Jubilee Gardens to allow us to take part in Flag Fortnight and have the flags in place for the judges' visits - many thanks to Jean Povey for making the flags for us! We will also deliver a walk about the Gill Banks woodland management and habitat development as part of Walkfest, create a Poetry Trail, run some litter picks and work in partnership to improve Ulverston Station. Ulverston BID will add more hanging baskets to the town centre and provide financial support for both Ulverston in Bloom and for the Civic Society for their work on the walled pinfold where lost animals were kept.



The Ulverston in Bloom volunteers meet every Wednesday morning from February to November for a couple of hours gardening.

If you would like to be involved please email Kim Farr at farraway@hotmail.co.uk



Change of Date and Time for Lantern Festival

The Ulverston Lantern Festival date has been set for Saturday September 19th 2020 – one week later than normal to make the event more family friendly.

The organising committee decided to move the event one week later after feedback from some of the thousands of people who attend the event each year. The later date means an earlier sunset which will allow the event to start around 30 minutes earlier than normal, and finish earlier giving families with younger children the chance to enjoy the firework finale in Ford Park.

Festival committee chair Chris Nelson explains: "We floated the idea on social media and there was huge support for a later date and an earlier start and finish. The new date means the processions will be starting between 7.15 and 7.30pm and arriving at County Square around 8.00pm, before heading up to Ford Park. That means the finale should be all finished by 9.00pm."

No theme has so far been selected for the 2020 event, but suggestions are already being aired via Facebook and the decision will be

made at the AGM to take place in February or early March.



Chris adds: "The Lantern Festival is a totally self-supporting community-based event and we are hoping to once again attract support and sponsorship from local companies and the town and district councils to back the volunteers who work so hard to make it happen. The event attracts thousands of people to the town to see several hundred lanterns create the River of Light, and it provides a huge boost for local hospitality businesses. We will be aiming to select a theme for this year that once again offers lots of scope for the fabulous creativity which is evident in the parades."

Any individual, business or group that wants to get involved with the 2020 Festival should contact Chris Nelson on 07761 930627, or email chris@trafalgarp.co.uk. For more information visit the Festival's Facebook page or go to www.ulverstonlanternfestival.org.

Good-bye Northern Rail

On 1st March Northern Rail will be stripped of its franchise.

All its rail services, including the Furness line, will be run by the Operator of Last Resort (OLR), a company owned by the Department of Transport which consists of experienced rail managers. All those who have suffered from delayed and cancelled trains will probably not mourn Northern Rail's departure.

Not all of its problems were its own making. Cancellation of infrastructure improvements which helped to lead to the chaos when the new timetable was introduced in May 2018, and the idea of driver-only trains, which led to industrial action, were not down to Northern Rail.

At the same time, it has had a while to put right a shortage of



drivers, and their fare collection was sometimes erratic. Passengers may have doubted whether senior management had experienced waiting in the dark on an unmanned station for a train which might or might not appear.

The general opinion is that it might take months before improvements are seen across the franchise area, but at least this is a start. Regular long-serving staff, who are usually very helpful and patient, have expressed the hope that morale among passengers and staff will improve. This has happened on the East Coast line since the OLR took over this franchise, and apparently the senior managers behind this improvement will be involved in the Northern Rail area.



Repair Cafe A Hit

Organisers are delighted with the response to the launch of a repair cafe which has generated hundreds of 'likes' on social media. About 23 volunteers signed up to fix objects or help run the cafe, held in Booths supermarket, Ulverston.

Organiser Dave Kyles said of the launch, on January 6, "It was a brilliant turn-out of volunteers and a steady stream of people bringing items to fix. Objects brought for repair included a vacuum cleaner, a rocking chair - and a pair of pyjamas.

"All the repairers are volunteers. They do their best to repair items - though there are no guarantees that everything can, or will, be repaired. Customers are expected to watch, help the repairers and learn about the repair process. It's not a drop and collect service."

Mr Kyles, a recently retired chemical engineer, said the repairs are free, but customers are asked to provide or pay for spare parts and donations will be welcome. He said the environmental benefits of



the repair cafe include less waste going to landfill and reduced CO2 emissions, because fewer new things will be made.

"Repairing things obviously encourages the move away from a disposable culture to a more sustainable one - essential in the face of the climate emergency. The cafe also has social and community benefits - a place for people to come together for a chat and a cuppa and to do something worthwhile. It also saves money - particularly for people on tight budgets, but for everyone else as well, of course."

Mr Kyles, who worked in the pharmaceutical industry, particularly on projects to minimise waste and recover solvents and other materials came across the repair cafe idea on a visit to South Wales, where a small community had started one.

He said: "Like many people, I tend to feel powerless when faced with the news about the climate emergency. So I think it's better to make a start and do small things rather than nothing. It will take a long time to get to a sustainable planet, but we need to be on that journey. I'd like to see the repair cafe well established, then move on to start other community environmental projects, working with Greener Ulverston and Sustainable Ulverston."

Repair cafes started in the Netherlands in 2009. There are now more than 1,900 in 35 countries, including 120 in the UK, and in Cumbria four that meet monthly and a few others quarterly.

The repair cafe will be open on the first Monday of the month in the Booths cafe area, 6.30 pm - 8.30 pm. Booths cafe itself will be closed, but the repairers will run a simple cafe.

Do you have a car, a car collection or maybe a company that operates a fleet? Smallbone Cars can accommodate single car purchases right through to multi vehicle disposals.



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Making a Good Start at Croftlands



Croftlands Infant & Nursery School with its groups for pre-school children, works with families to be the centre of the Croftlands community. The three month old to two year old class is

called "Hedgehogs, while "Badgers" is for two to three year olds."

One picture shows the Badger Class enjoying using the school hall to work with the parachute on physical activities. This ensures a smooth transition to 'proper' school as they are happy to move around the wonderful school and meet the school team.



The other picture shows Hedgehogs being instilled with a love of books from an early age.

News from Sandside Lodge

A new year and a new term at Sandside Lodge!

Some of our 6th form students are enjoying the volunteering section of their Duke of Edinburgh Award at Swarthdale Nursing Home in Ulverston. Both residents and students enjoy games, crafts and songs together. And it's an added bonus that it's a short walk, now that we're located on Springfield Road! The picture shows some of our pupils outside the main entrance.



Some of our other 6th form students are enjoying work placements, out and about in the community. Pictured above is Kye who is helping out at Velo Bikes in Ulverston. Kye is loving his time there and says "I like the fact that it's a peaceful space to work in"



We are genuinely appreciative of the support of all our parents and the local community, when it comes to fund-raising. The next event to take place is a

coffee morning at the Coronation Hall in Ulverston. It's on Thursday 12th March. Please pop along and enjoy some tea and home-made cake if you can. Our pupils will be actively involved and it should be a good morning! Then our Friends of Sandside group have organised a bag-pack in Booths Supermarket on Friday 10th and Saturday 11th April, so look out for that also. Thank you.



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Ulverston Golf Club - Celebrating 125 years and Supporting Local Charities

Ulverston Golf Club, established in 1895 and originally designed by Open Champion Sandy Herd, was remodelled in the 1920's by renowned course architect HS Colt who was responsible for the design of other famous courses such as Pine Valley Golf Course, ranked the number 1 course in America and Wentworth West course in Surrey which hosts the PGA championship.

He was also responsible for extensive redesigns of Open Championship venues Muirfield and Royal Liverpool Golf Club Hoylake, as well as last year's Open Venue, Royal Portrush. At Ulverston he has created a beautiful course with wonderful views over Morecambe



Lady Captain Deborah Hall presenting a cheque to Julia Brown and George from Guide Dogs for the Blind

Bay, the Cartmel Peninsula and, to the north, the mountains of the Lake District.

Each year the officers of the club (Captain, Lady Captain, President) identify a charity to support and a programme of events is scheduled to raise funds in support. In 2019 Captain Ian Booth raised over



Maryvonne Dixon from Ulverston Mind and Club Captain Ian Booth

£2000 for Ulverston MIND, Lady Captain Deborah Hall raised over £1000 for The Guide Dogs for the Blind Association and President Tony Scroggham raised £855 for the local Alzheimer Society.

Ulverston Golf Club also welcomes and supports other organisations who wish to raise money for charity

and in 2019 thousands of pounds were raised for charities including St Mary's Hospice, Walking with the Wounded and nominated BAE SYSTEMS Submarines Charities.

In 2020 the Captain, Lady Captain and President's Charities will be Hospice at Home, Mountain Rescue and the Alzheimers Society, and the club will again be hosting charity days organised by local businesses.

Plans are also under way to hold a series of events throughout the summer to celebrate the 125th anniversary of the club. These will include a number of social events which will be open to members and non members alike. Golf clubs have a reputation for being stuffy and unwelcoming but this is not the case at Ulverston. The club has excellent catering facilities and as well as serving food and beverages throughout the day we have a very popular Friday Feast offering as well as a regular monthly Sunday Dinner. The clubhouse is also available for parties and celebrations.

Inner Wheel

President Anne Rankin welcomed members to the December meeting held at the Ulverston Golf Club. President Anne also welcomed Gill Benjamin as the speaker.

Following a delicious Christmas meal, Gill, Secretary of Ulverston Town Band, spoke about the history of the band which was originally formed in the late 1800's. There are now approximately thirty members in the band with conductor Mich Rowlandson and also a training band which Gill runs. Following Gill's talk, members were entertained by a brass quartet from the band playing Christmas music and carols. The vote of thanks was given by Past President Margaret Taylor.



Anne Rankin, Gill Benjamin and members of the Town Band

Club members met for the January meeting when President Anne welcomed Neil Honeyman as the speaker. Neil spoke most enthusiastically about St. Petersburg, the Tzars and the amazing architecture of the buildings, churches, castles,

theatres, all so elaborate. St. Petersburg, rather like Venice, is built on a series of islands. After visiting other countries, Tsar Peter the Great realised how backward Russia was, so designed a new main city on the shores of the Baltic Sea, away from Moscow. The city

houses one of the world's largest museums, The Hermitage Museum. A number of Club members had been to St.Petersburg and Neil certainly left the remaining members wishing they too could visit the city. President Anne thanked Neil for such an inspiring talk.

The business meeting followed and President Anne reported on her activities since the last meeting which included an invitation from the Rotary Club of Ulverston to attend their annual concert given by the Houghton Weavers. Past President Dorothy Broadley lit the candle to International Friendship and asked members to remember the people of China and now, also some in other countries, suffering with the Coronavirus.

Not A "Blue" Monday For Ulverston Mind

Thanks to Haverthwaite-based company Playdale Playgrounds the third Monday in January turned into a red-letter day for Ulverston Mind. Playdale's Business Projects Manager Dave Wilson, together with other members of the company, handed over £1,308 which they had raised for the charity.

Dave Wilson explained that members of the company are encouraged to nominate local charities for which they would like to raise funds, and from these nominations they pick three good



L-R 'Ironman' Ben Hodgson, Kelly Marks, Jan Quinn, Helen Shacklady, Emma Simpson, Dave Wilson

causes to support for two years each. Playdale staff have organised events from cake bakes to the 'Total Wipeout' held in Ford Park in 2018, and Barry Leahey, the Managing Director himself, went so far as to enter and win a 'white collar boxing' initiative, whereby business leaders are trained to box and compete to raise money for charity.

As the person who nominated Ulverston Mind, Emma Simpson has spear-headed fundraising for the charity. Ulverston Mind has benefited from two years of Playdale's 'Tuck Shop' profits as well as from Playdale's Ben Hodgson who completed an Ironman challenge and donated sponsorship money. Ben has qualified to represent GB at an Ironman event in the Netherlands, but because he will receive no official support for training, kit or physiotherapy, Ulverston Mind were pleased to hear that he is one of Playdale's good causes for the next year.

Jan Quinn, Services Manager, and Helen Shacklady, Interim Chair, from Ulverston Mind expressed their gratitude for two years of

magnificent support from Playdale, and said this latest donation would go towards their expanded Counselling service.

Do you have office skills and some time to spare? Ulverston Mind is looking for volunteers to help in their office, and this would suit a retired person or someone looking to get back into work and seeking experience in a friendly environment.

The charity also needs new trustees to help take the charity forward. If you are interested in either of these opportunities to give time to a worthwhile cause, email advice@ulverstonmind.org.uk or ring 01229 581578 in the first instance.



Aged 12 (Year 8) or over?
Want something fun to do?
 Come and join the Air Cadets at:
 2223 Ulverston Sqn ATC
 Dragley Beck
 Monday 19:30 - 21:30
 Friday 19:30 - 21:45

Flying
Gliding
Shooting
Adventure Training
Sports
Map reading/Navigation
Visits to RAF Stations
And much more..

Find us on Facebook :
 2223(Ulverston) Sqn ATC

Email: oc.2223@aircadets.org
Adj.2223@aircadets.org

Ulverston Evening Townswomen's Guild

Ulverston Evening Townswomen's Guild had another thoroughly enjoyable Christmas full of fun and in good company.

There was a coach trip to a Christmas Lunch at a warm, friendly hotel. There was a winter walk with mince pies



and mulled wine on the edge of the Bay. There were Hand Bell Ringers who came to our monthly meeting to entertain us with music and carols, even inviting one of our members to borrow a bell and take a star part in Silent Night.

All this plus a packed programme of events already being planned for the rest of 2020. Watch this space or, better still, come and join us. The first Wednesday of the month, 7.30 pm at Croftlands Junior School. Phone 586012 for further details.

What's On at Ulverston Parish Church

Easter Services

Good Friday – Friday 10th April: 12 noon - Stations of the Cross. Interactive, multi-sensory prayerful activities for all ages. 2pm – An Hour at the Cross. A reflective service including a time of silent meditation in Ulverston Parish Church.

Easter Sunday – Sunday 12th April. Family Communion service. This interactive service is accessible and open to all

ages and includes choosing different zones to worship in; busy, colour, word, talk, quiet or prayer. Come along and celebrate the true meaning of Easter in a fun and friendly environment in Ulverston Parish Church.

Special Events!

25th February: Ultimate Pancake Party. A free family event held at Ulverston Parish Church on Tuesday 25th February from 3pm – 4:30pm. Games, races, treasure hunts, colouring-in, pancakes and toppings galore! **For more information contact children@ulverstonparishchurch.org.**

Family Walking Group - Every 2nd Sunday of the month! A pram friendly, relaxed walk in or around Ulverston and a chance to meet new people of all ages. Some weeks we will walk from the church but others we will drive to an alternative location to start our walk. (Car shares will be available.) Meet at the church foyer before 12.30pm. You are welcome to join us for our family friendly church service at 10.30am and stay on to enjoy your packed lunch after the service. **For more information email children@ulverstonparishchurch.org.**

2nd Week of the month - Spud Clubs. Women's discussion groups dealing with hot topics affecting Christian women today. Group 1 meets on the 2nd Monday of the month at 7-8pm at The Old Friends pub and the Group 2 meets on the 2nd Thursday of the month at 2-3pm in the parish centre on Church Walk. Next dates – 10th and 13th February and 9th and 12th March. **For more information email office@ulverstonparishchurch.org.**

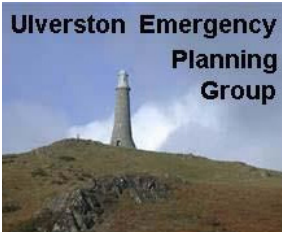


Thurs 5 March: Chef's Table – talk & taste! A Lively Cooking Demonstration 6:30pm – 9:30pm. Poppies chef and owner Steve Hartley & team will share professional tips for home cooking, saving money, time and storage space! Live demonstrations resulting in a 3-course tasting buffet will be offered with coffee tea & fizz. Held in Ulverston Parish Church Centre of Church Walk, this event is part of The Restoration Mission. Tickets £15 per person.

Please secure your seat at Poppies, 4 Union Street, Ulverston, LA12 7HR. Tel: 07305 712476. Email: poppiesulverston@gmail.com. For more information visit ulverstonparishchurch.org/what'son or call Jen at 01229 58808. Email: office@ulverstonparishchurch.org

6th-8th March – Youth Weekend Away Furness Network Youth Church youth weekend away brings together young people age 11+ from across the Furness area for a weekend of fun, laughter, worship, good food and God! Are you ready for adventure, challenge and excitement? **Get in contact with Ruth at ruth.hutchings@carlisle-diocese.org.uk to find out more.**

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



Ulverston Emergency Planning Group

Is urgently seeking volunteers to assist in the notification of pending floods or predictable emergency. This is a straight forward process requiring some street knowledge and some simple basic training, which will all be provided in due course.

We are not looking for people with high level qualifications such as mountain rescue, nurses, paramedics or first aiders, but do not let this stop you if you feel you can help. As a volunteer you will probably be carrying messages to and from the control centre to residences etc. and would not be very onerous.

If you feel you would like to be involved with this organisation then please complete the form below and Hand it in to the council office opposite the Roxy and alongside the Coronation Hall. Or contact either one of the following.

C P Rogers cprogers@mail.com
 M Wilson markwilsonulverstoneast@gmail.com

Your Full Name

Telephone Number

Email address

C P Rogers
 Deputy Co-Ordinator

Barley the Therapy Dog Delights Patients

Patients and staff at Furness General Hospital were delighted when a special visitor popped in to see them.

Barley the therapy dog paid his first visit to the hospital recently and is now a weekly visitor. Patients' faces lit up as Barley, a friendly and gentle two-year-old golden retriever, wagged his tail and enjoyed being patted. He was a welcome diversion for everyone and some members of staff said they nearly cried tears of joy because patients loved Barley so much.



Jill Pakenham from Broughton in Furness with her dog Barley

Jill Pakenham, who is originally from Oxfordshire and now lives in Broughton-in-Furness, said she intuitively knew that Barley would make a good therapy dog due to his calm nature.

Jill explained that she is a 'Pets As Therapy' (PAT) volunteer and Barley

is a PAT dog. The PAT charity was founded in 1983 to enhance health and wellbeing in the community through the visits of trusted volunteers and their pets. It aims to improve the lives of people suffering from debilitating mental and physical health conditions and illnesses such as autism, dementia and stroke.

Visiting the hospital in Barrow is a new venture for Jill and Barley. Before Jill had Barley, she had a PAT dog called Toby who used to visit St Mary's Hospice in Ulverston.

Jill hopes Barley's regular visits to Furness General Hospital will benefit patients recovering from many different illnesses and form an important part of their holistic care.

On a visit to Ward 4, which is a

general surgical ward, Barley showed how his presence had a calming and uplifting effect on patients and staff.

Louise Worsley from Barrow, a patient on Ward 4, said: "I think it's lovely. Barley has cheered everyone up."

"I would love to have a dog but I have too many health problems so it's nice to meet Barley. I think he should come back to see me!"

Yvonne Linton, a Care Support Worker (CSW) on Ward 4, said: "I'm just tearing up at the moment. I didn't realise just how much Barley's visit would cheer everyone up!"

For more information on the PAT charity go to: petsastherapy.org

ADVERTORIAL

Travel the Globe opened their second branch in December 2019 following the continued success of their Barrow office, located within Stollers. They have employed 3 new staff members who will be well known by the people of Ulverston.

owned and truly independent travel agency who can offer impartial advice and source the perfect holiday for each and every customer. The staff are looking forward to welcoming you into their beautiful new office on King Street - Ulverston.

Between them they have over 60 years of travel experience! Travel the Globe are a locally

Photo L-R Helen McKeown, Wendy Smith, Lisa Barnes, Claire Milby, Annabel Horne



Love every moment

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INDEPENDENT TRAVEL AGENT

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Barrow-in-Furness, LA14 5UN

Ulverston 01229 584472
17 King Street, Ulverston,
LA12 7DZ

8 day river cruise from only
£1,449PP

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- Return overseas transfers
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- The services of an experienced Cruise Director and concierge

*See our website for full terms and conditions.

Selected departures April to October 2020

Up to **€200** on-board credit per cabin*

**MONDAYS**

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

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.

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.

Keep Fit 7-8pm Bardsea Malt Kiln

TUESDAYS

Furness Clog Dancers

Flannery Centre, St Mary's Catholic Church, Victoria Road, 8 to 10 pm Clogs provided for beginners. 01229 889592

Art Class 10am-2pm Bardsea Malt Kiln

Yoga 6-7pm Bardsea Malt Kiln

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

Keep Fit 6.30-7.15pm Bardsea Malt Kiln

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

Table Tennis, 7pm Gleaston Village Hall & Green Committee. £1 per session. JTV - 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.

Feel Good Singers Led by Kirsten Taylor 10.30am-11.30am £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.

Dance Your Socks Off - Fun & Fitness 1.30pm-3pm Bardsea Malt Kiln

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

Keep Fit 6.30pm-7.30pm Bardsea Malt Kiln

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

BACKGAMMON CLUB

Meet first and 3rd Monday of the month, at Stan Laurel Pub, from 7.30pm onwards. Open to all abilities and everyone welcome

CONTACT:

PAUL GALLEY 07947 639006

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)

Extraordinary meeting of the
**Bardsea
Malt Kiln Village Hall
Wednesday 26th
February
at 7.45 p.m.**

To discuss the future of this historic building due to lack of Management Trustees.

Bardsea Malt Kiln Village Hall
Well Lane, Bardsea

Coffee Morning

Saturday 14th March, 9.30 to 11.30 at St. Mary's community Hall, Victoria Road, Ulverston. Run by Furness Clog Dancers - stalls and demonstrations.

**ULVERSTON
"BRINGING
COMMUNITIES
TOGETHER"**

(UBCT) are holding their next meeting on Wednesday 25th March 2020 in Ulverston Library, (6.30-8pm).

Guest speaker is **Nicola Pietragalla** - Community Banker with NatWest - she will give a presentation on how to avoid banking SCAMS, what to look out for and who is likely to be at risk.

All Welcome.



FORD PARK

Image of crocuses – copyright Ford Park Community Group

Hints of the new season have already started to appear here at Ford Park, with the first delicate snowdrops, bright daffodils and a carpet of beautiful crocuses spotted by visitors back in mid-January.

By the time you are reading this column, there will be even more signs of Spring's arrival, bringing a smile to many looking forward to the warmer, lighter days.

If you have visited Ford Park during the week, you may have seen our fantastic volunteers working hard (in all weathers!) to help keep the park looking its best. Recently, they were helping with preparations for the Ford parkrun – wheelbarrowing sawdust in an attempt to fill holes and soak up the mud before the popular weekend running event. Volunteers have also been busy cutting back the briars on the bank side of the path towards St Mary's Hospice too – visitors to the park can expect to see some new fruit trees planted here, so do look out for those!

There are always lots of opportunities to get involved as a volunteer at Ford Park. Is it something you've thought about doing, or perhaps you know of someone wanting to start 2020 with a community goal in mind? If so, we would love to hear from enthusiastic individuals who can help at the park, either on the ground doing practical tasks or at key events throughout the year – we have something for everyone! Come and join our growing, friendly team – simply contact Cath on 01229 588164.

Behind the scenes at the park, there's plenty going on, with lots of plans in the pipeline too!

At the minute, we are appealing for Co-op shoppers to help us raise money for new seating, a raised stage and a shelter for families and groups using the park, by simply picking up groceries. How, you may ask? Well, Ford Park is now one of the Co-op's local causes, which means if you are a Co-op member and buy a Co-op branded product, the Co-op will give 1% of the money

you spend to a local cause. If you are already a Co-op member – brilliant! Just log-in to your account, select us as your chosen cause and start supporting. If you'd like to sign up, visit coop.co.uk/membership today – we really appreciate your support.

The Ford Park team are also busy planning a fantastic range of events for this year – afraid we cannot say much more on that now, but be sure to keep an eye on our website for more announcements (www.ford-park.org.uk) It's going to be a great year!

One event we can mention now is our Easter Monday Fun at Ford Park! Join us on April 13, between 11am-3pm, for lots of fun activities for all the family. Free entry, however donations to Ford Park Community Group will be welcome. Remember to pop the date in your diary!

If you cannot make it to our Easter Monday fundraiser, then you can still help to support Ford Park by joining our fantastic group of members.

Did you know it costs Ford Park Community Group around £100,000 a year just to keep this green space safe, attractive and accessible and we rely on support from donations and memberships to help fund this work? From as little as £2 per month, you can become a Ford Park member and help support our work, alongside receiving discounts in the café and on selected events, and entry into a monthly members draw for a free cream tea!

Think of it as a small way of helping to ensure you can enjoy this park for many years to come and become part of the Ford Park community. To find out more, or to join, simply visit <http://www.ford-park.org.uk/about/membership/>

Hope to see you at the park soon,

The Ford Park Team

February:

20 – 22: 11am & 3pm:
Pinocchio: Family Circus
Theatre Fun Show

20 – 22: 12.30pm & 4.30pm:
Circus Workshops: Games /
Acrobalance / Circus 24/7

27: 9.45am – 12.30pm:
Ulverston Jobs Fair

29: 10.45am: Friends of the
Coro talk: Story of Ulverston
Carnival

29: 8pm: Hey Beatles Tribute
March:

7: 7.30pm: LipService Theatre:
Strangers on a Train Set

10: 8pm: Coro Bingo

12: 7.30pm: Furness Tradition:

Phil & Aly in Concert

14: 7.30pm: UVHS with the
Royal Marines Concert

16 – 20: Various Times: South
Cumbria Musical Festival

21 & 22: 10am & 11am: Etsy
Made in Cumbria Spring Fair

22: 7.30pm: Furness Tradition:
The Light Hero: Dominic Kelly

27 – 28: 7pm / 2.30pm / 7pm:
Stephenson School of Dance:
Rising Stars

April

3: 7.30pm: Friday Night Live
Comedy

4: 7.30pm: One Night in Dublin
Live Music Night

5: 6pm: Little Mix Show: Woman
Like Me

HAPPY 250TH BIRTHDAY BEETHOVEN!

Friday 27th March sees a very special day for classical music enthusiasts.

To celebrate this year's Beethoven 250 anniversary, Ulverston International Music Festival plays hosts to a day-long performance of all 32 piano sonatas at Ulverston Parish Church LA12 7EN, from 10am-11pm. Part of Beethoven250fest (March 26-30th 2020 www.ulverstonmusicfestival.co.uk/whats-on/beethoven250fest.php) the 32 pianists, who are all students at Royal Birmingham Conservatoire, will travel by coach to Ulverston and back in a single - and very long - day!

The complete Beethoven sonatas cycle is an undertaking not often attempted and we believe this may be a first for a UK Conservatoire. It



is certainly a first for Ulverston, and not to be missed.

The day will be split into four sessions, U-18 & students free, Adults £5 per session, and £15 for any hardy souls who stay all day - to be rewarded with an exceptional and immersive experience to cherish.

BEETHOVEN 250 FEST

26 - 30 MARCH

Six concerts at Ulverston Parish Church to celebrate Beethoven's 250th anniversary including all 32 piano sonatas performed in one day

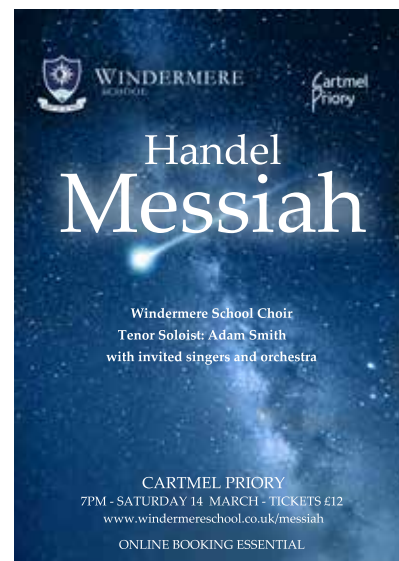
for more information visit ULVERSTONMUSICFESTIVAL.CO.UK
Leaflet & booking at the Coro Hall



Gill Banks Action Group Spring Planting Programme

Sun 23 Feb
and Sun 1 Mar
11am-1pm

Meet at The Cumbria Way
marker in The Gill car park



Another Fine Fest - 20th - 21st June 2020

Another Fine Fest is 7!

And Stan Laurel would be 130! In order to commemorate this fact, on June 20th - 21st, Ulverston will once again erupt in a multicoloured feast of live music, DJs, circus, street theatre, live street art, window painting, yarnbombing, interactive workshops, comedy, spoken word and a cornucopia of various other weird and wonderful activity.

Yes, that's right, the world record breaking Another Fine Fest is back to rock the cobbles with the seventh instalment of it's free multi-arts, family friendly festival and you are all invited to the celebrations.

How you can get involved

AFF positively encourages active engagement with it's festival and there are many ways to participate including performing, creating, trading, donating, sponsoring, volunteering or painting. This really is your festival!

Sponsorship

Another Fine Fest presents the perfect opportunity to place your organisation at the heart of Ulverston's festival calendar, and to align your brand with world-class arts in our town. Your funding will allow the festival to engage in a much more widespread marketing campaign (which you will become a part of) as well as develop the festival itself and enable it to present even more world class art, music, stages, acts and entertainment and attract the finest names to our doorstep.

Sponsorship opportunities start from just £250.

Crowdfunding

The public's support is needed to make the festival a reality with crowdfunding, patronage and merchandise sales being vital sources of financial support for the free festival. Crowdfunding is how the event managed to get off the ground in 2014 and it continues to play an integral part in its existence. Last year, the Arts Council decided not to fund the event, having provided £10,000 of its overall budget in previous years and it was the public and local business that came to the rescue with a flurry of sponsorships and donations.

Sustainability is thus an issue, whilst funding from grant giving organisations is never guaranteed, festival organisers are calling upon the generosity of fine fest fans to help to safeguard their future.

No donation is said to be too small, if everyone that came to enjoy the festival could donate just a couple of pounds, then the likelihood of subsequent events happening would be guaranteed. All profits go into the running of the event and paying wages for many local acts, artists and providers as well as bringing world class acts from afar.

Supporter wristbands, badges and cups are available from the Laurel & Hardy Museum, this year's crowdfunding campaign will be launched very soon and donations can be given right now either via anotherfinefest.co.uk or by becoming a patron of the event at patreon.com/anotherfinefest

Volunteering

The festival is on the lookout for volunteers to help deliver all the action, to keep the crowds safe and to collect donations. Are you a friendly, confident and trustworthy individual that would like to help out? Folks with first aid certificates are particularly welcome but all help would be most gratefully received!



Traders

The number of traders attending the festival has grown significantly each year but organisers are always looking for more quirky stalls and tasty food vendors from our town, across our county and beyond to ply their wares and bring some added colour to the proceedings. Estimates of up to 15,000 revellers attended the event last year, with even more predicted in 2020, a healthy number of potential shoppers are expected.

Busker's Zone

Have you ever dreamed of performing in front of an audience but have never taken your skills outside of your bedroom? Well now is your chance to shine at this open mic session based outside the front of the Coro! You are invited to bring down your instrument, plug in and play. Local musical legend Chris Garratt of the Sad Eyed Puffins will host this area and provide the means for you to amplify your sound. Chris has been involved in the music scene for almost four decades so certainly knows his stuff and will help you direct your tunes towards people's ears and hopefully connect with their dancing feet. You may even find some like minded musical souls to jam along with and maybe even start a band together!

Window Painting - Glass as canvas

Each year AFF teams up with a multitude of local businesses and

artists to transform the streets into an open air gallery where festival goers can enjoy live art in action.

Original murals and spectacular scenes will be painted upon the glass of our pubs, shops and cafes throughout town. Would you like a window of your own to flex your creative talents upon? If the answer is yes, then get in touch and make it happen!

Comedy Competition

In the month of May (date TBA) at the Laurel and Hardy Museum, 20 acts will be battle it out to be crowned the King or Queen of comedy with the winner bagging a paid slot at Planet Mirth and an appearance at Another Fine Fest! Do you have what it takes to hold the audience in the palm of your hands, to respond quick fire to a heckle and to incite laughter with every sentence? Then your time has come!

Helping those that need it

Another Fine Fest raises vital funds for two local charities St Mary's Hospice and Ulverston Mind.

The more funding that the festival can generate, then the bigger and better the event can be, in turn attracting more people to our town and generating an increased amount of funds for said charities. Please give generously!

For more information on any of the above please mail anotherfinefest@gmail.com

Fiona Clucas Exhibition Coming To Ulverston

Waterlands, an exhibition by well-known artist Fiona Clucas, will come to Gallery 68 at the bottom of Market Street in Ulverston from Thursday 26th March.



Swans and Swift, Brigsteer Moss, Summer. Gouache and pastel

This is an exhibition of new work inspired by the artist's favourite watery places including the mosses



Winter Fog and Wading birds, Arnside. Graphite.

of South Cumbria and Morecambe Bay estuary. Works in oils, gouache and pastel, charcoal and graphite

depict a real sense of place, light and time of day. The paintings and drawings, many of which have been done on location, also highlight the varied species that inhabit these waterlands including the birdlife, insects, invertebrates and plants.

Fiona is a member of The Society of Wildlife Art and the Lake Artists Society

The gallery is open every Thursday, Friday and Saturday 10am - 5pm, and the exhibition ends on 25th April.

Friday Night Live 3rd April!



Planet Mirth is back as Friday Night Live, for one of only two nights scheduled at the beautiful Coronation Hall in 2020. Headlining the glittering line up is a very familiar face, Canadian Tanyalee Davis, who you may have seen on prime time TV shows such as The One Show, Live at The Apollo, The John Bishop Show and The Last Leg.

Tanyalee has been making audiences around the world laugh for over 30 years and is truly at the top of her game. She has a rare form of dwarfism called Diastrophic Dysplasia and uses her experiences of life as a 3ft 6" person to inform her somewhat racy form of comedy.

Since 2010, Tanyalee's #ScooterGirlCampaign has been campaigning for greater accessibility on public transport after suffering from numerous instances of discrimination on trains, planes and buses. She made headlines in the summer of 2018 after posting an emotional video following a train guard threatening to call the police if she didn't move from a disabled space for a pram. This led to a live interview on ITV's "This Morning" where Tanyalee recounted the upsetting tale.

Not just content on being a comedian, a campaigner and an ambassador for an anti-bullying charity GR8 AS U R, Tanyalee has also appeared in multiple movies including El Matador, For Da Love Of Money & Austin Powers 3: Goldmember.

Hosting the evening's entertainment is Micky Bartlett, one of the funniest and most popular acts on the circuit, earning the respect of his peers and Northern Ireland's older generation of comics alike.

In 2012 Micky supported Patrick Kieley on his tour of Northern Ireland and played venues like the Derry Playhouse and the Odyssey arena to an audience of

over 5000, and this performance earned him a slot in the Belfast recording of "Dave's One Night Stand" in the Waterfront Hall in Belfast.

Canadian surrealist and master story-teller Tony Law is a three-time Chortle Award winner, Amused Moose Best Show winner and Edinburgh Comedy Award nominee. He is known for his highly surreal material and high energy delivery. Many of his stand-up routines are ad-libbed, built around wacky, out of this world scenarios, where the unexpected is to be expected. Tony's bizarre flights of fancy were a hit the Coro Hall audience back in 2017, with many fans calling for his return.

His extensive TV and radio credits include Have I Got News For You, The Alternative Comedy Experience, Celebrity Mastermind, Celebrity Squares, Never Mind The Buzzcocks and Charlie Brooker's Weekly Wipe.

Josh Pugh is the final act on this four act compilation, a comedian who is able to boast a whole host of awards for his comedic skills. Josh exploded onto the scene by winning a gong show in his first ever gig, going on to win Birmingham Comedy Festival Breaking Talent Award 2015 and the Nottingham Comedy Festival New Act of the Year Award 2015. In between he somehow won Midland New Act of the Year in both 2014 and 2015 and then was crowned English Comedian of the Year 2016. Josh's humour could be described as pithy and unconventional, with a writing style that takes you off on glorious tangents.

Early booking is advised as tickets often sell out in advance. Tickets are on sale now direct from the Coronation Hall, call 01229 587140 for more info.

New Year, New Exhibition at Brantwood



We are super-excited about our new permanent exhibition which opens on 20 March "The Treasury - The John Ruskin Mineral Collection".

This new dedicated exhibition in our Linton Room explores Ruskin's fascination with mountains, minerals and the world of geology. After an absence of nearly a century, his personal collection of over 2,000 museum-quality mineral specimens has returned to Brantwood.

Our Blue Gallery exhibition 'Master of Topography: John Ruskin's Debt to Samuel Prout' continues until the 15th of March. In the

Studio from 22 February, we have 'Water Essays' by Frances Winder. Frances' work reflects the mood and atmosphere of landscape. On display until 29 March.

To coincide with The Treasury, we have a new exhibition in the Blue Gallery "The Making of the Mountains: John Ruskin and the Geology of the Hills" opens 18 March. On display until 25 May.

We are open Wednesday to Sunday 10.30 - 4pm. Then everyday 10.30 - 5pm from the 16th March 2020.

www.brantwood.org.uk / 015394 41396

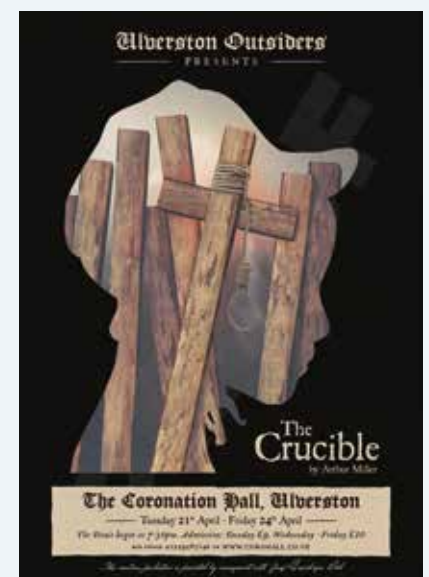
The Outsiders Present 'The Crucible'

Ulverston Outsiders are performing Arthur Miller's 'The Crucible' from the 21st to the 24th of April at the Coronation Hall. This iconic and dramatic play is based on the Salem witch trials that took place in the Massachusetts Bay Colony during 1692 and 1693.

Written at the height of America's 'Red Scare' in the Cold War, 'The Crucible' is Miller's answer to the widespread hysteria and fundamentalist attacks from McCarthyism in the early 1950s. The witch hunts of Salem were an allegory for the communist hunts led by the Committee of Un-American Activities.

This play is profoundly powerful in its message. Enduring, accessible and relevant, a wonderful masterpiece!

Leading roles are taken by Adam



Atkinson as John Proctor, Claire Boulter as his wife Elizabeth, Hayley Parsons as Abigail Williams, Duncan Lindsay as Reverend John Hale and Chris Barron as Deputy Governor Danforth.

The play is directed by Steve Carrick, who played John Proctor in front of sell-out audiences when the Outsiders last performed this play in 1989.

Tickets, priced £9 on the Tuesday and £10 Wednesday to Friday, are obtainable from any of the cast, from the Box Office on 01229587140 or at www.corohall.co.uk.

Furness Tradition - Brilliant Concerts Coming Up!

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

Phil and Aly are 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 have a stream of accolades for their many TV documentaries, Transatlantic sessions hosting, live work over long careers with many top level bands, honorary doctorates and a pair of MBE's for their services to traditional music. They are 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. **Booking and details at corohall.co.uk, 01229 587140**

Mairearad Green and Anna Massie 7.30 pm Friday 24th April

The Laurel and Hardy Museum (Brogden Street) Ulverston. **Tickets £12 from Furness Tradition website www.furnesstradition.org.uk**

These are two of Scotland's most revered multi-instrumentalists. Their pairing combines Mairearad's deft and lyrical accordion style, as well as her masterful piping, with Anna's unparalleled versatility on guitar, fiddle and banjo. After over twelve years playing together, in the last few years both have introduced songs to their live set, demonstrating the pair's seemingly infinite abilities as musicians, but also the symbiotic synergy of performing together. Anna appeared here with Blazin' Fiddles last year – we are delighted to have

her back again.

Storytelling Events

We have run storytelling events every Equinox and Solstice - around a fire or in an interesting venue for the past year. The Vernal Equinox will be celebrated with storytellers Mark Borthwick and Ian Douglas at The Old Calf Shed, Shed 1 Gin Distillery and Visitor Centre from 7.30 on March 20th. **The Winter Solstice event was sold out so make a booking at www.furnesstradition.org.uk**

Furness Tradition Festival weekend will be the 10th -13th 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.

Generous Glass Artist Hosts Exhibition For Ford Park

Talented glass artist Marilyn Hale is holding an exhibition of her work at Ford Park in Ulverston.

Marilyn, who works from her studio at Bowstead Gates, Newland, not



far from Ford Park, is raising money for the charity-run green space by donating all profits from the sales of her exhibition to help maintain the park.

The exhibition displays works of art in glass, but also features a few pieces in acrylic paints, which Marilyn has recently been experimenting with.

She said: "As a regular visitor and supporter of Ford Park, which is such a beautiful space in the heart of Ulverston, I wanted to help raise money which can be used towards maintaining the park and ensure it continues to be enjoyed by future generations."

Marilyn holds glass fusing classes and workshops for beginners and more experienced fusers at her studio, alongside classes in acrylic paint.

For more information on Marilyn, who is also a DecoArt helping artist and teaches Decorative Folk Art, please visit her Facebook page [CraftStudioandGlassworks](https://www.facebook.com/CraftStudioandGlassworks) or email CraftStudioGlassworks@gmail.com



Ulverston Society of Artists

We are now in a new decade and the start of a new year and our minds often turn to new beginnings.

Do you have a passion for art and want to spend some time with like-minded folk being creative? Art has proven to have many health benefits and is used often as a way of improving our mental health and keeping the brain active. By joining an art group you can develop your art skills, have fun learning with other people and try something new.

If this sounds like you, Ulverston Society Of Artists are looking for new members to join them. We have regular exhibitions in the area, a monthly programme of events, social events and trips out of the area, so plenty to keep you occupied and fulfilled. Useful information can be found on our website www.ulverstonsocietyofartists.co.uk.

Brenda our chairperson is happy to take your call if you are interested in joining in on the fun (01229) 582253. Otherwise please contact Mary Calvert by phone (01229) 820954 or email mcalvert184@aol.com for a membership application form. There is no better way of spending £15 this year!

An Extra Film at Oxen Park

On Saturday February 22nd at 7.30 pm the Carthouse Cinema, Oxen Park will show an extra film not in the annual programme.

This is 'Neither Wolf Nor Dog', which has become the most successful non-Hollywood Native American themed movie in years in the US, and is in the midst of the longest first-run theatrical release in over a decade in the US. Its opening at the Landmark Lagoon cinema in Minneapolis had more admissions than the film with the top screen average in the

USA that week.

The film is based on a best-selling Native American novel (the UK edition was in the Amazon Top 10 when it came out 2 years-ago) where a Lakota elder sucks a white author into a road-trip through the heart of the contemporary Native American landscape to open his eyes to their reality. Thematically it is like the Native American Green Book while avoiding the cliché. It revolves around a remarkable performance from Lakota Elder Dave Bald Eagle, who was 95-years-old during filming.

For this film, book with carol, crlmcneill@gmail.com

For other great films remaining this season see www.oxenparkcinemaclub.org.uk

A Triumph of Nature

Saturday 22nd
February to
Sunday 5th April
2020

The Ruskin Museum Coniston launches its 2020 exhibition season with a beautiful collection of artworks by local artist Beverley White.

Beverley takes her inspiration from the natural world around her. Living by the shores of Morecambe Bay the saltmarsh affords plenty of material for her work. John Ruskin's philosophy of 'learning from nature'



is a way of life for her

"I am a printmaker with a keen interest in natural history. My printmaking begins with sketches which are developed, and a loose outline drawing is transferred to the block for the cutting to begin. A linocut is sometimes produced with one block cutting away between

each print to build up the design in colour, or with multiple blocks building up colour by overlaying parts of the design. Most of my blocks are black and white and here the cutting, especially the wood engravings, must create good shapes and tones.

"Fungi, bird's nests and animals are my

favourite subjects for watercolour studies and my interest in these has resulted in neighbours frequently leaving disused bird's nests and other specimens on my doorstep".

Beverley began exhibiting her work in 1990 with The Lake Artists Society Summer Exhibition,

Grasmere and she became an elected member in 2006. Her work has been exhibited widely in South Cumbria, and further afield at the Manchester Academy of Fine Arts, The Hepworth Wakefield, Sheffield, and Kirkcudbright. Beverley is part of an artist's co-operative which runs The Beach Hut Gallery at Kent's Bank Station, Nr. Grange over Sands www.thebeachhutgallery.co.uk www.beverleywhite.artweb.com

During the Exhibition Beverley will be holding two open studio days in the Dawson Gallery when visitors can see her at work. Demonstrations are planned on the opening day Saturday 22nd Feb from 1.30pm and Saturday 28th March during museum opening hours. See the Museum's website for details of opening times.

JAZZ APPRECIATION

Jazz Bites Bach

The Jazz world's long-time fascination with the extraordinary classical talents of Johann Sebastian Bach, and his masterful command of counterpoint and fugue, have proved highly influential for such 'cool school' jazzmen as Dave Brubeck, and John Lewis and his Modern Jazz Quartet, and even Benny Goodman from an earlier era, and these influences found a fascinated audience

at the January 23 meeting of Ulverston Jazz Appreciation Society.

They met as usual at Bardsea's Malt Kiln Village Hall. Then in marked contrast, enthusiastic members enjoyed a presentation on Hard Bop, a precursor of modern jazz and today's challenging sounds.

The programme for February 27 will include:

A History of Swing: Recordings of the great era of the Big Bands of the 1930s and '40s - - and icon Benny Goodman (again) was called The King of Swing - - are still

delighting audiences worldwide.

The Alan Dell Story: The jazz life and times of the ever popular broadcaster, who entertained millions.

The programme for March 26 will include:

Tina Brooks: His real name Harold Floyd, he was a first class modern jazz tenor sax player and composer, who sadly fell victim to drugs and never attained the fame he deserved.

More Nights at The Half Note: A member's happy memories of this New York jazz club, regarded by many enthusiasts as the city's most

welcoming and worthwhile venue of the 1960s.

Jazz enthusiasts, newcomers or oldies alike, will always receive a warm welcome when the Society meets monthly at Bardsea's Malt Kiln Village Hall, just down the coast road a piece from Ulverston, where knowledgeable presenters with wide tastes play music of all jazz styles on high quality audio equipment. 'Winter' meetings, until May, run from 11.30am to 1.45 pm, and refreshments are included.

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

South Cumbria Musical Festival

The 2020 festival takes place between Sunday 15th and Friday 20th March and, as usual, is held in the Coronation Hall, Ulverston.

The festival begins with brass classes on Sunday including solo, duet and band performances. The remainder of the week sees classes including speech, piano, instrumental and vocals, culminating with Adult Choir classes on Friday evening.

We have a selection of speech classes on Monday 16th including poetry, readings and acted dramatisation. Tuesday 17th brings piano day and Wednesday 18th has classes for recorder, music making, woodwind, percussion and strings.



The school years vocal classes take place throughout Thursday 19th and Friday 20th morning and afternoon. The school choir classes take place on Thursday afternoon and evening. Tickets for the children's choirs' are available only from the participating schools. Friday evening features adult vocal classes with performances of songs from shows and folk songs along with other vocal classes.

This year we are holding our Gala Concert at St Mary's Church, Dalton. This will take place on Friday 24th April, as usual with performers from all disciplines from throughout our festival week

showcasing their talent. We also have vocalists competing for a valuable cash prize.

Dalton Town Band will open and close the Gala Concert and we will also see performances from Furness Music Centre Choir and Pianist, Fiona Butcher.

Tickets can be obtained by phoning 01229 584653 at any time or from the Coronation Hall during festival week or by phoning 07773 403686 during festival week.

This year's festival promises to be the usual feast of good music and speech so come along to support and be entertained by talented local performers. You won't be disappointed!

Advance festival programmes will be available the week before, from Ulverston Library and The Full Octave, Tudor Square, Dalton.

Art Show With A Difference

An exhibition, called Single-Use Planet?, aims to help people understand the complexities of the climate emergency and hopes to run until 29th February.

Artist Jeni McConnell said: "It's not just about climate change - it's about soil degradation, future food shortages, plastic and lots of other things."

The exhibition, in the old NatWest Bank on Main Street, Grange, will take people through the science with visual aids including games, books, recycled objects "and lots of things for people to engage with."

More information can be found via singleuseplanet2020@gmail.com.



What have we been up to?

We have taken the opportunity in this issue to address all things 'positive' happening within the firm currently.

Welcome Hayley Dent

We are delighted to welcome Hayley Dent to our ever-expanding private client team. Hayley is going to base herself in our Kendal office and will be available to see clients in our Windermere office as well. Her expertise lies in all aspects of will drafting, probate and estate administration and powers of attorney and she is happy to visit clients at home who are elderly or infirm and unable to attend one of our offices.



Barrow AFC

If you are a follower of local football you may have noticed that we became the new stadium sponsor for the 2019/20 season. We are pleased to follow this sponsorship through to another upcoming season and are astounded by the performance of the team so far, not to

mention the support and input from all local volunteers and businesses to improve the much loved pitch and grounds.



Lake District Folk Weekend Sponsor

The Lake District Folk Weekend will be returning to Staveley, Kendal for another year on 31st July-2 August 2020. We like to support the local community wherever we can

and are proud to be the main sponsor of the event for another year. Encouraged by our very talented solicitor-come-singer/songwriter Simon Rose. Simon has himself performed at the event on many occasions. If a ceilidh is your thing, get your tickets from the website or Facebook by searching for 'Lake District Folk Weekend'.

Grange Office Refurbishment

If you visit Grange you may have noticed the building work happening at our office in the old Parish Hall on Kents Bank Road recently. The project is now in its final stages and we are on track to reopen our doors to clients in Spring. We are eager to show clients the improvements we have undertaken to create a more comfortable, modern office space, with accessible ramp and toilet facilities.

FOR MORE ADVICE CALL US ON

01229 580956

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

www.progressionsolicitors.com

ULVERSTON | WINDERMERE | GRANGE | BARROW | KENDAL

2020 Shop Front Improvement Grant Launched

Ulverston Town Council is making a grant available to all shops and businesses in Ulverston town centre.

The grant is for painting and generally uplifting the front of buildings in the conservation area and up to £400 per property is available.

Businesses are encouraged to apply with a quotation for the works before 31 March 2020.

Town Mayor Cllr Sharon Webster said "This is the fourth year of our shop front improvement scheme and it has been very popular. We would encourage businesses to apply as soon as possible, and we are encouraging those who have not applied before to take part"

For further information contact Ulverston town council on 01229 585778.

Donations From Local Small Business

At Professor Mike Berners-Lee's talk in the Coronation Hall on February 7th, local business Little Sansook served their Eco Sarnie, a 6 inch 'meetball' melt with marinara sauce, for the hungry guests. All ingredients were 100% plant based.

Little Sansook donated 10% of their sales to Greener Ulverston, a local organisation focused on

making Ulverston a greener place to live, and for each Eco Sarnie sold, one item was donated to Barrow Food Bank.

Dan from Little Sansook said, "The reason we did this is because we believe that small businesses have a responsibility to address issues in the community and help to ensure that people in Ulverston have a bright future ahead."

New High Sherrif

From March this year the new High Sherrif of Cumbria will be Julia Barton, HR Director of Ulverston firm Forge Europa, a leader in LED technology. This is an accolade to her, and also to the firm and Ulverston in general, showing how the



town is developing as a centre for advanced manufacturing.



Experienced Legal Secretary/Paralegal

We require an experienced person to become an assistant to our busy commercial team in Kendal

Requirements:-

- GCSE grades A*-C or equivalent
- Efficient, ability to work unassisted & excellent IT skills necessary
- Office smart dress, polite telephone manner
- Experience liaising with clients and fee earners
- Experience preparing documents, searches, diary management

Trainee Solicitor

We are looking for a trainee solicitor to undertake a 2 year training contract to qualify within the firm

Requirements:-

- LPC qualified, 2.1 or above law degree or equivalent law qualification
- GCSEs Grades A*-C or equivalent
- Willingness to learn and adapt to various areas of practice
- Transport/ability to travel between offices & a commitment to the area

For more details visit www.progressionsolicitors.com/careers or send your cover letter & CV to careers@progressionsolicitors.com

A Historic Bowling Green in the Heart of Ulverston

Bill Kitson, Chairman and Greenkeeper of the 200 year old Kings Head Bowling Club, has kindly sent this fascinating information about the history surrounding the sport in Ulverston and an update on the club's present-day activities.

The Kings Head Bowling Green and the History of Ulverston Crown Greens.

The Kings Head pub goes back to 1640 and its well is a sign of the not so olden days . There was a series of wells serving Queen Street, including for the Kings Head, land next to the Globe and Virginia House. They were still used until the 1870's when piped running water was installed.

In the early 19th century many local men from the by now thriving port of Ulverston joined the Royal and Merchant Navy following the tradition of Sir John Barrow. Sir Francis Drake was not the only sailor distracted by the game of bowls: in Nelson's Navy, Force Orders were laid down banning sailors from playing bowls one month before being called up to battle.

One such sailor was William Mackereth, the son of an Ulverston family of Seed Merchants. William was born in Ulverston in 1780 and played bowls at the Kings Head before serving as an Ordinary Seaman aboard HMS Naiad in 1805 at the Battle of Trafalgar. . Some years later a local paper celebrated his actions in an article called the "Old Commodore"

"WESTMORELAND GAZETTE, April 29th 1854

Mr. William MACKERETH, one of the remaining few of the heroes of Trafalgar, who has been residing

for some time in Troutbeck, was on Tuesday last entertained by his friends on leaving the vale. The "Old Commodore" and "Mackereth's Gone to the Wars" composed for the occasion."

Other locals at Trafalgar, known to Mackereth, were Able Seaman Joseph Ben of Keswick who served on HMS Bellerophon and Sam Wise of Skinburness who served on the Polyphemus as a Master's Mate.

James Clarke of Ambleside fought in HMS Ajax. Mathew Hartley was a press ganged 51 year old married man from Kendal. His first ship was HMS Victory in which he served at Trafalgar. He survived the French wars and was discharged, and set up home in Kendal, in September 1814.



Members of the Kings Head Bowling Club, Ulverston, Westmoreland, 1854

In the 1832 map of Ulverston, an already established Kings Head Bowling Green is in its present location surrounded by fields and gardens. To the West was a paddock owned by Mr Redhead for beasts and horses assembling for the Chartered Market. They accessed Market street down the ginnel alongside the Kings Head



Green and out through the archway opposite the Town Hall next to the "Town House", a classic Georgian House built in 1750. Next to the Green was a smaller 'set aside' green for ladies in the grounds of the old Hotel on Daltongate.

Current Use of the Green

This year the bowling green has made the leap into completely sustainable organic treatments of the playing turf. Using wood ash from the BiCi cafe's pizza oven, manure from a neighbours' chickens, seaweed, Humic Acid and the pungent left overs of our local Fishmongers, the Lake District Lobster & Seafood Co., Greenkeeper Bill Kitson has been able to give up all chemical fertilisers and treatments to organically sustain the Game at The Kings Head Bowling Club.

The Green is leased to the club by Marston's Brewery and the club works closely with the landlords and staff to make this part of Ulverston special.

A sun trap in summer , the beer garden gives an intimate space to meet friends, right in the centre of

town, and, for members, a pleasant game of bowls. Bowls can be hired through prior arraignment with the Greenkeeper. Membership fees are as little as £25 per year More recently the Kings Head is booked by the day by local clubs and groups. Here Barrow and Ulverston Rotary clubs compete. Last season over 600 individual games were played on the Green including players from Works retirement do's, end of term school socials, and local clubs and businesses. Paul, the landlord, will also put on food at the pub.

The club is also committed to offering good health through light activity for the over 40's. Bowls is an easy sport to manage even for those with a moderately limited mobility, and a lot cheaper and more available to a player than some other sports.

The club collects for the Osteoporosis charity which shows evidence that light activity for women especially over 40, drastically reduces the risk of brittle bones in later life. It will offer a free Women's Day Bowling in 2020 .

The club is always looking for new players and volunteers to help with the flower beds. Local businesses, such as the Farmers, BiCi Cafe, Andy Cole, Lake District Lobster & Seafood Co, and Andy Rigg have helped keep this historic Green going. More Sponsors are welcome.

You can keep in touch with the club through the Facebook page [kingsheadbowling](https://www.facebook.com/kingsheadbowling)

Young Hedge-Layers Pick up Prizes

Seven young 'starter' hedge-layers made up a total of seventeen competitive hedge-layers who contested places in five different classes at Friends of the Lake District's Annual Hedge Laying Competition on Saturday 18th January laying 103m of hedge between them.

The event, held at Lowick Bridge Farm near Ulverston, was part of



the Lancashire and Westmorland Hedge Laying Association Grand Prix series bringing together starters, novices, juniors and professionals to show off their skills.

After competing in five different classes, the winners were chosen by the judge, local farmer Gordon

Strickland. The results were as follows:

OVERALL WINNER Peter Gibson, Kendal, MOST IMPROVED James Yates-Bell SAMURAI SAW PRIZE James Yates-Bell. CHAMPIONSHIP Class: 1st Peter Gibson, 2nd Craig Proctor, 3rd Heather Swift. OPEN Class: 1st John Handley. NOVICE Class: 1st James Yates-Bell, 2nd Sally Capewell, 3rd Jon Oliver. STARTER Class: 1st Angus Ellwood, 2nd George Harrison, 3rd Clarke Ellwood.

Ruth Kirk, Friends of the Lake District competition organiser said,

"It was wonderful to see the energy and enthusiasm of the youngsters who took part. It's so important to get young people engaged in keeping this vital rural skill alive and thriving. There was a lot of fun and banter during the day and I'm sure it wasn't just the hot pie lunch which tempted them to take part!"

Photo:

L-R back row Sally Capewell, Peter Gibson, Heather Swift, Jon Oliver, James Yates-Bell, John Handley, Angus Ellwood, Clarke Ellwood, George Harrison.

An Easy Walk Between Stations

Some time ago, the Community Rail Partnership produced an attractive leaflet of 8 walks from the Furness line.



On a not very inspiring January Sunday we thought we would test Walk 2, Roose to Dalton station. This is an easy walk and its paths are very popular with people from Barrow and Dalton. However, if you are not familiar with these paths, the instructions in the leaflet could be a little clearer in places (or maybe that was us). So, here is our version of the instructions.

1 If you are going by train from Ulverston, at Roose you will have to turn right as you leave the station so you can cross the railway on the road bridge, then turn right again as if you were going down to the Tesco Metro.

2 Keep on this road, (Flass Lane) passing the Tesco on your left, and follow it all the way along. Eventually it curves to the left. This is the least picturesque part of the walk, but not long after this leftwards curve you will see a fingerpost for Furness Abbey pointing to a footpath to your right. Once you are on this path, you can't go wrong.

3 The path runs between the railway line on the right and a stream on the left. The leaflet calls the stream the Red River, although it is marked as Mill Beck on OS maps. In fact, it seems its original name was the River Yarl, and this area was known as Yarlside. Its local name of Red River probably comes from the iron ore which was mined nearby. It is easy to follow the path as it crosses the stream, goes through Park House Farm, through a gate and up a small hill.

4 Once you have gone through another gate, the path takes you down to the 'amphitheatre' of Furness Abbey. This natural bowl may have contained buildings connected with the abbey, but apparently it was flattened for a rugby pitch, rather spoiling it for future archaeologists. The one surviving building, previously the Custodian's Cottage, is now the Mill Cafe, and it may have been larger in the distant past.

5 This is where we found the leaflet confusing, since it mentions a car park with toilets which were nowhere to be seen. By guesswork we found the right

route, which is to pass the cafe and then turn right up the road which is now closed to vehicles. After a few yards you will see steps on your left leading up into Abbots Wood. Go up the steps and follow the path with its fine views of the Abbey until you reach a tarmac driveway. Turn left and keep to this upper route through the woods.

6 After a while you will come to a green space on your left, the site of the magnificent Abbotswood House, designed by EG Paley for Sir James Ramsden, one of the founding fathers of industrial Barrow. Sadly, after Sir James' son died unmarried in 1941, and having been used by the military in the war, this ambitious building was unceremoniously blown up by Barrow Corporation in 1961, only 102 years after it was built. Also gone, perhaps less sadly, is the concrete bunker which was built on the site to act as a control centre if nuclear war broke out.

7 Follow the path onwards from this green space as it crosses a sunken lane and leads to a stile. Over the stile the route goes diagonally up the field towards the Lodge House. If you pass the Lodge House to your left you will see a gate leading on to the road, Long Lane.

8 Cross Long Lane and walk right, up to Newton crossroads. Turn left here into Newton Road, and carry on towards Dalton past the Newton pub and then turn left into the cemetery. If you go straight up and over, you will see paths leading down to the gate just off Abbey Road at the bottom of the hill on your right.

9 Leaving the cemetery by this gate, you can cross Abbey Road with care and take a look at the old pinfold on Goose Green, maybe call in at the pub, and walk up past the church to the castle before going down Market Street and turning right into Station Road. If you are rushing to catch a connection just between the gate and Abbey Road is a footpath signposted 'Station'. This is a shortcut to Station Road, and brings you to within a few yards of the station to your right.

Crafty Corner

Hi Readers

I've been doing Dry January for the first time this month and thoroughly enjoyed the extra free time it's provided by not going down the pub!

As a result, I have had the time to dabble in a couple of new crafty ventures. I've still been busy needle felting my usual Herdies etc and making chocolate truffles ready for Valentine's Day, but it's been lovely experimenting with some new ideas too.

One of the satisfyingly successful things I have made this last month (I'll not bother telling you about the disasters!) was some gorgeously luxurious, hand scrub - perfect for chapped, cold winter hands at this time of year.

This homemade scrub exfoliates and moisturises all in one and is so much cheaper than shop bought scrubs. It's a great treat and really quick and easy to whip up. It also makes a lovely, thoughtful gift, packed in a pretty glass jar for a loved one:

Hanne's Heavenly Homemade Hand Scrub:

2 parts coconut oil (room temperature)

1 part Demerara sugar

Few drops of essential oil



Method

In a small glass bowl, mix the room temperature coconut oil with the sugar. I find a fork works best. Then mix in a few drops of your favourite essential oil.

Using a rubber spatula, scrape the mixture into a clean jar and seal with a tight fitting lid. The scrub will last like this for a couple of months.

To Use

Massage a small amount into your hands for at least 20 seconds. Rinse with warm water and gently pat dry. Your hands will feel silky soft and smell amazing.

ADVERTORIAL

PUT ANOTHER RECORD ON...

Remember when Tomorrow's World was showing us how CDs could be abused yet still play with pure clarity unlike vinyl, which, they said, attracted dust? We all duly built up our CD collection, before later moving on to downloads and streaming services. All the while, a community of music lovers remained committed to the raw and beautiful sounds created on vinyl.

Almost four decades later, vinyl is enjoying the renaissance they were waiting and hoping for - sales hit 4.2m and 2019 was the 12th year of growth for this traditional format. Records are once again as popular as they were in the 1980s.

Vinyl is certainly continuing to perform well at auction. So if it's vinyl, if it's rare or interesting, and if it's in good condition, you may well be thanking your younger self for staying loyal to records when the modern world and CDs came a-knocking.



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Book Review

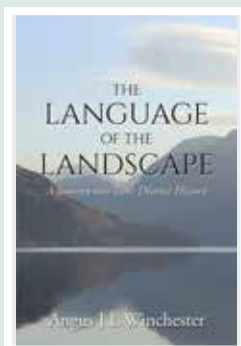
The Language of the Landscape

Angus JL Winchester

Handstand Press 2019 £10

Suttons Books,

The Book Shack in the Market Hall



Angus Winchester is Professor of Local and Landscape History at Lancaster University and a leading expert in the study of place-names. He gave the benefits of his learning to the compilers of the two recent books on local place-names: 'Feather Bed and Shive of Cheese', and 'What's In A Name'. In 'The Language of the Landscape', subtitled 'A Journey into Lake District History', his depth of knowledge and love of the Lake District combine to create a fascinating book which greatly improves our understanding of the Lake District landscape and how it has changed over the centuries.

Although in essence a detailed study of one Lakeland valley, the Lorton, Loweswater and Buttermere valley where he grew up and which still draws him back, Professor Winchester makes us think about the history of the Lake District as a whole and perhaps face challenges to our sometimes fixed views about its landscape. The book is divided into chapters covering aspects of the valley, such as people, places, farming boundaries and common land, yet its bedrock is the significance of its place names. These, he says, "are windows onto how successive generations have lived and used the landscape and

how they have imbued places with meaning".

The main point this reviewer took from the book is that the idea that the Lake District is basically a beautiful, natural and sometimes wild and empty landscape which should be available for all to enjoy is a relatively modern notion. In the past nearly every part of the land had a name and a purpose. What are now quiet valleys were at times home to many more farms and people than today, and the natural resources of almost all the surrounding fells were used. Peat was dug from the boggy tops, bracken was mowed for animal bedding and to make potash, and sheep grazing was controlled by custom to prevent over-grazing, recognised as a problem centuries ago. This learned yet accessible addition to the wealth of literature on the Lake District will appeal to locals and visitors alike, and will give insight to those who have moved into its valleys and villages. Ideally it should also be read by decision makers in the National Park, since without an understanding of its past, discussions on the future of the Lake District landscape might be based on opinion rather than the deeper knowledge this book provides.

Ulverston Translator Shortlisted for Prestigious Literary Prize

Antoinette Fawcett's translation **Bird Cottage (Pushkin Press 2018) has been shortlisted for the 2019 Vondel Prize.**

The prize is a biennial award of €5000 for the translation into English of full-length Dutch language works of literary merit and general interest. It is sponsored by the Dutch Literature Foundation and will be awarded at a ceremony in London in February this year. This year's judges are David Colmer, Jane Draycott, and Anthony Paul.

Bird Cottage is a translation of Het vogelhuis by Eva Meijer. Unusually for a Dutch novel, it is set in the UK, in a period stretching from the early twentieth century through to the 1970s. It is a fictional re-imagining of the life of Gwendolen Howard (1894-1973), a gifted musician and amateur ornithologist. Howard's studies of garden birds were very popular in the mid-twentieth century and were ground-breaking for her period, but until Bird Cottage was published her work had largely been forgotten.

Meijer's novel brings the work of



this Englishwoman back to life in a lyrical and dramatic story that blurs the boundaries between fact and fiction. The novel immerses the reader in a very special way of living that demonstrates how humans and other creatures can co-exist in harmony. Bird Cottage is also the story of a woman who quietly defied the norms of her era, choosing to pursue her own individual path against societal expectations.

The judges said: 'Antoinette Fawcett acquits herself beautifully of the difficult task of "bringing a book home in translation", combining extensive research and great sensitivity to give Eva Meijer's English characters English voices and make the setting completely convincing in both class and era'.

Bird Cottage is Antoinette Fawcett's first published full-length translation. She lives and works in Ulverston, Cumbria.



LETTER TO EDITOR

Forthcoming Events at Ulverston Library

Banana Tales – Coding & Craft Event - Wednesday 19th February 2-3pm
Ages 7-11

Neil Curry – Poetry event - Wednesday 25th March 1.30 pm. Booking is essential for all our events. Tel: 01229 404151

Our Opening Times are: Monday, 9.00am-5pm; Tuesday 9.00am-5pm; Wednesday 9.00am-1pm (closed in the afternoon); Thursday 9.00am-6pm; Friday 9.00am-5pm; and Saturday 9.30am-1pm, closed Sundays. This information is also available on the Cumbria County Council website: www.cumbria.gov.uk/libraries

Following the letter from Peter Needham in UN32 about pedestrianising Ulverston town centre, Ulverston Now received this reply to him directly:

Hi Peter,

You asked for our thoughts on pedestrianizing the town centre, I have worked in retail in the town for over twenty years and have seen the footfall slowly decreasing year on year, with people working full time, the internet shopping in the last few years etc... I don't think it is a good idea! I think we need to encourage more people to shop in the town centre however they chose to get here ! Also with the arrival of the new retail park coming soon on the outskirts of town offering free parking this I fear will also have an adverse effect on the town centre shops.

We need to create incentives for people to use the town centre like free parking after 3pm on weekdays like they do in Barrow, (I have been in touch with a lady

on the BID committee suggesting this already and she said it was something they are looking into but not having much success with SLDC, apparently it's over a year since this was suggested to them and still they are not cooperating, such a shame.)

Ulverston is a lovely town with lots of great independent shops and this in itself is a rarity in these times. The town does benefit from visitors during the holiday seasons, and many of the visitors comment on how lovely the shops are and how their towns are all nail bars and kebab shops! But it's the local people we need to keep the shops going throughout the year and if that means popping into town in their car and using the parking bays free for 1 hour great.

I think Ulverston now is a great magazine and I look forward to reading it. I hope my comments are helpful .

Ann-Marie Binstead



On the Farm

With Will Case



2020 has got off to a wild and windy start, but temperatures are remarkably mild for the time of year.

Grass has continued to steadily grow through winter so far, which might irritate those of you that have put away the lawn mower, but for a farmer with sheep this is terrific news.

The month of January seems to have been hijacked by vegans and its hard to escape Veganuary hype. As you would imagine, this isn't my favourite month, but I certainly respect the fact that some people have given the vegan diet a go. Vegans make up around 1% of the population but certainly make their presence felt. Some vegans don't eat meat for

their own ethical reasons, but others are doing so to help the environment. It's the latter I would like to mention, as there seems to be a disproportionate amount of coverage about agriculture and its effect on the environment. Farming creates around 10% of our emissions yet seems to get 90% of the negative media coverage. I'm biased of course, but there's a part of me feels farmers are being used to distract us from focusing on the sources of the other 90% of emissions.

We should also remember that vegans need farmers too, and I hope anyone talking part in Veganuary is doing all they can to buy British fruit and vegetables which are produced to some of the world's highest environmental standards. Flying in

exotic salads from across the globe is not really helping the planet. However, all farming does have an impact on and we need to do what we can to reduce it. Thankfully emissions are falling from British agriculture year on year, and UK farming is aiming to be carbon neutral by 2040. We are the only industry able to capture the carbon we produce and put it back in the ground - our grassland sequesters CO2 through photosynthesis. Grazing animals are integral to this. The carbon footprint of British livestock is 2.5 times lower than the global average, but we can do more. We will embrace new technology,



incorporate more ecology into our farming systems, while continuing to produce the world's best food and caring for the world's most beautiful countryside. I believe the best way to stay healthy and help our planet is not veganism, but to eat a balanced diet, sourcing food seasonally and locally by buying British produce. Farming is part of the solution to climate change not the problem.

Nature Gives A Free Show

One of the great winter sights is a 'murmuration' of starlings. This is when huge flocks of starlings gather over their night time roosting site and swoop and dive in the sky, creating breath-taking moving patterns.

It is thought they do this to confuse predators, such as hawks. It has to be said, though, that starlings do not always oblige a human audience by putting on a good show. One of the best places to watch murmurations is at RSPB Leighton Moss, a few yards from Silverdale station. I have been in the fields close by just before sunset and seen vast numbers of starlings arrive at great speed towards their roost in the reed beds, then just drop straight down to bed without so much as a token display. Maybe there were no hawks around, or maybe something else is behind their aerial acrobatics.

If you google 'starlings' you will quickly come across a site with the prominent questions 'Why is the starling a problem?', 'How do you get rid of starlings?' and 'Is it ok to kill starlings?'. This is a site from

the US, and sadly the answer over there to the last question is 'Yes'. In the US, European starlings are seen as an invasive species and as a menace to air travel and agriculture. By contrast, in the UK starlings are red listed, which denotes a bird 'of high conservation concern'. Starlings eat invertebrates in the soil, especially earthworms, and it might be that modern agricultural practices, by which soil can lose its biodiversity, are spoiling their food supply.

Starlings are very sociable, and spend most of their time in flocks which are joined in winter by visitors from Europe. When the breeding season starts in spring those who live here all year round stay in loose 'colonies' which feed in an area called their 'home range'. Individual birds will defend their nest, but they are not territorial as such. A male bird will build the base of a nest in a hole in a tree or building, then perch nearby and sing to tempt a female. If he is lucky, his mate



will finish off the nest, lining it with moss and feathers, and lay a clutch of 4-6 eggs in mid-April. After 12 days incubation, 3 weeks fledging and a couple of weeks being fed by their parents out of the nest, the next generation is good to go. Unlike some other bird species, at the moment baby starlings have a relatively good survival rate. Starlings are very good mimics: I have heard them near a semi-retired farmer's sheep shed imitating very convincingly the ring of a phone he had had installed on an outside wall.

Recently newspapers have reported how over 200 starlings were found dead on a road on Anglesey. Tests indicate that they did not have bird flu and were not poisoned but

that they died from injuries and internal bleeding consistent with crashing into the road at speed. It is thought they were in a flock trying to avoid a bird of prey and somehow misjudged their flight. There has been a similar mass death of starlings in a park in the Hague, and again experts believe they flew towards the ground in panic and disorientation. Testing of a new 5G phone mast nearby was discounted as a cause since no testing was taking place at the time. Mass deaths of other species of birds do occur in nature, yet questions remain about why flocks of birds become so disorientated and panicked. On New Year's Eve 2010 and 2011 there was a mass death of birds in a particular place in Arkansas, and the finger of suspicion has pointed at fireworks. Apparently a Russian scientist has claimed that one mass death of birds and wildlife happened along the flight path of space rockets.

There is so much we do not understand yet about bird behaviour and the effect human activity has on it, so perhaps we should seize the opportunity to marvel at the starlings' displays, and certainly not regard them as pests.

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Beavers Return to Cumbria

Some time ago Ulverston Now talked about how beavers have reappeared in areas in Scotland and England. This must have been prophetic, since many people by now will have read the recent news that an enclosed scientific trial which will introduce beavers

to the Lowther Estate in the Eden valley has been given government approval.

This is a bit out of our area for anyone who would like to go and see if they can spot one of these busy animals, but someone else has put in an application to introduce beavers to 'an undisclosed location in South Cumbria'. While some

landowners and farmers are wary of the impact of beavers on rivers, conservationists believe that overall they benefit the environment by creating new habitat. It is also thought that they might help in flood prevention by 'slowing the flow' of rivers and streams. Eyes will be on the trial in the Eden valley to see if this once common native animal can be allowed to establish free-living populations in Cumbria.

New Moves On The Cumbria Coastal Path

Walking around Morecambe Bay might not be as dramatic as walking other coastal routes like the Pembrokeshire or Devon and Cornwall paths, but the bay has its own unique charms and opportunities to see birds, wildlife, wonderful views and reminders of its history.

It is not surprising then that by the 1990's The Cumbria Coastal Way, complete with its own Cicerone walking guide, had been devised, marked out and included in Ordnance Survey maps. The Landranger 96 map of 1998 shows the coastal path as a 'National Trail' going all the way around the Furness peninsula with a detour into Barrow. After another detour inland to accommodate the Duddon estuary, the trail once more follows the coast all the way from Millom to the Esk estuary south of Ravenglass.

The perils of using older maps became clear to one contributor to Ulverston Now a few years ago when they tried to follow the Coastal Way north from Silecroft towards Ravenglass and ended up scaling a hazardous bank and climbing over a fence to avoid a swim in the River Annas where it meets the Irish Sea. If they'd looked at updated maps, they would have realised that the Cumbria Coastal Way has largely disappeared from them, which would explain the lack of signs and obvious footpaths. As various blogs attest, walkers still manage to follow the Cumbrian coast as close to the old route as possible, but sometimes they have to make the route up as they go along, since time, tides and erosion have done their work on the original trail. However, moves are



afoot to create a 125 mile coastal path in North West England which will include the whole of Morecambe Bay. Natural England would like to move forward with this as part of the England Coastal Path plans, with the ultimate aim for creating a 2,700 mile route around the whole of England's coastline.

In the north of the county, Natural England has started work to create a route along the stretch of the West Cumbria coast all the way between Gretna and Silecroft. The first section from Allonby to Whitehaven has been completed and is now on the map. Natural England is working with Cumbria County Council to carry on and start the section between Whitehaven and Silecroft. The ambitious plans to tackle the route south from Silecroft all the way into Lancashire are now at the consultation stage.

The intended path will circuit the lagoon at Hodbarrow and the sand dunes at Sandscale Haws, and apparently introduce paths which have not been accessible before around the Furness and Cartmel peninsulas and the Leven estuary, which will be good news for locals who want to walk close to home. It will take in Humphrey Head, continue around the limestone cliffs and headlands south of Silverdale, pass close to the RSPB reserve at Leighton Moss and go all the way along the promenade at Morecambe to Heysham.

There is no doubt that England's coastal paths are very popular. Statistics show that nearly 30

million walking trips on coastal paths were made over a six-month period last year. These trips help local economies and also help the walkers themselves, since evidence suggests that just being by the sea, even before you start walking, improves mental and physical health. Not surprisingly, therefore, County Councillors and others involved in the plans are very keen that they should go ahead. A new coastal way will encourage visitors and also enable us to enjoy the bay even more. The plans are now at the consultation stage so that



Should the coastal path run here?

landowners and local groups can have their say. Any objections will be considered by a planning inspector, and it is up to the government to make the final decision on whether

the path can go ahead.

When Ulverston Town Council, at their January meeting, looked at the proposed route in our area it led to an interesting discussion which highlighted some practical problems for Natural England. It was noted that the Duddon, Leven and Kent estuaries in particular present a challenge to creating a path which is close to the shore but safe and accessible for buggies and those with limited mobility, the aims of the coastal way. It was thought that Natural England might even propose that walkers catch a train between Green Lane and Foxfield and then between Grange and Arnside, which rather misses the point of the exercise. The suggested route near Ulverston goes along the shore from Canal Foot to Plumpton Hall, and then around the salt marsh to Plumpton Cottage. This first part is inaccessible at high tide, although an alternative route through the fields is included in the plan. However, it was pointed out that spending a lot of money on a path over the salt marsh might not be wise when this marsh might be immersed within a few years. These considerations led to thoughts on how the Town Council's long struggle to re-open the railway trackbed from the canal to Greenodd could fit in with plans for the coastal way. The council agreed that a group of town councillors would get together and co-ordinate a response to Natural England, pointing out that there is already a potential good route between Ulverston and Greenodd.

The consultation period ends at midnight on 4th March, so if anyone else wants to either support or object to the plans they have until then and there is a copy of the report available to view in Ulverston library

Wildlife on Morecambe Bay

Whatever happens with the new coastal path, there are plenty of places to get close to wildlife around Morecambe Bay. The bay has the UK's largest expanse of intertidal muds and salt marshes, and is an internationally important site for bird life, as well as having different valuable habitats such as ancient woodlands, wetlands and limestone pavement on its shores. You can see plenty of birdlife if you take just a short stroll along the bay or look out of the train window, but it is worth visiting one of these nature reserves.

South Walney Nature Reserve

You might not think a shingle site not far from Barrow docks and with

its own industrial heritage would be such a good spot for wildlife, but this is the only place in Cumbria where grey seals come on to the shore at high tide and where they breed.



Because mother seals will abandon their babies to starve if they are disturbed there is no public access to their beach, but you can view them together with eider ducks and, in the winter, large numbers of waders and wildfowl. The entry fee of £3 for adults and £1 for children

all goes towards maintaining the reserve.

Foulshaw Moss

While not exactly on the shore, Foulshaw Moss is a rare example of a 'raised mire', a specialised habitat which the Cumbria Wildlife Trust is working to restore. It is most famous for its ospreys which every spring for several years have returned from Africa to breed successfully. It is also home to threatened plants and the uncommon water rail as well as hobbies, sparrowhawks, peregrines and buzzards.

RSPB Leighton Moss

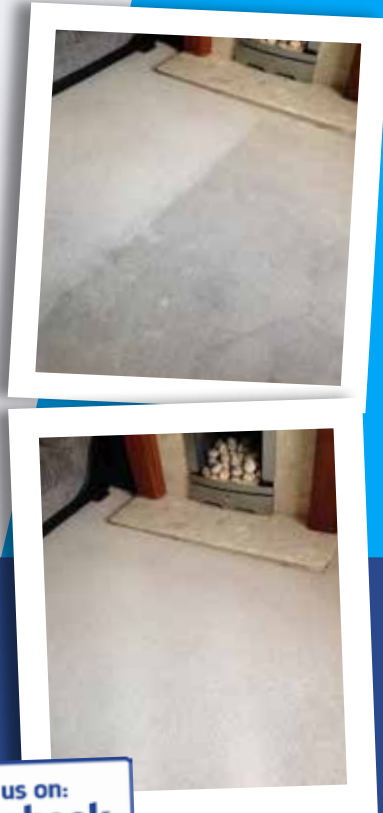
One of the most popular and user-friendly reserves around Morecambe Bay, Leighton Moss has the largest reed bed in north west England, and is home to a whole range of wildlife from mammals



like red deer and otters to birds like bearded tits and marsh harriers. This January has seen fine starling murmurations and sightings of 2 bitterns, the bird beloved of Chris Packham. There are trails, hides and a viewpoint. Entry is £8 for adults, £4 for children but is half price if you arrive by public transport or bike, and Silverdale station is only yards away. It is free to RSPB members, while it costs nothing to visit the cafe and visitor centre.



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