



Village Newsletter

SEASCALE



**BMX track is GO!**  
**Official Opening 5 July**

SUMMER 2009





# PARISH NEWS

*Our Spring Newsletter in colour has been praised by very many of our residents.*

The Annual Parish Meeting was very disappointing - only one member of the public turned up. We can only assume that we are doing everything right!

*It was decided at our AGM that we would not be judging front gardens this year – it takes a lot of arranging and no-one turns up at the Horticultural Show to receive cups or certificates so a councillor has to go round distributing them.*

If you won a trophy last year, could you please return it to a member of the Parish Council?

*Congratulations to the group who organised the Beach Clean – it was very successful.*

Dog owners – please do not let your dogs foul the beach and leisure areas. When the Quality Coast Award flag is flown, it will be against the law to exercise your dog on the beach area between the promenade and the Boat Club.

*Those who can remember what the area where the Sports Hall, Bowling Green and new BMX track used to look like can only be delighted to see an area fully developed with sporting facilities to cover all ages and skills. The BMX site has finished off a sporting area we can all be proud of. Congratulations to all involved in keeping it up to its excellent standards.*

*Eileen Eastwood, Chair of Parish Council*

## **SUNDAY TRAINS IN SEPTEMBER**

---

As we closed for press we learned that Northern Rail plan to run a limited passenger train service between Barrow-in-Furness and Carlisle on Sunday, 27 September, as part of the Community Rail Festival, which takes place in Carlisle this year.

## **RECYCLE YOUR PLANT POTS**

---

Boonwood Garden Centre, Gosforth, is happy to accept used plant pots and seeds trays – both plastic and polystyrene – for recycling.

## **B FEST 2009**

---

Out of respect for local feeling it has been decided not to hold the B Festival at the Bower House this year, but potentially to look at organising a 'Last Night of the Proms' in 2010.

## **SPONSORSHIP FOR HOSPICE AT HOME**

---

Margaret Finlay is going to Peru, to do an Inca trek, in the summer. It's a high altitude walk, ending up at Machu Picchu. She is hoping to raise money for Hospice At Home West Cumbria in memory of her late husband John. If you wish to sponsor Margaret, she has a web page to make donations, at [www.justgiving.com/margaretfenlay](http://www.justgiving.com/margaretfenlay).

Sponsor forms are also in Seascale village shops.

## **SPORTS AREA CAR PARKING**

---

Please be aware that there is now high usage of sports field, sports hall, bowling green and BMX bike track area, with lots of children and bikes about. There is a problem with some parking not optimising the space available. Please give consideration to all users of the area. A 5mph sign is to be erected as soon as possible.

## **SEASCALE SPORTS HALL**

---

Copeland Borough Council will be running the Summer School every Friday, starting on 24 July from 11am to 12:30 in the Sports Hall or SRA field. Further information contact Mrs J. McClemmens. 28201

# Seascale BMX Track



### The Background

In 2006, a group of Seascale's young people built a make-shift track of 'bumps and jumps' by hand using dirt, sand and bits of wood on a piece of development land on the old 'Scawfell Hotel' site adjacent to the railway station in the village.

Our local Police Officer, Rachel McKee, was concerned for the individuals' safety and also knew that this area was to be cleared, resulting in the home-made play area being levelled and the youngsters with no facility to play on.

Rachel encouraged the children and their parents to approach the Parish Council to see if there was a suitable area that could be put aside for such an activity.

From this initial meeting, volunteers (including the young people themselves) started the organisation which is now known as Seascale Groundforce.

To begin with, an area of land was sought where the activity could carry on. It soon became apparent that such a location would be unsafe if not set up correctly.

Seascale Groundforce, with help from the Parish Council and Copeland Borough Council, applied for a 'Big Lottery' Grant and after many long hours

of application, were successful in receiving the full grant of £50,000.

In order to complete the application, a lot of hard work has gone into completing a Constitution, Child Protection Policy, Soil Sampling, Planning Applications and Approvals from both Copeland Borough Council and the Highways Agency, Lease Agreements and above all, obtaining quotes and detailed plans that fulfil the Big Lottery Grant rules.

### Funding

Seascale Groundforce has been very successful in raising funds too and are extremely grateful to the following for their support:

Big Lottery	£50,000
VT Nuclear Services	£10,000
Cumbria Constabulary	£1,000
Cumbria Foundation	£1,100
Seascale Stompers	£500
Sellafield Ltd	£500
Neighbourhood Forum	£400

We are also extremely grateful to Seascale Parish Council for the funding of, and expertise in obtaining the Soil Sampling, Planning Permission and Lease for the land, and for their ongoing support.



## **The Location**

An odd shaped piece of waste land was identified between the Cumbrian Coastal Railway Line, United Utilities Water Treatment Facility and the Cricket Field and was subsequently secured.

The general area also boasts the village Bowling Green, Sports Hall, Basketball Hoop and Children's Play Area.

The BMX track is visible from Gosforth Road, but situated a safe distance away from it.

## **The Builder**

The preferred contractor was 'Dragon Downhill' from South Wales, led by Jason Carpenter who has built many such tracks of National Standard throughout the UK. The nearest track to Seascale is in Manchester.

Two tracks have been built, one a smaller 'Pump Track' for those riders just starting out and the other, a 'Senior' more challenging track, for the more proficient.

## **The Build**

Construction began on 6 April 2009 and thanks to some excellent weather and dedicated hard work from Dragon Downhill, progressed well.

Amongst the many tons of material, lorry-loads of

rubble from the former Sekers site at Hensingham was recycled to form a good base.

The final touches, which included a safe and secure fencing with a special gate that only allows push bikes to gain access, were put in place on 13 May. Picnic tables and seating will also be added outside the secure area in due course.

Thanks must go to the people of the village for their co-operation during the build phase that saw an increase in the number of lorry movements, and to the youngsters who waited eagerly to start riding their new track.

Our cricketing neighbours have also been patient, and together with the Parish Council and SGF have purchased sight screens to aid the batsman, an addition which also enhances the village's facilities.

Now the track is completed, it is the intention of the Parish Council to make the BMX track and surrounding sports area a dog-free zone (with the exception of the Dog Agility Club), a decision Seascale Groundforce fully endorse.

## **The Committee**

We have come a long way since the first meeting in January 2009. The original Committee included Peter Emmerson, who sadly had to leave Seascale for a new job in Scotland. His knowledge and



help was invaluable throughout his role as the first Chairman of Seascale Groundforce. We hope that someday soon he will return to see for himself the results of his early efforts.

If anyone has contact details for him, please let us know as we would like to invite him back to see the finished project.

The current Seascale Groundforce committee consists of three Parish Councillors (Vicky Borrino, Keith Dowber and Clive Willoughby) and four residents of the village (Janet Hardy, Phil Robinson, Phil Taylor and Lyn Edwards) all of whom will be pleased to receive any questions or comments you may have regarding the track.

### **Track Users**

It's fantastic to see so many young people of all ages and abilities using the BMX track.

Remember that it is your track and will last a very long time if it is looked after, so please keep the area clean by using the bins provided.

The track has been professionally built to a high standard and cannot be adjusted or built on in any way except by the authorised builders. Any unauthorised work would invalidate our Safety Certificate from the Royal Society for the Prevention of Accidents (RoSPA) and result in the closure of the track.

The Seascale Groundforce committee wants everyone using the track to do so safely, so please remember to wear safety equipment (especially your helmet) and be considerate to other riders.

### **The Official Opening**

The next milestone will be the 'Official' Opening on Sunday 5 July. Although the track has been in use since mid May, we are having it 'Officially' Opened on 5 July by local MP Jamie Reed. A number of other dignitaries will also be attending, but the most important guests will be you, the villagers of Seascale.

Opening Day will commence at 12 noon and run until 4pm. The formal Opening ceremony is planned to take place at 1pm.

Apart from the formal part of the day, there will also be other attractions including a Bar-B-Q, Jazz Band, Trade Stands, Raffle, an Exhibition, Ice Cream and a BMX Riding Display.



**Please note: to prepare for the official opening the track will be closed from mid-day on Saturday 4 July.**

# Wild at Heart...



***How often do you hear people comment “When I was younger we always used to see owls over the fields, now we don’t see any.” Ok, so this may not be a phrase you commonly hear in your everyday lives but in my line of work unfortunately it is something I hear all too often.***

This, as we all know, has been a common theme over the last couple of decades, right across the board for wildlife. The widespread decline may have been due to climate change, farming practices, urbanisation and population growth. If you look at the decline of the Barn Owl for instance, it would appear that the underlying factor affecting the success of the species is habitat loss. This is something that can be attributed to all of the above and more.

The Common Barn Owl, *Tyto alba*, always manages to have an effect on even the most nonchalant of wildlife observers. With its ghostly white presence, seen quartering silently across the field at dusk, it truly is a much loved bird. The main prey of the Barn Owl in Britain is the field vole. Found in rough grassland, populations of this small mammal rise and fall naturally over a three-year cycle. These natural changes in prey

availability have a great effect on Barn Owl numbers. This control, added to even more pressing of threats, paints a dull future for the Barn Owl in Britain.

The spread of major roads has, on one hand, actually created miles of roadside verge, often made up of rough grassland – perfect Barn Owl and Kestrel hunting habitat. However with the lack of this habitat elsewhere, traditionally found in hay meadows and field margins of agricultural land, this has caused not only greater competition for such thin strips of habitat, but also inevitably higher road mortality.

Farmers, I’m sure, are sick of hearing that they are



single-handedly responsible for the death of wildlife in the British countryside. While farming methods have changed considerably and not always in favour of wildlife, the tide has turned with many farmers now involved in the agri-environmental schemes which encourage areas for wildlife to thrive. According to recent figures on ELS (Entry Level Stewardship), the creation of buffer strips on cultivated land has had an uptake of 15,000ha (37,000 acres) nationally, with 65,900km (40,948 miles) of hedgerow entered into the scheme to be managed in a wildlife friendly way. We have recently worked with several farmers in the local area who have taken steps to create much needed margins and hedgerows. They have also added nest boxes and wildlife friendly features to their land and been happy to do so.

One of the major problems with this is that, just like the rest of us, farmers are at the mercy of government policy, especially EU policy. A field margin, nest boxes and habitat creation is wonderful for wildlife, but also a false hope for conservation if not connected in any way – ‘an oasis cut off by a desert’. This is where non-government organisations such as the World Owl Trust can help. Like many conservation charities the Trust is a membership organisation and like other organisations, relies on members to be able to put a large enough voice forward on lobbying government to change things like the EU CAP (Common Agricultural Policy).

Many know the World Owl Trust from the Owl Centre based at Muncaster Castle. However, more than just a collection, the main aim of the centre is to maintain a viable captive population of owls, many of which are displayed to the public for educational purposes. The Trust is a conservation charity, dedicated to the protection, research and conservation of owls around the world. Running many projects both here and abroad we have been successful in providing captive bred stock for release in wild reintroductions, after the near extinction of species such as the Eagle Owl in countries throughout continental Europe. Our most current British campaign, ‘Save an Owl for £1’, is working to raise money through donations, funding not only our own, but partner projects around the country, creating suitable habitat and safe nest box sites for many species including the barn owl.

The second national study of the Barn Owl in Britain, written by Shawyer in 1987, showed that there were just over 4000 pairs left in England, Wales and Scotland. That was a 69% decline since the first survey carried out in 1932. This 1987 study did a lot to highlight the decline of the Barn Owl as a conservation concern. Since that study, more than 20 years ago, a considerable amount of work has gone into creating habitat and providing nest sites right across the country. The overall aim of a national body, the ‘BOCN’ (Barn Owl Conservation Network), which was formed by interested parties working for the good of this



species, has been working to halt the decline of the Barn Owl. 2,500km (1,553 miles) of habitat has been linked with 2000 boxes erected nationally and recent evidence suggests that Barn Owl numbers, although still vulnerable have not declined overall in the last 20 years.

The Trust has monitored Barn Owl numbers in the South West of Cumbria for many years, with this year being no exception. So far, early predictions for 2009 are said to be poor. The combination of a naturally low ebb in vole numbers and clues from the apparent struggle of Tawny Owls to breed this year, would indicate that the Barn Owl breeding season may well be a poor one. The Tawny Owl breeds earlier in the year than the Barn Owl and when findings show few numbers of breeding pairs, it usually indicates insufficient prey and a bad year for other species such as Barn Owls.

However, with conservation efforts nationally and numbers apparently stabilised for now, it is with high hopes that SAOF£1 can work toward heightening the success of this amazing bird in Cumbria. I will never get tired of seeing those most charismatic of owls out in the wild. Until the day comes when places like the World Owl Centre are no longer needed to protect such species, I will feel privileged to be able to see them both in captivity and out there ... where life is wild at heart.

*by Hilary Lange, UK Conservation Officer.  
Pictures of Barn Owls and chick courtesy Ian McGuire.  
Picture of barn box courtesy Iain Yoxall.*



**For more information about the Trust go to  
[www.owls.org](http://www.owls.org)**

## **ALL THAT JAZZ**

Calder House Hotel hosts a Jazz Jam Session, led by local stars Val and Colin, every third Friday of the month, commencing at 8.30pm. It's an informal night of music with local musicians.

All are welcome to come and listen (or play!)  
Admission free

## **LAZY MUSIC SUNDAY**

Gosforth Hall Inn has a live music afternoon on the last Sunday of every month – on the patio when weather permits.

019467 25322 Admission free

## **SCHOOL SUMMER FAIR**

June the 6th saw the School's Summer Fair. The morning arrived with grey clouds, spots of rain and a doom-laden forecast. However, against all the odds the day brightened enough to enjoy a Hartley's ice cream, and welcome an incredible number of visitors to see attractions old and new. With Maypole dancing and battling Vikings there was certainly a mixed spectacle to greet people. Nearly forty people tested their fitness and navigation skills on the mountainbike trailquest, with the youngest rider only 2½ years old! Indoors, among tombolas, face painting and food the school children put on entertainment including gymnastics, song and dance. The whole event received terrific support from local businesses and organisations. The Friends of Seascale School would particularly like to thank Wasdale MRT, CNC Police and Seascale Fire Brigade. And a special thank you to all who generously gave to the raffle, especially Cumbrian Lodge Hotel. A large number of people gave a considerable amount of time to organise and run the event, so many thanks to everyone who helped, including the school staff. Lastly a big thank you to all who came along – with over £1500 raised for the school it was a great day.

*Fiona Pringle  
Secretary to The Friends of Seascale School*

# Seascale's Churches by Nev. Ramsden

---

## SEASCALE METHODIST CHURCH

---

### The Church Building

You must have people to have a real church. You can even have a church without a building provided the people have somewhere to meet – indeed this was the manner in which Seascale Methodist Church began.

The first Methodist service held in Seascale was on Easter Sunday, 1880, in Mr Whittington's house (1 Sea View), according to an old copy of *The Methodist Recorder*. Following this, one service each Sunday was held in the house in a room specially furnished by Mr W. Walker and Mr Hellon. But a church building was desirable and was obviously the aim of these early Methodists. *The Whitehaven News* records that it was required "owing to the increasing popularity of Seascale as a place of summer resort and the consequent increase in the population."

Finance was required. The site cost £100 and was donated by Mr Walker. Of the £1500-£1600 (according to *The Whitehaven News*) required for the church building – £600 was obtained from subscriptions, £150 from central Methodist funds and about £200 from a special bazaar held at Seascale in the New Assembly Room adjoining the Scawfell Hotel. The bazaar lasted for 30 hours. In his opening address the circuit minister, the Rev. C. Foster, said:

"Seascale was a rising place and had become very attractive as a watering place, and he thought it was necessary for something to be done about for the people who lived in it, and for those friends who might come from a distance for the sake of their health, who wished to worship in other than the Church of the Establishment." Mrs Foster opened the bazaar.

The foundation stone was laid on 17 September, 1886, by John Crone, Esq., and the ceremony raised a further £200 towards the cost. Present were the Rev. C. Foster of Whitehaven, Rev. R. Butterworth of Cleator Moor, and Rev. W.H. Smith of Egremont.

The reporter of *The Whitehaven News* gave details of the building itself – designed in the Gothic style of architecture, 33 feet by 56 feet, built of freestone with brick lining and roof of ordinary blue slates. In the front were to be three windows, a large tracery one in the centre and one small lancet style window on each side, and eight lancet windows were to be placed on each side. Seating accommodation for about 210 was to be provided. A schoolroom to hold about 200 was to be constructed below the church.

The contract to build was let to Mr Whittington, a Seascale builder. It is sad to think that this man in whose house the first services were held found himself in financial difficulties and within a year of completing the church building emigrated to Canada. The architect was a local man – Mr Arthur Huddart, FRIBA of Santon.

A dedication service was held on Wednesday, 11 July 1888, at 4pm in which the Rev. T.H. Mawson of Southport was the preacher.

Gas was installed in the building in 1896. The first mention in the records of electricity is in 1946. In 1911 there were complaints about the heating system and a new hot water system was installed in preference to gas radiators. Needless to say, this did not put an end to complaints about the heating system. One caretaker was so conscientious that on three occasions the fire bars were melted. On the third occasion the hot water found its way into the heart of the old 'pumped' organ and ruined it sufficiently to have it replaced by the present electric one. The heating system is now oil-fired.

A handrail was fitted to the steps leading to the church after one member had a nasty accident, having fallen down them. On another occasion the plastered ceiling in the church fell down, needing complete replacement.

The schoolroom, used in the Second World War for dancing, is now a real village amenity. Apart from its use as a Sunday school it is used for meetings of Women's Fellowship, Women's Outlook, Evergreen Club, Young Wives, Guides, Cubs and Brownies, Parish Council, Play Group etc.



Whilst on the subject of buildings, it is appropriate to mention the Manse. This was built in 1965 and enabled Seascale for the first time to have a married minister allotted to them with or without a family.

### **Local Preaching**

A reference has been made to the difficulties of preachers getting to their appointments, but do you know why so many Methodist churches have – or had – a patch of grass at the side or back? This was for the preacher’s horse during service time!

Probably that would be a familiar sight at Seascale a hundred years ago. At that time preachers for Seascale, Santon, Gosforth and Eskdale travelled in a circuit pony and trap and would preach at least two of the churches, probably having to walk from Seascale to Gosforth or Santon. Eventually buses, trains, and a circuit taxi provided by Riggs garage made travelling easier. For many years the morning service at Seascale was held at 11.15am to fit in with the time of the bus from Whitehaven. It continued to do so long after the Sunday bus service was withdrawn! By that time most preachers had private cars.

The earliest Seascale-based local preacher who can be traced was G.W. Fidler who came on full plan in 1923. No doubt there were others in those early years and in the lean years before the nuclear plant brought new people into the church.

### **Seascale Methodist Sunday School**

The Sunday School was started around the time that the Church was dedicated, and in 1889 there were 28 children and four teachers. Meetings were held in the afternoon and by 1892 a library had been established and there were 30 pupils.

The school hall was in great demand from Sunday Schools from all round the circuit who came to Seascale for their annual outing and had tea in the hall. A fee was charged for this facility and 1894 it was decided to increase the charge because the money taken was not sufficient to pay for the damage done by the visiting children!

Only one preacher can be traced as ‘born and bred’ in Seascale but no doubt there have been others.

### **The People**

The first sixty years, pre-nuclear phase, must have commenced with great enthusiasm and dedication. One imagines that the membership must have been between 30 and 40 or even more but there were many difficulties to be overcome. Two World Wars and a depression, which hit this area particularly hard, must have taken their toll of both the membership and the finances. By the late 1940s the members had dropped to between 20 and 30 and the congregation was normally only half of this. In addition, only those who knew Seascale in the late 1940s can appreciate just how isolated the village was. Cars were much less



# Bailey Ground Coffee Shop & Ice Cream Parlour

Bailey Ground Hotel  
Seascale  
CA20 1NG  
019467 28278

Come and see our  
mobile ice cream parlour  
at the BMX track  
opening on 5 July

We are serving 12 flavours of luxury dairy ice cream produced at the dairy from milk and cream from our own cows. These will include the best seasonal local produce and change throughout the year. In addition we will have freshly ground and brewed coffee, teas etc, homemade cakes, scones and Cumbrian cream teas with Mawsons clotted cream.

**Mawsons**  
of Bailey Ground



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





reliable (and preachers with cars did not necessarily arrive at their appointments), buses and trains much slower, with some rationing still in force.

Some occurrences are worthy of recording. In 1918 a Dr Hellon gave a communion set to the Church and it is still in regular use today.

In July 1923 a movement began to amalgamate the various branches of the Methodist church such that in the early 30s what had been the Seascale Wesleyan Chapel became the Methodist Church.

In 1949 to 1952 the post-nuclear age commenced. The population of Seascale was doubled in the space of those three years by the importation of managers and staff to run the nuclear plant at Windscale (now part of the Sellafield Works). Suddenly Seascale was prosperous (more so than now); suddenly it was flooded with people of relatively high academic standard and logical thought, with a large proportion of them highly technical scientists not reputed for their allegiance to Christianity. But there was a proportion of Christians among them, and there was now a large number of helpers instead of the previous dearths. Membership soared to approximately 100 by the end of the 1950s.

At this time there were a large number of people at the Windscale hostel, called Greengarth, many of whom had an affinity with Seascale. This resulted in an interdenominational group set up in 1957 which provided fellowship and friendship for those away from home, often for the first time. The large wooden cross on the wall of the pulpit alcove was donated to the church by the Group.

The co-operation with the other churches in Seascale came from this group and became a recognised practice. One of the most significant events which led up to these relationships was the People Next Door Campaign in 1967.

Although spasmodic joint events had been held with the Anglicans at St. Cuthbert's, People Next Door involved Christians from all three churches and led directly to the formation of the Seascale Christian Co-operation Committee, later to become the Seascale Council of Churches.

The most obvious manifestation of the Co-operative Committee was a quarterly Village magazine *Rapport* which was later succeeded by *Contact*.

This article on the Seascale Methodist Church was compiled largely from a history of the church, *The Seascale Methodist Church – 1888 to 1988*, prepared by the late Mr K.A. Swinburn of Seascale, who had been a member since the early 1950s.

# Guides and Rangers

---

Since the publication of the last Seascale Village Newsletter we have enjoyed a varied programme of events. At the beginning of March we joined a large group of local people to 'Go Bananas' – an event organized to promote Fair Trade; in preparation for Mother's Day, we spent an evening making sweets and thanks go to Rose Bradbury and Bettina Tyson for enabling the girls to produce somewhere in the region of 300 sweets during the evening; at the end of term we invited the then Mayor and Mayoress of Copeland, Keith and Freda Hitchen to present a variety of awards to the girls, including some Duke of Edinburgh's Award Certificates to the Rangers. The Rangers kindly provided a musical interlude.

The summer term commenced with a session of Bingo when almost 100 girls, parents and visitors enjoyed a lively evening. This was organised as a fund raiser by a group of our Rangers and Young Leaders who are joining a County trip to Denmark in the summer. The girls will be part of a camp arranged by the Scout and Guide Associations of Denmark called Bla Sommer 2009 at which there will be around 20 thousand participants. They will also be spending some time in Copenhagen before returning home.

The girls working for the Baden-Powell Challenge Award have organised several of our meetings. We have enjoyed games evenings, a disability awareness evening and a flying visit to India. The girls concerned plan the evening and ensure that they have the correct equipment/items available. They then deliver their chosen activities to the rest of the unit, a challenge that many adults would shy away from. As leaders we have been really impressed with the confident manner in which the girls have undertaken this challenge. We currently have 14 girls working at different

stages of the Baden-Powell Award and a few weeks ago they all enjoyed an overnight camp at Shepherds Views Campsite at Stubble Green. We managed to find a 4-hour gap in the rain to walk from Seascale to the campsite, pitch the tents, cook a snack and catch up with the world before retiring for the night. We were not quite so lucky the following morning...

Hopefully the remainder of the summer term will go according to plan. Much of the programme is weather dependent with several activities due to take place on the beach and in the surrounding countryside. We shall be taking part in the Giant Sleepover in June – the money raised at this event going to 'Save the Children', and at the end of August will be having our annual Guide Holiday. Then of course, on 5 September most of us are travelling (along with our local Rainbows, Brownies and Rangers) to Keswick to join around 2,000 other Guiding members to celebrate the Launch of Girlguiding UK's Centenary.

*Sue Smith - 28625*

## LINE DANCING

---

As we are fast approaching our target of £10,000 donations we are going to have a party in aid of the Air Ambulance – last time we raised £2,000 – so watch out for posters around the village for the date. All are welcome. In the meantime, if you would like to try line dancing, come along on Mondays 7.30pm to the Windscale Club. Also you can see us dancing on Sunday 5 July at the BMX Bike Track Opening Ceremony.

**Seascale Parish Council is happy to accept donations for advertisements placed in the Seascale Newsletter.**

**The expected rate is £10 for a black & white quarter-page, and pro-rata for larger advertisements.**

**Contact: Eileen Eastwood on 28653**

## **AUTUMN/WINTER NEWSLETTER**

**To be published by weekend of 24/25 October 2009**

**Please submit articles and items of general interest to [news@epic-gb.com](mailto:news@epic-gb.com) by 2 October**

# NOW YOU CAN CHOOSE QUALITY CARPETS & VINYL AT HOME.

*... from the carpet store  
that comes to  
your door*



FCC offers a superb range of quality floorcoverings at very competitive prices together with impartial advice **and** an unrivalled service.



## Floor Coverings Cumbria

*The Flooring Store at Your Door*

Phone today to arrange a no-obligation appointment - daytime, evenings or weekends.

**Telephone 019467 25552**

Roger Lomas  
TOP SHOP • BECK GARAGE  
GOSFORTH • SEASCALE  
CUMBRIA CA20 1EJ

❖ CARPETS ❖ HARDWOODS ❖  
❖ LAMINATES ❖ VINYL ❖



**CARPET CLEANING  
NOW AVAILABLE**

**COMPETITIVE PRICES**

**FULL FITTING SERVICE**

**FREE ESTIMATES**

**10%**  
**DISCOUNT**  
ON ORDERS OVER £250

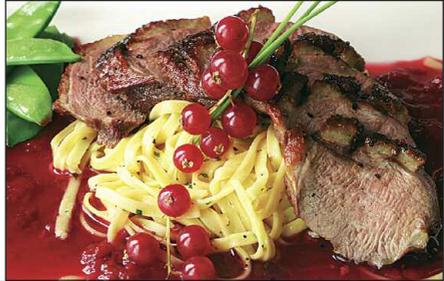
produced by **PRINTPOINT** tel (01946) 64305

*Not to be used in conjunction with any other FCC discount, offer or promotion*

# Cumbrian Lodge

58 Gosforth Road, Seascale CA20 1JG

Come and enjoy a warm  
welcome  
and the cool  
sophistication of  
Cumbrian Lodge



The restaurant has been  
awarded a coveted AA  
Red Rosette, ranking the  
cuisine among the finest  
in West Cumbria

To ensure that the food  
we serve continues to  
delight our customers we  
use the freshest of  
ingredients from the  
finest suppliers



## Restaurant Opening Hours:

Lunch: Tuesday to Friday, Noon until 2.00pm

Dinner: Monday to Saturday, 6.30pm until 9.30pm

Reservations: 019467 27309

# Cumbrian Lodge

58 Gosforth Road, Seascale CA20 1JG

Our five heated  
thatched garden  
buildings provide a  
delightful location for  
dining *al fresco*



Casual and relaxed  
combined with  
delicious food  
and the fun of  
eating outdoors

A unique  
dining experience!



## Restaurant Opening Hours:

Lunch: Tuesday to Friday, Noon until 2.00pm

Dinner: Monday to Saturday, 6.30pm until 9.30pm

Reservations: 019467 27309



*Pennington*  
HOTELS

Part of the Muncaster  
Castle family

# *Sunday Lunch Special Offer*

*Save!*  
*2 course Sunday  
lunch only*  
**£9.95**  
*any Sunday in  
July*

*This voucher must be presented  
to obtain discount*

*Two great hotels &  
restaurants, open 7 days  
a week to residents &  
non-residents for  
parties, meals,  
Afternoon Tea,  
weddings or a romantic  
night out!*

*Sella Park Country  
House Hotel  
Calderbridge  
Tel: 01946 841601*

*The Pennington Hotel  
Ravenglass  
Tel: 01229 717614*



Offer subject to availability

[www.penningtonhotels.com](http://www.penningtonhotels.com)

# Scottish Country Dancing in Seascale

In early May, the Seascale Scottish Country Dance Group held its end of season dance in the Windscale Club. Our picture shows club members and visitors in party mood, enjoying a pleasant evening's dancing and generally having a really good time.

The club is well established and has been meeting in Seascale for over 50 years, having been affiliated to the Windscale Club (SASRA) for most of that time. Our season starts in early September and meets in the Windscale Club on Wednesday evenings at 8pm.

The classes are very informal and combine a mixture of beginners and experienced dancers who are glad of an evening out away from the telly for a change. We are a happy bunch of people who are always ready to welcome new,

adult members whether or not they have any experience of dancing. The beauty of this kind of folk dancing is that one doesn't have to turn up with a partner to join in. We all mix in and usually dance eight or ten different dances during the evening, changing partners each time. Some dances are more difficult than others but we take time to walk them through before putting on the music and having a "GO". We use recorded music and have quite an extensive library of dances and dance bands from which to choose our programmes. There are five members on our committee who take turns to prepare a programme for the evening. In this way we get a more varied set of programmes.

So if there is anyone out there who would like to join us please do come and have a go. The aim of the club is enjoyment so don't be shy. Any of the following contacts will be only too pleased to give you more details.

Chairman	Jimmy Young	019467 28155
Secretary	Brenda Rhodes	019467 28268
Treasurer	David McCrindle	019467 24006
	Pat Kirkham	019467 28929
	Susan Casson	01946 66403



# Scouting

---

I must start this with an apology – I forgot to thank the Neighbourhood Forum in the last newsletter for their generous grant. In recognition of the time which leaders put in, not just each meeting night and activity day or weekend, but also planning and training, the Forum agreed to help with the costs of leaders' uniforms and for specialist training to allow us to take the members on to the hills and on to water in boats of various sorts. The grant also was to allow us to purchase poles and pulleys to allow us to carry out more pioneering activities that we have been able to do for some years (how many can remember the aerial runways which used to be built for fun day activities?). A big "Thank you" to the Neighbourhood Forum.

We are happy to see so many children at Beavers; we currently have 24 Beavers (our maximum quota!) allowing us to have three lodges. We work toward challenge badges all year round and are very pleased that all the Beavers leaving us to go to cubs have all achieved their Chief Scout Bronze Award which is the highest award available in the Beavers Scout Section. Parents and Beavers should be very proud, as Leaders it shows us that our Beavers attend regularly and hopefully this reflects that they all enjoy themselves.

Over the last few weeks we have enjoyed the sunshine by going on a Beach Scavenger Hunt and a fitness evening at the beach playground – which for the evening was a army assault course! We learned about the country code and some of our Beavers were seen at the beach clean. We would like to thank all our parent helpers without them we could not go out and enjoy the great outdoor and achieve our Emergency Aid 1 badge. This term we are looking forward to more nights out, with an athlete night with cubs and scouts, woodland walk and more trips to the beach.

The cub pack, like the other sections has continued to grow and we now have a pack of 23 cubs, and we welcome Sarah as an assistant leader. The cubs have had another busy year working towards a variety of badges including cyclist, astronomer, book reader, naturalist, local

knowledge and athlete. We have had two cubs complete their martial arts badge – the first to do so from Seascale Cubs. Later this summer the cubs will be joining the district trip to Carlisle airport which will complete the work they have been doing towards their air activities badge. They recently participated in the district cub 'back to basics' day at Calderbridge where they were able to try out a variety of activities, with the orienteering/compass work base being the most popular. I think I can safely say the one event all the cubs are looking forward to is our group camp which this year will be held at Ennerdale.

The Troop (10½-14½ years) continues to grow, now being up to around 20 members, with a new patrol making three patrols. The troop held an Easter camp at the Ennerdale Bridge Scout Campsite. Activities included building a swing bridge and a rope bridge. The scouts learned just how tricky it can be trying to cook on an open fire. The bedtimes of 1:30am then 9:30pm on the two nights tells the story of how tired out they got.

Other recent activities have included a trip to the Windscale Rifle Club; after which we received a letter of praise for the skill, enthusiasm and most importantly, behaviour of the Scouts. We also spent a day of Woodland Management at La'al Ratty. Scouts were shown how to safely use an axe and saw, and used their new-found skills to clear and burn piles of wood and undergrowth. We closed the half-term with a BBQ on the beach, where again they learned how tricky it is to light and cook on a fire. Just beating the tide, they managed to produce edible stone-baked sausages and burgers.

The new District Explorer Scout Unit has started in our area, based on ourselves, Gosforth and Beckermet/Calderbridge. This caters for over 14s – contact [explorers@westernlakesscouts.org.uk](mailto:explorers@westernlakesscouts.org.uk) for more details.

We are currently in the middle of planning the group camp which will be in the middle of July – good weather has been booked. The troop will be hiking around Ennerdale and we hope to be able

# Calder House Hotel

## SEASCALE

### TASTE THE DIFFERENCE

#### Every **MONDAY** night

Two main course meals from our blackboard selection  
For just £10

#### Curry Night **WEDNESDAY**

#### Steak + Grill Night **THURSDAY**

#### 3-course Lunchtime Carvery served every **SUNDAY**

#### Over 55s **WEDNESDAY** Lunchtime Set 2-course Lunch only £6

### OPENING HOURS

Lunchtime	12noon-2pm	7 days a week
Evening	5.30pm-11pm	Mon-Thurs
	5.30pm-12pm	Fri & Sat

Closed Sunday evenings

**Tel: 019467 28538**

Saturday 18 July

### Carl's Karaoke Night

9pm Free Admission

### WHATEVER THE OCCASION

CIVIL WEDDINGS

RECEPTIONS

CONFERENCING

RESTAURANT

BAR

ACCOMMODATION



Unit 4D Sneckyeat Ind. Est. · Hensingham · Whitehaven · Cumbria · CA28 8PF  
Tel: 01946 692183 · Fax: 01946 64913 · Mobile: 07702 036927

**WE CAN SUPPLY ALL TYPES OF GLASS AND GLAZING MATERIALS**  
We specialise in Mirrors, Table Tops, Shelves and Glass Balustrades

**Free Estimates**  
**Shop Fronts**  
**Factory and Industrial Premises**  
**24-hour call-out service**  
**Facilities on site to cut, drill and polish edges**

Proud to have served Cumbria for over 25 years

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



Hanging Baskets,  
Planters, Bedding Plants,  
Garden Maintenance,  
Grass Cutting, Landscaping  
and Fresh Flowers

# Perfectly Planted

For all your  
floral requirements

Weddings  
Births  
Birthdays  
Anniversaries  
Funeral Tributes

as well as planters and  
hanging baskets planted  
to your specification –  
please order your autumn  
hanging baskets soon

Why not phone us to  
discuss your requirements?

**019467 25473**

Or call in at  
**18 Whitecroft, Gosforth**  
**CA20 1AY**

to organise some water activities.

There are district trips for Cubs to Carlisle Airport and Museum (and hopefully a sit in the Vulcan bomber which was active in the Falklands war) and the Scouts to Wet 'n Wild. We will be supporting the Seascale Groundforce Cycle track opening event – many of our members have been spotted enjoying the track. Could this result in our first Scouts' Street Sports activity badge (yes there is one).

During the last term or so, we have had to say farewell to both Tracey and Karen – the pressures of farm life and personal commitments mean that they can no longer be regular leaders, but we do hope to see them as sectional assistants whenever they can manage it. Fortunately, we have been joined in Cubs by Sarah, so we still have two leaders for each of Cubs and Beavers. Two is really the minimum that we need for each section, so if you are interested in joining the adventure, do let me know. Both Cubs and Beavers now have waiting lists, and the troop is heading towards 20 members – not bad considering that we only re-opened in September. This reflects the national picture, where there are 30,000 youngsters waiting to join groups – it is a shortage of adults which is stopping them.

Our Bag2school (or in our case, Bag2scout) collection in April raised us almost £139. We managed to collect 349kg of items this time, compared with 232kg in December – together, the two collections netted just over £200. Thank you to everyone who helped with that – your cast-offs came in very useful. This illustrates how donating your old cloths, etc. to Scouts, rather than taking them to a charity shop, helps to generate real income for this extremely worthy local cause. Our next has been booked for Wednesday 14 October, so we'll be able to help you clear your summer wardrobe out and make space for the Autumn and Winter collections.

Don't forget if anyone has any queries about the group – or want to know if we can accept your child or even if you want to join us, you can contact us on [info@seascalescouts.org.uk](mailto:info@seascalescouts.org.uk) as well as by phone on 28296.

*Graham Worsnop, Group Scout Leader*



# Top 10 Jobs in the garden

---

## July

- 1 Check clematis for signs of clematis wilt.
- 2 Place conservatory plants outside now that it is warm.
- 3 Water tubs and new plants if dry, but be water-wise.
- 4 Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering.
- 5 Pick courgettes before they become marrows.
- 6 Treat apple scab.
- 7 Clear algae, blanket weeds and debris from ponds, and keep them topped up.
- 8 Order catalogues for next year's spring-flowering bulbs.
- 9 Give the lawn a quick-acting summer feed, especially if a spring feed was not done.
- 10 Give woodwork a lick of paint or preserver, while the weather is dry.

## August

- 1 Prune Wisteria.
- 2 Don't delay summer pruning restricted fruits.
- 3 Deadhead flowering plants regularly.
- 4 Watering! Particularly containers, and new plants – preferably with grey recycled water or stored rainwater.
- 5 Collect seed from favourite plants.
- 6 Harvest sweetcorn and other vegetables as they become ready.
- 7 Continue cutting out old fruited canes on raspberries.
- 8 Lift and pot up rooted strawberry runners.
- 9 Keep ponds and water features topped up.
- 10 Feed the soil with green manures.

## September

- 1 Divide herbaceous perennials.
- 2 Pick autumn raspberries.
- 3 Collect and sow seed from perennials and hardy annuals.
- 4 Dig up remaining potatoes before slug damage spoils them.
- 5 Net ponds before leaf fall gets underway.
- 6 Keep up with watering of new plants, using rain or grey water if possible.
- 7 Start to reduce the frequency of houseplant watering.
- 8 Clean out cold frames and greenhouses so that they are ready for use in the autumn.
- 9 Cover leafy vegetable crops with bird-proof netting.
- 10 Give evergreen hedges a final trim.

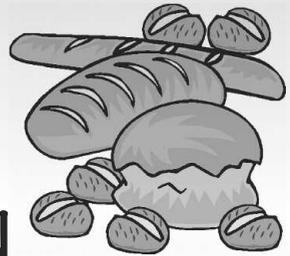
## October

- 1 Clear up fallen autumn leaves regularly.
  - 2 Cut back perennials that have died down.
  - 3 Divide herbaceous perennials and rhubarb crowns.
  - 4 Move tender plants, including aquatic ones, into the greenhouse.
  - 5 Plant out spring cabbages.
  - 6 Harvest apples, pears, grapes and nuts.
  - 7 Prune climbing roses.
  - 8 Order seeds for next year.
  - 9 Last chance to mow lawns and trim hedges in mild areas.
  - 10 Renovate old lawns or create new grass areas by laying turf.
- 

# THE BAKE HOUSE



13a Gosforth Road  
Seascale  
(and at Millom)



## NOW OPEN



Monday-Friday, 8am-2pm  
Tel: 019467 21112



*A selection of pies, cakes, bread, freshly-made sandwiches and salads is available*



**Brockbank Curwen Cain & Hall**  
**Solicitors and Notaries**

Registered Office  
44 Duke Street, Whitehaven, Cumbria  
CA28 7NR

Telephone: 01946 692194

Also at Cockermouth, Maryport,  
Workington and Keswick

**Home Information  
Packs**

**Residential and  
Commercial  
Conveyancing**

**Wills and Probate  
Court of Protection**

**Personal Injury**

**Matrimonial**

**Crime**

**Employment**

**[www.brockbanks.co.uk](http://www.brockbanks.co.uk)**

# Seascale Annual Horticultural Show 2009



**SATURDAY, 8 AUGUST 2009  
AT SEASCALE PRIMARY SCHOOL**

2.00pm – **Show Opens to the Public**  
3.30pm – **Presentation of Trophies**  
3.50pm – **Raffle**  
4.00pm – **Auction of Horticultural Products**  
Refreshments available from 2.00pm

Admission: Adults 50p, Children Free

We would like to encourage more children to enter this year. There are fun craft classes to enter, so have a go. Prizes to be won!

Notes for Exhibitors:

Entries for all classes are FREE this year.  
Last year's exhibitors should have received the 2009 Schedule.

Further copies of the schedule detailing all the classes can be obtained from Seascale Library, Seascale Pharmacy, the Beach Stores and Seascale Post Office.

or from Mr G. Anderson (Show Manager) on 019467 29525









**THE HOBBY  
& PET SHOP**

**GOSFORTH**  
019467 25702

**YOUR LOCAL PET SHOP**

**OPEN**  
MONDAY-FRIDAY 9.30AM – 4.45PM  
SATURDAY 10AM – 1PM

Anything you need for your pet?  
If I haven't got it, I can probably  
get it. Just ask!!

**FREE LOCAL DELIVERY**

Arts & Crafts – Cross Stitch &  
Haberdashery – Ribbon & Elastic  
**PLUS MORE!!**

**UNIQUE HAND-CRAFTED  
JEWELLERY**









**PICTURE  
FRAMING**

AT  
**THE HOBBY & PET SHOP**

CALL IN FOR A  
NO OBLIGATION QUOTE

OR  
PHONE CAROLINE

ON  
019467 25702



# CAR BOOT SALE

**LAST SUNDAY EVERY MONTH**

**GOSFORTH HALL INN  
CAR PARK**

(Setting up from 9:30am. Sale starts 10:00am)

**£5** PER PITCH

**Fees go towards Gosforth Nursery  
New Building Fund**

**FOLLOWED BY  
LIVE MUSIC AT 4PM**

**Weather & Permit Permitting**

**Food and Drink available all day**

**For more information call 019467 25322**

**COMING SOON**

**GOSFORTH HALL INN**

**will soon be operating a Courtesy Minibus Service  
for pick up and drop off in Seascale and Eskdale.**

**For schedule call Rod on 019467 25322**

## BEACH AND VILLAGE CLEAN – SATURDAY, 16 MAY IN SEASCALE

The unwelcome shower of rain at 10am on Saturday, 16 May did not deter the enthusiasm of the village folk of Seascale when they held their annual Beach and Village clean-up day. At least 70 people, including children, happily got stuck-in with grabbers and bags and combed the beach and sand-dunes for the much unwanted litter and rubbish. Young children and their leaders from the local youth groups were represented as were some teenagers from “Shackles Off”, the newly set-up drop-in centre for teenagers. The Parish Council has sponsored the Youth Groups for helping on the day. It was admirable to see so many enthusiastic locals, both young and old, taking part. Thanks must be put on record to Alan Massey for collecting the bags of rubbish with his tractor and trailer and Copeland Borough Council for the loan of equipment.

*Elaine Harrison, Organiser*



## MEN'S KEEP FIT CLASS

Whether you feel as fit as a fiddle or fit to drop, the Men's Keep Fit Class could do you a power of good. Sessions take place on Tuesday mornings, throughout most of the year, in Seascale Sports Hall, starting at 10.30am. Members carry out a regular programme of exercises, progressing from gentle to moderately strenuous. Participants are, however, at liberty to opt out of, or to modify, any exercises which they feel may be a bit too much for them (the group aims to enjoy the sessions whilst gaining undoubted physical benefit).

The meetings always conclude with coffee and a chat and normally finish at around noon. There is a modest charge for each weekly session (usually £1). Any men wishing to join should just turn up on a Tuesday at 10.30am. They will be made very welcome.



### Parish Councillors

Eileen Eastwood	28653
Ken Mawson	28278
David Moore	27674
Elaine Dickinson	27288
Vicky Borrino	29023
Keith Dowber	21617
Rodney Kimber	28723
John McElroy	28443
Andrew Woollass	28218
Clive Willoughby	07741 007495

### Clerk

Judith Kirkham	28449
----------------	-------

### Other Useful Numbers

Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600

## YAN TAN TETHERA

Yan Tan Tethera was a traditional numeric jargon used by shepherds to count sheep in northern England and southern Scotland. Until the Industrial Revolution, the use of specialised traditional number systems was common among shepherds, especially in the dales of the Lake District. The Yan Tan Tethera system was also used for counting stitches in knitting.

Though most of these number systems fell out of use by 1910, many are still in use and the word yan continues to mean "one" in some northern English dialects. The practice may also have given rise to the notion of counting sheep to lull oneself to sleep, possibly because the numbers were also a source of children's rhymes (such as "eeny, meeny, miny, mo").

*(courtesy Wikipedia)*

	Keswick	West-morland	Eskdale	Millom	High Furness	Welsh	Cornish	Cumbric
1	yan	yan	yaena	aina	yan	un	onen/unn	un, in
2	tyan	tyan	taena	peina	taen	dau/dwy	dew/diw	dow
3	tethera	tetherie	teddera	para	tedderte	tri/tair	tri/teyr	trí
4	methera	peddera	meddera	pedera	medderte	pedwar/pedair	peswar/peder	pethra, pedbair
5	pimp	pip	pimp	pimp	pimp	pump	pymp	pump
6	sethera	teezie	hofa	ithy	haata	chwe(ch)	whegh	cvaec
7	lethera	mithy	lofa	mithy	slaata	saith	seyth	saith
8	hovera	katra	seckera	owera	lowera	wyth	eth	hwith
9	dovera	hornie	leckera	lowera	dowera	naw	naw	now
10	dick	dick	dec	dig	dick	deg	dek	deç
15	bumfit	bumfit	bumfit	bumfit	mimph	pymtheg	pymthek	pumthiç
20	giggot	-	-	-	-	ugain	ugens	ugun

# EURO &

# US DOLLARS

## TRAVELLERS CHEQUES

## & CURRENCY

# 0% COMMISSION

POST  
OFFICE

**Seascale Post Office 019467 28218**

# Cumbria Wildlife Trust West Coast Support Group

8 July 2009

## **“DISCOVER CLINTS QUARRY NATURE RESERVE”**

Discover the unique biodiversity of this disused quarry with Rosemary Hutt. We will stroll around looking at the varied environments which nurture bee and common spotted orchid, ox-eye daisy, centaury, and mouse-eared hawkweed. Four ponds support palmate newt, stickleback and pond snail. It is a fascinating place not only for wildlife but also for geology and industrial archaeology. Meet at Clint's Quarry, near Egremont. GR: NY 008124 at 6.30pm to 8.30pm approx.

Wear suitable clothing.

Children over 5 years old accompanied by a responsible adult are welcome. Only well behaved dogs on leads please.

No charge for outdoor meetings

## **Future Indoor Meetings**

**2009**

**23 September at Gosforth Methodist Room**

**14 October at Seascale Methodist Hall**

**18 November at Gosforth Methodist Room**

**2010**

**10 February at Seascale Methodist Hall**

**10 March at Gosforth Methodist Room**

**14 April at Seascale Methodist Hall**

**All indoor meetings start at 7.30pm**

**£1.50 to cover room hire includes refreshments**

Cumbria Wildlife Trust aims to protect and conserve the wildlife and wild places in Cumbria. Local Support Groups further these aims by holding illustrated talks during the winter months and outdoor walks in the summer. The West Coast Support Group covers a wide area and is always looking for people to help with knowledge or organisational/secretarial skills. If you would like to take part in this friendly group and further a worthwhile cause please contact:

***Stella Cookman, Hon Secretary, West Coast Support Group***

***01956 725655***

***email [stella.cookman1@btinternet.com](mailto:stella.cookman1@btinternet.com)***

Further information about the work of Cumbria Wildlife Trust including the opportunities for volunteering may be obtained from The Head Office, Plumgarths, Crook Road, Kendal, Cumbria LA8 8LX. Tel: 01539 816300.

Take a fresh look at...

# Your Local Store

Open early seven days a week  
Over 5000 lines stocked  
Regular monthly promotions  
Local staff and local suppliers  
Deliveries to your door  
Fresh food daily  
Supporting the local community

## Beach Stores

South Parade, Seascale 019467 28253

Support your Local Shop



*Makers of Quality Furniture  
& Architectural Joinery*

Lonning End, Ponsonby, Calderbridge, Seascale  
Cumbria CA20 1BU

Tel: 019467 25238

Fax: 019467 25238

E-mail: [mamounsey@aol.com](mailto:mamounsey@aol.com)

Website: [www.ponsonbyfurniture.co.uk](http://www.ponsonbyfurniture.co.uk)

# GOSFORTH



# SHOW



**Saturday 15th August**

**Cattle, Sheep, Horses, Ponies, Side-saddle,  
Working Hunters, Heavy Horses, Showjumping,  
Mounted Fancy Dress, Poultry, Dog Show,  
Vintage Machinery**

**Horticulture, Handicrafts & Produce,  
Rural Crafts, Trade Stands, Beer Tent.**

**Rural History Exhibition**

***MADE IN CUMBRIA***

***FOOD MARQUEE***

**Children's Sports, Terrier Racing**

**Open from 8.30am**

**Admission: Adult £5 OAPs £4 Children £1 Showground Cars £5**

**Free Parking available**

**Further details from : Mr H Stewart, Carleton Head, Holmrook.**

**Tel: (019467) 24652**



“where  
dreams  
come  
true”

## *The Westlakes Hotel*



A late Georgian Country House, which is set in 3 acres of tranquil mature gardens situated in an area of outstanding natural beauty.

We are delighted to announce the arrival of our new luxury, special occasion

Marquee which can be customised according to your requirements and preferences, making The Westlakes Hotel and Restaurant the perfect venue for your perfect day.



Photo supplied by Andrew Southcott

Westlakes Hotel & Restaurant, Gosforth CA20 1HP  
Telephone: 019467 25221 • [www.westlakeshotel.co.uk](http://www.westlakeshotel.co.uk)