

SEASCALE GOSFORTH
DRIGG
& CARLETON

LINKING
THREE
PARISHES

TETHERA

SPRING
2019



HATS OFF (all 12 of them!) TO GADS' PANTO

see pp 4 & 42



Photo by Natasha McGregor

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FRIDAY

8:30am – 5:30pm

Saturday and later appointments at request

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2019

PARISH NEWS

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SEASCALE PARISH COUNCIL IS GAINING ITS LIBRARY

Great news. The library in Seascale will soon belong to everyone in the local area. Cumbria County Council has agreed to transfer this 'asset' to Seascale Parish Council for a nominal sum.

This means that control and responsibility will pass to our local community for running our library.

As the cartoon shows, a library is much more than a building for holding books and to this end, it is hoped to make alterations to the existing building to create some space for other community activities.

Remember, this is a building for everyone and you are invited to put forward your ideas for its use.

The building will still operate as a library, with Cumbria Library Service providing books on a regular rotation basis. It will still hold books on local history, have computer access, periodicals and open on a regular basis.

In order to do this we need people to give some of their time to help us make it a success. There is nothing difficult or complicated about being involved and there will be lots of friendly support to help. Cumbria Library Service has offered training and knowledge to anyone involved. There is no more 'stamping' books in and out – it's all done automatically by the machine that has already been installed and is used by the 'customer'.

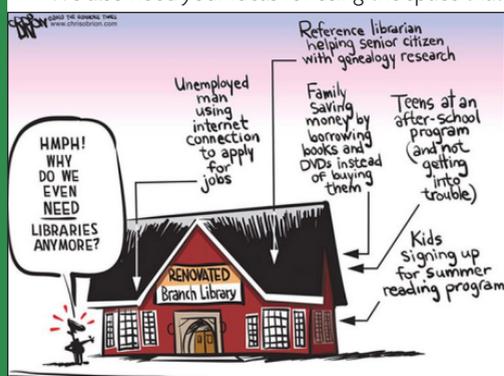
PLEASE think if you could give a small amount of your time to help this project. No-one will be expected to give lots of their time – much better to have more volunteers giving small amounts of their time. After all, it could be a happy social time with opportunity to meet lots of your fellow local friends over coffee and biscuits.

We also need your ideas for using the space that will be available

after the alterations have been made.

Remember this building belongs to YOU, our local population in our villages.

David Ritson



The next edition of Tethera is scheduled to be published in July 2019, before the school holidays. We are always on the lookout for stories and event dates. The closing date for contributions will be Friday 14 June 2019.

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Catherine Harvey-Chadwick	28908
Eileen Eastwood	28653
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Tethera and previous issues of Seascale, Gosforth and Drigg Parish Council magazines are available to view and download in PDF format at <http://www.trpub.net/>
The next issue will be available to view about 10 days before the printed publication date

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ALICE IN WONDERLAND

GADS were again fortunate to find excellent thespians for their annual pantomime: Tina Wilson-Ferris (White Rabbit), Rachael Burgess (March Hare) and Benita Finch (Mad Hatter) were all performing for the first time with GADS. All three were hits particularly Benita when she led the traditional sing along with the audience. Mary Wake (Alice) as the show progressed became relaxed and was most enjoyable to watch especially when she was on stage with Tina Wilson-Ferris (White Rabbit) – they made a perfect duo. The children in the audience went wild during the “Ghost” scene which tested the talents of the actors, needless to say Andy Williams (The Duchess) came out on top.

There were a number of surprises regarding the costumes. Hilary Steele (Queen of Hearts) – her makeup, wig and attire were outstanding, it was as every bit as good as one would find on a London stage. Andy Williams, the dame, had a surprising bathing costume outfit with bulges in all the right places, both on the backside and at the front. Adam Pilkington and Mia Williams who played Tweedle Dee and Tweedle Dum pulled off what was a well-rehearsed duo.

Jake Phizacklea (Dormouse) deserves a special mention, as probably the youngest of the cast and certainly the smallest. He danced well and had a speaking part equal to many of the adults. The

VIKING WAY STATISTICS IN 2018

The Viking Way has been acknowledged as a success. A survey conducted by the county council over seven days in June last year indicated that “The average number of journeys made along the route per week totals at 839, highlighting a 1:2 ratio of pedestrians to cyclists.” The survey concludes “Over the course of a calendar year, it is predicted that the route will continue to be well-used by the communities as it provides a much-needed link between two thriving villages. Not only does the multi-user route provide a safer option for vulnerable and non-motorised road users, but also removes these users from the road reducing hazards for those using the B5344 to reach Gosforth and Seascale.”

The survey was carried out by monitoring the usage at two points, one at the Seascale end and one at the Gosforth end. Between the hours of 06:00 and 22:00 they recorded the movements in both directions. Data has been recorded and presented on both an hourly and daily basis. Copies of the survey are available for viewing in the Gosforth and Seascale libraries.

The parishioners of Seascale and Gosforth will be eternally grateful to those involved; the working group, funding bodies, landowners, tenant farmers and councillors & engineers of the county council.

	Northeast				Southwest		
	Pedestrians	Cyclists	Equestrians		Pedestrians	Cyclists	Equestrians
23/06/2018	33	32	0		26	30	0
24/06/2018	27	29	0		42	40	0
25/06/2018	19	38	0		10	46	0
26/06/2018	20	50	0		21	47	0
27/06/2018	10	43	0		6	41	0
28/06/2018	18	54	0		13	50	0
29/06/2018	17	28	0		15	28	0
Total	144	274	0	Total	133	282	0

Overall Total - Gosforth End 833

Seascale End

	Northeast				Southwest		
	Pedestrians	Cyclists	Equestrians		Pedestrians	Cyclists	Equestrians
23/06/2018	40	32	0		34	33	0
24/06/2018	26	20	0		42	46	0
25/06/2018	14	39	0		10	43	0
26/06/2018	20	47	0		20	54	0
27/06/2018	12	48	0		11	39	0
28/06/2018	18	48	0		8	55	0
29/06/2018	15	26	0		12	33	0
Total	145	260	0	Total	137	303	0

Overall Total - Seascale End 845

The chilly official opening ceremony and walk was on 9 December, 2017.



Photo by David Cullley

▶ dancers performed well and Jordan Williams as “Knobby the Door” had all the right facial expressions when behind the door. The script was full of jokes, the audience certainly enjoying those they picked up. A typical one was when Carolyn Foulerton (Caterpillar) appeared for the second time with wings; the first time was as a caterpillar without wings, and one of the cast said “she’s a pregnant butterfly”. Rosalind and Karen (The Knave of Hearts and the Cheshire Cat), long time

GADS members, did their bit to keep the plot alive. The sets and costumes were very bright and colourful, the castle in the distance painted on the wonderland set being a work of art.

I do however have one criticism – the prologue was spoken behind the scenes before the main curtain was opened. It would have been nice to have seen the Mad Hatter coming out between the curtains and deliver the prologue. *David Gray*
See pages 42-43 for our photo feature of it.

THE SEASCALE BOAT

One day in 2018 this lovely wooden boat was washed up on the beach in Seascale. As it was gifted to us by the sea we thought it should be used to enhance our community, with help from a local with a beachworthy vehicle it was salvaged. A local joiner has offered to do some remedial repairs and strengthening work before we can go ahead with filling it up. I have contacted a local company who is happy to donate compost so that we can plant it up for everyone to enjoy. A site along the seafront on the green in front of the ice cream parlour has been selected. I am determined that this project has little or no cost and we are hoping to rely on donations of plants. We will need plenty of low-level plants which can survive the salty sea air, so hope any keen gardeners in the local area who have plants surplus to requirements in their own garden can help – we would love some to go in our boat. Anyone who wishes to donate can hand plants to me (Catherine Harvey-Chadwick) or Lizzy Mawson. And we will ensure they are planted in the boat when we are ready. If you are unsure what plants to get then please contact me via the Facebook page (<https://www.facebook.com/seascaleboat/>) or phone me on 07914 218946.



GOSFORTH PC: INTERESTED IN BECOMING A PARISH COUNCILLOR?

Elections will be taking place in May for the Parish Councils in Copeland, including Gosforth. With this in mind, I thought I would review what Parish Councils do, and why you might consider joining us. Although we are unpaid volunteers, Parish Councils are the first tier of local government and are responsible for local amenities. In Gosforth this includes management of the car-park and toilets, the play area on the playing field and the management of some of the local green spaces. The Parish Council is also the Trustee of the Public Hall and the Playing Field and we support the committees looking after these facilities.

The Council exists to look after the interests of the parish and its residents and to have a voice when decisions are being made elsewhere which may affect us. We work closely with neighbouring parishes, with our Borough and County Councillors and the Lake District National Park Authority. We are consulted on planning applications and use our local knowledge to help ensure that these balance the needs of the developer and the wider community. We also meet regularly with representatives of Sellafield Ltd and The Nuclear Decommissioning Authority.

People join the council to make a positive difference. In the last few years we have been involved with a number of projects. The most notable of these was perhaps the conclusion of over twenty-five years of work to connect Gosforth and Seascale with a multi-user footpath and it's good to see that this is in regular use. We've also ensured that the bridges in Blengdale were replaced, a 20mph speed limit has been set for the village centre and we've secured the future of the library following the withdrawal of the County Council.

I don't believe that there is a typical Parish Councillor. You don't have to be 'political' and we are not organised along party political lines. If you are enthusiastic, with energy, commitment and some good ideas you could make a difference. Could this be you? We meet every month, with meetings generally lasting a couple of hours. If you would like to consider standing and need further information please contact the Clerk or Chair (details elsewhere in this magazine) or any of the existing Parish Councillors. You could also look at the Cumbria Association of Local Councils website – www.calc.org.uk.
Chris Walton

Remembrance Sunday in Gosforth, where West Lakeland Rotary planted an oak sapling and provided an engraved, sandstone plaque. The site was Blessed by the Revd John Riley before he took the Service of Remembrance in St Mary's Church, Gosforth. Following the service there was a procession to Gosforth's Cenotaph where a short service and wreaths were laid.

David Culley





Seascale Railway Bridge
It is difficult to tell if vehicles are approaching the bridge in either direction under certain conditions – bright sunlight or in poor light. Can we all consider using dipped headlights?!

Alan Bell



On 27 November last year West Lakeland Rotary had the pleasure of presenting a cheque for £6,000 to the Great North Air Ambulance. 34 people attended the evening and enjoyed a good presentation by Kerry Steel of GNAAS. Hopefully our Rotary will be able to collect further monies to be presented to the GNAAS... an absolute essential to life and well-being in these beautiful, rural parts of northern England. Photo, LtoR: Malcolm Knight, Graham Hutson (President), Anthony Millard, Kerry Steel, David Lord, Evan Wright, Dave Gray.

David Culley

EVENTS CALENDAR

in and around Drigg, Gosforth & Seascale

- 14 March – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 15 March – Friday.** Ravenglass and Eskdale Railway. Fish & Chip Trains. Take an evening journey from Ravenglass to Dalegarth and enjoy the views of Eskdale Valley at dusk. Upon arrival at Dalegarth Station you will be served a fish and chip supper, made freshly in our café, before returning down the valley to Ravenglass. Dogs not permitted. See website for further details <https://ravenglass-railway.co.uk>
- 21 March – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 23/24 March – Friday/Saturday.** Woolpack Inn. Our Glorious Gin Party is back! G & Tea - Gin Teapots - Gin Cocktails. We have LIVE MUSIC on Friday night and Saturday evening is our 5 Course Gin Menu with complimentary Gins (please call us to book a table 01946723230) See website for details www.woolpack.co.uk
- 23 March – Saturday.** Muncaster Castle. Owls by Moonlight. www.muncaster.co.uk. Telephone 01229 717614.
- 28 March – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. Last session of the term.
- 30 March/22 April.** Ravenglass and Eskdale Railway. Teddies Go Free. See website for further details <https://ravenglass-railway.co.uk>
- 31 March – Sunday.** Muncaster Castle. Mother's Day Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.
- 31 March – Sunday.** Calder House Hotel. 12noon – 2pm. Mothering Sunday Carvery. For details see advertisement on p20/21. Booking essential!
- 13 April – Saturday.** Calderbridge Village Hall. Annual Pensioners Party organised by the West Lakeland Rotary Club. See page 11.
- 18 April – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 19/22 April – Friday/Monday.** Muncaster Castle. Teddies go free! For details see website www.muncaster.co.uk
- 19/22 April – Friday/Monday.** Woolpack Inn. Easter Activities for all and fun for all the family. Children's Activities on EASTER MONDAY See website for details www.woolpack.co.uk
- 21 April – Sunday.** Calder House Hotel. 12noon – 2pm. Easter Sunday Carvery. For details see advertisement on p20/21. Booking essential!
- 25 April – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 26 April – Friday.** Ravenglass and Eskdale Railway. Fish & Chip Trains. See website for further details <https://ravenglass-railway.co.uk>
- 26/28 April – Friday/Sunday.** Woolpack Sausage & Cider Festival. See website for details www.woolpack.co.uk
- 28 April – Sunday.** Muncaster Castle. Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.
- 2 May – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 4 May – Saturday.** Gosforth Public Hall 10am – 12noon. Gosforth Women's Institute Coffee Morning; one of various events in the village to mark our Centenary in 2020, this will be a fundraising event, with monies going towards our Centenary Fund. Everyone is welcome.
- 4/6 May – Saturday/Monday.** Ravenglass and Eskdale Railway. Big Birthday Gala. Join us as we celebrate the birthdays of some of our engines! Our oldest engine, River Irt, is turning 125, Willan Beck will be 90 and Perkins will also be turning 90. See website for further details <https://ravenglass-railway.co.uk>
- 4/6 May – Saturday/Monday.** Muncaster Castle. Food & Drink Festival. For details see website www.muncaster.co.uk
- 9 May – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 10/12 May – Friday/Sunday.** Strands Hotel. Beer Festival. For details see advertisement on p12/13.
- 15/16 June – Saturday/Sunday.** Ravenglass and Eskdale Railway. Young Engineers Day Out with Peter's Railway. An exclusive day out on the Railway for all young engine enthusiasts! Go behind the scenes at Ravenglass and find out how engines work with the author of Peter's Railway as your guide. See website for further details <https://ravenglass-railway.co.uk>
- 16 May – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 17 May – Friday.** Ravenglass and Eskdale Railway. Fish & Chip Trains. Take an evening journey from Ravenglass to Dalegarth and enjoy the views of Eskdale Valley at dusk. Upon arrival at Dalegarth Station you will be served a fish and chip supper, made freshly in our café, before returning down the valley to Ravenglass. Dogs not permitted. See website for further details <https://ravenglass-railway.co.uk>
- 19 May – Sunday.** Muncaster Castle. Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.
- 23 May – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 25 May/2 June.** Ravenglass and Eskdale Railway. Magical Station Gardens. Explore our magical station gardens and become part of the fairytale. See website for further details <https://ravenglass-railway.co.uk>
- 26 May – Sunday.** Calder House Hotel. 12noon – 2pm. Spring Bank Holiday Sunday Carvery. For details see advertisement on p20/21. Booking essential!
- 26/28 May – Sunday/Tuesday.** Muncaster Castle. Festival of Fools. For details see website www.muncaster.co.uk
- 27 May – Monday.** Woolpack Spring Bank Holiday Monday with Fun & Games. See website for details www.woolpack.co.uk
- 6 June – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome.
- 7/9 June – Friday/Sunday.** Woolpack Inn - Boot Beer Festival: (tbc). See website for details www.woolpack.co.uk
- 8 June – Saturday.** Drigg railway station 1pm. Drigg and Carleton Annual Gala
- 13 June – Thursday.** Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome
- 23 June – Sunday.** Muncaster Castle. Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.
- 27/29 June – Thursday/Saturday.** GADS Spring Play. Gosforth Public Hall 7.30pm.

GADS YTG Spring Play

We have few details yet but GADS Youth Theatre Group have scheduled performances of a late Spring Play from Thursday 27 to Saturday 29 June. They will be auditioning in March/April and rehearsals begin in early May. If you would like to get involved in any way at all, please contact us through the GADS website. www.gads.org.uk and on Facebook we are gads1948 (see page 44)

2/9 July Tuesday/Tuesday. Woolpack Walk Week. See website for details www.woolpack.co.uk

4 July – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. New members welcome

6/7 July – Saturday/Sunday. Woolpack Inn - ESK FEST. See website for details www.woolpack.co.uk

11 July – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. Showcase performance for friends and family

18 July – Thursday. Gosforth Public Hall 7pm. GADS Youth Theatre Group. (last session before the summer holidays)

21 July – Sunday. Muncaster Castle. Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.

23 July – Tuesday. Ravenglass and Eskdale Railway. Driver for a Fiver. Grab the chance to experience driving a steam engine. Please note you must have a valid driving licence to take part. Dogs not permitted. See website for further details <https://ravenglass-railway.co.uk>

24/25 July – Wednesday/Thursday. Ravenglass and Eskdale Railway. National Trust Activity Days. See website for further details <https://ravenglass-railway.co.uk>

26 July – Friday. Ravenglass and Eskdale Railway. Kids FREE Fridays. It is Summer and that means Kids Free Fridays are back! Kids travel for free every Friday during the July & August School Holidays. Just bring along an adult with a valid Calling All Stations pass and get FREE child entry! See website for further details <https://ravenglass-railway.co.uk>

30 July – Tuesday. Ravenglass and Eskdale Railway. Driver for a Fiver. Grab the chance to experience driving a steam engine. See 23 July entry for details.

2 August – Friday. Ravenglass and Eskdale Railway. Kids FREE Fridays. It is Summer and that means Kids Free Fridays are back! Kids travel for free every Friday during the July & August School Holidays. See 26 July entry for more details.

3/4 August – Saturday/Sunday. Woolpack Vodka Party. See website for details www.woolpack.co.uk

6 August – Tuesday. Ravenglass and Eskdale Railway. Driver for a Fiver. Grab the chance to experience driving a steam engine. See 23 July entry for details.

8 August – Thursday. Ravenglass and Eskdale Railway. Wild Wild West Lakes. Yee-haw, buckle up cowboy! The Wild Wild West is coming to the Lake District! Join in with our themed activities and become a true cowboy. Children in fancy dress and accompanied by an adult with a valid Calling All Stations pass, travel with us for FREE on this day. See website for further details <https://ravenglass-railway.co.uk>

9 August – Friday. Ravenglass and Eskdale Railway. Kids FREE Fridays. It is Summer and that means Kids Free Fridays are back! Kids travel for free every Friday during the July & August School Holidays. See 26 July entry for more details.

9/10 August – Friday/Saturday. Muncaster Castle. Picnic Cinema: Friday - Bohemian Rhapsody (12A); Saturday - Beetlejuice (15). For details see website www.muncaster.co.uk

13 August – Tuesday. Ravenglass and Eskdale Railway. Driver for a Fiver. Grab the chance to experience driving a steam engine. See 23 July entry for details.

16 August – Friday. Ravenglass and Eskdale Railway. Kids FREE Fridays. It is Summer and that means Kids Free Fridays are back! Kids travel for free every Friday during the July & August School Holidays. See 26 July entry for more details.

18 August – Sunday. Muncaster Castle. Afternoon Tea in the Castle. www.muncaster.co.uk. Telephone 01229 717614.

20 August – Tuesday. Ravenglass and Eskdale Railway. Driver for a Fiver. Grab the chance to experience driving a steam engine. See 23 July entry for details.

24/25 August – Saturday/Sunday. Gosforth Hall Inn. Beer Festival. For details telephone 019467 25322.

24/26 August – Saturday/Monday. Muncaster Castle. Medieval Muncaster. For details see website www.muncaster.co.uk

25 August – Sunday. Calder House Hotel. 12noon – 2pm. August Bank Holiday Sunday Carvery. For details see p20/21.

REGULAR EVENTS

Badminton – Seascale. Ladies Wednesdays from 6pm. Mixed Thursdays 7pm. Beginners very welcome. Seascale Sports Hall. Details from 019467 28435

Blengdale Runners. First Tuesday each month from Gosforth Car Park at 9.30am; other Tuesdays from Seascale Car Park. Absolute beginners welcome – we will train you up to run 5k or further... eventually. If there are no races or events we sometimes run from Seascale beach at 9.30 on Sundays too.

Children's Craft Club. Meets every Wednesday during term-time for children in the infant classes, from 5pm to 6pm, at Seascale Methodist Church Hall. Contact Jackie on 29785 or Allison on 21935.

Craft Fairs in Gosforth Public Hall. 2nd Saturday of every month (Lauren Hufton)

Depression Support Group. Day Centre, Bradbury House, Gosforth. Third Tuesday every month at 7.30pm.

Depression Support Group. Bailey Ground ice cream parlour. Seascale. First Tuesday morning each month 10.30am-12.00noon.

Drigg Young Farmers. Tuesday nights, 7.30-9pm in the Methodist Hall at Gosforth. Membership age = 10-26 years. If you would like to join or find out more about Drigg Young Farmers please contact us on the club mobile 074961 26771 or email driggyc@yahoo.co.uk

Fishing Club. Holmrook Reading Room. Contact David on 24632 for details or to join.

Fitness Classes. Tuesdays 6-7pm, Seascale Sports Hall. Tuesdays 7.30-8.20pm Beckermeth School. Thursdays 7.15-8.05pm Kettlecise, Seascale School. £4 a class. Contact Gill 07511 995184.

Flo Jazz. Third Friday every month, Florence Mine Art Centre, Egremont. 7.30pm for 8pm start. All welcome to listen or contribute.

Freestyle Fitness Yoga. Tuesdays 6pm. Gosforth School. £4 each.

Gardening Club. Holmrook Reading Room. Contact Henry Stewart on 24652 for details or to join.

Gosforth and District Art Society. In Gosforth. Every Monday but with breaks for Easter, summer and Christmas. 6.30-8.30pm, Gosforth Village School. Contact Marlene Partridge. marlene.partridge@btinternet.com

Gosforth Craft Fairs. Gosforth Public Hall. Second Saturday of every month (Lauren Hufton)

Gosforth and District Art Society. In Seascale. Every Thursday morning 10am to 12am in Seascale Methodist School Room but with breaks for Easter, summer and Christmas. Contact Jakkı Barratt: jakki@karletta.co.uk

Gosforth Karate. Wednesday classes. 4.45pm. One free taster class available. to book call 01946 694751 or visit www.eskk.co.uk

Gosforth Rainbows. Every Monday, term time, 5-6pm in Gosforth Public Hall. Come along or register interest at www.girlguiding.org.uk

Gosforth Scouts, Cubs and Beavers. Scouts Tuesdays 7pm to 9pm, contact Dave Marsden 24632. Cubs Wednesdays 6.15pm to 7.30pm, contact Jackie Harper 27211. Beavers Wednesdays 5pm to 6pm, contact Kathryn Ketchen 25912. In the Scout Hut next to the school.

Gosforth Short Mat Indoor Bowls Club. Every Wednesday from 2pm to 4pm in Gosforth Village Hall. New members welcome, spare bowls available. Flat soled shoes preferred.

Gosforth WI. Monthly meetings are held in the public hall on the First Tuesday of the month at 7.15pm March-October, 2pm November-February.

Guides. Every Tuesday during school term time. 7.15-8.45pm, usually at Gosforth Public Hall. Contact: Sue Smith 019467 28265.

CONTINUED OVERLEAF

Holmrook Reading Room Table Tennis Club. Meets on a Wednesday – 6:30pm to 7:30pm. All welcome, young or old. Contact David on 019467-24632. Other times can be arranged.

Holmrook Reading Room Fishing Club. If you want to join this club, or simply want some more information, please contact David on 019467 24632.

Holmrook Reading Room playground. Come and see for yourself – the upgraded playground.

Holmrook Reading Room Wild Flower Meadow. Enjoy a walk or just sit and relax in the peace and quiet of the meadow. Supervised children are welcome.

Jam Side Up Jazz Jam Session. First Friday every month. The Kellbank Hotel, Gosforth. From 8.30pm. www.jamsideup.net or 01967 28619 for more details. Admission free.

Keep Fit Classes. By Kay Wayman. Every Monday Monday at 9:50 to 10.50am and Thursdays 6-7pm. Santon Bridge Village Hall. £6. 019467 24226 or 07707 408799. Or just turn up.

Line Dancing. Every Monday. 7.30pm, Windscale Club, Seascale. £3 pp donation to charity. Contact 019467 28849 for details.

Messy Church. Run jointly between St Cuthbert's and Seascale Methodist Church and meets on the third Saturday of each month in school term in the Methodist Church Hall at 2pm to 4pm. Children must be accompanied by an adult.

Moky HIIT/Core Blast. Seascale Sports Hall. Monday 10-10.30am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

MokyZEST. Seascale Sports Hall. Monday 10.45am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

MokyHIIT/Core Blast. Gosforth Public Hall. Thursday 5.45-6.15pm. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

Moky HIIT Class. Seascale Sports Hall. Friday 10.00am-10.30am. Contact info@mokyfit.co.uk, 01946 721166 or 07724 240179

Muckypups Baby and Toddler Group. Thursdays 10-12 during term time, Drigg Village Hall. Friendly group with baby zone, craft activities, messy play, ride-ons, dress-up and more! £2.50 for first child, 50p for additional children.

Open Mic Night – Strands, Nether Wasdale. First Wednesday every month. 9pm start. Live music by various singers and groups.

Open Mic Night – Florence Mine, Egremont. Third Wednesday of each month. Great atmosphere, all gear provided. Just turn up.

Open Mic Night – Calder House Hotel. Last Wednesday of each month. From 7.30pm. To book a slot call 019467 28538.

Open Social Run. First Sunday every month, 9.30am. Seascale beach or cinder track, starting from car park. Organised by Blengdale Runners and open to anyone who can run three miles or more at any speed.

Phoenix Praise Worship Band. Meets in Gosforth Methodist Church Schoolroom, 7pm Fridays during school term-time. Come along and sing, play or help technical support. All welcome – no church affiliation necessary. Jill or Keith Hudson 019467 21592. jillfhudson@hotmail.co.uk

Pilates Class (mat based). Mondays, 6.30pm (beginners/intermediate) 7.35pm (intermediates). Gosforth Public Hall (Main Hall). Bring mat or towel. £5 per week or £24 for 6 weeks. Contact Amy on 07510 104508 or amyflsher@hotmail.com (note I not l). Now also qualified to teach Pilates to ladies at all stages of pregnancy and postnatally.

Accessible Pilates. TBC. Please let Amy know if you are interested on 07510 104508 or email amyflsher@hotmail.com.

Rangers. Every Tuesday during school term time. 7.15-8.45pm, usually in supper room at Gosforth Public Hall. Contact: Sue Smith 019467 28265.

Saturday Coffee Morning. Seascale Methodist Church Hall, 10-11.30am.

Scottish Country Dancing. Windscale Club, Seascale. Every Wednesday from September to April at 7.30pm. Beginners very welcome.

Scouts/Cubs/Beavers. 2nd Seascale Scout Group. Every Thursday night in school term time. St Cuthbert's Hall. Beavers (6-8 years), 5-6pm. Cubs (8-10 years), 6-7.30pm. Scouts (10-14½ years), 7.30-9pm. Contact: 28296 or info@seascalescouts.org.uk

Seascale Art Group. Monday mornings (except Public Holidays) 10am-12noon in the Games Room at the Windscale Club. Call in.

Seascale Golf Club Quiz Night. Every second Tuesday, 23 October 2018 to 21 May 2019, starting at 8pm. Cash prizes and raffle. £1 per person, max 4 per team.

Seascale Knitting Group. Fortnightly meetings on Wednesdays 6.30-8pm at the Windscale Club. £1 per session. For more information contact Penny Cater penelope_cater@btinternet.com

Seascale Men's Keep Fit. Tuesday, 10.30am. 45-minute session in the Sports Hall. Target range is 55-85 years. Work at your own rate and set your own goals. One free session available. Alan Bell, 24250 or John Calvert 28936.

Seascale Parish Council Meetings. First Wednesday every month. 7pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.

Seascale Tea and Chat. Meets on the first Wednesday of the month at 2.30pm in the Methodist Church Hall.

Seascale WI. Seascale Methodist School Room. Mondays 7pm every month except January. Details from Allison Hanshaw, 21935, ajhanshaw@outlook.com

Seascale Women's Outlook. Alternate Tuesdays in term time at 8pm in the Methodist Hall. All ladies welcome. Contact Glenda on 28404 for programme. Table Tennis Club. Wednesdays. Holmrook Reading Room, 6.30-7.30pm. All welcome to turn up or contact David on 24632.

Shackles Off Baby Group. Mondays, 11am-1pm.

Tuesday Chat. First Tuesday every month. 2-4pm. Drigg & Carleton Village Hall. Special events and entertainment. All welcome.

West Cumbria Guild of Model Engineers meetings. Second Wednesday of every month at the Clubhouse at Curwen Hall Park Track starting 7pm. If you are interested contact Tom Jones on 019467 28938.

West Lakes U3A Membership is £5 which covers membership of all West lakes U3A groups. For further information www.u3a.sites.org.uk/west-lakes. Contact: Vera Lowrey 25213 or Membership Tony Bagnall 25595.

West Lakes U3A Open Mind. A General Meeting on the third Thursday every month at Gosforth Public Hall 10.15am for 11am start.). Contact: Vera Lowrey 25213 or Alan Bell 24250.

West Lakes U3A Art Appreciation. Second Thursday every month at St Joseph's Church Hall Seascale 10.30am. Contact: Jean Taylor 28713.

West Lakes U3A Discovery Group. Fourth Wednesday every month at St Mary's Church Hall 10.15am for 11am. Contact: Graham Hutson 25477.

West Lakes U3A Discussion Group (House Meeting). Third Tuesday of the month 10.45am until 12 noon in a private house contact Graham Brassington 25794.

West Lakes U3A History Group. First Wednesday every month at Drigg Village Hall 10.15am for 11am start. Contact: Mary Holbrook 25466.

West Lakes U3A Reading Group (House Meeting). Fourth Thursday every month at Gosforth Public Hall 10.45am until 12 noon in a private house. Contact: Jean Taylor 28713.

West Lakes U3A Singing for Fun. First Thursday of the month at Seascale Methodist Hall at 2.15pm. Contact: Xandra Brassington 25794. To attend you will need to join the Open Mind Group of West Lakes U3A for £5.00 per annum. Contact is Xandra Brassington: 019467 25794.

Wild Flower Meadow. Holmrook Reading Room. Phone 24632 to be involved. Supervised children welcome.

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The party consists of afternoon tea including scones and cake, followed by entertainment. Transport can be arranged if requested. It lasts approximately 3 hours.

Representatives in our local parishes are collecting names of those interested, however if anyone is unaware of whom these are please contact Rotarian David Gray on 019467 25318 or 07971 374307

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--	--	--	--

Homemade soup of the day with crusty roll

To Follow

Choice of

Roasted topside of Cumbrian beef with Yorkshire pudding, roast potatoes & pan juice gravy	Roast breast of chicken with Yorkshire pudding, roast potatoes & pan juice gravy	Poached delicate of Scottish salmon, herb & lemon couscous, balsamic cherry tomatoes & basil	Grilled seabass with dill, buttered new potatoes, steamed broccoli and sauce vierge
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Baked vegetable Wellington, baby spinach, mushroom nut duxelle, Provencal sauce, herb couscous	Aubergine and mushroom Thai green curry, garlic coriander naan, basmati rice
--	--

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TRAVEL TIPS SIX

TREKKING IN NEPAL

Although Nepal offers many other possibilities, undoubtedly trekking is what it is most famous for, so this, my second piece on Nepal, will be devoted solely to this subject. I will try to cover the different trekking styles, the most popular routes as well as when to go.

Where and how to go

The most popular trekking routes of Everest Base Camp, The Annapurna Circuit, Annapurna Base Camp, Poon Hill and Langtang are all “Teahouse Treks”. These treks can take from around three days to three weeks (or more). People normally tend to walk them entirely independently, hire trekking staff or join a group.

I will try and go through the options by giving a brief assessment of each trekking style.

Independent Teahouse Trekking

This is the least expensive way to trek as you plan your own route and schedule. If you are tired you simply stay an extra night somewhere or stop trekking earlier than you had originally planned; also if you are feeling fit then you can continue further than planned – provided this doesn't infringe on the very important guidelines for acute mountain sickness. Once reaching 3000m (10,000 feet) take one full day (two nights) to acclimatise and thereafter only gain 300m (1,000 feet) in altitude per day.

However with Teahouse Trekking you navigate your own route, source your own food and accommodation, carry all of your own kit and have no support if things do go wrong.

Hire a Guide, Porter/Guide or Porter on a “Daily Rate”

If you don't want to trek entirely independently another good option, rather than joining an organised group, is



Panorama Hotel above Namche Bazaar.

to hire a guide or porter/guide, and maybe one porter between two trekkers, on a daily rate and still source and pay for your own permits, food and accommodation. When



Cold morning in Pherich.

Yaks heading up near Dhugla.



I say guide I mean a guide with a government licence – for those on a tight budget, another option is a porter/guide, who is one person that doesn't usually hold a licence and is in effect a guide in training. His English might be a little limited but he will be keen and he will carry a certain amount of your belongings (around 15kg in total) and he will be cheaper than the government licensed guide. A porter is just that, with no guiding experience and he usually won't even walk with you (by taking his load from you in the mornings and meeting you at a prearranged destination in the afternoon). He usually has no (or very limited) English and is just there to carry your belongings. One porter usually carries two trekkers' belongings.

By hiring your own staff, you are entirely in charge of your schedule. You can either walk quicker, slower, stop and start when you want, eat where, when and what you want and pick your own accommodation and can learn something about Nepal's language and culture and of the area you are trekking through, as well as providing some much needed employment to local people.

Alternatively you could opt for a packaged trek



Guide Ang Thilo Sherpa trekking Mardi Himal.

that includes your own food and accommodation as well as permits, but I'm not a lover of these as prices are difficult to compare, as it is almost impossible to know exactly what is included. By keeping your own food and accommodation separate you can decide where, when and what to eat as well as where you stay.

Join a group

This is the most expensive option and the one with the least flexibility. You will be trekking on a fixed itinerary, usually have no choice of your schedule and must keep up with the group or risk getting left behind. For most times the money you spend isn't spent in the areas that you are trekking

Nearly all trekkers who walk to Everest Base Camp have to take at least one flight to/from The Tenzing-Hillary Airport – commonly known as Lukla and reputed to be the most dangerous airport in the world.

Both of my own EBC treks, I walked in, and flew out – but it is the second time that this little adage is about.

I had trekked to Everest Base Camp from Tumlingtar on The Arun Valley route and had safely completed the trek. I was back in Lukla and had boarded my early morning "Agni Air" flight back to Kathmandu and I was looking out of the window and noticed the wording around the engine cowling – www.airtasmania.com.au

Here was a plane built in the '80s in Germany, then sold to the Australians and flogged to death in Tasmania probably before losing its certificate of air worthiness. It had been sold on eBay, then bought by Nepal to fly out of the most dangerous airport in the world and they didn't even paint the old company name out – only in Nepal!

What to do – smile and travel with good Karma.



▶ through, you tend to stay in tents but are well looked after, the food tends to be better than you get in the teahouses but you are really paying for that privilege, but all your permits, food and accommodation is included in the price you pay.

If you decide to go down this route then it is better to use a local company because at least by doing that the money stays in Nepal and usually works out at a fraction of the price of paying for such a trek in the UK, with no major reduction in service as international companies sub-contract the guiding and porters out to a local company in any case!

Apart from the main Teahouse Trekking Routes mentioned above, there are many other trekking routes in Nepal such as Upper Mustang, The Manaslu Circuit, Upper and Lower Dolpo (plus many more) which are often in restricted areas where additional rules apply.

When to go

The main trekking season is late September to the end of November. This traditionally is the best time to go for settled weather and clear mountain views – but recent changes in weather patterns

have seen the monsoon drag on through September and even into early October, so the clear weather that used to be practically guaranteed isn't as reliable as it once was. This means that the spring trekking season – late February to April – is rapidly becoming more popular. There are fewer people than in the autumn season and there is the additional advantage of the beautiful Spring flowers! Spring mornings tend to be warm and sunny; however, clouds can build up by mid-day obscuring the high mountains with an increased chance of rain (snow at altitude) in the late afternoon. Also as the weather warms up, a haze can build up, particularly in April, that can also obscure mountain views.

Any of the above options can be “packaged” up to include being met at the airport, your Kathmandu accommodation, any trekking staff you require, transportation to and from the trailhead of your chosen trek and also any additional activities (I hope to discuss these in a future edition) that you might wish to do, again ensuring that your money is spent in Nepal, the country where it is needed the most. **Rob Steele**

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Email: GP-A82024@nhs.net

Out of hours: 111

Emergency calls: 999



Bootle Surgery

Monday – Wednesday:

9:00am – 12:30pm

Thursday: 9:00am – 12noon

(Reception and Dispensary only,
no Doctor or Nurse on site)

Tel: 01229 718711

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Monday, Wednesday & Friday

8:45am – 1:00pm

3:00pm – 6pm

Tuesday & Thursday

8:45am – 1:00pm

2:00pm – 6:00pm

Anyone living further than 1 mile from a community pharmacy can use Seascale's Surgery dispensary.

UPCOMING TRAINING DAYS

Bootle closes at 12:30pm on Wednesdays
and 12:00noon on Thursdays

Seascale closes at 1:00pm on both days

Thursday 14 March 2019

Wednesday 10 April 2019

Thursday 16 May 2019

Wednesday 12 June 2019

Thursday 11 July 2019

No August Training

Wednesday 11 September 2019

Thursday 10 October 2019

Wednesday 13 November 2019

No December Training

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The dispensary phone line
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2:00pm – 4:00pm

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reception for more information.

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GOSFORTH AND DISTRICT FIRST RESPONDER GROUP



Community First Responders are teams of volunteers who live and work in the local community. They are trained to attend certain 999 ambulance calls where time can make the difference between life and death. The responder provides treatment, care and support to the patient and relatives until the arrival of the emergency ambulance. They are despatched at the same time as the ambulance but as they are already local arrive more quickly. In our area it could take up to an hour or so for the ambulance to reach the more remote places.

The Gosforth and District First Responder Group was initially set up in 2002 and grew over the next couple of years to provide cover from the coast to the heads of Wasdale and Eskdale; all the way from Calderbridge, south, to Broadoak. Four teams; Gosforth; Seascale; Eskdale and Ravenglass, totalling about 40 people, were established.

Parish councils and local businesses helped to raise funds to provide the required “kits” and support the group’s running costs. No funding was available from the Ambulance Service and each kit would have cost about £800. The annual costs for the pagers, via which we received our calls, was in the region of £1000.

Nine kits were stored in secure boxes at various locations around the area and upon receiving a call the responder had to go to the box and collect the kit before travelling to the patient.

We are constantly fund raising and have just replaced all the initial AEDs, which had come to the end of their life, at a cost of £11,000.

Recruiting new members to replace those who have stood down is difficult and we are down to just 14 members. We now operate as a single team with each responder covering the whole area, as many parts of the area do not have resident responders. We do, however, now each have our own kit, and thus can travel directly to the patient, reducing our response time.

We meet once a month for ongoing training and skills practice and are re-assessed in our skills every year.

These skills allow us to help those suffering from the following types of medical emergency: Abdominal pains; Allergic reactions; Breathing problems; Fitting; Diabetic emergencies; Chest pains; Stroke; Loss of consciousness; Collapse; Cardiac and Respiratory arrest to list but a few.

Whilst attending an incident we provide care and support to the patient, monitor the patient’s pulse, oxygen level and administer oxygen if the patient’s condition requires; dress any wounds if an injury has occurred and monitor the patient’s condition whilst awaiting an ambulance.

In more serious cases, such as cardiac arrest, we will carry out CPR and, if required, use an AED to try to restore the heart to a normal rhythm.

Three members of our Group have undergone extra training and this allows them to insert airways and give certain drugs and medications.

We regularly give presentations and demonstrations to clubs or groups and provide basic CPR and AED training for anyone who would like these skills.

Have you thought of becoming a Community First Responder? or helping as a fundraiser or with the administration?

Volunteers only need to make themselves available to suit their personal circumstances, no minimum hours are required, and the choice is theirs as to whether they attend any given call.

No first aid knowledge or experience is required as full training is given.

Having a responder “around the corner” means that lifesaving treatment could start earlier.

We need more team members in every part of our area to help us provide the best care we can to those that live within our community.

If you would like to join our team or would like more information, please contact me.

*Stuart Robb, Team Leader. 07849 070516.
e-mail: srobb02@aol.com*



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WE'RE STILL KNITTING!

The Seascale Knitting Group has been on the go for over 5 years now, started when my youngest went off to University to stave off the pangs of the empty nest.

As a group we have knitted over 2,500 items for public display. Two seaside yarn bombings, a shop window quiz and display, four Christmas tree festival contributions and more recently 600 poppies to commemorate the 100th anniversary of WWI. This was especially lovely as people who can't always come and friends of knitters sent in their poppies to add to the display, a real community effort indeed.

Many members knit for charity, using up odds and ends of yarn, often donated to the group. Charities have included: Special care baby unit, SANDS, Teddies for trauma, shoe box appeal, twiddlemuffs for dementia sufferers, Battersea cats and dogs home, fish and chip babies... and the list goes on.

We have also raised over £500 for charity. Each member pays a £1 per session and any left-overs from the room hire and yarn sold for private use goes towards our nominated charity for the year. So far we have supported The Howgill Centre,



Stroke Association, Blood Bikers, Alzheimer's Society and Calderwood House. This year we have chosen The Knoxwood Wildlife Centre.

The format doesn't change; we meet fortnightly at the Windscale club between 6.30 and 8.00pm on a Wednesday. Folk dip in and out as they please and we always have a good catch up. Currently we share the hall space with the Scottish country dancers while the side-room is out of action. It's very jolly!

So, do come along and join us, all are welcome. Bring your knitting, your crochet your sewing or a pal! All are welcome, whatever your skill level – we will always help out.

Penny Cater

P.S. Just to reassure you the nest is often revisited by the chicks who take full advantage of home comforts...

Dog mess on the pavements in the local area is a big problem as there seem to be a lot of irresponsible dog owners around here. Fed up with dodging dog mess on the pavement two young boys from Seascale named Tiarnan and Finbarr Rooney have made poop bag dispensers and attached them to lamp-posts along Gosforth Road in a bid to encourage people to clean up after their dogs. Hopefully this will mean less mess for people to accidentally walk in and spread into local homes and shops. *CH-C*



West Cumbria Dog Walking

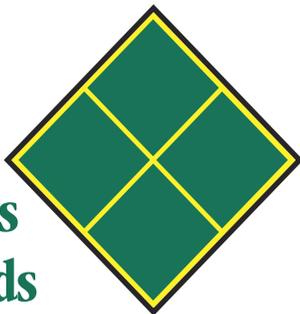
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CAROLINE AND STEVE'S BIG ADVENTURE

I can't believe it's two years ago when I visited Caroline and Steve to find out about their embryonic business, West Lakes Adventure in Eskdale. Back in 2016 Caroline had just taken the leap to work full time at their business in order to drive it forward.

I remember them telling me, as we sat in their cosy cottage where the office was crammed into a corner of the kitchen, about all their exciting plans for Woolpack Farm. It involved

lots of building and development work turning the outbuildings into glamping pods and utilising the barn as an indoor activity centre.

I am pleased to report this hard-working couple has achieved 90% of those plans.

As I drove into the farm yard on a beautiful sunny January day, I immediately saw that Caroline and Steve had been true to their word. Three stylish terraces with smart garden furniture nestling under verandas was a hint of the improvements.

Caroline came out of her new smart office at the end of the row of glamping units to greet me. She was obviously proud to show off their achievements.

Their new office/reception is warm, spacious and well equipped. "This has been a huge



Night Byre 1

improvement to the way we work. I can now leave the house all day and concentrate on the job and have the space to do it effectively." Said Caroline.

Last summer was the busiest West Lakes Adventure had ever known. "We had over 100 people coming through in just one day" she explains with a huge smile. "It was extremely hard, we all worked flat out, but it was good, and the team was amazing."

When all the customers have gone home that's not the end of the day for Caroline and Steve. "We then have to wash and sort out all the equipment ready for the next day which can take another couple of hours."

Their new glamping units called 'The Byres' were also fully booked. "I couldn't believe it, we had only just finished glueing the last tile in place an hour before the first visitors arrived." Caroline laughed and swept a hand across her brow. "It just proved that we were right about people wanting to come and stay. The summer was definitely extremely busy, and the drought brought an extra level of stress when we almost ran out of water!"

However, out of all that hard work and stress blossomed love between two of their employees. "It was lovely to see this happen out of such a stressful time."

Although Caroline and Steve realise they need to employ more staff for the next busy period, "I confess that I'm the



Bunk 11

Caroline & Steve Ashall

CAREER PROFILE



They have thought of everything a walker and adventurer could need.

The view is stunning too. "Some people may not want to go off on long hikes or take part in our activities, so we've made these units as comfortable as possible for visitors to be able to just chill out with a bottle of wine," explained Caroline as we walked across the smart gravel to the picnic area. "We found that visitors all mix together in this area, children make new

type of person who needs to do everything myself and I have trouble delegating. But that's just going to have to change this year." Said Caroline with determination.

I was then taken on a tour of their new glamping units which I have to say are extremely posh. I was expecting them to be a bit more rustic and basic, but no, they are very comfortable with a luxurious double bed in one and bunk beds in the others, and all have gorgeous bathrooms with showers.

Outside there is a covered seating area with four chairs and a table for outside dining, and there's a sink to wash muddy boots and clothes.

playmates and the parents also get to chill out with new friends." Caroline is obviously very proud of how it's all come together.

Caroline then led me up a track leading to the hill at the back of the property. Her father Ralph was busy driving a mini digger levelling out four areas for their next new venture.

"This is where we are going to put four new self-contained glamping pods we've ordered and that are arriving in a week or two," explained Caroline as her mother Margaret, dressed against the cold, came over with a concerned expression. "I can't watch him do this." She said, and I understood what she meant, as Ralph's digger





separating the areas.

As I walked back down the hill towards Woolpack farm, I was very impressed with the amount of work this pair have achieved and how they are both still very excited about the future of West Lakes Adventure.

Caroline's parents have moved out of their Penny Hill farm just along the road where they ran a B&B

teetered precariously close to the edge. "I know he's experienced at this, but it's not easy to watch."

The new glamping pods are going to have stunning views. The three facing West will be able to watch the sun setting behind Birker Fell and Muncaster Fell. The fourth will look over to Harter Fell. "We are going to put a gate onto the woodland so that people will be able to follow the trail through the woods with their dogs," explained Steve who was busy building walls

for many years and have moved into Rowan Bank cottage on Woolpack Farm.

"Although mum and dad have retired, they enjoy helping us out with the business," said Caroline. "It's great to have them here full time now."

If ever I move away from this area, I will book myself in here when I return to visit. In fact, I think I might just book myself in anyway for a nice peaceful get away. It's perfect. *Vivienne Tregidga*





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ALL CHANGE AT SEASCALE PHARMACY!

A lot of us have felt adrift and uncertain after one of the corner-stones of our society, Stephen Reay, who has been our pharmacist for over 30 years, left the village in January. I think we all realised just how important the pharmacy is to the community and that we needed it to continue.

So, I popped in to meet the new owners a few weeks after they took over the pharmacy to find out who they are, and more importantly, what their intentions are.

My first impression of Shahbaz Mirza and Abbas Fazal, was that they are warm, friendly and very enthusiastic about the business.

“We’d been looking around at a number of pharmacies, one in Carlisle and another in Maryport, but as soon as we came into Seascale we instantly felt the village had a lovely vibe,” said Shahbaz who comes from Leeds. “Abbas and I have had a pharmacy in Leeds for over four years and we’re really enjoying working for ourselves and wanted to expand. For us it’s not about how



profitable a business is, it's about the feeling we get from the community and location, and Seascale certainly felt good."

The two men laugh, and I'm not sure if it was a happy laugh or one tinged with stress! "There is so much to do," said Abbas who managed a Boots pharmacy for three years before going into business with Shahbaz. "We are also just finalising paperwork on buying a pharmacy in Grasmere too!" By the time this article is printed that should have gone through.

▶ “We are staying in a hotel in Cockermouth just now, which is between Seascale and Grasmere,” explained Shahbaz, who used to be the manager of a Tesco pharmacy, “because we will be dividing our time between the two pharmacies.”

“We feel very lucky with the staff here because they’re brilliant and seem happy and motivated and they know the customers very well,” said Shahbaz.

Abbas and Shahbaz intend keeping all the staff, including the locum pharmacists. “It’s important that our team is happy,” said Abbas, “and we intend to ensure they feel valued.”

Last year Shahbaz and Abbas, who are in their early thirties, completed their prescribing courses in Bradford. Abbas is a specialist in respiratory problems, including asthma and Shahbaz in hypertension and the cardiovascular system and he can also diagnose skin infections.

“We will be able to carry out full diagnosis and prescribe medications as soon as the NHS sanction this, which we are hoping won’t take long as we know this will help relieve the doctor’s surgery workload,” explained Shahbaz. “We have had very positive meetings with the surgery, and the Primary Care Team, who are keen to work with us.”

Abbas, who comes from and still lives in Birmingham, explained they both want to move their families to the Lake District as soon as Seascale and Grasmere pharmacies are running smoothly.

“There’s no time or point launching into house searching while we’re so busy getting the businesses going,” explained Abbas who has two small children, a one-year-old and a three-year-old. “We have to be sure that everything is running well before the big family move. Until then Shahbaz and I will continue to live in a hotel in Cockermouth.”

“Both our wives have careers as well,” said Shahbaz who has a one-year-old child, “so it’s not that easy to move everything.”

Their pharmacy in Leeds is run by a manager Shahbaz and Abbas trained. “We are also qualified to take pharmaceutical students during their one-year training period and help them take their final

exam to qualify as pharmacists” said Abbas.

I was impressed by these two guys who met at university and seem to have boundless energy and bags of enthusiasm.

I had to ask if all the driving between their pharmacies would be too much? “Not at all,” laughed Shahbaz, “when we first qualified, we were travelling all over the UK all the time as locums, so we’ve used it.”

“We have lots of ideas on how we can improve and utilise the space here better,” said Shahbaz. “Maybe put in a coffee machine to create a more welcoming environment for our customers and definitely expand the Post Office services. We also intend on developing a consulting area where patients can talk to us about their medications in private.”

Shahbaz and Abbas began discussing ideas which started flying out thick and fast making it impossible to keep up with their excitement. “But we don’t want to be in competition with other businesses here in the village, we just want to expand our offering for customers. Therefore, we need our customers to tell us what products they would like us to stock.” Said Abbas.

“For example, if people can’t get into the chemist or doctors for their flu jab, we will go out and deliver to them in their homes. We also have plans to go into schools, to give teachers their flu jabs, and care homes,” said Shahbaz. “And here in the pharmacy we can carry out health checks like blood pressure, weight, height, cholesterol, diabetes and heart rate.”

It seems that nothing will be too much trouble for these two young men and, although it will take a while for them to put all their ideas into practice, I have no doubt that their determination to invest in the staff and business will be realised.

“If we don’t have a product or medication here, we can always source it from one of our other three locations,” explained Shahbaz who has been thrilled by the warmth he and Abbas have felt from customers and staff since arriving in Seascale.

I think our community corner-stone will be in very safe hands with Shahbaz and Abbas and I wish them well.

Vivienne Tregidga

Seascale Pharmacy, Gosforth Road, Seascale Tel: 019467 28323



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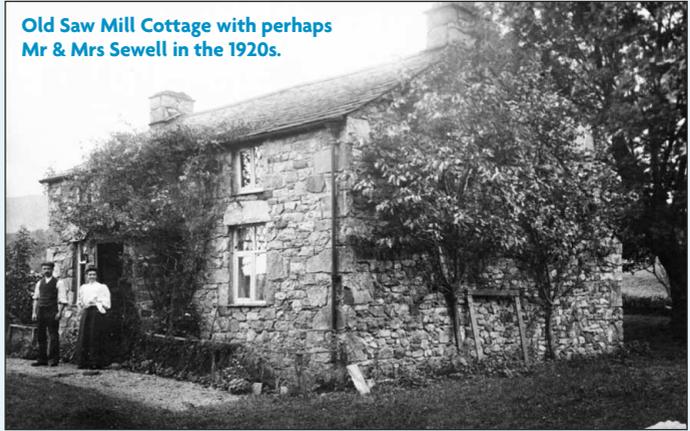
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WATER, WATER EVERYWHERE....

JD Moore Joinery and his team Anthony Tyson and Tony Miller were asked by Julius Manduell to reconstruct the water wheel at Wasdale Saw Mill, at the edge of the village of Nether Wasdale. A reference has been found of an earlier history as a corn mill in the 1790s prior to being a sawmill. Julius had heard that David and his father John had been involved with the refurbishment of Boot Mill Eskdale in 1975 for Cumbria County Council so they had good knowledge of mill wheels and their operation. They were delighted to be asked to do the work at Wasdale Saw Mill and the wheel and sluices were duly manufactured from local green oak in their workshop and yard at Row Mill, Gosforth.

As you can see this project was huge and called upon all the skills of David and his team. Local engineer Phil Jenkinson constructed the steel work for the wheel, assisted greatly by John Slater of RJ Slater & Son, Seascale in taking out and putting back in the wheel (John being the main contractor on site).

Old Saw Mill Cottage with perhaps Mr & Mrs Sewell in the 1920s.



The team worked hard to reinstate the wheel at its original location at Irt Cottage and Saw Mill.

Thanks to the Parish of Nether Wasdale History Society and to Rob Steele (to both of whom, I'm very grateful), we have tried to piece together a history of Irt Cottage and the Saw Mill.

Any omissions and/or errors are solely ours.

Starting with information gleaned from "Parish of Nether Wasdale" and the census of 1881 when Joseph Turner, aged 26, a joiner and cartwright, his wife Jane, aged 29 and daughter, Elizabeth were living at "Saw Mills." By the 1891 census, it was John Tyson (51), widower, a mason, with his son John (20), apprentice Sarah (18), housekeeper William

Initial setting out of wheel.



First stage of assembly.



...AND NOW A WHEEL TO TURN



Shaft resited by R J Slater ready for timbers.



Refitting spokes.

Starting to fit boxes.



Almost complete.



(16), apprentice Thomas (10), Timothy (6) and Dinah (4) all scholars all living there. Then, finally, from the 1901 census, Elizabeth Morton, a 55-year-old widow and teacher living there.

Our next piece of information comes from the catalogue from the 1920 sale of "The Wasdale Hall Estate": Lot 10, a good cottage known as Irt Cottage and Sawmill, the sawmill is driven by water power and contains saw, bench and grindstone which will be included in the sale. The cottage is occupied by Mr William Wrigley at a weekly rent of 5 shillings, the tenant paying rates.

This sale came about as John Musgrave had gone bankrupt, but from further research, it looks like the sale didn't actually take place until 1923.

Much of the estate, including Irt Cottage and Sawmill, was purchased by Herbert and Clara Walker and on their death it passed to their son, Willie Walker. Lodore Estates was then formed, then latterly, as properties became empty, these were sold off. Irt Cottage and Sawmill was recently purchased by the Manduell family from nearby Church Stile Farm.

Our introductory photo is of a family named Sewell at Irt Cottage. They lived there in the late 1920s or early '30s, the Sawmill at this time being operated by "The Estate" with Herbert Martin being the foreman and living at the nearby Fluss. Marshall Sewell was still living in the nearby Shepherd's Cottage in the '50s and '60s.

By the late '50s, Jackie and Belle Park were living in Irt Cottage and the Sawmill was still being operated by The Estate with Morris Brayton now



Two sluices fitted, wheel under way (this photograph is a clip from a video showing it working).

being estate foreman and living in the nearby Fluss.

In 1959/60 electricity came to Nether Wasdale, but the Sawmill continued to use water power for a few years after this.

In the early 1960s William Drinkall and his family moved into Irt cottage and continued to operate the sawmill using water power until an

agreement in 1963 between UK Atomic Energy and the Lodore Estates (the owner), when UK Atomic Energy made a one-off compensation payment of £400 to Lodore Estates and provided an electric motor to operate the saw bench. This was in the event that so much water was extracted by the nuclear power station from Wastwater to cause the water flow in River Irt to drop to a level whereby there was insufficient water to turn the wheel.

Once the electric motor was installed it was easier to flick a switch than run the wheel. Julius adds, "It is our intention that the wheel will in due course produce electricity (a further stage of the project)".

The Drinkall's son Eddie moved into Irt Cottage after the death of his parents and operated the sawmill until his own demise when Lodore Estates put it up for sale and it was bought by the Manduell Family.

The Manduells are putting into action their plan for the property, including the restoration of the wheel as a working feature. David Moore is doing a fantastic job making what may be the

central feature of the wheel and sluice gates. Maybe the wheel can be put to use again with its potential for creating water-powered energy. How good would that be in these days of energy conservation?!

At the end of the project, West Cumbria and Nether Wasdale will have a fantastic new development to attract tourists and locals equally and will enhance the whole area. All this is from the foresight of the Manduell's who are already running a successful farm and caravan site at Church Stile Farm and Holiday Park in Nether Wasdale, known as The Farm and Holiday Park Partnership.

Julius adds: "Our plan is for the Mill to reopen once restored and rebuilt as a farm shop and cafe serving and selling local Lake District sourced produce as far as possible."

Well done to all involved.

We plan to keep you up to date with its progress with pictures and the written word as it develops.

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PANTOMIME TIME! ALICE IN WONDERLAND



January saw another successful pantomime for us – “the best one yet” according to feedback from our lovely audiences. It was a brave decision for us not to choose one of the more traditional pantomime stories, but it really did pay off, thanks to author Tom Whalley. Our audiences loved it, the cast had an amazing time and we ended up with one of GADS’ most vibrant productions ever.

What many people don’t realise is that the hard work for the production team starts all the way back in August. While most people are enjoying their summer holidays, we are holding auditions, choreographing dances, designing scenery, choosing songs and planning costumes. Even the cast begin learning lines and songs as soon as they have been given their parts (at least, they should!). By the time our rehearsals start in November, a large chunk of the design is already complete.

As they say, it takes a village to raise a child, and it certainly takes a small army to put together a pantomime. We were lucky enough to have many new members this year and it made all the difference. We had several new actors on stage (this was the first GADS pantomime for over half of the cast), more helpers in costume and a new lighting technician. Our cast alone numbered 22 and it was a fair challenge just to keep them all occupied and focused during rehearsals.

A lot of hard work was put in by everyone, and anyone who saw the show can confirm that it was all worthwhile. In the five years I’ve been a part of the society I’ve never taken part in such a professional looking production. Particular praise needs to go to Paula Waite and Rosemary Powell, who were in charge of costume and scenery painting respectively. It was the most visually delectable spectacle seen on our stage in a long time.

We are yet to decide on our production for next year, but we’re definitely aiming high. As



always, we welcome new members in any department, although owing to current legislation our minimum age (but only for pantomime cast members) is being raised to nine years old – this is so that we can consider a Saturday matinee performance for those who find our existing performances times too late.

I'd like to end by thanking each and every person who supported the show. Our audiences were not only receptive and encouraging during the shows, but gave some of the loveliest feedback via Facebook and email following the production. At the end of the day, we do it for the audiences – so thank you, and we'll see you all next year.

Natasha McGregor – Director





YOUTH THEATRE GROUP

As this edition drops through the letter boxes, another term of youth theatre will have come and gone in what feels like record time. We will have included makeup with old age effects and wounds (very bloody), stage combat in a physical theatre workshop where the children learn to fly and a technical session where members explore costume, lighting and props. *We can assure you that no children were harmed in the makeup session, despite photographic evidence contrariwise!* Youth Theatre Group resumes after the Easter Holidays and the fun will continue towards a showcase performance for friends and family on 11 July. (Also, see page 8, 27-29 June)

It's wonderful to see so many young people coming together to create theatre – our members are enthusiastic and imaginative in ways we could never expect. With the arts slowly being given less and less priority in the school curriculum, it has never been more important to have groups like this functioning. We're lucky to have such incredible audiences for our pantomimes, the funds from which allow our youth theatre to run at such a reasonable rate. We are also constantly being joined by new members who keep the energy fresh and allow our seasoned members to make new friends and contacts.

The youngsters participate in a variety of scripted and devised 'performances', many of them purely to each other. We encourage discussion and constructive feedback at all times, and we're starting to get some brilliant young directors who give useful and positive reflections on each other's work. Though two of us 'run' the sessions, we are the ones doing the least work. It's a real joy to give a prompt or stimulus, and see the collective imaginations turn it into a story.

In the summer holidays, our 13th summer youth workshop will be held in the week Mon 5 to Sat 10 August. This allows our young members (aged 8 to 18) to create and perform a show in a week. Numbers are limited to about 25 and participants don't just have to perform to be a part of it. It's important to nurture the creative and more reserved personalities, which we do by providing paintbrushes, screwdrivers, and a bursting-at-the-seams (excuse the pun) costume cupboard. Last year a few of the participants were not available for the Saturday evening performance but still played a full part by designing the show, the props and its costume. They did an amazing job, and we'll be looking for more people to fill the same roles this year – and they can even act too if they want to.

If you have any questions about youth theatre, you can email yt@gads.org.uk or check out our website. You can also find information about the summer workshop there, and sign up for your place.

Natasha McGregor, YTG director



OUR MP TRUDY HARRISON'S COLUMN

As I sat down to write this column, I received the welcome news that RMT have decided to suspend their strikes and have agreed to join Northern at the negotiating table. This is good news for passengers and businesses across the Northern network who deserve a reliable and safe rail service. The strike, which ran for just under 2 years, caused mass disruption for many people and I sincerely hope that this round of negotiations will be successful.

Welcoming the first Sunday train service on the Cumbrian Coastal Line between Whitehaven and Barrow in May of last year brought a huge boost to people living, working and visiting the West Coast. Upon its opening, I joined councillors for a whistle-stop tour of the line, and it was wonderful to see so many passengers making the most of this new service. While the return of much-needed Sunday services is a step in the right direction, there remains much progress to be made towards ensuring a consistent and reliable service.

The unprecedented growth in demand for travel since the mid-1990s, a period that has seen passenger numbers double, has meant the rail industry has needed to adapt. Utilising modern technology and systems to improve reliability and capacity is essential and can also offer opportunities for improvement in other areas such as ticketing and customer service. Northern is at an early stage of modernising services to deliver the improvements for which passengers have asked. As part of its modernisation plans, Northern has guaranteed jobs, training and current pay for all its conductors.

The Government has recognised the challenges in the industry and the announcement of a new rail ombudsman in November 2018 was therefore well received. This is a significant step for passengers' rights and fulfils an important Government commitment. As well as supporting rail nationally, in his visit to Millom in late 2018 the Rail Minister, Andrew Jones pledged his support for transport developments in Cumbria such as the Coastal Line. This builds on the £9 million-pound investment announced by Transport Secretary Chris Grayling in November 2018 to support the Cumbrian Coastal Line development.

We have seen great improvements to our



railways in the past 2 years, and being from Seascale I know the importance of a reliable railway line. While the return of the Sunday line was welcome, there were still problems with cancellations and delays Monday to Saturday, with around one in 25 being significantly delayed or cancelled. From 6 January this year to 2 February the amount of trains cancelled totalled just 11, just 1% of all the trains running, which is a great improvement. As well as this, work has taken place to make significant track improvements between Bootle and Silecroft as part of the £3 million-pound Great North Rail Project Investment. I recently took a closer look at these track improvements, and got a sense of what is involved in the replacement of over 5,000 yards of worn-out sleepers, ballast and rail. This will help create a smoother, faster and more reliable journey for passengers and freight services of The Cumbrian coastal line.

I would also like to draw attention to the fantastic efforts of Lizzie Mawson and the entire Seascale Community Beach Park Project for transforming the play park. As a former school governor, I fully recognise the benefit of high-quality leisure facilities, especially for our children. The official opening of this park last summer shows that being proactive, having an objective and managing a project effectively can have great outcomes for our communities across Copeland.

Constructed with all age groups in mind, this new park was co-funded by Copeland Community Fund, Community Choices, The Hadfield Trust, The Sir John Fisher Foundation, Persimmon Community Champions, The Co-op Community Fund, LLWR, CN Group and Seascale Parish Council.

SIM'S MOTORS AND THE ESKDALE BUS SERVICE

This short story is mainly about Sim's two 1950/1960s bus routes from Boot via Gosforth to Seascale and to Whitehaven. Most readers will know that Sim's are based in Boot in Eskdale on the way to Hardknott Pass, some eight miles from the coast at Ravenglass. Perhaps not too many know, however, that Sim's have operated buses from there since before the first world war. So, Sim's are now over 100 years old.

The history

Eskdale had a passenger service in the valley since the late 1800s, courtesy of what is known today as the Ravenglass & Eskdale Railway. This has its origins in 1875 when the Whitehaven Mines Limited opened a narrow-gauge railway to connect their iron ore workings with the railway at Ravenglass; before this, pack mules carried the ore to the railway at Drigg.

Passengers were carried on the railway from 1876 until 1908, with the majority being in the summer months. However, the iron ore workings became depleted, and consequently the line closed in 1913.

During the time the line had operated, road transport had rapidly moved on from using horse and carriage towards the use of the internal combustion engine; a mode that was soon to more speedily developed courtesy of the 1914 to 1918 war.

The valley now had no public transport service, so from 1913 a local resident, one William Sim of Boot, who already had a light haulage service, chose to provide a passenger service by motor vehicle. This ran out to Seascale (for the coastal railway) with an extension to Whitehaven.

In 1917, the railway line to Boot then re-opened with new owners who targeted the tourist trade, although local passengers were still carried. Billy Sim's service however survived, indeed in the 1950s it prospered, partly perhaps because the railway had closed again in 1953 and kept a passenger service, of sorts, until 1959.

The railway was to re-open in the 1960s when a preservation society, still in existence today, acquired the line. The society is still heavily involved with the current owners in ensuring the continued success of the operation.

Timetable
from 1960.

SIM'S MOTORS ESKDALE BUS SERVICE									
BOOT—ESKDALE—IRTON HALL—GOSFORTH—SEASCALE									
	TF	SU	TF	SU		TF	SU	TF	SU
	am	pm	pm	pm		pm	pm	6pm	pm
Boot (Brook House).....	1045	1 15	4 15	7 0	Seascale (Rly. Sta.)	12 02	30 6	5 8	15
Eskdale Green	1055	1 25	4 25	7 10	Gosforth Square	1210	2 40 6	15 8	25
Sleathwaite	11 0	1 30	4 30	7 15	Santon Bridge	1220	2 50 6	25 8	35
Irton Hall	11 5	1 35	4 35	7 20	Irton Hall	1230	2 55 6	30 8	40
Santon Bridge	1110	1 40	4 40	7 25	Sleathwaite	1230	3 0 6	35 8	45
Gosforth Square	1120	1 50	4 50	7 35	Eskdale Green	1235	3 5 6	40 8	50
Seascale (Rly. Sta.)	1130	2 05	0 7	45	Boot (Brook House)	1245	3 15	50 9	0

TF—Tuesdays and Fridays only. SU—Sundays only from 5th June to 11th September, 1960 (inclusive).

BOOT—ESKDALE—IRTON HALL—GOSFORTH—WHITEHAVEN									
	Th	S				Th	S		
	am	pm				pm	pm		
Boot (Brook House).....	8 45	2 0				Whitehaven (Bus Sta.).....	3 15	8 10	
Eskdale Green	9 0	2 10				Egremont	3 30	8 30	
Sleathwaite	9 5	2 15				Gosforth Square	3 45	8 45	
Irton Hall	9 15	2 20				Sorrowstones	3 50	8 50	
Santon Bridge	9 20	2 25				Santon Bridge	3 55	8 55	
Sorrowstones	9 25	2 30				Irton Hall	4 0	9 0	
Gosforth Square	9 30	2 35				Sleathwaite	4 5	9 5	
Egremont	9 55	2 50				Eskdale Green	4 10	9 10	
Whitehaven (Bus Station).....	1010	3 5				Boot (Brook House)	4 20	9 20	

Th—Thursdays only. S—Saturdays only.



Sim's bus at rest in Whitehaven alongside Cumberland buses. It waited for 5 hours 5 minutes before returning to Boot. The current and updated phone number of Eskdale 27, on the back of the bus, is 019467 23227.

Source: Travel Lens Photographic

The bus services

In the 1950s Sim's ran from Boot to Seascale on a daily basis, except on Thursday and Saturday as the bus ran to Whitehaven. There was also, on Saturday, a run via Seascale to Drigg. However, this was stopped in 1954. Slow attrition had now set in as in July 1958 the daily Seascale service was stopped on Monday and Wednesday; but it still operated on Tuesday, Friday and Sunday.

The timetable, from 1960, has the full details of the remaining routes.

It will be noted the buses from Eskdale ran past the Bower House to Sleathwaite and then right past Irton Hall, before re-joining the road at Santon Bridge. The road from the Bower House direct to Santon Bridge, a post 1880s build, had fewer sources of passengers than the road via Sleathwaite.

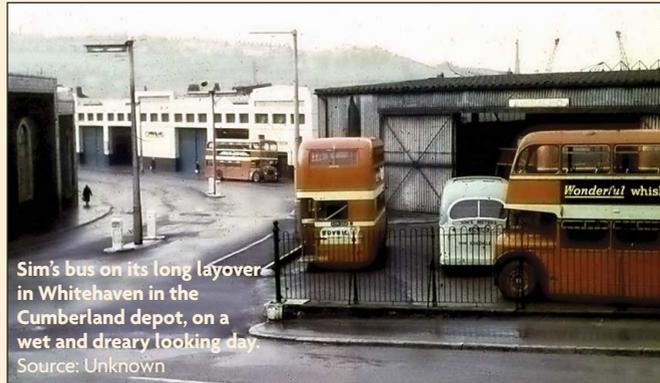
The bus journey clearly had obvious local character and charm, as a former resident of Boot recalls that the bus on the way back to Boot would sometimes stop to deliver parcels, especially it seems, to some of the pubs when the driver – called "Gubble" – would say he would not be long, but then he usually was!

Changing times

Whilst the early 1950s were busy passenger traffic times as, following the return to peace after World War 2, this was accompanied by people's desire to "get out". Coupled with expanding prosperity that cumulated in Harold Macmillan's 1957 "you have never had it so good" speech, meant that people generally now had an increased disposal income. This was typically used to buy a TV (so fewer trips on the bus to the

pictures) and also to buy a car (and then less need for public transport).

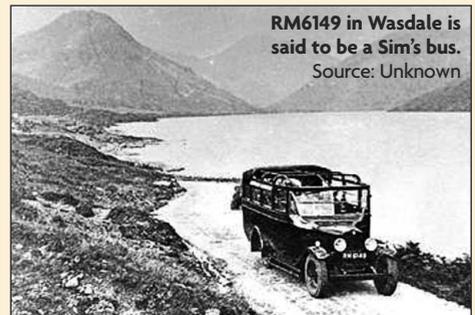
So, the 1960s were difficult for many bus companies, including Sim's. With passenger numbers now in a slow and terminal decline, the Seascale Sunday journeys stopped in October 1962 and then, in October 1964 all services ceased. In those days, there were no subsidies available for bus operators.



Sim's bus on its long layover in Whitehaven in the Cumberland depot, on a wet and dreary looking day.
Source: Unknown

The buses

An early bus is seen below. Little information on the Sim's buses used is available, until after the Second World War when Bedfords became the buses of choice. This was not unusual as the Bedford OB model was bought in thousands as it was an economical and simple petrol-engined



RM6149 in Wasdale is said to be a Sim's bus.
Source: Unknown

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DNL580 was the Eskdale bus from 1959 to 1964, an iconic Bedford OB with Duple Vista body seating 29 people. Seen here tucked alongside the Brook House, the front seat alongside the driver, was popular with many – especially small boys – and it also served as a parcel cage.

Source: Unknown



Sims had MHU995 that came after DNL580 had gone. Its sister is seen here when it was with its first owner; Bristol Tramways. Source: Unknown

► bus. Over three thousand of the OWB wartime produced model were built and over twelve thousand of the post war model. Before production ceased in 1951 many were exported and the UK market took over six thousand with around 4000 of these being bodied by Duple.

Sim's had bought a second hand OWB in the early 1950s, registered GZ941 in 1946 and kept it until 1959. It was then replaced by a bus registered DNL580 which had come from an operator called Armstrong, of Westerhope near to Newcastle on Tyne; it was new in 1949.

Sim's Optare Solo with 30 seats that was previously with Lewis coaches of Llanrhystud.

Source: Unknown



Whilst DNL580 was joined by a newer type of Bedford with a Duple Super Vega body in 1963, it however left in October 1964 when the stage service stopped, only to be replaced by an identical bus bought from Bristol Tramways registered MHU995 and new in 1950.

Recent service bus changes

1964 was not the end of Sim's offering a passenger bus service and more recently in 2013, they operated a Cumbria County Council tendered and subsidised service from Egremont into Whitehaven. This was service 26 (formerly operated as the 20/26 by 3D travel of Cleator Moor) and it ran a circular route between Whitehaven – Egremont – St Bees – Sandwith – Whitehaven.

However, bus subsidies, after the Cumbria County Council's new policy in 2014, became effectively non-existent. This ended all direct subsidies to bus operators, with a preference to use the limited money available to subsidise voluntary car schemes and community transport activities. So, Sim's new venture stopped.

Sim's today

Sim's are still in operation as Sim's Travel with around 10 modern coaches ranging from Ford Transit minibuses up to larger coaches with 53 seaters and more recently a 70-seater with 3 plus 2 seats (instead of the normal 2 plus 2). The main day-to-day business for these buses is school contract runs, for example to Egremont and Millom secondary schools and to many of the smaller infant schools. Additional work involves private hires and excursion/tour work.

Boot is not the easiest place to operate from, and finding drivers at effectively the end of 7-8-mile remote cul de sac road from the main A595 road. It is always, however, a very smart looking fleet and in white; I have yet to see a dirty Sim's bus. Long may Sim's be a story of adaptability, survival and above all else, providing a service to its local community.

Footnote

Historical details are often difficult to find, so if anyone has more information, please come forward so that history can be better recorded.

Stuart Emmett



BLENGDALE RUNNERS HAVE A BUSY YEAR AHEAD

After a busy and very competitive year in 2018, Blengdale Runners finished by holding a new event in October, the Viking Way 5K, on the cycleway, starting outside Westlakes Hotel, turning just before the Seascale end of the cycleway and returning to finish at the start. This event proved to be very popular, and very fast – the winner, Ben Opie (no 52) pictured above, running for Cumberland Fell Runners, completed the course – there and back – in 16 minutes 31 seconds (I couldn't manage that on my bicycle!). The first lady was Elizabeth Watson, of Derwent AC, in 19 minutes 49 seconds. We would like to thank Robinson+Co and the Westlakes Hotel for their support.

We have a new Club Champion for 2018, Rachel Read. Over the past year, Rachel has competed in all of the Club's events, and her consistent performances have set a challenge to us all.

Over the year, Blengdale Runners AC raised monies for local good causes at their events, and will have announced who the beneficiaries are, and presented cheques totalling £1,800, at the AGM on 6 March.

The Club wishes to thank its main sponsors, Wood Group and Robinson+Co, and Riverside Garage (Holmrook) as well as all the club members who work so hard to ensure that the

events are a success and the local runners who compete each year.

This Year's Events

Blengdale Runners meet on the first Tuesday of every month at 9.30am at Gosforth Car Park for a leisurely run along the local lanes, and on all other Tuesdays at 9.30am on Seascale Beach for an hour's informal training run, either on the beach or along the local lanes; catering for all ages and speeds. All are welcome to join us. We are particularly keen to welcome new starters, and we will be pleased to train you from not running at all to competing in your first event! In addition, members run out from the same venues on most Sundays when not competing and it's not raining.

The first of the popular local handicap runs this year was the 4.2-mile Seascale Handicap – two laps of a scenic course in and around Seascale, which was won by Robyn Jewell, although Lucy Stobbart set a new ladies record time of 28 minutes 43 seconds whilst trying to catch her!

The next event will be a circuit of the Bleng Forest, a 10-kilometre multi terrain run, starting at 11am from Gosforth Hall Hotel on Sunday 28 April. This run is a Club event, but is open to any local runner, and friends of the club; all are welcome.

The second local 10K handicap run sets off from Seascale Beach Car Park at 7pm on Tuesday 23rd July; again this is open to any local runner.

The annual Gosforth 10-mile road race, held under UK Athletics Rules, will take place this year on Wednesday 12 June 2019 at 7pm, and the very popular Gosforth 10K road race is on Tuesday 3 September 2017 at 6.30pm.

The Gosforth 5K Race, also known as the Viking Way 5K, will be on Sunday 13 October. *Mel Gould*

Rachel Read (520), Club Champion, in the Seascale Handicap with David Herdman and Olwen Cunningham.



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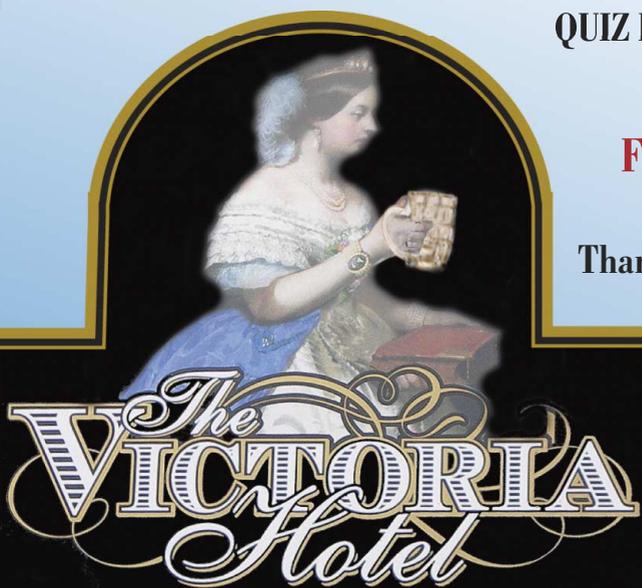
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BROWNIES FIRED UP!

Seascale Brownies have had a good and fun start to 2019 with the introduction of an exciting new programme – see below.

Most recently the girls have been learning about fire safety. They completed a successful fire evacuation from the hall, explored all of the different fire exits in the Methodist Church and Church Hall where the meetings are held every week. They have taken part in fire safety-based games which have helped their understanding of what to do in a fire.

They teamed up with the 1st Gosforth guides and spent an evening in Seascale fire station where the fire officers gave a very engaging and informative presentation about general fire safety and fire safety in the home. The Brownies were shown round the station, and they even got to try some of the fireproof clothing on!

They were shown all of the equipment on the fire engine and got to sit in the driver's seat. . .

There were lots of questions. *Fiona Robinson*



Tethera is constantly on the lookout for volunteers to help distribute future magazines in Seascale, and possibly 'reserve' volunteers for Gosforth. No more than an hour's commitment on one day 3 times a year. Please call Trevor on 28449 or email trevor@trpub.net if you are willing to help.

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1ST GOSFORTH SCOUT GROUP

The highlight of the autumn term for the Beavers and Cubs was probably canoeing on Wastwater, courtesy of West Lakes Adventure. It was all very exciting – we had to raft our canoes together, and then launch them on the lake. At first, my little group found we couldn't all paddle together properly, and we began to despair of going anywhere other than round in circles, but we soon got the hang of it, and off we went up the lake to have a picnic. We even managed to invest some new Cubs and Beavers in the middle of the lake, and got back before it got dark!

The Scouts and Cubs have been practising their navigation skills, working for badges by following trails, going for hikes, and learning about compasses and maps. The Scouts put their new skills into practise at camp, by navigating their way back from Nether Wasdale without being caught by the leaders whilst also managing never to go faster than a tortoise –



Beavers and Cubs canoeing on Wastwater.

some good map reading was done by several members of the group. And the Cubs walked up to Stainton Tower Pepperpot on a very warm and windy evening, joined by several parents who'd "always wanted to go up there"!

We've also been ice skating, decorated a Christmas tree for the Seascale Christmas tree



The leaders setting out on the raft we made in Wales.



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- ▶ festival (the robins and snowflakes did look lovely), and joined in with the village Remembrance Day service, carrying our flags to the war memorial. The Beavers made ghosts to help with the Ratty ghost train, and the Scouts had a day cooking on fires in one of the leader's gardens.

We're now looking forward to a visit to Clip and Climb at Maryport, to planning a spring fair in March, and to our summer camp. There's always something to plan.

If you would like to join us, you can contact me on 27211, or longreens@btinternet.com, or just come and see what we do. Scouts meet Tuesdays 7 till 9pm, and Beavers and Cubs Wednesdays from 5pm for Beavers and 6.15pm for Cubs.

Jackie Harper

**The flagpole made by the
Scouts at their sleepover.**



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30 YEARS OF GUIDING

It was with mixed emotions that I hung up my Girl guiding neckerchief for the last time, just before Christmas. I have been the leader or Brown Owl of the 2nd Seascale Methodist Brownies for over 25 years – prior to taking over Brownies I was an assistant leader with Seascale Guides.

I've seen a lot of changes in the past thirty years; new uniforms, designed by top fashion designers (Jeff Banks being one of them), new programmes – first we had Pathway, Roadway and Highway. These were replaced many years ago by Adventure and Adventure on and in September of last year a whole new and probably the most exciting programme was introduced. Guiding certainly moves with the times.

The running of units has changed dramatically. When I first took over Brownies if a girl wanted to join, her mum would simply pop into the Brownie hall and ask if it would be okay for her daughter to join us. Now technology has taken over and all enquiries have to come via The Girl Guiding website. That's progress.

Over the years I have taken the Brownies away on well over 25 Pack Holiday and Sleep Overs (I've never understood why we call them 'sleep overs' because none of us ever got much sleep! What we did have though was lots of fun. We only have Brownies for an hour and a half each week, not really time to get to know the girls as individuals, but on a sleep over or pack holiday its lovely getting to know them. It's always amusing to see some of the Brownies reaction to having to do the washing up themselves. I was often asked why we hadn't got a dishwasher?

One of our most recent Pack Holidays was held at Ennerdale Scout Camp. We joined forces with

two other Brownie packs, Haverigg and Newton Arlosh, who owing to low numbers would not otherwise have been able to have a pack holiday. On that



particular weekend we had three leaders who were getting married shortly after the pack holiday. We surprised them by producing three 'Hen Party' outfits for them to wear at the camp fire on the Saturday night. It was one of the best pack holidays I have had the pleasure of attending. Also, I didn't know it then, but it was to be my final pack holiday, which was significant as my very first pack holiday had been at Ennerdale.

There have been lots of highlights for me during my time in guiding but one that stands out was meeting The Queen when she paid a visit to Whitehaven during her Jubilee tour. We were able to take nine lucky Brownies down to The Beacon Centre to meet her. She did not disappoint us as she chatted for several minutes to the girls before receiving their homemade floral tributes.

Other highlights have been attending the weddings of ex Brownies and subsequently the christenings of their children. I have even had several Brownies whose mums have been past Brownies. Several leaders past and present have also been 'my' Brownies in the past.

I don't know how I will fill my Tuesday evenings now but I do know that I have left 2nd Seascale Brownies in very safe hands. Jennifer Matches and Joan Sim have been stalwarts for many years and are staying on for a while to guide and support the four young enthusiastic new leaders, Sarah Sim, Fiona Robinson, Megan Lake and Stacy Bagley until they are ready to 'go it alone'. *Lynn Pattison*



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TUE	7-7.45pm	Egremont Market Hall	HIIT&Core	£5
WED	6.15 - 6.45pm	Bigrigg Village Hall	HIIT	£4
WED	7.30-8.00pm	Solway Hall Whitehaven	HIIT/Core Blast	£4
THU	5.45 - 6.15pm	Gosforth Public Hall	HIIT/Core Blast	£4
THU	7-8.00pm	Egremont Market Hall	Fit/Core	£4/1
FRI	10-10.30am	Seascale Sports Hall	HIIT	£4

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RAIL: FROM THE ANTIQUE TO THE FUTURISTIC

The contrast between 'Antique' and 'Futuristic', will probably have been noticed by anyone using the Southbound platform at Seascale or Drigg stations during January and February.



The 'Antique' refers to the loco-hauled trains which have been such a feature of the Cumbria Coast line since 2015. *These are now no more.* The last ones ran early in January, and all scheduled trains are now made up of 2 or 4-coach diesel units. Later in the year we are promised that all will be 4-coach. The loco-hauled had their lovers and their haters. The lovers were mainly enthusiastic train spotters who welcomed the opportunity to ride behind a loco such as a '37', sit in a 1950s style coach, and take as many photos as possible. During the last few weeks they flocked in from all over the country and some from overseas. These carriages had some good points, for example the seats were comfortable, and travellers had an open view of the coach and an easy view from the windows. However, most locals did not like them at all – 'hated' perhaps the most appropriate word. The main problem was getting on and off. It was far too great a step from the platform to the train on most stations. Also the procedure to open the doors from the inside was both complicated and difficult. Additionally they were less reliable owing to their age – more things going wrong.

The 'Futuristic' refers to the new ticket machines that are appearing at most stations on the Cumbria Coast line. There is one on the southbound platform at Drigg, and one just outside the gate which leads to the southbound platform at Seascale, but nothing on the northbound side at either station. They are not fully operative, and travellers can still purchase a ticket on the train. Eventually though, if one doesn't buy a ticket at the machine, it will be possible to obtain a token at the machine which shows you have used it, and then, when presented to the conductor, the traveller can buy the ticket on the train. This will be very necessary as the machines, being futuristic, only accept bankcards, not cash! Several times I have tried to operate the

one at Seascale, only to find either it was not working – or in one case there was a group of repairers in action, with bits of the machine on

the grass at the side of the car park. Hopefully, when the machines are fully operative; and there is plenty of information about what they can and cannot do, they will be found to be 'customer friendly'. Why no machine on the northbound platforms? Apparently this is because, for stations with a comparative small footfall, one machine is thought to be sufficient. This may seem a sensible decision made by some boss within his office hundreds of miles away, but is irrelevant to the local geography. At both stations there is no easy access from one platform to the other. At Drigg the closing level crossing gates are the problem, whereas at Seascale it is a long walk around from the northbound platform to the machine and back. So, for the present, and for some time to come, 'carry on as we are', is the best suggestion. The conductors on the trains are always very helpful and will sell you the best ticket for the journey.

The 37 Special netted £6,133 for Charities

The final withdrawal of loco-hauled trains from the local line did not happen quietly. Friday 11 January saw the final journey of the Class 37 driven by Northern driver Martin Tweddle, as he took passengers on this farewell return journey between Carlisle and Carnforth. This gave the opportunity for locals or enthusiasts to travel the length of the West Cumbria line and return behind a '37' in the much loved carriages.

180 tickets were sold and neither Northern Rail nor DRS took any of the monies received. Donations were also accepted, and there were money-raising events on board. To mark the occasion special keepsake tickets were produced. All proceeds went to charities, £6,133 the sum raised. This was divided between Cancer Research and the Lake District Search and Mountain Rescue Association. Credit to Northern for spotting the opportunity and implementing the charity donations.



1642 train into Seascale from the north on 18 February. Photo by Tom Jones

The early months of 2019 have revealed news of several other **futuristic** improvements on the Cumbria coast line.

1. Work on the track between Silecroft and Bootle (which meant no Sunday trains for many weeks), is now completed, and will allow higher speeds in the next time-table.
2. At last the Saturday strikes have come to an end. There is an agreement that all trains will now have another rail official on board as well as the driver. It is not clear yet if the official will be called a guard or a conductor – but I guess the ordinary passenger won't mind which?
3. Many readers will have heard the

announcement that £1.2m is to be spent on improvements to stations on the Cumbria coast and Furness lines. The stations concerned are Workington, Whitehaven, Sellafield, Barrow, Burneside, Staveley and Windermere.

Improvements will include: (a) better seating and waiting areas; (b) revamped toilet facilities; (c) new customer information screens. This is long overdue.

For years CRUG (the rail users group) has been trying to have money spent on toilets at Sellafield – a ladies' toilet is needed as well as a mens' ! Also, a few years ago, a northern official (now retired) made an astonishing statement at a CRUG AGM – this was that, considering the high footfall, of all the over 450 Northern stations, Whitehaven station building was one of the worst three. Obviously any new expenditure on stations is welcome; but considering that Whitehaven really needs a complete rebuild; information screens are very expensive; there's talk of much needed lifts at Workington, and there are seven stations involved. Will £1.2m be enough?!

Martin Bibby. Cumbria coast Rail Users Group

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Exhibition of Art & Crafts

Wedding Singer
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GET YOUR SKATES ON!

Western Lakes Scouts took 4 coach-loads of young people and their families to Dumfries Ice Bowl. As ever, this was a fantastic excursion. Lots of laughter, and no injuries!

Global Issues

How do you engage 6-8 year olds (Beaver Scouts) with Global Issues? How do you make them realise we all can make a difference even if we don't see the impact of what we do?

After seeing our Scout Leader post online about his *Wombling* activities on his cycle rides, and his pet hate of discarded energy drink bottles, we thought this half-term we would talk about plastic and how it is having an impact on our countryside, oceans and wildlife.

Cleaning Machines

An evening of construction saw Beaver Scouts use their imagination to design and make models of



machines that could help our environment. They had some amazing ideas; machines that ate plastic and made the plastic into toys. Machines that scooped all the plastic from our oceans powered by solar power, and a machine with big spider-like legs that picked up litter as it moved.

We followed this up by making turtles and

whales from our recycled plastic bottles. We found out about how sea turtles think plastic bags are jelly fish and eat them and that dead whales are being found with loads of plastic inside them.

One Beaver Scout made his turtle and whale sad because they were unhappy about all the plastic in the sea and when talking to his Mum decided that he wanted to spend his birthday money on adopting a WWF Sea Turtle.



If a couple of nights of fun activities can achieve a group of children to go home and talk about how they can reduce their plastic and think about ways that they can help wildlife then hopefully they will grow into teenagers and young adults who will think twice about dropping that energy drinks bottle.

Sewing and Sewers

The Cubs (8-10 years) regularly take part in pack forums where they suggest activities they'd like to do. Needless to say "camp" is always on the list so recently we went to Ennerdale Scout Camp Site. Staying in the chalet was another request from the cubs so as to complete more activity badges. As well as doing lots of outdoor activities we finished off our Home Help activity badge. The cubs cleaned windows, sewed a badge on their uniform, and surprisingly their favourite was cleaning the toilets!

We have also completed our Road Safety; Local Knowledge; and have been working towards our Naturalist activity badge.

Hopefully you were able to visit The Christmas Tree Festival held at St Cuthbert's Church. The theme this year was nursery rhymes; we chose *Little Robin Redbreast* and the Beavers and Cubs enjoyed making robins to hang on our tree.

In Remembrance

Armistice Day was particularly memorable in 2018. Not only was it 100 years since the end of The



Great War, Armistice Day was on Remembrance Sunday. 2nd Seascale Scout Group split our forces and had a presence on top of Great Gable as well as attending the service at the Cenotaph in Seascale.

Roses are Red

As Valentine's Day happened to fall on a Cub night, we had a Valentine 'Secret Santa'. Cubs randomly selected a name from the hat and their challenge was to make a Valentine's gift for the person they had selected. We were amazed by the variety and thought that the Cubs put into their gifts. We spent some time discussing the origins of Valentine's Day and we were all surprised how far it dated back.

On Target

SASRA Rifle Club hosted a couple of fantastic evenings with our Scouts (10½ -14). There was some excellent shooting from a number of our members – notably many of the girls had the steady hand and calmness required to excel. One of our scouts has now gone on to achieve his master at arms badge with our friends from Hensingham Scouts.

Expedition Camp

We continued our tradition of *older scouts' expedition* whilst at camp in Ennerdale. Nine senior scouts set off up the valley under their own steam; they camped near Black Sail Hostel and



then the following day walked out to Wasdale. These scouts had a brilliant time fending for themselves and are looking forward to doing it again this year.

On Your Bike

You may have seen 2nd Seascale Scout Group out on their bikes over the past few months. Making the most of the Viking Way and the considerable network of lanes and bridleways in the area, we have taken part in several rides, of varying lengths and difficulty, ensuring that everyone is pushed to their ability.



Join the Adventure

2nd Seascale Scout Group meets Seascale School on Thursday, caters for Beavers, Cubs and Scouts, and has links with the local Explorer Scout unit. To find out more, please contact:

Neil Henderson, Scout Leader
Info@SeascaleScouts.org.uk

Back in late 2017, numbers had gone down at Drigg and Holmrook Family Group. Many regulars had started nursery or school, and there weren't enough new people coming along. The group was reliant on fundraising to keep going, and this wasn't sustainable. We were sure of one thing, though: we didn't want the group to fold. Having young children can be very isolating, particularly when there aren't a lot of activities and groups nearby, and many of us remembered how important the group's support had been when we first became parents.

So we came up with a plan.

First of all, we did some market research in early 2018 to see what parents and carers wanted from a toddler group, and we noticed many of the same comments appearing regarding the day and time of the group, and about there needing to be more space for smaller babies to play safely. The results suggested that changing to a later start time (10am) and moving the group from Mondays to Thursdays would make life easier for many potential attendees. (It would also give the playleader a bit more time to get the room set up first thing!) Perdita Dickaty, a former childminder – and therefore someone experienced at both looking after children and planning activities for a wide range of ages – joined the group as a new playleader, and worked with the committee

between March and April 2018 to plan how the group would move forward.

As well as the move to Thursdays and the change of start time, we decided to rechristen the group Muckypups, losing the original name in case people thought of it as being more for those living in the immediate area.

When planning for the relaunch, we tried out different layouts for the



Drigg and Carleton Village Hall

hall to make the group a bit more 'user-friendly'. Our final choice (which seems to work very well) has a 'baby zone' with soft matting and toys geared specifically to young babies and crawlers off to one side of the hall (and safe from the older children on their ride-on vehicles!), a seating area with baby playmats where new parents can chat, feed their babies (and even put them down for some respite while they enjoy a cuppa!), an activity corner with two or more hands-on craft or sensory activities, an active area with trampolines and a slide, and plenty of space for various other toys such as a playhouse, tunnels for crawling through, a dressing-up box, dolls – and of course room in the middle for the ever-popular ride-on toys!

After all this hard work, on Thursday 19 April 2018 Muckypups was born! 30 children came along to the launch (keeping Perdita and the committee busy making teas and coffees for their adults!), and numbers have continued to grow since then. Most people who have been along once have come back again as their child has enjoyed the session so much, and those whose children have started school or nursery have told us how much they miss coming along.

If you have (or look after) a child aged 0–5, or are pregnant and fancy getting to know others with babies and young children, we'd love to meet

you! You can find more information on Facebook about us (under 'Muckypups Playgroup'), or just turn up some time when the group is running to see what we do.

Muckypups runs from 10am to noon on Thursdays during term time in Drigg and Carleton Village Hall. Charges are currently £2.50 for the first child and 50p per additional child. *Sarah Billington*



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THE 19TH CENTURY PLAN FOR THE BANKS IN SEASCALE

On the covers of the July 2013 Seascale Magazine we reproduced a plan of the ambitious residential development, by the Furness Railway, which was never completed. Unfortunately the original copy of the plan by Kemp of Birkenhead had not survived the test of time. We recently located a more intact one at the Barrow Archive Centre, with permission to print it in Tethera. It is on the next two pages. The history is best described with the following extract from a book *'The Furness Railway, a History'* by the late Michael Andrews, published by Barrai Books. It can still be purchased. Contact Alan Postlethwaite on 01229 468069.

One further plan from this period should be recorded. This was for a new seaside resort at Seascale.

On 10th August 1870, the day after they had discussed a shipbuilding company at Barrow, Furness Railway Directors went to Seascale for a meeting with directors of the Whitehaven, Cleator & Egremont Railway:

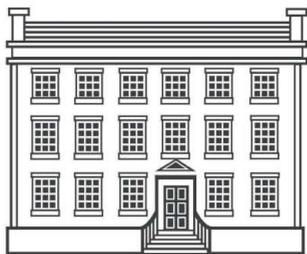
'After luncheon we walked over some of the adjoining land which had been secured with a view to some building on a small scale. There is good bathing and a fine open sea and I think it not unlikely a moderate number of lodging houses may answer. Probably also some Leeds people and others may be induced to build there.'

After a FR directors meeting at Barrow on 12th February 1878 the Duke of Devonshire reported:

'After our business was over we went up to Seascale

where we have at last got possession of some land on which we have long proposed to encourage building operations. We have reason to believe that several persons are desirous to build there and there seems a fair probability that the thing will answer. It does not seem to me to be a very attractive place but it is probably the best on this part of the coast.'

The Furness Railway purchased the Seascale Estate, in 1878, for £4,000. A plan, dated 20th December 1878, shows the proposed residential development, the building of an hotel, a marine promenade and a pier. This proposal was slow to develop and, it was not until 1914 that a refreshment room was added to the down side building at Seascale station. Hopes that Seascale would develop, as had the Cavendish investment at Eastbourne, were never fulfilled.



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MUNCASTER MICROBUS DAY TRIPS 2019

Month	Date	Day	Destination	Price
March	15	Fri	Egremont Farmer's Market	Free
	16	Sat	Pooley Bridge & Dalmain (Marmalade Festival) Bus Fare only NB. Senior Citizens entrance charge : House & Gardens £9.75, Gardens only: £8.25 (2018 prices)	£10.00
April	30	Sat	Ambleside & Windermere (Hayes Garden Centre & Lakeland)	£9.50
	13	Sat	Workington	£8.50
	19	Fri	Egremont Farmer's Market	Free
May	27	Sat	Solway Coast	£10.00
	11	Sat	Penrith	£10.00
June	17	Fri	Egremont Farmer's Market	Free
	25	Sat	Cartmel Races	£9.00
	8	Sat	Lancaster	£10.50
July	21	Fri	Egremont Farmer's Market	Free
	22	Sat	Mystery Trip	£10.00
	6	Sat	Carlisle	£10.00
	19	Fri	Egremont Farmer's Market	Free
	20	Sat	5 Lakes	£9.50
August	24	Wed	Workington	£8.50
	3	Sat	Ambleside and Windermere	£9.50
	16	Fri	Egremont Farmer's Market	Free
	17	Sat	Coniston / Hawkshead	£8.00
September	31	Sat	Broughton Show	£7.00
	7	Sat	Kirby Lonsdale	£10.50
	20	Fri	Egremont Farmer's Market	Free

Muncaster Microbus runs Whitehaven shopping trips on Tuesdays and Thursdays which can call at Gosforth and Seascale. Details from www.muncastermicrobus.org.uk. Bookings: 01229 717229.



Dementia Friends

An Alzheimer's Society initiative

Helping to create a dementia friendly community

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perception of dementia. It aims to transform the way the nation thinks, talks and acts about the condition. The charity is aiming for four million Dementia Friends with the know-how to help people with dementia feel understood and included in their community.

Every three minutes, someone in the UK develops dementia. Could you become a Dementia Friend and learn more about dementia and the small ways you can help? From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

If you are interested in becoming a Dementia Friend we have volunteers who are trained as Dementia Friends Champions to deliver a **free interactive one hour Information Session to you/your family/friends/community group/business/colleagues/school.**

Mid Copeland Dementia Friendly Community Group, has received recognition from the Alzheimer's Society and is a group of local organisations officially "working to become dementia-friendly". The group comprises a wide range of partners from Abbeyfield Bradbury House, AgeUK West Cumbria, Churches Together in Cumbria, Copeland Community Care Group, Copeland Memory Services, Cumbria County Council, Cumbria Fire & Rescue Service, Cumbria Police, Cumbria Partnership NHS Foundation Trust, North West Ambulance Service, Seascale Health Centre, & West Cumbria Carers. Cllr Keith Hitchen chairs the group and Cllr Paul Turner has trained as a Dementia Champion to deliver Information Sessions.

If you would like to join this group or find out more please see contact details below.

Save the Date – Dementia Action Week 20-26 May 2019

If you are holding an event, have an idea for an action or can display posters/leaflets please do get in touch.

Contact: Suzanne Cooper, Community Development Officer, Cumbria County Council
Tel: 07760 550539 Email: suzanne.cooper@cumbria.gov.uk

SEASCALE PRIMARY SCHOOL PUPILS AND LLWR HONOURED FOR THEIR ROBOT

Seascale Primary School was among the honours in the regional final of a global competition branded “the ultimate science and technology challenge.”

A team of youngsters, assisted by volunteers from sponsor LLWR Repository Ltd, picked up a prize for their robot in the regional final of First Lego League, at Energus, Lillyhall.

Jim Carnall, a former Seascale pupil, now a Project Manager with LLWR, was one of three volunteers from the company who gave up their free time to work with the youngsters over several months.

“The highlight of the competition was winning one of the six main prizes, for robot design and performance,” he said. “Each team had a set of tasks for their robot to perform against the clock.

“Some robots were very elaborate but Seascale focused on a fit for purpose design that was able to achieve points reliably on each of the three sessions. What a result; we were all absolutely delighted to come away with a cup after all the hard work.”

Lego League has three phases with pupils asked to work together to solve real world issues.

In addition to designing, building and programming a robot to compete in a series of challenges on a table-top board, they had to develop and complete a presentation on their Core Values, covering team spirit, inspiration, inclusion and respect, and also address a real problem related to space travel.

Seascale chose to explore the issues

associated with reduction of bone density due to a prolonged lack of gravity.

“At first” explained Jim, “I was at a loss as to how these primary school children were going to contribute to the work being done by NASA scientists and nutritionists, but they came up with a brilliant idea.

“After doing research and concluding that diet and exercise were the key, they came up with the idea of using virtual reality to help motivate the astronauts to exercise.

“The team actually made a video using ‘green screen’ to show how this would work. It was brilliant and the judges were very impressed as it also linked to the themes of wellbeing and mindfulness which are hot topics at the moment at LLWR.”

LLWR also support Millom Secondary and Gosforth Primary in Lego League and are in the middle of a five-year £25,000 sponsorship of the competition.

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The wine tasting will be from 6pm until 6.30pm in our lounge. Piers, our wine expert, will showcase the wines along with a selection of nibbles and canapes. Dinner will consist of a five-course menu served from 7.30pm in our dining room.

Our Wine Tasting Dinner Menu

Fish Platter

baked smoked haddock, hot roast smoked salmon arancini, beer battered king prawns, buttered calamari, lobster and brandy fume

A Refreshing Trio of Sorbets Spiked with Prosecco

Classic Tornados Rossini

pan fried fillet of beef, set on a duck liver and truffle pate croute, red wine infused veal jus, Dauphinoise potatoes and maple vegetables

An Assiette of Desserts

English Stilton with Grapes, Crackers and a Glass of Port

Coffee with Chocolate

The wine tasting event including the dinner is £60 per person. Booking is essential. Should you wish to stay overnight we are providing discounted rates. Please phone us direct to book your room as these rates are not bookable on-line.

Now Serving Afternoon Tea - 1st Thursday every month
£20 per person - Bookings are for a minimum of 6 persons
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3 Course Mother's Day Lunch - Sunday 31 March

3 Course Easter Sunday Lunch - Sunday 21 April



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