

April 2023 | Issue 06

Village POST

Connecting Bridekirk, Dovenby, Gilcrux and Tallentire

**King of our paths
campaign,
meet Charles
and buddy
Sherlock**

**We know
the area, the people,
the news.
We strive to support
the community and
celebrate the joys of
village life!**

RECLAIM OUR PATHS : campaign launches NOW!

WELCOME TO EDITION 6

Village POST

Contents

Happy (almost) Easter to all our readers from your *Village Post* volunteer team!

We are very excited to launch a joint campaign in this edition to "Reclaim our Paths" along with *My Curious Cumbria*.

This has been the biggest single topic of the reader feedback from our readers since we launched last June. Many people (including me) moved to this lovely area with the plan to walk the paths between villages. But the blocked and overgrown condition of most renders this impossible.

Making this campaign a success will not only improve the environment but will boost community links as we meet our neighbours along the way and work alongside them to clear paths. It's so important to make sure that we take the farmers with us. Their livestock and livelihood depends on it!

Please sign up to get involved (see pages 4-7). Whether you are offering active or vocal support it all matters. Plans are to get a group underway as soon as possible to take this forward.

We can make this happen!

Marjory Thompson

Village Post editor

email: editor@villagepost.uk tel: 07836 371035

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This young lady wants to say a big thank you to everyone who is supporting the fundraising for her Ecuadorian adventure in 2024. Sophie Garforth (13) from Gilcrux will travel to Ecuador with Camps International and help to build schools and work on community projects. There was a brilliant pie & pea supper/ band night in the Village Hall on March 3 to raise money for the Hall and Sophie's trip and a race night is planned for July 1.

Andy at the Mason's Arms is making a giant Easter cookie which will be raffled at £1 per ticket and drawn on April 9.

Village Post is written FOR and BY local residents. It is delivered free through your door six times a year and aims to be the 'Go To' place for local and community information.

Dates for delivery of your 2023 editions are:

June	27-29 May
August	29-31 July
October	30 September-2 October
December	30 November-2 December

VILLAGE POST is the ideal place for you to advertise, whether you are a trader, have a small business or offer a service in the area.

Contact Silvana on 07901 286000
or email sales@villagepost.uk

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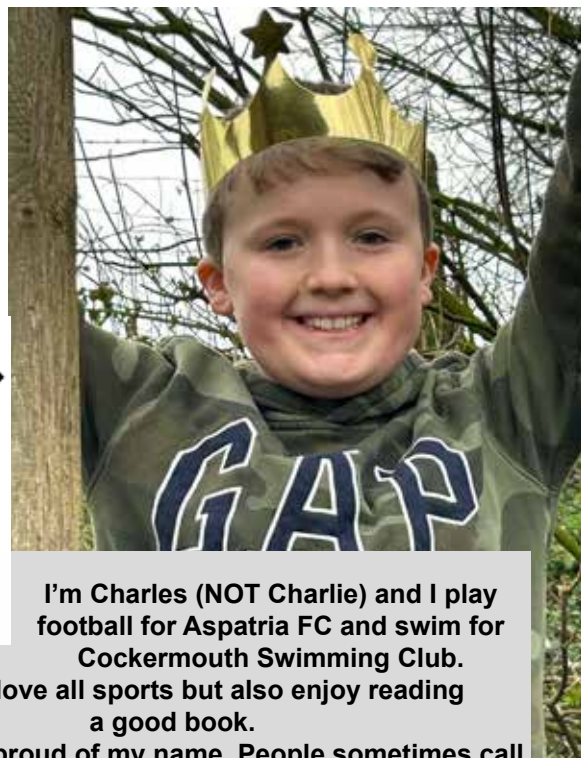
Charles and Charles both have the environment as their priority

Ten-year-old Charles Ellams from Gilcrux and his namesake King Charles share a very important passion ... the environment.

'Our' Charles is proud to be the one to launch the "Reclaim our Paths" campaign in this edition of *Village Post*.

Charles, who attends Plumbland School, and his family are keen walkers and want to enjoy the paths around their home, Hollybank House. "I've just done some trails in Dodd Wood and also climbed Cat Bells recently," said Charles, "but I'd love to walk my dogs Sherlock and Ginger around the paths close to home. But lots are blocked or overgrown."

Read about Charles and his family's support for the joint campaign by *Village Post* and *We are Curious Cumbria* on pages 4-7!



I'm Charles (NOT Charlie) and I play football for Aspatria FC and swim for Cockermouth Swimming Club. I actually love all sports but also enjoy reading a good book.

I'm extremely proud of my name. People sometimes call me Charlie but I always correct them as I prefer to be called Charles. My great uncle Charles lived to 100. I hope to do the same!

As *Village Post* went to print the villages were busy planning their own events along the themes of the Coronation (timeline below right). See village facebook updates.

TALLENTIRE

A street party is happening in Fernleigh Close on Sunday May 7. Plans include a street entertainer, bouncy castle and a picnic.

BRIDEKIRK & DOVENBY

A celebration event may take place in Bridekirk Dovenby school for both villages on Sunday 7 May. The school will hold its own event with a commemorative gift for the pupils.

GILCRUX

On Sunday a sports day and afternoon tea in the village hall will be followed on Monday by a fundraiser/craft fair 1-4pm at the Masons Arms. There will be a plant sale, raffle and an all female group of morris dancers performing. All the events on Bank Holiday Monday are in aid of the Gilcrux Social Fund. The ancient custom of "Well Dressing" is also planned - art created using natural materials such as petals and seeds. Traditionally the floral masterpieces are displayed next to village wells in the spring.



The Coronation of His Majesty The King and Her Majesty The Queen Consort is also a time for celebration across the nation and the Commonwealth, over a weekend of special events:-

- **Saturday 6 May** the Coronation Ceremony takes place at Westminster Abbey, London.
- **6-8 May** will see Coronation Big Lunches up and down the country and across the Commonwealth.
- **Sunday May 7** a spectacular Coronation Concert will be performed at Windsor Castle with iconic locations across the UK lit up using projections, lasers, drone displays and illuminations.
- **Monday 8 May** a special Bank Holiday will give everyone the opportunity to join in with their communities and good causes through Big Help Out activities.



Village POST

RECLAIM OUR



It may be clearly marked as a path but barbed wire has blocked its use.

The four villages where we live are so close and connected by lots of footpaths, many of which have just disappeared - blocked, overgrown, mud-filled and disused.

Getting these gradually back into use has been the a top topic from *Village Post* readers since we launched. The village facebook sites regularly feature comments about this issue too.

We are Curious Cumbria launched in February with the aim of raising awareness and organising community action to protect and improve the environment. So it seems an ideal time with summer approaching to launch a joint campaign to make a start.

To make this happen we need half a dozen volunteers representative of all four villages to take the campaign forward. All the research material is available and there are clear rules under the Countryside Code.

But it would be vital to bring all the local farmers along with us on the campaign to ensure protection of their livestock and safety for walkers. So many people say they are interested in this to boost village life.

So are you up for it? Can you give a little time to help?

First priority is setting up a small group to take things forward.

Sign up at wearecuriouscumbria@gmail.com or text PATHS with your name to 07359 011144

Even though we live close to the lakes and fells, we're lucky to have so many nice walks right from our doorsteps. It would be great to see some of the overgrown routes cleared up and maintained so that people can enjoy the scenery and walks between villages. It would be so good for young people and those that don't have access to a car as it gives them a chance to get out and enjoy nature close to home.



Sophie Cowan, Tallentire

We would like to see photos and details of walks throughout the area. Maybe we could set up a fell walking group as the U3A groups are all full with waiting lists and then we could report on walks undertaken for inclusion in the *Village Post*.

Cathy and Richard Burman, Tallentire

What you say ...

I live in Gilcrux and in the past I have contacted both the Cumbria Community Foundation and the Tallentire Wind Farm Community Benefit Fund to ask for help with the paths in and around Gilcrux. For example, the walkway through the Ghyl at the end of the village badly needs some maintenance, both pathways and bridge.

The response I got was that I had to be part of a 'organised' community group with charity status before I could apply for funds.

I'm interested to know if there is funding for the major in depth work of path maintenance that obviously would have a cost attached and needs some specialist input.

Linda Allam, Gilcrux

Although I love the area I'm struggling to find local walks to avoid using the car. The footpaths have either been inaccessible due to being overgrown or I'm unsure as to where they exactly go. Or there are locked gates and livestock so I worry about being somewhere I shouldn't. One of my dogs is elderly so unable to jump over gates and fences and I don't like walking on the roads..

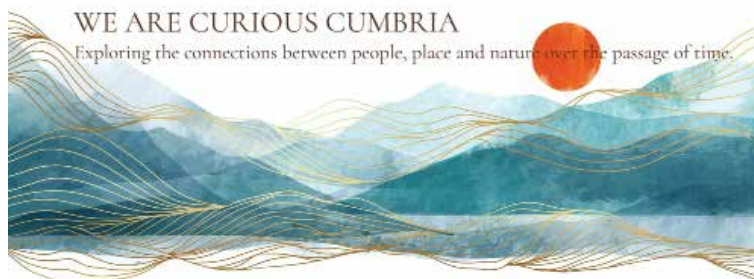


I would be very interested to hear suggestions of good local walks and to help in some way to improve the current footpaths.

Emma Williams, Dovenby

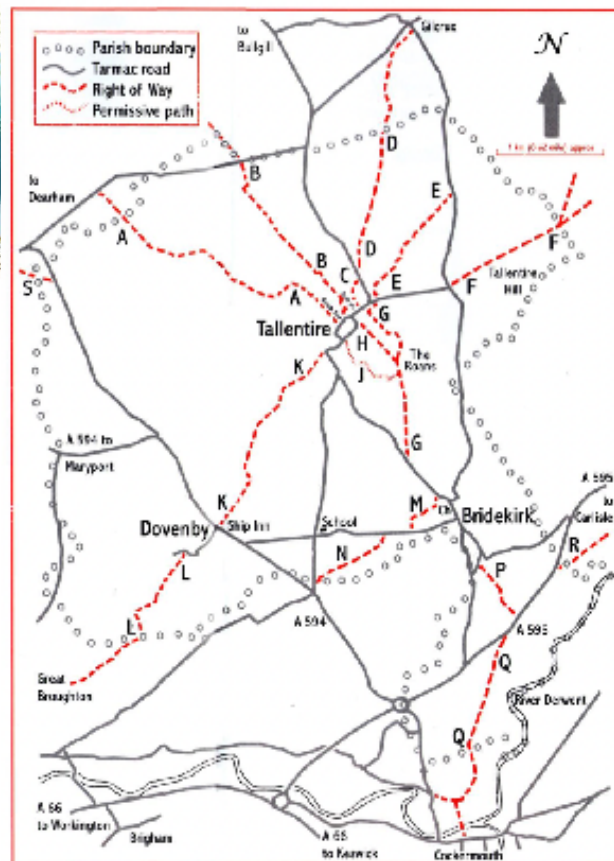
We live in a lovely area and having a few more accessible walks to do and enjoy our surroundings would be amazing for everyone. I'm happy to support this campaign.

Robin Nicholls Tallentire



PATHS

VILLAGE POST and
WE ARE CURIOUS CUMBRIA
launch a joint campaign to
open up our paths



Picture by
Sophie Cowan

Footpaths
In the parish of
BRIDENKIRK
including
DOVENBY
and
TALLENIRE



In 2001 Margaret and the late John Thorpe produced a footpaths map of the parish of Bridekirk. The original was a paper copy, which is now on Bridekirk Parish Council website as a downloadable document. There is a very useful list of websites showing footpath and rights of way at: www.bridekirkparish.org.uk/Contents/ContentItems/4s2h-77j7tgdmr0e-5jkapr5v35k



Check out the Countryside Code
Respect everyone
Protect the environment
Enjoy the outdoors



Listen to our first podcast
We are Curious About Moorforge
 with David Watson (below)
 talking about the close links
 our area has to the Viking
 Norsemen.



Podcast link:
 wearecuriouscumbria.
 podbean.com/
Website:
 wearecuriouscumbria.org.uk
Email:
 wearecuriouscumbria
 @gmail.com



“ We wholly support the ‘reclaim our paths’
 campaign because it is essential to
 everybody not only in our village but our
 neighbouring villages.
 We want to enable young/old to enjoy
 beautiful local walks and to work closely and
 sensitively with our local farmers adhering
 to the countryside code.
 We enjoy walking and we are keen to support the
 restoration of damaged pathways to
 encourage local walking groups and, in
 particular, our children to enjoy visiting nearby
 villages and friends. Surely this would be good
 for everybody and open up new opportunities
 and adventures for local residents. ”

Barry, Jo, Henry and Charles Ellams
 Hollybank House, Gilcrux



Debbie Lilyjones of
We are Curious Cumbria
shares an intimate story about what the
walks along the public footpaths and
bridleways around Bridekirk and Gilcrux
parishes mean to her.
She wrote this on International Women's
Day, in memory of the inspirational
Sheila Wilkinson, who died last year.
Sheila is pictured below with
husband Henry.



Remembering the tireless efforts of the

Henry and Sheila Wilkinson and their four children lived in Gilcrux, and walked the footpaths, bridleways and minor roads in and around the parish and beyond over many years. I well remember sitting around Henry and Sheila's table for dinner on numerous occasions in the mid 80s feeling uplifted by their accounts of whatever local walk they'd been on that day. Their leisurely walks aside, Henry - as the longstanding Clerk to Gilcrux Parish Council - ensured the footpaths and bridleways remained accessible.

That said, I remember conversations around the fact that only parts of some of the public rights of way were accessible to everyone. The campaign for International Women's Day 2023 is Embrace Equity. It's about fairness and justice. The website internationalwomensday.com explains the difference between equality and equity like this: *"Equality means each individual or group of people is given the same resources or opportunities. Equity recognises that each person has different circumstances, and allocates the exact resources and opportunities needed to reach an equal outcome."*

So, any conversations we have now about the footpaths and bridleways in our respective parishes must remember people with disabilities or learning difficulties. Disabled ramblers "do not ask for tarmac everywhere" (disabledramblers.co.uk) but are some of our footpaths and bridleways suitable for, say, mobility scooters?

***Would a disabled parishioner like to join our committee to
 voice their concerns, have their say?***

I was in my 20s back when I first had these conversations about footpaths with Sheila and Henry. I was living elsewhere, but came 'home' for weekends/holidays. There was an idyllic summer spent at West House while Sheila and Henry were overseas. I helped their youngest son Richard harvest and freeze the berry fruits from the garden and most days we'd walk on one or other of the footpaths, Richard pointing out the name of this and that field and recounting stories of growing up in the village. Back then, I couldn't have imagined I'd end up getting married in Gilcrux, later moving here from Dorset with my husband and raising our family (a son and, to date, four dogs). Over 25 years later, we enjoy walking the same footpaths and bridleways that Sheila and Henry enjoyed, with happy memories of foraging for sloes, gooseberries and filberts with my late mum, Dot. It was Henry and Sheila who encouraged me to join Gilcrux Parish Council, where I've taken a particular interest in our local natural environment. And, with generation upon generation of (Welsh) farming ancestry behind me, I'm keen to understand, and defend, if I have to, the farming community. I know, for example, a local farming family who manage and rejuvenate mixed hedgerow on their land. In a recent online survey about farming in relation to hedges, the magazine *Farmers Weekly* - collaborating with the countryside charity



Wilkinsons to protect our paths

Campaign to Protect Rural England (CPRE) - asked farmers to select their top five benefits of reinstating hedgerows.

"The most popular answer (86%) was to provide habitat and corridors for wildlife, followed by affording shelter and shade for livestock and crops, and a home for pollinators. Other benefits included keeping livestock secure, improving the beauty of the farm, keeping trespassers out and carbon capture."

And yet, we're all aware of the bad press that farmers get. This morning on the radio I heard the Botanical Society of Britain and Ireland report its latest survey of plants in both countries: "*A catastrophic decline in native species, outnumbered by invasive flora*" for the first time. The scientists say "*intensive farming and climate change are reducing the range of many well-known plants, while invasive species planted in gardens are escaping and spreading, threatening native plants.*"

Let's be reasonable, though. Let's consider, for example, the pressures that both lowland and hill farmers are under considering the Government's new farming policies and payments post EU. *We are Curious Cumbria* would love to talk to the local farming community on one or more of our podcasts. Get in touch to have your say. In the last long conversation I had with Sheila, we talked about *We are Curious Cumbria* and she asked if I was still documenting a list of the flora and fauna encountered on my walks. We talked, too, about my enthusiasm to make sure the footpaths and bridleways remained accessible.

"Oh, Henry will be so pleased to hear that," said Sheila.

A short time after, I saw Sheila walk past our cottage. I'd some news for her about a particular footpath, but she'd have been eager to get home to Henry and, anyway, she looked tired. It could wait, I decided. Just a few days later, Sheila died.

"It was," writes farmer John Lewis-Stempel, "*the agriculturalist Anglo-Saxons whose mass invasions from the fifth century AD onwards completed the transformation of the English landscape. They fixed boundaries of field, woods and parishes still extant today. The paths the Saxons wore into the ground between home and field are our public footpaths. By the time of the Norman Conquest, the open pattern of our modern countryside was established from shore to shore.*"

By the time you read this, the website wearecuriouscumbria.org.uk will be live. We're lucky enough to still have working farms in our parishes and (thanks to farmers past and present) hedgerows ancient and otherwise. On our website, you'll find printable activity sheets for families out on walks along our footpaths and bridleways. There's a list of hedgerow and woodland species, for example, crab apple, hazel, water avens and red campion, to name but a few.

Happy walking!



We are Curious Cumbria has joined the Open Spaces Society which helps shape the future of paths and open spaces.

It provides advice and help on rights of way, what to do about overgrown paths as well as regaining access.

This will be invaluable support for our Reclaim the Paths campaign.





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On April 1 local government changes



Cumbria's current six borough, city and district councils - along with Cumbria County Council - will be replaced by two unitary councils.

As we live in the area covered by Allerdale, our council services will be delivered by Cumberland Council.

Bins will be collected on the same days and you will still be able to access all your services from the same locations.

www.cumberland.gov.uk

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Gotta take care of those frogs

As night time temperatures stay above five degrees in late March and April, we can hope to hear the mating calls of male frogs.

If you have a suitable pond in your garden, you can look forward to highly effective slug and snail killers later in the season, just when they're needed most.

There are several things you can do to encourage frogs to return to your pond every year. First, make sure water is fresh and not chlorinated, as the growth of algae can be smelt by the frogs to encourage them to return. Ideally, have an area of the pond which is very shallow water maybe by putting in a stone filled container that's just below the surface to ensure the female frogs don't drown as they are mating.

Protect the tadpoles

Ensure a fair amount of vegetation cover with plants such as marsh, marigolds and waterman water mint will help protect the tadpoles when they hatch from the frogspawn from predators.

Frogs tend to return to the pond they were born in each year. You can encourage this by making sure that you have cover such as a small wood pile near the pond so they can safely hide there.

Our frogs are a protected species, so don't buy spawn or tadpoles online. It's illegal, and may encourage the spread of diseases that are fatal to frogs. Stop using artificial slug and snail bait if you want your frogs to thrive. You can get very effective beer traps to do the job without harming other wildlife.

Gilcrux online

Gilcrux Parish Council has a smart new website:
gilcruxparishcouncil.co.uk
 and don't forget the village hall website
gilcruxvillagehall.co.uk
 to find out about all the events going on.

Committed2Rock is just the ticket!

Not only is this an invite to come along to a brilliant charity concert, it is also an invite to join our choir. Marjory Thompson and Denise Wickham from Tallentire are both members and absolutely love the fun and friendship ... as well as charity performances for various good causes throughout the year.

Committed2Rock is made up of three groups - Whitehaven (Monday), Keswick (Tuesday) and Penrith (Wednesday). The groups come together for shows and social events.

"When I moved from Scotland to Cumbria," said Marjory. "My membership of the choir gave me an instant social life and the sheer joy of singing in a group. The practice nights are just brilliant fun with our choir leader Cath Marcangelo entertaining you as much as teaching you. You come home feeling full of the joys and usually with an ear-worm of your favourite song that keeps you singing."

Denise and Marjory share lifts to Keswick, 6.30pm on Tuesdays so get in touch (07836 371035) if you would like to try the choir out.

Or come and see us in action in June at Theatre by the Lake, Keswick. It will be a blast!



Cardio (Pulmonary) Resuscitation

What to do if you think someone has had a cardiac arrest

If the person is breathing but unconscious, follow these steps:

D.R.S.A.B.C.

D = Danger

Check for danger around the patient and you.

R = Response

Check if the patient is conscious by gently shaking them and speaking to them.

S = Shout

Shout for help. Ring 999.

A = Airway

Check their airway is clear by tilting their head back. Put them on their back on the floor.

B = Breathing

Check if they are breathing normally.

If they are breathing but still unconscious, put them in the recovery position (on their side with top leg and arm bent across the body and hand under chin so airway is unrestricted) and await help.

If they are unconscious and don't seem to be breathing, then this may be a cardiac arrest.

Call 999 or 112

C = Start CPR

- Kneel at the person's side.
- Put the heel of your hand in the centre of the chest (the bony part above the stomach) and your other hand on top of the first hand. Interlock fingers.
- Kneel up above the person's chest with arms straight.
- Press down on the sternum about 5-6 cms depth.
- Release after each compression without losing contact.
- Repeat at a rate of 100-120 per minute.
- After Covid, there is now no need to give rescue breaths. Compressions should inflate the lungs sufficiently.
- Continue until they come round or help arrives.

If you need to use a defibrillator when using CPR, then these are where they are located in our villages:

Dovenby On the left as you enter the village

Tallentire Near the Village Green, next to Smithycroft House

Gilcrux By the Village Hall

Bridekirk Opposite Appleton Hall, at the entrance to the cul-de-sac

Instructions are on the front of the box. The 999 telephone controller will talk you through the actions and give you the keypad code.

An automatic voice guidance is given by the defibrillator whilst in operation.



Isel and Bridekirk Parishes First Responders 150 Club Draw February 2023

1 R Balowin 2 J Marrs 3 T Carr 4 J Wallace
(Drawn First Responders AGM Blindcrake)

The First Responders offer an invaluable service to the parishes of Isel, Bridekirk and Setmurthy.

They are all trained in life support and give their time freely, bringing their skill and equipment to an emergency in those vital first few minutes.

The "150 club" is a main source of income to provide volunteers with training/equipment.

If you would like to join the "150 club", or know someone who would:-

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(tickets secured with payment please)

MEREDYTH meets

Community first
responders
**Ann and
John
Thompson**

I have known Ann and John Thompson for many years. Ann and I were both associate dentists for Cliff Roebuck in Workington.

Imagine my relief when I met them a few years ago, in the dark after midnight, whilst waiting for an ambulance to attend my husband. Their cheery welcome and torches made it all feel safer. They were the Community First Responders and were joined shortly after by another - they made a worrying time into an almost jolly occasion! Ann and John both come from an army background. Ann was born in Germany and moved to Canvey Island which was promptly flooded (don't ask about the doll missing in floods). Her father Colonel Sanders eventually ended up teaching maths at Welbeck College on the Duke of Portland's estate. Ann loved that - a very happy childhood. John had moved around with his parents via Libya, Italy and Germany. His father, a Sergeant Major, ended up at Welbeck as a PE teacher and there he met up with Ann.

First choice Cumbria

They chose Cumbria because of Ann's job and John worked at Yates Ltd as an accountant. After a couple of years, he moved to the County Council as a Management Consultant. Later, Ann had set up her own dental practice in Workington and they had two daughters and a lovely home in Tallentire. Twenty years ago, after having moved to Isel, John attended a lecture by the Cumbria Ambulance Service. He was hooked and Ann joined too. First Responders in Cumbria started nearby in Broughton and have since spread county wide. John now chairs the Bridekirk and Isel group which covers miles! With the amalgamation of CAS into NWAS, members became known as Community First Responders (CFRs). There are at present 12 of these splendid people in John's group, which is now a strictly controlled environment. You have to take a series of assessments, a couple of training weekends and re-qualify annually. This takes a fair time but obviously is worth it and YES, they are looking for volunteers. Everyone has their own pager and phone, and you book on when you are available. When booked on, CFRs are called to cardiac arrests, heart attacks, strokes, chest pains to name just a few. The absolute time for effective CPR is eight minutes and, as ambulances can take



A big thank you to all the Community First Responders from *Village Post* readers. It is comforting to know that there are several in our villages.

from 45 to 60 minutes, you can understand the need for these fantastic individuals.

It is all more complicated than when Ann and John first started as they now have to know and understand about administering oxygen as well as the defibrillator, amongst many other things.

John says their function is to literally hold the fort with patients until an ambulance arrives, but is modestly proud of the few people he has saved. It makes it all very worthwhile.

The group is self-financing and they run a 150 club (managed by Moira, see results on opposite page), to raise funds for absolutely everything they need - including defibrillators!

In their spare time Ann is a Church Warden, a Castlegate Singer and, on Fridays, is a Silver Swan! John, who up until recently chaired the NW England section of SSAFA (Soldiers, Sailors, Airmen, Family Association), also manages to do ballroom dancing on a Tuesday as well as controlling his 11 colleagues!

What a privilege to meet these two How impressive is their work!

Please volunteer if you are interested, fit, and fearless (01900 823763).



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Annette Gibbons is well known for her wonderful cooking.

A former Cumbria Woman of the Year, she hosted her own Border TV series "Home Grown".

Annette has taught nutrition and cooking, run her own cookery school at home in Mawbray and organised 'Cumbria on a Plate' gourmet tours.

Home grown cooking with Annette

Lemon apple tart

‘ If you are asked to name apple varieties, I expect that Bramley would be top of your cooks list!

Not for me! The old varieties of Monarch and Lord Derby grow here alongside the more modern Newton Wonder which offer large fruits. They keep when wrapped in newspaper and stored somewhere cool and mouse-free. There are over 7,000 apple varieties in the world, 2500 in the UK. Cooking apples are often tart to taste, some cook down to a pillowy puree, others keep their shape. Eating apples can be cooked too and often require less sugar in a recipe. I try not to peel any apple as most vitamin C is found under the skin (like potatoes) and give more fibre to the diet. All the fruit trees in my mini orchard benefit from a healthy bird population, salty wind and a good scattering of wood ash from the fire. I leave a lot of windfalls for the blackbirds and thrushes to feast upon but make the most off a heavy harvest each year. It's worth remembering that apples are great bed fellows with raspberries as well as blackberries. They are divine with butter and sugar (think toffee apple) and are lovely topped with a crispy, oaty crumble or a cobbler. Easiest of all is to bake in the oven stuffed with dates with a simple sauce of brown sugar, butter and water. I've been making lemon apple tart since my children were little as it freezes so well. Make your own pastry if you can but good butter pastry is available to buy (make sure it is palm oil free).



Ingredients:

330g/12oz shortcrust pastry
2 large cooking apples, cored and grated
125g/4oz butter
2 eggs
250g/8oz caster sugar
2 lemons, washed

Method

Line two 8" flan tins with the pastry and bake them blind in a hot oven for 10 mins using crumpled foil or baking beans to stop the pastry rising.

Remove the foil/beans and cook for another 5 mins.

Cream the butter and sugar together until light and creamy. Add the beaten eggs, beat again. Add the grated apples and the rind and juice of the lemons.

The mixture will curdle at this point and not look very appetising - don't worry it bakes beautifully.

Put the filling in the flan cases and bake on a hot oven No 4/180 deg C for 25 mins or until the filling is set. Serve warm or cold.

If you make two and freeze one, bake it through and then freeze it. Then bake from frozen in a moderate oven for 20 mins. Do NOT defrost.

GARDENING WITH MEREDYTH

APRIL

As it's getting warmer, pests are on the move. If you act early you can stop 9/10 of them. You can even start hanging out baskets and containers where it's sheltered.

With a huge increase in the population of slugs and snails how about a beer trap? A jar filled with beer set in the ground encourages them and then hedgehogs, frogs, toads and thrushes all love insects - tasty treats. A handy stone positioned nearby will encourage thrushes to get their tea of snail without a shell! Have a wander around the borders livening up the soil and removing weeds. Stake any plants that need it.

Watch out for seedlings - foxgloves and aquilegia are main culprits - just move them somewhere else.

A quick boost of chemical or seaweed fertiliser helps, especially potted plants and veg borders.

Cut back frost damaged roots of trees, spray roses for black spot, trim winter flowering heathers.

Deadhead any remaining daffodils, winter pansies and primula. Plant out summer bulbs and sweet

pea plants and clean up containers and alpine troughs. Mow and feed established lawns but sow new lawns on prepared ground. *Vegetables:* sow sweetcorn, leeks in modules. It is the last month for maincrop potatoes and keep up successional sowing of lettuce, radish, beetroot, peas, broad beans, beans salad onions and turnips. Keep greenhouses well ventilated.

In Bloom: clematis alpina, grape hyacinth, iris, pieris, tulips and lily of the valley

MAY

Herbaceous perennials are growing fast, remember to stake those that need it. Once they've flopped it is too late.

Keep new plants well-watered and weeds under control. There still might be night frosts - horticultural fleece or newspapers are effective covers.

Always water in the evenings and check roses for aphids. Prune pyracanthas and lightly trim formal evergreens such as box.

Prune clematis montana when it is finished and tie in climbers. Continue to stake delphiniums. You can sow seed of perennials outside. Continue to deadhead spring-flowering bulbs but leave the stalks for about six weeks.

Clear out containers and remove some of the old compost. Some new soil helps the new plants but don't plant out tender plants yet. Ready planted hanging baskets should be hardened off this month until

they can be left outside at night. Water and feed all containers. Watch out for wine weevils!

In lawns remove any dandelion plants. *Vegetables:* sow courgettes, marrows, runner beans, French beans, squashes and sweetcorn. If planted outside those will be slower than those inside so you can give continuity of crops.

In Bloom: potentilla, viburnum, forget-me-not, ceanothus, dicentra (bleeding heart), azalea, geranium and rhododendron



Meredith Bell

Why the Cumbrians hated the Romans!

Every year teachers tell primary school pupils that the Roman invasion of Britain in 43 AD gave the population a whole range of advantages.

They got proper houses, underfloor heating, sewage systems, literacy, new words, miles, feet and inches, coins and, er, rabbits!!!

"Overall, we owe a lot to the Romans," the history lesson declares. But this is a travesty of the truth about British lives in the north of England 2,000 years ago.

The people who inhabited what is now Cumbria and part of Dumfriesshire, the Carvetii tribe, felt quite different emotions about the forcible occupation of the region. It was not awe, admiration or gratitude - but hatred.

In 78 AD, Cumbria was conquered by a ruthlessly efficient Roman general called Gnaeus Julius Agricola. He captured and sealed off villages on the edge of the uplands as his forces moved north, isolating the rebellious hill dwellers from the rich agricultural plain.

Within a few years of the takeover, it became clear that many of the Carvetii elite figured that they had something to gain from collaborating with their new overlords.

But the reaction of the broad mass of the Carvetii to the Roman occupation was starkly different to, for example, that of the tribes in the south of England who, by the end of almost 400 years of Roman rule, had started to look quite Mediterranean.

But in Cumbria the Romans disrupted Carvetii traditions far more violently than any other part of England. The invaders made far less effort here than they had in the south to share the wealth of the Empire with Cumbrian people.

The invaders almost invariably slapped their forts down on the



Thank you to Paul Eastham, author of the Hidden Cumbria Histories series of books, who has agreed to provide us with a regular local history tale.

You can buy his latest book 'Secrets of the Lost Kingdom' at www.fletcherchristianbooks.com

lowest, flattest and most productive farmland - evicting farming families as they went.

Each fort occupied at least 185 acres and that was before the builders added the outlying "territoria" zones - areas cordoned off for requirements such as horse pasture, woodlots, water sources, stone quarries, mines, exercise fields and attached villages.

In total the Carvetii lost 300,000 acres of precious agricultural land to fort building.

Booming economy bypasses the locals

Cumbria's economy boomed under Roman occupation - but hardly any of the wealth generated trickled down to the native Carvetii. Apart from a few glass beads and other cheap trinkets, no Roman items of any value have been found in the archaeological remains of the Cumbrian Carvetii family roundhouses.

Every Roman fort in Cumbria, such as the large one at Derwentio in Papcastle, developed a vicus settlement where the (often unofficial) wives and children of the soldiers lived, military workshops operated and a civilian market traded. Independent dealers flocked to these markets to sell goods and services to the well-paid legionaries, ranging from metal horse tack to glass vessels, perfume to fine shoes, beer to brothels. But only one in six of the traders were local.

ADVERTORIAL

Cost effective composite bonding

1. What is Composite Bonding?

Composite bonding is a cosmetic dental procedure that involves the application of a tooth-colored filling material to the surface of a tooth, to improve its appearance. The material is applied in layers and then shaped and polished to match the natural shape and colour of the tooth. Composite bonding is often used to repair chipped or cracked teeth, fill in gaps between teeth, and improve the overall shape and appearance of teeth.

Composite bonding is a relatively simple and cost-effective procedure that can usually be completed in a single visit to the dentist. It has the great advantage of being non-invasive unlike other cosmetic dental procedures, such as veneers or crowns, which require more extensive preparation of the teeth. However, composite bonding may not be as durable as these other procedures and may need to be replaced or repaired more frequently.

2. Who can have Composite Bonding?

Composite bonding can be done on many people who have minor imperfections in their teeth, such as chipped or stained teeth, gaps between teeth, or teeth that are misshapen.

However, not everyone is a good candidate for composite bonding. A dentist will need to evaluate a patient's overall dental health, including the condition of their teeth and gums, before recommending composite bonding. It is important to make sure there is no decay, gum disease, or other dental problems before undergoing composite bonding.

Ultimately, the decision to have composite bonding should be made in consultation with a dentist who can evaluate a patient's specific needs and recommend the best course of treatment.

3. How long does Composite Bonding take?

The length of time it takes to complete composite bonding will depend on the complexity of the procedure and the number of teeth being treated. In general, a single tooth can be bonded in one visit, and typically takes about 30 minutes to an hour per tooth.

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For more information on our services
visit our website

www.sthelensdentalpractice.org.uk

Quilting to help the community

My name is Janet Valentine (pictured far right) and you may see me walking around the village with my young cocker spaniel Olly. I moved to Tallentire from Essex in 2013 and joined a sewing group after attending their Quilt Show at Fletchertown. I've been sewing and crocheting for many years and enjoy a variety of crafts especially bag making and patchwork/quilting. My stash of fabric has grown and grown and as they say in the sewing circles 'you can never have too much fabric!' ... which I always quote when I order more.

Project Linus - a very worthwhile cause

I was made aware of Project Linus when one of the group members became the area coordinator and I decided to make quilts and donate to this worthwhile cause. It is 100% volunteer-based and non-profit making so relies on donations and the goodwill of volunteers.

Who they are and what they do?

It is a volunteer organisation providing new home-made, washable quilts and knitted or crocheted blankets to babies, children and teenagers who are ill, disabled, distressed, bereaved, abused, traumatised or disadvantaged and in need of comfort. Quilts and blankets are given to West Cumbrian children to give them the physical reassurance that comes with being snuggled up in a quilt.

How can you help?

- Make a quilt or blanket and donate it to Project Linus via our area co-ordinator. Designs and patterns can be found online at the Project Linus website.
- Donate supplies such as cotton fabric or man-made yarn which can be passed on to help volunteers or be used at a workshop.
- Ask members of your quilting or knitting group to participate by making a quilt or blanket.
- Arrange a supported workshop for your group.

Our very friendly sewing group meets on alternate Wednesdays at Fletchertown so if you would like to join us just let me know on 07940 128463. For information about Project Linus contact area coordinator Barbara Strong on 07833 692144.



Janet (right) with
Project Linus
coordinator
Barbara Strong



Call the Helpline 08443 843 843

Old Customs House
West Strand
Whitehaven
Cumbria CA28 7LR

Email: info@ageukwestcumbria.org.uk Website: www.ageuk.org.uk/westcumbria

Information and advice

- General information and advice on a wide range of issues
- Money information and advice on entitlements, benefits, debt, purchasing care services etc.
- Disability information and advice
- Local Information Resource Centres
- Rural advice sessions

Equipment to aid daily living

- Trusted assessor advice
- Prescription handling, equipment to purchase and for hire
- Advice and support to create dementia-friendly environments
- Access to advice on home adaptation.

Practical support at home / with home safety

- Handyperson support for minor DIY tasks
- Home safety and energy efficiency checks
- Access to practical home support services (e.g. cleaning, shopping etc.)

SUPPORT AND ADVICE GROUPS

Hospice At Home

- Family/Bereavement Friendship Group, One-to-one counselling may also be available, United Reformed Church, Main Street, Cockermouth, weekly Tuesdays 10.00am-12.00pm. Contact: 01900 873173

Memory Lane

- Support for people living with memory loss or Dementia and Peer Support with fun and friendship, Cockermouth Age UK, 93 Main Street, Cockermouth, weekly Fridays 1.00-3.00pm. For more information contact Age UK: 01900 844680

Speech After Stroke Scheme

- Groups suitable for anyone who has a stroke that has affected their communication. Kirkland's, Cockermouth Tuesdays 2:00-4:00 (Other groups available). For more information contact Alison Tams 01900 705082

Support and advice for people with hearing loss

- Drop In sessions Cockermouth Age UK, 93 Main Street, Cockermouth, monthly 1st Wednesday of month 9.30am-12.00pm. Contact Caritas Care: 01228 595937

At St Bridget's, during the season of Lent, we have remembered how Jesus resisted temptation in the desert and prayerfully prepared ourselves for the events of Holy Week.

Holy Week includes both the sadness and poignancy of Good Friday, as we reflect on Jesus' death on the cross. We then join together to celebrate the joy of the Easter message of resurrection hope! Do join us and you will be made most welcome!

All Sunday morning services start at 11am.
All are welcome!

April

Sunday 2nd - Palm Sunday Holy Communion 'Sing Hosanna - Jesus enters Jerusalem on a donkey'

Good Friday 7th - Church open 1-3pm for quiet reflection and prayer

Sunday 9th - Easter Sunday Holy Communion 'With fear and great joy: Discovering the empty tomb'

Sunday 16th - Service of the Word * 'Unlocking the Easter story: The risen Jesus appears'

Sunday 23rd - Service of the Word * 'Road to Emmaus: Joining the dots'

Sunday 30th - Service of the Word * 'Jesus the influencer: His sheep know his voice'

May

Sunday 7th - Holy Communion (Coronation Week-end): Jesus the Way, the Truth and the Life

Sunday 14th - Service of the Word *: 'The Spirit of Truth'

Sunday 21st - Service of Word *: 'Jesus' Ascension: Gone but not forgotten!'

Sunday 28th - Service of the Word *: 'The Day of Pentecost - God speaks your language!'

* Keep up to date with all our activities – including news of future plans for All Age Services and Sunday School by:

- following us on social media
- emailing us.

Find us on:-

Facebook

www.facebook.com/stbridgetsbridekirk

Instagram

www.instagram.com/stbridgetsbridekirk/

email

bridekirk_church@grasmoormc.church



'The most finished and perfect remains of Northern sculpture in the Kingdom!'
The font is so important that there is a replica in the V&A museum in London.



Picture captions on both pages:

Above: The font at the back of the Church.

Top right: Detail of the runic inscription (one of the best surviving examples in England).

Left: The cross and acanthus leaves with, below them, two griffins flanking a floral roundel.

Far right: A double headed serpent bites its own body with, below that, the baptism of Jesus by John the Baptist.

Right: The expulsion of Adam and Eve (fully clothed!) from the garden of Eden.

Are you
feeling
alone?

Would you
like some
company?



BRIDEKIRK FRIENDSHIP GROUP

EVERY
MONDAY
MORNING
(EXCEPT BANK HOLIDAYS)

St Bridget's Church room, Bridekirk

10:30 - 12:00

We are a small friendly group of people who meet together for a chat over a cup of tea, coffee and home baked cakes each Monday morning. Why not drop in anytime in the morning, for as long or as little time as you feel comfortable.

Our volunteers look forward to welcoming you.



FOR MORE INFORMATION

bridekirk_church@icloud.com

01900 824311

The famous font of St Bridget's Church

If you don't already know of the famous font in Bridekirk Church it is so worth a visit as it is considered amongst England's most important church artefacts.

There has been a Church in Bridekirk since ancient times. A wooden Church was replaced with a stone one in 1130, with Norman architecture. In 1868 a replacement church was commissioned because the old one was in poor state.

Perfect remains

An unusual feature is the font, probably from the earlier Church. It is 12th century, and is described as 'perhaps the most finished and perfect remains of Northern sculpture in the Kingdom'.

It was carved by Richard of Durham and shows how old Nordic influences continued after the Norman conquest.

One side depicts Richard at work with his hammer and chisel carving a flower and leaf. It has an inscription in Scandinavian runes which reads 'Richard he me wrought, and to this beauty me brought'.

Note the size of the mallet and chisel he works with - eloquent testimony to the crudeness of the tools with which early masons created their miracles.



Baby & Toddler Club



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Day - Every Thursday

Time - 1-3pm

Place - St Bridget's Church, Bridekirk.

EVERYONE WELCOME

An opportunity to share time and a chat with other families whilst the children play together.



stbridgetsbridekirk



stbridgetsbridekirk



<https://cockermouthareachurches.church/st-bridgets-bridekirk/>



Join our team!

Perhaps you would like to volunteer
to join our helper rota?

For more information contact us :



bridekirk_church@grasmoormc.church





World Book Day fun



The whole school gathered in the hall for our poetry festival. Each class had been working hard prior to the actual festival learning a poem to present to the audience.

The poems were chosen from the poetry curriculum and the children learnt all the words off by heart. In addition, the children were all given the opportunity to recite a poem of their choice prior to the festival and three entries were then chosen to recite their chosen poems to the whole school. Teachers and governors also volunteered to contribute to the occasion.

Mrs Fish opened the morning with 'The King's Breakfast' by AA Milne (a favourite poem from her childhood) and this was followed by class poems and presentations from individual pupils and many other members of staff.

Some of the poems were serious ones and some were funny. Mrs Taylor told one called 'My Pet Worm Henry'. She even managed an American accent and brought in a green plastic worm! Mrs Marr chose a poem about naughty children and Mrs Smith recited a Spike Milligan favourite.

The winners of the festival were: Chloe and Olivia (Year 2) for their recital of 'Please Mrs Butler' by Allan Ahlberg, Anna-Marie and Harriet (Year 3) for 'The Ning Nang Nong' by Spike Milligan and Heidi and Daisy for 'The Tin Can Band' by Margaret Mahy.

A big well done to all the children who performed in the event and thank you for the enjoyment and memories that were made that day.

Poetry Festival report

Anakin Skywalker

A child was born on planet Tatooine,
Anakin was his name,
nothing was ever the same.

Winning the pod race for Gul-Gonn Jinn
gave him a freedom from slavery.

Being a part of the Jedi Order
gained him a special power.

His mother passed away
and he fell into disarray.

As a General, he led Clones into war
which opened for him yet another door.

He turned to the dark side with the
name Darth Vader,
wanting to rule the Galaxy,
but died a few years later.

A
Star Wars
poem by
Joseph
and Sam





My first time skiing by Archie Moore

I really enjoyed my week skiing with the Cumbria schools ski trip to Artesina in Italy.

On the first morning, the teachers came in and woke us up at 7am. I got dressed into my ski thermals and my Cumbria schools ski hoody and went down for breakfast. We had the whole hotel to ourselves. Breakfast was cereal, a small croissant and a weird cake thing. At breakfast we were told which ski group we were in. I was in group 3. We got our ski clothes on and I was really warm with all my layers and my helmet. We got our boots, skis and poles then Mr Cooper did a Facebook live video for us to wave at our families at home. Mum had told me before I went there was a webcam in the resort but I couldn't find it.

At the start I was on the beginner's area as I hadn't skied before. But, by the end of the week, I was using the chair lift and skiing down blue and red runs. My favourite one was a red run that you had to take two chair lifts to get to. I'm really looking forward to going skiing again!!!



Meet Phoenix Evans our new newshound



Our ski trip adventure by Issy Relph and Phoenix Evans

Around 120 from local primary schools were involved in the Cumbria ski trip this year, 14 from our school.

It was a middle of the night adventure to reach Italy. We woke at 12.30pm, had to get to the bus by 1.15am and leave at 1.45am. When we got to the resort we took our luggage to our rooms then went to the dinner hall for something to eat. After tea, Mr Cooper talked about the activities we would do.

There was a beetle drive, bum boarding and shopping. There was also a disco and talent show which was very funny.

We had seven days of skiing and it was five hours of fun a day. We also had a pizza night. There were ten ski groups there.

When we arrived home our parents were very happy to see us.

Gilcrux author reveals his first book ... and a truly fascinating life story!

Gilcrux author David Purcell proudly displays his first book “Duty Brief - a week in my working life” just published on Amazon and Kindle.

David moved to West Cumbria in the wake of the Derek Bird shootings to work for KJ Commons solicitors until its closure in 2014. He remained here working as a Deputy District Judge until his retirement.

Born into a theatrical family, his parents Roy Purcell and Myrtle Moss were both actors. He started his working life as an actor in a summer season in Sidmouth, Devon. For the next 15 years, he worked in theatre, television and films.

After a spell in children's theatre and repertory, he toured the country in several plays, including an appearance at the Rosehill Theatre, Whitehaven in 'Alfie' starring Dennis Waterman and Sue Nichols.

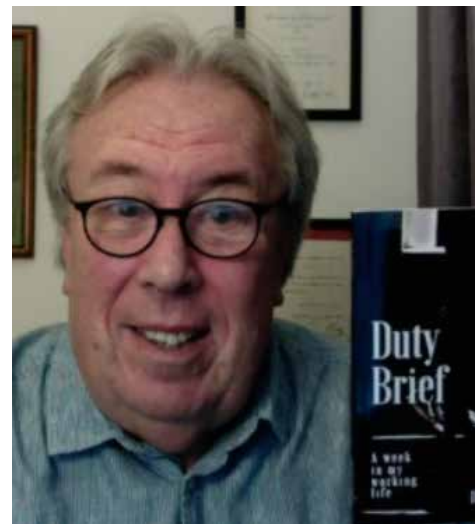
West End lead role

David subsequently played the leading role in 'The Mousetrap' in London's West End. He was in the films 'Juggernaut' and 'Conduct Unbecoming' and, amongst his many television roles, were appearances in 'Dr Who', 'Bergerac' and 'The Cleopatras'.

In his mid-thirties, David retrained as a solicitor and began work protecting the victims of domestic violence before becoming a duty solicitor.

He had his own practice in West London for many years where he dealt with everything from murder, robbery and rape to

David with his first book 'Duty Brief'. The story of his life is every bit as fascinating!



shoplifting and assault. He dealt with a £100 million pound arson at a fine arts warehouse which is mentioned in the book and a double murder, rape and kidnapping which is not.

In 2000 he was appointed an acting stipendiary magistrate, later renamed Deputy District Judge. He continued in that role until his retirement.

David's new book tries to answer the question he was so often asked. "How can you represent someone you know is guilty?". We meet a man accused of murdering his partner, a diplomat caught smuggling drugs and an innocent man accused of arson. David looks at what the job of a duty solicitor really entails and the state of the Criminal Justice system now.

So if you want to know the answer to the question, buy the book!


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