



This Month: Out and About

**Covid-19
Support**

Gala Cancelled

**Raise a toast to
VE Celebrations**

**Beyond Covid-
19 -
Play Park**

Cycle Ride

**Another
Sunkenkirk**

**Road Side
Verges**

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Hill**

**Local News and
Support**

**Garden Waste
Collection**

A Reminder - Covid-19 Local Support

The Out and About Team, **working with Millom Without Parish Council, Thwaites Village Hall and The Hill Village Hall** remain committed to supporting our community. Our volunteers are here to help with shopping, prescription collections, or maybe a friendly phone call. The volunteers are here to help - so please do not hesitate to make contact with a request and we will do our best to help you.

As reminder as to how local Residents can access our voluntary support:

Drop an email to oandacontact@gmail.com and provide a telephone number and your name for a volunteer to ring you back.

Ring either 01229 716720 or 01229 772512 between 9am and 5pm. Please leave a message and we will get back to you.

Please note this is a local voluntary team and it is not set up to replace any emergency services or services provided by the local authorities. We would also appreciate that you plan ahead to avoid any unnecessary panics or last minute needs, but we realise this is not always possible.

Emergency Support Help Line



Cumbria County Council and partners have launched a new emergency support service for people at high risk of becoming seriously ill, as a result of COVID-19, and who do not have support available from friends, family or neighbours.

You can request support by:

- Calling the emergency telephone support line - 0800 783 1966.
- Completing the COVID-19 online support
- Emailing your request to COVID19support@cumbria.gov.uk.

The telephone 'call' centre will operate Monday to Friday 9am to 5pm and 10am to 2pm at weekends. The service will also accept referrals from members of the public who may be concerned about people in their community.

More information is available at <https://cumbria.gov.uk/coronavirus/helpline.asp>

NHS is Open For You

The NHS are urging people to use the NHS if they need to – there are steps in place to ensure you won't be put at risk, lots of phone calls, video consultations for your general practice concerns and the hospital has non covid-19 areas.

Looking Beyond Covid-19 - Community Plan Update:

Proposed Play Park:

The Community Plan called for a play area for children. We have been busy researching costs and the implications of creating this valued space for the community. The following picture is only an illustration of what a local park might look like. We are still in the process of seeking further bids but the lock down has clearly brought such activities to a stand still. We will keep you updated as the park design and build becomes clearer after Covid-19. please contact oandacontact@gmail.com with any comments you may have.



When lock down ends...One of the community plan actions was to pursue better connections between our communities, particularly provision for safe cycle routes. Tentative plans for organising a bicycle check workshop and group ride on lightly trafficked (and not too hilly!) route in our area have been stalled first by very inclement weather and then coronavirus restrictions. Looking to the future it would be useful to understand how much interest there would be in a workshop to conduct simple adjustments and checks on bicycle road worthiness and also a group bicycle ride. Please contact Out and About (oandacontact@gmail.com) with what help you might need to get your bike out of the shed or garage and on back on the road and also if you would like to take part in a led ride for which we will be walking together up hills!

Another Sunkenkirk

Most will be familiar with the spectacular stone circle at Swinside, also known as Sunkenkirk. W Hutchinson in his 'The History of the County of Cumberland' (of 1794), refers to Sunkenkirks. He indicates that '... to the South of Swinside is another circle of larger dimensions, but not so perfect a state'. This circle has been described as consisting of 22 stones with a diameter of 30m. CW Dymond, who excavated Swinside in 1901, apparently tried to find the second circle but was unsuccessful. Later researchers suggest that this circle lay on the northern slopes of the Mount (at the top of Buckman Brow and near Ash House). Now all that remains of this circle is 2 stones, approximately 1m high and 30m apart. At the bottom of the hill to the North are what could be several of the stones. In past times stones from such circles were broken up for use in walling or other structures.

The remaining stones are marked on the OS map as 'standing stones'. One of the stones can be seen from below on the public footpath leading from Duddon Bridge Iron Works to Ash House. **Please note that the site of this circle is on private land.**

Road Side Verges - How Might you help the Environment?

With the coincidence of social distancing and dry weather there has been much gardening. However, for the sake of our wildlife it is important not to tidy too much: more than 60% of the plants and animals in the UK are now under threat and one in eight face extinction. Roadside verges are a sanctuary for wildflowers, pollinating insects, reptiles and small mammals and provide essential green corridors for these species to disperse.

Wildflowers don't need fertilizers to thrive but prefer poor soil and this is one reason why they are found on roadside verges. In soils that are rich a few plants such as hogweed and nettle grow so well that other wildflowers can't compete with them. A few tips to enhance our roadside verges are below and there is further information available on line, such as at <https://www.cumbria.gov.uk/eLibrary/Content/Internet/534/38749919.pdf>

How can you help to conserve our roadside verges and provide better for precious wildlife? Avoid blanket spraying of verges. Avoid driving on verges. This kills plants and damages the soil structure. Avoid excessive cutting of verges: If you have a verge by your property, don't waste time and energy turning it into a lawn but instead leave wildflowers to grow. Cut verges later in the year when wild flowers have seeded. Although it might seem like a public-spirited thing to do, please don't plant bulbs or other cultivated plants on roadside verges but keep them in your garden.

Take an interest in your local verges, and talk to others about what you see, especially if you see damage to verges

News From The Hill

I can report on good weather and a fabulously slow pace of life here in the Hill, and lots of gardening and baking being done! What more can I say, except be thankful that we are in the sunshine, away from the centres of activity. Our thoughts are with all those having hard times at the moment.

A little poem, courtesy of Philip Larkin, that seems applicable for these times.

Days

What are days for ?

Days are where we live.

They come, they wake us

Time and time over.

They are to be happy in:

Where can we live but days?

Ah, solving that question

Brings the priest and the doctor

In their long coats

Running over the fields.



THE HILL VILLAGE HALL - 100 CLUB WINNERS - APRIL 20

Winners are

1st £200 Jill Barnes 6

2nd £20 P Tattersall 91

3rd £20 Iona Dodd 16

4th £20 Daisy Parsons 116

5th £10 Simon Agnew 1

6th £10 Sally Gumz 38

7th £10 Hall Family 40

Garden waste collections to start

COPELAND Council will start its garden waste collection service on Monday, May 4. Despite significant challenges, collections of refuse and recycling have continued as normal during the Coronavirus outbreak. While the start of garden waste collections has been delayed as the council took steps to protect these critical services, households will now receive a green waste collection every four weeks. Mike Starkie, Mayor of Copeland, said: "We're delighted to be in a position to start the garden waste service, which we know is highly-valued by residents.

"We took the difficult – yet necessary – decision to delay the start of the service so we could concentrate our depleted resources on critical services of collecting your household waste and recycling, while at the same time trying to understand and manage what impact the virus was having. "I commend all our Recycling and Waste staff for their commitment and dedication during this challenging time." "We need all of our vehicles – including those that would ordinarily be dedicated to garden waste – to deliver our waste and recycling service in order for our collections crews to adhere to the Government's social distancing regulations. We have now secured extra vehicles, and although staffing levels remain challenging and we're operating at around 20 per cent below capacity, we can now start collecting your garden waste." "We appreciate your patience and understanding in the delayed start to this seasonal service, but the well-being of our workforce will always be our number one priority, and we're incredibly proud of the services we have continued to deliver."

The green recycling crews will operate on revised collection rounds each day. Half of households will receive their collection on their scheduled day over the first two weeks (w/c May 4 and 11) and the other half on their scheduled day over the second two weeks (w/c May 18 and 25) and so on. Further details on how residents can find out which week their bin will be collected will be communicated in due course. The council is restricting collections to the contents of residents' brown bins only, and is unable to take any excess garden waste which cannot fit into the bin. Mr Starkie added: "We urge you to continue being considerate to our crews. We understand you may have accumulated an excess amount of waste during the past weeks, but overloading your brown bin with abnormal amount of matter or weight will cause potential damage to the bin, but more seriously, to one of our crew. We advise residents who have excess garden waste to leave it in bags/containers, then re-fill your bin once it has been emptied." "Our Recycling and Waste crews are doing an outstanding job in incredibly difficult circumstances, and we're truly grateful for the support they are receiving throughout the borough. From drawings on display in windows, to kind messages on social media, to free deliveries of bacon sandwiches and pies from local caterers; your kindness means a lot to the team." "For a list of materials that can be included within garden waste, visit www.copeland.gov.uk/garden-bin-collections The council's collections of bulky waste items will also resume on Monday, May 4. It costs £27 to have three items collected. Please call 01946 598300 or email info@copeland.gov.uk to arrange.



Proud of our past. Energised for our future.

OTHER LOCAL NEWS AND SUPPORT

THWAITES 100 CLUB WINNERS - APRIL 2020 DRAW

From the kitchen of Bevs House and the use of Facebook video facility, the 100 Club draw was witnessed by the Chair of Thwaites Village Hall - challenging times means new ways of doing things.. Winners are

1ST PRIZE £30	NUMBER 86 - SANDRA COURT
2ND PRIZE £15	NUMBER 117 - MARION MALHAM
3RD PRIZE £10	NUMBER 132- ABI PARK
4TH PRIZE £10	NUMBER 83 - CHRIS GIBSON

PUNCHBOWL INN

A big thanks for everyones support on takeaways

Please call and place your order the day before and by 1pm - 01229 774457. When leaving a voicemail please leave your name, and post code and someone will call you back. Food collection from 5-7pm Tuesday-Saturday. Look out on Facebook for specials on a Friday. Sunday lunch collections 12-3pm

MIKE HUDDLESTON ENGINEERS

To all NHS Staff, Care Workers and any other Keyworkers

We are open for as long as we are allowed to. If you need your car/van for travelling to work, we can help to keep you safe and check it over for you FREE of charge, phone us on 01229 773653 8.30am - 5pm Monday to Friday

TYSONS OF BROUGHTON

Tyson's of Broughton deliver to your doorstep in our area on Tuesdays and Fridays.

Orders can be placed at ian@melvilletyson.co.uk or ringing 716247

Craig MORPHET SEPTIC TANK EMPTYING

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Here at Craig Morphet Septic Tank Emptying we are specialists in this field. Craig Morphet Contracting is able to provide domestic and commercial septic tank emptying throughout South Lakes.

We offer clean and safe removal of waste and disposal through the proper legal channels. We have extensive knowledge of Septic Tank emptying thus providing you with the peace of mind that the job is done correctly, efficiently and responsibly. Land Drainage also undertaken.

If you require your Septic Tank emptying in a professional, clean and responsible manner in Cumbria then give us a call today!



For more information please contact
Tel - 07787415319 or Email - info@septic-tank-emptying.co.uk