



**This
Month:
Out and
About**



A Reminder - Covid-19 Local Support

**Covid-19
Support**

**Thwaites Village
Hall**

**10th year
Anniversary for
Table Tennis
Club**

A Dawn Chorus

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Song Thrush**

**Local News and
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.

Thwaites Village Hall



We welcome residents to use the open space and playing fields – but we want you to do this safely, thoughtfully and to care for our community.

So please:

1 Observe the 2 metre social distancing rule

2 Remember to wash your hands on your return home and / or use hand sanitizer



3 Please stay in your family group or meet with just one member from another household

Lets protect our community – stay safe



10th Anniversary of Thwaites Table Tennis Club

Thwaites table tennis Club was started by an initial advert put in the Out and About to see if any one was interested in getting together and playing table tennis. A date was set for Wednesday 24th March 2010 for a one hour session. We managed to source some second hand tables and nets and we started from nothing, relying on the donations of equipment .

We now have 5 competition style tables and nets as well as a robot. We hold 2 Open sessions on Wednesday and Thursday evenings with added Juniors on Thursdays and a monthly session for women and girls.

We are the only Premier club in Cumbria and hold clubmark status. At the moment the club has one level 2 and two level 1 coaches. In addition we have 2 teams in the Barrow and District league, one in the first division and one in the second division. Both teams are enjoying the competitive play. Some of our junior boys have gone on to represent Millom School in team and in individual English Schools Championships and for the first time we had an u11 Boys' team representing Haverigg School in the English Schools Championship. We also have one player representing Lancaster university. We pride our selves that our club is for all and hopefully, when we are allowed to get back together to enjoy this sport, we will continue to bring some fun and exercise back into our great village and surrounding area. If you don't play at the moment maybe this is a sport you might like to try, as we can provide bats and balls.

It would be nice to see an outside table in the future as there is no room left in the hall to allow us to expand. Then you would be able to play at anytime. There would be no membership fee but a pay as you go system:

Wednesday & Thursday 6.00 -7.30 Adults £1.50 juniors £1

Thursday 5.15 -6.00 Junior coaching. Cost 50p

1st Friday of the month, 5.30-6.30 Ladies and Girls. Bat and chat with coaching available.

Thwaites Table Tennis Club contact. beverleysharp21@yahoo.co.uk tel 01229 770123 for any information

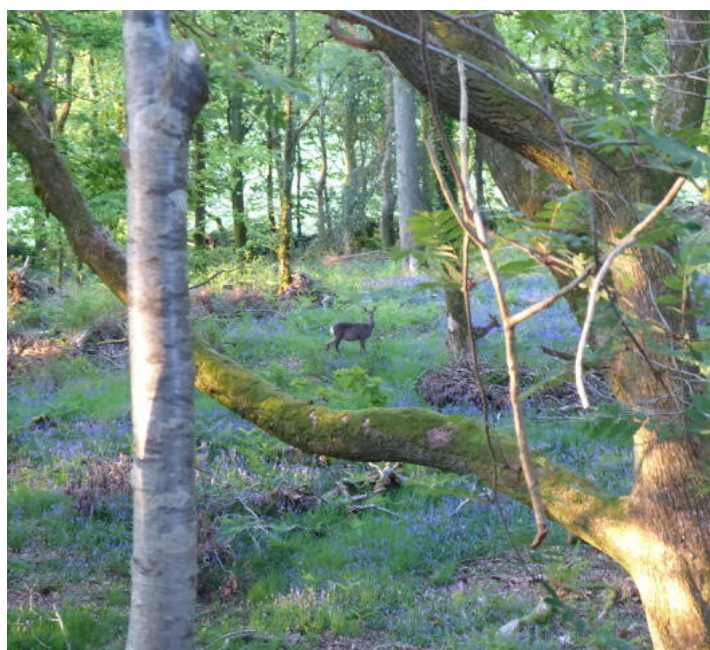


A Dawn Chorus

Early May is ideal for an early morning visit to a local woodland to listen to the dawn chorus. The May Day weekend appears to be about right for balancing the activity of the birds, the fact that many of our summer migrants have arrived and that dawn hasn't got too ridiculously early yet!

So May 4th saw a 4.30 start for a walk to Foxes Wood. Although it was already quite light by the time we got to the wood, there was still a mixture of almost continuous birdsong, with wrens being particularly numerous and loud. Although it was cold that time in the morning, the weather was still set fine back then and, as the sun came up, the wood looked beautiful and the birds went quiet for a period but then started singing again. Although we just enjoyed the experience and did not take records of everything we saw, the highlights on the flower front were the bluebells, wild garlic and primroses. Besides the wrens, many common birds were present and singing, but we were especially delighted to see great spotted woodpecker, nuthatch and treecreeper and to hear, although a little way away, cuckoo and green woodpecker.

We sat for an hour or so to have a hot drink and were lucky enough to see a couple of Roe Deer grazing quietly below us, until they sensed our presence and made their way off.



History notes from a local walk



If you follow the lovely track from Arnaby to Roanlands (this walk was featured last summer (<https://youtu.be/m4HYSivlJ>) look for the gate post (pictured) as you approach open fields with two bolts. Look more closely and you will see that the bolts, used to fasten the gate to the stone stoop are different. The lower bolt was probably hand made in the mid 19th century, the upper bolt is probably from the early 20th century. It is presumed this was made locally: there was a blacksmith's forge in Lady Hall (reference to site in OS map of mid 19th century) and of course there was the Duddon Iron furnace. The screw thread is thought to have been invented around 400BC and one of the 1st applications of the screw principal was in presses for the extraction of oil from olives and juice for grapes. Archimides (c250BC) is thought to have applied the screw thread principal for raising water. The screw thread application was expanded substantially with the onset of the industrial revolution; this principal was essential to the development of steam engines, for instance. Local blacksmiths made screw threads to their own specifications until the advent of standards in the mid 19th century.

Note about public right of ways during coronavirus restrictions: There is at present no advice or requirement for public rights of ways to be closed or restricted in any way. However, the public are asked to be sensible, courteous and considerate when using paths and should keep to public rights of ways only. Natural England has advised that footpaths through farmyards and other rural businesses where social distancing might be difficult should be avoided

The Elusive Song Thrush

The song thrush is an elusive and increasingly rare bird so you can imagine our disappointment upon finding an abandoned nest with 4 eggs in a recently cleared area adjacent to our garden. We watched for thrushes for several days and were delighted to find what we presumed was the same pair flitting back and forth with nest building materials to a dense conifer in our garden. We watched anxiously for several days as the pair completed the nest and then as the female laid an egg a day for 4 days. The female is now sitting on the nest and we are waiting for song thrush fledglings to start chirping. All the better to eat slugs and snails.

OTHER LOCAL NEWS AND SUPPORT

THWAITES 100 CLUB WINNERS - MAY 2020 DRAW

1ST PRIZE £30 NUMBER 133 - Sue Pyne
2ND PRIZE £15 NUMBER 135 - Olivia Morre
3RD PRIZE £10 NUMBER 103- Judy Clemens
4TH PRIZE £10 NUMBER 45 - Sue Hambly

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

CUMBRIA WILDLIFE TRUST

The ospreys at Foulshaw Moss
Nature Reserve are now feeding
2 chicks. Go to Cumbria Wildlife
Trust Website for up to date
information.



Please keep in touch and follow the
new Millom Without Parish Council
Facebook Page

PUNCHBOWL INN

A big thanks for everyone's 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

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

The Hill Village Hall 100 Club Results, May 2020:

1st £50 Ian Hornsby 22
2nd £20 Angela Gibson 121
3rd £20 Derek Tattersall 90
4th £20 Chris Burgess 112
5th £10 Robert Slack 123
6th £10 Richard Parsons 118
7th £10 Alan Moore 106

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