

April

# Out and About In Thwaites

April 20 - Issue no 436



THE  
THWAITES  
VILLAGE  
HALL

## In This Edition of Out and About:

- News from the Hill
- New Parish Councillor and launch of Facebook
- Support your Local Business
- Local Volunteers to support community
- Competition Time
- Standing Stone Update

This edition of Out and About comes at a time of great challenge to us all, our Nation and Communities.

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. We are still looking for additional volunteers to add to the team of nine local residents. Please make contact via [oandacontact@gmail.com](mailto:oandacontact@gmail.com), if you wish to help residents in need of some shopping, collection of prescriptions etc.

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

- Drop and email to [oandacontact@gmail.com](mailto:oandacontact@gmail.com) and provide a telephone number for a member 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.



HM Government

**NHS**



**CATCH IT.**

**BIN IT.**

**KILL IT.**

**Coronavirus**  
**Wash your hands more often for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

**CORONAVIRUS**  
**PROTECT YOURSELF & OTHERS**

For more information and the Government's Action Plan go to [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

## COMMUNITY FIRST AID TRAINING

First aid training on 7th March 14 people were provided with training leading to an Emergency First Aid at Work qualification. This day long course was provided by Thwaites Village Hall to support the various public events that are held each year as well as to provide more people in the community who are trained in First aid. The course was informative and very well delivered (but we all hope not to have the need for the training).



## Standing Stone - Information Sharing

Irene Rogan - Local Artist - shared the ongoing design of the local Standing Stone to be placed at The Green.

The event was held in the Punch Bowl on 5th March and a number of residents came along to listen and share their thoughts on this new art installation to the Community.

Clearly given the Covid-19 emergency, this work is paused

## New Parish Councillor - Joins the Team



The Parish Council is pleased that Nick Gamble has been co-opted on the local parish council. His skills and experience are a great asset to the existing team and he joins us at a particularly challenging time. Your current Councillors are all listed on the Parish Council

Website: <http://millomwithoutparishcouncil.com>

We have also launched a Parish Council Facebook Page to share ongoing communications regarding Coronavirus. The FaceBook can be found at: <https://www.facebook.com/Millom-Without-Parish-Council-114764286828063>



**We still have one vacancy to fill and we would be pleased to receive applications. If you want to know more, please contact the Parish Clerk via email:**

([millomwithoutparishcouncil@outlook.com](mailto:millomwithoutparishcouncil@outlook.com)), or if you just want to chat with a Parish Councillor, please ring David on 01229 770310.

### Hill Village Hall 100 Club Results, March, 2020.

1st £50 John Stockton 88  
2nd £20 Colin McDonald 5  
3rd £20 Mark Butcher 14  
4th £20 Cindy Clarke 7  
5th £10 Bill Milligan 57  
6th £10 Richard Parsons  
7th £10 Sally Irwin 124

### Thwaites Village Hall

#### 100 + Club Prize Winners March 2020 PrizeWinners

1st	No 99	Andrew Pogrel	£30
2nd	No 84	Elizabeth Garnett	£15
3rd	No 47	Pamela Airey	£10
4th	No 111	Nicholas Gamble	£10

**Please note the 100 Club will continue to be drawn, but prize money will be issued once the authorities have lifted Covid-19 restrictions.**



# News from The Hill



Strange times, but I have to report that Spring is on the way. The daffs are beautiful at the moment, nodding us a smile in the breeze. The red current bush in the garden is in full bloom, always a sight to lift the spirits. Tulips are coming along, and we have plenty of time this season to sit and enjoy. Especially in this current spell of sunny weather. I think the weeds are in for a challenge this year, as we have time to try and keep up with them! I'm sure we are all trying hard to be constructive, and hopefully these few ideas might help someone somewhere.

Keep in touch with friends and family, use the phone, send e mails, face time, send cards and letters. People will be delighted to hear from you. Do all those jobs that you have been putting off, clear out the shed, clean out cupboards, clean out kitchen cupboards, etc. Go through your wardrobe. Parcel up for the charity shops, could you re.vamp anything?

Use up spare fabric you have had for ages, make the grandchildren some dressing up clothes/outfits. Who doesn't like a princess dress, pirate costume etc. Send off as a surprise, or keep for later. What about all that knitting wool? Knit clothes for premature babies for the hospital, learn to crochet, squares for blankets for refugees next winter etc

.Have you got bags of old photos from the past? Now is the time to sort them out, label them and make albums for your children for a surprise present. Have done this and they said was the best surprise ever. They will never have time to do it, and also they won't know who the people are. eg. great grandparents etc.

Keep in touch with grandkids by face time activities. I have been doing long distance cookery lessons, eg. veg. curry, lemon drizzle cake so far. It's a great way to spend an afternoon, the kids love it, and the parents can have a break. Can only make things I have the ingredients for, but this can be worked out. Not included in this is housework, after all we want to enjoy ourselves!

I'm sure lots of you have other ideas, so any suggestions for the next Out and About please e-mail [oandacontact@gmail.com](mailto:oandacontact@gmail.com) and we would love to include them. Keep smiling if at all possible, keep safe and keep happy.

## Litter Pick Update

We have been keen to get to the litter before the brambles grow and make verges difficult to access. A further attack on Millom Without litter hotspots was started in March (but discontinued due to government restrictions for social distancing). Nevertheless, a large quantity of litter was cleared from the roadsides near St Anne's church and also in the vicinity of Thwaites Village Hall. A number of residents continue to collect litter as they take regular walks. Also, brambles and other undergrowth bordering Furnace layby (near Duddon Bridge) were strimmed to make the area look more tidy and also to allow easier litter picking (for those who haven't noticed the new bin !).

**COMPETITION  
TIME!**

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TIME!**

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TIME!**

So with some extra time on our hands - a couple of competitions with prizes. The theme of these competitions is: **What Does Spring Time Mean to Me?**

### **Younger than 16**

**Please do a picture - either by camera, painting or drawing about the theme of Spring. Then send a picture of your work to [oandacontact@gmail.com](mailto:oandacontact@gmail.com)**

### **Older than 16 (including all adults)**

**Please write a small piece of work which represents the theme of spring - no more than 150 words - please send your entry to [oandacontact@gmail.com](mailto:oandacontact@gmail.com)**

**Closing date is 22nd April**

**Winners gets a £10 e-gift card of their choice**

# Support Our Local Businesses

During this time of challenge, we have decided to pause our usual range of adverts and sponsorship marketing.

We have focused on what local businesses can offer during this particular time - noting that our shopping local has the benefit of helping local business which are facing such unprecedented challenges.

**The list below will of course be subject to continuing change as events unfold over the next few weeks - it is always best to check with the business as to what is possible and available. Please ring or keep updated by their Facebook pages.**

## Mike Huddleston - Motor Engineers Ltd

**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



The Shell Forecourt will remain open and should there be any NHS workers or similar essential workers requiring urgent vehicle repair, we can be contacted via the Forecourt Department.

We have taken the decision to close our workshop / MOT Department from Friday 27th March. We plan to be closed for 3 weeks, but will review this on-going basis and keep customers updated via our Facebook pages.



We will be delivering food all week. A big thanks for everyone's support on takeaways

Please call and place your order before 1pm 01229 774457. When leaving a voicemail please leave your name, number, order and post code and someone will call you back. Food collection from 5-7pm Tuesday-Sunday.

Thursday will continue to be a take out Pizza night 6-9pm

Friday night will be Pub Classics takeout 6-9pm

**Please list of full collections and deliveries - listed on the following page.**

## COLLECTIONS/ DELIVERIES

In addition to our usual food and drinks menu, the Punchbowl will be providing a collection/delivery service of homemade ready-meals (for you to heat at home) and some essential items. Delivery to the Green, the Hill, Hallthwaites, Lady Hall & Arnaby. Minimum order value of £10.

Andrex Toilet Roll	4 Pack	£3.50
Kitchen Roll	2 Pack	£1.39
Tissues	Single Pack	50p
Milk (Semi-Skimmed)	2 ltr	£1.50
Eggs	6 Pack	£1.50
Hovis (White/ Brown)		£1.90
Fruit Pack	Apples, Oranges & Bananas	£1
Vegetable Pack	Carrots, Broccoli, Cabbage	£1

### Home-made Ready Meals

- Mac & Cheese £4
- Tomato and Cheese Bake £4
- Bolognese Pasta Bake £4
- Steak & Ale Pie £4
- Chicken & Tarragon Pie £4
- Black Bean Chilli £4
- Beef Chilli £4
- Butterbean Stew £4
- Lamb Pasanda & Rice £5
- Goan Chicken Curry & Rice £5
- Chicken Kiev with boiled potatoes £5

- Soup of the day £3
- In addition we have our usual selection of drinks, crisps, nuts, chocolate and sweets.





# **Local Shopping - Millom / Broughton Area**

**Manor Farm Milk, A&A Garnett: Delivers fresh milk, eggs, yoghurt, cream, cheese, butter, orange juice as well as potatoes and tea bags. Call 01229 716 326.**

**Haverigg Shop (Londis): Free delivery of groceries to the local area. Call 01229 343450 or message on Facebook.**

**Scoop Value: Offer FREE delivery 7 days a week. Call 770062 or text 07754 894 640 and their helpful staff will discuss your order with you.**

**Rowlands Pharmacy offer a prescription delivery service (but not other pharmacy sales). Call 01229 772262.**

**Brookfield Farm Potatoes: Farm shop on North Lane, Haverigg (the camp road) selling fresh milk, cheese, butter, cream as well as a huge range of vegetables and fruit. They will also deliver. Message on Facebook or call 07850 113 376.**

**Patton's butcher - will deliver their meat and related products, call 772696 with your order**

**McClures are providing free food and produce delivery on a weekly basis to Broughton square. Their normal wholesale business is being adapted to domestic customers and so the larger quantities they have available can be broken into smaller portions. Their products are listed on [www.mcclure.co.uk/products](http://www.mcclure.co.uk/products) or they can be contacted by phone 015394 42636 option 1 for customer services or by e mail [sales@wmcclure.co.uk](mailto:sales@wmcclure.co.uk)**

**IMPORTANT NOTE: When arranging for items to be delivered you MUST inform the provider at the time of ordering if you are self-isolating so they can take appropriate measures to limit contact and the risk of infection.**