



Out and About In Thwaites - December and January 23 - Double Issue No 459

The Parish Council as part of the "asks" set out in the Community Plan, wish to share a proposal to install solar lighting from the end of Middle Cut to Green Road Station

CONSULTATION - PROPOSAL -SOLAR STREET LIGHTS

MILLOM WITHOUT PARISH COUNCIL

**PLEASE COME
ALONG AND SEE THE
PROPOSAL - AT THE
SUPPER ROOM,
THWAITES VILLAGE
HALL**

**DATES AND TIMES
FRIDAY 2ND DEC -
COMMUNITY CAFE AT 11AM
UNTIL 12PM
MONDAY 5TH DEC - FROM
1.00PM UNTIL 2.30PM AND
FROM 5.30PM UNTIL 7PM**



This Month - Out and About:

**Consultation - Solar Lights
News@Thwaites / Diary Dates
News From The Hill
Bonfire Night
Christmas Wonderland
Take Up Table Tennis
Remembrance 2022
Green Matters / Cosy Homes
Duddon Valley - Friends of The Lake District**



News @



Thwaites Village Hall 100 Club Winners - Nov 22

1st No 137 Steve Flannery £30.00

2nd No 107 Jack Giles £15.00

3rd No 33 Carole Pogrel £10.00

4th No 20 Joan Wearing £10.00



Play Group Update:

Playgroup will have a Christmas party on Monday 5 December and Santa is planning to attend (but not his reindeer). He will be distributing a present (please bring a small wrapped gift for your child/children although we will have several extra).

There will be one more session, 12 December, in 2022 and the group restarts after the Christmas break on Monday 9th January. We continue to meet Mondays from 10:00 to 12:00 during term times and the fee is £2 for a child with adult (50p for additional children). All are welcome and we would certainly appreciate extra help setting up and clearing away equipment and washing up after snack.

In January Thwaites Village Hall playgroup will be one year old!



**Community Lunch @
Thwaites Village Hall**

Soup & dessert, £5 per head.

Arrive for 12 noon.

Anyone willing to help for a couple hours once a month, please contact Jan Procter on 774234.

Please note the next event is on 25th January 23

FRIDAY FLOW GROUP invite you to join in our 'NEW COMMUNITY COFFEE MORNING'



11.00am-12.00am

Friday 2nd December



Great selection of tea, coffee &
home bakes.

Stay warm, meet friends & stay connected!

Free raffle ticket/prize draw

Venue: Thwaites Village Hall meeting room.





Weekly Activities

**Monday's
TODDLERS GROUP**
from 10 to 12 (5th,12th Dec and
Reopen on 9th Jan 23)

BOWLING from
1.30pm to 3.30pm

SCOUTS from
7pm

**Wednesday
and Thursday
evenings**

TABLE TENNIS is
from 6pm to 7.30pm
Cost is £2 per person and all are
welcome

FRIDAYS 2nd Dec., & 20th & 27th
Jan.

BAT & CHAT from 6pm
Table Tennis for Girls & Women

Friday - FLOW 9.30am - 10,30am -
please note dates:
2nd Dec and 20th & 27th Jan

Key Dates

**Friday 2nd December 22 (11qm
to 12pm)**

Community Coffee Morning
which includes the following
consultation:

**MWPC Consultation on solar
lights - other events include**
Monday 5th Dec from 1pm until
2.3pm and 5.30pm until 7pm

Tuesday 17th Jan 23 - WI

FRIDAY 9th Dec. & 13th Jan
starts 7.30pm

CUMBRIA WILDLIFE TRUST
Presentations

SUNDAYS 4th & 11th Dec. &
22nd & 29th Jan.

Table Tennis
Family Session at 5pm followed
by
League Practice from 6 to 7pm



News From The Hill

**Open House 17th December, 5.30- 7.30pm
£2 on the door**

**Includes mince pies and mulled wine.
Guest appearance from the Phoenix
Singers.**

**Open house 7th January as normal.
5.30-7.30pm**

A Successful Bonfire Night

The bonfire and fireworks display at Thwaites Village Hall on 5 November was a very successful event, as in many previous years. The weather cleared during the afternoon to leave near perfect conditions for viewing the fireworks and with the lifting of Covid restrictions the hall was open for refreshments. The organisers were pleased with how considerate those attending were towards those helping to serve food and manage the crowds.

We wish to thank all of the hardworking volunteers who are behind the scenes making this event work



**A double issue of
out and about -
back in February
23.**

**Happy Xmas
from the Out
and About Team**

Millom Town Council Christmas Wonderland

Saturday, 3rd December, from 11am

**Millom Rugby League Football Club
Devonshire Road**

**Followed by Millom
Christmas Lights
Switch-on at 5.30pm**

**Inside and outside
stalls and pitches
available**



**Santa's Grotto
1pm-4pm**



*To book a
pitch or a stall please contact*

Sarah on 07716 967911

Ladies bat and chat

Friday December 2nd 6-7.30 £2 ladies £1 junior girls

New players welcome

Sunday 4th December

New Family table tennis session 5-6 pm

£2 adults £1 juniors

No experience needed

Bats and Balls provided

**TAKE
UP
TABLE
TENNIS**

Remembrance 2022



This year, the Parish Council and Thwaites School came together in remembrance at St Anne's Church. This was alongside of a number of events held at the local School:

The school marked Remembrance Day today, with a two minute silence at 11 o'clock. The younger children have created poppy paintings to display in school and poppies made from recycled bottles which they have hung on the school gate. The older children have painted poppies on small stones, which they have placed around the war memorial at St. Annes Church.



Green Matters.....

Apple Grafting Course

The Millom Without environment group, working with the local charity Sustainable Duddon, is arranging an apple grafting course to be held at one of the local village halls in February. The course will include the material you would need to graft your own apple trees. It will be run by the South Lakes Orchard Group, so will include expert guidance. This course will appeal both to people who wish to develop expertise in protecting traditional local apple varieties, as well as those who simply wish to grow their own fruit and thereby reduce their fruit 'food miles' for many years to come. Keep an eye open for more details about this course or register your interest with sustainableduddon@gmail.com

Cumbria Wildlife Trust
DUDDON SUPPORT GROUP
Hoverflies

Friday 9 December, 7.30pm – 9.00pm

Thwaites Village Hall, The Green LA18 5HJ

A visual guide to these vital pollinators, how to recognise them, and how their varied forms and life-cycles fit into the ecology of the natural world. Local naturalist, Nigel Gilligan, will deliver the talk, illustrated by his stunning macrophotography.

Admission: £3 suggested donation including tea/coffee, mince pies and biscuits



Members and non-members welcome

FREE Energy Saving Advice from Cold to Cosy Homes Cumbria



As energy prices hit an all-time high, there are people worrying about how they are going to afford to keep their homes warm this winter.

Cold to Cosy Homes Cumbria is here to offer FREE energy saving advice and equipment to help you make your home warmer and more comfortable.

The Cold to Cosy Homes team has already helped hundreds of households to save money on their heating bills as well as do their bit for the planet by using less energy.

You or someone you know could benefit from a FREE advice phone call from a qualified assessor, who will advise you on the services you could benefit from. These could include:

- Energy-efficient equipment such as FREE LED light bulbs, sent to you in the post
- Professionally installed draughtproofing
- Help with your energy bills and advice on switching energy tariff
- Referral to support agencies or for other grants

If you or someone you know has a health condition, is on a low income or is bereaved or moving in and out of homelessness, Cumbria Action for Sustainability can provide them with free advice and support. We can also help people in a range of other circumstances, including certain benefits. You can have a look at our broad eligibility criteria online, or just give us a call and we can advise.

You can apply for yourself, or for someone else.

At Cumbria Action for Sustainability, we have been helping people to save energy in their homes for more than 20 years. We run the service in conjunction with the Local Energy Advice Partnership (LEAP) and councils in Cumbria, supported by funding from the Energy Industry Voluntary Redress Scheme.

If you need more information, please contact a member on our team on 01768 216500.

You may be surprised to find out that you are. See if you meet any ONE of the criteria below. If you're not sure, don't hesitate to contact us: 01768 216500 or cosyhomes@cafs.org.uk.

Health criteria - anyone with one of these:

- Cardiovascular condition (inc. Coronary heart disease, stroke, hypertension, transient ischemic attack)
- Respiratory condition (inc. COPD, asthma)
- Neurological or neurobiological condition (inc. Dementia, Parkinson's disease, MS, epilepsy, fibromyalgia, ME)
- Musculoskeletal conditions (inc. Arthritis, limited mobility, recently attended hospital due to a fall)
- Blood conditions (inc. Sickle cell disease, thalassaemia)
- Cancer
- Moderate to severe mental illness (inc. Schizophrenia, bipolar disorder and depression where receiving regular treatment)
- Severe learning difficulties
- Autoimmune or immunodeficiency diseases (inc. Lupus, diabetes, HIV)
- Terminally ill
- Other illness exacerbated by cold (confirmed by a GP)
- In possession of a valid NHS Medical Exemption Certificate.

Vulnerability criteria

Anyone in one of these situations:

- Victim of domestic violence
- Recent bereavement
- Moving in and out of homelessness
- Recent immigrant or asylum seeker
- Physical or sensory disability
- Have ECO-Flex Declaration from you council
- Be registered on the Priority Services Register
- Households with children under the age of 5
- Households with elderly over the age of 65

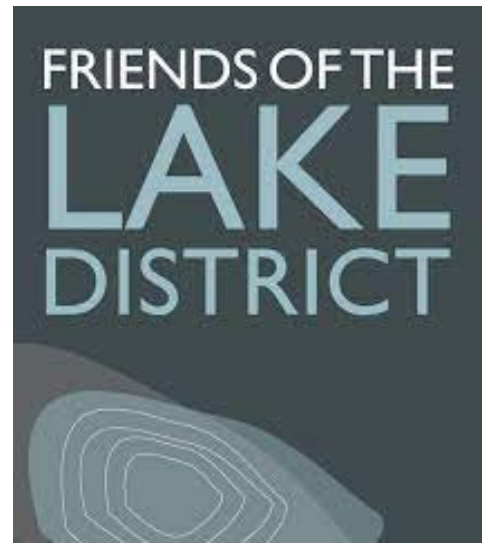
Income criteria

Anyone receiving one of these:

- Employment and Support Allowance
- Jobseekers Allowance
- Income Support
- Pension Credit
- Child Tax Credit
- Working Tax Credit
- Universal Credit
- Carer's Allowance
- Housing Benefit or Council Tax reduction
- A disability benefit (inc. Attendance allowance, DLA, PIP)
- MOD administered benefits

Or your gross income is no more than £31,000.

**A close neighbour- The
Duddon Valley - is
witnessing landscape
changes - the following
article produced by Friends
of the Lake District gives an
insight into this project**



Last week members of our staff visited Hardknott Forest in the Duddon Valley to find out more about the restoration of one of the largest conifer plantations in the Lake District National Park and to see the difference our Landscape Grant to help with non native tree removal has made. We met with John Hodgson, Restoring Hardknott Forest Project Officer and some of the team working hard to remove the non-native conifers. The project is working to create a woodland that is as natural as possible. The remote location and difficult road access means that timber production is not financially viable, creating a unique opportunity to restore the 630 hectare plantation to native woodland. Native species are mostly naturally regenerating, so once non-natives are removed, native trees such as oak, birch, holly, willow and rowan will reseed naturally. There is still work for the team and volunteers to do, but the difference to the landscape is already impressive to see





Do you love Cumbria and the Lake District? Become a member of Friends of the Lake District and join thousands of people enjoying and protecting it.

Our members are people who care deeply about the Lake District and want to see it thrive as a place for adventure, inspiration, wellbeing and tranquillity for present and future generations to enjoy.

When you join you add your voice. You are part of a group that loves the Lake District and supports the work we do to celebrate and protect it.

What we do:

- Practically conserve important landscapes, habitats and native species
- Campaign on major issues that will affect the Lake District and Cumbria
- Inspire people from all around the UK and beyond to value and look after this special place.

Want to join us? Membership costs just £2.75 a month for an individual and £3.75 a month for a joint membership. There are some great member benefits too, such as discounts at Cicerone, Cotswold Outdoor, and Inspired by Lakeland, and money off entry to some of Cumbria's stately homes and gardens. You will also receive regular updates about our work, and opportunities to get involved. For more information visit www.friendsofthelakedistrict.org.uk or ring the office on 01539 720788.