



Out and About In Thwaites - December 2023/January 2024 Issue No 469



**This Month -
Out and
About**

Local History

**News@
Thwaites
(playgroup,
committee
appeal)**

Diary Dates

**Cumbria
Wildlife Trust**

**New Exercise
Class**

**News From
The Hill**

Litter Picking

**Apple
Grafting**

Food Survey

MILLOM WITHOUT PARISH COUNCIL - COMMUNITY PLAN

The first community plan will run its course in 2024. It was created in 2019 following a number of community-based consultation events to hear community views and aspirations for our Parish.

Our current plan has seen a number of local improvements, including a new play park, enhanced paths, initiatives to reduce speeding in our communities and the introduction of solar lights close to The Green railway station. More information on the outcomes of the community plan can be found on the Millom Without Parish Council website: <https://millomwithoutparishcouncil.com/library/annual-reports/>

So we now looking to create the next version of our parish Community Plan. Work will begin in the new year to start the process of community engagement. We look forward to hearing your views.

We will keep you posted on the development of the community plan and events to hear your voice.

David Savage

**Tel Number: 01229 770310
Mobile: 07576066289**



*Enjoy the festive
season
Out and About
will be back
in February*



News @

PLAYGROUP UPDATE

Thwaites school invited the playgroup to a session at the school on 6 November and a good time was had by all. Twenty two children and their adults visited the school to enjoy an exciting array of toys, crafts, a soft play area and, of course, a snack! Playgroup look forward to going to the school again.

Playgroup will have a Christmas party at Thwaites Village Hall on Monday

11 December

from 10am to 12 noon.

Santa will be visiting so please bring a small gift for your child (value less than £5 and a donated or pre-loved toy would be preferred). This will be the last session for 2023.

Playgroup will resume after the school holidays on Monday 8 January.



Your Village Hall Needs YOU



Our Social Committee is the "engine room" that delivers community-based events such as the bonfire night and gala. This income helps sustain the Village Hall which, like everyone, faces the ongoing impacts of increasing costs.

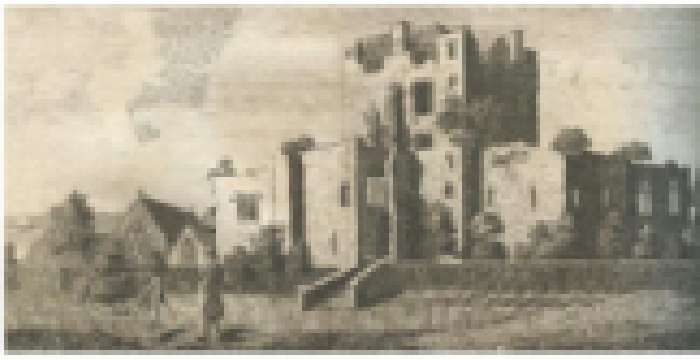
The Social Committee is keen to reach out to new supporters/ volunteers who can offer their time and skills to help maintain our village hall.

All contributions will be both valued and welcomed by the Social Committee.

If you would like to find out more or discuss how you might help, please contact Lin Tyson at tysonlin@btinternet.com or Mel Wright at melanie879.wright@gmail.com

Thwaites Village Hall 100 + Club November Prize Winners

- 1st No 120 Terry & Mel Wirght £30
- 2nd No 37 Mark Kitchingman £15
- 3rd No 92 David Urwin £10
- 4th No 58 Scott Barker £10



LOCAL HISTORY SOCIETY

PRESENTS



Nostalgic Film Night Thursday 14th Dec 7-9

Holy Trinity Church, Millom
Admission £5

For programme details see
[www.millomhistory.org.uk/
programme](http://www.millomhistory.org.uk/programme)

A MYSTERY AT SWINSIDE STONE CIRCLE?

Swinside stone circle is always atmospheric, perhaps particularly on a grey damp day when imagining bronze age peoples congregating for ceremonies and/or to mark the sequence of the seasons. These peoples may have used Swinside and other stone circles around the Lake District as staging posts for transport and export of stone axes from Langdale throughout Great Britain and Ireland.

Who made a mysterious carving on the horizontal exposed section of a flat stone on the South edge of the circle, why and when?

If you know where to look and the light is favourable you can make out the outline of a Coptic cross. In the 40 or so years that one member of the Duddon Valley Local History group has been visiting the stone circle he has seen the cross become increasingly difficult to discern as the carved marks have weathered.

One story, for which there is so far no corroborating evidence, is that the cross was carved by Rider Haggard (author of King Solomon's mine) as a feature for a novel that he did not finish?! An interesting story.....

If you can't see the Coptic cross visit the stone circle another time and perhaps the light will be more favourable. There is a well-documented walk to the circle from the new standing stone at The Green:
https://millomwithoutparishcouncil.com/footpaths_project/thwaites-stone-to-stones-walk/



Weekly Activities

MONDAYS

TODDLERS GROUP

10am - 12 noon

4 and 11 December

Then back on 8 January

BOWLING

from 1.30 to 3.30pm

4 and 11 December

Then back on 8 January

WEDNESDAYS AND THURSDAYS

TABLE TENNIS

from 6 - 7.30pm

Cost is £2 per person and all are welcome

FRIDAYS

FLOW

From 9.30 - 10.30am

in DECEMBER and JANUARY

JANUARY new class 10.45 - 11.45am

BAT & CHAT 6.30pm

Table tennis for girls and women
from 6 - 7.30pm

SUNDAYS

TABLE TENNIS

Family session at 5pm followed by
league practice from 6 to 7pm

Key Dates

FRIDAY

1 December

FLOW Christmas
community coffee morning
10.30 - 11.30am



Cumbria
Wildlife Trust

FRIDAY

8 December

12 January

Cumbria Wildlife Trust
7.30pm



TUESDAY

16 January

WI Meeting

7.30pm

WEDNESDAY

31 January



Arrive for 12 noon. Soup and
dessert, £5 per head.

(NO COMMUNITY LUNCH
IN DECEMBER)

Anyone willing to help for a
couple hours once a month,
please contact

Jan Procter on 774234.

**CUMBRIA WILDLIFE TRUST
Duddon Support Group
Thwaites Village Hall**

**Friday 8 December, 7.30pm
WINTER TREE IDENTIFICATION**



An interactive presentation on winter identification of trees and shrubs commonly found in forests, hedges and around the fells, led by retired forest and countryside conservation officer Gareth Broome.

**Friday 12 January, 7.30pm
WILDLIFE PHOTOGRAPHY
THROUGH THE YEAR**



**Where do nature photographers find inspiration for their subject matter through the calendar months?
Jill Pakenham FRPS shares her ideas for capturing images of a wide variety of wildlife in the UK.**

Suggested donation £3 ALL WELCOME

**FLOW
New Year.....New Class**

Flow has become so popular that we are inviting new participants to join with us on Friday mornings in the New Year 2024 for a new **'SOFT' FLOW** class. We meet in Thwaites Village Hall.

The 'soft' flow class is suitable for de-conditioned adults, or anyone with limited mobility, or health that is starting to let you down....it's an introduction to gentle, functional movement that your body will love!

If you are recovering from illness, injury, surgery..... or have a long-term chronic illness and you might need to sit down during a safe, effective group exercise class....then this is the one for you!

**Start Date: Friday 26 January 2024
Time: 10.45 - 11.45am**

Class fee/donation = minimum £4.00 or whatever you can contribute.

Please contact Bella Howse by text (or facebook) on 07584 492562

**THE FLOW EXERCISE GROUP
invite you to their
CHRISTMAS
COMMUNITY COFFEE MORNING**

**Friday 1 December 10.30 - 11.30am
Thwaites village hall**

**We extend this invitation to all
members of the community.
Please pop in for a hot drink
and a mince pie.**

Say hello to old friends and new!



News From The Hill

FRIDAY 26 JANUARY

Local Ukelele Group and Pie & Peas

7pm for a 7.30pm start

£8 per person

Proceeds to St Mary's hospice

To book contact Alan on 772337 (after Xmas!)



OPEN HOUSE

Saturday 16 December

with The Phoenix Singers

Doors open **5.30pm**

Christmas carols for the kids **6.30pm**

Mince pies and mulled wine provided
£2 on the door

(NO OPEN HOUSE ON 2 DECEMBER)

Saturday 6 January 5.30 - 7.30pm

Come and meet your neighbours at
The Hill village hall

Bring your own drinks
nibbles provided

November Draw Prize Winners

1st No 75 Alison Nicholson £50

2nd No 26 Elena Delaney £20

3rd No 33 John Sutton £20

4th No 95 Caroline Usher £20

5th No 103 Sheila Flanagan £10

6th No 93 David Urwin £10

7th No 112 Chris Burgess £10

Litter picking

As the weather turns autumnal and vegetation dies back, the accumulation of litter along our roadsides becomes more apparent. The energetic Millom Without litter picking team are planning a litter picking session on **3 December** so if you too are aggravated by litter and want to stem the tide of plastic entering our environment please join us. Send your details to the Out and About team (oandacontact@gmail.com) and we will let you know where and when we will be collecting. We can provide litter-pickers (thank you to CGP community fund for our new supply) bags, and reflective strips. We can also arrange collection of waste by the council.

We know many residents habitually clear litter while out walking. Please let us know what you find and/or highlight any areas in our parish that you think need to be tackled by a larger group.



Take note: a prize will be awarded for the most unusual item of litter collected! Please submit a description of the item and where it was found to the Out and About team.

LEARN HOW TO GRAFT APPLES



As part of its work to reduce carbon miles and increase appreciation of local apple varieties, Sustainable Duddon is again running a free three-hour course, at the Victory Hall in Broughton.



Under expert guidance you will graft your own apple trees to take home with you. The course will take place on the morning of Saturday 24th February.

Contact

Sustainableduddon@gmail.com
to reserve a place.

SUSTAINABLE
DUDDON

FOOD SURVEY



CUMBERLAND residents are encouraged to complete a survey to help the local council and researchers have a better understanding of food insecurity in the area.

The Food Insecurity measured at a Local Level (FILL) survey seeks to measure the extent to which people in Cumberland are struggling to access food - whether for financial or other reasons – and what kinds of support services (if any) they use.

Until now local authorities, such as Cumberland Council, have had to rely solely on data from food banks and community groups in the local area to measure food insecurity. This can mask the true scale of the situation as not everyone who might otherwise benefit accesses these services.

The survey is available to everyone living in Cumberland over the age of 18 and the team encourages one adult per household to take part, regardless of whether they have experienced food insecurity or not.

To complete the survey go online: <https://melresearch.co.uk/client-pages/cumberland-food-survey-o/> or ring 0800 073 0348 where it can be completed over the phone. Participants also have the chance to be entered into a **free prize draw to win gift vouchers of up to **£100**.**

Cumberland Council has a strong commitment to improving access to good quality food which is why it has been chosen as one of three areas to pilot the survey. The council agreed its Food Cumberland Strategic Framework at the end of October, setting out how it will address many of the issues related to food. The results will help better understand the situation in the Cumberland area and identify what can be done to ensure every household gets the support they need.

Residents have until **21 December 2023 to complete the survey.**