



Out and About In Thwaites

October 20 - Issue No 441

**This Month -
Out and About:
Village Hall -
Ready for
Opening**

**Playing Fields
Request**

**Cold Feet to
Cosy Homes**

**Updates from
Wildlife Trust
and The Hill
Village Hall**

**A Gentle Walk to
Kirkby In
Furness**

**Speeding In the
Parish**



Re-opening of the Thwaites Village Hall

The Village Hall has now completed it's programme of re-decoration and we hope you have noticed the new look and refreshed exterior walls. Inside the Hall there are new colour schemes for the supper room and changes made to the main hall.

We have of course spent time and energy on preparing a safe covid-19 secure environment for the hall, with new signage, cleaning stations, one - way system for entrance and exit and improved cleaning regime.

The Hall will be subject to strict new arrangements regarding numbers and social distancing requirements, and this is reflected in the terms and conditions of hire which any hirer of the Hall will need to adhere to.

We are also aware of the changing environment of Covid-19 regulations and the Hall will work within these guidelines and respond to any requirements as they arise.

We want users to feel safe and the community to be assured that all is being done to maintain strong covid-19 standards of operation.

If you wish to book the Hall, please contact Chris Gibson on 773284

Results - Thwaites 100 Club - Winners - Sept 20

1st 43 Chris Ogden

2nd 62 Joan Gent

3rd 95 Pam Wearing

4th 54 Cath Sewell

The Hill Village Hall 100 Club Winners September, 2020.

£50.00 Paul Western 99

£20 Kyra Parsons 117

£20 Bev Sharpe 83

£20 Penny Blackwell 110

£10 Mark Butcher 14

£10 David Webb 14

£10 Amanda Young 59

Thwaites Village Hall - Playing Fields

**We need your support
in keeping the Playing
Fields at the Village
Hall free from dog
fouling.**

**We ask that there is
no exercising of dogs
on the playing fields -
this protects the
health of all users.**



Cold Feet to Cosy Homes

This is a Cumbria wide scheme supported by district councils and other organisations that offers advice calls, qualified adviser visits, energy saving measures such as LED lightbulbs and draughtproofing, and installation services to eligible households.

Eligibility criteria are wide (see below) and include anyone who is over 65. Check your eligibility and apply now - to beat the winter rush - at www.cosyhomes.org.uk or call on 01768 216500.

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 your council

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 disabilities • Autoimmune or immunodeficiency diseases (e.g. lupus, diabetes, HIV) • Terminally ill • Other illness exacerbated by cold (confirmed by GP) • In possession of a valid NHS Medical Exemption Certificate.

Income criteria: Anyone receiving one of these: • Employment and Support Allowance • Jobseeker's Allowance • Income Support • Pension Credit • Child Tax Credit • Working Tax Credit • Universal Credit • Carer's Allowance • Housing Benefit or Council Tax reduction • Child Benefit • A disability benefit (inc. Attendance Allowance, DLA, PIP) or with annual income below a certain threshold (for instance, £14,520 for 1 adult or £21,780 for adults with no children at home). **Please see the flyer that accompanies this months issue**

Update from Cumbria Wildlife Trust

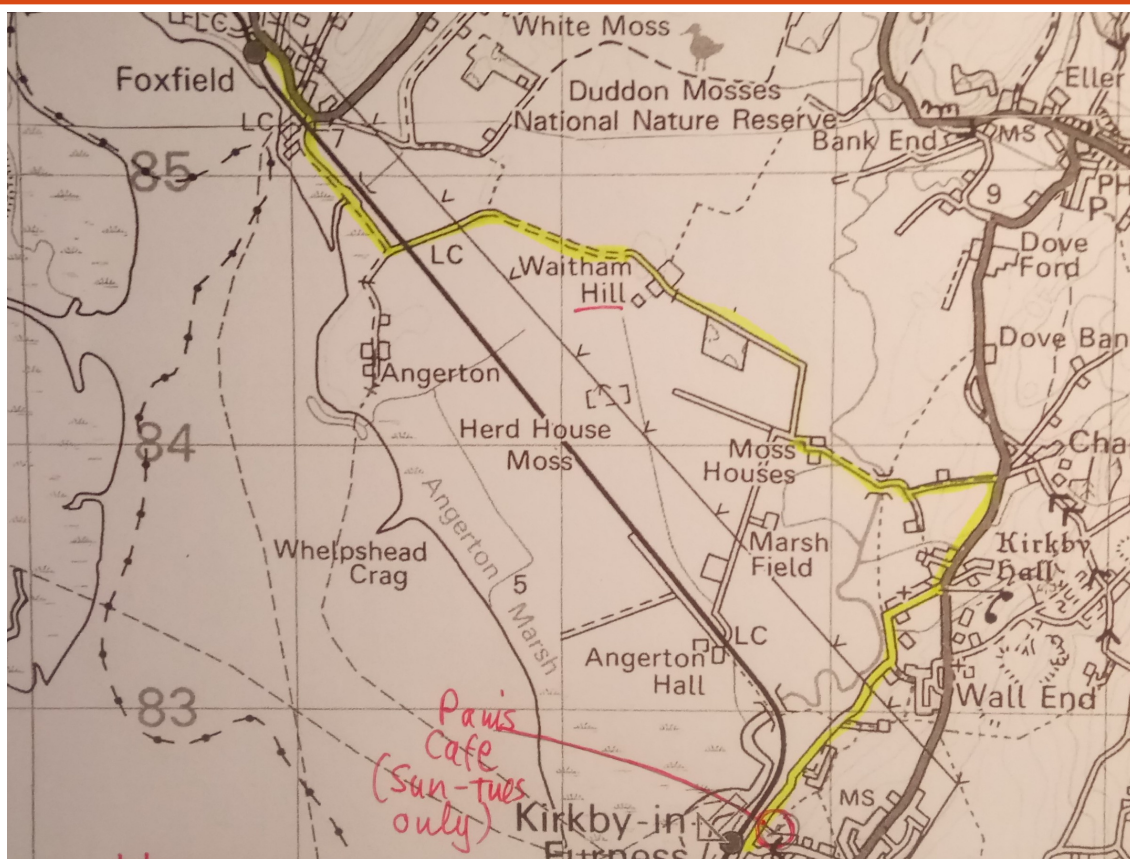
Cumbria Wildlife Trust Duddon Support Group regrets that its winter talks programme has been suspended due to coronavirus precautions. This decision has come from CWT headquarters who advise all groups to consider resuming outdoor activities from March 2021. CWT headquarters will be delivering a programme of winter talks digitally once a month to which all members will have access. Additional digital events may also be offered. Members wishing to access these events who have not given their email address to Plumgarths should email details to membership@cumbriawildlifetrust.org.uk

A Gentle Route to Kirkby in Furness

I often use the train from Green Road to Broughton to avoid risking life or limb cycling up the High Cross Hill. The trains are very quiet at present and it takes but a few minutes to get from Green Road station to Foxfield or Kirkby in Furness stations, either of which serve the route described below from Kirkby. The route between these stations is along Duddon Mosses National Nature Reserve, is largely traffic free on tarmac and is suitable for cycling or walking as the distances are not long. I always plan the route around the opening hours of Pam's Café (phone 07989865251), open Sundays through Tuesdays, and conveniently just across from Kirkby station.

The views of the Lake District Fells and Black Combe are splendid from this route. However, if the visibility is not good you can always admire the special habitat the Mosses provides. A map is provided below but briefly, as if from Kirkby to Foxfield station: Head towards Grizebeck along the road that parallels the railway. When you reach the Barrow to Grizebeck main road keep to the pavement until you come to the track on your left, just opposite the road to Chapels. (Note that if you are on foot you can shortcut this section by taking a footpath across the fields to the Duddon Mosses before reaching the houses at the far end of Sandside).

Proceed along the minor road through to Waltham Hill (always much steeper than I think it should be but at least very short) through to the railway crossing (2 gates to negotiate) before you get to Skelly Crag. At Skelly Crag there are another 2 gates at the manned/womanned level crossing before you are on the main road for a very short distance through Foxfield (pavement available on the opposite side of the road).



A Favourite Local Walk or Cycle Ride?

Do you have a favourite walk or ride you would like to share with others? Out and About would be pleased to have a regular feature on local walks or cycle rides for readers to explore (or to imagine from the comfort of a fireside chair on a wet day). Please contact the Out and About team if you have text and/or a route plan you can share.

Please email: oandacontact@gmail.com

We Got it Wrong - Please accept our apologies
Last month's article on the NHS Fundraiser should have said
"Well Done Jake and Ross"



The Hill Village Update

Due to our size, under the present restrictions our numbers are very restricted, and so regretfully we are having to put events on hold. Hopefully things may change, and next year will be altogether more sociable! Take care.

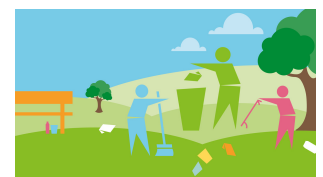
SPEEDING TRAFFIC THROUGH THE PARISH

Everyone can help to reduce this problem by contacting the police directly to report speeding on our roads. The more reports the police receive, the greater the chances that we will be able to bring in new measures to reduce speed limits and enforce existing ones. The telephone number to use is 101 or an online report can be filed at the Cumbria Constabulary <https://www.cumbria.police.uk/.../Speed-Concern-Report.aspx>



CUMBRIA
CONSTABULARY

Litter Picking Update



Millom Without Parish Council would like to continue support litter-picking in our area while maintaining Covid 19 restrictions. As the weather is becoming more autumnal and vegetation starts to recede litter along road verges is becoming more visible. We would like to continue to encourage 'self-led' litter picking by individuals or small groups rather than organizing groups (and judging changing weather conditions). Please do let us know if you would like to borrow litter pickers or tabards. Also we can arrange for Copeland to collect bags of waste (if it won't fit in your domestic refuse bin)