



# Out and About In Thwaites - September - Issue No 466



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Out and  
About**

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## **We have new solar lights!**

We are pleased to confirm the four new solar between Green Road station and middle cut are now in place and operational.

These solar lights are energy efficient and sustainable. They work from dusk until dawn and are motion activated, minimising the visual impact when not actively needed. At dusk the lights will switch on at 30% until motion is detected, then lift to 100% and return to 30% once there is no longer motion detected. After approximately eight hours they switch to standby and the lights will come on to 100% if motion is detected.

They hopefully address the safety concerns of residents who travel past / from / to the station, particularly as the days become shorter. If you haven't seen them yet, we encourage you to take a look and let us know what you think. Please respond to the O&A email address or leave a comment on the Millom Without Parish Facebook site.



***The lights will come on fully  
when motion is detected***

We are keen to hear your thoughts on how they perform, as we consider whether more solar lights would provide further improvements elsewhere within our parish.





## **NEW ROAD SURFACE AT THE HILL THE LONG WAIT IS OVER!**



**Residents at The Hill met with the Parish Council on 23 June to express their frustrations at the decaying state of the road which connects many of the village residents.**

**The Parish Council worked in partnership with newly formed Cumberland Council, to address what many say has left this road with no maintenance for a number of decades.**

**Cumberland Highways responded with both a clear plan of action to address the years of continual decline, with an expected resurfacing to commence in the autumn months.**



***Resurfaced at last***

**However, we are pleased this job has been brought forward and we now have the new road surface which meets the residents expectations. The wait is finally over.**

### **Ensure Your Right to Vote**

Local residents are being urged not to lose their voice on decisions that affect them by making sure their electoral registration details are up to date.

Each year the council contacts every household to check whether it has the correct people registered to vote and to ask residents to inform it of any changes.

This means electors may receive an email, text message or letter from Cumberland Council over the coming weeks, asking them to check who it has on the register and inform it of any changes. Please look out for these and respond as required.

Anyone who needs to register to vote can do so quickly and easily online or by contacting the elections team on **0300 373 3730**. It is particularly important that those who have recently turned 18 or have moved address are registered at the right property.

More information on the canvass can be found at

**[www.cumberland.gov.uk/voting-and-elections/responding-electoral-register-canvass](http://www.cumberland.gov.uk/voting-and-elections/responding-electoral-register-canvass)**

# FREE Energy Saving Advice from Cold to Cosy Homes Cumbria

As energy prices hit an all-time high, there are people all across Cumbria 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

<https://cafs.org.uk/cold-to-cosy-homes-eligibility-criteria/> or just give us a call on **01768 216500** 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.



## The Village Hall - Our Backstory

Thwaites Village Hall Management Committee have discussed some of the rich history that is part of the back story which has created our village hall.

We have many pictures which tell their own story about the hall and our local residents, but we are becoming well aware of the need to save this history for future generations. We have many pictures which now need to be scanned and stored.

We also have gaps with names of who is on our pictures and some of the stories that are associated with them are starting to be lost by time and with no supporting written historical record.

We are looking for volunteers who can help create the Village Hall legacy and make sure we can continue to tell our story into the future.

So if this project is something that might interest you with undertaking research, helping capture the images and creating the historical record, we would be grateful to hear from you. Please let us know by dropping a line to [oandacontact@gmail.com](mailto:oandacontact@gmail.com)

## Playgroup update

At the end of summer term the sun shone brightly and children, with their adults, swarmed to Thwaites Village Hall playing fields for a party. Toys and tables were taken outside to join the bouncy castle and a very good time was had by the many who attended.



**A bouncy castle was the star attraction at the playgroup party**

Playgroup – for preschool children and their adults – will resume Monday 11 September (date to be confirmed). Playgroup is held during term time on Mondays from 10am -12 in Thwaites Village Hall. For a charge of £2 for an adult and one child (50p for an additional child or adult) children are provided with a healthful snack, while there is tea and coffee for adults. All are welcome and we would certainly appreciate extra help setting up and clearing away equipment and washing up after snack.

Do come and join us! For more information contact [oandacontact@gmail.com](mailto:oandacontact@gmail.com)



## Weekly Activities

### MONDAYS

**Toddlers Group**  
10am - 12 noon

**Scouts** from 7pm  
during term time

### WEDNESDAYS AND THURSDAYS

**Table Tennis**  
from 6pm - 7.30pm  
Cost is £2 per person and all are  
welcome

### FRIDAYS

**FLOW** is back at TVH!  
From 9.30am - 10.30am

**BAT & CHAT** 6.30pm  
Table Tennis for girls and women  
from 6pm - 7.30pm

You can make a booking enquiry via our website  
<https://www.thwaitesvillagehall.co.uk/booking>

### Thwaites Village Hall 100 + Club August Prize Winners

1st No 120 Terry and Mel Wright £30  
2nd No 8 Alice Barrow £15  
3rd No 63 Tracy Gibbison £10  
4th No 124 Derik Dixon £10

## Key Dates

### WEDNESDAY

**6 September**  
GDF Business Meeting  
3pm - 6pm

### FRIDAY

**10 September**  
Table Tennis Coaching Sessions  
9am - 7pm

### TUESDAY



**19 September**  
WI Meeting  
7.30pm

### WEDNESDAY

**27 September**



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

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

**Jan Procter on 774234.**



### FRIDAY

**29 September**  
Coffee morning in aid  
of MacMillan Nurses  
10am - 12 noon



# News From The Hill

## Plant Sale Cheque Presentation



***The Hill 'Plant Ladies' with staff at St Mary's Hospice***

The team who organised the annual plant sale in aid of St Mary's Hospice, Ulverston, visited the hospice at the end of August to hand over a cheque for a massive £2,552.

In a post on their Facebook page, St Mary's Hospice said:

*It was a pleasure to meet The Hill Plant Ladies earlier this week at St Mary's Hospice. They blew us away with their amazing donation of £2,552 from their outdoor plant sale event. A Great Big St Mary's Hospice thank you to all who helped make this possible.*

Well done to all organisers, donors and supporters for such a great achievement.

### August Draw Prize Winners

- 1st No 95 Caroline Usher £200
- 2nd No 31 Colin Garnett £20
- 3rd No 27 Robert Falconer £20
- 4th No 52 Wendy Lapping £20
- 5th No 50 Linda Kilburn £10
- 6th No 108 Ellis Logan £10
- 7th No 25 Susan Day £10

### OPEN HOUSE

Saturday **2 September**

Come and meet your neighbours at  
The Hill village hall 5.30 - 7.30pm

Bring your own drinks  
Nibbles provided



# Adult Learning



## Arts & Crafts at Millom Hub

### Autumn 2023 Arts & Crafts Courses

at  
**Millom Community Hub**  
Salthouse Road  
Millom  
LA18 5AB

#### **Beginners Felting - Introduction to Wet Felting** (5 weeks)

**Thursdays, 21 September to 19 October** (13:00 to 15:00)

*An introduction to creating vibrant landscapes using the techniques of wet and dry, needle felting. The course will start with a step-by-step demonstration to show the potential of wet felting. Learners will then be led through the process of creating their own vibrant, felts. These may be landscapes, flowers, birds, or animals. Fee: £55.00*

#### **Beginners Painting - Exploring Watercolour** (5 weeks)

**Thursdays, 02 November to 30 November** (13:00 to 15:00)

*The aim of the course is to learn basic watercolour techniques, including colour mixing, and then to apply these skills and techniques to create atmospheric seascapes and landscapes. Fee: £55.00*

#### **Wellbeing Smartphone Photography Walk** (3 hour session)

**Saturday 2 September 2023** (11:00 - 13:00)

During this Ramblers Wellbeing Walk in the beautiful environs of Millom you will be taught how get the most out of your smartphone camera.

The walk will be a 3 mile route involving 60-90 mins walking along with plenty of stops along the way to take photographs meaning that the total time of the walk will be between 2 and 3 hours. **Free course**

Enrol online or contact us for more details:

**Whitehaven Adult Learning**

[whitehavenadultlearning@cumberland.gov.uk](mailto:whitehavenadultlearning@cumberland.gov.uk)

Tel: 01946 506 416



Westmorland  
& Furness  
Council

Working for Cumberland Council and  
Westmorland & Furness Council

# NEWS FROM SUSTAINABLE DUDDON



Sustainable Duddon is a community organisation encouraging climate-change friendly choices. It covers the whole of the Duddon area and has representation from the Duddon and Millom Without parishes. Residents from both parishes have collaborated on - amongst other issues - group litter picks, investigating local renewable energy schemes, promoting a cycle event at Thwaites Village Hall and establishing a community orchard near Keppleway in Broughton.



Sustainable Duddon  
E: [sustainableduddon@gmail.com](mailto:sustainableduddon@gmail.com)

## Community Garden

We run a community garden next to the old school in Ulpha. Harvest has started with apples and plums looking good and various vegetables coming along well. Runner beans have finally run up the poles now the rain has come...although we could now do with a little less! The excessively wet conditions have been welcomed by the slug population, so whilst the brassicas are doing well, the slugs are starting to take their toll. The garden produce is there for the benefit of the community, so if anyone would like to make use of the various harvests, just turn up and take what you need, although we would prefer you to please let us know first so we can point you in the right direction.

## Transport



A transport questionnaire is available online, via our Facebook page. Initially, we would like your ideas on what improvements you'd like to see, then we will adapt the questionnaire to reflect an understanding of what is most important to the majority of responders. We are feeding back information both to Sustrans, and to the Lake District National Park Partnership.

## Adult Learning Courses

You may have seen that free, online courses are available that are part of a Greener Curriculum. Award in Sustainability Level 2 will introduce you to the basic issues of sustainability and focuses on the basic concepts of sustainability on a personal, local and global scale. More information can be found at <https://adultlearningcumbria.org/>



## SUSTAINABLE SUNDAYS

Every Sunday - weather permitting - we have a gardening session from 2pm to tend our community garden at the Old School House, Ulpha. If you have a couple of hours to spare do come along: get some fresh air, meet other folks, enjoy making a difference. There's plenty to do and your help will be much appreciated.