

St Peter's Church Information

Now that we seem to be coming out of lockdown, the church is again holding a full programme of services. During June, we will have:

6th	Trinity I	Holy Communion	Sheila Clark
13th	Trinity II	Morning Prayer	Lay-led
20th	Trinity III	Holy Communion	Bishop James Bell
27th	Trinity IV	Morning Worship	Sandy Pearl
4th (July)	Trinity V	Family Worship	Carolyn Fyfe

Over the past few years, the Churchyard at St Peter's has been getting quite "full"! The field to the West of the Churchyard is owned by the Diocese of Carlisle, and they have offered to gift us a piece of that field as a Churchyard extension. We're currently going through all the legal niceties, including planning permission for change of use (which you may have seen the notice for). This should provide us with enough additional room for a few decades!

With that on our minds, we thought it would be a good idea to take a look at the Churchyard as a whole. We're hoping to come up with a plan to improve the selection of trees, and to set aside some areas for wild-flower planting. We'll be arranging a meeting or two in the Churchyard to look at what we have already, and to talk through ideas of the changes we might make. There are one or two bits of tidying up that we already know need to be done, so we'll be having a working party sometime soon. If you would be interested in being involved in any of this, please let John Banks know (Glebe House, 01931 712801, banks.jc@gmail.com).

During a week in June, the "Churches Count on Nature" project investigating nature in churchyards will bring local people together to discover the wildlife in their local church yard, recording the species they find, combining their results with others which will be collated on the National Biodiversity Network (NBN), a nationwide database of wildlife in the UK.

If anyone is interested in finding out more about the project, or helping to collect the data, please contact John (details above).

THE PUNCHBOWL

Following the recent easing of restrictions you are now able to take a table inside at the Punchbowl Inn as well as in the extensive outdoor seating areas.

A fantastic new menu is now available and food is served EVERY DAY from 12 noon until 3 p.m. and from 5 p.m. to 9 p.m.

Simon and the team look forward to welcoming you soon.

Please send items for inclusion in future editions of this Newsletter (next one will be JULY 2021) to:

Alex Wilkinson, Scar View 01931712367 email to AHNewsletter@mail.uk

Askham and Helton Village Newsletter

JUNE 2021

It is now several weeks since the last newsletter and we are beginning to see the wider opening of several local facilities and businesses. With luck, by the end of this month, we may see a complete relaxation of current restrictions and this newsletter has several items regarding this.

The Askham and Helton Residents and Friends FaceBook page is an excellent way to communicate and has a very extensive membership. The village website is updated regularly with Parish Council minutes, Community Centre news etc. See www.askhamandhelton.co.uk

Alex Wilkinson, Scar View 01931712367 Please email newsletter items to AHNewsletter@mail.uk

PARISH COUNCIL NEWS

Interpretative Information Boards Following the installation last year of an Information Board in the Bus Shelter, two additional boards have now been installed opposite Townhead Farm and Opposite St Peter's Church. These are proving to be very popular with visitors to the village.

Tree Planting on the village greens You will recall a request in the last newsletter and a "call out" on Facebook for your views and there have been a large number of suggestions regarding species, number and location and these suggestions are now being reviewed by Jim Bliss of Lowther Estates in readiness for the winter tree planting season.

Helton Bridleway A footbridge on the lower Helton bridleway was washed away last winter and currently discussions are taking place between Lowther Estates and the LDNP to replace the bridge and improve the bridleway.

Car Parking in Askham and Helton The restrictions on parking by the cattlegrid at the top of Askham has increased pressure on parking on Helton fell. Dialogue is currently taking place between the Parish Council, CCC, LDNP and land owners to try to resolve this issue.

Items for the attention of the Parish Council can be communicated as follows:

By Post: Askham and Helton Parish Council. c/o 4 Grassthwaite Howe, Glenridding, Penrith, Cumbria, CA11 0PY

By Email: lakesclerk@icloud.com On the Askham Residents and Friends Facebook Group. Or by contacting any councillor.

Askham and Community Centre (ADCC) The Annual General meeting of the village hall is to take place on Thursday 10th June at 7 p.m. to which all members of the community are invited to attend

The Village Show will be back in its usual form on Saturday 4th September and a schedule will be available soon both online and from Askham Stores. You can expect the usual sections: baking, gardening, crafts, preserves, photos and children's sections. Please support the show with entries and offer to help to set up the hall, steward on the day, in the café or sell raffle tickets. The following help is required: cakes donations for the café, raffle prizes and contributions for prizes.

Offers of help please to: Laura Harker 712168; Linda Collison 713167; Sarah Thomas 712819; Mary Westgarth712233; Sarah Banks 712801

HIGHLIGHTS Rural Touring Scheme ***JUST A FEW PLACES LEFT ***

Cumbrian-based artist Liz Jones is offering an Introduction to Lino Printing on Friday 11th June and Saturday 12th June 2021, 10.30am to 3pm, which will provide you with all the skills and tools you need to design and create your very own print. A great introduction for those with little or no prior experience, you'll learn everything from creating an initial sketch to making a design on a block and making a print to take home. You can view some of her work at www.lizjonesstudio.co.uk

Date/ Time: Friday 11th June and Saturday 12th June 2021, 10.30am – 3pm,

The cost of the workshop is £25 a day and places **must be pre-booked in advance.**

Please call Askham Stores ASAP to book a place **01931 712187**

ASKHAM SWIMMING POOL

As you will be aware, the swimming pool was unable to open last year but the team of volunteers have been working extremely hard to prepare and ensure that everything is in place for opening on SATURDAY 5th JUNE 2021, albeit with some initial restrictions.

This dedicated band of volunteers have ensured that all aspects are in place but more volunteers are needed so, if you are committed to the success of our community swimming pool then please give your name to Alex Wilkinson know at **AHNewsletter@mail.uk** or tel. **01931712367**

Whilst EARLY BIRD tickets are not available this year, prices remain at 2019 Early Bird prices and are extremely good value.

Also, due to restrictions on the number of swimmers allowed, even with a season ticket you must pre book a place for a swimming session no more than one week in advance. Each swimming session will last for 90 minutes.

Should all swimming places not be pre-booked then there may be places available for anyone just turning up but this can not be guaranteed.

An application form for season ticket and explaining all information is now available in Askham Stores and completed forms should be returned to the village stores or swimming pool reception.

However, ONLINE BOOKING for a season ticket and also to book a swimming place is available now at **www.ticketsource.co.uk/AskhamCC** Please look for the "season ticket" and, once you have purchased you can start to book your swimming session.

From this website you are able to purchase a season ticket and also pre-book a swimming session

If you'd like further information, terms and conditions etc then please have a look at the Swimming Pool section at:

www.askhamandhelton.co.uk

And a reminder that the Swimming Pool also has its own FaceBook page with up to date information

MOVE IT OR LOSE IT

Pauline Ireland has been teaching fitness classes in our community for over ten years and has now extended her programme to include classes that are specifically designed for older adults (60yrs upwards).

The aim of the specialist classes is to improve people's Flexibility, Aerobic health, Balance and Strength (FABS for short) gently and steadily. The exercises can be done seated or standing and can be adapted to suit individuals' particular needs".

They are also designed to be fun and delivered in a friendly environment where both men and women can meet to improve their health. They are aimed at people who would find normal gym classes unsuitable or might feel that regular exercise might be beyond them.

The classes will be run on a Monday and Thursday, starting 7th June at 10.30am in Askham Community Hall.

Pauline, who is the only specialised 'Move it or Lose it' instructor in Cumbria, adds:

"Behind the fun nature of the class, there is a serious mission to help people stay independent for longer. It's unbelievable to think that 25% of women and 7% of men over 70 don't have sufficient leg strength to get out of a chair without using their arms. When people lose their strength, they also start to lose their independence, so undertaking a suitable exercise programme helps turn back the clock and helps people can keep doing the things they love for longer".

On top of the 'Move it or Lose It' classes, Pauline is also running several other classes that may appeal to variety of needs in the community.

Beginner's fitness class on a Tuesday at 6.30pm

Stretch & Core for Runners and Cyclist Weds 6.30pm

Core & Balance Thursday at 6.30pm

For further information on start dates or to book a place on one of the above classes,

email pauline.ireland@moveitorloseit.co.uk tel. [07788979640](tel:07788979640)



THE ASKHAM COLLECTION is now open

Askham Hall restaurant and rooms are now open for overnight stays and dinner in the Michelin star restaurant.

We are pleased to let you know that we are also taking non resident dinner bookings on certain dates. Limited availability, check our website for details and to book.

Askham Hall Gardens and Café are also open to the public currently every day from 11 a.m. to 6.30 p.m., with indoor and outdoor seating. No pre-booking for this, just turn up.

The Queen's Head, Askham is also open. Accommodation is available every day and the restaurant is open Wednesday to Sunday evenings and for Sunday lunch, advance booking required.

Visit www.askhamcollection.co.uk for further information.