

COMMUNITY FITNESS - SEPTEMBER 2021

with PAULINE IRELAND

**MONDAY**

“Move It or Lose it”

10.30 a.m. to 11.30 a.m. Askham and District Community Centre

“Upper and Lower Body Toning”

6.30 p.m. to 7.30 p.m. Askham ADCC

**TUESDAY**

“Low Intensity Exercise to Music”

6 p.m. to 7 p.m. Askham ADCC

**WEDNESDAY**

“Move It or Lose It”

10.30 a.m. to 11.30 a.m. Evergreen Hall, Penrith

“Stretch and Core”

6.30 p.m. to 7.30 p.m. Askham ADCC

**THURSDAY**

“Core Balance and Stretch”

6.30 p.m. to 7.30 p.m. Askham ADCC

£6 per class (payment options available) Contact Pauline Ireland at  
PAULINE.IRELAND@MOVEITORLOSEIT.CO.UK TEL. 0778 8979640

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

Alex Wilkinson, Scar View 01931712367 email to [AHNewsletter@mail.uk](mailto:AHNewsletter@mail.uk)

**Askham and Helton Village Newsletter**

AUGUST 2021

Following the easing of lockdown, the opportunity for “Staycation” and the reopening of businesses we have seen a bigger than ever number of visitors to our area.

Opening has been cautious but successful and, as we come towards the end of summer, we can breath a sigh of relief that the hard work that has been put in by many people has enabled us to move towards “normality” with the successful opening of the swimming pool and the other facilities in our community.

Keeping in touch is so important and the Askham and Helton Residents and Friends Face-Book page is an excellent way to communicate and has a very extensive membership. The village website is also updated regularly with Parish Council minutes, Community Centre news etc. See [www.askhamandhelton.co.uk](http://www.askhamandhelton.co.uk).

If you’d like to contribute to future newsletters please get in touch.

Alex Wilkinson, Scar View 01931712367 Please email newsletter items to [AHNewsletter@mail.uk](mailto:AHNewsletter@mail.uk)

**“BETWIXT & BETWEEN”**

A concert of light popular music from between the World Wars,

Refreshments provided.

ST PETER’S CHURCH, ASKHAM

Saturday 2nd OCTOBER, 2021 at 4:00 p.m.

(Donations to the Windows fund St Peter’s Church)

Sunday 5th September Family Communion. Rev. Sheila Clark

Sunday 12th September Holy Communion. Rev. Stewart Fyfe. St Laurence’s Church. Crosby Ravensworth 11am

Sunday 19th September. Lay Led Service. Sarah/John Banks. 11am.

Sunday 26th September. Holy Communion. Rev. Sheila Clark. 11am.

**SUNDAY 3rd of October Harvest Festival Service 11am**

## **ASKHAM AND HELTON VILLAGE SHOW**

### **taking place this year on SATURDAY 4TH SEPTEMBER**

We want lots of entries - good, bad or ugly! Taking part is what counts and adds to the fun on the day. Please leave your completed entry forms at Askham Stores by Thursday 2nd September (entries on the day may be accepted!). The hall will be open for Exhibitors from 8 am – 10.15am. The show will be open to the public from 2 – 4pm. There will be afternoon teas served in the small hall and in the garden. Raffle and Prize giving is at 3.30pm followed by selling of donated produce.

All proceeds go to the Village Hall and Swimming Pool. Further schedules are available on the village website or paper copies from Sarah Banks at Glebe House.

## **ASKHAM SWIMMING POOL**

We are now coming towards the end of this year's season and the pool is scheduled to close next week with Sunday 5th September being the last day of opening.

The regulations around COVID have meant that it has been necessary to put into place new systems but we have had an incredibly successful season with a super number of people using the pool facilities throughout the season.

The pre booking system for each session seems to have worked well and enabled more people than usual to have attended swimming sessions.

The voluntary team as well as the lifeguard team have done a sterling job and ensured that we are coming to the end of a safe and successful season.

The challenges of winter will be to ensure that all maintenance is completed (some of it quite major) in time for next summer's reopening.

## **THE WALLED GARDEN TEAROOM**

Have you visited the Walled Garden Tearoom? Situated in the former Lowther Castle Potting Shed at the Bird of Prey Centre. Delicious home made food, cream teas, cakes etc are all available daily with seating inside or out.

Please mention that you read about the Tearoom in **Askham and Helton Newsletter** and get 25% off your bill if you spend £10 or over.

Tel 01931712746

Www.LOWTHERTEAROOM.CO.UK

## **THE ASKHAM HALL GARDENS AND CAFE**

From 1 September the Kitchen Garden Cafe at Askham Hall is open for take-away wood-fired pizzas on Friday evenings 5 - 8pm only (last orders 7.45pm).

The gardens and cafe will re open in the spring.

## **ASKHAM STORES**

Firstly, I would like to say a huge thank you to everyone for their warm welcome to the village and for continuing to support the village shop. I am delighted to announce that we have added a few new local suppliers to our list. These include Abbott Lodge Jersey farm for their delicious Jersey milk and ice creams, Stephenson's of Appleby for fresh fruit and vegetables, Hawkshead gin and vodka, Jane Firth for her delightful felt art greetings cards and soon to stock toffee and fudge from The Toffee Shop in Penrith. I look forward to seeing you all in store soon.

James

## **COMMUNITY TRANSPORT**

Mrs Lesley White coordinates the Voluntary car scheme in our valley. This is invaluable to non drivers who can't always fix appointments etc at the time Fellrunner goes to town, " 10.20am, Thursday from Helton a few minutes later from Askham". At present the few drivers she has are all from Bampton, if any one in our area is available to join her team please contact her. Lesley White 01931 713530. All expenses are reimbursed to drivers.

Cumbria County Council is looking at how they can improve bus services in the area and will soon be drafting a Bus Service Improvement plan. They are looking for input from present bus passengers and those who don't use the buses at the moment. ( You never know when you will need to and it can be difficult if you don't always want to be troubling others for lifts.)

Please complete the survey <https://tracsissurveys.co.uk/Cumbria> if you are able.

## **ASKHAM and HELTON LADIES CLUB**

Will be holding an OPEN MEETING

on Wednesday 1st September at 2p.m.

at Askham and Helton Community Centre

To make plans for future meetings.

Please attend if you are able.