

The parish Council met on 28th September. Minutes of the meeting can be found at [www.askhamandhelton.co.uk](http://www.askhamandhelton.co.uk)

Items discussed included tree planting on the village greens, The Monty at Helton and the usual range of planning applications. Details of any items council business can always be sought from any member of the Council.

The Council appointed Sandie Watson as the new Clerk. Sandie can be contacted at [lakesclerk@icloud.com](mailto:lakesclerk@icloud.com) or in writing at

Mrs Sandie Watson

Rundale, Dufton, Appleby-in-Westmorland, CA16 6DF

### COMMUNITY FITNESS - with PAULINE IRELAND

#### MONDAY

“Move It or Lose it” 10.30 a.m. to 11.30 a.m. Askham ADCC

“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

#### 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

Some of you will know that Rod and I have moved from the village but many won't. But this goes out to those who do. We are sadly leaving the village after 12 years of living in an amazing location. It has been a happy place to live mostly because of the people we have met, making wonderful friends and living next door to the best neighbours we could ever have wished for, without you it would not have been as happy as an experience in our lives. Fortunately, we're not moving too far, my community fitness classes will still continue and I will still volunteer at the swimming pool. Thank you all for been so kind and welcoming and supporting the things Rod and I have done in the village hall. Big thanks to Dawn and the late big character Willy for giving us the opportunity to live at Hill Top. Pauline, Eryn and Rod

## Askham and Helton Village Newsletter

OCTOBER 2021

The last newsletter was published in August and we were looking forward to a renewal of activities as we moved into Autumn. Now, towards the end of October we have enjoyed a number of community activities, notably the Village Show in September which was tremendously successful and enjoyed by all who attended. Also, the Highlights dance evening in October was great fun and extremely well-attended. If you attended, could you please complete the evaluation on the next page of this newsletter?

Keeping in touch is so important and 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 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 AHNews-letter@mail.uk

### CHURCH NEWS

7th of November...Family Worship...11am. Rev. Sheila Clark.

14th November.....Remembrance Service...10.50 am...Rev.Sheila Clark.

21st November.....Christ the King.....H/C.....11am .....Bishop James Bell.

28th November....Advent Sunday ...Joint Family Service...11 am.

Rev. Stewart Fyfe & Rev.Alun Hurd.

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Askham PCC would like thank Betwixt & Between Concert Singers, for their very hard work in presenting this lovely evening and a lot of work must have gone into putting the concert together, so our thanks go to: Alex, Judy, Julie, Sheila and Stewart.

We had 34 people who braved the weather to come and listen to the lovely singing and programme notes that explained the history behind the songs,

Refreshments were served during a short interval - thank you to those who contributed to this. The weather all day had been dreadful, so a big thank you to those who managed to come and support us.

All proceeds were given towards the Central windows in the East end of the church. The concert raised over £150, and we understand there are still a few donations outstanding.

## Askham and District Community Centre

The car park has been resurfaced which will allow all year round usage. New drains mean that flooding should be eliminated. New signs will be installed on the highway to make it more obvious to visitors that there is a car park. Additional signage will also advise visitors of free parking in the recently upgraded car park at Askham Hall.

Our many thanks to Charles Lowther for funding all these improvements so that we are able to welcome visitors to our Village but stop them parking on the greens and outside residents' houses.

The refurbishment of the Village Hall is scheduled to start the third week in January and will last for four to five weeks. The Community Centre will be closed for all use during this time.

**Askham Coffee Shop** every Tuesday 11am-1pm in Askham Village Hall. Delicious homemade cakes, scones, soup, sandwiches and salads. Last orders 12.30pm, please! Everyone welcome - and dogs.

**2-course Christmas Lunch: Askham Village Hall, Tuesday 14th December, 11.30-2pm.** Turkey and all the trimmings and vegetarian option. Bookings can be made at Askham Coffee Shop until Tuesday 7th December - £10 per person. Or email [jenniferslee21@gmail.com](mailto:jenniferslee21@gmail.com) or phone 01931-712-834 for full menu and to book.

## NEWS FROM LOWTHER ESTATE

The Estate has been very busy with harvesting tree seed for an up-and-coming tree seed project in Spring 2022. This aims to establish woodland cover with the use of seed instead of saplings which are then protected with plastic guards. What the Estate hope to gain from this is a method of relatively low cost and natural establishment of woodland cover.

Another project the Estate has just started in partnership with Eden Rivers Trust (ERT), RSPB and other organisations in the area is looking at the potential to reintroduce water voles back into our catchment. Water voles are a vital part of the riparian environment that is missing, their burrowing and feeding habits create a complex environment resulting in varied vegetation and water levels due to their burrows. One of the main threats to water voles are mink, this non-native invasive species is one that needs to be controlled for water voles to populate an area. Penrith anglers and other groups have already been trying to control mink in areas of the wider catchment, in great success in some areas, but the stretch of the Lowther in our area is one where organised mink control has not been in operation. For that reason, Lowther Estate and ERT are wanting to set up a volunteer led program to help control mink in the area. If you would like to help with this amazing conservation program, please do get in touch at [info@lowther.co.uk](mailto:info@lowther.co.uk)

## Askham Hall

We are absolutely thrilled to have been chosen as 'Country House hotel of the Year' in the renowned 2022 Good Hotel Guide. Owner Charles Lowther recently collected our Cesar award at the Independent Hotel Show in London.

In other news please note that the Kitchen Garden Cafe and Askham Hall gardens are now closed to the public for the winter, and will re-open in the spring.

Askham Hall itself will be closed on the following dates:

20 to 26 December 2021 (Christmas) and 3 to 20 January 2022 (for refurbishment).

The Queen's Head Askham will be closed on the following dates:

15 to 23 November 2021

20 to 25 December 2021

3 to 18 January 2022

Please refer to our Facebook pages @AskhamHall and @QueensHeadAskham for regular updates.

## The Lowther & Askham History & Archaeology Society

The society is renewing its activities this autumn and there will be a meeting on Tuesday 9th November. It will be in the larger room of Askham Village Hall to enable social distancing and there will be no charge either for members or visitors. The speaker will be Barry McKay on "Chapbooks: Cumbria's forgotten printing industry."

Jane Penman

Chairman of LAHAS

Did you attend the Highlights show on Thursday 22nd October?

These performances are highly subsidised through sponsorship and they would like to hear your opinions. Please use the QR code here or at the website address

Autumn 2021

# highlights

rural touring scheme

We'd love to hear what you think about the show you've seen today.

Use this QR code to answer our survey



Or go to:  
<https://su.vc/cecghjbw>