

CHURCH NEWS

Askham and Lowther PCC would like to thank people for turning out to come to church over the Christmas period. It was lovely to see everyone there even if the Covid restrictions were still on. The Christmas Church Celebrations started with our Carol Service which was held on December 19th at 11am and was taken by The Rev Sheila Clark. This was a lovely Service and we would thank the people who read the nine lessons. They were , Mrs Joanne Daz, Mrs Hazel Robson , Mr Joe Cann, Mrs Sarah Albion, Councillor Neil Hughes, Olivia Daz, Mr John Banks, Mrs Juliet Fossey, Rev. Sheila Clark

Nine Carols were sung between the lessons and it was lovely to be able to sing them as the Covid restrictions had just been lifted. The service went very well and was attended by about 40-50 people. Thank you to everyone who attended.

The Crib Service was held on 24th December and it was a really nice Service for the children who helped to put the figures into the stables as the story was being told by Juliet. Mary and Joseph were placed in the stable to await the birth of Jesus, then the shepherds were brought to the stable with their sheep and placed in the stable by the children. We then had to wait for the Kings with their gifts of Gold, Frankincense, and Myrrh to be put in the stable. And last but not least there was a very small little girl with her daddy who brought the baby Jesus and laid him in the manger beside Mother Mary and Joseph.

The service finished off with Santa at the front of the church, who gave every child a bag of chocolate bars . These were donated by the manager/ owner of The Beehive, Eamont Bridge so many thanks for his generosity.

This service was organised by Mrs Carolyn Fyfe. So thank you so much to Carolyn , we will miss her and the Rural Dean as they move on to pastures new, after the Rural Dean's last Service at Morland Church on Sunday 9th of January.

Christmas Morning Eucharist was held in St Peter's Church, and Holy Communion was given by the Rev. Sheila Clark. The Service was attended by about 14-15 people.

It was a lovely service and we the PCC thank you all for your support. We hope you had a lovely Christmas and a very Happy New Year 2022.. *Askham and Lowther PCC*

February Services

February 6th. Family Worship. Rev. Sheila Clark. 11am

February 13th * joint Holy Communion in Bolton Church * Bishop James Bell. 11am

February 20th. Holy Communion Bishop James Bell. 11am.

February 27th. Holy Communion. Bishop James Bell. 11am

March service

March 2nd Ash Wednesday Bishop James Bell.

Joint Holy Communion Service. 7.30 pm

Askham and Helton Village Newsletter

1st FEBRUARY 2022

ASKHAM and DISTRICT COMMUNITY CENTRE

Work is well underway to refurbish the main hall and adjoining store rooms. New energy efficient heating and lighting has been installed, PVC double glazing and insulation to the outer walls and ceilings. The main character of the large hall has been retained, however. It is anticipated that the Centre will re-open towards the end of February.

ASKHAM AND HELTON PARISH COUNCIL

At a recent meeting of the parish council the issue of parking on the village greens and verges was raised.

Can we remind residents that parking on the greens and grass verges is not permitted and we have designated areas for parking? Permanent damage can occur to the fragile eco system and it makes areas look unsightly. It could also encourage visitors to park on the greens. Parking bays for residents are dotted around the village and parking is available at the village hall. Askham is famed for its village greens let's look after them for the future. If you have any issues you would like the Parish Council to discuss please get in touch with the clerk or any member of the parish council. Our next meeting is scheduled for March 29th in the refurbished village hall at Askham.

Barton and Pooley Bridge Parish council have planned a beacon to celebrate Queen Elizabeth 11 Platinum Jubilee which will be situated on the top of Heughscar Hill and will be lit on Thursday 2nd June at 9.15 p.m. and they are keen that our community is also involved. Watch this space for more info!

Other items for discussion at the Parish council meeting included restriction of long vehicles crossing St Peter's Bridge; speed limit and traffic calming for vehicles around Helton and Askham; and Bampton Community pub scheme. (see page 3).

THE MONTY, HELTON

In November 2021, a flyer was delivered to all the residents in Helton, voicing support for Charles Lowther's proposal to underwrite the costs of a modest and conservative package of works designed to save the Monty from falling into further disrepair.

Thirteen responses were received by the date noted in the flyer, a similar number to those received on previous occasions.

All but one were in support of Charles' proposals and we look forward to the conservation works being carried out during 2022, following which a Heltonian team will look after the gardens and associated facility. A group is currently being formed to raise funds to cover Charles' underwritten costs.

HELTON VILLAGE GREEN

There was a good response to the village green questionnaire, with the majority of villagers in favour of making changes towards a more sustainable mowing regime.

Moving towards a system that favours nature and improves biodiversity raises more questions of how we should proceed and also begs the question about who is willing to be involved in any favoured scheme.

Several approaches and ideas have been fielded and I would like to invite you to a discussion meeting at Whitestone on Monday 8th February at 7 p.m. Please let me know if you are interested but unable to make the meeting. **Mary.westgarth@hotmail.co.uk 01931712233**

Please send items for inclusion in future editions of this Newsletter (next one will be in MARCH 2022 to:

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

The Lowther and Askham History and Archaeology Society

will hold its Annual General Meeting on Tuesday 8th March 2022 in Askham and District Community Centre, COVID regulations permitting,

Business 7.00pm

Talk at 7.30 p.m. "Lord Birkett and the Ullswater Preservation Society" by Miles MacInnes

"Move it or Lose it" classes held at Bampton Memorial Hall every Monday from 10.30 a.m. to 11.30 a.m. until the completion of Askham village hall refurbishment. Well done to all those attending especially the car-sharers!

"Core, Balance and Stretch" Classes at Bampton on Thursdays 6.30 p.m. to 7.30 p.m.

If you'd like to know more please get in touch Pauline.ireland@moveitorloseit.co.uk tel. 07788979640

We are more likely to keep up with exercise if we are part of a group but maybe you find it difficult to get out of the house. Here are three simple stretches to try for 5 minutes each day.



Daily Stretches - Seated

Seated up right and in the middle of the chair.

1. Place hands together and stretch upper back – hold for 20 secs
2. Place hands behind your back, holding onto the chair and slowly push your chest forward – hold for 20 secs



Upper Back Stretch



Chest Stretch

This is great for mobility of the upper body. Opens up the chest and helps breathing better.

Seated halfway on the chair.

1. Place your hands on your shoulders and rotate your shoulder 5 each way.
2. Extend your arms and extend your fingers – 5 times



Shoulder Circles



Hand Stretches

Seated halfway on the chair. Slowly raise one arm above head, leaning to one side a little so you feel the stretch down the side of the body.

Hold for 20 secs each side



This great for shoulder and spine mobility to reach up into those hard-to-reach cupboards.

Work slowly and listen to your body. Try these every day. Should take no than 5 mins a day

Volunteer at Lowther Castle and Gardens

Lowther Castle and Gardens is one of the most exciting conservation projects in Cumbria.

In 1999 the castle was an abandoned ruin. Today, it is an award-winning visitor attraction.

A great deal of this transformation has been achieved with the help of volunteers.

If you would like to come and help in the gardens or become a guide to visitors, giving them directions or snippets of history, we would be delighted to hear from you.

Join us, learn some new skills, make some new friends, and become part of a fascinating story.

Email: info@lowthercastle.org

Counting down to 'Save a Pub for the Valley'

It's just two weeks to go to the Share Launch for Bampton Valley Community Pub!

Make sure that **Wednesday February 2nd at 7pm** is in your calendar - to meet at Bampton Memorial Hall or to join us [online](#). The Hall Bar will be open at 6.45pm to relax with a drink for the 60+ minutes of summary of the offer and an opportunity for questions.

This meeting on February 2nd will be the start of the race to raise £360,000+ in a month. It will be our 'one-off' opportunity to 'Save a Pub for the Valley' by restoring 'The Mardale' as a community owned pub for the long term benefit of Valley residents and our visitors.

The Share Prospectus and Business Plans have been externally reviewed and awarded a 'Community Shares Standard Mark' (this is the proof that it is 'a clear, honest and transparent document that you can make an informed decision against') and all relevant documents are now online to review at www.bvcp.info/invest.

For cost and green reasons, we are not printing a large number of the Prospectus - but will be very pleased to get physical copies to people who prefer that. Let us know if you or a friend would like one by sending an email with appropriate mailing address to prospectus@bvcp.info or by calling us on 01931 338754.

Converting your interest to some level of investment in a timely manner in February 2022 is hugely important to the project. We are applying to a number of Grant providers who 'match fund' based on actual investments made by communities. We need to get to our funding foundation as quickly as possible in early February and we will appreciate you maximising your investment as best as you are able.

Finally, we have just released the second of our 'Mardale and W....' blogs. This newest one, '[Mardale.... and Wainwright](#)' talks about Alfred Wainwright, the renowned British fellwalker, writer and illustrator, and his travels to Mardale as well as his changing sentiment about the valley. Enjoy and please share with friends who may be interested.

We look forward to seeing as many of you in person or [online](#) on February 2nd at 7PM. In the meantime, please start reviewing the Share Offer at www.bvcp.info/invest, let us know if you have any immediate questions and also if you know anyone who would like a printed copy of the Prospectus.

The BVCP Team (Catherine, India, Kate, Ken, Patrick, Peter, Phil, Rich, Sue, Wendy)