

## St Peter's Church News

**APRIL 3rd PASSION SUNDAY** Family Worship Rev Sandy Pearl.

**APRIL 10th PALM SUNDAY** Joint Holy Communion Rev Sheila Clark .

We will commence from the Village Hall at 10.30 am , following the Donkey down to

St PETER's CHURCH for a Service of Holy Communion at 11am.

Please feel free to come along and join us , it's a lovely service with refreshments after the service.

**APRIL 14th MAUNDY THURSDAY** Joint Benefice Service . Bishop James Bell

At GREAT STRICKLAND CHURCH .....7.30 pm

**APRIL 15th GOOD FRIDAY**

Service of the Last Hour. .... 2 pm Rev. Sandy Pearl

**APRIL 17th EASTER SUNDAY** Holy Communion ..... 11am Rev. Sheila Clark

APRIL 24th LOW SUNDAY Holy Communion .....11am Bishop James Bell

**Askham with Lowther PCC wish everyone a Lovely Easter Time**

The next **BAMPTON AND DISTRICT LOCAL HISTORY SOCIETY** meeting will take place in

Bampton Memorial Hall on Tuesday 5th April, 7.30pm

The presentation by Rob David will be on the fascinating topic of

"A Hotbed of Communist Activity: The Summer of 1940 in Howtown, Westmorland."

Hope to see as many of you there as possible for this talk which I'm sure will be an interesting one.

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

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

## Askham and Helton Village Newsletter

30th March 2022

### ASKHAM and HELTON PARISH COUNCIL

A meeting was held in ADCC on Tuesday 29th March 2022 and the following items were discussed:

Signage is to be installed to discourage large vehicles from coming into Askham via the bridge. There has recently been damage to the corner following use by long heavy vehicles

Plans to mark the Platinum Jubilee of Queen Elizabeth II were discussed and these include:

A beacon on Heughscar Hill which will be coordinated by Barton Parish Council

A Tea party on Askham Greens

Refurbishment of the Bus Shelter ( which was originally built in 1953 to mark the Queen's Coronation)

It is hoped that as many local people as possible will be involved in the above.

After consultation with residents it was decided to reduce the frequency of mowing the greens in Helton which would benefit wildlife and enable more flowers to grow as well as reducing costs.

The Parish Council has been consulted on our views regarding whether the number of holiday lets and second homes should be subject to planning arrangements.

**Next meeting and Annual Parish meeting is 31st May**

### ASKHAM AND DISTRICT COMMUNITY CENTRE

The Village Hall is now open following a major refurbishment of the main hall and adjoining storerooms. The main hall has improved heating and lighting, new windows and fire doors and the floor has been enhanced with a special coating.

There are 120 new chairs to complete the project. The Trustees have decided to offer the existing stock of chairs to any group who could make good use of them. They were originally a gift to ADCC but for our purposes, they are now past their best. Please contact Mike Slee (01931 712 834) if your group or organisation would like some.

There is a new small meeting room accommodating up to twelve which also doubles up as a bar when special events are taking place. There is also an expanded secure store room.

The ASKHAM COFFEE SHOP restarts on Tuesday, 29th March from 11am to 1pm. All the usual range of drinks together with some delicious sandwiches and cakes will be available. Please support them as they are still raising funds for the Hall refurbishment.

## UKRANIAN HUMANITARIAN APPEAL

A pop up cafe is to be held in the village hall with proceeds to the Ukrainian Humanitarian Appeal on Saturday April 30th from 10 a.m. to 1 p.m.

All welcome and contributions of home baking etc gratefully received  
We will also have a Raffle and good quality Bric-a-brac stall as well as a Bring and Buy Plant Stall

*Offers of help etc to Barbara Clarke orchardcottage@btinternet.com please*

**THE ASKHAM HELTON AND DISTRICT VILLAGE SHOW** will be held this year on Saturday 3rd September. The Schedule detailing the usual classes for Flowers, Fruit & Veg, Baking etc is being finalised and will be available soon, but there is some information we can give you now so you can **start preparing!**

Two of the classes will involve Sunflowers - the tallest, and the biggest head - so you might want to start planting soon to have the longest growing period.

And for Photographers, here are the classes for the Photographic section, so you can be taking pictures for the different categories all over the summer: They are: Wildlife, Bridge, Tree, Time, Celebration, My Summer, and My Baking Disaster. And for children aged 12-16 years, My Pet.

Entries will be judged in the morning, and the Show will be open from 2pm-4pm with Afternoon Tea and raffle.

Look out for the full Schedule appearing soon, and we hope to see you there.

## ASKHAM AND LOWTHER HISTORY and ARCHAEOLOGY SOCIETY

Here are details of the next meeting as well as a full calendar of events for the coming year

Tuesday, 12th April Annual General Meeting Business 7.15 p.m. Lecture 7.30 p.m.

**Lord Birkett & The Ullswater Preservation Society** Miles MacInnes

Tuesday, 10th May **Benjamin Franklin in Borrowdale: The Lake District in The Enlightenment** Chris Donaldson

Tuesday, 14th June **Penrith Yards** Sheila Fletcher

Tuesday, 5th July Visit to **The Armitt Library & Museum**, Ambleside

Led by Tim Sykes, a Trustee of the Armitt, and guided by Faye Morrissey, Curator

Tuesday, 13th September **Wills and Inventories of Early Barton** Jane Penman

Tuesday, 11th October **Local History Workshop:** study of local wills and inventories

Tuesday, 8th November **The Ullswater Steamers** Peter Hensman

Tuesday, 13th December **The Diary of a Food Historian** Ivan Day with seasonal refreshments

*For more details please contact Jane Penman janepenman48@gmail.com*

## ASKHAM SWIMMING POOL

A small but dedicated team of volunteers led by June Bratton have worked incredibly hard to prepare the pool to be ready to open for Lifeguard Training on 4th April and the pool will be ready to open to locals, season ticket holders and the public from Saturday 7th May. This year we will be celebrating 50 years since the pool opened and we're planning several special events. Watch this space!

If you have any information, stories, (and especially photos) from "the early days" we would love to see them as we are hoping to produce a celebratory display.

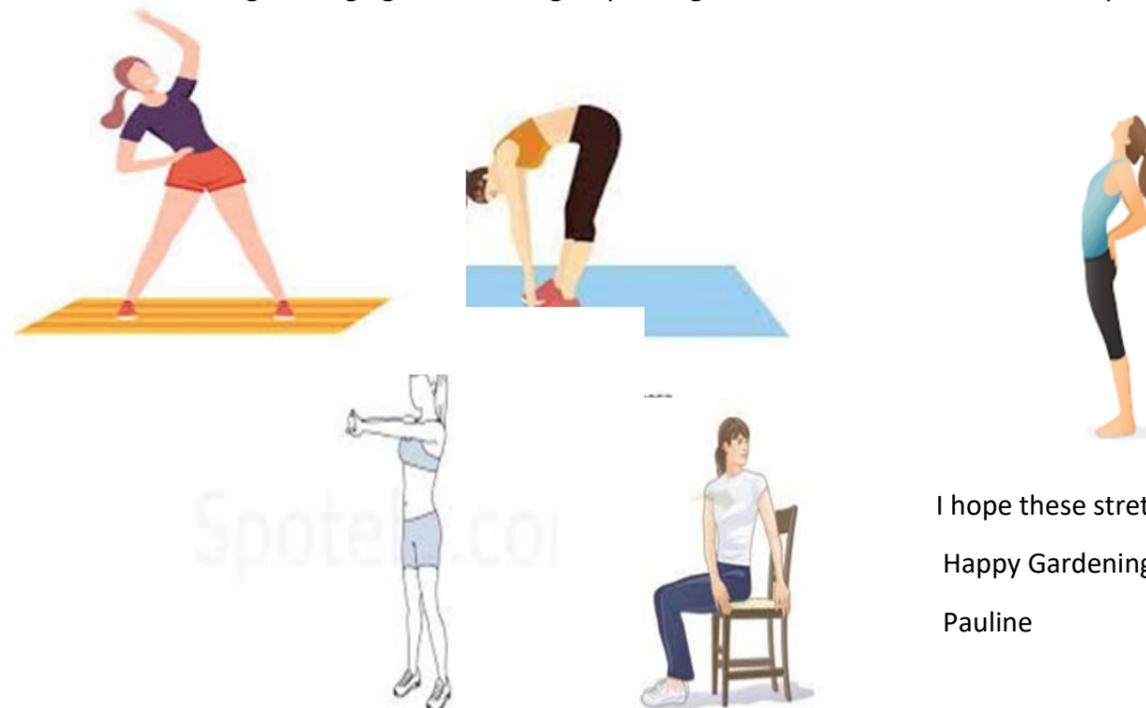
These can be emailed to [AHNewsletter@mail.uk](mailto:AHNewsletter@mail.uk) or give June a ring on 07917140476 or any member of the Pool team.

## GETTING FIT FOR GARDENING

You'll be surprised the muscles you use when gardening, all that bending forward, squatting, kneeling. It may be wise to prepare your body. Like you prepare your garden to flourish.

Regularly, a stretch and a warm-up before gardening are smart precautions to take; if exercise is not part of your daily routine, these stretches are necessary to safeguard your back. Try the stretches below, hold each stretch for about 15-30 secs

Think about performing different tasks alternately to avoid over-stressing one group of muscles. For example, if you've been on your knees weeding for a half-hour, make your next activity one that allows you to stand. Pruning taller shrubs or tending to hanging baskets will give your leg and back muscles a welcome respite.



I hope these stretches help.

Happy Gardening!

Pauline

## WEEKLY FITNESS CLASSES in Askham and District Community Centre

Monday 10.30 – 11.30am Move It or Lose It – Older Adults

Tuesday 6 – 7pm Beginners – low level intensity

Thursday 6.30 – 7.30pm Stretch, Core, Balance class