

SEASCALE

Village Newsletter

Seascale's First XI - UNBEATEN!



AUTUMN/WINTER 2008



PARISH NEWS

Sadly we say goodbye to Bernard Dickinson who after 10 years as a Parish Councillor finds that other commitments make it impossible to carry on. Bernard was very much involved in plans and work on the beach improvements – we thank him and wish him well.

We also say goodbye to our Clerk of five years, Barbara Simcock. My thanks to her for her support and hard work.

I only hope by the time you all receive this newsletter that the pavements will be finished.

We are still very disappointed with the people who spoil our village by not cleaning up after their dogs. There are plenty of dog bins provided throughout the village. The playing field on Coniston Avenue is for the recreation of our young people and not a dogs' toilet. Dogs should always be on a lead and not allowed to foul the playing field. Neither is the field a place for motor bikes and motorised vehicles. Both of the above are fineable offences.

Congratulations to Seascale Cricket Club who have won the league for the second year. The young teams have also had an excellent season.

We are having a meeting to see if we can sort out the shambles of the changes in the bus service. We are not publishing the current revised timetable as it could change soon. Copies are available in the Post Office.

More and more of you seem to think that pavements are for cars to park on and not for pedestrians. We have had a lot of complaints about indiscriminate parking from people who need to push their pushchairs, wheelchairs and use their mobility scooters on the pavements. The village is also a problem. We have a very good free car park and yet people coming into the village from Sellafeld Site, our own local

contractors and selfish car owners put people's lives at risk by parking on the pavements outside the shops. It is a fineable offence and we will bring it to the attention of the enforcement team if it continues.

We are publishing the results of the Parish Questionnaire distributed with the last newsletter and would welcome comments and volunteers to carry it forward to the next step to do a Parish Plan.

Thank you to all who brightened up a dull and wet summer with your front gardens and we are publishing the results of the competition in this issue.

We hope you will brighten up the dark nights at Christmas by lighting up your gardens and houses.

Eileen Eastwood, on behalf of the Parish Council

RAIL NEWS

Keep an eye out for the new rail timetable, due to commence on Sunday 14 December. There are significant changes, with a much more regular service. Alas no hints of evening or Sunday services, but as we believe this timetable to be the first phase of west coastal rail improvements we can only hold out hopes for the future. Northern Rail have released the weekday timetable to us and this is printed on pages 24-27.

QUIZ NIGHT

**Seascale Methodist Church Hall
Tuesday 18 November
8.00 pm
Entry fee £3 in aid of Church Funds
All Welcome**

CHRISTMAS LIGHTS

Switch on is the 14 December. The Mayor and Mayoress of Copeland will be officiating. We are going to be entertained by the Children's Choir from School and the Waymark Group.

Father Christmas will be attending and we will also be having fireworks followed by mince pies and wine.

Proceedings will start at 3.00pm. We look forward to an excellent turnout.

Watch Notice Boards for more information.

Parish Council

SEASCALE BRIDGE CLUB

At a meeting of the remaining members of the Seascale Bridge Club on 2 October it was reluctantly decided to disband.

It is not known when the first Bridge Club was set up in Seascale but it has certainly been a thriving social and community event here for well over half a century. But now the number of playing members has reduced to the point where our enjoyable regular Thursday evening sessions at the Windscale Club can be no longer sustained, so the meeting decided to call it a day.

E.B. Astridge

REQUEST FOR PHOTOGRAPH

Have you got a photograph which clearly shows the old wooden footbridge which used to link the platforms at Seascale Station itself? It didn't get built until after the First World War, and went at around the time the old station buildings were demolished.

If you have, and would be willing to loan it to me for a short time to allow me to copy it, please could you give me a ring on 28296 and I'll come and pick it up.

Graham Worsnop

PJ's NURSERY

PJ's Nursery is now one year old. We can't believe a year has passed since we opened our doors as PJ's. It has been an extremely busy and exciting time for Paul and I, and all our staff.

Everyone has been working very hard to ensure the children (and parents!) are happy and settled with us. We recently received funding from Cumbria County Council's Early Years Capital Grant Programme. This has enabled us to improve the fencing to the rear garden and extend the nursery itself with a single storey extension across the rear of the property. This has provided us with a much needed larger outdoor play area where we hope to introduce a vegetable patch, animal area, outdoor play equipment and an area of decking for 'all-weather' outdoor play and to enable us to separate older and younger children securely if required. We have kindly been given a wooden playhouse – with a little renovation it will make an excellent 'den'.

Indoors we hope to create a space for the older children that is also suitable for 'messy' play. We have gratefully received a donation towards new tables and chairs from Iggesund Sponsorship Committee and are actively looking at other funding options. We currently have limited part time vacancies, with additional availability expected in January. Please contact us for further details.

I would like to thank my staff for their dedication and from everyone at PJ's give a big thank you to our parents and children, Cumbria County Council, Iggesund, Seascale School and all our families, friends and wellwishers for your continuing support.

Thank you

Julie, 28077/21072

SPRING NEWSLETTER

To be published by 28 March 2009. Please submit articles and items of general interest to news@epic-gb.com by 6 March.

SEASCALE SURGERY APPOINTMENT SYSTEM – ADVANCE BOOKING

A recent patient survey showed that patients appear to have a misconception that they are unable to make an appointment in advance. This response was the cause of the surgery losing over £2000 in income.

As a result we have reviewed our appointment system and will aim where ever possible to arrange an appointment with a single telephone call, and have increased the number of appointments that can be booked in advance.

Previously a third of all doctor appointments were pre-bookable, but we have now increased this to half of all doctor appointments being bookable in advance, with the rest kept for patients that need to be seen on the same day. Only when all of the pre-bookable appointments on the days the patient wishes to be seen have gone will they be asked to ring at 8am on the day they wish to come.

When a patient asks for an appointment they will be asked the following:

1. Which doctor they would prefer to see?
2. Would a telephone consultation be a reasonable alternative?
3. Which day they would prefer to be seen?

If a surgery appointment on the same day is available with the doctor they wish to see and a telephone appointment won't suffice they will be given an appointment. If there isn't an appointment with the GP they prefer they will be offered a different doctor that day, their preferred doctor on a different day or a different doctor on a convenient day.

Appointments will be available a month in advance on a daily basis.

The phone lines are very busy at 8am and we make a plea for patients to ring at 8am only if they need to be seen that day. Please ring later in the day to book an appointment in advance.

Arrangements for Bootle remain the same.

Practice Manager

SPORTS HALL

We have been very fortunate to have been able to recruit four new Committee Members – Jean Caulfield, Jennifer Caulfield, Robert Bruce and Erica O'Donnell. The Copeland Summer School was so successful this year because the Sports Hall was available throughout the terrible summer weather. We were pleased to be able to support this excellent scheme for our young children through the school holidays.

The new prices have started for the autumn but they are still excellent value and it's only the third time we have put them up in 22 years – it is now £5 an hour up to 5 people, and £7 an hour for 6 or more.

The cost of electricity and water rates have risen so much and we have to cover the cost.

We hope you enjoy using the Sports Hall and all the facilities provided during this winter.

Eileen Eastwood, on behalf of the Committee

PLEASE - NO DOG FOULLING IN THE SCHOOL GROUNDS

A friend and I run an "After School Gardening Club" and we have started to come across dog dirt in the area where we are working. Not picking up after dogs is disgusting behaviour but when it starts to happen in the school grounds its surely too much to tolerate. The Head Teacher has said that further action might well be taken against offending owners.

Frank Sloan

NSPCC

We've had another successful year so far raising over £1,000 and have an exciting event booked – Road to Rhythm are giving us a concert on 8 November at St Cuthbert's Hall, 7-7.30 pm. Lisa is a professional singer and John a professional keyboard player and classical organist. Do come and support us, and have a wonderful musical evening.

Joyce Roberts, Chairperson



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Guides and Rangers

Where did the summer go? We managed to meet out of doors on a few occasions and as usual enjoyed a beach BBQ and games at Drigg Beach. Some of the Guides chose to make their Promise while we were there and we were glad that their parents were able to join us for this important event. Many of the girls took part in the Gosforth Fun Run, with a few finishing in most promising positions.

Another memorable event was the concert organised to support the two Rangers (Sarah and Ruth) who were heading to join Siberian Girl Guides during the summer. Albert Waterhouse (Ruth's Dad) masterminded the programme content and drafted in the local musical talent and Kathryn Ketchen (Sarah's Mum) organised the feeding of the audience and participants. A most enjoyable evening and we should like to say thank you to everyone who supported this event, organisers, performers and members of the audience.

This term, both units have welcomed several new members who have settled very quickly into the weekly routine. At present we are preparing for a trip to Blackpool and Manchester – unfortunately we didn't manage to book tickets for Girlguiding's annual pop concert as disappointingly the tickets, all 26,000, sold out within a couple of days. Not to be deterred though, we shall make the most of Blackpool's attractions and then stop overnight at Manchester YHA before returning home after visiting the Science and Industry Museum and shopping on the Sunday. The following weekend some of the Rangers will be out in the hills as they are assessed for their Silver Duke of Edinburgh's expedition.

Next September will see the launch of Girlguiding's Centenary Celebrations. During the next 10 months, most units in the UK will be undertaking projects to help 'Change the World'. We shall be working in partnership with various charities who have submitted 'packages' designed to raise awareness and to help us fund-raise. The Guides have chosen to support a package prepared by WWF and will be aiming to change the planet for the better.

The launch day for our celebrations will be in Keswick on Saturday 5 September, when we hope to have as many of our members as possible together to enjoy a day of exciting activities. If you are an adult who has been involved in Guiding in any way and you would like to be part of our celebrations, do please give me a ring as we should love you to be part of the day – to be truthful, we need lots of adult help as all the leaders will be looking after their unit members, but we would like as many ex-members as possible to join us. I shall be headhunting those who I know of!

The celebrations will then continue for 14 months – our members will be travelling the county boundary in as many ways as possible – on foot, horseback, tractor, bike, scooters, boats, trains and anything else that we can think of... and celebrating in each area on the way. We are holding a County Camp and will also be welcoming a tall ship crewed by members of Girlguiding UK into Whitehaven. This is just a taster of what is on offer. The celebrations will conclude in 2010 on the 20th of the 10th month at 20.10 when we hope that all our members will be at an event where they can remake their Promise. A late night for Rainbows maybe, but it's not every day that you are 100 years old!

And of course, we have activities planned around Halloween, Bonfire night and Christmas to look forward to.

Lastly, as usual, I should like to thank the leaders who give up their time voluntarily to give the girls so many opportunities. Apart from weekly meetings they help at residentials and also attend refresher trainings every year. We are lucky though – the whole experience is very pleasurable for us as we are so well supported by the parents of the girls themselves. Thank you.

Sue Smith, 28625

Is there someone out there with an ear close to the ground who could help root out news stories for future newsletters? Please contact Trevor on 28449 or news@epic-gb.com

GIRLGUIDING CUMBRIA NORTH – The Siberia trip

I've just been on the trip of a lifetime with Girlguiding! I joined ten other Rangers (Ruth Waterhouse was the other Ranger from our unit, but she has gone off to Uni in Portsmouth now so can't help with this article) and three Leaders from Cumbria North to spend three weeks in China, Russia and Mongolia. I had the most amazing time.

We had spent over a year and a half preparing and fundraising for the trip and we were as prepared as we could be.

We flew to Beijing where we spent a day exploring The Forbidden City and The Temple of Heaven. It was 36 degrees Celsius! That night we got on the Trans-Siberian railway and three days later we arrived in Irkutsk in Russia. We spent three days in homestay being looked after by Russian families and getting shown around their home towns and Dachas (summer houses) and then spent 10 days at a Russian Girl Guide camp in the Siberian forest. This was amazing – we had so many fun things to do and we made so many new friends. We even swam in the famous Lake Baikal. We learnt so much about Russian culture and they taught us some traditional Russian Dances. We got to meet so many inspiring people too while we were there, we are even inviting one Russian Girl Scout to our County Centenary Camp in 2010.

After our camp we went on to Mongolia where we drank horse's milk and got to visit a traditional Yurt. Here we saw the family milking their horses, and then tasted the milk and yoghurt made from the horses they breed. We spent a night in the homes of Mongolian Guides and got to watch a cultural show. The acrobatics were fantastic!

We then started our long journey home, stopping off in Beijing for a night. We arrived just in time to be there for the opening night of the Olympics. We waited four hours with thousands of other people in Tiananmen Square to see the fireworks and it was well worth the wait! They were brilliant as imagined! We left in the morning with

memories never to be forgotten. This was the most mind-blowing experience ever and I hope many other Guides get this same chance! Thank you so much to everyone who has supported us to have this once in a lifetime experience.

We will be giving a talk with pictures on this trip early next year and you will be welcome to come and listen.

*Sarah Kay and Ruth Waterhouse
Gosforth Rangers*

Front Garden Competition 2008

Best PORCH

First	Whin Rigg, Lingmell
Second	4 Wholehouse Road
Third	Vyner House, Cross Lanes

Best BUSINESS

First	Cumbrian Lodge
Second	Post Office
Third	Calder House Hotel
Commended	Seascale Surgery

Best FRONT GARDEN (Colour)

First	72 Gosforth Road
Second	30 Wasdale Park
Third	79 Gosforth Road
Commended	2 Wasdale Park
Commended	74 Wasdale Park

Best SPECIAL FEATURE

First	The Sheiling
Second	17 Wastwater Rise
Third	23 The Fairways

MIXED GARDEN – SPECIALS

First	1 Highfield Close
Second	Ty Craig, Cross Lanes
Third	Coombe Park, Rueberry Drive

OVERALL WINNER

Vyner House, Cross Lanes
(Judged as individual category)

'Get On-Line' Day

One in three adults in the country don't use the internet and 27% have never, ever, been on-line at all. Recent research has revealed that a key barrier to people getting on-line was a lack of skills and confidence. Get On-Line day helps alleviate any of those fears. On 24 October Seascale community centre is one of 500 hundred centres involved in getting online.

Staff at the centre are anticipating a busy day of helping everyone, from complete beginners who want to try the internet for the first time, to those who know the basics but want to find out a bit more.

Get On-Line day is for everyone so whether you're 18 or 80 why not come along? We can give you the tips you need to get started. We've already helped loads of people get to grips with computers and the internet and we can't wait to see even more people give it a go on the 24th.

There is a first for everything and everyone at the

centre is really excited about get online day and about helping local people do their online 'firsts'. We're here to help with first emails, first internet searches, first steps; it's our time to show the community that the internet can help people save time, money and hassle and it will be fun!

Everyone including families is invited to pop into Seascale Community Centre between 9am and 6pm on 24 October, or call 019467 28403 to find out more about Get On-Line day and the services on offer at Seascale Community Centre.

Don't worry if you miss the online day – you can call and speak to a member of staff who will inform you of our opening times and can arrange to meet you and discuss your requirements.

Seascale Parish Council is happy to accept donations for advertisements placed in the Seascale Newsletter.

The expected rate is £10 for a quarter-page, and pro-rata for larger advertisements.

Contact: Eileen Eastwood on 28653.

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...DON'T FORGET THE WILD BIRDS THIS WINTER...



Top 10 Jobs in the garden

November

- 1 Clear up fallen leaves – especially from lawns, ponds and beds.
- 2 Raise containers onto pot feet to prevent waterlogging.
- 3 Plant tulip bulbs for a spring display next year.
- 4 Prune roses to prevent wind-rock.
- 5 Plant out winter bedding.
- 6 Cover brassicas with netting if pigeons are a problem.
- 7 Insulate the greenhouse from frost – bubblewrap works well.
- 8 Stop winter moth damage to fruit trees using grease bands around the trunks.
- 9 Put out bird food to encourage winter birds into the garden.
- 10 Use a seasonal bonfire – where this is allowed – to dispose of excess debris unfit for composting.

December

- 1 Check your winter protection structures are still securely in place.
- 2 Check that greenhouse heaters are working OK.
- 3 Prevent ponds and stand pipes from freezing.
- 4 Prune open-grown apples and pears (but not those trained against walls).
- 5 Prune acers, birches and vines before Christmas to avoid bleeding.
- 6 Harvest leeks, parsnips, winter cabbage, sprouts and remaining root crops.
- 7 Deciduous trees and shrubs can still be planted and transplanted.
- 8 Take hardwood cuttings.
- 9 Keep mice away from stored produce.
- 10 Reduce watering of houseplants.

January

- 1 Recycle your Christmas tree by shredding it for mulch.
- 2 Ventilate the greenhouse on sunny days.
- 3 Dig over any vacant plots that have not been dug already.
- 4 Repair and re-shape lawn edges.
- 5 Inspect stored tubers of Dahlia, Begonia and Canna for rot or drying out.
- 6 Prune apple and pear trees.
- 7 Start forcing rhubarb.
- 8 Plan your vegetable crop rotations for the coming season.
- 9 Keep putting out food and water for hungry birds.
- 10 Prepare a polythene shelter for outdoor peaches and nectarines, to protect them from peach leaf curl.

February

- 1 Prepare vegetable seed beds, and sow some vegetables under cover.
- 2 Chit potato tubers.
- 3 Protect blossom on apricots, nectarines and peaches.
- 4 Net fruit and vegetable crops to keep the birds off.
- 5 Prune winter-flowering shrubs that have finished flowering.
- 6 Divide bulbs such as snowdrops, and plant those that need planting 'in the green'.
- 7 Prune Wisteria.
- 8 Prune hardy evergreen hedges and renovate overgrown deciduous hedges.
- 9 Prune conservatory climbers.
- 10 Cut back deciduous grasses left uncut over the winter.

2nd Seascale Methodist Brownies

We returned after the summer holidays refreshed and raring to go. We are all enthusiastic and full of great ideas for the coming year. I can only put this sudden surge of energy down to our recent 'Pack Holiday'. Over the summer holiday we, the leaders and young leaders that is, attended a 'Pack Holiday' with a difference, no Brownies! Just adults. It was a fantastic weekend; ten of us camped at Hollins Farm campsite in Eskdale. We went orienteering, climbing, abseiling and rounded the weekend off with a swim in the river at St Catherine's (well not all of us). It will definitely become an annual event. We will, however, continue to have our traditional pack holiday – with Brownies.

We are delighted to be back in our 'old hall'. We

had a great time in St Joseph's church hall but as the saying goes "there's no place like home". We send a big thank you to St Joseph's for their hospitality.

We have so much planned for the coming year and as the Girl Guide Association approaches its Centenary in 2010 we are all busy making plans to commemorate and celebrate 100 years of Girl Guiding. However we don't intend to celebrate our birthday with just cakes and balloons – no way, in the true Brownie spirit we are going to meet a challenge! We are going to change the world! I know it may sound a little precocious but nevertheless that's our aim for the next two years. Girl Guiding, remember, was started by just a handful of girls who spoke out and look what

they achieved. Now there are over 580,000 members' worldwide, so surely the sky's the limit. The Brownies choose the project they wish to support, themselves from a selection of possible ideas.

After lots of discussion we have opted to 'help look after the UK's forests and protect all things great and small that live in them'.

On a more mundane level we have lots planned for the coming weeks. Six new girls have joined us and Joan Sim, who although has always helped out when need at Brownies but was officially a Rainbow Leader, has now joined us full time.

A Christmas sleepover is planned for the beginning of December when we will be going to Santon Bridge village Hall to celebrate an early Christmas. We also hope to entertain the Woman's Outlook with our 'Choir of Angels' who will also be visiting the residents of Inzievar to deliver some Christmas Cheer as well.

Lynn Pattison, Brownie Leader



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Seascale Evergreens Club

Ladies and gentlemen, if you are aged 60 or more you are very welcome to be a member of the Seascale Evergreens. This is equally true if you are disabled, irrespective of age. We meet fortnightly on Tuesdays throughout most of the year, usually in the Methodist Church Hall with a 2.30pm start.

Our programme always contains an interesting and varied mixture of talks, slide presentations and discussions, with subjects such as travel, local history, gardens, arts and crafts, personal reminiscences, humour and many other topics. Games of cards and dominoes also have a place in our range of activities.

Music provides additional enjoyment. For example, the first half of our 2008 programme was rounded off quite delightfully with a performance by the Seascale School Choir, whom we look forward to joining us for our end of season party on 9 December.

We also have excursions. This year we have had a very pleasant outing to Maryport and a trip to Gretna is planned for 11 November. We have a raffle and refreshments at all our meetings and our coffee mornings and autumn fairs are always very popular. Our next such event is on 28 October, when we will be serving coffee, tea and biscuits, and also soup for those wishing for something more substantial. There will be an attractive range of stalls throughout the event (for which you may well have seen a poster). On 25 November our members will be gathering for the traditional Christmas lunch; always a jolly affair.

We believe that ever since its foundation in the 1960s the Seascale Evergreens Club has provided the ideal opportunity for those, mainly of mature years, who seek interesting and rewarding recreation in an atmosphere of good fellowship. **NEW MEMBERS WILL BE VERY WELCOME.** An easy way to join will be to come and express your interest at the coffee morning on Tuesday 28 October. Alternatively Betty Buttriss (phone 28134) or Maureen Camlin (phone 28473) will be pleased to be contacted for any further details.

Seascale Cricket Club's 2008 Season

The Cricket Club had another highly successful season in 2008 with the First XI retaining the North Lancashire and Cumbria Cricket League Division 2 title, remarkably going through the whole season unbeaten. They were presented with the trophy and their winners medals by the League Secretary on the final day of the season.

Robin Sparshott, Daniel Lee, Lee Fleet, Mark Farries and Dave Stubbings all made the league batting averages with Stubbings winning the award for most runs in the Division with 635. Daniel Lee scored 2 centuries during the season including 207 not out in the home game against Duddon SC which broke the League individual batting record. The other century maker this year was Lee Fleet who hit 113 in the home game against Haverigg. All rounder Daniel Lee also won the League bowling averages for the third year running, Steve Brown Jnr, Clayton Lee and skipper Steve Brown Snr also making the League averages.

The First XI also retained the Three's Company Competition defeating Calderbridge and Gosforth on the final day of the season.

The Club entered two teams in the local midweek league as the Windscale Club in the 1st division and Seascale Juniors in the 2nd division. Both had successful seasons finishing 2nd and 3rd in their respective divisions and the Windscale Club winning their divisional cup competition.

The Club continues to have a thriving junior section entering teams in the local junior league and getting upwards of 40 youngsters attending some Tuesday practice nights. The under-15 team finished runners-up in their division having notable victories over Whitehaven, Egremont, Cockermouth, Keswick and Penrith during the season. The latest junior from the village to gain representative honours is 13 year-old Jack Graham who was the only player from his County team to be selected to play for the North of England team in the summer.

With the season over for another year, the club is now looking forward to its annual Christmas event at the Windscale Club on Saturday 29

November where Carlisle band NBT will be providing the entertainment. Tickets are available from any committee member:

Steve Brown 28352

Andy Lee 28292

Lee Flett 27864

Mark Farries 27069

Keith Dowber 21617

Dave Stubbings 841641

SEASCALE PRIMARY SCHOOL NEWS

We will be starting a new initiative after half term, 'Walk to school on Wednesdays', (WOW). We currently have 80 children signed up for this and all will be walking to school every Wednesday. We are hoping that this will improve the traffic situation around the surrounding area of school. You will also be able to see all the children walking to school in the walking bus.

We are experiencing problems with dog dirt in the school grounds at the moment. Could we please ask all responsible dog owners not to exercise their dogs in the school grounds. There are plenty of other areas where dogs can be walked within the village, so please do not use the children's play area.

Could all children who no longer attend Seascale Primary School please check their cupboards? We are looking for any books which may belong to the Young People's Library Service. This is the mobile library service that comes to school on a regular basis. We have quite a large list of books which are overdue, but we are unable to locate them in school. All books which belong to them will be stamped with the Young People's Library Service stamp in the front cover. We would be most grateful if you could check if you have any such books and return them to school at your earliest convenience.

Many thanks for your help.

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lunches 12-2pm and
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12 noon - 2pm. Closed Sunday evenings

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Friday 31 October

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9pm until late ~ Tickets £2.50

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Dress to Distress!

Dine devilishly

Friday 31 October & Saturday 1 November

A wicked selection of starters, mains and desserts

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Ghoulishly Great Special Menu

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and Chapters Bar**

Reservations recommended - please telephone 019467 28538

House Hotel

ALL SEASONS

'Come Dine With Us'
Mondays – Two main course
blackboard meals for £10.00
Wednesdays – Curry Night
Thursdays – Steak Night
Served 6–9pm

Forthcoming Events

Friday 31 October and Saturday 1 November

Halloween Weekend

Saturday 8 November – Ladies' Night – not to be missed!

*doors open 7.30pm until late – admission £10.00 – tickets in advance
live female impersonator – gorgeous exotic dancer – hunky male waiters
glamorous hostesses – disco and special laser light show*

Tuesday 18 November

Hospice at Home West Cumbria Coffee Morning

10am–12 noon – stalls, tombola and raffle

Wednesday 26 November – Coffee Morning

*10am – 12 noon – in aid of the Mayor of Copeland Charities – arts, crafts, raffle
proceeds to Great North Air Ambulance and Hospice at Home West Cumbria*

Festive Season

**Christmas Lunch
and Evening Meals**

**served from
1 December to January**

Friday 12 December

Chinese Banquet & Disco

only £21.50

Saturday 13 December

Cabaret & Carvery

with the Sensational Jackie

only a few tickets remaining – £29.95

Saturday 20 December – Cabaret & Carvery

Top Vocalist Jimmy McClean – £29.95

Christmas Day

Chapters Bar open 11.30am–4pm for drinks – no food available

Boxing Day Carvery 12–2pm Evening meals 6–8.45pm

Saturday 27 December – open for lunch 12–2pm and evening meals 6–8.45pm

Sunday 28 December Carvery from 12 noon to 2pm

Parish Plan Questionnaire Results

Questionnaires issued – 800. Total returned – 50. Percentage returned 6.25%

<i>What do you like about the village?</i>			<i>What do you dislike about the village?</i>		
No.	Comment	No. of responses	No.	Comment	No. of responses
1	Good amenities / shops / library & post office	31	1	Dog mess	11
2	Beach	26	2	Take away litter	9
3	Friendly people	19	3	Speeding cars	8
4	Surgery	17	4	Public transport (bad bus service & no Sunday trains etc)	7
5	Sports hall / cricket field & bowling green	10		inc. late night	
6	Sense of community	9	5	Litter on beach	6
7	Chemist	9	6	Gangs of teenagers	5
8	Railway station	8	7	Untidy areas (between chemist and Chinese)	4
9	Views	8	8	Unkept open areas of grass	4
10	Quietness	8	9	Illegal parking	4
11	Food outlets / eating out	7	10	Nothing for young people	3
12	School	6	11	Bikes, quads, horses & sand yachts on beach	3
13	Churches	6	12	Take-aways don't fit in (too many)	2
14	Children's clubs	6	13	Bad language	2
15	Child safe (great place to bring them up)	5	14	Bad road links	2
16	Proximity to national park	4	15	Barking dogs	2
17	Feeling of safety (lack of crime)	4	16	Lack of real policing	2
18	Parish Council	3	17	Step from train to platform	2
19	Free parking	3	18	Mess at Scawfell site	2
20	Play areas	3	19	Travel to supermarkets	1
21	Fire Station	3	20	No electric speed indicator	1
22	Police	3	21	Lack of parental control	1
23	Clean	3	22	Too much street signage	1
24	Tennis	2	23	Dirty trains from DRS	1
25	Access to Sellafield	2	24	Lack of courtesy from councillors	1
26	Golf Club	2	25	Distance from specialist doctor care (Newcastle)	1
27	Social activities	2	26	Drugs (rumours!)	1
28	Footpaths	2	27	Possible loss of health centre	1
29	First Responders	2	28	Lack of help for the elderly	1
30	Fishing	1	29	Vandalism	1
31	Open spaces	1	30	No support for Calder House sign	1
32	Uncommercialised	1	31	Windscale Club!	1
33	Tesco deliveries	1	32	No cafe	1
34	Windscale Club	1	33	Not enough dropped curbs for wheelchairs and buggies	1
35	Shackles off	1	34	The wind!!	1
36	Buses	1	35	Poor mobile phone signal	1
			36	Poor mirror under bridge	1
			37	No pub!!	1
			38	Mess by recyclers	1
			39	Not enough bungalows	1

OVER 55s' LUNCHEON

Every Wednesday – lunch for the over 55s in conjunction with Age Concern West Cumbria. Two courses for £6.00 at 12.30pm. Booking essential.

Calder House Hotel: 019467 28538

What would you like to change about the village?

No.	Comment	No. of responses
1	Speed signs (electronic or camera)	11
2	Reduction of litter (especially by take-away)	9
3	Tidy area by chemist	8
4	Double yellow lines on south parade (better parking restrictions around village)	5
5	Better policing	5
6	Open a youth club (more for teenagers to do)	5
7	Beach clean more than once a year	3
8	Café	3
9	Sunday trains	3
10	Better community noticeboard	3
11	Better bus service	3
12	Cut grassed areas that are unkept	3
13	Allotments	3
14	More dog litter bins (including cinder path)	2
15	Local pub	2
16	Elderly sheltered accommodation (more)	2
17	Police dog barking	2
18	Laybys on Gosforth Road for off-road parking	2
19	Pedestrian priority on arch hill	2
20	Give Calder House an advertising sign	2
21	Bridge crossing railway line	2
22	NHS dentist	2
23	20 mph speed limit	2
24	Better mirror under bridge	2
25	Dropped curbs for wheelchairs and buggies	1
26	Village Fun Days	1
27	Restrict age limit on who rides bikes on pavement	1
28	Traffic lights on Arch Hill	1
29	Signs to keep dogs out of play areas	1
30	Mobile phone mast	1
31	More planted areas	1
32	Dated toilets, let's refurbish them	1
33	More tolerance to teenagers	1
34	Mini roundabout at Cross Lanes	1
35	Pavement or cycletrack from Seacale to Gosforth	1
36	Barrier off recyclers	1
37	Paint lines under railway bridge	1
38	Prevent new builds	1
39	Boating and paddling pool	1
40	Skate park	1
41	Better access to beach from top of Drigg Road	1

CARDBOARD RECYCLING

Seascale Parish Council has received many favourable comments about the installation of our new cardboard recycling bank. People from Seascale and the surrounding areas have been requesting this facility for some time and it is good to see that it is in continuous use.

Can we ask users to try to flatten boxes to save space and please note – NO polystyrene!

ALLOTMENT ALERT

A small group of residents in the village have formed a Seascale Allotments Society. We are a like minded group who all seek to obtain the benefits of having allotments in the village both for our own use and for the benefit of the community at large. Once we have secured land, we intend to split it into small plots and allow the group members the opportunity of cultivating fruit and vegetables. We have further aims of having a communal polytunnel and possibly enough land for the raising of animals.

As soon as we have our land we want to involve the three churches association around harvest festival time and encourage our village youth groups and primary school to get on board and join us in sustainable, healthy living.

We have benefited from the support of the Parish Council who are putting their weight behind our aims by influencing landowners in the area to provide suitable land.

If any reader knows of a plot of accessible land in the village or surrounding area at least ½-acre in size and suitable for cultivation we would like to hear from you. If you are interested in supporting us and want to know more about us then feel free to contact me on the number below.

The more community members who support us, the better and quicker our chance of being successful

Mitch Franks, Chair, Allotments Society
Tel: 28687

Seascale - In the Beginning

Before the coming of the Whitehaven & Furness Junction Railway in 1847, Seascale was only a hamlet of farms within the Parish of Gosforth. These farms were Seascale Hall, which was the Lord of the Manor's home farm, Brownbank, Lane Head, Swang, Croft Head, Whole House, Town End, Seascale Howe, Black How and Bailey Ground. Whitriggs farm was in the parish of Drigg until Seascale was formed from the ancient parish of Gosforth in 1900. These farms that can trace their history back many hundreds of years are still to be seen today, with one exception, although only two are still working farms. The exception is Whole House farm which was to be found roughly where the roundabout on Whole House Road is now situated.

Evidence for people living in this area goes back to the stone age as is shown by the stone circle at the far end of the golf course. These early settlers would have been hunter gatherers using the inland fell areas as a source of stone and flint for their implements. Evidence for this occupation can be found in the artefacts found in the local fields and associated with the Stone Circle to be found in Grey Croft field, which is above New Mill beck, close to the Seascale and Ponsonby Parish boundary. It had been a locally held view that this circle was some sort of early Victorian "fake" but an excavation showed otherwise. The excavation and restoration work, to give us what we see today, was carried out in 1949 by William Fletcher along with the boys of Pelham House School in Calderbridge.

The early history of Seascale is bound up with the ancient Manor of Seascale which would have been held as a gift of the Barons of Egremont who controlled the area of Cumberland called Copeland, or Allerdale above Derwent, which stretched from the River Derwent in the north to the River Duddon in the south. Without doubt the original Lords of the Manor of Seascale originated from the years following the conquering of the border areas by Henry II after which this part of Cumberland would have been divided amongst the Kings supporters and the Manors of Seascale, Newton, Bolton and Gosforth came into existence

as a requirement of Knights Service. The earliest mention of the de Seascale family occurs when Aschetil and Aldwin de Seascale were witness to a deed during the reign of Henry II along with Roger the Archbishop of York. So there was a de Seascale family, presumably living at Seascale Hall, until one Henry de Seascale died in about 1613.

Seascale Hall Farm has a datestone of 1606 along with the initials J.S. and M.S., which could have commemorated the move of John and Mary Senhouse from their family seat at Hallsenna (originally Hall Senhouse) to Seascale Hall. This Manor House, now a farm, overlooks the new road from the right, as you travel from Moffat's corner to the Calder Gate of the BNFL complex. Before the arrival of the 'factory' it was located at the side of the ancient road running along the west coast coming from Drigg, then heading towards Calder Hall and on to Beckermet and all points north. This route would have been the A595 of antiquity.

The farmers of the manor would have been beholden of the Lord of the Manor paying him an Annual Rent of a few shillings (1 shilling = 5p), depending upon size, for the privilege of holding the farm. In this context a farm would mean a few acres of land, a thatched house, barn, garden and orchard. Today we would consider it more a smallholding than a farm. It is probable that only the Manor farm would have been larger than 30 acres which was the size that could be run by one family. The object was to support the family and provide sufficient excess produce to sell at market to pay for those items that could not be grown or made on the farm. Travelling tradesmen such as tinkers, tailors & shoemakers would move from farm to farm making clothing or other products for the family in return receiving board and lodgings, whilst they worked, as part payment.

Documents that were drawn up for the Manor Court of 1764, and another from 1778 belonging to Gosforth church records, have survived until today and list the twelve properties then found within the manor of Seascale.

The additions to the list of farms shown at the start of this article were Elvenhow, Baily and



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Gatehouse which were presumably agricultural workers' cottages that have not survived into modern times.

At some time after 1764, the two separate Manors of Newton and of Seascale were combined into a single Manor.

At the same time as the two manors were being combined under a single ownership, two other events were happening in the life of Seascale's farmers and other land-holders in the surrounding areas.

The first was Enfranchisement which was the ending of control of the farms by the lord of the manor and allowed the farmer the right to pass the ownership of the farm to whoever he wished. This was the first stage to what we today call freehold ownership but then the farmers still had to pay certain fees to the Lord of the Manor.

The second was the Enclosure Act that ended the process of the parish having so called Common Land. This had been an area of land that was held to be available for all members of the community to either grow food, if there was no land attached

to their homes, or for grazing their cattle during the summer months.

During Enclosure this land was divided between the then existing farmers by a process overseen by "three wise men" appointed from adjacent parishes. This process resulted in the eventual formation of the farm known as Acreless which was the most modern farm in Seascale.

The Commons that had existed along the foreshore were eventually sold by the farmers to the Railway Company at the time of the building of the railway.

To conclude the story of the Manor of Seascale, after the death of Commander Steward, the Steward family who are now resident elsewhere in the country, sold off their remaining estates along with the title "Lord of the Manor of Seascale & Newton". Associated with this title is the most important record of local life and history, the Manor Court Records of Seascale & Newton, and currently these records are no longer available for research as the title is now held by an Australian!

Nev. Ramsden, Seascale

2nd Seascale Scout Group

As I indicated in the last newsletter, we now have a strong leadership team and have been able to restart the troop. I am delighted to welcome Karen Wake and Sophie Dowber as Assistant Beaver Leaders to help Eve, Tracey Temple as Assistant Cub Leader to help Sara, and Neil Henderson and Terry Wake as joint Scout Leaders, with Jo Eldon and Helen Rycraft as Assistant Scout Leaders and Emma Brown as an Explorer Young Leader. We also welcome Keith Dowber as our quartermaster. I hope that all the team gets as much enjoyment out of helping run the group as I have had, and particularly that we can deliver an enjoyable and challenging program of activities

CUMBRIA LIBRARIES HOME DELIVERY SERVICE

The home delivery service is available to people who are unable to visit the library because of mobility problems or ill health and who have no-one who can go to the library on their behalf.

Books in large print and ordinary print (fiction and non-fiction), Talking Books on cassette and CD, are available too.

There is no charge for this service.

Items are selected by library staff according to each customer's needs and are delivered by volunteers on a regular basis.

For further information please contact

Seascale Library

Opening hours: Monday & Wednesday
1.00pm-6.00pm

Tuesday & Thursday 10.00am-12.30pm

Friday 1.00pm-5.00pm

Saturday 9.30am-12.30pm

Tel: 019467 28487

seascale.library@cumbriacc.gov.uk

to the new scouts. There's always something which needs doing, the most urgent being that we need a treasurer, so if you interested, do contact me.

The Group camp at Branthwaite was great fun, and (hard to recollect now) we had excellent weather – the only time we got wet was when people fell into the beck or joined in the water slide, and not just the youngsters either! One of the highlights was constructing a bridge to lift people from one side of the beck to the other – they were pretty high up at the top of the swing. The cubs' lashings were good enough that even Eve was happy to try it, and got across the bridge with dry feet. Mind you, without pulleys it got to be very hard work swinging the bridge.

The Scout Group re-launched at the beginning of September. On the first night we set off the way we intend to go on, and went outside. The torrential rain of the day had given way to some last-minute sunshine, and put plenty of water in the beck, in the Dell. This was the focus of our attention as we set about building bridges across this 'raging torrent'.

Being the first meeting we also spent a bit of time discussing what it was that the Scouts wanted to achieve within the Troop. Our programme will be built around the Scouts desire to do camping, cooking on open fires and going on adventures, to name a few of the ideas.

Subsequent meetings have included building bivouacs with a neighbouring Troop from Beckermet, and learning how to use a map and compass – again put into practice outdoors. Future activities will include mountain bike orienteering, GoApe, getting wet and getting muddy.

The group is setting up a new website, which will be www.seascalescouts.org.uk, and we also have a set of standard email addresses, so if anyone has any queries about the group – or wants to know if we can accept your child or even if you want to join us – you can contact us on info@seascalescouts.org.uk as well as our group phone number of 0845 0944 256.

Graham Worsnop
Group Scout Leader
0845 0944 256

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Seascale Post Office 019467 28218



FREE RANGE EGGS FOR SALE

Drigg Moorside

on the Seascale to Drigg road
by the new fencing

CALL IN AND SEE US

Windscale Club Seascale

FOR YOUR ENTERTAINMENT PRESENTS THE FOLLOWING

Saturday 15 November in aid of our Fire Fighters' charity – a Race night starting at 8:00

Saturday 20 December in the bar – entertainment by Alana

Monday 29 December – darts and pool competition

**TICKETS FOR ALL EVENTS CAN BE PURCHASED AT THE BAR
LARGE FUNCTION ROOM AVAILABLE FOR WEDDINGS,
CHRISTENINGS, 18TH, 21ST, FUNERAL TEAS
OR WHATEVER YOU WANT**

Also at the club

*Mondays: Art Club meets in the games room 9:30. Line dancing
7:30 start in the main hall*

*Tuesdays: Thai chi meets in the games room at 11:00. Keep Fit
with Kay 7:30 start in the main hall*

Wednesdays: Scottish country dancing

Thursdays: Bridge, Bingo, Folk dancing

*In the bar: large screen TV • Sky Sports • Sentanta • all major
football/rugby events*

For more information contact the club on 019467 28468
and ask for Louise or Ruth

**Keep checking the club notice board
for future events**



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SHACKLES OFF

The Shackles Off team would like to thank all the villagers that have supported this project in so many ways. We now have 111 sponsors who have pledged £1.00 a week for a year to pay for the rent and other costs. Especial thanks go to all who came and contributed to our opening celebration, including the tea at the Methodist Hall. Over 100 people came – from very small children to a lady in her 90s.

The Project includes our detached youth work in the Hope Mobile which travels around the village every Friday between 8 and 10pm. The Drop-in Centre at 1a South Parade will be open shortly on Friday Nights from 8 to 10pm, Monday and

Wednesday afternoons for those not in education, employment or training (NEETS), and Sunday mornings 10-11.00am and 8 - 9.30pm for alternative church. The sports and music activities will be in the Methodist Hall on Fridays 8-10pm. All teenagers welcome.

For more info contact Lyn Edwards: 29600.

PARISH COUNCILLORS

Eileen Eastwood	28653
Ken Mawson	28278
David Moore	27674
Elaine Dickinson	27288
Bernard Dickinson	27288
Vicky Borrino	29023
Keith Dowber	21617
Rodney Kimber	28723
John McElroy	28443
Andrew Woolass	28218
Clive Willoughby	07741 007495

MUSIC
ALL THAT JAZZ

Calder House Hotel hosts a Jazz Jam Session, led by local stars Val and Colin Graham, every third Friday of the month, commencing at 8.30pm. It's an informal night of music with amateur and professional musicians from the county and beyond.

Admission is free

LAZY SUNDAY

Gosforth Hall Hotel has a live music afternoon on the last Sunday of every month (except December).

019467 25322

Admission is free

Cumbrian Coast weekday Northern Rail timetable effective 15 December 2008

		Carlisle and Barrow to Preston and Manchester												
Departs From	To	06.00	06.10	06.00	07.28	09.07	07.44	08.44	09.40	10.43	14.16	11.49	12.47	16.18
Days Run		LANCS TR	MLIM PRST	LANCS TR	WHITHN BAROW	SELAFLD LANCS TR	CARLILE WHITHN	CARLILE BAROW	CARLILE LANCS TR	CARLILE BAROW	BAROW LANCS TR	CARLILE WHITHN	CARLILE BAROW	BAROW LANCS TR
Carlisle	Dep						07.44	08.44	09.40	10.43		11.49	12.47	
Dalston							07x52	08x52	09x48	10x51		11x57	12x55	
Wighton							08.01	09.01	09.57	11.00		12.06	13.04	
Aspatria							08x11	09x11	10x07	11x10		12x16	13x14	
Manport				06.00			08.21	09.21	10.17	11.20		12.26	13.24	
Fimby				06x03			08x24	09x24	10x20	11x23		12x29	13x27	
Worrigton				06.09			08.33	09.33	10.29	11.32		12.38	13.36	
Harragton				06x13			08x36	09x36	10x32	11x35		12x41	13x39	
Parbn				06x21			08x45	09x45	10x42	11x44		12x50	13x48	
Whitlaven	Arr			06.26			08.54	09.51	10.47	11.50		12.59	13.54	
Whitlaven	Dep			06.28			07.28	08.28	09.28	10.48		11.51	13.56	
Corriacke				06x30					09x54	10x50		11x53	13x58	
St. As				06.35			07.35	08.35	09.35	10.56		11.59	14.03	
Netleton				06x39					11x00					
Braystones				06x42					11x02					
Sellafield				06.48			07.48	08.48	09.10	10.11		11.08	12.10	14.14
Seascale				06x51			07x51	08x51	09x10	10x14		11x11	12x13	14x17
Drigg				06x54			07x54	08x54	09x13	10x17		11x14	12x16	14x20
Ravenglass				06.57			07.57	08.57	09.16	10.20		11.18	12.20	14.23
Boothle (Urbria)				07x03			08x03	09x22	09x22	11x23		12x25	14x29	
Silecroft				07x09			08x09	09x28	09x28	11x30		12x32	14x35	
Milbth	Arr			07.16			08.14	09.35	10.39	11.37		12.39	14.42	
Milbth	Dep			07.17			08.15	09.36	10.40	11.37		12.39	14.43	
Green Road				07x21			08x19	09x40	10x44	11x41		12x43	14x47	
Foxfield				07x24			08x22	09x43	10x47	11x44		12x47	14x50	
Kirby-in-Frith				07x28			08x26	09x47	10x51	11x48		12x51	14x54	
Askam				07.33			08.31	09.52	10.56	11.53		12.56	14.59	
Barrow-in-Far	Arr			07.49			08.49	10.07	11.14	12.09		13.14	15.17	
Barrow-in-Far	Dep			08.00			08.11	09.36	10.40	11.37		12.39	14.42	16.18
Roose				07.04			08.04	09.20	10.20	11.21		12.15	14.20	16.22
Dalton				07.10			08.10	09.26	10.26	11.27		12.21	14.26	16.28
Ulverston				07.19			08.19	09.35	10.35	11.36		12.29	14.35	16.36
Carlisle				07.27			08.27	09.43	10.43	11.44		12.37	14.43	16.44
Kent's Bank				07.32			08.32	09.47	10.47	11.48		12.41	14.47	16.48
Grange-over-Sands				07.36			08.36	09.51	10.51	11.52		12.45	14.51	16.52
Arndale				07.43			08.43	10.00	11.00	12.01		12.51	14.57	16.58
Silveale				07.48			08.48	10.07	11.07	12.08		12.56	14.57	17.03
Carlisle	Arr			07.54			08.54	10.14	11.14	12.15		13.02	15.02	17.09
Lancaster	Arr			08.03			09.07	10.28	11.28	12.29		13.15	15.08	17.22
Preston	Dep			08.04										
Manchester Piccadilly	Arr			08.29										
Manchester Inverport	Arr													

Cumbrian Coast weekday Northern Rail timetable effective 15 December 2008

		Carlisle and Barrow to Preston and Manchester										
Depart s From To	Days Run	14.20	15.12	16.31	17.27	20.10	21.43	22.02	16.24	19.15	20.33	21.50
		CARLILE BAROW	CARLILE PRST	CARLILE BAROW	CARLILE BAROW	MLLM BAROW	BAROW PRST	MLLM BAROW	NWCSTLE WHITHVN	CARLILE WHITHVN	CARLILE WHITHVN	CARLILE WHITHVN
Carlisle	Dep	14.20	15.12	16.31	17.27	20.10	21.43	22.02	16.24	19.15	20.33	21.50
Dalston		14x28	15x20	16x31	17x27	20x10	21x43	22x02	18x11	19x15	20x33	21x50
Wighton		14x37	15x29	16x48	17x35	20x17	21x50	22x09	18x19	19x23	20x41	21x58
Aspatria		14x47	15x39	16x58	17x44	20x21	21x54	22x16	18x28	19x32	20x50	22x07
Maryport		14x57	15x49	16x68	17x54	20x27	22x01	22x26	18x38	19x42	21x00	22x17
Fliaby		15x00	15x52	17x11	18x07	20x30	22x04	22x29	18x48	19x52	21x10	22x27
Workington		15x09	16x01	17x20	18x16	20x39	22x13	22x38	18x51	19x55	21x13	22x30
Herrington		15x12	16x04	17x23	18x19	20x42	22x16	22x41	19x00	20x04	21x22	22x39
Parbn		15x21	16x13	17x32	18x28	20x51	22x25	22x50	19x03	20x07	21x25	22x42
Whitbeaven	Arr	15.27	16.19	17.38	18.34	20.57	22.30	22.55	19x12	20x16	21x34	22x51
Whitbeaven	Dep	15.28	16.20	17.39	18.35	20.58	22.31	22.56	19x21	20x25	21x43	23.00
Conkirkclee		15x30	16x22	17x41	18x37	21x00	22x33	22x58				
St. As		15x36	16x31	17x51	18x43	21x06	22x39	23x04				
Neterton		15x40	16x39	17x55	18x47	21x10	22x43	23x08				
Braystones		15x42	16x41	17x58	18x50	21x12	22x45	23x10				
Sellafield		15x44	16x43	18x03	18x54	21x14	22x47	23x12				
Seascale		15x57	16x45	18x07	18x57	21x17	22x50	23x15				
Drigg		16x01	16x49	18x10	19x00	21x21	22x54	23x19				
Ravenglass		16x04	16x52	18x14	19x03	21x24	22x57	23x22				
Booth (Barria)		16x10	16x58	18x20	19x09	21x30	23x03	23x28				
Silecroft		16x17	17x05	18x27	19x15	21x37	23x10	23x35				
Milbim	Arr	16.24	17.12	18.34	19.22	21x44	23x17	23x42				
Milbim	Dep	16.24	17.13	18.34	19.23	21x44	23x17	23x42				
Green Road		16x28	17x17	18x39	19x27	21x48	23x21	23x46				
Foxfield		16x37	17x21	18x43	19x30	21x51	23x24	23x49				
Kirby-in-Farres		16x47	17x26	18x47	19x34	21x57	23x30	23x55				
Askam		16x51	17x31	18x52	19x39	22x01	23x34	23x59				
Barrow-in-Farres	Arr	16.58	17.47	19.10	19.57	22x08	23x41	24x06				
Barrow-in-Farres	Dep	16.58	18.03	19.26	20.13	22x11	23x44	24x09				
Roose		17x03	18.07	19.30	20.17	22x16	23x49	24x14				
Dalton		17x13	18.13	19.36	20.23	22x26	23x59	24x24				
Ulverston		17x23	18.21	19.44	20.31	22x36	24x09	24x34				
Carlisle		17x33	18.29	19.52	20.39	22x46	24x21	24x46				
Kent's Bank		17x43	18.33	19.56	20.43	22x56	24x31	24x56				
Grange-over-Sands		17x53	18.37	20.00	20.47	23x06	24x41	25x06				
Arside		18x03	18.43	20.06	20.53	23x16	24x51	25x16				
Silveth		18x13	18.48	20.11	20.58	23x26	25x01	25x26				
Carlisle		18x23	18.54	20.17	21.04	23x36	25x11	25x36				
Lancaster	Arr	18.33	19.04	20.27	21.14	23x46	25x21	25x46				
Lancaster	Dep	18.33	19.05	20.28	21.15	23x46	25x21	25x46				
Preston	Arr	18.43	19.30	20.53	21.40	23x56	25x31	25x56				
Preston	Dep	18.43	19.30	20.53	21.40	23x56	25x31	25x56				
Manchester Piccadilly	Arr	18.53	19.40	21.03	21.50	24x06	25x41	26x06				
Manchester Airport	Arr	18.53	19.40	21.03	21.50	24x06	25x41	26x06				

Cumbrian Coast weekday Northern Rail timetable effective 15 December 2008

		Manchester and Preston to Barrow and Carlisle											
Departs From	To	13.31 BARROW CARLILE	13.32 LANCASTER BARROW	14.54 BARROW CARLILE	15.33 LANCASTER CARLILE	17.28 BARROW CARLILE	19.31 WHITHVON CARLILE	20.30 WHITHVON CARLILE	21.50 WHITHVON WK NT	18.39 MOR CAME MLLM	17.38 LANCASTER BARROW	19.30 BARROW MLLM	21.25 BARROW MLLM
Days Run													
Manchester Inwrtprt	Dep												
Manchester Piccadilly	Arr												
Preston	Dep												
Lancaster	Arr									16.50			
Carlisle	Dep		13.32		15.33					16.54	17.38		
Carlisle	Arr		13.42		15.43					17.05	17.49		
Carlisle	Dep		13.48		15.50					17.12	17.56		
Carlisle	Arr		13.52		15.54					17.16	18.00		
Carlisle	Dep		13.58		16.00					17.22	18.06		
Carlisle	Arr		14.02		16.04					17.26	18.10		
Carlisle	Dep		14.06		16.08					17.30	18.14		
Carlisle	Arr		14.15		16.17					17.39	18.23		
Carlisle	Dep		14.23		16.26					17.48	18.31		
Carlisle	Arr		14.29		16.32					17.54	18.37		
Carlisle	Dep		14.38		16.39					18.02	18.45		
Carlisle	Arr	13.31		14.54	16.41	17.28				18.05		19.30	21.25
Carlisle	Dep	13.41		15.04	16.51	17.40				18.15		19.40	21.35
Carlisle	Arr	13.45		15.08	16.55	17.44				18.19		19.44	21.39
Carlisle	Dep	13.48		15.11	16.58	17.48				18.22		19.47	21.42
Carlisle	Arr	13.52		15.15	17.02	17.51				18.26		19.51	21.46
Carlisle	Dep	13.58		15.21	17.09	17.58				18.35		20.00	21.55
Carlisle	Arr	13.58		15.22	17.09	17.58							
Carlisle	Dep	14.03		15.26	17.13	18.03							
Carlisle	Arr	14.09		15.33	17.20	18.09							
Carlisle	Dep	14.15		15.39	17.26	18.15							
Carlisle	Arr	14.21		15.42	17.29	18.18							
Carlisle	Dep	14.27		15.45	17.32	18.21							
Carlisle	Arr	14.31		15.51	17.39	18.27							
Carlisle	Dep	14.33				18.31							
Carlisle	Arr	14.38		16.00	17.49	18.45							
Carlisle	Dep	14.43		16.05	17.54	18.50							
Carlisle	Arr	14.46		16.09	17.57	18.53							
Carlisle	Dep	14.48		16.11	17.58	18.55	19.31		21.50				
Carlisle	Arr	14.51		16.15	18.02	18.58	19.34	20.30	21.53				
Carlisle	Dep	14.59		16.23	18.10	19.06	19.42	20.41	22.01				
Carlisle	Arr	15.06		16.29	18.16	19.12	19.49	20.48	22.10				
Carlisle	Dep	15.10		16.34	18.21	19.17	19.53	20.52					
Carlisle	Arr	15.14		16.37	18.24	19.20	19.57	20.56					
Carlisle	Dep	15.23		16.47	18.34	19.30	20.06	21.05					
Carlisle	Arr	15.33		16.57	18.44	19.40	20.16	21.15					
Carlisle	Dep	15.42		17.05	18.52	19.48	20.25	21.24					
Carlisle	Arr	15.58		17.21	19.08	20.04	20.41	21.39					

“where
dreams
come
true”

The Westlakes Hotel

A late Georgian Country House, which is set in 3 acres of tranquil mature gardens situated in an area of outstanding natural beauty.

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