

ESTATE commands very
S, including the SOUTH
D, the ISLE OF MAN, and
AINS of CUMBERLAND.

unrivalled for Bathing at

Sold in Lots to suit

RETARY,
CROW-IN-FURNESS.

Regrettably this plan has suffered with the passage of time, but what remains is now carefully preserved in the Cumbria Archive and Local Studies Centre in Whitehaven. See Judith Kirkham's introduction to the centre on page 14. We have used the colour of Egremont Red paint for the text on this cover. See page 17 about Seascale's hand in its launch.

THIS PLAN, COMMISSIONED BY THE FURNESS RAILWAY, IS HELD WITHIN THE BROCKBANK AND HELDER COLLECTION AT CUMBRIA ARCHIVE AND LOCAL STUDIES CENTRE, WHITEHAVEN (REF. DBH/17/13). WE ARE GRATEFUL TO BROCKBANKS SOLICITORS AND CUMBRIA ARCHIVE SERVICE FOR PERMISSION TO REPRODUCE IT. THE PLAN IS UNDATED, BUT APPEARS TO HAVE BEEN ISSUED FOR PROPOSED TENDERS FOR CONSTRUCTION AROUND 1879. LITTLE OF IT WAS ACTUALLY BUILT.

Village Magazine

JULY 2013

SEASCALE.

A NEW WATERING PLACE

ON THE

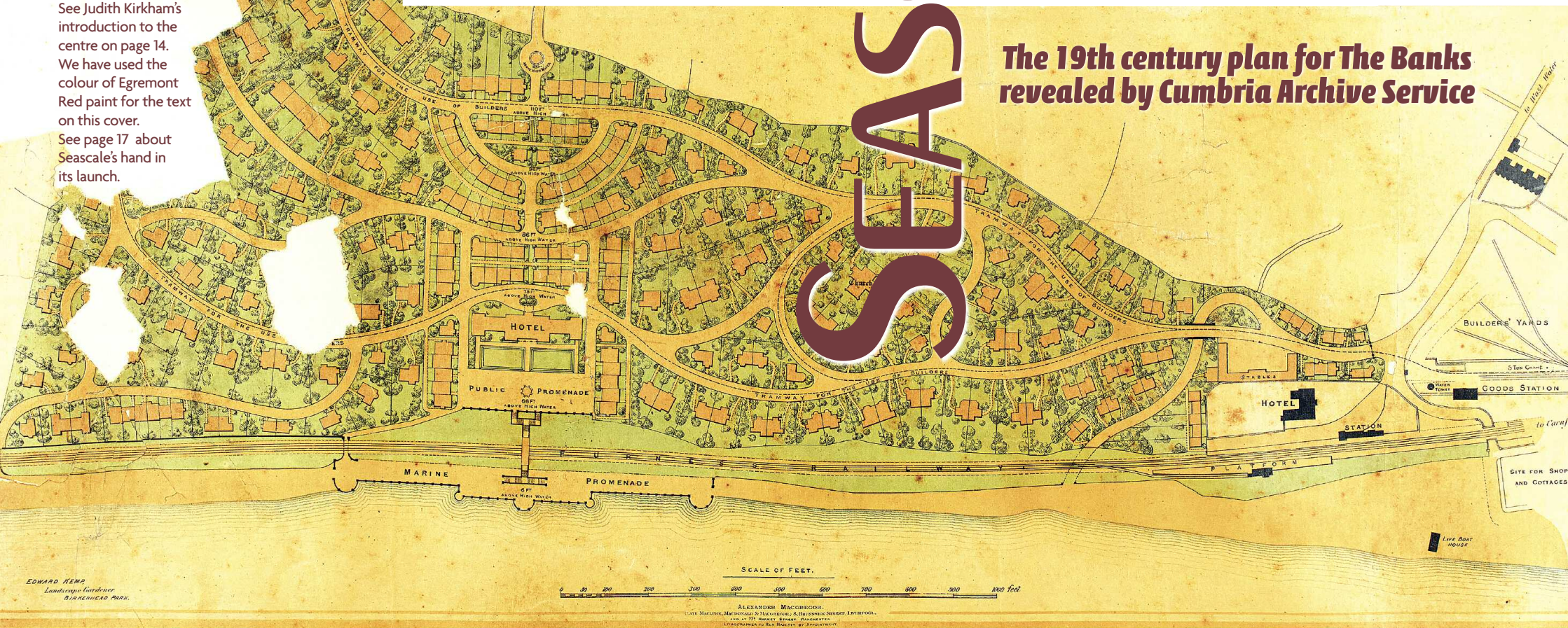
COAST OF CUMBERLAND,

SITUATED ON

THE FURNESS RAILWAY,

5 MILES FROM WAST WATER AND SCAWFELL.

The 19th century plan for The Banks revealed by Cumbria Archive Service



EDWARD KEMP
Landscape Gardener
BIRCHWOOD PARK.

ALEXANDER MACGREGOR,
LATE MARRING, MARRING & MACGREGOR, 8, THE SPINNEY STREET, LONDON.
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PARISH NEWS

Editor: Eileen Eastwood 019467 28653

Production: Trevor Preece 019467 28449 trevor@trpub.net

Hopefully by the time you read this all of our residents are back in their own homes after the flooding.

There are changes to bus services coming in the autumn so please watch out for timetables in the library, Post Office and Beach Stores. There has been a group of people travelling on the buses assessing our needs and the quality of our present service. The buses that will be coming into service will have the lower access to accommodate wheelchair users, buggies and disabled people. As County Council didn't see fit to notify us yet of the changes my thanks to Keith Hitchen whose constituents would be affected getting some information to me.

There is no further news yet on the cycleway.

As we are doing a special page on beach improvements I will give you all of the news there. The biggest eyesore we have left is a rusty pipe out on to the beach that takes floodwater from the car park and which belongs to the NDA, whose legal department wanted £1200 from the Parish Council to allow us to do some remedial work on it. Needless to say it is staying put as the money isn't available from the Parish Council or the Beach Improvement Group.

My family were here at Easter and decided to walk the Hadrian Cycleway to St Bees and catch the train back. They opted to catch the train at Nethertown to come home. They remarked about how clean Seascale Beach was and how much awful rubbish was on the other beaches. Thanks for this must go to David Morgan.

I am sure you will have read about residents in Copeland contaminating their brown bins. Please make sure all you put in is recyclable green waste. It is a service we can't afford to lose.

I hope you all have a good summer and reasonable weather continues.

More news in our November issue. *Eileen Eastwood*



We are delighted to get the Quality Coast Flag again.

PARISH COUNCILLORS

Eileen Eastwood	28653
David Halliday	28027
Ken Mawson	29786
David Moore	27674
Helen Pateman (website editor)	28131
David Ritson	21668
Chris Taylor	07788 248813
Phil Taylor	07789 905822
Andrew Williams	28203
Andrew Woolass	28218

Clerk

Sonia Batten 21332

Copeland District Councillors

Eileen Eastwood	28653
David Moore	27674

County Councillor

Norman Clarkson 01946 841126

Other Useful Numbers

Cumbria Highways Hotline	0845 609 6609
Copeland Direct	0845 054 8600



A VIEW FROM THE CHAIR

Our beach foreshore, very properly our pride and showpiece, has been brought up to an enviable standard over the past two years. We now have an area which is appreciated by our own residents and those from our neighbour communities who come here to shop and to visit the beach. It is enjoyed by tourists who can stop off here, park their cars and use our public toilets without having to pay, eat at the Bailey Ground or Pudding Lane, and sit on our numerous benches tucking into home-made ice cream and cakes and taking in the glorious views across the Irish Sea. Elsewhere in the magazine you can read about the details of the improvements which have been made. We might take this chance to think back to the past and ahead to the future.

Seascale was built up as a holiday destination by the Furness Railway Company during the 19th century. Special trains were laid on for day trippers who would freshen themselves up and eat and drink at the old Scawfell Hotel. Many of the large houses on The Banks and Drigg Road were intended as lodgings for holiday makers. If you have an interest in old picture postcards you will find a number with views of Seascale sea front which have an "X" marked on one of the houses and, in the message on the back, the words "This is where we are staying". Some cards show families in the beach making elaborate sand models, still a popular pastime today. Some show beach huts, many of which survived through the last century, and in some there are bathing machines which were pulled down into the sea by horses.

We have our tourism still, with cars and caravans (but rather fewer trains) and less modesty about stripping off and running into the sea. Our beach foreshore is not our own though. It belongs to Copeland Borough Council who have been only too happy to have us maintain and improve it over the years, and to have the play equipment, the castle and the seating all provided by us and our residents. Under the present financial belt-tightening Copeland are transferring some of their less profitable assets to new owners. Along with some of our neighbours, such as St Bees and Gosforth, the Parish Council here has been offered the choice of acquiring the whole of the foreshore area. The alternative might be that Copeland would demolish the toilets and re-impose charges on the car park to raise revenue and make it financially viable for themselves.

To us the clear advantage of ownership is that with it would come the reassurance of knowing that these assets could not be taken from us, to the detriment of all those who currently enjoy them. The Parish Council is at present in negotiation with the District Council to draw up conditions for the transfer of ownership that will be acceptable to both parties. We would expect to pay for our legal fees but the cost of the land and the structures on it would be that unit beloved of local authorities "one peppercorn". However much we welcome this opportunity, what must give us pause for thought is the ongoing cost of maintenance. Initially this would be offset by our no longer paying annual rent for the car park, but in the longer term we should undoubtedly have to raise more through the precept to cover the costs. We hope that you our residents will support our efforts to take over the foreshore and that you will agree that the benefits will ultimately outweigh the added expense. Please let your councillors know your views. Our phone numbers are listed in this magazine and on the website www.seascale.org.uk or you can use the contact emails for the website editor or the clerk.

Helen Pateman

CAN YOU HELP THE FOODBANK?

There has been a growth in Foodbanks around the country in recent years. Their purpose is to provide food quickly to individuals and families who are in immediate need. This is usually because they've experienced a sudden change in their circumstances and the benefits to which they're entitled haven't come through. The foodbank provides enough food

for 3 days but this can be extended for up to 9 days.

The North Lakes Foodbank is based at Cockermouth. The bank is totally dependent on food donated by members of the public and there is always a need. Only non-perishable food is wanted; there's a list below, but please make sure that it is not past or near its sell-by date.



**Please support the
Foodbank Appeal**

**Collecting places in
Seascale:
The Methodist Church
Shackles Off**

Foodbank Shopping List

- Milk (full-fat or semi-skimmed UHT)
- Fruit Juice: 1-litre carton (UHT)
- Pasta Sauces (jars or sachets)
- Biscuits or snack bars
- Cereals (medium sized boxes)
- Tinned meat
- Tinned fish
- Tinned fruit
- Tinned vegetables
- Soup (no Cuppa Soup)
- Rice Pudding (tinned)
- Instant Mashed Potato
- Sponge Pudding (tinned)
- Sugar
- Jam
- Pasta (Medium bags of dried pasta. No sachets of 'pasta & sauce' mixes)
- Tea Bags/Instant Coffee (medium)

SATURDAY MORNING COFFEE

In 1991 the village of Seascale did not have anywhere to meet up to have a cuppa and a chat. It was suggested to Margaret & Arthur Buck who had previously run a cafe in Holmrook that maybe they would like to set it up in the Methodist Church Hall.

Seascale Saturday Morning Coffee was born and set up with the aim of it being an all age community event with a friendly welcome to all.

In the early days small tables were individually set up to allow for the choice of where to sit but it very soon became apparent when tables and chairs were all moved together that a large table with lots of chairs was what was required.

Saturday Morning Coffee is held in the Methodist Church Hall from 10.00 to 11.30am. People pop in as and when they can, some have a cuppa and leave and others stay until it closes. It is manned by a willing team of volunteers and Fairtrade products are used.

Over the past 23 years despite running it "at not for profit prices", Saturday Morning Coffee does make a small profit. It has actually made over £8,300

since it began and all profits have gone to charity.

Over the years donations have been gifted to many local and national charities and also in response to disaster appeals. Some of the local charities which have benefitted are: Air Ambulance, Wasdale Mountain Rescue, Village Playground, Farm Crisis Network and First Responders. The National charities to benefit have included Anthony Nolan Bone Marrow, Arthritis and Rheumatism Council, McMillan, Red Cross & Samaritans. Disasters supported have included East Africa Famine, Christian Aid to Congo, Sudan Appeal, Indian Earthquake, Bosnia, Rwanda & Syria.

Anyone new to the village would find it really friendly and a good way to meet others.

PDFs of back issues of the Seascale newsletter/magazine are available on Trevor Preece's website, who compiles it. There are also recent issues of the Gosforth and Drigg Parish Council newsletters. Go to www.trpub.net and then to the village of your choice.



WOMEN'S OUTLOOK RULE BRITANNIA

On 21 May twenty-eight members of Women's Outlook enjoyed a Patriotic Evening – a celebration of everything British, inspired by the 60th anniversary of the Queen's Coronation.

We were an enthusiastic group, enjoying ourselves enormously, whilst decorating the Methodist church hall with enough bunting and Union Jacks to have adorned all Seascale and lots of memorabilia which members had brought along. Barry Robinson's statuette of the Queen on her horse was very regal. Eleanor Borwick's DVD of the coronation itself we enjoyed watching after a celebratory supper. We had Coronation chicken, scones, sausages, lots of British cheese, and ending with red, white and blue decorated cakes made by Sylvia Thompson.

We sang a selection of traditional British songs – Land of Hope and Glory, D'ye ken John Peel and others, accompanied by Lyndsey Davies on the piano.

We listened to some amusing recollections of where our members were on Coronation day and what they were doing.

Glenda Davies had compiled quizzes of British landmarks and famous Britons.

We had three cheers for everything we appreciate about being British and finished our evening with a moving epilogue by Christine Bradshaw. A fantastic time!

Sally Kilvington
(Women's Outlook President)

GIRLGUIDING: GUIDES AND RANGERS

The programmes of the two units have as usual taken into account the wishes and ideas of the members. We aim to maintain the ethos of Girlguiding whilst adding our own unique flavour to proceedings!

We currently have 40 members in the Guide Unit and around 10 in the Ranger Unit and are supported by eight Leaders who have recently participated in an adult members' training day at Keswick. Congratulations to Katie Edwards who has just completed her Adult Leader Qualification.

The Spring Term culminated in a production of the pantomime 'Robin Hood and his Musical Merry Men' and during the evening a total £380 was raised which was shared between three charities suggested by the girls. Producing a panto was on the wishlist of Sarah, our Young Leader and I shall now hand over to her so that she can give you her thoughts not just on the panto but also on the rest of our activities. *Sue Smith*

Hi, my name's Sarah. I'm 14 and I'm the Young Leader for Gosforth Guides. First of all, I would just like to say THANK YOU! Thanks to all the girls involved in the pantomime, whether they were acting on stage or helping back stage; to all the parents who helped the actresses learn their lines; to all the leaders and Rangers who helped out especially Lindsey Martin; to Jim Polmear and Glen Gray from GADS for helping out with lights, sounds, scenery and costumes; and of course to everyone who came and watched! We all had a great time rehearsing for it beforehand and on the night. We even had a rehearsal sleepover in the Public Hall in Gosforth! I was extremely proud of all the girls and personally it was a fantastic experience for me, as directing a performance was something I've always wanted to do.

But now that's over, we look to summer. If the weather holds out we have many things planned including trips to the beach, outside activities and many summery things! Already we've had a brilliant St George's Day with some great country dancing and truly English tea and scones, and a trip to Gosforth Park to chill during SATs week. We've also had a great time attempting to break two world records – how many socks you could fit on one foot (41 in 10 minutes), and the longest chain of paper dolls (100 metres). We're also planning to head down to the beach for a barbecue as well!

In the summer holidays we'll be off to Ennerdale for our annual Guide holiday – many, many fun games and activities will take place. It'll also be Sue's last Guide holiday, so we're determined to make it a good one!

Once again thanks for supporting all the girls in Guides this year. *Sarah H.*

WESTLAKES

HOTEL & RESTAURANT



Our warm and relaxed dining room seats up to 28 guests including two additional private dining areas.

Our à la carte menu, which changes with the seasons, is designed with a modern twist on traditional food, using local produce wherever possible.

We are now also serving a Brasserie menu alongside the à la carte for the more informal evening with friends. The price of a 3-course meal now starts from £16.95.

Dinner is served from 7pm to 8.30pm daily.

Please call to reserve a table to avoid disappointment.

Geoff & Debra Armstrong

Westlakes Hotel, Gosforth

Tel: 019467 25221

EVENTS CALENDAR

in and around
Seascale

Find updates at: www.seascale.org.uk

- 13 July – Saturday.** Drigg Heritage Day and Coffee Morning. Drigg Village Hall, 11am – 4pm. Photographs, memorabilia, handmade cards, raffle and slide show.
- 27 July – Saturday.** Lyons Corner House Afternoon Tea. Calder House Hotel, 3 to 5pm. Bookings on 28538.
- 26-28 July – Friday to Sunday.** Maryport Blues Festival. www.maryportblues.co.uk
- 27 July – Saturday.** World Owl Trust at Dalegarth station. 10am-4pm.
- 1 August – Thursday.** Scheduled RATTY journey from Ravenglass to Dalegarth and guided walk back with Lake District National Park Ranger over Muncaster Fell. £10 adults. £5 children. Contact Tom 01229 717171.
- 10 August – Saturday.** Seascale Horticultural Society Annual Show. Seascale School, 2pm.
- 10-11 August – Saturday & Sunday.** Chapter House Theatre Company presenting “Twelfth Night” and “Wind in the Willows” at Muncaster Castle. www.muncaster.co.uk
- 11 August – Sunday.** Bower House Inn fundraising event for Little Heroes Cancer charity. Firewalk, stalls – details <http://www.justgiving.com/Bower-House-Inn>
- 23-25 August – Friday to Sunday.** Solfest music festival. Tarnside Farm, Tarns, Silloth. www.solfest.org.uk
- 23-26 August – Friday to Monday.** Gosforth Art Society 5th Exhibition. Gosforth Village Hall, 10am-5.30pm. Free admission.
- 24 August – Saturday.** World Owl Trust at Dalegarth station. 10am-4pm.
- 24-26 August – Saturday to Monday.** Living history week from Vikings to medieval times featuring the Red Wyvern Re-enactment Society at Muncaster Castle. www.muncaster.co.uk
- 26 August – Monday.** Black Combe Country Fair, Bootle. For trade stand applications contact Anne Fretwell 01946 27117.
- 29 August – Thursday.** Scheduled RATTY journey from Ravenglass to Dalegarth and guided walk back with Lake District National Park Ranger over Muncaster Fell. £10 adults. £5 children. Contact Tom 01229 717171.
- 30 August – Friday.** Hospice at Home West Cumbria afternoon tea party at Liz Sellers, Craghouse, Ellerslie Park, Gosforth, 2-4pm. Contact Margaret Finlay, 28958 or Ann Cooper, 25325.
- 13 September – Friday.** Fish’n’Chip Supper, Dalegarth station. 6pm departure from Ravenglass on RATTY. £10pp inclusive journey and supper. 01229 717171.
- 14 September – Saturday.** Pizza Lunch, Holmrook Reading Room. Contact David on 019467 24632 or Daisy on 24771.
- 22 September – Sunday.** Hospice at Home West Cumbria
- “With a Song in my Heart” flower demonstration by Millom Flower Club. Calderbridge Village Hall, 2pm. Tickets Margaret Finlay, 28958 or Ann Cooper, 25325.
- 28 September – Saturday.** Eskdale Show, Eskdale Showfield by George IV Inn.
- 28-29 September – Saturday & Sunday.** Taste Cumbria Food Festival, Cockermouth. www.tastecumbria.com
- 11 October – Friday.** Fish’n’Chip Supper, Dalegarth station. 6pm departure from Ravenglass on RATTY. £10pp inclusive journey and supper. 01229 717171.
- 26 October – 1 November – Saturday to Friday.** Halloween Week at Muncaster Castle. Ghost tours must be booked at www.muncaster.co.uk
- 27 October – Sunday.** Hospice at Home West Cumbria flower demonstration by Whitehaven Flower Club. Seacote Hotel, St Bees, 2pm. Tickets Margaret Finlay, 28958 or Ann Cooper, 25325.
- 8 November – Friday.** Fish’n’Chip Supper, Dalegarth station. 6pm departure from Ravenglass on RATTY. £10pp inclusive journey and supper. 01229 717171.
- 9 November – Saturday.** Cumbrian Railways Association Autumn Meeting. Burnside Hotel, Bowness-on-Windermere. Details at www.cumbrianrailway.org.uk or 28296.
- 10 November – Sunday.** Cumbrian Railways Association Autumn Field Trip. Broughton Moors ex-armaments depot to view railway remains. Details at www.cumbrianrailway.org.uk or 28296.
- 16 November – Saturday.** Hospice at Home West Cumbria Christmas Fair. United Reform Church, Whitehaven, 10am-2pm.
- 6 December – Friday.** Mince Pie & Quiz. Holmrook Reading Room. Contact David on 019467 24632 or Daisy on 24771.
- 7-8 December – Saturday & Sunday.** Taste Cumbria Christmas Fayre. Muncaster Castle.
- 21-23 & 27-28 December – Saturday & Sunday then Friday – Sunday.** Muncaster’s Victorian Extravaganza. Book tour tickets at www.muncaster.co.uk

REGULAR EVENTS

- Children’s Club.** Meets every Wednesday during term-time for children in the infant classes, from 5pm to 6pm, at Seascale Methodist Church Hall. Contact Ros on 21273 or Jackie on 29785.
- Gardening Club.** Holmrook Reading Room. Contact John Dutton on 24317 for details or to join.
- Fishing Club.** Holmrook Reading Room. Contact Syd Roberts on 28655 for details or to join.

Gosforth and District Art Society. Every Monday but with breaks for Easter, summer and Christmas. 6.45-9pm, Gosforth Village School. Also Thursday mornings 10am to 12am in Seascale Methodist School Room. Contact Jakki Barratt: jakki@karletta.co.uk.

Guides. Every Tuesday during school term time. 7.15-8.45pm, usually at Gosforth Public Hall. Contact: Sue Smith 019467 28265.

Jam Side Up Jazz Jam Session. Third Friday every month. Calder House Hotel, Seascale. From 8.15pm. www.jamsideup.net or 01967 28619 for more details. Admission free.

Line Dancing. Every Monday. 7.30pm, Windscale Club, Seascale. £2 pp donation to charity. Contact 019467 28449 for details.

Messy Church. Run jointly between St Cuthbert's and Seascale Methodist Church and meets on the second Saturday of each month in school term in St Cuthbert's Church Hall at 11am to about 1pm.

Music Jazz Club. Thursdays. Holmrook Reading Room, 7.30pm. Own instrument needed. Contact Peter Smith on 01946 822489.

Music Jam. New jam being set up at the newly refurbished Wheatsheaf in Egremont. Come along and join in the fun if you can, between 7pm Tuesdays and let's say ... late. Ask for me when you arrive, if you want to play. Bring your gear. Val. 07974 418325.

Open Mic Night – Strands, Nether Wasdale. First Wednesday every month. 9pm start. Live music by various singers and groups.

Open Mic Night – Florence Mine, Egremont. Third Wednesday of each month. Great atmosphere, all gear provided. Just turn up..

Open Mind West Lakes U3A General Meeting. Third Thursday every month 10.15am for 10.45am in Gosforth Public Hall. Membership is £5 per year which covers membership for all the groups. In addition there is a small admission charge for each U3A meeting. Contact: Graham Brassington 25794.

Open Mind West Lakes U3A History Group. First Wednesday every month at 11am in Drigg Village Hall. Contact: David Huyton 01946 841362.

Open Mind West Lakes U3A Discovery Group. Fourth Wednesday every month 10.15am for 10.45am in St Mary's Room. Contact: Graham Hutson 25477.

Open Mind West Lakes U3A Singing for Fun Group. First Thursday every month 2.30pm to 4pm in the Methodist Church Hall, Seascale. Contacts: Gavin Walker 26474 or Xandra Brassington 25794.

Open Mind West Lakes U3A Art Appreciation Group. Second Thursday every month 10.30am in St Joseph's Church Hall Seascale. Contact Jean Taylor 28713.

Open Mind West Lakes U3A Mah Jong Group. (House Group Gosforth) Second and fourth Mondays every month from 2pm to 5pm. Contact Xandra Brassington 25794.

Open Mind West Lakes U3A Reading Group. (House Group Gosforth) Fourth Thursday every month between 10.45am and 12.00noon in a private house. Contact: Jean Taylor 28713.

Open Mind West Lakes U3A Discussion Group. Third Tuesday every month between 10am and 12noon in a private house. Contact: Graham Brassington 25794.

Open Mind West Lakes U3A Photography Group. Second Tuesday every month in the Beckermat Reading Room at 10.15am for 10.30am. Contact: Tony Bagnall 25595.

Open Mind West Lakes U3A Walking Group. Third Friday each month. Easy walks are regularly arranged usually starting at 10.00am and last about 2 hours. Contact: Joan McIntosh 25459.

Over '60s Lunches. Strands, Nether Wasdale. Monday to Thursday, noon to 2.30pm. One course £5, 2 courses £7, 3 courses £9. 019467.

Open Social Run. First Sunday every month, 9.30am. Seascale beach or cinder track, starting from car park. Organised by Blengdale Runners and open to anyone who can run three miles or more at any speed.

Play Club. Holmrook Reading Room Play Park Contact Caroline Marsden to let your children use it.

Rangers. Every Tuesday during school term time. 7.15-8.45pm, usually in supper room at Gosforth Public Hall. Contact: Sue Smith 019467 28265.

Saturday Coffee Morning. Seascale Methodist Church Hall, 10-11.30am.

Scottish Country Dancing. Windscale Club, Seascale. Every Wednesday from September to April at 7.30pm. Beginners very welcome.

Scouts/Cubs/Beavers: 2nd Seascale Scout Group. Every Thursday night in school term time. St Cuthbert's Hall. Beavers (6-8 years), 5-6pm. Cubs (8-10 years), 6-7.30pm. Scouts (10-14½ years), 7.30-9pm. Contact: 28296 or info@seascalescouts.org.uk

Seascale Parish Council Meetings. First Wednesday every month. 7.30pm in the Methodist Schoolroom. No meeting in August unless there is urgent business.

Table Tennis Club. Wednesdays. Holmrook Reading Room, 6.30-7.30pm. All welcome to turn up or contact David on 24632.

Tuesday Chat. First Tuesday every month. Drigg & Carleton Village Hall.

West Cumbria Guild of Model Engineers meetings. Second Wednesday every month. Harrington Fishing and Sailing Club, 7.30pm. Visitors welcome. Details: 019467 28938.

West Cumbria Guild of Model Engineers train running on Curwen Hall Park track. Sundays 2-3pm in fine weather.

WI, Seascale. Seascale Methodist School Room. 7pm each month except January, February and December at 2pm.

Wild Flower Meadow. Holmrook Reading Room. Phone 24105 to be involved. Supervised children welcome.



OUR BEACH FRONT FACELIFT



We hope you've noticed all of the work on the beach front. We have two new recycled plastic picnic tables and three new recycled plastic seats. These are free of maintenance and so easier to look after.

The new information board in the wishing well is excellent and four of us did the layout for it – myself, David Moore, Ken Mawson and Barbara Ramsden – and used local people for their knowledge.

A dropped kerb on the corner at Beach Stores has been created for better and safer access to the beach.

The muddy surface from the edge of the road to the jetty has been tarmac'd.

Our thanks go to our Parish Council for improving toilet drainage and new doors, to Copeland Borough Council for improving the recycling area, the County Council for dropped kerbs and improving footpaths, Cumbria Waste Management Environmental Trust for funding and Copekand for money from Coastal Initiative and Community Fund.

A special thanks to Rachel Osborn and Rachel from Copeland Community Fund. Both have moved on but we wish them well.



David Moore and myself have done all the organising with the two Rachels and we hope you are pleased with the results. *Eileen Eastwood*

An enormous amount of work has gone into the project to improve the beach front area over the last two years, and you will have seen from Eileen Eastwood's article and from the pictures how much has been achieved.

Many of the ideas for the improvements originally came from residents. Our District Councillors Eileen Eastwood and David Moore have worked with the agencies involved to make sure that all the elements of the project met Seascale's specific requirements; with their local knowledge they have been able to recommend the most appropriate ways of matching needs with funding. They have had the duty of overseeing that delivery was to standard and on time and over the life of the project Eileen has had the unenviable task of reconciling estimates, invoices and payments within tight timescales.

Seascale owes them both a big Thank You!

Helen Pateman





RENOVATIONS TO THE DELL

Most of you will know Sue Brown, who was our Councillor on Cumbria County Council for 12 years, until she stood down in May this year. She has fought our corner on numerous issues and we have received considerable financial help through her good offices with the County Council and from her Local Members' Fund, most recently to carry out renovations in The Dell in February.

A broken edging panel on the stream was replaced, rocks and stones which had been washed down into the area in last year's floods were cleared away and a new bridge was built to replace the wooden one which had finally succumbed last summer after suffering 12 years of the effects of weather and vandalism.

Sue declared the bridge officially open on 13 June and cut the ceremonial ribbon.

We extend our thanks to her for the funding for The Dell and for all her past efforts on our behalf.

Helen Pateman

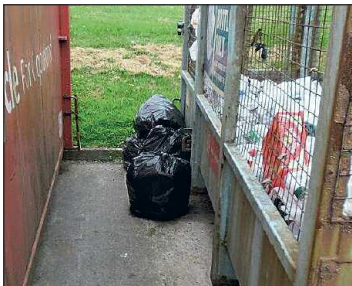
FOOTPATHS

Last year turned out to be pretty much of a dead loss as far as our footpath volunteers were concerned. There was never a long enough stretch of even reasonable weather for the ground to dry out sufficiently to allow any work to be done. Meanwhile the brambles and nettles flourished and the footpaths became all but impassable.

A number of you responded to our previous appeal for people interested in walking the paths and helping to maintain them. We apologise for not calling on you so far. Ever optimistic, we hope that the weather may be kinder this summer. In addition this year there is a West Cumbria initiative to locate and map areas of those pernicious invaders Japanese Knotweed and Himalayan Balsam. If we can assemble a group of helpers we could take part in this as well as doing some of our own clearance work. Once again we would like to appeal for more volunteers to contact us.

Please get in touch by phone with Martin Bibby (21294) or Helen Pateman (28131) or any Parish Councillor. Or make contact by email via the website www.seascale.org.uk.

MORE FLY-TIPPING AT THE RECYCLING BANKS



These black sacks were left at the recycling area on 12 June. Three contained plastic bottles, the fourth had nearly 80 cans in it. At the time there was plenty of space in the appropriate banks. Ashamed of the number of beer cans or just lazy?





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IT'S TIME TO DISCOVER...

I hope you like the cover of this issue – this plan of the proposed development of Seascale in the late 19th century is just one of the treasures I have been introduced to since I started work at Whitehaven Archive and Local Studies Centre four years ago. It is fascinating to think what Seascale might have become had that development gone ahead!

Until recently I worked at the Archive Centre just two days a week, but I'm now a full-time employee thanks to a colleague retiring from her post as Searchroom Assistant and my being successful in obtaining the job as her replacement. It is just so interesting there that I thought I'd have a go to see if I can enthuse some of you to come along and visit us!

As an employee at the Archive, no two days are the same – if we have lots of customers and I'm on duty in our public area then most of my time could be taken up helping them with their research by directing them to sources for their queries and retrieving documents from the strongroom for them,



or I could be researching myself to answer brief email enquiries perhaps by looking for a baptism, marriage or burial record or searching for a newspaper article. We hold microfilm copies of parish records for Cumberland and newspapers including the Cumberland Pacquet and the Whitehaven News. Or if it's a quiet day I'll have chance to get on with some cataloguing, local studies filing, shelf tidying or other background tasks that are always waiting to be done; essential tasks that perhaps a visitor wouldn't immediately notice but that help make it much easier for customers to make use of our collections.



We occasionally host group visits from both adults and children; or one of our Archivists or Local Studies Librarian will visit a club or society to give a talk. Recently we had a visit from a local primary school, which I helped with; a group of 7-9 year olds, 44 in total. My colleague had organised a number of activities so split them up into six groups and we had an action-packed afternoon

with each group getting a chance to try each activity, including a tour of the strongroom where we keep all our documents – that’s something really special! I found that lots of fun and we hope that the youngsters will be keen to come back again!

Once when Trevor Preece (the other half!) called in with a visitor, just for 20 minutes, he found, in a book about the Furness Railway, a great picture of Seascale Station in the days when there were station buildings either side of the track; he contacted the author to ask for permission to reproduce this in the Seascale Magazine and this led to him being asked to produce a book of the history of the Furness Railway – we have a copy of that here if anyone would like to see it.

Returning to the subject of Seascale’s Banks development, Trevor and I live in one of the first houses – possibly the very first – erected within the scheme, and found ourselves possessors of the very original deeds including the land acquisitions. We have deposited these in Whitehaven Archive Centre for anyone to see (the document reference is YDX 529).

In the Local Studies Library we have hundreds of books and also hundreds of local studies files covering all aspects of local life. Does anyone

remember Horace Stubbs’ sketches in the Whitehaven News? As part of my ‘new’ job I’m constantly discovering new things, one being that we have folders in the collection with press cuttings of, if not all, certainly very many of these. They are lovely to look at.

Judith Kirkham

If you’re interested in coming along you can find us next to the Police Station in Scotch Street, Whitehaven, details here:

Cumbria Archive and Local Studies Centre, Whitehaven

Scotch Street, Whitehaven CA28 7NL
Tel: 01946 506420. Fax: 01946 852919
Email: whitehaven.archives@cumbria.gov.uk

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EGREMONT RED

AN EXHIBITION
OF ART WORKS
INSPIRED BY
THE RED
HAEMATITE
OF FLORENCE
MINE



Seascale artists Pauline Sanders and Gareth Harrison both honoured the debut of Egremont Red paint – created from the Florence Mine's haematite iron ore – at PaintFest on the late May bank holiday weekend. Pauline's contribution was her painting seen below. And Pauline liaised with Egremont's Great Gable brewery to label a bottled beer "Elephant Red" which she is seen clutching! She has the jewellery shop Crazy Horse in Market Place, Egremont, and previously florists Rapunzel in Seascale and Cleator Moor. Full-time artist and photographer Gareth says, "the Florence colour itself is very earthy. I have used it here as precisely that – to depict the rock and soil beneath us." The paint is available for purchase from the Mine and Lowes Court Gallery, Egremont.



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Email : [@btinternet.com](mailto:pauline@agran)

Painted in
EGREMONT RED
by
Pauline Sanders
for
Egremont
Florence Mine
Paintfest

500ml
4.4% abv
Bottle conditioned -
serve cool, c. 10°C

SEASCALE HORTICULTURAL SOCIETY ANNUAL SHOW

Seascale Show takes place at Seascale School this year on Saturday, 10 August, at 2pm. There are categories for vegetables, fruit, flowers and pot plants for the green fingered. If you've never exhibited before, then the Novice classes might help you get started.

If you enjoy baking or crafts, there are categories for produce, flower arranging and handicrafts for both adults and children. With the handicrafts section covering categories for hand knitted articles, photographs and paintings (to name just a few) there is bound to be something to interest you.

Full details are available in the schedules, which are available now from Seascale Post Office, Pellymounters and Beach Store, Seascale.

Teas will available during the afternoon and an auction of produce will take place at the end of the show.

We look forward to seeing you there.



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THE SEASCALE GAS SERVICE



The first gas supply used to provide a limited amount of street lighting was produced by methane generated by the sewage system installed by the Furness Railway Company.

In its early days the Golf Club was lit with an acetylene gas supply generated from calcium carbide and a drip-water feed. It is also believed that St Cuthberts church and vicarage had a similar acetylene gas based system.

In about 1880 the Furness Railway Company had seen fit to provide its seaside village with a gas works to provide the visitors with all the essential services needed by a modern resort. The Company was still responsible for the works in 1901 but had passed it on to other owners by 1910 – the Bradford Gas Company.

It was not long before gas was being used to illuminate some buildings – with gas lighting installed in the Iron Church in 1881 & in the Methodist Chapel in 1896 as was the old Public Hall.

In 1902 the Annual Parish Meeting discussed the proposal to install Gas Street lighting, which would increase the rates by 2d in the pound. The Gas Company offered to provide 12 lamps for the sum of £3 each lamp per annum for a term of not less than six years. There are already three lamps used to cremate the sewer gas, both day and night,

and a lamp at the railway arch, the upkeep of these entailing a cost of about £16 a year, or a rate of 0.75d in the pound.

The meeting supported the scheme for the benefit of both the residents and the visitors. The Seascale Gas Company was then formed, but it cannot have been a huge success because in October 1927 the Company asked whether the Parish Council wished to purchase the Gas Works. The Council needed to know the price and debated whether they were empowered to take such an action. The Gas Company offered to sell the Council the Gas Works, Offices and Gas Mains etc for the sum of £2,800. This was considered too much. In June 1929 the Seascale Gas company announced the closure of the gas works. The Parish Council asked for them to delay the closure to “allow the getting (of) electricity into Seascale”.

So in 1929 with the Seascale Gas Works fast heading for the rocks as it was a losing concern and the plant was practically obsolete. Thereupon some 60 Seascale residents took a bold step. They raised the capital to acquire the concern, and, with the Rev. Cannon Akam as Managing Director, had made slow but steady progress. Within a period of eight years they had completely renewed the plant and paid several dividends of 5 per cent. In this year, however, instead of paying a dividend

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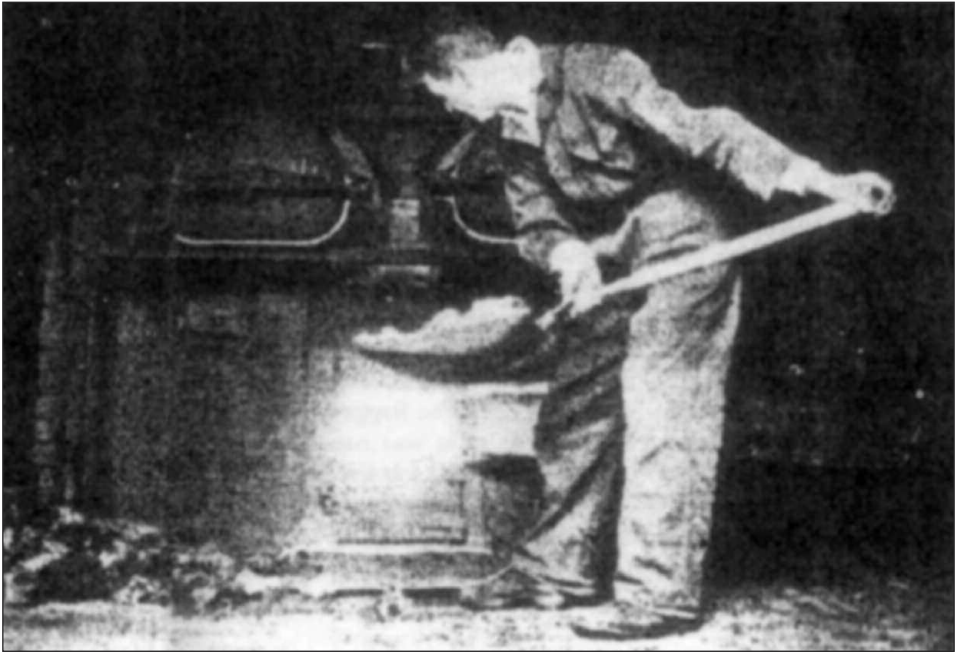
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the directors decided to pass on the benefit to the consumers and reduced the price of gas from 8s 4d to 8s per 1,000 cubic feet. An Inspector visiting the plant described it as one of the best little plants he had yet seen. And it was worked by one man! – and so the Seascale Gas Company (1929) Ltd. was born.

But how would you like to run a gasworks all by yourself ?

The *Meccano Magazine* in 1939 explained as follows:

“The prospect would alarm most people, but Mr Norman Lee of Seascale, Cumberland, actually does this. He has been the manager, staff and the entire personnel of the gas works for the past six years, before which his father was in charge. Making my way past the station I came across the works, nestling in a hollow of the fells, with Mr Lee, an active young man, busily shoveling coal into the furnaces. He told me that his task is most difficult in the summer months, when there is a great influx of visitors into Seascale, and the number of people there and the demand for gas can never be exactly foreseen.

The actual production of gas is not the only work Mr Lee has to do. The storage tanks have to receive regular attention, and sacks have to be

filled with coke and taken round for sale. Another sideline is making barrels of tar, and every other year the work of painting the two large gas-holders is tackled single handed. In addition Mr Lee personally installs all the gas meters and cooking stoves in the district, and on one occasion was actually called out to mend a burst water main! Yet with all this Mr Lee has some spare time to think of things other than gas, there is a neatly kept garden to be seen behind one of the gas-holders.”

The Seascale floods of 1954 did the gas works no favours, leaving the site under water for several days both stopping production and causing major damage to the facility.

And finally in 1957, “The Northern Gas Board is to discontinue the supply of gas to Seascale. Gas appliances in the area are to be replaced by electrical equipment to be supplied by the NWEB.”

Then in March 1991 it was announced “British Gas Northern would supply gas to the area south of Egremont at a cost of £2M. The project will require the laying of 60 miles of pipeline through the local villages, including Seascale, and each customer will have to pay £233 for a connection to the gas grid.”

Nev. Ramsden May 2013

A Grand Day Out!

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The Main ring attraction is Katy Cropper with Henriatta with the unique sheep dog display that will appeal to all the family. Children selected from the audience will be able to participate. Katy's display includes a demonstration with sheep and ducks. Also, Children's Sports will feature in the programme, plus the ever-popular clay pigeon shoot and plenty more.



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Local vintage vehicles, tractors and motor cars and farm portable engines are welcomed.

SO IT LOOKS AS IF IT WILL BE YET ANOTHER GRAND DAY OUT IN BOOTLE THIS BANK HOLIDAY MONDAY – DON'T MISS THE FUN.

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Timetable 2013

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12.00 – 1.00	Adults Only & Baby
3.00 – 4.00	General Swimming
6.00 – 7.00	Seascale Club
7.00 – 8.00	Ladies Only
8.00 – 9.00	Adults Only

Tuesday

10.45 – 11.45	Shallow Water Aqua-Fit
12.00 – 1.00	Adults Only & Baby
3.00 – 4.00	General Swimming

Wednesday

11.00 – 12.00	60+ Only
12.00 – 1.00	Adults Only & Baby
5.30 – 6.30	Deep Water Aqua-Fit
6.30 – 7.30	General Swimming
7.30 – 8.30	Lane Swimming

Thursday

12.00 – 1.00	Adults Only & Baby
3.00 – 4.00	General Swimming
7.00 – 8.00	Ladies Only
8.00 – 9.00	Sub-Aqua Club

Friday

12.00 – 1.00	Adults Only & Baby
6.30 – 8.00	General Swimming

Saturday

10.00 – 11.00	General Swimming
11.00 – 12.30	Fun Time

Sunday

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School Holiday Timetable

Monday

9.30 – 10.30	Aqua Tots
10.30 – 11.30	General Swimming
12.00 – 1.00	Adults Only
1.30 – 3.00	Fun Time
3.00 – 4.00	General Swimming
6.00 – 7.00	Seascale Club
7.00 – 8.00	Ladies Only
8.00 – 9.00	Adults Only

Tuesday

9.30 – 10.30	General Swimming
10.45 – 11.45	Shallow Water Aqua-Fit
12.00 – 1.00	Adults Only
1.30 – 3.00	Fun Time
3.00 – 4.00	General Swimming

Wednesday

9.30 – 11.00	General Swimming
11.00 – 12.00	60+ Only
12.00 – 1.00	Adults Only
1.30 – 3.00	Fun Time
5.30 – 6.30	Deep Water Aqua-Fit
6.30 – 7.30	General Swimming
7.30 – 8.30	Lane Swimming

Thursday

9.30 – 11.30	General Swimming
12.00 – 1.00	Adults Only
1.30 – 3.00	Fun Time
3.00 – 4.00	General Swimming
7.00 – 8.00	Ladies Only
8.00 – 9.00	Sub Aqua Club

Friday

9.30 – 11.30	General Swimming
12.00 – 1.00	Adults Only
1.30 – 3.00	Fun Time
6.30 – 8.00	General Swimming

Saturday

10.00 – 11.00	General Swimming
11.00 – 12.30	Fun Time

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HOW TO GET THE BEST OUT OF

Whether just a hobby or a desire to develop your skills further, Lorna Preston (Lorna's Photography) explains how to get the best out of your photography subjects.

You will no doubt be able to find endless generic “Top Tips” for taking a good photo online, but how credible are these and have they actually enhanced your photography skills? Speaking from both personal and professional experience, here are my top 10 tips to help you achieve that winning photograph.

1. Lighting – work with it, not against it

This is the most important thing to consider when taking a photograph. The question to ask is ‘where is it coming from?’ It sounds simple, but failure to place your subject towards the light can seriously affect the quality of your images. By utilising the light source, placing your subject towards it, you will avoid getting what I call “dirty light” in your image which causes you to lose detail in replace of a grainy quality.



2. Shutter speed – get it right!

How many times have you set out to capture a subject such as a running toddler or an energetic dog and found that every image you’ve managed to get is blurry? When capturing moving subjects you need to make sure your shutter speed is set correctly. Increasing your camera’s ISO, which in turn increases the sensitivity of the digital sensor, and having a large aperture can help you with this.

3. Backgrounds – always check them

There’s nothing more annoying (or time consuming) than taking a great photo only to realise at home on your computer that you failed to see an ugly ‘FIRE EXIT’ sign behind your subject, or a random passer-by. It takes a while to get into the habit of checking your backgrounds but it certainly pays off to remember!

4. Composition – once it’s gone it’s gone...

Playing around with composition can be fun but if you’re going to do this while capturing your image try not to ‘crop’ too tight. You can always adjust the crop during the editing process, but you can’t get the rest of the image back if you later decide it would have been better as a wider shot. Having said this – don’t be afraid to play around with getting close up and personal with your subject... with the lens that is!

5. Change position – work your angles

So you’ve found out where the best light is, you’ve got your subject set up perfectly and got your envisaged shot. But you want some variety. The best way to do this is to have your subject stay put and for you to change your own position, seeing how the shot changes when taken from different angles. You never know, you may end up with a better shot than the one you thought you had!

6. Consider your viewpoint

All too often I see photos of children on social networking sites which have had the potential to be a good shot – but the viewpoint has let it down. A good thing to try is to take the shot



YOUR SUBJECTS

on level with your subject. When photographing children, get down to their eye level and the results will improve your shot instantly. This also applies to animals!

7. Camera shake – you're ready but are you steady?

It's so important to get yourself in a stable position when taking your shot regardless of what angle you're going for. If your camera is shaky then your image will be. It sounds simple, but just tucking your elbows in tight to your body can massively reduce the amount of camera shake you have. Needless to say, always use a tripod for longer exposures such as landscape/night time shooting.

8. Exposure – don't blow it!

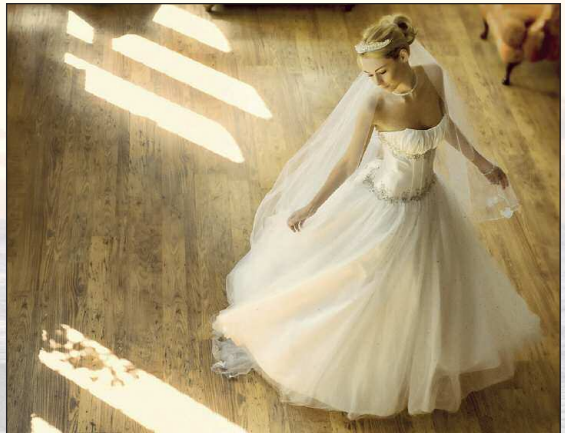
Again, I see so many overblown images – it's heart breaking. No matter how good your shot was, if it's over exposed there's nothing you can do about it. Take a test shot to make sure you get it right. If you happen to take a few underexposed images, you can always 'save' these somewhat during your editing process. It's tricky trying to get it 'just right' without having your ISO too high, but practice makes perfect.



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This leads me nicely on to my next tip...

9. Don't flash unless you have to

I know the temptation is to use it, but try to resist! There's nothing simpler than setting your flash to 'Auto' and letting your camera take it from there, but the real skill in capturing natural photographs is being able to work with nature and capture the ambient light. The results are astounding in comparison with the washed-out effects that a flash produces when not required.

10. Personality – if you don't have it, get it!

This tip refers to everyone involved in the shot – including you! You need to think about what sort of images you want. The only way to get the best from your subject is to inject the right energy into the situation. If the experience is a dull one then your images are going to be dull! If you're not working with a person or animal, then think about what personality you want your photograph to convey. Play around with colour, composition and depth.



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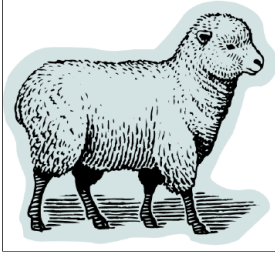
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AN OCCASIONAL DIP INTO THE PAST



A Letter to Lord William Howard from William Pennington at Muncaster. Dated 8 January, 1637.

‘There has been of late much stealth of sheep in these

parts. So many have lost one fourth of their flocks, others a third and someone half. If some speedy course be not taken, we shall live in a worse case than the borders. The thieves seldom take above one or two sheep at a time. It is thought they bestow the flesh underground or in some other secret place. The pelts after pulling them, they throw away, and the bones they burn. If they chance to be taken, there is nothing to be found on them but suet and wool.

Though they have no sheep or goods of their own, they fare as well in this trade as those that have good farms. This county stands together upon the flocks of sheep. Abraham Singleton, a notorious thief is now in prison.’

Pam Clatworthy

HOSPICE AT HOME WEST CUMBRIA

A big thank you to all who supported the recent coffee morning at Calder House Hotel. We raised a magnificent £605. Some of our forthcoming events include...

Friday 30 August – Afternoon Tea Party at Liz Sellers, Craghouse, Ellerslie Park, Gosforth. 2-4pm.

Sunday 22 September – “With a Song in my Heart”: a flower demonstration by Millom Flower Club in Calderbridge Village Hall at 2pm. Tickets from Margaret Finlay, 28958 or Ann Cooper, 25325.

Sunday 27 October – Flower demonstration with Whitehaven Flower Club in the Seacote Hotel, St Bees at 2pm. Tickets from Margaret Finlay, 28958 or Ann Cooper, 25325.

Saturday 16 November – Hospice at Home West Cumbria Christmas Fair, United Reform Church, Whitehaven, 10am-2pm.

Sunday 8 December – Hospice at Home West Cumbria light up a life service at St Mary’s Church, Gosforth with Annie Mawson at 3pm. A service to remember loved ones who are no longer with us and to dedicate a candle to their memory.

Ann Cooper



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SEASCALE WI TURNS 90

As promised in the last Magazine I'm going to tell you about Seascale WI, which has now reached its 90th birthday. Seascale WI is not a typical WI and probably hasn't been for some considerable time, if it ever was! Since the late forties most of the members had been town people until they moved into the area because of Sellafield. Most WIs are made up of country people, especially farmers' wives, although at this particular time urban WIs are springing up everywhere. Nevertheless, the members of Seascale WI have always tried their best to fulfil the principles of a good Institute.

On 1 November 1922 a meeting was held in the Public Hall to consider the question of forming a branch of the National Federation of Women's Institutes at Seascale. Forty-four ladies were present and after hearing a clear and enjoyable definition of the aims, objects and general work of Institutes, they unanimously decided in favour of an Institute being formed. I quote from some notes, 'In 1922 the country was still pulling itself together after the first world war and women, who had worked in factories and replaced men in all types of work, were beginning to look around and reach out from the humdrum lives that had been their lot, and the WI helped in providing the fuller life which we now have.'

The first meetings of Seascale WI were held in the Methodist Schoolroom (rent 7/6 per meeting) and

the first President was Mrs Burnett. I quote again, 'in looking through the minutes of the Institute over the years it is obvious that the members have had the welfare and wellbeing of the village and its inhabitants in mind'.

In 1924, October 15th, there was the first meeting in St Cuthbert's Hall where it continued to meet until the flood in 1994 when we were forced to move back to the Methodist Schoolroom where we have met ever since.

Over the years there were many Presidents and here are a few: I'm sure their names will be very well known to you, e.g. Audrey Jackson, Barbara Woodman, Lyn Powell, Chris Worsnop, Mary Clark, Dorothy Lawton, Rita Weightman and more recently Edith Doidge and Pam Priestly.

Looking through old records I found that in 1928 the WI were collecting eggs for Whitehaven Infirmary, they totalled 610. However, in 1933 the annual total was 1060 although this number dropped to 160 in 1942.

In 1943 on 18th November they celebrated their 21st birthday. There was a tea dance in St. Cuthbert's Hall, admission 3/6, members 2/- . The band of the Border Regiment played for dancing and the proceeds totalled £372 which was shared with the Red Cross and the WI. (There must have been a lot of people there!)

In 1946 there was a special lecture by a Resistance

worker on 'The Resistance Movement'. That amazes me!

In 1972 Godfrey Talbot, the well-known Radio Correspondent gave a talk about the relocation of the Abu Simbel Temples in Egypt.

Seascale WI was much into drama putting on productions of e.g. 'The Chalk Garden' by Enid Bagnold, 'The Crooked Tree' by T.B. Morris and latterly, plays which were written by Rita Weightman, a member, sadly who died recently. Whilst rehearsing Rita's plays we had many laughs and one year we won the County drama competition with a Victorian Melodrama. A mummings play was prepared and performed in the grounds of Muncaster Castle as part of the County Spring Show.

Muriel Dorward, a lady many of you will remember, was responsible for a lot of the initiatives that the WI was involved with over the last few decades. Before recycling became the thing, Muriel persuaded the WI to get involved with collecting waste paper and cardboard. We had a garage at the Scawfell Hotel, people delivered it there, we sorted and passed it on to a paper works. This went on almost until the Borough Council started its recycling programmes.

Muriel was always concerned about the environment and, along with other members of the WI, produced an exhibit on the theme This Green and Pleasant Land, dealing with oil pollution involving seashore birds, which went forward to the Ideal Home Exhibition at Olympia in 1972.

As you would expect with a WI, many of our ladies have been involved with beautiful and skilful craft work. In 1938 Seascale WI received a total of 65 points in the County Handicraft Exhibition placing them second in the County; there had been 85 entries.

Years later, in 1966, the WI entered another County arts and crafts exhibition when Miss F.M. Barnes received top marks which resulted in Seascale sharing the RAF Rose Bowl with Wetheral WI. Muriel was part of a group who formed a local Embroiderer's Guild. She also made a large magnificent corn-dolly cockerel which was chosen to be exhibited at a National Federation of WI's craft show.

Over the years the WI was involved with many village events. For a number of years we provided the refreshments for the Fun Days; we cleaned the beach; we worked on the Station flower beds, helped by money provided by the Groundwork Trust and we had an exhibit in the window of the library. Incidentally, the bench outside the library has been

placed there by the WI twice, the second replacing the old one which had worn out. Many years ago we played darts against the Youth Club and, much to their disappointment, we won! As a result, our ladies formed a darts team and they are still playing today. On the sports front, we also have an extremely good bowls team who have had some great successes.

The WI lobbied British Rail over a number of years about the height of the station platform without success. Recently, following sustained action by CRUG (Copeland Rail Users' Group), 'Harrington' ramps have now been installed.

Additionally, over the last few years the WI has been lobbying MPs, joining in with the NFWI's initiatives, e.g.: farm-gate milk prices; the inappropriate imprisonment of people with mental health; the demise of the honey bees and, last year, the shortage of midwives, with some good results.

To celebrate the WI having reached their 90th year, we decided it would be good to commemorate this by planting a tree. Eileen Eastwood, past Chairman of the Parish Council, who has worked hard for many years for the good of our village, was asked to do the official planting. Unfortunately, the day we chose for the planting was extremely wet but we went ahead nevertheless, hence the rainwear in the picture. It is planted on the grass next to the substation at the top of Arch Hill. Do take the time to have a look at it! It's a Red Hawthorn. We've been told it should survive the salty winds. We hope so!

We welcome new members of any age. We meet on the second Monday of each month at 7pm except in January, February and December when we meet at 2 pm. You will see posters placed round the village telling of the subjects at the meetings. Why not give us a try!

Judith Hall



The ladies in the 1960s picture of a beach clean are, L to R: Mrs Lyn Powell, Mrs Muriel Dorward, Mrs Doris Boyes, Mrs Florence Wallace-Jeffries and Mrs Proctor.

GOSFORTH & DISTRICT ART SOCIETY'S 5TH OPEN EXHIBITION

EXHIBITION OF ORIGINAL ART WORK

The group was formed over 30 years ago and has been meeting throughout that time; some of the original people are still with us today.

As a well respected Art Society in the Lake District with much inspiration gained from its location near Wastwater and Scafell Pike. Recently opened is a new Thursday morning meeting in Seascale in addition to the Monday evening meeting in Gosforth.

We have varying types of ability within the group from learners to very accomplished artists. Many different mediums are used – oil, watercolour, pastel, graphite and acrylic paints. Some of us paint in more than one medium and we help and coach each other as and when needed. As our group locally is quite well known we have the privilege of exhibiting all year round at Muncaster Castle and Lakeland Habit, Cumbria.

We aim to promote the purchase of original artwork at an affordable price for all.

FREE ADMISSION

Homemade refreshments, extensive raffle, artists at workshops with interactive art work for visitors. Hundreds of original paintings by over 60 Cumbrian Artists. Brochure with artists' details and profiles. Further details available from Jakki Barratt email: jakki@karletta.co.uk



Gosforth Art Society

5th Annual Art Exhibition in Gosforth Village Hall
August Bank Holiday
Friday 23rd, Saturday 24th, Sunday 25th, Monday 26th
August 2013

OPENING TIMES 10AM - 4.30PM. FREE ADMISSION

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(note that I am profoundly deaf so please leave message on answering machine and I will ring back)

LOCAL MEMORIAL BOOKS FOR THE WORLD WARS

Pam Clatworthy is endeavouring to encourage people in local villages to compile a memorial book for their area to remember men who died in the two World Wars. Next year is the centenary of the start of WWI, and Pam has already researched and written one for Drigg and Carleton and the research took her just under a year. Pam's book is now an e-book on Forces-war-records website and can be downloaded. She is not being paid for it but has been given free access to all their records instead. Would any-one in Seascale be willing to compile such a book for their servicemen? Pam's subscription to the website could be used for free if required.

Pam Clatworthy can be reached at
pscribe@btinternet.com

Do you enjoy living in Seascale?
Would you like to get more involved in
issues that affect village life?

SEASCALE PARISH COUNCIL HAS TWO VACANCIES FOR COUNCILLORS

No experience is necessary.
Training will be provided.

The time commitment per month is about
5 hours, mostly in the evenings, with a
Parish Council meeting to attend,
probably a committee as well, and papers
to read.

You may have special skills which you
would like to contribute, such as
expertise in computer and social
networking or finance and problem
solving or, perhaps, hands-on ability for
minor repairs and maintenance of our
properties, structures and equipment or
for tree, shrub and weed control on our
footpaths.

There is more information about what we
do on the website www.seascale.org.uk
in the section on Seascale Parish Council.

If you would like to have an informal chat
please phone

Helen Pateman (Chair) on 28131
or Sonia Batten (Clerk) on 21332

ALLERGIES

- 1 What is an allergy?
- 2 What is the difference between an allergy and an intolerance?
- 3 How common are allergies?
- 4 What are the usual symptoms of allergies?
- 5 What is IgE?
- 6 Name two common allergens?
- 7 Who is most at risk to allergies?
- 8 What is the best way to manage an allergy?
- 9 What treatments are available?
- 10 Name two ways to limit the amount of house dust mite.

Answers on the bottom of page 37

What is the difference between an allergy and intolerance?

Allergy is a bad reaction produced by your body's immune system when it encounters a normally harmless substance. These substances do not affect



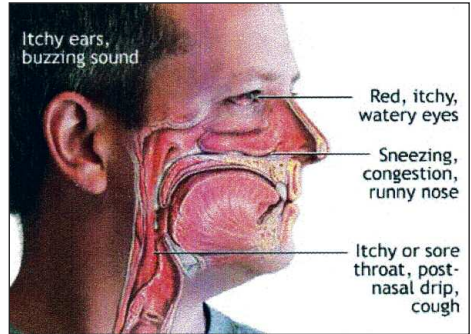
people who are not allergic. Intolerance is where something causes unpleasant symptoms like diarrhoea but does not involve the immune system. Usually you can eat a

small amount of a food you are intolerant to without any problems but if you are allergic, even a tiny amount may cause a bad reaction.

The most common allergens

It is thought that 1 in 4 people in the UK will suffer from an allergy at some time in their lives. The most common allergens are:

- ◆ house dust mite
- ◆ grass and tree pollens
- ◆ pet hair or skin flakes
- ◆ fungal or mould spores
- ◆ food particularly milk, eggs, wheat, soya, seafood, fruit and nuts
- ◆ wasp and bee stings
- ◆ certain medication
- ◆ latex
- ◆ household chemicals



When you are first exposed to an allergen your body produces a type of antibody called immunoglobulin (IgE) to fight it off. Then when you next come into contact with the allergen the IgE antibodies are again released causing chemicals, among them histamine, to be produced. This leads to the usual symptoms of sneezing, runny nose and itchy eyes.

Who is at risk?

You are more at risk if allergies run in your family and you are said to be atopic but environmental factors also play a part. Studies have shown that growing up with smokers, exposure to house dust mite and pets and using antibiotics increase the chance of a child developing atopy.

Treatment

The best way to deal with an allergy is to avoid the allergen completely but as that



is often not possible there are ways to reduce the risk. For example house dust mite, which is the biggest cause of allergies, can be limited by converting to wooden floors and roller blinds, washing soft toys and furniture, using synthetic pillows and duvets, wiping surfaces with a damp cloth instead of dusting and using a vacuum cleaner with HEPA filter.

There are similar ways to deal with other allergens e.g. not having pets, keeping your home dry and well

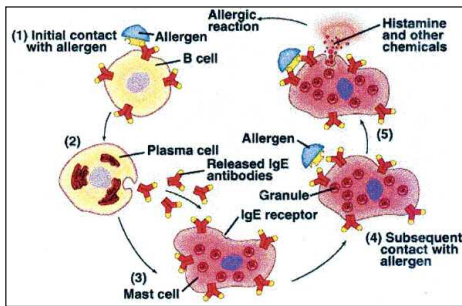
ventilated, eating simple dishes in restaurants and staying indoors when the pollen counts are high. If you cannot avoid an allergen, then there are medications you can use to reduce the effects.

- ◆ Antihistamines – these block the action of histamine
- ◆ Decongestants – these help to relieve a blocked nose but should not be used long term
- ◆ Leukotrine receptor antagonists – these block the effects of leukotrienes which are chemicals released during an allergic reaction and cause swelling of your airways
- ◆ Steroid sprays – these suppress inflammation particularly nasal congestion

If you would like more information then pop in for a chat with our pharmacist.

Submitted by Stephen Reay, Seascale Pharmacy

An Allergic Reaction – Overview



LYONS CORNER HOUSE AFTERNOON TEA ... BY THE SEA!

Inspired by the Lyons Corner House tradition, Calder House Hotel hosted its first proper afternoon tea on Saturday 15 June. Guests enjoyed a selection of crustless finger sandwiches, toasted teacakes, homemade scones with jam and cream, a selection of fruit breads, and finally a tempting selection of fancy cakes, petit fours and macaroons. All served on fine bone china and washed down with a choice of five loose-leaf teas. The sounds of Artie Shaw, Jack Payne and Ray Noble played in the background, ensuring a really nostalgic afternoon when the world was put right over the tea-table! Bookings for the next afternoon tea on Saturday 27 July between 3 and 5pm are now being taken. Ring Calder House Hotel on 28538.

SEASCALE SCOTTISH COUNTRY DANCE CLUB

I am writing this article for the magazine in the middle of May, having been driven in from the garden by a very sharp, cold shower. Maybe a sign for another bad summer, but I hope not. Everything has a bright side, and here I am trying to organise my thoughts to persuade the reader that this autumn he or she really should try Scottish Country Dancing. I could say that it will reduce your stress levels, boost your social life or help you to get fitter, all true. I am not going to say that, it is not my place to tell you how to spend your time. I am inviting you to join us on Wednesday 4 September and every Wednesday at 7:30pm in the Windscale Club for a very enjoyable evening of fun. We make everyone welcome – just bring a pair of soft shoes and an open mind and you might surprise yourself. If you want to speak to someone, telephone me, Joan, on 019467 25459.

Answers: Q1 A bad reaction produced by the body's immune system when it comes into contact with a normally harmless substance. Q2 An allergy triggers an immune response which an intolerance doesn't. Q3 It is thought in the UK suffer from an allergy at some time in their lives. Q4 Sneezing, runny nose, itchy eyes. Q5 IgE is an immunoglobulin which is a type of antibody the body produces, to help fight off the allergen. Q6 House dust mite, pollen, pet hair, mould spores, certain foods, wasp and bee stings. Q7 When allergy runs in the family and/or have grown up with smokers, house dust mites, pets and use antibiotics. Q8 To totally avoid the allergen. Q9 Antihistamines, decongestants, leukotrine receptor antagonists, steroid sprays. I10 Have wood duvets, use a Hoover fitted with a high efficiency particulate air filter, wipe surfaces with a damp cloth rather than a duster.

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2ND SEASCALE METHODIST BROWNIES

Well it has been a very exciting term last term. We went on our annual pack holiday and it was fantastic. We went to a PGL adventure centre near Preston, which is the furthest we have EVER taken a brownie pack before. We all took part in the activities (including the leaders) and we got up to all sorts. We did the zip wire, giant swing, high ropes course, bouldering, quad biking, archery and abseiling. The girls really enjoyed themselves and so did we. It was a great challenge for many but we even had Maggie and Joan do the giant swing from the very very top (which was extremely high.)

We have just finished our Mexico challenge badge, and for that we had to make a mardi gras mask. This is used in the Mexican festival that lasts around five days. We also had a piñata evening, which was filled with sweets. Our next badge we are moving on to is the brownie cook badge. For this we have to demonstrate how to use kitchen utensils safely, make a healthy dish (which we have already done) and learn about food hygiene and how to wash our hands properly.

This term we have had four new brownies, so a huge welcome to Molly, Sophie, Alex and Lucy.

Thank you Lynn, Jennifer, Joan, Maggie and Sarah for being brownie leaders because without a great team like you brownies would not be able to happen. I would also like to say a huge thank you to Gaynor who comes to brownies to do crafts with the girls, we always look forward to her visits. If anybody



in Seascale or nearby would like to come and share some ideas with the girls, crafts or activities then please do get in touch. We always like to welcome visitors.

If anyone has any questions regarding brownies or girl guiding, or knows of anybody wishing to join brownies then please e-mail on saz_huddy@hotmail.co.uk
Sarah Huddleston

MUNCASTER MICROBUS DAY TRIPS 2013

Date	Day	Destination	Price	Notes
July	6	Sat	Ullswater Steamer	£10.00
	20	Sat	Mystery Trip	£9.50
August	3	Sat	Grange/Cartmel	£10.00
	18	Sat	Carlisle	£10.00
September	31	Sat	Lancaster	
	17	Sat	Penrith	£10.00
October	28	Sat	Coniston/Hawkshead	£8.00
	12	Sat	Barrow/Candle Factory	£8.00
November	26	Sat	Kendal	£9.50
	9	Sat	Ambleside/Windermere	£9.50
December	23	Sat	Carlisle	£10.00
	7	Sat	Keswick/Cockermouth	£9.50

Muncaster Microbus runs Whitehaven shopping trips on Tuesday and Thursdays which can call at Gosforth and Seascale. Details from www.muncastermicrobus.org.uk. Bookings: 01229 717229.



60th Anniversary Season
2013-2014



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27 September 2013

The Northern Chamber Orchestra
Raphael Wallfisch (cello)
Orchestras Live, Cumbria Concert Series
Mozart: Overture Don Giovanni
Dvorak: Cello Concerto
Mozart: Symphony No 39 (K543)

18 October 2013

Benjamin Britten 100th Anniversary Concert
‘Look, Stranger’
Britten’s settings of poems by Auden, in a jazz idiom,
with readings by TV actor Roger Lloyd Pack



29 November 2013

The Astaria String Quartet

Borodin: Quartet No 2
Elgar: String Quartet
Shostakovich: Quartet No 4

10 January 2014

Prince Bishops Brass Quintet

An entertaining recital of arrangements and original pieces for trumpets, tuba, trombone and horn

7 February 2014

Galliarda Early Music Group

‘A Tale of Two Cities’

Music by Handel, Purcell, Couperin and Rameau, from the English royal court in London and of Louis XIV in France

14 March 2014

Chamber Philharmonic Europe
Cologne

Vivaldi: ‘Concerto di Parigi’ in G Minor
Albinoni: Trumpet Concerto ‘Saint Marc’
J.S. Bach: Violin Concerto in A minor
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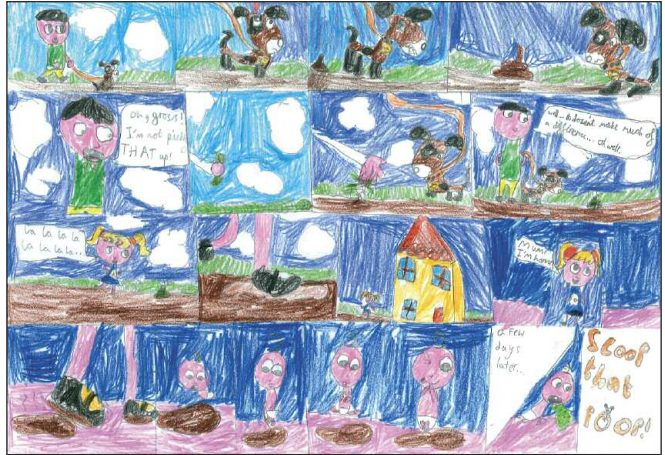
TOGETHER WE CAN... THE SAFE AND TIDY CAMPAIGN

The Parish Council's Safe and Tidy campaign is inspired by residents' concerns over dog waste, littering, vandalism and traffic speed. Councillors and residents alike were sadly unsurprised to hear the results of Cumbria Highways' traffic survey in 2012, in which 64.7% of traffic was recorded as exceeding the 30mph speed limit on Gosforth Road.

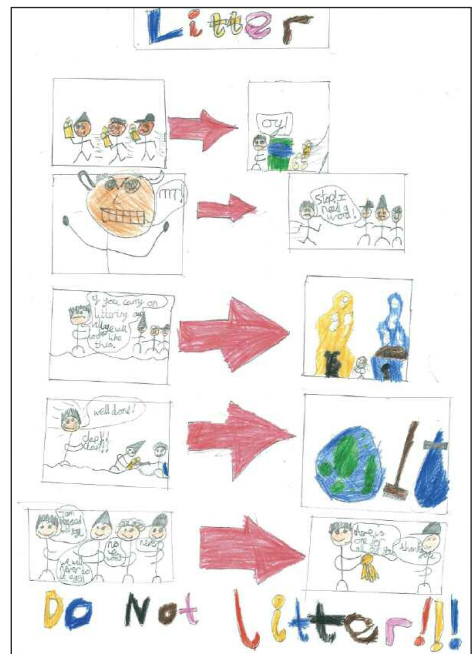
A particular problem area is the stretch of road between Cross Lanes and Seascale School. To help tackle the issue the Parish Council set up a Traffic and Road Safety Subcommittee, which includes councillors and concerned residents. The committee has been working with Kevin Cosgrove (Traffic Management Engineer at County Council) to develop plans for traffic calming around this area. The ultimate goal is a zebra crossing north of the school, but the traffic first has to be slowed to a safe speed before a crossing can be installed. The committee has shared the traffic data with Cumbria Police to enable more focused patrols and speed checks to take place.

The first step towards calming the traffic was to standardise the gateway signage at the village entrance at Gosforth Road. This means that speeding drivers can no longer try to evade points by claiming the distraction of a non-standard sign. Thanks to Kevin, new signs were erected in spring 2013.

The committee is continuing to work with Kevin on the next stage of traffic calming – look out for



updates in future editions of the magazine. In the meantime, pupils at Seascale School have designed some perceptive and witty reminders of how to keep our village both safe and tidy. Enjoy the selection, and look out for the artwork at various locations around the village over the summer.



THE WAY TO MAKE APPOINTMENTS WITH DOCTORS AT THE SURGERY



plan your day. We will try to give an indication of the time the doctor will call, or ask if there is a time to avoid, eg a school run. We also realise that if we release appointments without basing these on clinical need, we won't have enough for all of the

Thank you to all of you who have taken the time to raise concerns about our appointment system. We are trying to deliver a service that is fair for all, based on clinical need and one where we have enough appointments to see those who need to be seen. Keep giving us your views but remember that the team in the practice is trying to help you all. We have just completed a survey and have discussed the results with our Patient Group before we make further changes. We listen to you and are receiving both very encouraging and some less than enthusiastic comments. We are continually tweaking and adjusting however; we feel that there are many benefits to the telephone appointments so please give it a try first and let us know what you think.

Frequently asked Questions

'What was wrong with the old system?' Demand for appointments is rising nationally and locally and the things we can do for patients are increasing too. This raises everyone's expectation but we continue to meet and exceed the 48-hour target easily, where in most other practices, a wait for an appointment is often longer than a week, sometimes two. However, we are expected to do more for our patients and to keep pace with the increased demand, we need to change to be able to respond.

The change has allowed us to contact on average, another five patients for each GP at every session, so we are more accessible now than ever. However, some patients are concerned that they won't be able to see their doctor with the new system. We want to reassure you that this is untrue – anyone who needs to be seen will be.

'Why then do the doctors need to speak to me first?' Well, some patients don't have to make the journey to surgery, needing advice or tests first and some can be seen by other staff in the practice, eg nurse or physiotherapist. A doctor will help facilitate this.

'Why are the doctors taking the calls and not the Receptionists?' Doctors can quickly decide based on the problem and your discussion who needs to be seen, and how soon.

'I can't wait in for the doctor to call; I want to make an appointment and get on with my day.' We realise that you may have to go to work etc and need to

patients who need them. You can be called after work or at a time when it is convenient, so just tell our reception staff and they will try and find a time that suits you.

'I don't want to discuss my problem over the telephone; I want to discuss it in the consulting room.' Please tell the receptionist that your call is personal if you can't guide them on the need for the appointment. This information does help the doctor to prioritise. There are many problems that the doctor would ask you to come in for as they are just not suitable for discussion over the telephone. You will be offered an appointment by the doctor if your problem is better dealt with in the consulting room. Finally, if you are expecting a call back, please remember that the surgery number will be displayed as withheld. We don't want to waste your time anymore than we know you don't want to waste the surgery's time, so if we need to avoid a time to call you back, please tell the receptionist when this is.
Lisa Drake, Practice Manager, Seascale Health Centre

SUNDAY RAIL SERVICES

When it was founded in 2003, CRUG (Copeland Rail Users' Group) drew up a manifesto of its requirements for The Cumbrian Coastal Line. A major demand was for a Sunday service between Barrow and Whitehaven. Despite a successful trial in September 2009, this still has not been introduced by Northern Rail.

This serious omission was commented on by the respected RAIL magazine Fares and Service Consultant Barry Doe in his 15 May timetable survey. He observes, 'Is this line (Barrow-in-Furness to Whitehaven) the only tourist-oriented line in the country without a summer Sunday service?'

CRUG continues to push for improvements with services, stations and stock. Its newsletter editor is Keith Bradshaw, 39 Wasdale Park, Seascale CA20 1PB. 019467 28724.

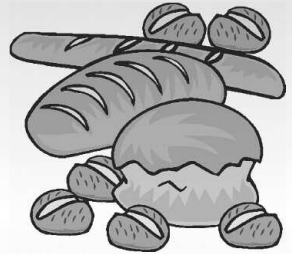
Email: keithbradshaw@btinternet.com
Please contact him for a sample copy.

CRUG welcomes new members and meets every month (except August) on third Wednesdays at 7pm in Drigg & Carleton Village Hall.

THE BAKE HOUSE



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(and at Millom)



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2ND SEASCALE SCOUT GROUP

Bear Grylls

50 Young People, 5 Leaders and 15 Adult volunteers from 2nd Seascale Scout Group attended County Camp Cumbaree in May. The highlight of the event was the appearance of our Chief Scout, Bear Grylls, who flew in to meet Scouts from our area. As his helicopter was heard in the sky, an over-excited Beaver Scout Leader screamed “he’s here, he’s here”, as she danced around the mess tent. I did this of course to ensure all the young people (and the Mum helpers) realised that he was arriving! How one man can inspire so many young people is amazing but it made this Beaver Scout Leader realise that it was not just this one person. It was every adult and young person on that campsite that inspire and work together to make, once again, a wonderful experience for each and everyone of us. You hear many adults in Scouting say they volunteer to give children adventures, but Leaders also get the adventures, excitement and memories, along with the benefit of watching young people learn new skills.

History was made

Cumbaree was once again one of those adventures but this time for 2nd Seascale Beavers it was a first. Eight Beaver Scouts slept for the first time under canvas. For the last five years I have been taking Beaver Scouts to Group Camp and every year I have had the hard job of answering the question “do we sleep in tents?” with the answer “no we sleep in the building because the rules say we can’t sleep in tents!”. Their disappointed faces always pulled at my heart. But this year the rules changed and eight excited Beavers slept in their own tent (with a Leader waking at every noise during the night from her own tent next door!). I asked some of the Beavers to tell you about their first camping experience and this is what they said:

“I liked the camping because it was fun, exciting, wet and I got to sleep with all my friends” – Callum

“It was fun in the tent ... games and midnight snacks were awesome and I enjoyed my cooked breakfast!” – Oliver

“Sleeping under the stars in a tent, with my friends was the most epic thing that I have ever done!” – Matthew

“It was good and fun and windy.” – Lewis
So as a Leader, who had hardly any sleep, jumping

at every sound, worried if that was the zip of a tent, all night long, would I do it all again? Without a doubt, the best thing in life you can give a child is experiences and adventures. Just next time we need a camp fire, marshmallows and chocolate biscuits!

Frostbite

The Scouts (10½ to 14½ years) have had another unforgettable adventure with Cumbria Scouts at the annual Frostbite camp back in January.

Right up to half-an-hour before we set off we were listening intently to various reports coming in; a jack-knifed lorry and a snow-blocked road at Grizebeck were to finally scupper our plans. Seventeen thoroughly disappointed scouts were to spend an extra night in their own bed, while our lonely 2-man advance party were to spend the night knocking snow off the tents and eating supper for twenty.

Our decision not to go on Friday proved correct when we set off early on Saturday morning. The roads were by now pretty clear of snow but the scouts counted 87 abandoned cars between Millom and Great Tower campsite on Windermere.

Igloos

A delayed start to the planned activities followed the unplanned snowman and igloo building and snowball fights. A jam-packed afternoon of archery, assault-course, air-rifles, high crate-stacking, mountain biking, stilt-walking and artillery gun trials, all in thick snow, was the ‘main event’ of the camp.

Cold but happy scouts were eventually packed off to their tents ready for the next adventure. But the next adventure was to come sooner than planned.

By around midnight, as the leaders were doing tent-checks to ensure all were secure, the wind had picked-up considerably. Our proximity to some weak-looking, swaying trees, plus the condition of a couple of the tents – weakened by the previous night’s snow – forced us to a speedy decision to “abandon camp!”

Sardines

The sleeping scouts were hurriedly awakened, told to get their boots and coats on, take one of their two sleeping bags and head for the refuge of one of the accommodation buildings. Packed like sardines on the floor of the hall, the scouts enjoyed a surprisingly good night’s sleep, and unusually had to be woken, after 8 o’clock.

Upon returning to Seascale and after hanging up every single tent to dry, the scouts were free to

return home to a much needed bath and bed. Mums and dads unpacking rucksacks would have found not much dry, except perhaps a toothbrush. This was not exactly how the camp was planned, but a fun and very memorable one was had all the same. Roll on Frostbite 2014 but until then...

Baden Powell

Ask our beavers, cubs or scouts what is their favourite part of scouting and they will probably reply "camping". Baden Powell said of camping "A week of camp life is worth six months of theoretical teaching in the meeting room." With this in mind we have tried out different types of camps including Sleepovers, Group Camps and last year we held our first Family Camp, but we all wanted to offer our scouts the ultimate camping experience – an International Camp. So this summer our older cubs and our scouts will be attending CAMPDOWNNE 2013. This is a 10-day camp at Downe Scout Camp Site, Kent.

Around the World

We will be joining 2000 other scouts from around the world from countries including New Zealand, Ghana, Sweden and Canada to name just a few. To

maximise the international feel, we will be hosting a group from Egypt. They will camp with us, cook and eat with us and join us on our day trip to London. What better way of getting to meet new friends could there be?

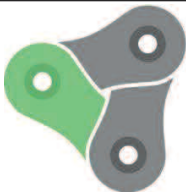
There is a huge range of activities on offer, from the more traditional camp activities of pioneering to ones I have not heard of before – segways, quasar and Batak. The camp will have an internet café, and to charge your mobile phone you have to get on a bike and start cycling! All those who are going are very excited about this adventure and we are counting the days down to 1 August.

We would like to give a massive "thank you" to Cumbria County, and Copeland Borough Council how gave us a grant via the Neighbourhood Forum, towards the costs of transport to the camp.

Join the Adventure

In the UK there are 500,000 members; consisting girls and boys from age 6 to 25 and adult leaders and supporters. 2nd Seascale Scout Group meets on Thursday and caters for Beavers, Cubs and Scouts, and has links with the local Explorer Scout unit. To find out more, please contact:

Neil Henderson, Scout Leader
Info@SeascaleScouts.org.uk



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HOW TO BE A CHURCH BELLRINGER!

People often associate the sound of church bells with occasions such as a wedding or funeral or special services on Remembrance Sunday or at Christmas or Easter, or simply those days when the sound of church bells can be heard across the countryside. Making these characteristic sounds will be a band of ringers following a centuries old tradition – and you could be among them. Bellringing is a friendly and social activity where people of all ages can feel that they belong together as a team.

A good web page including video and audio clips describing bellringing can be found at www.bellringing.org and I hope you will be inspired by what you see there or read here to want to try out bellringing.

Many bells in the UK (and a much smaller but increasing number abroad) are rung full circle in a characteristic and traditional style that dates back to the 16th century. The bells ring out one after the other in sequence. Sometimes, the order of the bells changes giving rise to the term “change ringing”. The music of the bells is not a conventional melody, but a changing sequence of notes, usually following a pattern which is known as a method.

The bells are hung so that the bell starts from an upside-down position with the mouth of the bell facing upwards. The ringer pulls the rope and the bell swings round in a full circle back up to the upside-down position, at which point the bell slows and the clapper catches up to strike the bell. The ringer finishes that pull of the rope, and prepares for the next when the bell will swing back again. This technique allows the ringer to balance the bell in the upside-down position and precisely control when the next swing of the bell begins. Ringers learn to listen to their bell, and use this to adjust when they pull the rope so that the bells are evenly spaced. The balance point also allows a ringer to wait longer, or ring early while another bell waits on balance, so that the sequence in which the bells strike is changed.

Ringling does not need much strength or musical ability, but all ringers need to learn the skills and techniques. The ideal person is naturally curious to learn with some patience to persist until they master the next skill. It can also be helpful to be able to listen and sense the rhythm of the bells. Such



individuals have the potential to become very accomplished ringers in a relatively short time. The rest of us falls short on several counts but this does not stop us from enjoying bellringing, and we still manage to improve, albeit a little slower.

Just about anybody can ring bells if they set their mind to it, so the team of ringers at a church can be a varied bunch of people with all kinds of personalities, from all walks of life, and any age – within reason! As a result, ringing can be a superb activity to bridge generations and get people of all ages to share an interest and work together, respect one another, and make lasting friendships.

There are many reasons why people ring church bells. There are the friendships and social aspects, a desire to support the church community and ring for God's glory and the satisfaction of ringing well as part of a team. Many also enjoy the (relatively gentle) physical activity, coupled with a stimulating mental challenge and the opportunity to master a traditional skill. Young people may be pursuing some award for achievement as a Guide, Scout, or as part of the Duke of Edinburgh Award. Whatever your reasons, being a bellringer will ensure you a warm welcome when you visit other towers anywhere in the country.

Learning the basics of ringing a bell doesn't take very long, although everyone learns at their own pace. Each learner is tutored under close supervision from an experienced ringer, especially when learning the basic technique. Most people can comfortably learn the basic technique for ringing a bell in fewer than eight sessions. After this they can learn to ring together with the other ringers as a team, and may be able to ring confidently for services a few months after they start learning to ring.

If you are interested in learning to ring, please get in touch with the Irton Tower Master, Kathleen Egglestone. Kathleen may be contacted at her shop, Spindle Craft, in Drigg, telephone 019467 24335 or by email at webmaster@irtonbells.co.uk. She'll put you in touch with your nearest tower, or the one that has a practice night when you're free. We hope to be ringing with you very soon!

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