

# Newsletter

## January 2019

**2018 was another busy year! Read about some of our events and activities!**

### Mungrisdale Arts and Craft Fair 2018

2018 saw over 35 exhibitors gathered at Mungrisdale Village Hall at our 7th Arts and Crafts Fair!

Nearly everyone exhibiting was from the area and the talent was amazing. Among the exhibits there were original oil and watercolour paintings, artwork of all shapes and sizes, hand knitted woollens, silk scarves, pottery, wooden items, felt work, toys and games, craft kits, baskets, rugs, metal work, novelty clocks and lamps, local authors, handmade jewellery as well as Fairtrade goods and Nepalese produce from our local CAN charity. There is always so much to see and the buzz in the hall is great. Fresh coffee and bacon butties were morning fare and lovely home-made soups and cakes were available all day. It's well worth putting the date of our next fair in your diary now - 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> November 2019!

And we made over £1,100 for NFG activities!

### A visit to the Palace and a County Show!

On 22<sup>nd</sup> May a reception and garden party was held at Buckingham Palace for those charities and organisations of which HRH Prince Charles is Patron, to celebrate his 70th birthday. NFG was invited to join in the celebrations. Our Chair of the Trustees Geoff Hine, Dr Jim Cox (representing the founders), Ian and Pat Shaw, representing the volunteers and Libby Graham made the trip to London and all enjoyed a beautiful summer's day, in our best clothes, surrounded by stunning gardens and lots of yummy food! In July, Geoff and his wife Carol also joined the festivities at the Royal Cornwall Show marching in a grand parade made up of the many charities the Prince supports. Despite a slight altercation with a puffin(!) and a long journey, they safely made it back to Sebergham!



# Northern Fells Group



## Action through Community

### Beware Men Cooking!

Hesket Newmarket Show Day saw a Northern Fells Group stand with a difference! Our Cookery Mornings for Men group put on a splendid demonstration. They produced hundreds of drop scones, hot off the griddle and eaten straight away by visitors to the show, under the watchful eye of Margaret Brough and ably assisted by Anne Robinson and Philippa Groves. Pete Grave, David Pollit, Graham Farnell, Doug Newham and Desmond Groves all took a hand at cooking and serving the produce.



This year the Men's cookery sessions have involved making, amongst other things, Bakewell tart, tiramisu, chicken casserole, pizza, carrot cake, butternut squash and ginger soup, Italian meatballs and scotch eggs. They also produced some great looking salt dough decorations for the Northern Fells Group 'Peoples Tree' at the Christmas Tree Festival in Caldbeck. Sessions are once a month and attendance is limited to the space we have at Caldbeck Parish Hall kitchen.

*"It's good fun, a good lunch and great conversation".*

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## What happened in 2018?

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### Northern Fells Group Facts and Figures

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A **big welcome** to our 237 number of new users of our services and activities and welcome to our 14 new volunteers!

**New activities we organised in 2018 include:**

- a **'Phone a Friend' Scheme** (set up in response to 'The Beast from the East', where in bad weather vulnerable residents are contacted at least once a day to ensure their well-being)
- a **Book Lovers Club**
- a new **weekly guitar class** and a beginners' **ukulele class**
- **Hearing Aid Checks**, taking over a service previously provided by Caritas Care
- **Boltongate Woolcraft Group**

Our Village Agents answered **801 inquiries** from local people during the last year, ranging from help with Blue Disabled Badges to energy switching – an increase of 68 from 2017

Attendance at all the activities is consistently good with over **7,175** visits during the year – this figure does not include some of the lunch clubs.

**Cooking for Men** is constantly oversubscribed. Northern Fells group attendance at the Theatre by the Lake varies from 25 to 50 people per performance.

There are now **120 people** registered for walks and attendance on each varies from between 10 and 30 – dependent mostly on the weather! Map reading and training to be walk leaders have proved to be popular.

The number of Lend-a-Hand volunteer assists was **545** helping with handyman, personal and domestic tasks and medical equipment loans. The demands on the service are now for more personal, domestic and community care as opposed to handyman assists.

The Minibus continues to provide a flexible, accessible door - to - door service for people without their own transport and last year did a staggering **1,233 passenger journeys!**

The Benefits Awareness service generated a total of **£73,481** a year in benefits newly claimed by residents, with assistance from our Benefits Support Worker.

A very sad farewell to Antoinette Ward as Benefits Support Worker and welcome Colin Lock.



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### Walking with Dick Scott!

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*"We moved to the area a few years ago and I was amazed to find how many activities there were to take part in through Northern Fells. As an experienced fell walker one of the activities that held immediate appeal was Walking for Health. I was able to put my experience of walking to good use by becoming a walk leader and my wife could benefit from the range of walks available. There are walks for different abilities and of different lengths.*

*As a walk leader I am responsible for helping to organise the varying routes, assessing any risks, providing first aid if needed, making sure the pace is suitable for all and last but not least being friendly and welcoming to everyone. We have seen the group grow over time and walkers have mentioned how not only has it been beneficial to their physical health but also their emotional wellbeing as there is always someone they can talk to.*

*After the walks there is always time for more chat over tea and cakes. There is also an annual Children in Need fancy dress walk and the December longer walk is always rounded off with a special Christmas pub lunch. New walkers are always welcome so get your boots on and give it a go".*



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### Northern Fells Group forges link with Theatre by the Lake

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During 2018 we took part in the new Assisted Access Scheme at Theatre by the Lake, Keswick, enabling us to book blocks of tickets at a concessionary rate. The Scheme is designed for people who are interested but who face barriers to access i.e. not able to independently attend a performance. In October a group of 42 watched an amazing production of 'Jeeves and Wooster.' We are grateful to all the volunteer drivers who helped get everyone safely to the performances.



*"Since I live alone and don't see many people because I live outside the village it is great to meet up with people that you have known in the past and also to make new friends as well. It was a fun performance seen with friends."*

Jeeves and Wooster – Perfect Nonsense, October 2018.

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### Mosedale Coffee Shop

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A **huge thanks** to all our 50-strong team of volunteers who helped run the summer season coffee shop in the Quaker Meeting House in Mosedale. Thanks also to Antoinette Ward for organising the rotas for cooking, baking and serving! This year we managed to raise a whopping £5,211 for our funds to support our activities and groups.

We also displayed work from local artists who kindly donated a percentage of their sales to the group funds, and we ran a bric-a-brac stall in the adjoining barn.

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## Men In Sheds

Men in Sheds, Men and Motorbikes, Men on Trips and the “informal” Men in Pubs – just some of the range of activities the group has been up to during the year! Two trips to the Railway Museum and the Aviation Museum were greatly enjoyed by all who attended, two vintage motorbikes have been stripped down and are now road worthy and that’s on top of all the repairs to local play grounds, bird and squirrel boxes, dove cotes and furniture created. Christmas decorations are becoming one of their specialities as witnessed by those who saw the NFG tree at Caldbeck Church Christmas Tree Festival in December.

Thanks to Ken and his mates for all the community projects they have undertaken!

The shed is open on Tuesdays and Thursdays at Old Joiner’s Workshop near Caldbeck Pond.




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## Youth

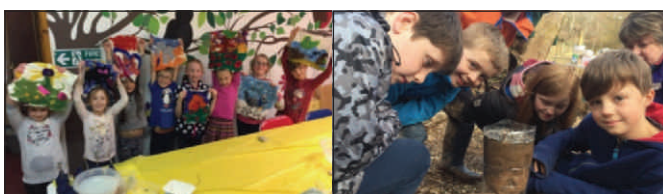
Another year and two more playschemes held during the Easter and Summer holidays!

Overall 60 individual children took part in the programmed activities, the youngest being 6 the oldest 14. All the sessions were well attended with Bubble Kickz, Climbing, Mod Roc and Felt pictures being over subscribed with a waiting list! Children also enjoyed a variety of sports including archery and tennis, drama, rock climbing at King Kong and Keswick Climbing Wall and bush craft at Stocks Wood Outdoor Centre.

Many thanks to Aiden, our enthusiastic and caring playleader! Planning for next Easter has already started.

*“Northern Fells summer activities are a godsend for kids, who can otherwise feel isolated in their rural setting. It gives them a chance to catch up with friends, old and new, in a stimulating environment and learn new skills”.*

*“For parents, locally-based activities at a fair price give the option of enrichment for their children in a convenient location. The activities are well-run and are professionally supervised and lots of fun”!*




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## Thank You!

It would not be possible for Northern Fells Group to offer our services and activities without the work of our wonderful volunteers; the Trustees and Co-ordinators express their sincere thanks for all their dedication and continuous support.

We would also like to thank all our donors and funders for their continued support, especially to those families who have donated funeral collections or left legacies to the Group.

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## Cards and Apple Juice for Sale

Our 2018 Christmas cards sold well and apple juice proved as popular as ever – thanks to all who donated apples and to Ann Cartmell for co-ordinating the sales and the pressing!

We also have scenic blank cards for sale at local outlets or Millhouse Village Hall.

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## Diary of NFG Events and Activities

Each month an E- Diary of all our activities is produced. It’s also full of handy tips, reminders and early notice of up – and – coming events and training. If you would like to receive a copy please ask your Village Agent to put you on the distribution list.

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## A Volunteer’s perspective - a little care banishes a lot of despair

*“I think of volunteering as sustenance, or to be more specific, as a life sustaining sandwich.*

*The Recipient of the help given is the filling, the Volunteers are the top slice of bread and the bottom slice the Support we supply. Once consumed all involved feel better.”*

*Small seemingly, ‘unimportant’ actions make the biggest difference. This is what Volunteers do”.*

Edward

The following is a small selection of appreciative comments given to Volunteers.

*“We always look forward to your visit.”*

*“Sitters gave me the time to re-charge my batteries.”*

*“It’s good to have someone to talk to. Your listening has put me back on track.”*

*“We could not have managed without your support.”*

*“Your visits are like a pressure valve, they release my pent up emotions.”*

*“Volunteers gave me so much help that I will become a Volunteer.”*

**If you are interested in volunteering please contact us!**

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## Gift Aid

Any one paying by standing order who would like their membership donation gift aided, can complete a new Gift Aid form, available from our website or the Millhouse office on 016974 78094

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## The Northern Fells Group is supported by:

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Big Lottery Fund  
Cumbria County Council  
Cumbria CC – Community Transport  
Cumbria Community Foundation  
Caldbeck Surgery Charitable Fund  
Allerdale and Eden Community Grants  
Francis C Scott Trust  
The Joyce Wilkinson Trust  
The Co-op Community Fund  
Abbeyfield Carlisle Society Over 55  
Community First Fund  
Cumberland Building Society Charitable  
Foundation  
Prince's Countryside Fund  
Boltons; Caldbeck; Castle Sowerby; Ireby &  
Uldale; Mungrisdale; Sebergham & Welton  
and Westward & Rosley Parish Councils

## Northern Fells Group



Action through Community

### Northern Fells Group Membership

Would you like to support the Group? The annual cost is £5 for individuals and £15 for families.

**To become a member - fill in the enclosed membership form and send it to our office!**

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### Northern Fells Group Services

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- **Minibus service with wheelchair access.** Carol Hickson or Antoinette Ward 016974 78787
- **Lend-a-Hand.** Friendly and practical support, for elderly people, for anyone of any age with a disability, or carers – Simon Braithwaite 016974 77196
- **Medical Equipment Loan Scheme.** We have a range of equipment you can borrow – Doreen Gleed 016973 71264
- **Benefits Support.** Helping residents check eligibility for disability or low income benefits – Colin Lock 07564 368011
- **Men-in-Sheds Workshop.** A community workshop for residents - Ken Graham 016974 78094
- **Village Agents.** Friendly, local contacts introducing people to help and support from the Northern Fells Group and other organisations:
  - Caldbeck, Sebergham & Welton – Helen Sturges 016974 78556:
  - Castle Sowerby, Mungrisdale – Philippa Groves 016974 78555:
  - Westward & Rosley – Barbara Stoddart 016973 42452:
  - Boltons, Ireby & Uldale – Gillian Skillicorn 07874 241604

**Group Coordinator, General Information and Youth Activities** - Diane Barraclough 016974 78094

**Fundraising Coordinator** – Libby Graham 016974 78094

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Produced by the Northern Fells Rural Community Development Group

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January 2018 – Newsletter

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**If you would like a large print version of this Newsletter,  
please ring Diane Barraclough on 016974 78094**

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