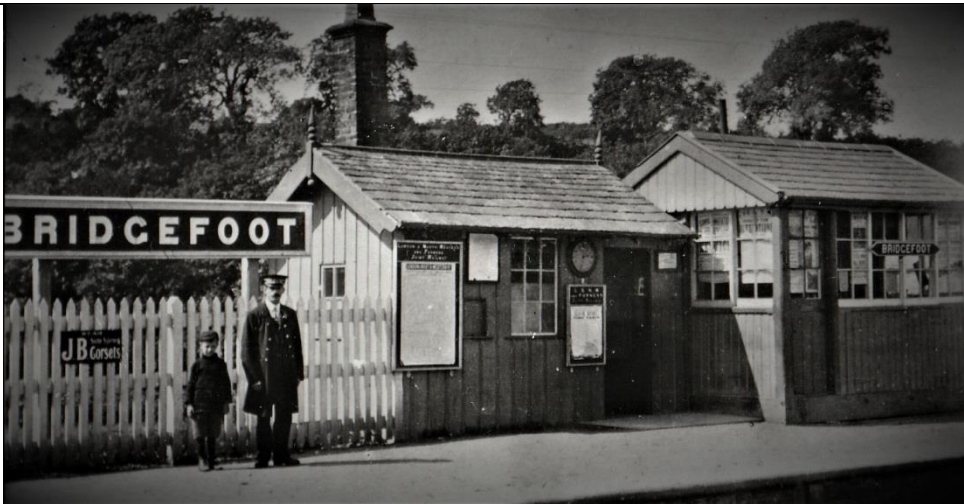




Bridgefoot Railway Station (see History Corner for more...)

PARISH COUNCIL NEWS

Village Hall Committee Update

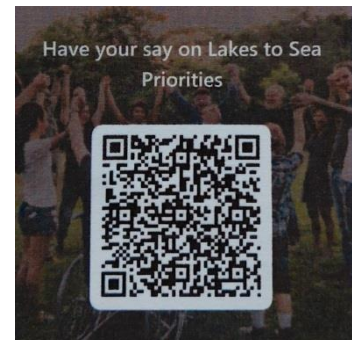
A Public Meeting was held on Friday, 14th July to determine the governance of the Village Hall. Notifications of the meeting had been displayed at various places in the village. No members of the public attended the meeting and it was therefore determined that the Parish Council would become the sole trustee of the Village Hall. A further meeting took place on Friday, 18th August when Fiona Heslam and Fliss Watts were elected Chair and Vice-Chair respectively of the Village Hall Committee. We hope

that there will soon be many exciting and interesting events held in the Village Hall, starting with a Quiz on Saturday, October 7th (see page 3)

Lakes to Sea Community Panel

Cumberland Council's Community Panels are a new way of putting people at the heart of local decision making. There are eight panels, ours is called **Lakes to Sea**. Councillors would like to hear your views on four draft priorities – Transport, Health and Wellbeing, Community Involvement, and Community Resilience; the final priorities will run alongside the central aim of improving the health and wellbeing of residents. Residents are asked to complete a 2 minute

survey; you can pick up a paper copy at the village hall, or access the survey by scanning the QR code below



BIRTHS MARRIAGES AND DEATHS

Our warmest congratulations to Hayley and Dan Ward on the birth of their son, Isaac Richard, a little brother for Emilia, weighing in at 8lb 8oz!

If you'd like to commemorate a family event, please email the Editor at stkp@sky.com

Village News

HISTORY CORNER

Bridgefoot railway station was built by the Whitehaven, Cleator and Egremont Railway and opened in 1866. The line was taken over by LNWR in 1879, carrying goods and minerals between Whitehaven, Cleator, Egremont and Workington. Passenger traffic consisted of three trains a day in each direction, with an extra on Whitehaven market day and none on Sundays. The station was sited below the main road bridge, at the end of Station Terrace, it was closed in April 1931 when normal passenger traffic ended along the line. Goods trains continued to pass through the station until 1954.



Railway platelayers at Bridgefoot Station

Thanks to Carol Elliott for this information and photos.

LOCAL HEROES

Our thanks this quarter go to all the people who regularly pick up litter in our villages, and in particular Carol Elliott and Mike Palmer, who have been quietly keeping the main road clear of litter for many months.

To nominate your local hero, email the Editor at stkp@sky.com

MEET UP TO CLEAN UP

There will be an **Autumn Litter-pick** on Sunday 29th October. Meet at the Village Hall at 10am, all welcome, equipment provided. There will be home-made cakes and refreshments afterwards.

?QUIZ NIGHT?

There will be a Quiz Night at the Village Hall on **Saturday 7th October**, from 7pm - 9pm (doors open 6.30). Entrance fee for the quiz will be £1 per person, please bring your own refreshments, pen and paper.

There will also be a raffle. If anyone has donations for prizes, please email Fiona at

fionaheslam1@gmail.com

If the first quiz night is a success, the Village Hall Committee hopes to run a quiz night every two months, so get your thinking caps on, make up a team with your family or friends, and start quizzing!

PIE & PEA SUPPER

A Pie & Pea Supper, with vegetarian options, will be held in the Village Hall from 5pm on **Saturday 25th November**.

Everyone is welcome, bring your own bottle, tea and coffee will be available. The hall will be open until 9 pm for residents to stay and chat/play cards/board games etc.

Tickets will be available from Fiona Heslam - tel. 07729 601507 or email fionaheslam1@gmail.com Further details, including cost, will be on the Village Hall noticeboard at the end of October.

Village News

NATURE CORNER

Un-tidying your garden this autumn

Autumn is traditionally the time for tidying the garden before winter, but does it really need doing?

Martyn Beardsall of Valley View has this advice...

In any subconscious cost/benefit analysis, tidying in the garden for the sake of it rarely scores highly enough make it necessary. Nature loves an untidy autumn; everything that has flowered is setting seed and fruit. Those seeds are vital food resources for all types of animals, from birds to invertebrates, and the decomposing remains of plants are great habitat for insects, small mammals, reptiles and amphibians.

Leaving soil bare over the winter is recognised as a bad practice. Digging it over for the winter is detrimental for the soil's structure and microbiome, reducing fertility and interrupting the granular structure of the soil, reducing drainage and water infiltration rates so that bare soils are leached of their nitrogen, further

reducing fertility for the coming season.

If you really want to clear your garden, you could try to "chop and drop" leaving plant material where you cut it. It can block weed seed germination and will decompose in situ as detritivores return nutrients to the soil. Mulching is another strategy to protect the soil and increase fertility, any remains can be scraped off in the spring just before planting. Thatchy grass and garden litter under bushes and hedges are prime habitats and hibernating spots for a variety of invertebrate species, this is what the blackbird is looking for in February.



Sawfly caterpillars on birch leaves.

GREYSOUTHEN GRASSHOPPERS

Baby and toddler group

Villagers with young children are invited to join the Grasshoppers, who meet at the village hall in Greysouthen every Thursday, from 9.30 to 11am, even during the school holidays.

Most sessions are £3 per family with special exceptions for themed occasions such as Xmas and Halloween. This includes a snack for children and a cuppa and cake or biscuit for the adults.

Tickets are currently on sale for the Halloween play session on October 26th, which will be fancy dress with messy play and other activities. There will be a Christmas Fayre on Saturday 25th November, with local businesses selling gifts for the festive season. Refreshments will be available, as well as the Christmas fundraiser raffle.

For more information contact Emma Penrice on 07950423273, or check out the Facebook page - no booking required during term time, except for our special event sessions.

Village News

BLC ENERGY HUB NEWS

Retrofit made easy –
free thermal imaging



Retrofit is the introduction of new materials, products and technologies into an existing building to reduce the energy needed to live in your home.

Retrofitting your home improves temperatures and ventilation, reducing stale, damp air and the related issues of mould, air-borne toxins and excessive moisture levels, which can all negatively affect people and property. It gives residents a healthier, more comfortable living environment, which is beneficial for a variety of health issues from skin and respiratory problems, to arthritis, circulation problems and many other conditions exacerbated by cold and damp,

including mental well-being. Your home becomes cheaper to heat and reduces its carbon footprint.

In collaboration with CAfS (Cumbria Action for Sustainability) and local groups in Greysouthen, Eaglesfield and the Melbreak Communities, Little Clifton and Bridgefoot Energy Hub are taking part in **Retrofit Made Easy, a project to help people make their homes more energy efficient.** Local volunteers are going to be trained to use thermal imaging cameras so that, when the weather gets colder, residents can get free thermal imaging surveys. A thermal imaging survey can help identify cold spots in your home, highlighting draughts, missing and defective insulation, water ingress and cold bridges. You can use this information to take action.

See <https://cafs.org.uk/retrofit-made-easy/> for more details.

To get more info and hear from neighbours who have already refurbished their homes, you can attend either of two free public meetings:

**Friday 3 November 2023,
7pm at Yew Tree Hall,
High Lorton CA13 9UJ**

or

**Monday 19 February
2024, 7pm at Bridgefoot
Village Hall**

To book a place visit www.cafs.org.uk/events or just come along on the day!

Many thanks to the people who have volunteered to take part in this project!



**To register an
interest in having a
thermal survey of
your home,**
please text Floss Watts on
07900 471205

Village News

TRAFFIC ISSUES

Many thanks to all those who took the time to reply to the article on traffic issues in the last Village News. There appears to be a broad consensus that fast-moving vehicles and HGVs are a concern to many residents. In addition, there was mention of parked cars which, in some parts of the village where there is no formal pavement, can make life difficult for pedestrians. Proposed solutions included solar-powered speed warning lights (as at Brigham School) rumble strips and chicanes. The majority were in favour of a lowering of the speed limits from 30mph to 20mph in the villages themselves, and extending speed limits out as far as the Greysouthen turn-off. Speed bumps and traffic lights were thought to be a step too far.

Cumberland Council are more likely to support a lowering of the speed limit within the villages if there is enough support from the community.

Please make your views known by answering yes or no in the box at the end of this Newsletter, detach and posting your answer in the letterbox at the Village Hall entrance door. All responses are anonymous.

NEWS FROM ST LUKE'S CHURCH

Coffee and Crack continues fortnightly on Wednesdays at Bridgefoot Village Hall - thanks so much for all your support!

Our **Harvest Celebration** this year will take the form of a lunchtime 'songs of praise'! **Soup and Song** on Sunday 22nd October at 1pm will be a collection of our favourite thanksgiving hymns, together with a bit of

reflection about how, when and why each was written. We'll be serving soup on arrival and after we've sung, we'll have tea/coffee and cakes - do join us for this celebration at St Luke's.

31st October - Service of Light at 4pm

As Christians we don't celebrate the darkness of Halloween but celebrate Christ as the Light of the World. Come along and join us in church for this short service of positivity on a dark evening!

Christmas is coming!

Our services haven't been confirmed yet, but watch our notice board for more details including Carols by Candlelight

For any enquiries about baptisms, weddings or services please contact Sue Shaw (shawbeckside@aol.com) or the Cockermouth Office of the Grasmoor Mission Community (gmcoffice@grasmoormc.church) - website www.grasmoormc.church

Village News

DON'T MISS THE BUS...

Many passengers will have shared the frustrations of resident **Jen Wright** (Beck Cottage, Bridgefoot) regarding the regular cancellation of buses along the X5 route Workington to Cockermouth, via Bridgefoot and Brigham. Jen says that the bus company has informed her **that if an X5 is cancelled, then the FOLLOWING X4 bus MUST service the villages ...** if the driver refuses he should be

politely requested to phone the depot for confirmation. It seems that some drivers are not being made aware of this 'rule' by their inspectors, so some persistence may be necessary; **only insist if you know for definite that the previous X5 didn't arrive.**

THANKS...

Our thanks to **BellCare Domiciliary Care Services** at www.bellcare.co.uk for sponsoring the printing of this Newsletter.

CONTRIBUTE...

If you have news, views, opinions or comments, a local hero you'd like to nominate or things you'd like to learn more about, you can contribute to the next Newsletter by emailing the Editor at stkp@sky.com

I support a reduction of speed limits within Chapel Brow, Bridgefoot and Little Clifton from 30mph to 20mph – please circle

Yes

No

Please detach and post your answer in the letterbox at the Village Hall entrance door.

Thank you