



PARISH COUNCIL NEWS

In Memory of Ian Elliott...

On 23rd February 2024 our former Chairman of the Parish Council, Ian Elliott, sadly passed away. Ian was our Chairman for many years and was a great team member, working hard to make a better future for our village. Ian will be sorely missed; our sincere condolences and thoughts are with his wife and family at this very sad time.

On behalf of Little Clifton
Parish Council Members.

Please help to keep our village clean...

The Parish Council is aware of concerns about dog fouling in and around the village, and Cumberland Council is planning to monitor areas at random. We would like to thank all the dog owners who clean up after their dogs.

Jean McCartney (Chair)

Parish Councillors

The PC is pleased to welcome co-opted Councillors Jonathan Williams and Brian Griffiths. A third place will become available in May, when Fliss Watts retires from the Council. If you're interested in standing please get in touch with Jean McCartney.

Village Hall Committee Update

Following the receipt of money from the National Lottery, solar panels have recently been erected on the south-facing roof, with a battery installed inside the Village Hall. The VH committee would like to thank Harry Matear for his support and help with opening up the site to allow sunlight to fall directly onto the panels.

The committee would also like to thank an anonymous donor whose generous gift of £250 covered a good part of the cost of fitting a new water-heater in the Village Hall kitchen.

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FareShare...

is the UK's national network of charitable food redistributors which takes good quality, surplus food from across the food industry and distributes it to community groups and charities. FareShare is all about preventing good quality, surplus food from going to waste. The redistributed food is good to eat; it's important to note that FareShare is not a food bank, and that anyone may make use of it.

On 3rd of March a pilot of FareShare began in the Village Hall, with volunteers collecting fresh food from Tesco Workington just before it closed at 4pm, bringing it back and then people arriving to collect it. The principal items were bread and fresh fruit. This element of FareShare is called FareShare Go and will continue on a weekly basis, with the food available for collection from the Village Hall on Sundays between 4.15 and 6 pm.

We're planning to expand this pilot and from Sunday 16th March we will also be distributing food delivered by

FareShare from its depot in Preston. This should involve more substantial quantities of food, including bread, breakfast items, cooking sauces, confectionery, eggs, flour, sugar, oils, fruit, rice, pasta, preserves, savoury snacks, soft drinks, tinned items and vegetables

In addition, we're hoping to take delivery of a brand new, donated fridge-freezer, which will enable us to expand the offer to chilled / frozen butter & spreads, dairy (cheese, milk, cream, yoghurt) fish, meat and ready meals

We're proposing that anyone who wants to collect food pays an annual membership fee of just £1. Members may then come along and pay a small contribution to collect some of what is available on the day. As this is a pilot, details may alter once we get started. It is important to note that we cannot guarantee that there will be donated food available

At the moment there is a small group of people involved and we would very much welcome more

volunteers. Here are just a few ideas of how you could help - the more volunteers we have, the more we can do!

*Sorting fortnightly food deliveries

*Collecting donated food from Tesco Workington (expenses reimbursed)

*Helping with the Sunday food distribution from the village hall

Please contact Fiona on fionaheslam1@gmail.com or 07729601507 for further details, or just come along to the Village Hall on a Sunday afternoon around 4 pm.



HISTORY CORNER

Egg Dumping -

(see Diary pg. 3) is a traditional Cumbrian Easter game using eggs hard-boiled with onion skins to give them a rich, dark colour.

The aim of the game is simple. Everyone takes an egg, which they hold in their clenched hand with the pointy end showing. The game is played between pairs of

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competitors who take turns to knock their eggs together until one of the eggs cracks. The overall winner is the one whose egg succeeds in breaking the greatest number of other eggs, without cracking itself.

Little Clifton Village Hall

More information...
Following the publication of the last newsletter, more details of the construction of the Village Hall have come to light, including the involvement of Rob and Betty Dixon of Marron Lane, Jennifer Hall of Little Clifton and Maude Pattinson of Fell View. The full story is published on the Parish Council website, where it will remain a permanent record.

WITH SYMPATHY

We are very sorry to report the deaths of Maurice Salkeld of Railway Terrace, Lauren McFarland of Fell View and Ian Elliott of Main Street, Bridgefoot. They will all be missed; our thoughts are with their families at this time.

DATES FOR YOUR DIARY

Saturday March 23rd
Village Hall 12noon-2pm
Easter Fair

With C'mth Ukelele Band, Egg Dumping, children's colouring competition.

Sunday April 21st
10-12noon
Village Litter Pick

Meet at Village Hall, return for coffee and cakes afterwards.

Friday May 31st
Village Hall 2-4pm
Afternoon Tea
With talk from a guest tba. Tickets £5.50 from Fiona on 07729 601507.

Friday June 28th
Village Hall 7pm onwards
Cheese and Wine
Vegan option available. Tickets £5.50 from Fiona on 07729 601507.

Saturday 21st September
Village Hall 10am-4pm
Exhibition of Work
by groups using the Village Hall, entry free.

More details will be posted on the VH notice boards and in the window of Corner House.

NEWS FROM ST. LUKE'S CHURCH

Maundy Thursday, 28th March –
Holy Communion at St Luke's at 5pm

Good Friday 29th March –
An hour at the Cross at St Oswald's, Dean

Easter Sunday 31st March
Holy Communion at St Luke's at 9.30am

Do come and join us at any of our services if you can, you'll be very welcome

Easter Saturday, 30th March
Choccocoffee Morning at Bridgefoot Village Hall from 10am
Hot Dogs, Chocolate Tombola, Cakes
Duck Race 11am!
Come along and sponsor a duck!



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NATURE CORNER

Chances are, if you've got a pond in your garden, it will have some frogspawn in it...



After their winter hibernation, frogs emerge to migrate to breeding ponds, returning, if possible, to the places where they themselves were hatched. The males arrive first, usually in February or March, but often January in the south-west of England and begin croaking loudly to attract the females. The male frog develops thick pads of rough skin on his thumbs, which enable him to grip the slippery female firmly whilst mating. The female releases about 2,000 eggs into the shallow parts of the pond, and, as they leave her body, the male fertilises them. The jelly around each egg swells up, so protecting the egg and helping to keep it warm. After spawning, the adults usually stay in the water until April,

when the weather is warmer, and then depart to live on the land.

Tadpoles hatch from the eggs after about two weeks. It will be three months before they will have developed into tiny miniature frogs, ready to leave the pond. As they leave the water, they are very vulnerable to predators such as blackbirds. At any age they may be eaten by grass snakes, cats, crows, herons, ducks, hedgehogs, rats and foxes, poor things!

BLC ENERGY HUB NEWS

Over the winter, using thermal imaging equipment on loan from Cumbria Action for Sustainability (CAFS), Energy Hub volunteers have surveyed around 20 homes of various ages and methods of construction. Residents were able to see graphic evidence of cold spots, drafts and defective insulation and so target their energy saving projects accordingly. Various problems were highlighted, but the most common was a lack of insulation on loft hatches, a situation easily remedied!

COOKERY CORNER

Following the surprise success of the mushy peas at the last two Pie & Pea suppers, here is Sue's recipe for homemade mushy peas...

Ingredients:

250g marrowfat peas
(I got mine online but you can get them from health-food shops)

25g Butter

2tsp bicarbonate of soda

A good dollop of double cream

Lemon juice

Seasoning.

Method:

Put the peas and the bicarb in a bowl and cover with water, leave to soak and soften overnight. Strain the soaked peas and rinse thoroughly. Put the peas in a large pan with around 650ml fresh water, bring to the boil, simmer and stir regularly until the peas are soft and can be mashed with a potato masher. Add the butter, cream, lemon juice and seasoning to taste, serve with a tasty pie and enjoy!

If you've a recipe you'd like to share, please email the Newsletter Editor on stkp@sky.com. Who knows? maybe we could produce a village recipe book!

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BUSINESS SPOTLIGHT

The Business of Bathtime

is run by Sarah Moore at Kirkbeck House, B'foot.



Sarah makes 100% natural eco-friendly home, bath and body products and beautifully presented plastic free hampers. Here are some examples of her products:

Botanical Soy Candles £8,
Himalayan Body Scrub £8, Aromatherapy Facial Oil £10, Botanical Bath Bombs £4, Goat's Milk and Oat Soap £4

The Business of Bathtime is on Facebook or you can email Sarah on sunflowersah@yahoo.com.

FANCY A DAY OUT?

Jen from Beck cottage has come up with the following suggestions –

*bus trips off using bus passes or £2 fares,

*trips by coach or minibus to various places of interest.

If anyone would like to join Jen for a day out, or help to organize an outing, please get in touch directly with Jen.

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, a home-business you'd like to advertise, an event to publicise or things you'd like to learn more about, you can contribute to the next Newsletter by emailing the Editor at stkp@sky.com

