

CARNFORTH EXPRESS

Produced by Carnforth Town Council for the Community of Carnforth

May/June (Bi-monthly)



For that breath of fresh air...

You may have noticed that the issue of air quality is much in the news now. There are well established links between the quality of air that we breath and health, for example links with respiratory ailments such as asthma and with heart disease. The government's own committee on the medical effects of air pollution has estimated that between 20,000 and 36,000 people die each year in the UK because of air pollution [COMEAP 2018].

Carnforth is currently the subject of an Air Quality Management Area. This zone has been established by the City Council in recognition of air quality issues on Market Street and its junction with the A6. The good news is that air quality has improved over the last few years and all current standards are now complied with.

But - the future will bring challenges as the population of Carnforth increases and with it traffic movement.

The Town Council has been looking at this issue and has put forward some ideas in response to the recent City Councils consultation on its Air Quality Strategy.

Some of our ideas are simple and some very ambitious but we want to share these early ideas with you and seek comments or additional suggestions – so here they are.

Change the phasing of the traffic lights at the junction of Market Street and the A6: We want to ensure that traffic can flow freely even when traffic is exiting lower Market Street and turning right on to the A6. Currently such traffic can cause congestion on Market Street.

A box junction at the entrance to the Queens Hotel development: Drivers currently block the entrance to this new development so that vehicles seeking access can cause standing traffic back across the traffic lights.

Idling awareness campaign: Many of the air quality issues in the UK are caused by stationary vehicles idling. Under idling conditions engines are at their least efficient and cause significant low-level air pollution. We want drivers on Market Street that are held by a red traffic light to turn off their engine whilst stationary. This saves fuel and reduces exhaust emissions.

Explore a one-way system around Carnforth: Many of you will remember a time when a one-way system was in force along Market Street due to building works. We want to look at the feasibility of a trial of one-way traffic flow around Carnforth.

Holding traffic at the bottom of Market Street with additional traffic lights: The purpose of this would be to reduce standing traffic on Market Street itself.

Constructing a link between the A6 and the Keer Bridge Industrial Park: This would remove HGV traffic from Market Street.

Construct a link road to serve the future Lundsfield Quarry housing development site: This would avoid additional traffic burden at the Market Street A6 junction.

We want our town centre and Market Street, in particular, to be a pleasant place to shop, work and live and we have ambitions to maximise the potential of our town centre. As we develop our ideas we will seek to incorporate them into our Neighbourhood Plan, a plan that will shape our response to future housing/business development proposals.

We must emphasise that these are just **IDEAS** and **NOT** firm proposals. We would welcome your thoughts and suggestions. Please email your ideas to the Town Clerk, Bob Bailey, clerk@carnforthtowncouncil.org or via our website <http://carnforthtowncouncil.org/>

Councillor Chris Smith

Royal Air Force Air Cadets – adventure awaits.



You get home from school, chuck the school bag containing your homework in the corner and head through to the kitchen. Having grabbed some food, you head to play Red Dead Redemption II and you set out to explore. You find yourself camping in the wilderness, preparing the rabbit you just hunted to go on your open fire. Bliss, how awesome, you're surviving on your own. Wait one moment - this is Play Station and you're sat in your bedroom;

wouldn't it be brilliant to combine your understanding of the world through gaming with reality? Here at the Air Cadets we can take you to explore, make a campfire and cook your own dinner, although we admit, we won't make you catch the rabbit first; we can stick to shop bought food!

The RAF Air Cadets offers an exciting opportunity to those that want to do more. Activities include camping, flying, Duke of Edinburgh's Award, shooting, cyber technologies and military life. These activities can be at the squadron during the week, on a weekend, or week-long camps at a working RAF station both here and abroad. To list all opportunities would be difficult but here is a selection that our cadets are participating in over the coming months:

- Gold Duke of Edinburgh in Wales and Lake District;
- Bronze Duke of Edinburgh in the Silverdale area;
- Junior Leadership Camp to develop team work and management skills;
- Aerospace Camp for cadets who want to become pilots, cyber technicians or communications experts;
- Fieldcraft camp for those who want to dress in camouflage and escape the enemy;
- Mountain Biking taster session where track stands and manuals come into their own.

These different courses and events are run by qualified staff from either our own staff team or staff from our area. By working with other squadrons young people get the opportunity to interact with a range of young adults from different backgrounds, in an activity that they are passionate about.

At Carnforth we have a strong ethos of developing young people to achieve their best and to thrive in their future career choices. Yes, some of our cadets have gone on to undertake successful military careers but that is not the sole idea, we as an organisation wish to support young people to thrive both in civilian and military life.

Parents; if you wish your child or family member to expand their horizons then encourage them to visit. Young Person; if you want to get out more and spend your weekend doing something exciting, join us. Carnforth Squadron meets two night at week at the Civic Hall, North Road, Tuesday and Thursday 7pm-9:15pm. For further details please contact us via email adj.2246@aircadets.org or pop down at 7:15pm on either evening and we will be happy to show you around and answer any questions you may have.

For more information about the Royal Air Force Air Cadets, visit

<https://www.raf.mod.uk/aircadets/>



Carnforth Royal Air Force Air Cadets march in the 2018 Remembrance Day Parade

Know how to stay safe in the sun this summer



Free, cancer information and support are coming to Carnforth. Macmillan Cancer Support's Mobile Information and Support Service will be visiting the area, with cancer information specialists on hand to answer any questions. Anyone with worries relating to cancer is encouraged to stop by.

The team will also be providing specialist information about sun safety and skin cancer (please note, the team will be unable to perform skin checks).

The visit is on **Wednesday 28th August at the War Memorial Gardens from 10am - 3pm**

Skin cancers are most likely to appear on skin that is exposed to the sun. If caught early, they are very treatable and most people with non-melanoma skin cancers are cured with treatment. Anna Murchie, from the mobile information team, said: *"The sunnier weather gives us all a boost but it's important to be aware of how to stay safe in the sun and to know which changes to your skin could give reason for concern."*

Skin cancers can look very different, so visit your doctor if you notice anything unusual on your skin that does not go away after 4 weeks, including: any spot or sore that doesn't heal; a spot or sore that hurts, is itching, crusty, scabs over or bleeds; areas where the skin has broken down (an ulcer) and doesn't heal; a lump on the skin - this may be a firm, red lump or may look sunken in the middle

Melanoma is a rarer type of skin cancer. It can develop from a new mole or one you already have. The ABCDE list (below) can help tell the difference between a melanoma and a normal mole:

A – Asymmetrical moles – irregular in shape; **B – Border of a mole** – blurred or has jagged edges; **C – Colour of a mole** – if a mole has more than one colour; **D – Diameter (width)** – irregular moles are usually larger than 7mm; **E – Evolving** – melanoma moles often change; **Always see your GP if you are worried about any changes in your skin or a mole.**

Anna adds: *"It's important for everyone to take extra care in the sun. But some cancer treatments can make you especially sensitive to the sun. If you're having treatment for cancer, ask your healthcare team for advice about protecting your skin during and after treatment."*

Did you know? In the 10 years between 2008 and 2018 Macmillan Cancer Support interacted with **31,255 visitors** around Lancashire. **25,962** of those were in the five-year period between 2014 and 2018! At the two visits to Carnforth in the last year they interacted with **121 visitors**! If you have concerns about any type of cancer, or just want someone to talk to, Macmillan Cancer Support is there for you. Call free on 0808 808 00 00 (7 days a week, 8am to 8pm) or visit <http://www.macmillan.org.uk> for information on all types of cancer; the mobile information service; support groups in the area and to gain access to their online community. A short film about skin cancer can be found at <https://youtu.be/9rHa7tskvuk>.

A Carnforth En-EGG-ma? I was recently shown a medal that was awarded to the first prize winner in the Carnforth Laying Test in 1922! The medal is about an inch (2cms) long, beautifully made by the prestigious Fattorini & Sons, jewellers of Bradford and Birmingham, and was in its original presentation box. Apart from my understanding that the Test – for egg production – lasted for 48 weeks each year, and my surmise that it was an important and popular local competition, nothing more is known about it. If you know anything about the Test, please contact the Town Clerk, Bob Bailey and we will publish the information in the next edition of the *Carnforth Express*. **Councillor Jim Grisenthwaite**

Cut and Dried: At Easter a long-established Carnforth business closed its doors to its customers for the last time. Brian Scott, who has run *Thatchers* hairdressing salon on Lancaster Road since 1979 retired but his business was sold to another local hairdresser, Tracey Antonsen. Tracey is the owner of *Angles*, also on Lancaster Road, and she plans to transfer her staff and customers to her new premises by the Summer. Her new, larger, refurbished salon will open in June as *Angles*, maintaining the link between this part of Carnforth and hairdressing. **Councillor Jim Grisenthwaite**

Carnforth Information Centre to be saved! Lancashire County Council's Cabinet have supported the transfer of services provided at Carnforth Transport Information Centre to a Community Rail Partnership (Leeds-Morecambe line for Carnforth TIC). This was following the submission of a '*comprehensive and well thought out proposal*' that '*outlined clear steps intended for a potential service takeover to maintain the current service and to develop the service further with new initiatives*'. Staff are to be retained and it is expected that the group will be able to take over the services within a period of 3 - 6 months. Carnforth Town Council welcomes this initiative and will do all it can to support the community group going forward.

Around the Community

JOIN US FOR OUR FREE COMMUNITY HEALTH AND FUN DAY



SATURDAY 6th JULY

10am to 4pm



In association with **Carnforth Carnival**

Carnforth High School

Kellet Rd., Carnforth, Lancs. LA5 9LS.



**Lots of interesting stalls for
Health information and advice**



**Activity demonstrations for all
the family - and Tug of War**



**The Swimming Pool inflatable
for under 18s**



Confidential Health Checks



**Smoothie Bike - pedal your way
to a healthy smoothie**

And lots, lots more!!



Carnforth Library are now offering **Free Digital Skills Course – Every Thursday 11am-12pm**. The course is

suitable for anyone wishing to improve their IT skills. The Library's friendly volunteers can help all levels of learners. For beginners, the popular **Learn My Way** course is recommended. This teaches basic IT skills over 6 weeks, starting with using a mouse and keyboard. Help can also be provided for anyone wanting to learn how to search the web safely, apply for jobs, complete a variety of online forms, deal with Universal Credit, use email, follow hobbies and use public services such as Lancashire Libraries online! You can also take along your own device if you would like to be taught how to get the most out of it and to be able to use it yourself at home.

For more information please call: 0300 123 6703 or Email:

Carnforth.Library@lancashire.gov.uk

Carnforth Rotary in association with the **Carnforth Carnival Committee** will be holding a Health and Fun Day on Carnforth Carnival Day - **Saturday 6th July** from 10am. Come and share in a great Community Day. Have your health checked; learn about other health issues; have some fun and share in all the Carnival Events.

Have you seen Carnforth Rotary's popular '**Pocket Book to Carnforth**'?

The booklet has been re printed and is now available free of charge, from various outlets in Town, including the Council Offices.

The booklet has been sponsored by businesses in the town and is full of useful information about our town.

But if you think some valuable detail has not been included, get in touch and we will be happy to consider it for the next edition!

Contact the secretary at:

secretary@carnforthrotary1190.org

Digital Skills At Carnforth Library

Weekly support sessions to help learners improve their digital skills and use a variety of online resources



Thursdays 11am – 12pm



Bay Health &
Care Partners
delivering



Serenity Community Café: Mental Health and Wellbeing Cafe



In February 2019, we held a **Chocolate and Wellbeing session**. The event was run by Bruce Crowther from the FIG Tree Centre in Garstang.

Everyone was given the opportunity to make their own chocolate from the bean to the bar, using cocoa sourced from New Koforidua, Ghana, Africa's first Fairtrade town. Garstang was, in fact, the world's first Fairtrade town - in 2011, and there are now 2000 Fair Trade towns in 34 countries!

Whilst waiting for the chocolate to set, Ben France from the Wellbeing Service gave a talk on the five steps to wellbeing.

These are: **Connect; Be active; Keep learning; Give to others**, and. **Be mindful**. These steps can really help boost confidence and self-esteem and improve mental health.

It was an enjoyable and informative day and, most important of all, we got to sample our own creations! The chocolate making workshops are available to schools and all age groups. For further information on the Fairtrade Chocolate Demonstrations contact Bruce Crowther at fairtradecentre.org.



The Serenity Café is held at the Free Methodist Church, Hunter Street, Carnforth, every Wednesday 1.00 pm – 3.00 pm. All welcome!

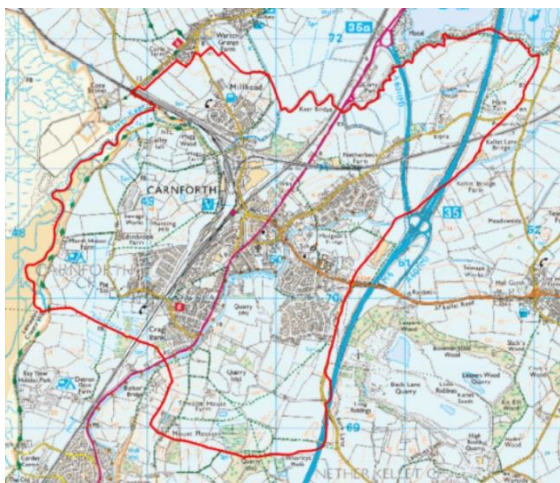
L A Theatre Club: The club is a non-profit making group who are entirely run by volunteers. They have a variety of cultural entertainment on offer, including evenings out, visiting the theatre or other venues in Manchester, Liverpool, Bolton, Bowness, Keswick and many more!



Transport by coach is provided from Travellers Choice in Carnforth to the venue and return. Regular newsletters are posted or emailed with event information and the Membership fee costs just £12.00 per annum!

If you are interested in joining the L A Theatre club. please contact the Membership Secretary on 01524 734624 to find out more! They look forward to hearing from you!

Photo: Empire Theatre, Liverpool



Carnforth Neighbourhood Plan: The Carnforth Neighbourhood Plan Working Group (NPWG) has recently considers a detailed assessment of key facts and figures relevant to the town. The *Carnforth Baseline Assessment* put together by our planning consultants sets out a series of information and data covering such issues as: Open space; Services and facilities; Biodiversity and green infrastructure; Population; Education qualifications; Health (including deprivation indices); Economy; Transport (including Air Quality); Housing and Heritage.

Carnforth NPWG have made several observations and comments about the statistics presented that have been fed back to the consultants, following which the baseline assessment will be published.

The analysis of the data and information has helped to refine the *Vision* and *Objectives* initially developed by Carnforth Town Council. These will be considered in detail in the coming weeks and we will be undertaking a review of our open green spaces and seeking further funding to continue with the development of the *Carnforth Neighbourhood Plan*, including technical support and advice for a housing needs assessment.

This is an important project and community engagement will be essential to its success. More information on the plan and opportunities for the local community to comment on its development and come forward with ideas will be made available soon. Please keep checking our website. <http://carnforthtowncouncil.org/>, Facebook and Twitter pages for further information on how you can help us to make a difference and prepare for the long term future of our town. **Bob Bailey, Town Clerk**

Carnforth Heritage Trail – An Apology! We understand that a few people turned up at the War Memorial Gardens on Saturday 13th April at 10am, as was advertised in the last edition of the *Carnforth Express*. The start time was subsequently changed to 10:30am with details being posted on social media as well as the Town Council's website and posters around the town. Sadly, the message did not reach everyone and for that we are very sorry! We very much hope that those affected will be able to join us for another Heritage Trail, later in the year.



Carnforth in Bloom: Carnforth Town Council will again be running its Carnforth in Bloom Competition. Last year we had a bumper response and we want even more people and local groups to get involved this year.

Application forms for your entry are available from the Town Clerk by email, on the Council's web site and from the Council Office on Market Street. They can also be picked up from Kitty Brown Boutique, Highfield Fisheries and Highfield Spar.

The competition is free to enter and there will be cash prizes. So start thinking about what you can do to help improve the environment in which we live and win a few pounds for your efforts!



Colourful Garden Competition

Free to enter

Prizes/vouchers worth £50; £30 & £20

Entry forms available from:
 Town Clerk (tel: 07846 256 006 or
 email: clerk@carnforthtowncouncil.org)
 Kitty Brown Boutique;
 Highfield Fisheries and;
 Highfield Spar

Last entries must be received by Friday 7th June
Judging on 29th & 30th June



Bob's Blog – musings from the Town Clerk:



April 1st marked my first year in post as Town Clerk, in Carnforth. It has been something of a whirlwind, it must be said, but I can honestly say that I have loved every minute of it and I genuinely believe that a lot has been achieved in that time. I must thank Members of the Town Council; Ward and County Councillors for their encouragement and support. In the last year, I have put a lot of time and effort into developing community engagement, whether that be through social media, the

new Town Council website, this newsletter or face to face meetings with residents, business and community groups over a cup of tea! There have also been several constructive meetings with City and County Council colleagues over important matters such as air quality; traffic management and parking; neighbourhood planning; close circuit television and the possibility of Carnforth being designated a business improvement district! I have been struck by the spirit and resilience of our local community and their friendliness and good humour even when there have been some difficult situations! I have also very much appreciated the candour that people have shown when challenging issues and their passion for what is happening in the town now and what they would like to see happen in the future!

We have had re-surfacing of the A6; laying of fibre optics; traffic congestion; M6 diversions; temporary traffic lights and new pedestrian crossings in the last year. Most recently there has been the issue with the signage and two-hour parking restrictions in the Carnforth (Booths) Car Park and, of course, the small matter of the collapsing building on Warton Road and the subsequent closure of the road and now the temporary traffic lights!

The most recent issues are excellent examples of the collective influence and benefit of a local community working together. In the case of the Carnforth Car Park, Members and residents, who have extensive knowledge of the area and its history, were quick to inform me that planning conditions from several years ago had made it clear that the car park should be available to all and not, as the signage indicated, '*Booths Customers Only*'. Booths for their part acknowledged their error and took swift action to put it right. So long as the 2-hour duration is not exceeded no restriction will be made on the number of times that customers use the car park in a single day.

Both City and County Council officers also acted to close Warton Road and to protect the public whilst making the building on Warton Road safe. Throughout the period of the road closure, I took many calls from residents and local businesses who, understandably, wanted to know how long the road would be closed for so that contingencies could be made. I was particularly grateful to Hackney & Leigh, who are selling the building concerned, for the information they were able to provide at the time. After being given some mixed messages by the local authorities in the early stages, I was able to keep the local community informed of progress and the partial re-opening of the road. It must be acknowledged that this involves some complex legal matters - the latest position is that Lancaster City Council are arranging for the major repairs to be carried out, at their cost, following which the temporary traffic lights will be removed. Work is expected to be completed by late July/early August.

As we start a new municipal year, I am very much looking forward to working with the new Town Council in continuing to support our local community and plan for a bright future for the town. **Bob Bailey, Town Clerk**

