

CARNFORTH EXPRESS



That Was The Year, That Was!

Some of our older readers may remember a TV programme from the 1960s called *That Was The Week That Was*. Hosted by David Frost, the programme would satirise topical news stories and issues each week in comedy sketches and in song.

Thinking of TW3 set me wondering what David Frost and his colleagues would have made of 2020. We've been told – more than once – that we're living in unprecedented times. Well, perhaps we are because the vast majority of us haven't previously experienced anything quite like the restrictions forced on us by the Covid pandemic. But what of previous generations? What would it have been like to live through the Blitz, evacuation and the food rationing of World War Two and what would it have been like to experience the consequences of the mass slaughter of World War One only to be faced with the Spanish 'Flu epidemic of 1918-19?

This year has certainly been tough and in some cases tragic. Carnforth Town Council lost one of its number to Covid when Councillor Val Armstrong died in October. The full effect of the second wave of Covid is still being felt nationally despite the recently imposed lockdown restrictions. And yet, as we stand close to the end of this unprecedented year, we've just heard of the emergence of an effective vaccine and we're anticipating a mass vaccination programme if not before Christmas then certainly early in 2021.

When we look back on 2020 we should look for some of the more positive aspects of the year rather than the negative. Here in Carnforth we saw the almost spontaneous creation in early April of a Covid support team made up of volunteers who came together to help the more vulnerable members of our community. They and the 90 or so unsung heroes and heroines who were nominated for our Carnforth Citizen of Merit Award have demonstrated that there's every reason to be positive about human nature and to be proud of the community spirit that exists and that is vibrant here in our brilliant town. It is fantastic that we have just heard that our efforts have gained recognition from the High Sheriff of Lancashire (more of that later!).

So, don't be downhearted. Past generations faced terrible trials and tribulations and came through them. We can, and will, do the same. Have a happy Christmas and let's all look forward to a much better 2021!

Councillor Jim Grisenthwaite

A Message from the Town Mayor



I'd like to wish everyone in Carnforth, and indeed further afield, a Merry Christmas and a Happy New Year from Carnforth Town Council. The past year has been very different for all of us.

I'm proud of what has been achieved by the Town Council and the town's COVID19 Volunteer support group - dedicated people who have provided help to the residents of Carnforth, with shopping, picking up prescriptions, dog walking, taking people for essential hospital appointments or just being a friendly voice at the end of a phone!

Our fantastic community efforts have been recognised by the High Sheriff of Lancashire who has awarded the town a COVID19 Certificate of Recognition! I will accept this award on behalf of the whole community. Throughout this pandemic it has been overwhelming to see how residents, community groups, businesses and the Town Council have pulled together like never before, looking out for each other and providing support and friendship during these unprecedented and challenging times.

It is gratifying to receive many positive comments about the visible things that the Council does for the town such as the floral displays and the Carnforth 'Steps into the Light' project in collaboration with Carnforth Business Network and Lancaster City Council.

As Councillors, we continue to work hard on the not-yet-so-visible things such as taking the lead on the emerging Carnforth Neighbourhood Plan with the involvement of members of the community who are helping to shape our vision and aspirations for the Carnforth area to 2031! The plan is now in its first draft and will be out for consultation in the New Year with the aim of it being adopted by the Summer.

The Council is also playing its part at a strategic level representing the views of all our residents and community groups at a local and county level. We have mutual respect and good working relationships with both Lancaster City and Lancashire County Councils which means that we can work closely together to provide support and help in response to COVID19 and have open and frank discussions on things like the Lancaster District Local Plan, the Eden Project, strategic plans around the A601(M) and Lundsfield Quarry developments.

Like everyone in this strange year we have all had to act quickly and decisively and find new ways of working when delivering services. We have tried to do so with the utmost professionalism and ALWAYS with the needs of the community at heart. I want to thank both Councillors and officers of our principal authorities for taking the time to listen to us, taking swift action where needed and for their unstinting dedication and hard work, especially in this most challenging of years.

The Town Council is always looking at ways in which we can improve and develop our town and we continue to work with Carnforth Business Network, schools, churches and community groups at every opportunity. The Town Council takes pride in being the voice of Carnforth and the surrounding areas. We have invested time and effort in improving community engagement through our *Carnforth Express*, our website (which is set for a 'facelift') our Facebook, Instagram and Twitter pages as well as good old face-to-face meetings – even if most of that has been via Zoom since March! We think that this has paid off and we are engaging with more people every day. As recently as Remembrance Sunday we were delighted that owing to COVID19 restrictions, nearly 90 people watched the service streamed live, and since then, well over 1,500 people have watched our video!

We strongly feel that through better communication, strong community relationships and the 'can-do spirit' of our residents we are, despite the difficulties of 2020, on the verge of something special and exciting for the town that we all love.

I and my fellow Councillors want to be at the heart of the 'new Carnforth', retain all that is good about Carnforth – its community and heritage - whilst focusing on helping the town to move forward, investing in its growth and tackling the many issues it faces now and will do in the future.

Looking forward to 2021, I would like to see more people attending Council meetings (remotely or face-to-face) and having a say about what is important to them. I'd like to see more groups applying for grants and I want to encourage an entrepreneurial spirit.

If you want to do something beneficial for Carnforth and you think that the Town Council can help, please contact us, we are ready and happy to listen!

Finally, it is important to look after our vulnerable residents, especially those suffering illnesses at this time of year. We can all 'do our bit' to help. How about making an extra meal or calling an elderly neighbour to see if they need anything?

There has always been a fantastic community spirit in Carnforth, let's make that even stronger this Christmas! Look after each other, keep safe and please enjoy a good festive period and let's look forward to a brighter new year in 2021. Best Wishes to you all.

Kath Bromilow MBE, Carnforth Town Mayor

Five Golden reasons to shop local this Christmas

Many of us dread this time of year. Unless you're the most organised person on earth and have done your Christmas shopping by Halloween, the sudden realisation that we are only a few weeks from Christmas Day can send us into a flat spin, and this year more than any other has got us all in one of those!

Luckily here in Carnforth, we have many independent businesses and shops and it is easy to find gifts while supporting our local shops. This year more than any other it is important that we support our local traders to help them weather the storm of coronavirus. They have been there for us all this time, now it's time for us to be there for them.

So, I want to give you some good reasons to shop local this Christmas and support our local traders.....

Shopping locally is a lot less stressful. Shopping in Carnforth is much nicer than battling the Christmas crowds at a large shopping complex, the stress of one-way systems, car park queues and playing human dodgems. It also removes the pressure of waiting at home for that 'it-should have-arrived-two-days-ago' gift ordered online from Amazon (other on-line retailers are available).

Your spending will boost our economy, Research on local spending shows that for every £1 spent with a small or medium-sized business 63p stayed in the local economy, compared to 40p with a larger business. Small businesses will be vital for national economic recovery and growth and are leading the way in innovation and new job creation. They serve the needs of the local economy and many provide services to larger businesses, helping your local community and beyond!

By spending money with local businesses, you are paying a friend or neighbour's salary. Small Businesses integrate into the local community and tailor their services and products accordingly - therefore it is unlikely that a small business is going to move to a different city or country, therefore keeping jobs in your community.



You are likely to get better service. Local business owners do what they do because they are passionate about their products and typically take more time to get to know their customers. They will often go the extra mile to help you and to ensure you are a satisfied customer, and you will get good advice too. Shopping at a local business means you are more likely get an expert opinion about the products that you're purchasing. Local business owners are well informed about their products and know what they are selling.

You can get a good deal. It's a well-known fact that many larger shops 'jump on the bandwagon' at this time of year with 'black Friday offers' that might not be the great value suggested. In our local high streets, many independent retailers are retaliating this year with real pre-Christmas promotions - and it's well worth taking a look!

Furthermore, independent retailers can use their discretion to reward regular custom, and it can mean you get discounts on the items you actually want to buy, rather than being tempted by multi-buy offers in the big chains. It is very likely that businesses will be doing special promotions and discounts; therefore you could save some money AND support your local traders at the same time! Prices on the internet are not always the cheapest - especially as Christmas Day approaches. What's more, you'll not have to pay for postage.

Napoleon once called us "a nation of shopkeepers" hoping to insult us. However, it's a big part of our national identity and is something to be proud of. Small businesses have endured the Blitz, 3-day weeks and more recent economic down turns and with our help this year, they will survive this too. Let us avoid having a 'clone street' with the same shops as everywhere else and support our local businesses in Carnforth and our surrounding villages this Christmas.



Councillor John Reynolds

Creative Carnforth

Hello to all you Carnforth Creatives who love to make things with your hands, enjoying the sense of wellbeing that this brings.

As crafters and makers, ourselves, we understand the importance of making time and space to create our own unique pieces of art, be it through felting, spinning, weaving painting, photography, ceramics, stitching – the list goes on!

As Carnforth Creatives we also recognise the importance of our local landscape, our coastline, woodlands, lakes and canal, not only in inspiring our art but also in ensuring our health and wellbeing. Many visitors come to this area every year to enjoy what we have on our doorstep. Many of them are makers and crafters themselves who come for inspiration and attend courses and workshops, whilst enjoying shopping for art materials and supplies.

Did you know that there is an established creative community of businesses within Carnforth offering unique opportunities? Over the years these businesses, often small, sometimes individual, always unique have grown and are continuing to thrive.

'Artisan' at 2 New Street, Carnforth is a family owned business and is the UK supplier of high quality Norwegian and German wool fibre and yarn, brilliant for felt making, tapestry weaving, and spinning. Trish and Libby offer a warm welcome sharing their textile knowledge and practice. Visit www.norwegianwool.co.uk for details.

If you wish to take your studies further you can with ArtyBird Carnforth School for Art and Textiles, a City and Guilds Accredited Centre that teaches from beginners through to professional. This internationally recognised school has a wide community of makers who are enjoying developing their passion for their own enjoyment as well as those who wish to work within the business.

As well as our annual September intake, across our wide range of subjects such as: feltmaking, weaving and tapestry weaving, embroidery and creative textiles, dyeing and printing, dressmaking and creative computing, we have a growing on-line community through LearnWorlds with our expanding suite of short courses that can be a creative feast for those working from home. We are offering a 20% discount on these short courses up until Christmas, using code Carnforth20. Keep up to date on Facebook or visit our website at www.artbirdscarnforth.co.uk.

There are other creative businesses and groups in Carnforth. You can buy Art Supplies from Aurelian Barbu Art Supplies and Carnforth Bookshop, who also have a range of new and second-hand craft books. Local photographer Liz Withey has a host of local interest calendars that can be bought online or from Carnforth Post Office. We have a thriving creative community. Carnforth is home to painters, textile artists, ceramists, crafters, photographers and hosts – we normally have an annual Art Festival in August, where you can buy everything from beautiful wood pieces, to prints, to cards and even a pimped pair of DMs, intricately etched in a variety of designs, that you will not find anywhere else! The War Memorial Gardens and Ashtrees Way get yarn bombed at the same time, which just brings a smile and adds even more colour to our lovely town!



Kate Horner and Trish McCarthy – ‘Creativity is allowing yourself to make mistakes, art is knowing which ones to keep’

Bay Health & Care Partners
delivering



Care in our Community

What is an Integrated Care Community (ICC)? Integrated teams of health and care workers, voluntary organisations and wider community assets who work together to support

and improve the health and wellbeing of our local communities. Anyone who is registered to a GP practice in Morecambe Bay belongs to an ICC. You can find out more by going to <https://www.morecambabayccg.nhs.uk/get-involved/integrated-care-communities>

Referrals to our Integrated Care Community (ICC) Care Coordinator: Care Coordinators can take referrals from anyone, for anyone with mild to moderately complex physical, mental or social care needs where coordination of multiple issues, that may require input from one or more services are required, either to facilitate a safe discharge from hospital, avoid a hospital admission, reduce isolation or maintain good health and wellbeing.

If you are unsure whether a referral is appropriate for the ICC, we are happy to take calls to discuss. Please ensure you have consent to refer and ask which GP surgery they are registered with. Contact us on 01524 591643 and ask to speak to the Care Coordinator.

Please note, we will triage and respond to all referrals in a timely manner, but we are not an emergency service so if you feel that the something needs urgent attention please contact the relevant GP practice, 111 or 999.

We continue to hold our monthly steering group meetings, which are currently being held virtually. It is such a great meeting with lots of partners coming together to share best practice and offer advice and support to each other.

We are working with some partners on projects like Carnforth Community Swimming Pool, to create sessions for those whose health and wellbeing may have been affected by COVID, and with the very generous support of Carnforth Rotary, ensuring some of our most isolated residents receive a nice gift over the Christmas period.

If you have any questions about your role as a carer, or need support or just want to find out more about Carnforth Integrated Care Community or you'd like to be involved, the please contact us by email at: carnforth.icc@mbht.nhs.uk or contact Emma Paul on 07790 375274.

Emergency Assistance Grant Scheme:

Carnforth Town Council are proud to support Lancaster City Council's emergency grant scheme to assist people who are struggling to afford food and other essential items due to financial hardship caused by COVID19. This scheme is temporary.



If your income has reduced due to the COVID19 pandemic, this scheme, may be able to help. Have you...

- 👍 claimed Universal Credit since March 2020 due to a reduction in your income
- 👍 been made redundant since March 2020 due to Covid -19
- 👍 been furloughed or been working fewer hours since March 2020; or
- 👍 are you self-employed and your business has seen a significant fall in income

If any of the above applies to you, the scheme could help you pay for urgent essentials such as food, school uniforms, gas and electricity and household appliances.

To apply online, visit www.lancaster.gov.uk/emergency-assistance-grant or if you're unable to do so you can book an appointment for advice and support from Councillor Roly Parker by email to clerk@carnforthtowncouncil.org or calling 07846 256 006. Help is also available from the Community Hub on 01524 582000, Monday – Friday (9am -5pm).

Grants for Covid-19 affected businesses: Grants are available to support businesses affected by the Lancaster district's move into additional Covid-19 restrictions in September (Tier 2) and October (Tier 3) and the subsequent national lockdown.

Businesses, along with non-profit organisations, eligible to apply are those which:

- ✓ Have a rateable value and have been severely impacted
- ✓ Don't have a rateable value and have either closed or otherwise been severely impacted

This includes businesses without a rateable value who have ongoing fixed business costs. Businesses with a rateable value and have been required to close by law are eligible for the Local/National Restrictions Support Grant (LRSG) scheme. You can find out more and for the grants at: <https://www.lancaster.gov.uk/news/2020/nov/more-grants-available-for-covid-19-affected-businesses>. To request a paper application form, or for general business support and advice, email the City council's Business Support team at business.support@lancaster.gov.uk or call Customer Services on 01524 58200.



Remembrance Sunday

It was with a great deal of sadness that the Town Council had no choice but to cancel our planned Remembrance Day Parade and Service on Sunday 8th November. We were though determined to ensure that the town officially remembered those who had given their lives to ensure that we still can live in a democratic country. So, a short service was arranged within Government guidelines.

The names of the fallen were read out and the Town Mayor, Kath Bromilow, laid a wreath on behalf of the people of Carnforth. Several people attended at the War Memorial Gardens to share in remembrance, some also laying a wreath on behalf of community organisations within COVID19 restrictions. The Town Clerk recorded the Service and streamed the event live on the Town Council's Facebook with nearly 90 people tuning in.

Since then, nearly 1,500 people have watched the video - showing their respects to those who gave their lives for our freedom and appreciating that we were able to share the event.

Just as we, in Carnforth, were commemorating those who gave their lives in the service of our country, in our French twin town, Sailly sur la Lys, the mayor, Jean-Claude Thorez, laid wreaths on the graves of French soldiers and on the graves of British soldiers who died in both World Wars. He said, "We give homage to these men who gave their lives to defend us.

We remember them and we thank them. One thing is sure, that at such moving times, our friends from Carnforth are present in our hearts and in our thoughts." Both the French national anthem and God Save the Queen were played. **CLLrs Grisenthwaite and Watkins**



Town Council Shorts: Carnforth Heritage Trail App: Hopefully you are all familiar with the excellent Carnforth Heritage Trail - if not, please, look at the Town Council notice boards for details. During the summer, Councillor Malcolm Watkins organises walks around the trail and shares his encyclopaedic knowledge of Carnforth's many points of interest.

But your Town Council continues to look at new and innovative ways to improve the town's welcome and offer for tourists. So, following our release of a QR code to give instant access to our website we are now looking to develop a smart app to supplement our heritage trail. The app will enable visitors to stop at each point of interest to access information and listen to pre-recorded commentary. We have submitted the idea to Lancaster University and hope that one of their post graduate students will be as excited by the idea as we are and takes on the project. Watch this space!

Carnforth Town Council working for you. Councillor Chris Smith.

Santa's Sleigh 2020: We have considered numerous options for the Rotary Santa this year and sadly, shall not be able to do street to street visits or have static locations, due to the COVID restrictions.

On-line interaction is a possibility, however, and we are progressing down this route, along with a Facebook donate button, as well as asking supermarkets and other organisations to put our collection buckets at check-outs, two weeks before Christmas. As usual, these donations will go back into the local area for worthy causes, including Cancer charities and Air Ambulance. Just point your phone or tablet camera at one of these QR codes, for quick Facebook or Web access.



Facebook



Website

Children’s and Young Peoples Competition (Age 5 -16 Years): We want you to make a Christmas Cracker! The Cracker must be made using recycled household items. Send a picture along with your name, age and school you attend. All Entries must be email to: Clerk@carnforthtowncouncil.org. **Closing Date is 20th Decemer. Winning entry will get a £25 voucher for a local bookstore and the runner-up a £10 Voucher.**

Christmas Quiz – just for fun!

1. What’s the best-selling Christmas song ever?	2. Which country first presented the Christmas tree in Trafalgar Square?
3. When is St. Stephen’s day?	4. What name is given to a male turkey?
5. What were the supposed names of the Three Wise Men?	6. Which modern country was the home of St. Nicholas?
7. At the time of Jesus’s birth who ruled over Palestine?	8. In which ocean would you find Christmas Island?
9. Which pop group had 3 consecutive Christmas No.1s in the UK in the 1960s	10. Which pop group had 3 consecutive Christmas No.1s in the UK in the 1990s?
11. Which song has been Christmas No.1 in the UK on three separate occasions?	12. What was the title of the UK’s Christmas No.1 in 2019?
13. What’s the name of the Grinch’s dog?	14. What is the name of Ebenezer Scrooge’s business partner
15. What is a “Bûche de Noel” commonly eaten in France at Christmas?	16. How many reindeer drive Santa’s sleigh?
17. When do Russian Orthodox Christians celebrate Christmas Day?	18. Where would you find Bethlehem in the UK?
19. When in Great Britain were Christmas celebrations banned?	20. In the song “The Twelve Days of Christmas” how many gifts change hands in total?

This Winter, Carnforth Town Council is teaming up with Lancaster City Council and Carnforth Business Network to light up our town like never before and you can help too!

CARNFORTH STEPS INTO THE LIGHT!

We will be running a competition for local businesses a residents to light up their premises in anyway they like!

There will be prizes for the best three in each category.

More importantly you will be helping our town to shine brightly in the last few weeks of an unusual and challenging year for us all!

FOR DETAILS, CONTACT BOB BAILEY, TOWN CLERK
 EMAIL: CLERK@CARNFORTHTOWNCOUNCIL.ORG
 TELEPHONE: 07846 256 006

*Date of judging to be confirmed

Carnforth Steps into Light! The Town Council has teamed up with Lancaster City Council & Carnforth Business Network (CBN) to light up our town this Winter! Prizes available for the best decorated premises and you will be helping to make our town shine brightly at the end of an unusual and challenging year for us all! Separately, CBN have arranged for Santa to read virtual poetry and funded a virtual panto! There’s also a new Facebook page – Carnforth Virtual High Street

Quiz Answers: 1. *White Christmas, Bing Crosby*; 2. *Norway*; 3. *26th Dec*; 4. *Stag or Tom*; 5. *Balthazar, Melchior and Caspar*; 6. *Turkey*; 7. *King Herod The Great* 8. *Indian Ocean*; 9. *The Beatles*; 10. *The Spice Girls*; 11. *‘Do they know it’s Christmas’ (1984/1989/2004)*; 12. *‘I love Sausage Rolls by Lad Baby*; 13. *Max*; 14. *Jacob Marley*; 15. *A yule log* 16. *9 (Blitzen, Comet, Cupid, Dancer, Dasher, Donner, Prancer, Vixen & Rudolph*; 17. *7th Jan*; 18. *Wales*; 19. *1644 – 1660 Commonwealth period*; 20. *364*

