

CARNFORTH EXPRESS

Carnforth Town Council – Working for you

March & April 2021



Shot in the arm for our community!

Carnforth Town Council is happy to have been able to, once again, work with our partners to give the gift of an Aldi voucher for each child at 13 schools in Carnforth and the surrounding area who are in receipt of free school meals. Other children who would benefit from additional support over the Easter half term were provided with Aldi vouchers and an Easter egg donated by Carnforth Rotary as part of their Easter egg campaign.

This excellent scheme was delivered in double-quick time and was only made possible through fantastic collaboration with Carnforth Integrated Care Community, Carnforth Free Methodist Church, Carnforth Rotary, Carnforth Salvation Army and Lancashire County Council. Carnforth Free Methodist Church, Carnforth Rotary and Carnforth Salvation Army very generously funded the scheme.



Carnforth Integrated Care Community have created a wonderful newsletter identifying help and support that is available to people. This includes: food provision; financial advice and support; Adult Mental Health advice and support; Children & Young People Mental Health advice and support; recovery support; bereavement support and a wide range of other useful information.

The newsletter is available at: <https://sway.office.com/W4vAHTwVGbyeFh7K?ref=Link>

Carnforth Integrated Care Community, working in partnership with Ash Trees Surgery, consists of a wide range of partners from health and social care, education, third sector and voluntary organisations and wider community assets who work together to support the health and wellbeing of our local communities.

This scheme is yet another great example of the power of partnerships! If you'd like to know more or can help to ensure that the Carnforth ICC has the best joined up planning and care in place, please contact Emma Paul, Development Lead – email: emma.paul@mbht.nhs.uk; mobile: 07790 375274 or follow them on Twitter and Facebook: @CarnforthICC

Councillor Malcolm Watkins, his wife Margaret and Councillor Liz Jones recently appeared in the medical journal *'The Doctor'*. This all came about as Councillor Watkins, who is also a senior representative of Carnforth Rotary, has been coordinating volunteers for the Primary Care Networks vaccine rollout at Ash Trees Surgery.

People were so keen to get their jabs that Councillor Watkins says they were *'...arriving half an hour early...even in the snow!'* It also gave him a great opportunity to catch up with friends that he had not seen in more than 50 years!



Around 20 Rotary organised volunteers have helped with the vaccination programme. Many others have volunteered through Ash Tress Surgery, coordinated by Sue Birchall.

There is no doubting that relationships between health and social care partners, councils and community groups have grown stronger in Carnforth during the pandemic, creating a lasting and extremely positive legacy.

In *'The Doctor'*, David Wrigley, GP partner at Ash Trees Surgery, said that the local vaccination programme demonstrates the success of Carnforth ICC that he chairs: *'Community relations have grown significantly and they're key to enhancing wraparound care for patients. General practice has delivered amazingly with this vaccination programme but we couldn't have done it without local community groups and the council. There's a strong sense we're in this together and we're going to beat it.'*



Bob Bailey, Clerk & Proper Officer

The Night Shift, by Pat Paul

Another night is looming, this war was never meant to be.
A night of strain and anguish, constant pressure to achieve.
The patients they are frightened, their life is in our hands,
This pandemic is robbing them, but we'll help them understand.
Yes, you're ill but we are here this virus WILL NOT WIN.
The war is uneven, the battle lines are drawn,
The virus is advancing, but it will soon be dawn.
We'll never let you walk alone, this weary, sleepless night.
We'll lend an ear, relieve a fear and always be aware
That you are someone's mother, sister, brother, husband, son,
That you are precious, beyond belief, to someone beyond these walls.
The oxygen is needed, claustrophobic as it is, to help you breathe,
Relieve the pain, help you be yourself again.
We will never leave you, this isn't just a job, it is,
Much more than ever now, a vocation that we love.
Don't ask us to explain it, we couldn't if we tried,
Sometimes it is rewarding and brings on happy tears
And sometimes anguish overwhelms the exhausted, weary nurse.



We will never leave you, be sure of that one thing,
We will never leave you, you will never be alone,
We may well be clad in armour, but our hearts are
made of gold.
When the night gives way to daylight and the
nurse's work is done,
When the day shift picks up the mantle and the day
begins again,
Never, ever worry and always be aware
That we will never leave you, our hearts will see you
through,
The night it is the darkest just before the sun
breaks through.

All Change at Carnforth Community Primary School



While coronavirus has made the last few months very strange for us all, there has been plenty going on over the last 12 months at Carnforth Community Primary School. As well as re-wiring and smart internal decoration, there has also been a name change, new signs and a new Headteacher!

Mrs Sarah Hudd joined the team on 1st April at an exciting time for the school. Sarah has taught in the local area for twenty years and has lots of experience in Early Years, Special Educational Needs and parental involvement. She has been a Headteacher for the last four years. As a mum of three grown-up children, Sarah knows first-hand the importance of families being involved with school and the school being part of its community.

Carnforth Community Primary has always been a successful school and has so much to offer. Plans are afoot to continue this and make it even better. There are plenty of ideas for

toddler groups, pre-school sessions and lots of family learning to further establish Carnforth Community Primary, North Road as the community school in the town.

Everyone at the school is looking forward to this exciting new chapter but would like to say a big THANK YOU to Mr Adrian Ibison who retired at the end of March to move onto ventures new. We are very grateful for his 10 years of loyal service and thank him for the many initiatives he has driven forward. We will miss his calm, child centred approach to leading the school throughout this time. Staff, governors, parents and of course the children wish him well.

Please look out for more details and get in touch with Mrs Hudd at school, or by telephone on 01524 732435, if you have any ideas to offer or questions to ask.

Ian Laurence, Co-opted Governor

Schools Back! Whilst schools have remained open throughout lockdown to deliver learning to vulnerable children and those of key workers onsite, the majority of pupils were 'home-learning'. We know and greatly appreciate the sacrifices that families have had to make during this time but everyone recognises that the best place for learning is in school, so it was fantastic that all children were welcomed back into the school classroom on 8th March.

It was fabulous to hear from headteachers, parents and pupils in our area how that first week went. The overriding feeling was one of joy with comments like 'It's been awesome - the children blew us all away. There has been no reticence or worry - they just want to get back!'

Schools are following government guidance on how to reduce the risk of transmission of coronavirus. This involves some schools operating staggered starts and finishes to school lessons, bubble groups and access systems so children keep to social distancing guidelines, and robust hygiene measures to prevent the spread of infection. **Hands, face, space is as important as ever.** In addition, where a social distance of 2m is not possible, including in classrooms for secondary aged pupils, face masks should be worn. Children in primary school do not need to wear a face covering and no pupils need wear one when outdoors on the premises, such as PE lessons.

Coronavirus testing: To support these measures, rapid testing for covid-19 is in place for secondary school pupils. In the first week of term students had 3 onsite tests 3-5 days apart before continuing with 2 weekly tests at home.

In the first week alone more than 71,000 rapid coronavirus tests were taken by Lancashire's secondary school pupils, on-site and at home. Of these, only 47 were reported as positive. That equates to a positivity rate of 0.1% - **extremely low!** The majority of those 47 reported cases showed no symptoms and all were instructed to self-isolate.

All parents are encouraged to consent to their child being tested and it is recommended that the entire family household is tested twice a week. As the vaccination programme continues to be rolled out, regular testing is going to be a vital tool as we move forward along the roadmap out of lockdown.



You can collect home test kits between 1:30pm-7pm every day at your local testing site. You can also get tested regularly at your local test site if you cannot work from home or collect home test kits.

Laptops: Over 27,000 laptops have now been distributed to youngsters across Lancashire to assist with home learning. These have been supplied by the Department for Education and the County Council via schools and colleges. Although our schools and colleges have reopened, this essential kit will be needed to help pupils in their learning. If you are aware of a child or young person struggling without access to a laptop, encourage them to speak to their school who will be able to help.

In addition, Mobile Data Support is available so families without internet access can use the 4G mobile network. Schools can request free mobile data packages to help children get online and the providers supporting this include 3, EE, Sky Mobile, Vodaphone, Tesco Mobile, Smarty, Virgin Mobile, and O2.

Catching Up: Obviously children and young people having missed so much schooling during lockdown which is a huge concern for everyone, but especially for parents and young people. Extensive funding has been provided by the government to support 'catching-up' and schools and the County Council are discussing a range of programmes that will be run over the coming months and years, including holiday activities, catch up groups, after school activities and individual tuition. These will be driven by Headteachers with the support of the County Council to ensure that the approach is tailored to the needs of individual pupils and their school.

Young People Service: It's not just 'learning' young people have been missing out on during the pandemic, it's been socialising with their friends, peers and a wider circle of adults too! Without this both their mental health and their ability to re-engage in the classroom can suffer. So, Lancashire County Council are investing an additional £0.5m a year to respond to the increasing needs of young people. This includes creating new jobs for youth workers who will work across the County developing joint working with the Voluntary, Community and Faith Sector involved with young people. That way we can increase youth support workers in these sectors and therefore the reach of youth support across the county.

STOP PRESS! From Friday 9th April and every Friday morning between 9:30am and 12:30pm, until further notice, Carnforth Civic Hall will be a Covid-19 drop-in testing centre, offering free tests to anyone not displaying coronavirus symptoms. Follow us on Facebook & Twitter: @CarnforthTC and on our website www.carnforthtowncouncil.org for regular Covid-19 information & support. Bob Bailey, Clerk & Proper Officer





Wombling Free!

Following my article in the last edition of the Carnforth Express (Pride in Your Patch) I can't help noticing all the members of our community that make it their business to clean Carnforth - picking up litter, clearing pathways of leaves, weeding, scooping rubbish out of the canal, cleaning up after other people's dogs...! I wish I knew each and every one of you by name so I could mention you all, but please take this article as a personal thank-you for what you do for the rest of us. True to my word I now carry a litter bag and a glove when I go out walking and do my bit to support your effort by 'picking-it-up'. I'm also trying to keep on top of reporting full bins – which mean less litter – online. See how you can report issues on Page 6. Since my article I've been talking to one of the towns volunteer litter pickers, so I hope you enjoy Linda's story and get inspired to follow her example.

Chris - Well Linda, I'm not sure if you realise but you are now known locally and affectionately as Linda 'Womble'! For those too young to remember, the 'Wombles' were lovable creatures that used to live on Wimbledon Common and keep it clear of litter that was dropped by inconsiderate visitors. Let's hope you are okay with the comparison.

So first and foremost, a big thank-you for helping to keep our town tidy. Can you tell me a bit about yourself and your relationship with Carnforth?

Linda – Me and my husband moved to Carnforth in December 2008. Our children are grown up and left home, so pretty much our free time is our own.

Chris - When did you first think about starting to litter-pick and what motivated you to start?

Linda - I have always been interested in litter-picking and actively carried it out using just a carrier bag and glove. In the past couple of years when I have seen group beach cleans or suchlike advertised, I always wanted to participate, but these events were very infrequent and always seemed to clash with a day when I was working. Becoming furloughed from work during covid was the time I really started to litter-pick on a more daily basis, firstly during my hour long Boris walks along the shore. You do feel a bit conspicuous though when you are doing it alone and I always wanted to be part of a group. Early February this year I asked on Carnforth and surrounding villages Facebook page if there was any local groups. A few people responded with "I would go if there was one" another lady said "why don't you start one"?

I contacted privately the people who had shown an interest and we started to meet up and litter-pick together. We then discussed having a Facebook page and I agreed to do this. We started small but interest is growing rapidly both in Carnforth and surrounding areas.

Chris – How much litter do you think you pick up in a typical week?

Linda - The amount of litter we collect can vary and is very much weather dependant. Looks like this week the group as a whole will be collecting in excess of 80 large bags. I usually count up on a Sunday evening and announce the result on our Facebook page.

Chris – So how do you get rid of all of that rubbish?

Linda – I generally contact Lancaster City Council and they collect it but for the odd bag, if it is left by a bin, it will be collected when the bin is emptied.

Chris - Do you get any help and if anyone wanted to help how would they go about it?

Linda - We are now liaising with Morecambe Bay Partnership, who are providing us with some equipment such as litter-pickers and hoops for the bin bags. Some of us have recently ordered hi viz vests from eBay with Carnforth Wombles on the back. We have paid for these ourselves but it would be fantastic to get sponsorship from a local company for these. If anyone wants to join, just ask to join our Facebook group, 'Carnforth Wombles' or chances are you will bump into a member of our group out Wombling.

If anyone would like help to remove litter in their area we can also help you if you ask.

In the future, we are hoping to get a larger supply of litter-pickers and hoops so that we can loan out to families over the weekends for them to have a family Womble.

Chris - What message would you like to give to the people in Carnforth and what could we do better to keep our town looking nicer?

Linda - There are so many ways to help keep our town clean and tidy, from hedge trimming, sweeping paths, sign washing, teaching our children (and some adults) the importance of recycling as much as we can.

If you don't want to join a group that's not a problem, it's both therapeutic and calming to go out solo with just a rubber glove and a carrier bag, which is exactly how I started.

Chris – Thanks Linda, to you and all of the other Wobbles out there for taking such Pride-in-our-Patch.

To all our readers – if you pick up litter please use gloves or a litter picker. Place it in a bin or if you have a full bag leave it at the side of a litter bin and it will be collected. If you have several bags you can contact Lancaster City Council to arrange to have them collected. Just call 01524 582000 or email: publicrealm@lancaster.gov.uk.



Report an Issue: You can report do your bit by reporting issues online to Lancashire County Council or Lancaster City Council. Faults on **roads, pavements, cycle paths, public right of ways, street lighting, traffic lights or flooding incidents** can be reported Lancashire County Highways using their 'Report It' service: <https://www.lancashire.gov.uk/roads-parking-and-travel/report-it/>. This online service displays a map showing existing issues and their status enabling you to

check whether the issue has already been reported and, if not, allows you to pinpoint the exact location.

For **Fly-tipping, graffiti, dog fouling, litter and bins** go to the 'Street Scene service provided by Lancaster City Council: https://www.lancaster.gov.uk/forms/ShowForm.asp?fm_fid=228.



You will need to provide the location, nature and extent of the problem. In both cases, uploading one or more photographs will help to get the issues dealt with as quickly as possible.

Councillor Chris Smith

A Rubbish Quiz! Adults – please try and do this quiz with a child! If you throw one of these things down as litter how long do you think it will take it to break down and disappear naturally (if no one picks it up 😞). See how good your guesses are – answers are on Page 8. I've helped you a bit by putting them in order of quickest to slowest.

1) Fruit & Vegetables (e.g. chips or apple core)	2) Paper
3) Cotton T-shirt	4) Orange peel
5) Wool socks or gloves	6) Plastic-coated paper milk cartons
7) Leather shoes	8) Nylon fabric
9) Tin cans	10) Aluminium cans
11) Batteries	12) Face masks
13) Glass bottles	14) Polystyrene takeaway food trays, plastic bottles, plastic bags and crisp packets

Bear in mind that although plastic items physically break down every piece of plastic ever made is still present in the environment in some form. Plastic breaks down to 'micro plastics' that can become so small that they get eaten by fish (and then by us) and can also potentially get into drinking water. About 3% of plastics produced each year end up in the sea. Other items in the list physically break down but leave toxic materials – for example batteries. The best way to deal with waste items is to reuse them – e.g. plastic bags, or recycle responsibly using recycle bins. Better still avoid buying items that are not reusable or biodegradable and avoid non-biodegradable packaging if you can. But whatever you do please don't drop litter – you are never too far from a bin in Carnforth. **Cllr Chris Smith**

Carnforth Citizen of Merit Awards 2021

Following the success of our Carnforth Citizen of Merit Awards last year when 94 people were nominated for recognition after they'd "gone the extra mile" to help others during the early stages of the Covid pandemic, Carnforth Town Council has decided to launch a 2021 version of the Award but with a slight twist.

In the midst of the heartbreak and distress of the Covid pandemic, we've witnessed many heart-warming examples of community action and enterprise across the nation and especially here in Carnforth with the formation of our Covid 19 Support Group. This year we want to celebrate those people and groups who have shown pride in this community and in the environment through simple but important and selfless actions such as litter picking, tidying roadside verges or tending to friends' and neighbours' gardens.

If you know of anyone who you feel has done their bit to improve the environment here in Carnforth for the benefit of the community and would like to nominate them for this year's Carnforth Citizen of Merit Award, please send their name and address (if you know it) with a few brief details of what they've done to clerk@carnforhtowncouncil.org or Carnforth Town Council, 46-48 Market Street, Carnforth, LA5 9LB.



Nominations should reach us **by no later than 31 May 2021.**

Councillor Jim Grisenthwaite

Carnforth Community Swimming Pool: Some of our readers may not be aware that Carnforth has its very own 20 metre public swimming pool situated next to the High School on Kellet Road. Since the Pool transferred from Lancashire County Council management over 3 years ago, it has been run as a charitable venture by a small and dedicated number of trustees with the able support of a Friends Group, for the benefit of the community of Carnforth and surrounding areas.



Despite the difficulties of the last year caused by the Covid pandemic, the pool has continued to operate successfully, albeit intermittently, serving the needs not only of members of the local community but also many local schools and groups such as the Carnforth Otters Swimming Club.

The pool is run as a not-for-profit charitable organisation with all operating profits being re-invested in the business to continue to improve the facilities for its users. Obviously, during the most recent lockdown, the pool's income has all but dried up (excuse the pun) but it has been kept afloat with a mixture of grants from organisations such as Carnforth Town Council, Carnforth Rotary Club, Tesco, the Co-op and The Eric Wright Foundation, public donations and fund-raising ventures.

Whether you or your family are swimmers yourselves, Carnforth Community Swimming Pool is an invaluable local amenity and asset. As well as helping youngsters learn to swim, it offers opportunities for people of all ages and abilities to exercise and socialise in a safe, supervised, modern and well-equipped environment. Classes are available for all those who want to learn how to swim or to improve their swimming techniques.

Plans are well advanced to welcome swimmers back to the pool in April but if you would like to support the pool from home then you can do so by joining the Friends of Carnforth Community Swimming Pool. The Friends run a lottery known as the 100 Club. For a £15 annual membership fee there are 4 draws a year with the opportunity to win prizes of £30, £20 and £15 on each draw. For further details of Carnforth Community Swimming Pool's opening hours, the Friends of Carnforth Community Swimming Pool and the 100 Club Lottery, please go to the website www.carnforthpool.org; email info@carnforthpool.org or call 01524 734699.

STOP PRESS! They have arrived! The new stainless steel walk down steps, with handrails on each side have arrived. This was made possible with a significant portion of the cost from most welcome local donations, and we are just waiting for the first member of the public to use them when we re-open - hopefully Monday 12th April 2021.

Getting back to some form of normality will be good for mental and physical health in a safe environment in line with Covid-19 guidelines. Should swimming be recommended for specific health reasons, including the impact on mental health from lockdown and the effects of Covid-19, you can obtain a referral from your GP or Health Centre for special free swims with limited numbers.

Children also have an opportunity for their own sessions where they may wish to learn the basics of water safety and achieve RLSS "Rookie Lifeguard" Bronze, Silver or Gold award. Just contact us as a first step on Info@carnforthpool.org, or call in when we are open.

Councillor Jim Grisenthwaite, Trustee Carnforth Community Swimming Pool

Rubbish Quiz Answers: 1) 5 days –1 month; 2) 2–5 months; 3) 6 months; 4) 6 months; 5) 1–5 years; 6) 5 years; 7) 25–40 years; 8) 30–40 years; 9) 50–100 years; 10) 80–100 years; 11) 100 years; 12) 450 years; 13) 1 million years; 14) Forever