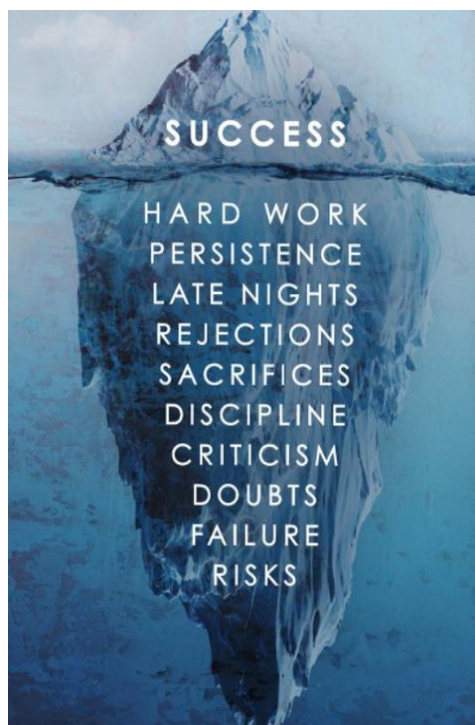




Residents of all ages ready to celebrate Queen and Community!

Young Holly and Ayla are looking forward to four days of celebrations planned for the Platinum Jubilee -marking 70 years of HM the Queen as our Monarch!

Planning started back in January when a Carnforth Jubilee Working Group was set up. Back then, we were just planning for a street party, but we soon made a decision that the uniqueness of this Jubilee really deserved a proper Carnforth celebration! We also wanted to acclaim our community who, through two of the most challenging years in living memory took care of each other with dignity and kindness...and so the **Carnforth Big Jubilee Weekend** was born!



Many hours of work has gone into planning, ordering, discussing and managing this once-in-a-lifetime project.

Success will come as a result of all those metaphors in the Iceberg, and we know that it will all be worth it and that Carnforth will have a weekend, like no other, to remember!

By the time that this edition of the *Carnforth Express* drops through your letterbox the Carnforth Big Jubilee Weekend may well have happened and, by the time you read this, you will be talking about what a good time you had!

Well that will have been, in no small part, because of the immense support of our local businesses and community groups, so we thought it only right and proper to dedicate this edition of the newsletter to them - the July & August edition will be all about the Carnforth Big Jubilee Weekend!

As I write, there's 14 days to the start of the weekend of activities and it is already great to see that several businesses have entered into the Jubilee spirit and have decorated their premises so beautifully, ready for the celebrations to begin.

We are grateful to the Carnforth Chamber of Trade for organising a Platinum Jubilee window competition with a trophy going to the winner!

Local businesses are an integral part of our community and we asked them to come forward to sponsor one (or more) of the tables set out for The Big Jubilee Lunch. Within a day or two, three businesses came forward, being Carnforth Pharmacy and David Hyde DIY Supplies and the newly opened Gardner's Florists. We are sure that by the time the Big Jubilee comes along more tables will have been sponsored by our supportive local businesses, helping us to celebrate our Queen and community in style! **Bob Bailey, Clerk & Proper Officer**

Getting creative for the Platinum Jubilee: It is brilliant to see so many shops and community groups already getting creative ahead of the Queen's Platinum Jubilee – it is going to be one heck of a weekend!



Carnforth Town Council Elects a new Town Mayor:



Councillor Chris Smith has been elected Carnforth Town Mayor for the Municipal Year 2022/2023. Here is what he had to say: *'It is a massive privilege to be serving as Town Mayor, especially with it being the Platinum Jubilee year. I hope everyone is looking forward to the Jubilee celebrations which extend from Thursday 2nd to Sunday 5th of June.*

The Town Council has once again put in a huge amount of effort to arrange the event and we sincere hope you will support and enjoy the occasion. I will be around and about for all of the four days and hope to meet as many of you as possible. Please do stop and say 'Hi'. Details of the events are on posters, social media and, the Town Council's website. Leaflets have also been delivered to houses in Carnforth and Crag Bank. Beyond Radio are also supporting us again and will be giving details on their radio station in the lead up to the event.

A huge thank you to businesses, community groups, organisations and individuals who have helped, and who will help, at the event. You are all stars and once again demonstrate what is so wonderful about our town'.

On the same evening Councillor Jim Grisenthwaite was elected Deputy Town Mayor.

Carnforth Film Nights...the sequel!

After an enforced gap of two years caused by the Covid pandemic, Saturday Film Nights returned to Carnforth Civic Hall on 23 April with a screening of the Steven Spielberg version of West Side Story. The film was preceded by an excellent hot pot supper supplied by Mighty Bites of Carnforth and drinks were supplied by courtesy of Carnforth and District Twinning Association.

Councillor Jim Grisenthwaite thanked the caterers and the audience for their support and said: *"Now we are up and running again, we have a fantastic programme of films lined up for the rest of this year, including Belfast, Supernova, The Phantom of the Open and The Duke".*

The programme for 2023 will be announced later this year. Tickets for all screenings are £10 per person and include the cost of the supper. Tickets must be booked in advance online, by telephone or in person from Bob Bailey, Town Clerk & Proper Officer (contact details appear elsewhere in this issue).



Councillor Jim Grisenthwaite

Carnforth Carnival Parade – 2nd July 2022



There's still time to join the Carnival Parade. You don't need a vehicle! You can dress up bikes, prams or just yourself!

So get your thinking caps on now! Being part of Carnforth Carnival Parade is an amazing experience and a great way to raise awareness of everything that makes our community tick!

The Carnival Committee welcomes entries from schools; sports clubs and individual teams; businesses; clubs and societies, marching bands and charities.

Entering is FREE and EASY to do! Just message the Carnival Committee on their Facebook page: @carnforthcarnival or email them at: carnforthcarnival@gmail.com. You will need to provide the following information> with the following information.

NAME; EMAIL ADDRESS; FLOAT DESCRIPTION; WALKING OR MOTORIZED; WHETHER YOU HAVE MUSIC; NUMBER OF PEOPLE ON THE FLOAT

Mini Floats are: Anything pushed or pulled like a wheelbarrow or cart.

Motorised: Includes wagons; trucks; flatbeds; pulled trailers and more!

Walking / Band: Include marching bands; uniform groups; dance groups



Calling all businesses: Are you a business in Carnforth? Did you know that we have a small but perfectly formed Chamber of Trade. We are a friendly bunch, who support the town with decorations and events, have a very active social media presence and are a local voice on matters that effect local businesses. Not to mention an effective shop watch scheme and the fact that all current business legislation is sent directly to your inbox! These are just a few of the benefits of being a member. You don't need a physical business premises either; we have two tiers of membership so all our amazing and varied home businesses can join too! Any business that is a member gets a free space at any event such as the Christmas Switch-On and our Summer Artisan market. We meet every 2nd Monday of the month at 5.30pm at The Royal Station Hotel. If you come along you will see what we are all about. You can contact us via our Facebook page, or pop into Kitty Brown Boutique for a chat.



With a lot of new businesses and new developments in Carnforth and the possibility of the Eden Project, it's a great time join us and to have an input on how we can support each other moving forward.



Bay Volunteers: We have people needing support in the Carnforth area. Could you be a volunteer with Bay Volunteers to support them? Volunteering with us is completely on your terms and in your hands! Bay Volunteers is a community-led service which supports the needs of people and communities across the Lancaster District, especially those who are elderly, vulnerable, isolated and/or housebound. We work

with many partners, including Lancaster City Council, Lancaster District Community Hub, Lancaster District CVS, Lancaster and Bay Integrated Care Communities, Lancaster University Students' Union, and many others to bring support to those in our community who need it. As part of Bay Volunteers, volunteers can sign up and pick which tasks they would like to do, when they do them and how much they want to volunteer. The tasks that we receive, which our volunteers take up, mainly include either: shopping for someone, collecting and delivering post/parcels, collecting and delivering prescriptions, a listening call/walk, patient transport and/or digital support. To find out more, go to:

<https://www.hopelancaster.co.uk/bay-volunteers/> or find us on Facebook, Instagram, Twitter or TikTok - just search for 'bayvolunteers' or contact the Manager, Matt Parker:

bayvolunteersmanager@hopelancaster.co.uk. You can sign up to volunteer here:

<https://volunteers.hopelancaster.co.uk/index-classic> and click on 'Try Volunteering'.

Employment Plus UK - Helping people to find & stay in work.

The Salvation Army's Employment Plus service offers tailored support to help people become job-ready. Their aim is to help job seekers to get a job and stay in work.

Operating at the heart of communities in more than 650 locations across the United Kingdom and Republic of Ireland, they empower individuals to overcome obstacles they face professionally and personally, and to fulfil their life ambitions.

The service can be contacted by calling: 0800 652 4276 or emailing:

employmentplus@salvationarmy.org.uk Full details are available on their website:

www.salvationarmy.org.uk/employability

Claire based at The Salvation Army in Carnforth has successfully helped several clients and is available on Tuesday mornings between 10am – 12 noon.

Her services are invaluable – below is Richard's story.

Richard's story: Richard worked in the joinery trade, rising through the ranks to become a company director at the business he had dedicated his working life to for 17 years. Due to repeated loss in sales the decision was taken to fold the company in February 2020, making a workforce of more than ten redundant, including his own son! Richard found himself in unknown territory, struggling to find work as the UK began to shut down due to the start of the Covid-19 pandemic. After depression, anxiety, savings spent and multiple Universal Credit payments, Richard found a new job through the help of The Salvation Army's Employment Plus. Here is what Richard had to say:

"I worked for a joinery manufacturing company for almost two decades, it was all I had ever known. Starting again to try and find a new job was tough, made tougher by the Covid-19 pandemic as the country just started to shut down and no one was recruiting.



Employment Plus UK

Do you need **Free and Confidential Help** with...



Freephone: 0800 652 4276

I fell into a deep depression and became isolated from everything for 18 months, popping out occasionally for essentials and only saw my son and daughter from a distance until bubbles were introduced. My confidence took a big knock and because I had savings, I wasn't eligible for Universal Credit. I used all of my savings to live, to survive, and I developed anxiety. As a workaholic for so long and dedicating so much of my time to one company where I'd worked my way up to director, to suddenly not work and have nothing, it hit me like a ton of bricks. Once my savings had been used, I realised I couldn't carry on and I needed to look for work.

I got told about The Salvation Army's Employment Plus service.

It is excellent and the Development Employment Co-ordinator that was assigned to support me, Claire, was fantastic!

They just help with no judgement and don't actually realise how much they're helping. I applied for a few roles to start off with, but heard nothing back – it was evident I had just become another number and it was disheartening.

The determination that Claire had to get me a job was the encouragement I needed not to stop looking after a setback. We worked on creating my CV and also updating my very limited computer abilities. I was encouraged to look at what transferrable skills I had and how working in the same company for so long, and becoming a director, meant I knew the trade profession. I could work in a team and I could offer training and peer support. The Salvation Army helped me with possible interview scenarios - it had been 17 years since my last interview and it was strange to be on the other end!

It was two months from joining Employment Plus that I got a job. It was my first interview and I was actually offered the job in the interview itself, which was the boost I needed.

The whole experience with The Salvation Army was a positive one, from the initial conversation to the aftercare. They're a force to be reckoned with.

They were able to change my entire outlook on life, a breath of fresh air.

They picked up emotionally and I can't praise the service, and Claire enough."



Wellbeing Hub: Your GP isn't the only person who can help you feel better – you can improve your health and wellbeing by meeting with a Social Prescriber or Health and Wellbeing Coach.

What is Social Prescribing? We know that taking care of your health involves more than just medicine. That's where social prescribing comes in and it starts with a conversation. It

might be the conversation you have just had with your doctor, or with another person in the practice team, they can refer you to our Social Prescribing Team.

We will contact you and spend time with you exploring what activities and/or local support could improve your health and wellbeing. Our team can help you with a range of issues including:

- Social Isolation ; Loneliness; Emotional Wellbeing; Healthy lifestyle choices;
- Getting out and about; Life changing events such as birth, retirement, bereavement;
- Long term health conditions; Loss of confidence/purpose;
- Poor health linked to housing or housing conditions;
- Accessing work training and volunteering

What are the benefits? Our Wellbeing Hub provides several, such as:

- Improve your mental and physical health; Meet new people;
- Learn a new skill or participate in a new activity; Increase self confidence and self-esteem
- Better quality of life; Get involved in your community

Who is it for? This service is free and available to patients registered with Ash Trees Surgery or Park View Surgery

How do I access this? It is simple-just talk to any member of the health care staff at your surgery or you can also get in touch directly on: 01539 777364;

Email: mbccg.camhub@nhs.net; Facebook: Carnforth & Milnthorpe PCN Wellbeing Hub.

What else is there? We are currently facilitating two groups of Wednesday Walks for Wellness, in our local area. Our easy-going walks take place in either Carnforth or Arnside to help improve wellbeing through gentle exercise, fresh air and friendly conversation. No walking experience is necessary but good footwear is recommended.

Swim with confidence. Would you love to go swimming but you're anxious about body confidence? Are you too nervous to attend public swimming sessions? Would you like to swim where there is no judgement? Every Thursday we run a closed swimming group with the option to join in with gentle exercise. Please note there is a fee of £4.00 for this session. For further information or to book either, or both, of these, contact Sophie on 01539 777364, email mbccg.camhub@nhs.net. **Sue Birchall, Team Leader, Wellbeing Hub**

**JOIN US FOR OUR
COMMUNITY
HEALTH & FUN DAY**

SATURDAY 16th July 2022

10am to 3:30pm

In association with Carnforth ICC

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

- FREE Confidential Health Checks**
- Lots of interesting stalls for **Health information and advice**
- Activity demonstrations** for all the family
- The Swimming Pool inflatable** for under 18s (Bring your cozzies)
- Smoothie Bike** - pedal your way to a healthy smoothie

And lots, lots more!!

Rotary Carnforth

Carnforth High School

Bay Health & Care Partners

Community Together

Carnforth Community Swimming Pool

Carnforth Memory Support Group forms part of the wider offer of support for people who are facing a diagnosis of dementia in and around Carnforth. The Carnforth Integrated Care Community (ICC) working with the Memory Assessment Service (MAS) supports people living in the local area to access support and advice closer to home.

The sessions provide support to any member within the ICC communities, their friends, relatives and carers, whilst endeavouring to reduce the pressures of our local health care providers. It enhances existing support groups and can be used as a point of signposting for all healthcare practitioners in primary, secondary and tertiary care with aspirations of being included in any inpatient episodes or referral to the memory assessment clinic.

CARNFORTH MEMORY SUPPORT GROUP

 **Would you or someone you know like to find out what help is available for people with memory issues?** 

Carnforth Integrated Care Community are holding informal Memory Support Group sessions throughout 2022 for anyone to come along to chat to a range of professionals.

With funding gratefully received from Carnforth Rotary, we will be hosting the groups at **The County Hotel**, Carnforth from **2pm to 4pm**

Monday 11th April 2022	Monday 12th September 2022
Monday 9th May 2022	Monday 17th October 2022
Monday 13th June 2022	Monday 14th November 2022
Monday 11th July 2022	Monday 12th December 2022
Monday 8th August 2022	

For more information, please contact us: carnforth.icc@mbht.nhs.uk



What is the Chatty Bench? The aim is to combat loneliness and isolation, encourage more community interaction and improve mental health and wellbeing.

How does it work? There is no plan or agenda. A member staff from the Carnforth Integrated Care Community, or someone they have invited, will be there every Wednesday morning for anyone who may want to sit and chat, about anything from the weather to how you are feeling. This is not health specific, but if there are things that someone needs extra support with, they will do their best to help or find you a service who can.

When is it? Every Wednesday from 10am at Memorial Square, Carnforth.

For more information, please contact
carnforth.icc@mbht.nhs.uk

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Carnforth Rangers – 2021/22 Season Review:



After what has been arguably the most difficult two years in the history of the game of football, this season has seen Carnforth Rangers go from strength to strength.

Two of our Senior men's teams re-entered the West Lancashire League after a 15+ year absence, and with the backing of our new

sponsor, Porsche Centre South Lakes, exceeded all our initial expectations. The 1st team throughout the year, found themselves within the top half of the table, fought many a tough battle and with a dramatic final few game, finished the season in second place, gaining promotion to Division 1 at our very first attempt. Congratulations to all the players and management on achieving this fantastic goal, more notably with at least 7 players who have progressed through the club's juniors into the seniors.

Our 2nd team found the transition into the West Lancs Reserve League a little more challenging, opting for a young squad to promote players progression and support their development eventually into the 1st team.

Our 3rd & 4th teams also followed the club's ethos of promoting youth over experience, which has paid dividends with both teams reaching Cup Finals which were held at the great facility of Kendal Town's ground. The 4ths controversially lost 3-2 to a very strong Morecambe Royals team, whilst our 3rds won a tense penalty shootout against our local rivals Burton Thistle.



The success of our Senior Teams is a credit to the player development and pathways established by our Junior teams and their managers – 300+ junior players across 23 teams, including the introduction of our first all-girls team this season in the U11 age group. Notable mentions this season must go to the following teams for their fantastic achievements:



- U16 – League Cup final appearance against Westgate – The match finished 2-2 after 90 minutes & was settled via a penalty shootout – Every single player from both teams took & scored at least one penalty, but unfortunately, we lost the shootout 12-13;
- U13 - For reaching their League Cup final, which is to be played on the 22nd May at Westgate;
- U10 – Group B League winners & a cup semi-final appearance



The Club saw a wonderful achievement from three of our Junior Coaches, Andy Robinson, Dave Proctor, Lee Bowen & Dave Haughian, completing a sponsored walk in 3 days from Huddersfield to Carnforth raising £4,000. Their fantastic achievement and support from all sponsors have enabled the club to purchase 2 new sets

of goals for the Juniors and provide a donation of £500 to St Johns Hospice.

The 2021/22 season has been a very entertaining and successful season for the club, which could not be possible without the support and dedication of players, parents, volunteer coaches/managers, a strong committee, Town Council, spectators/fans, and the generosity of all the club's sponsors across every team. As the season draws to a close and we look ahead to the 2022/23 season, we thank every member of the Carnforth Community for their continued support to your local football club.

Carnforth High School Enrichment Days

At Carnforth High School we have a comprehensive 'Life Skills' curriculum that provides important lessons for all students in areas such as Personal, Social and Health Education as well as Citizenship.

Essentially, Life Skills gives our students all the skills they need for happy and healthy lives! Each year, to further develop and enrich the students' curriculum of learning, we hold several Enrichment Days.

We held our third planned Enrichment Day of this year on 3rd March.

The themes for the day were 'British Values' and 'Wellbeing.' Students in all year groups took part in a range of lessons and talks throughout the day.

This included work around the dangers of extremism and radicalisation, the work of the prison system, knowing how to avoid exploitation, understanding why some people become refugees and learning how to deliver life saving first aid and CPR.

In addition to this, students took part in art and craft workshops, including creating their own bag designs using traditional Indian wood block printing, making their own British Asian food fusion samosas and learning about Islamic calligraphy with renowned artist Razwan Ul-Haq.



My memories of Carnforth Fire Service



Working as a social prescriber for Carnforth & Milnthorpe Primary Care Network I have met a gentleman named Fred Taylor. During one of our conversations, Fred shared his fond memories of Carnforth Fire Service during the 1950s. Fred showed me these photographs from that time and we thought it would be nice to share them with the community of Carnforth. There may be some familiar faces to those who can also remember these times –

Jodie Evans Bintliffe – Park View Surgery

'I moved to Carnforth in the 1950's. One night Carnforth Fire Brigade had an open night and a special display with the hundred foot ladder. They were recruiting for the Auxillary Fire Service (AFS) and, just for fun, with about five others, I signed up as a volunteer.

We soon became friends and strated training. This was with fire engines that were known as 'green goddesses' and was great fun!

We also learnt our tasks well as the Carnforth Station Oficer, Albert, really knew his stuff.

It was about four weeks before the Queen's Coronation and by that time we had our uniforms and we went on parade on an open Dennis fire engine!

We had been in th AFS for about six months when two vacancies came up in the retained service as part time firemen. I applied and got one of the posts – the pay was £40 per year plus 12 shillings turnout fee plus 8 shillings an hour after 2 hours out!'

Fred Taylor – Firefighter, Retired

This photo below shows the Fire Service taking part in the Coronation Day Parade in 1953 travelling down North Road. **(People left to right: Alan Fawcett, Fred Taylor, Geoff Speight, Gerald Speight, unsure, and Ken McCartney.)**



This is a photo taken in the old recreation room of the fire station. **(From left to right: Fred Taylor, Harold Gardner, Johnny Kitchen, Albert Marshall and Tom Ashton)**



Polishing up an old open Denis engine.

This engine was eventually taken to Middleton Holiday Camp for children to enjoy and play on.

(From left to right: Harold Gardner, Fred Taylor, Johnny Kitchen and Albert Marshall)

If you have memories of bygone days of Carnforth please get in touch with Bob Bailey

Clerk@carnforthtowncouncil.org
or call 07828254149