

The Gill

Welcome to the Spring 2021 Edition of the Newsletter for our community brought to you by Hethersgill Parish Council

CHAIRMAN'S ANNUAL REPORT

With the continuation of the unprecedented circumstances, I find myself writing my second annual report to you, only four months after the first!

At the end of my last report, in the autumn, I wished for us to all return to a sense of normality in 2021 and that we hoped we could put on our VE day celebrations for you, albeit it late. Little did we know what we would end up back in a full-scale lockdown with children back off school, pubs and restaurants closed and working from home almost feeling like the new normal.

At the time of writing, we are still in the full lockdown and unfortunately, we have decided as a Council that organising any event in 2021 has with it too much of an element of risk. We are therefore postponing our VE plans and will instead commemorate the Queen's Platinum Jubilee in 2022. We will keep you informed of how we plan to do this nearer the time.

The Parish Council have continued to meet over the winter and we have offered support to a project to remove Himalayan Balsam in the Parish. I would like to invite anyone interested to attend a Zoom meeting to discuss this on 16th March at 7pm. More details are provided later in the newsletter.

The Parish Council carried out a parish survey on the impacts of the pandemic on the community during 2020 and we are pleased to share the results, enclosed with this newsletter. I would like to thank Councillor Marti Irving for the work she has done on pulling together the survey and the results, and Parish Clerk Sarah Kyle for her support on the administration of the survey, as well as the rest of the Parish Council for their input and, most importantly, the people who took the time to respond.

Please remember members of the parish are very welcome to attend our meetings (which are being held via Zoom at present) and we are always happy to hear any views or concerns in person or you can speak to, or email, councillors (contact numbers available on this newsletter and on our Facebook page).

After May, unless there is a change in legislation, we will need to resume face-to-face meetings. This may result in changes to dates to enable us to meet safely, so please do keep a watch on the website for up-to-date information.

We send our best wishes to all residents of Hethersgill parish and look forward to the time when we can all meet up again in person.

Alison Sisson, Chair, Hethersgill Parish Council, February 2021

ANNUAL PARISH MEETING & HIMALAYAN BALSAM GUEST SPEAKER

Our Annual Parish Meeting will take place virtually at 7pm on **Tuesday 16 March**. This is not a Parish Council meeting but is your opportunity to raise any matters relevant to the parish in a public forum.

We will meet via www.zoom.us - login details are provided later in this newsletter or are available on our website. We will have a guest speaker joining us to discuss the issue of the **Himalayan Balsam** in our community and we will consider ways in which we can remove it. We would also welcome views on the possible local provision of a play area .

PARISH COUNCIL MEETINGS

Our next Parish Council meeting will take place on: **Tuesday 16th March at 7.45pm** (commencing after the closure of the Parish Meeting as detailed above).

At this meeting we will consider how to proceed with meetings in 2021/22 given ongoing COVID restrictions. At the time of writing it is proposed that the Annual Meeting of the Parish Council (our first meeting of the new Council year) will take place via Zoom on the earlier date of **Tuesday 4th May**, again at **7.45pm**. We will publish full details of this meeting on our website and Facebook page. Unless legislation changes, meetings after this must revert back to being held face-to-face and we will need to consider how to hold them safely, nearer the time, in line with current COVID rates. All updates will be on our website.

We have not run any formal Scouting since March 2020 which has been upsetting and difficult but necessary.

We have had young people taking part in various digital events using Zoom and Facebook ,including cake baking, meeting people from other faiths, camping at home etc alongside the Brampton group. As we progress into 2021 we remain positive that face-to-face scouting will restart at some point; it will be different than in the past but it will still be relevant and encourage young people forward. Given this, if anybody is interested in joining the group either young people or adults as helpers please do not hesitate to contact me. Please keep safe and wishing you all better year in 2021.

Simon Barrett

Group Scout Leader (01228-675717)

Bewcastlescouts@gmail.com

Saving Green Garden Maintenance

Tel: 07534329570

Grass cutting • Hedge trimming • Aerating/Scarifying



HETHERSGILL SURVEY: THE STORY SO FAR

Thank you to all those who responded to the survey your responses have given the Parish Council a better idea of what the people we represent would like to see. We hope to facilitate some of that when things are more normal. We will of course need your help so please do let us know if you are happy to help and support. In the mean time we have acted on what we have been able and have some updates to share with you:

Broadband: Many people complained about their broadband especially given the increase in homeworking over the pandemic. We have been given good news that the fibre optic cables have now been installed as far as Rack Bridge; once Openreach fully connect the system, broadband should improve.

Bus route to Carlisle: There was a Thursday bus route to Carlisle through the Border Rambler, the organisers were looking to extend the service but that has been put on hold due to the lockdowns and social distance guidance. We will try and keep you informed of any updates once they become available. Our City councillor, David Shepherd, has also been in talks with regarding a park and ride scheme that may come available in the future and we will again update you if and when plans become more firm.

Notice boards: We were asked if you could have access to the notice boards. The notice boards are there to display council minutes but you are welcome to use them as long as these are still visible. Please also feel free to remove anything that is out of date.

Shopping delivery limitations and mobile shops: At the time of the survey there was not as many supermarkets offering home delivery. We understand this is much better now. There is not a mobile shop that we are aware comes to Hethersgill however there are local services that deliver a range of goods across the parish. Phillips Milk deliveries are based in Roadhead and can deliver a range of dairy and grocery items to your door: They are on Facebook or you can email them for more information phillipsmilk1@gmail.com or call 016977 48 457

A report into the survey follows, this along with a full transcript of all the free text comments is available on the website.

Background to why the survey was undertaken

COVID -19 has affected everyone in one way or other and for some the impact has been life changing. The Parish Council represents the people who live in the area and as such it felt important to try and gain an understanding of the general impact of the pandemic.

A survey was used to engage with parishioners to understand how the limited powers of the parish council can be best utilised to help, be that

as guidance and support or through financial contributions to activities and schemes. It was also an opportunity to understand how working together a better community spirit could be developed.

Return rate and demographics

160 surveys were sent out to Hethersgill residents and 38 were returned completed, this is a return rate of nearly 24%. Of the 38 responses the information provided in the survey reflected information of about 65 residents.

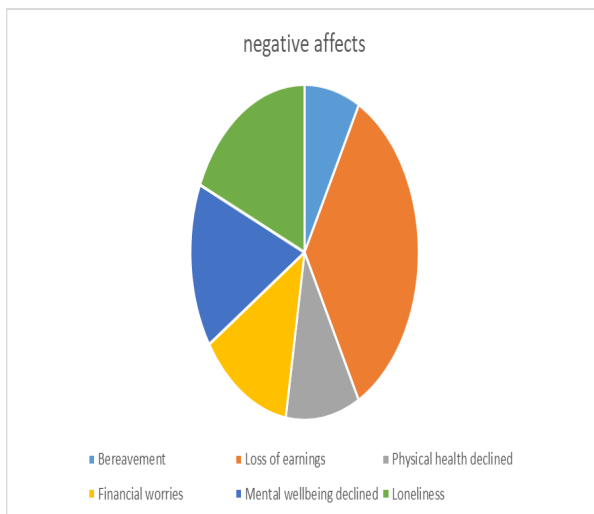
With nearly a quarter of surveys returned the information provided is extremely helpful to understand the effects of the pandemic locally and also how the residents themselves would like to develop their community.

The vast majority of respondents were over 50 years of age and most people were aged between 60 and 80. Very few people were aged between 15 and 40 and fewer under the age of 15. This suggests that those of working ages or with young families were less likely to have responded to the survey.

Detailing the effects of the pandemic.

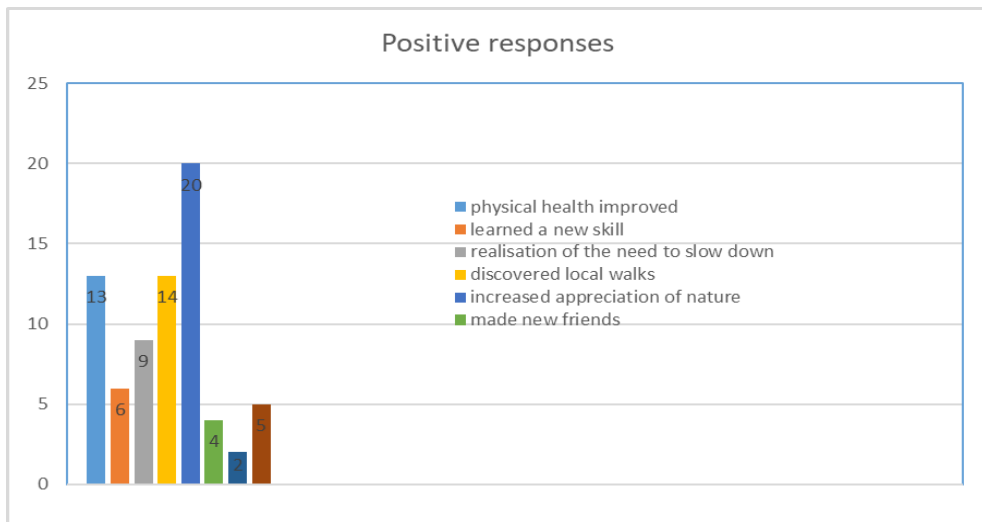
In response to the questions asking about the effects of COVID 19 and the lockdown. Eight of the returned surveys did not have any effects ticked.

Of the negative effects listed the most ticked was loss of earnings followed by loneliness, then a decline in physical health. Not everyone who responded to say they were lonely lived alone.



The only negative options **not ticked by anyone** who returned the survey were redundancy, online gambling increased and increased alcohol dependency.

Although the negative responses could be seen as worrying there was a far greater response to the positive effects seen by the community.



Many respondents said that they had an increased appreciation of nature, had discovered local walks and that their physical health improved.

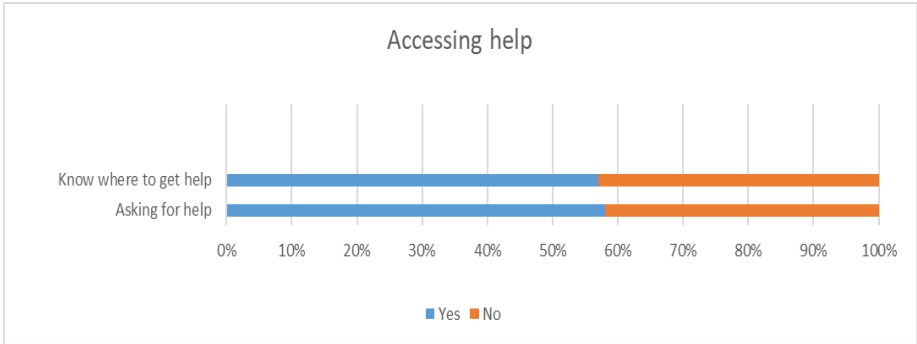
Of the people who said they had been given the realisation of the need to slow down two thirds were in the age bracket of 50-60.

Home schooling was ticked by three respondents but this cannot be termed positive or negative.

Accessing for help.

When asked about if you would ask for help if you needed it in the future two respondents did not give an answer. Of those who did 58% said they would ask for help, 42% said they would not.

More than a third of respondents would not ask for help even though they were aware they needed it.

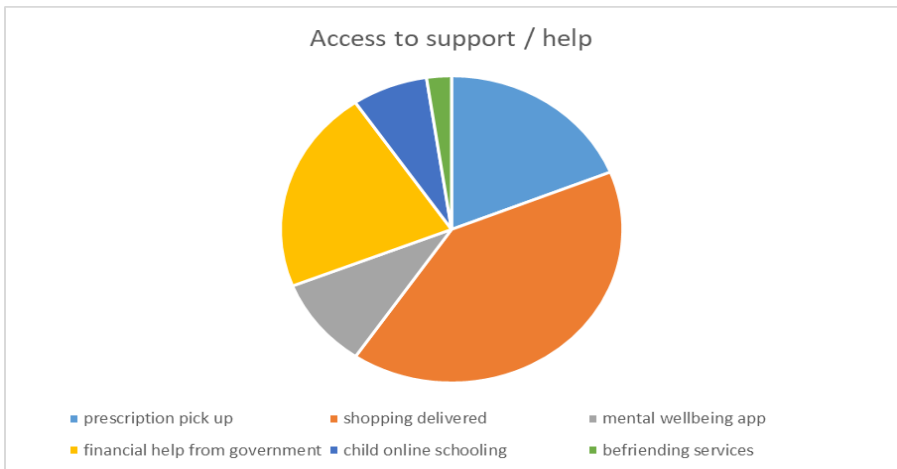


Answering about whether or not people knew where to go for help three people did not answer. Of those who did 57% said they did and 43% said they did not. **More than 40% of respondents would not know where to get help if they needed it.**

Access to support:

On the questions asking about the support that had been accessed 14 people did not give an answer.

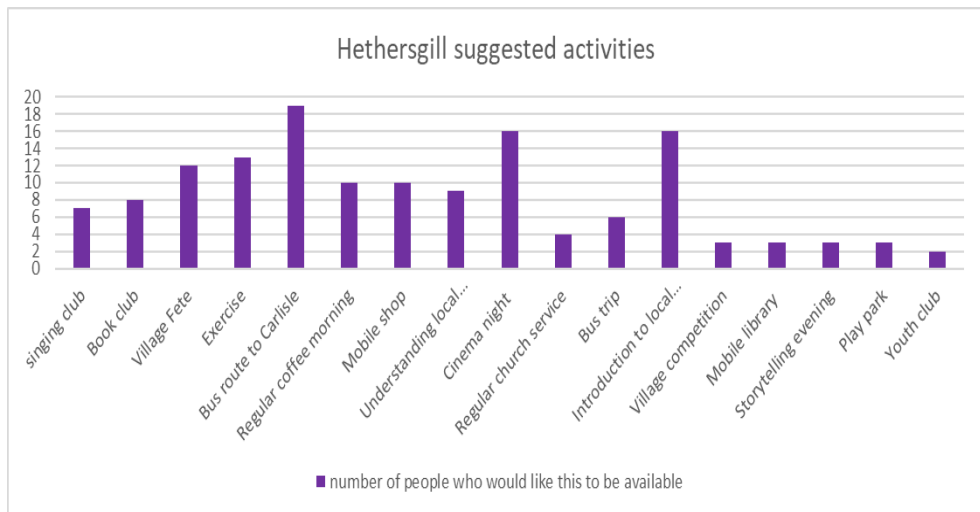
Of those who did most people had benefitted from having their shopping delivered, their prescriptions picked up or financial help from the government. A small number of people had accessed mental wellbeing apps.



The even smaller numbers of people who accessed home schooling support is reflective of those who responded rather than how those in the community with school aged children accessed support.

Appetite for events and activities:

82% of respondents gave at least one answer to the question relating to the social events that they would be interested in if they were available in the village (seven people gave no answer). Most suggestions were very popular and the only suggestion that was not ticked by anyone was the fishing club.



Of those who answered, nearly two thirds (61%) of all respondents said they would like a bus route to Carlisle. More than half (52%) said they would be interested in a cinema night and more than a third were interested in exercise classes (42%) or a village fete (39%).

A regular coffee morning and a mobile shop were each a choice of nearly a third. A book club and an understanding local walks was each of interest to around a quarter of those who chose to answer, closely followed by a singing club (22.5%), bus trip 19%, introduction to local businesses 19%, regular church service 13%. A mobile library and a storytelling evening, village competitions and a play park was each a choice of around 10% of those who answered.

The question regarding exercise asked if there was anything specific that respondents would like to see and the overwhelming choice given was yoga although pilates, zumba and aerobics was also suggested as well as folk dancing and dance classes.

Other suggestions for what the community would like to see in Hethersgill were:

- An adult exercise park
- Walking groups
- For the Hall to be used for Theatres or plays
- A choral group or anything musical / jamming session
- Cycling club
- Art club
- The hall to be used for local exhibitions / craft / art.
- Community garden to share / exchange ideas and produce
- Lunch club
- Table tennis / badminton
- Village projects like scarecrow
- Garden trails in the summer – we met several friends that way when we first arrived in Hethersgill.
- Gardeners question time (with glass of wine)
- Quiz evenings.

On the question asking about interest in educational classes 15 people did not answer the question. Of those who did the most popular class people were interested in was art (57%). Following this was ad hoc classes (the example given was making Christmas decorations) and craft

classes (both 48%). Cookery and computing were the choice of 39% of respondents, flower arranging, languages, wine tasting, and cookery were all ticked by around a third of respondents.

Other suggestions of educational classes were:

- Financial planning,
- Setting up websites and Instagram,
- Awareness training.
- Gardening
- Music

Interest in educational talks were not as popular with half of the respondents not answering the question. Of those that did local history was of interest to just over 84% of people, foods from the hedgerows interested nearly 60%. Educational talks from the emergency services and healthy eating were of interest to nearly a third of those who provided an answer. An educational talk regarding mental wellbeing was a choice of nearly a quarter of people and how to improve your sleep just over 20%. Financial planning was a suggestion of a topic for an educational talk.

Only one person did not answer the final questions about knowing any of the parish councillors, following us on Facebook or visiting the website.

Don't forget to come along to the Annual Parish Meeting on Tuesday 16th March at 7pm. We will be discussing the proposed removal of Himalayan Balsam in the parish and it is your chance to have your say about any matters of relevance in Hethersgill. We will meet via www.zoom.us with the meeting ID 847 2674 1872 and passcode 182913 or you can dial into the meeting on 0203 481 5240 or 0203 901 7895 or 0131 460 1196 or 0203 051 2874 or 0203 481 5237.

Brampton Area Action Group



Brampton Area Action Group is a registered charity set up in October 2020 as part of the Covid19 response to help communities in Brampton and the surrounding parishes, villages, hinterlands and hamlets.

What does Brampton Area Action Group do?

A food initiative S.H.I.N.E. – **Support Help in Nourishing Everyone** was initially set up in March 2020 by a group of volunteers to make available emergency food parcels and hot meals for people in the community. This provision has now expanded to being in partnership with Carlisle Community Help.

This has enabled an **Affordable Food Hub** based at Brampton Community Centre to be established for residents of Brampton and the surrounding communities. The aim of the Affordable Food Hub is to provide choice and affordable food for communities, enabling families and individuals to thrive and ensure nobody is left behind. Daily hot meals and emergency food parcels continue to be provided at the point of need.

Brampton Area Action Group HELP DESK: The help desk phone is manned by volunteers, 7 days a week with a call back service during out of hours, to ensure anyone needing help has access to it. In this role Help Desk volunteers have worked with Carlisle Emergency Helpline, community groups, GPs, Outreach Nurses, Occupational Therapists, Social Services, Citizens Advice Bureau, Cumbria Law Centre, Age UK, Parish councils, churches and others.

To find out more or to access help from the Brampton Area Action Group:

Brampton Help Desk 01697 927005

01697 927006

Carlisle Community Help 07394 546877

E mail: bramptonbaag@gmail.com

www.carlislecommunityhelp.co.uk

Parish Councillors, your Clerk & Useful Contacts



Chair	Cllr A Sisson alison@hethersgill.org.uk	675378
Vice-Chair	Cllr C Williams christine@hethersgill.org.uk	675247
	Cllr S Barrett simon@hethersgill.org.uk	675717
	Cllr F Heaton frank@hethersgill.org.uk	675516
	Cllr A Gash tony@hethersgill.org.uk	675562
	Cllr M Irving marti@hethersgill.org.uk	675786
	Cllr A Oswin ann@hethersgill.org.uk	675684
	Cllr A Smith Alistair@hethersgill.org.uk	Ex-Dir
VACANCY	VACANCY	VACANCY
Clerk	Sarah Kyle Hill House, Walton, Brampton, CA8 2DY clerk@hethersgill.org.uk	01228 231124
Highways Hotline	www.cumbria.gov.uk	0300 303 2992