

The Gill

Welcome to the Spring 2022 Edition of the Newsletter for our community brought to you by Hethersgill Parish Council

HETHERSGILL PARISH OPEN EVENING

12th April from 7pm in Hethersgill Parish Hall

For all residents in Hethersgill parish.

We really need your help to build a better community spirit.

Now COVID-19 restrictions have ended it has never been a better time to start new activities and interests for the parish. But in order for it to be successful we need your help and support and we need to know what you want to see!

Whether you want to help organise events and activities or to just come along and support them together we can build a better community spirit for Hethersgill.

We're holding an open evening for you to come along and have your say in what you would like to see. We'll also introduce you to the councils and committees that already exist that you may not know of.

Our survey showed that nearly half of Hethersgill residents wouldn't ask for help even if they knew they needed it and that more than 40% didn't know where to find help even if they wanted to.

Now is the time for us to help each other, with a better community spirit we are more likely to feel supported.

There will be wine or tea and coffee, light nibbles, the opportunity to meet new people and socialise and the chance to pick up one of our new householder packs with lots of information about the village.

The open evening has been arranged by the Parish Council with support from the Hethersgill Social Committee.

Please do come along if you are able.



Image credit: Photo © The Carlisle Kid (cc-by-sa/2.0)

CHAIRMAN'S ANNUAL REPORT

I am pleased to be able to bring to you this Annual Report with a sense of optimism and with events to look forward to. This is in contrast with the previous two Annual Reports I wrote which saw us in repeated lockdowns and with the forced abandonment of the projects and celebrations we had planned.

The Parish Council resumed face-to-face meetings last July, meeting in the car park whilst we all still felt very wary about mixing with each other but also taking advantage of the lighter nights and nice weather. By September we had to retreat back inside the hall, and we've continued to meet in there since.

Although the Council has continued to be quiet with the focus for many being the return to normality, we've been pleased to incorporate the Himalayan Balsam working group into the Parish Council to operate their continued efforts. An article describing their achievements and plans follows. Thanks to Councillors Gash and Williams for their assistance in this worthy project.

The Parish Survey was a large-scale project we undertook last year and reported the results in our last newsletter. It's taken us sometime to feel able to call a public meeting to discuss the survey and its implications, but I'm pleased to confirm that we are going ahead with this public forum on Tuesday 12th April. Full details are reported on the previous page. I must reiterate thanks to Councillor Marti Irving for her work on the survey. We will also be launching the long-awaited New Householder pack at the Open Evening.

Although our VE day celebrations were not able to go ahead, I'm delighted to report that the Social Committee are planning to commemorate the Queen's Platinum Jubilee. More details of those celebrations will follow in this newsletter and we hope for good weather and a good turnout to mark this momentous occasion.

I would like to take this opportunity to thank all members of the Parish Council for their continued service and support. I'd also like to thank County/City Councillor Mallinson and City Cllr Shepherd for their assistance and attendance when possible. The Council was saddened to hear of the sudden passing of City Councillor Val Tarbitt who was a great supporter during her time in our ward.

Please remember members of the parish are very welcome to attend our meetings 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).

Alison Sisson, Chair, Hethersgill Parish Council, March 2022

ANNUAL PARISH MEETING

Our Annual Parish Meeting will take place in the Parish Hall at 7.30pm on **Tuesday 17 May**. This is not a Parish Council meeting but is your opportunity to raise any matters relevant to the parish in a public forum. Please do come along.

PARISH COUNCIL MEETINGS

Our next Parish Council meeting will take place on: **Tuesday 17th May** (commencing directly after the closure of the Parish Meeting as detailed above).

Following this, our dates for the remainder of 2022/23 are:

Tuesday 19th July 2022

Tuesday 20th September 2022

Tuesday 17th January 2023

Tuesday 21st March 2023

All meetings take place at 7.30 in the Parish Hall and you are welcome at each one. The agenda is published online and on the noticeboard three clear working days in advance. Any changes to these dates will be published online.

NEW PHONE NUMBER

The Clerk has a new telephone number. If you wish to call her, please telephone 07548 981 009 during her normal office hours of Monday - Wednesday & Friday, 8.30am - 3pm. Calls outside of these times are likely to be picked up by the answerphone.



HIMALAYAN BALSAM

Many people in the Parish will know the plant Himalayan Balsam (HB), its hard to miss in the summer months. What some may not know is that it is a very invasive foreign species that spreads quickly and widely causing destruction to our own native plants and landscapes. Many struggle to eradicate it from their gardens, only to have it reappear in even greater numbers the next year.

Himalayan balsam spreads by shooting thousands of seeds from those pink flowers, spreading and increasing year on year. Those that land in the waterways are carried down stream ready to infest even more areas.

A small group of volunteers, the Hethersgill Himalayan Balsam Bashers, are fighting back, people from all over the area have come together to try and rid our Parish of this plant. We have been working in a number of areas throughout the Parish. What has become clear is the size of the problem and how much of our beautiful Parish has been taken over. This is going to be an ongoing fight, year on year and the more volunteers join us the better. As well as people to help pull and get rid of the HB we are needing people to help raise funds to pay for equipment etc, fill in funding applications and also the profile of the group.



Bashers end of season BBQ

Last but not least I would like to give my thanks to Gill Houston who not only brought this problem to our attention, but has given so much of her time in the fight to eradicate it and been an inspiration to everyone involved.

Those interested in joining our volunteers can do so by contacting myself at Christine@hethersgill.org.uk or Tony@hethersgill.org.uk **Christine Williams**

CUMBERLAND COUNCIL

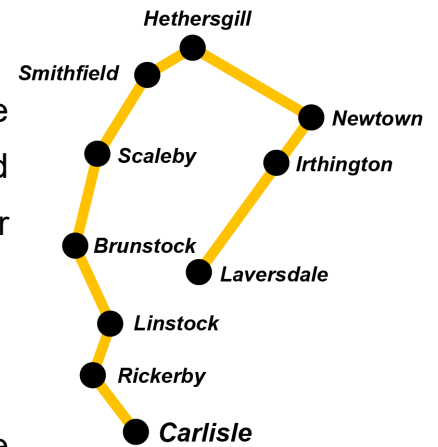
It will not have escaped your attention that there is to be a new unitary authority, to replace Carlisle City Council and Cumbria County Council, from April 2023. If you are interested in finding out more, please visit <https://newcouncilsforcumbria.info/>

Elections for the new shadow Council will be taking place in May 2022.



BORDER RAMBLER BUS

The Border Rambler bus is operating again, following a break due to COVID. The service runs on a Tuesday and Friday and collects from Hethersgill at 10.25—please visit their website for confirmation of collection points, times and contact details.



PARISH COUNCIL VACANCIES

The Parish Council continues to have one vacancy to fill. We are a small and friendly team and meetings generally last around an hour. If you wish to consider joining the Council please telephone Sarah or drop her an email for more information. Alternatively any currently serving Councillor will be happy to chat with you too.

REFUSE AND RECYCLING

Refuse and recycling calendars are, we understand, no longer being provided for you in printed format. They are however available online at the City Council website: <https://www.carlisle.gov.uk/residents/bins-and-recycling/rubbish-collections>

BOLTON FELL MOSS SSSI RESTORATION PROJECT UPDATE

On a glorious sunny and still Saturday in November 2021 I joined a small group of interested folk invited by the Natural England team managing the restoration project to see the progress made .

A viewing platform and substantial board walk had been constructed enabling us to see how extensive the site is and how well the rewetting of the bare desert of dry peat is progressing .

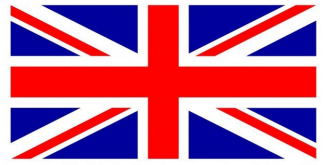
The peat forming vegetation , mosses have been successfully reintroduced over a large section of the site with engineered water pools beside the track .

Water levels are being monitored electronically and controlled via channels with sluices leading into the Hether Beck and other waterways .

Several volunteers with special interests are involved .The area is once more a haven for wildlife which is returning , we spotted dragonflies in November .

The reserve is not yet open to the public as there are several dangerous very deep pools of water still to be managed safely. Hopefully later this year 2022 an improved wider boardwalk will be in place to enable the public including wheelchair users to visit . The local seasonal warden is Rhiannon Baker part of the natural England team. **Ann Oswin**

JUBILEE WEEKEND CELEBRATIONS IN THE PLANNING



We are developing plans about how we can all join in to celebrate the Queen's upcoming Platinum jubilee in June.

As you may already be aware there will be a four day weekend stretching from Thursday 2nd June to Sunday 5th June. Woohoo!

There are a few things being planned for the village to join in the celebrations – some are still in the planning so please keep an eye out for details closer to the time:

- ◆ The social committee are arranging for a chippy van to be at the Hall car park on Wednesday evening (1st June) – so if you're planning on going away for the long weekend you don't need to cook the night before!
- ◆ We will be encouraging everyone to make some bunting and decorate your houses for the weekend, we'll be sharing tips and ideas as well as a template for you to use.
- ◆ Have you met the Queen? We'll be asking for your memories and pictures of any royal meetings and developing a display for the hall and online.
- ◆ We will be planting a tree for the Jubilee! As part of the Queens Green Canopy – an initiative encouraging groups all across the UK to plant a tree in the Queen's honour – we will plant a tree at the Village Hall. We hope that we will be able to arrange a blessing of the tree on the Sunday of the jubilee weekend.
- ◆ A jubilee village photo. We hope that we can arrange a village photo to mark the jubilee.

*Please note plans may change or be developed as we get closer to the actual weekend, we do hope that you can support us in the celebrations. **Marti Irving***

IT'S OK NOT TO BE OK, PLEASE ASK FOR HELP IF YOU NEED IT

A study by the Samaritans has highlighted how people in rural areas are less likely to ask for help than those in urban areas. Men in particular are less likely to reach out for support or talk to someone if they are struggling with their mental health. In rural areas only 43% of men said they would ask for help and 60% of women.

The top three reason given for not reaching out were:

- stigma around mental health
- not knowing who to turn to
- lack of awareness of support available



The Samaritans have launched a new campaign called real stories real people and it is being supported by NFU Mutual Charitable Trust. It aims to encourage particularly men in rural areas to talk to someone about how they are feeling when they are struggling to cope, before reaching crisis point.

Michael Brown, from North Yorkshire, grew up on a farm and has gone on to run his own agricultural business. After he attempted to take his own life Michael's community rallied round him and he realised he was not as alone as he had imagined. He now dedicates time to tackling mental health stigma in rural communities, speaking to male farmers about the importance of talking to someone before reaching crisis point. He said: "Finally opening up was the start of the flood gates opening. Up to that point, everything in my head was going round so fast. As soon as you talk to somebody, your problems half. Straight away, you've opened up, your problem is not yours anymore; you've shared it with somebody. That makes life so much easier, and it makes it easier to go get additional help if you need it."

As we mark two years that have been challenging for everyone since the start of the Coronavirus pandemic, it's vital to encourage men in rural communities finding life tough to seek help by calling Samaritans for free 24/7 on 116 123 or visiting [samaritans.org](https://www.samaritans.org) for online self-help tools and information. **Marti Irving**

Anyone can contact Samaritans for free any time from any phone on 116 123, even a mobile without credit, and the number won't show up on your phone bill. Or email jo@samaritans.org or go to www.samaritans.org to find details of your nearest branch where you can talk to one of our trained volunteers face to face

UNDERSTANDING CORONAVIRUS RESTRICTIONS

It has been a confusing time but as of the 24th February that national guidance is:

You will not be **legally required** to self-isolate if you test positive for COVID-19.

However you are **advised to** stay at home if you can and avoid contact with other people.

You will not have to take daily tests or be legally required to self-isolate following contact with someone who has tested positive for COVID-19.

The Test and Trace Support Payment Scheme will end. If you were told to self-isolate before 24 February you can still make a claim up to 6 April.

Note: There is specific guidance for NHS and social care staff.



Visiting healthcare facilities:

You are expected to continue wearing a face mask, sanitising your hands and keeping your distance when visiting any healthcare facility whether for an appointment or visiting a patient.

Visiting in north Cumbria's hospitals is strictly on an appointment basis and booked through the ward. Visiting can be suspended for a ward at short notice if an outbreak of coronavirus, flu, norovirus or other virus occurs. Please be kind to staff, they are doing their best and the pressure across the NHS remains exceptionally high. **Marti Irving**

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	01228 497970
	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	07548 981 009
Highways Hotline	www.cumbria.gov.uk	0300 303 2992

FARM GRANT & BASIC PAYMENT APPLICATIONS FOR LARGE BUSINESSES AND SMALLHOLDERS

Hedging and walling grants, SFI, Countryside Stewardship applications,
RPA correspondence. Farm records, FABBL inspections

30+ years experience. BSc (Hons) MIAgSA

Confidential, local and efficient service at sensible rates

Telephone Tess for an initial chat on 01228 675304

