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**JUNE 2017**

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Photo John Cowan

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Feel free to phone your councillors, but all email and written correspondence to the council via the clerk please.

# **'18 Years of the Maryport Blues Festival'**

Maryport Blues Festival has been a summer fixture since 1999. Traditionally held on the last weekend of July, and with headliners this year including Andy Fairweather Low (Amen Corner) and the mighty Wilko Johnson (Dr Feelgood), the festival is set to deliver another potent brew of wonderful music and local ales against a harbour town backdrop.

For 18 years the festival has been one of west Cumbria's great success stories, and newcomers should take note that it is always about more than just the blues. The combination of a main marquee stage and the trail ticket, where performances take place in pubs and restaurants across town, always leads to a diverse array of music to be discovered.

The marquee is the place to be for the big names, with previous headliners including Van Morrison (2007), Jethro Tull (2009), Canned Heat (2010), and, more recently, Lulu (2015) and Elkie Brooks (2016). Perhaps the greatest line-up so far can be claimed by 2008, when Jimmie Vaughan's guitar wizardry and the boogie-woogie showmanship of Jools Holland's Rhythm & Blues Orchestra were preceded by surely the most illustrious booking coup of recent years: none other than Chuck Berry opened the festival on the Friday night. No doubt, when he died earlier this year at the age of 90, many in our area fondly remembered Chuck Berry's Maryport appearance nearly a decade earlier. It is always a rare privilege whenever a genuinely world famous act performs in Cumbria – with such a small population these events are understandably few and far between – but it was borderline surreal when one of the most iconic entertainers in rock 'n' roll history played in a tent on Netherhall School's football pitch.

It was a sweltering summer night, with barely a wisp of fresh air finding its way into the muggy tent, and at least one fistfight was broken up by a barrage of security guards.

But, as clichéd as it sounds, that electricity fed its way into the performance, with Berry and his band effortlessly reeling off a thrilling hour of rock 'n' roll that belied the singer's 82 years. Admittedly hits were lacking – which was not helped by a finale shout-out for applause to celebrate all the great songs Berry had written, many of which the audience *hadn't* heard – but while there was no room for 'Johnny B. Goode' or 'Roll Over Beethoven', the Tarantino jive of 'You Never Can Tell' was met with huge enthusiasm and, for better or worse, the timelessly awful 'My Ding-A-Ling' inspired a lager-soaked singalong. Chuck Berry himself looked particularly delighted with that one.

So, here's to what promises to be another 'weekend of Blues, Brews, music workshops and a great Cumbrian seaside welcome'. Tickets are on sale now from [www.maryportbluesfestival.com](http://www.maryportbluesfestival.com), where there is also information about event steward volunteering opportunities.

## **'Summer days out around Cumbria'**

Cumbria's summer calendar is shaping up to be lively one. There is plenty going on around the county – here are just a handful of ideas to get you out and about during July and August.

**Aspatia Music Festival**, the non-profit concert held on the grounds of the rugby club on 14-16 July, will be headlined by the chart topping pop group Scouting For Girls. For tickets contact [aspatriamusicfestival.co.uk](http://aspatriamusicfestival.co.uk)

One of the year's biggest celebrations is the 1,900<sup>th</sup> anniversary of Hadrian's Emperorship, and Roman museums across Cumbria are working together to stage 'Hadrian's Cavalry'.

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Summer-long exhibitions include 'Protecting Forces: Belief in the Horse Goddess Epona' at the Senhouse in Maryport ([senhousemuseum.co.uk](http://senhousemuseum.co.uk)), while Carlisle's Tullie House will be displaying cavalry equipment and the famous local discovery, the Crosby Garrett Helmet, as well as providing interactive activities ([tulliehouse.co.uk](http://tulliehouse.co.uk)).

**Tullie House** will also be showcasing local artist and illustrator Paul Leith's new exhibition 'Technicolour Carlisle'. And why not treat yourself afterwards to a cappuccino at nearby Foxes Café, which regularly hosts open mic literary nights for budding and established poets and writers alike ([foxescafelounge.co.uk](http://foxescafelounge.co.uk)).

**Keswick's Theatre By The Lake** will bring the Forest of Arden to the stage for the opening night of 'As You Like It' on 7 July, a new production of Shakespeare's evergreen comedy that will run until the autumn. Meanwhile, Cumbria's own 17-piece swing orchestra, La'al Big Band, will be performing songs by Frank Sinatra, Ella Fitzgerald and more on 23 July ([theatrebythelake.com](http://theatrebythelake.com)).

The Taste Cumbria food festival comes to Whitehaven on 22-23 July ([tastecumbria.co.uk](http://tastecumbria.co.uk)). The county's best chefs will be giving cooking demonstrations, with arts, crafts and fairground rides to keep children entertained.

In Grasmere, **Dove Cottage and the Wordsworth Museum** ([wordsworth.org.uk](http://wordsworth.org.uk)) will be holding various poetry talks throughout the summer, while Ambleside's **Armitt Museum** features exhibitions on Beatrix Potter and the artist Kurt Schwitters ([armitt.com](http://armitt.com)).

**The PotFest** international ceramics festival will also be returning to Hutton-in-the-Forest, near Penrith, on 28-30 July. Visitors will be able to meet and greet the potters and buy ceramics direct from the makers. The beautiful garden also makes it an ideal trip for a sunny day – and the nearby Acorn Bank garden is also a must.

Other gardens worth visiting are Holehird, near Windermere, and close to Kendal are Sizergh, a medieval house with a limestone rock garden and a national collection of hardy ferns, and Levens Hall, which has the world's oldest topiary garden, planted in 1694.

As the pace of modern life hectically increases, mindfulness is becoming an increasingly popular topic, with meditation a proven solution to help calm an anxious mind. Ulverston's world-famous Manjushri KMC Buddhist Centre will be holding a summer retreat on 25-30 August. These guided meditations are suitable for beginners (manjushri.org).

Rainy day alternatives to remember include The Rum Story in Whitehaven, Cockermouth's Wordsworth House, Workington's Helena Thompson Museum, and John Ruskin's Brantwood house at Coniston, a celebrated example of 19<sup>th</sup> century Arts and Craft Movement architecture.

## **Prospect Lunch Club**

Once a month on the 2<sup>nd</sup> Tuesday a group of 'pensioners' meet for a hot lunch and a chat at 12 noon. Main courses vary from month to month, but the time I was there the Tattie Pot was really scrummy and the Lemon Meringue Pie for pudding was delightful, all rounded off with a nice cup of tea or coffee. It's all cooked and served by very pleasant volunteers.

There is usually a choice of a vegetarian option as well as an understanding of special dietary needs for those who cannot eat dairy or gluten for example.

Most months there's a visiting speaker on a variety of interesting topics, they even once had a visit from the Cockermouth Latin American Dancing team – what an afternoon that turned out to be, great fun for all. There is plenty of time to chat though so it makes a nice trip out. If walking or getting there is a problem, do phone, as they may be able to arrange for a lift to and from for you. Phone Mary on 01697 321103

## ON A SUNNY SUMMERS DAY

Given a hint of sunshine we love to have a Barbeque either just for the two of us or if we can get some friends round at short notice (we need to make the most of whatever sun we get!) we'll start cooking, in our case on gas, though some prefer charcoal.

Anyway, for those of you who are like minded and enjoy standing with a fork in one hand and a drink in the other I thought I'd share a really tasty 'rub' that my Aussie daughter in law introduced us to last summer.

### A Sweet & Smokey Rub – for anything – Meat and/or Veg.

This takes a little time to prepare, but it's well worth the effort, I find that if I get all the ingredients lined up and drop them all into a good size glass bowl then all that's left is to mix them all together.

- 1/2 tsp Chipotle Chilli powder
- 1/2 tsp Thyme – dried
- 1/2 tsp Mustard powder
- 1/4 tsp Allspice powder
- 1 tsp Black Pepper – Freshly ground
- 1 tsp Cumin – ground
- 2 tsp Rosemary – Fresh - Just the leaves
- 2 tsp Chilli powder (or to taste)
- 2 tbsp Coarse Sea Salt
- 1 tbsp Heaped – Dark Brown Sugar
- 1 heaped tbsp – Smoked Paprika powder

Now you've got all the ingredients in the bowl, mix them well and then 'rub' them into or onto your food of choice. It's good if you can let it marinade for a couple of hours or overnight in the fridge, but in any event, I hope you'll enjoy the taste.

HAPPY GRILLING

## **A Morning Walk by the River Ellen**

At this time of year a morning walk along the road which runs alongside the River Ellen in Oughterside can be a real treat for anyone interested in nature, and birdwatching in particular. A number of different birds can be both seen and heard.

Several of the birds are familiar summer migrants such as swallows, sand martins, house martins and swifts, which can be seen doing their acrobatic skimming just above the surface of the water.

Also amongst the summer migrants, you may be lucky to see or hear willow warbler, garden warbler, white throat, black cap and chiff chaff with its familiar "chiff chaff, chiff chaff" call. The sedge warbler, a summer visitor, pictured on the front cover, is a familiar sight perched on bushes near the recent willow planting. It can be identified by its "chrr, chrr" call.

Resident birds, including greater spotted woodpecker, oystercatcher, curlew, buzzard and reed bunting, have also been seen along this stretch of the river. Looking like the more smartly dressed cousin of the sparrow, the reed bunting, pictured on the back cover, with its jet black head and bib and a white 'moustache' is a fairly common sight at this time of year. Later in the year it moves further to the south of the UK.

A kingfisher, which is rarely seen, has recently been spotted flying along the river in search of food. It is a thrilling moment for anyone spotting this bright, electric-blue little bird flying past, even if only for a few seconds. Definitely a highlight of any morning walk!

## **News from Aspatria Medical Group**

As many of you are aware, we have switched to a new telephone triage system for patients who request urgent same day appointments. So far this has led to a significant improvement in waiting times for a routine appointment – from 21 days to 7 days. The service enables us to make sure the patient sees the right person first time.

In addition, we are delighted to advise our patients that we have two new members staff joining our team shortly. You may be aware of the national shortage of trained GPs and also of the shortage of doctors wanting to train to do General Practice. We have been unable to recruit a new GP, as a result of this, but made the decision to take on other health workers who will be able to do aspects of the GP's role.

Firstly, our team is to be joined by Jonathan Yeates an experienced Paramedic. Mr Yeates will be seeing our home visits and will see some of the day emergencies in the surgery. He will also carry out care plan reviews; this is the information kept at home by our patients at higher risk of hospital admission which is used by the ambulance and CHOC doctors on call.

In addition, we have Judith Routledge an extended scope nurse who is able to assess, treat and prescribe for minor illness. Mrs Routledge also has a special interest in Diabetes and we look forward to her joining our Diabetic team.

We really welcome your views and input especially at our patient liaison group – why not come along and meet the group at their next meeting on Wednesday 26 July 2017 at 7pm in the surgery.

## You Should Know

### **Most cuts and grazes are minor and can be easily treated at home**

Stopping the bleeding, cleaning the wound thoroughly and covering it with a plaster or dressing is usually all that's needed.

Minor wounds should start to heal within a few days.

#### How to treat cuts and grazes

- Stop any bleeding before applying a dressing to the wound. Apply pressure to the area using a clean and dry absorbent material – such as a bandage, towel or handkerchief – for several minutes.
- If the cut is to your hand or arm, raise it above your head to help reduce the flow of blood.
- If the injury is to a lower limb, lie down and raise the affected area above the level of your heart.
- Clean the wound and apply a dressing

### **When the wound has stopped bleeding, clean it and cover it with a dressing to help stop it becoming infected**

#### To do this:

- Wash and dry your hands thoroughly
- Clean the wound under drinking-quality running tap water – ***avoid using antiseptic as it may damage the skin and slow healing***
- Pat the area dry with a clean towel
- Apply a sterile adhesive dressing, such as a plaster
- Keep the dressing clean by changing it as often as necessary. Keep the wound dry by using waterproof dressings, which will allow you to take showers.

### **WHEN TO GET MEDICAL HELP**

#### A wound is at risk of infection if:

- It has been contaminated with dirt, pus or other bodily fluids
- There was something in the wound before it was cleaned, such as gravel or a shard of glass

- It has a jagged edge
- It's longer than 5cm (2 inches)
- It was caused by an animal or human bite

Signs a wound has become infected include:

- Swelling, redness and increasing pain in the affected area
- Pus forming in or around the wound
- Feeling generally unwell
- A high temperature (fever) of 38C (100.4F) or above
- Swollen glands under the chin or in the neck, armpits or groin

**Visit or contact your local GP surgery Aspatia, Tel. 016973 20209 or Maryport, Tel. 01900 817797) or NHS 111 out of hours if there's a risk your wound could become infected, or you think it's already infected.**

## **Prospect Service Centre**

Car sales      MOTs      Repairs      Servicing  
Breakdown Recovery      Audio Installations

Phone 016973 22222

Prospect Garage CA7 2LA



Reed Bunting

Photo John Cowan

### **Did you Know?**

For only £3 pensioners can have a delicious 2 course freshly home cooked lunch at Prospect village Hall. See Page 6.