

EARLY SUMMER 2017 EDITION

*Gilcrux*





## Gilcrux Village Hall & Educational Trust

Hello Everyone,

I hope this finds you all well and looking forward to some sunshine and summer fun, your hall committee members as always work away behind the scenes to keep your hall available to all and in a pristine condition whilst also organising events to keep the ever so much needed funds to achieve our aims and also support the Educational grant arm of our obligation, this year we have been delighted to support a variety of very worthy causes, not every time with cash some have been just been an offer of support or just looking out for our fellow parishioners

We are also delighted to report that we have achieved 5 star rating for the kitchen from our latest environmental health inspection, many thanks to the committee and our volunteers who help with the regular deep clean, it has proved to be well worth while however all users of the kitchen when providing food will have a compliance document to complete. I love paper work!

Jo Morgan's Zumba party has restarted in the hall on Saturday mornings at 9.00 am, you will be more than welcome should you want to give it a try and start your week end with a boogie to some great tunes

The Pilates class hosted by Angela Price is on Monday evenings at 6.30 pm and as above, you would be more than welcome to join in, both of these classes advertise full details on the hall atrium windows

Another weekly group is Badminton which meet on Tuesday evenings at 7.00 pm this ever popular group are going from strength to strength, for more details contact Henry Airey at the Beeches caravan site or in the post office

As you will be aware from the sheet included in your last newsletter we do our best to let you all know what we have going on in the hall and try to keep everyone up to date, so please check out the up and coming events and mark them on your calendar, I can say that we have entries for the May 27<sup>th</sup> & 28<sup>th</sup> scarecrow competition already! Anyone wanting to enter who are outside the village can display their entry on the village green where the trail will start

So there you are visit St Mary's to view the displays, free entry with donations welcome, check out the "Super hero" scarecrows and finish off with afternoon tea in the village hall at 4.00 pm which is available on both Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> for £5.00 per person but must be pre-booked

The hall will be also open on both days for tea, coffee, soft drinks and snacks

That's all the news for now, thank you for your continued support

Helen Johnston – Chair

016973 21895 or [helj@talktalk.net](mailto:helj@talktalk.net)

*Parish Newsletter*

## St Mary's Church, Gilcrux



Hello. Two things to report.

First, Mrs Katie Clarke has stepped down as Churchwarden at the last AGM. Katie has generously and with real commitment fulfilled this role for several years. We shall miss both her's and Alex's contributions as they are likely to be moving house. We also want to wish them well in this new adventure.

Secondly, May 27-28<sup>th</sup> there will be a flower festival in conjunction with the scarecrow trail around the village. The theme, I believe is superheroes. The Church will be decorated and open to visitors both days, and there will be teas available in the village hall. We hope as many as possible will come and see and enjoy both the trail and the flowers. As part of the festival there will be a special service in the Church at **11.00am Sunday 28<sup>th</sup>** which will be a **Songs of Praise**.

It is good to celebrate the life of the village. Jesus promised that he came to bring life in abundance. Sometimes we fail to enjoy and to celebrate the good things we take for granted. I hope that this special weekend may be a real opportunity to say, thank God for Gilcrux.

### **Church Services are at 11.00am**

May 14: Communion (Traditional)

May 28: Songs of Praise

June 11: Communion (Traditional)

June 25: All Age Worship

July 9: Communion (Traditional)

July 23: All Age Worship

**July 30<sup>th</sup>: Together @ 10 at Gilcrux**

August 13: Communion (Traditional)

August 27: All Age Worship

Tim Herbert (Vicar)



### **Keep Fit with Cherry**

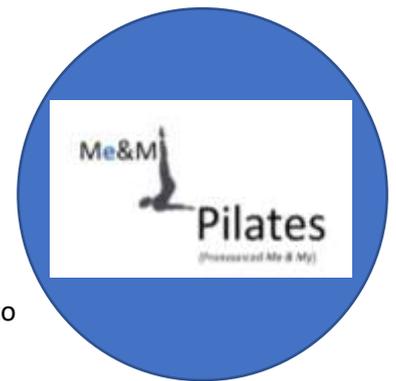
Keep Fit is on Thursday mornings at 10.00am in the Village Hall during school term times. The cost is £4 per session. Please do come and join us.

## Dear Gilcrux resident

What did you do this week that was exclusively for you?

Something that made both your mind and body feel better. (No, that does not include trips to the lovely Gilcrux pubs)

I would like to encourage you to try and set aside one hour in the week to come and nurture **YOU**rself at the village hall Pilates class - an hour that will help you to get fitter, faster, longer, stronger and saner (psst .... summers coming)



Pilates is a holistic, unique way of exercising both the mind and body whilst moving through a tailored set of low impact movements that both lengthen and strengthen muscles. In Pilates, you literally **'Train with your Brain'**.

Many of the exercises are performed on your back (on a mat) - making them the best possible exercise option for those recovering from injury, carrying excess weight or looking for a safe and comfortable way to start exercising.

**Me&Mi Pilates** offers mat Pilates classes in and around west Cumbria, with an evening class in Gilcrux **Mondays @ 6:30pm**. Classes are non-intimidating and deliberately kept small - for individual attention.

## Warm Regards

Angela Price

07867051387

[angelaCprice@gmail.com](mailto:angelaCprice@gmail.com)

Find us on Facebook

### **Could you be suffering from PTSD?**

Post-Traumatic Stress Disorder is a Psychological condition that may develop after a person has been involved in or witnessed a traumatic event... such as the floods of Cumbria. Further help can be found at 1600 on Thursday 27<sup>th</sup> April 2017, [www.nhs.co.uk](http://www.nhs.co.uk) and [www.mentalhealthmatters.com](http://www.mentalhealthmatters.com). It is recommended you seek support from your GP and local mental health services. As well as this, CERT-UK provides a confidential counselling service free of charge and available to everyone. Get in touch on 01768- 593190 or e-mail [info@certuk.org.uk](mailto:info@certuk.org.uk)

### **Vacancies**

There are currently two vacancies on Gilcrux Parish Council, if you are interested in joining please send a short letter of application to the Trevor Gear, Clerk to the Council, c/o Brandraw Mount, West Street, Aspatria, CA7 3HG or [gilcruxparish@hotmail.com](mailto:gilcruxparish@hotmail.com). Please include the time you have lived in the parish or if you live outside of the parish the distance from the boundary together with any relevant skills you can bring to the council.

## Highway Defects

Highway defects including blocked drains, defective street lights etc. can now be reported on the new Highways Information Management System via

<http://www.cumbria.gov.uk/communications/reportsfault.asp>



Hi Folks!!

So the summer is creeping upon us very quickly and that said we have a few dates for your dairy.

Our quiz is on Friday 2nd June just after 9pm still room for a few more teams.

Our 2nd Mini Beer Festival starts Friday 14th, 15th and 16th of July with over 15 Real ales Local and National and also Real Cider available. There will be an assortment of homemade pies served with peas over the weekend.....

And we are lucky enough to get back the excellent Acoustic Duo CONIBEAR to play us out on the Sunday.



Poster with all the information will follow in the next few weeks.

Come check out our Gin of the moment alongside our extensive Gin menu.

So here's hoping for a great ☀️ summer.

Thanks Andy and Hal

### Gilcruix Youth Club

A very warm welcome to all our recent new members and thank you to everyone for your ongoing support. We have had lots of great fun together lately, including swimming at Arkleby pool, a very popular good old-fashioned games night and climbing at the Wave Centre. Special thanks to all those families who turned out to help with the parish clean-up on Saturday - it was great to see people of all ages working together, the village is looking sparkling and the pizza afterwards was well-deserved (thank you, Mike & Nadine).

We have more exciting events lined up towards the summer:

- [Saturday 20th May @ 1.30pm](#): orienteering at Mawbray, kindly organised for us by W Cumbria Orienteering Club. All ages & levels from complete beginners. Parents may get a go too! £3 donation to WCOC please.

- [Saturday 10th June, 6-8pm](#): games night and samba drumming session in the village hall, kindly led by Cockermouth Music Centre. £3 donation to Music Centre please.

- [Saturday 15th July @ 6pm](#): end-of-term BBQ & family games on the village green - all welcome. Please bring food to put on the BBQ & outdoor games.

- [Thursday 27th July](#): summer trip to Brockhole, Windermere - as chosen by the children. £10 including an activity (treetop trek/treetop nets/archery). Times to be confirmed once numbers and activities are finalised. Please register by the end of June & bring a picnic. Transport may be available if needed.

Please contact me on 20595 or [julieclough22@googlemail.com](mailto:julieclough22@googlemail.com) for further information or to put your name down for events. New members are always very welcome.