

KENDAL

Spring 2019

More than a market town – Your newsletter from Kendal Town Council

Freedom Parade

On the 25th of October 1947 The Duke of Lancaster's Regiment (then the Border Regiment) was granted the Freedom of Kendal. On Saturday the 16th of March 2019 a Freedom Parade in honour of The Duke of Lancaster's Regiment will be held. The parade will start at 11.10am, followed by a Thanksgiving Service at Kendal Parish Church at 12 noon. The regiment will return to the Town Centre at 1.15pm. The Duke of Lancaster's Regiment was last in Kendal in 2011 and we're delighted to welcome them back. Members of the public are invited to line the main thoroughfare of Kendal to welcome the Regiment and attend the Thanksgiving Service.



Kendal's Third Walking Festival!

As every Kendalian knows, Kendal makes a superb base for those who enjoy walking. Surrounded by beautiful scenery it offers a wide variety of walking experiences with the Lake District a 5 minute drive away and the Yorkshire Dales on its doorstep.

The town, as many will know, was once home to Britain's most famous walk writer A Wainwright (AW) and can offer festival visitors fantastic

culture, nature, history, shopping, eating or drinking.

Kendal's 3rd Walking Festival (10th – 12th May 2019) offers an opportunity to explore our wonderful town, with its roots embedded so deeply in the peaceful landscapes that surround it. The festival has something for everyone regardless of his or her walking capabilities.

Find out more at www.kendalwalkingfestival.co.uk



Council Meeting Dates

Full Council meetings take place on the first Monday of each month. Forthcoming dates are 1st of April, 13th of May, 3rd of June and 1st of July.

Mobile Age



Addressing loneliness and social isolation amongst older adults in Kendal and beyond.

Kendal Town Council has teamed up with Lancaster University who have developed an app which aims to alleviate some of the issues encountered by older people in terms of loneliness and social isolation.

Residents aged 65+ years account for 25.5% of South Lakeland's population; the highest proportion in the country and well above the national average (17%).

32,000 older adults live alone and there has been a 36% rise in the number of over 85s.

Mobile Age is an easy to use "one-stop shop" mobile application (or app) which provides the user with information regarding local events, services and volunteering opportunities. It has been co-created with older adults so its function has been designed around what people are actually looking for and in a format that meets with their technological abilities. The idea is that through being able to access this information the user can help themselves to stay physically fit and mentally active.

What does the app do?

Rather than having to search through numerous websites to find out about events, services and volunteering opportunities, Mobile Age obtains this information from various reliable sources and puts it all in one place.

In addition it provides other vital information such as:

- Bus / train times and connections
- Weather information
- Easy to use and navigate maps
- The location of publically accessible toilets
- Benches
- Sunrise and sunset times

Having all this information in one place reduces the stress and cognitive strain on the user, making it much more likely that they will engage with local events.

Where can I get this app?

You can download the Mobile Age App either from the Apple App Store or Google Play store depending on the device you use.

What if you don't have access to a device that can run the application?

If you don't have access to a smart phone or tablet but still want to take advantage of Mobile Age why not ask friends and family members to download the application. They can then use it to keep you informed as to local events and opportunities. This is also a great way to help people who may be some distance from their loved



Loneliness can have profound impacts on physical and mental health, and quality of life. For example, loneliness can be as harmful for our health as smoking 15 cigarettes a day, and people with a high degree of loneliness are twice as likely to develop Alzheimer's as people with a low degree of loneliness.

AGE UK (2015)



ones to feel reassured that they are keeping physically and mentally active. We hope to have Mobile Age available in public places very shortly so everyone, regardless of where they are can take advantage of this invaluable resource.

"My family and friends often use technology to find out things for me when I am stuck. They just ring people up or ask their children or grandchildren to use technology for them." Jack, 80

Community Joy as Playgrounds Win Lottery Funding



South Lakeland District Council (SLDC) has successfully bid for £200,000 of National Lottery funding to support eight new playground projects.

The Big Lottery Fund will part fund a new playground at Abbott Hall in Kendal, a project Kendal Town Council have also contributed £5,000 towards.

The Friends of Abbot Hall, who launched a crowdfunding appeal to help raise money for a new and improved playground in Kendal, say the Big Lottery funding has helped them to achieve their target.

Melissa Lovett, a parent and member of the Friends' group, said: "We are

delighted to have reached our goal in raising £120,000 for the new playground. We can't wait for the next phase to begin and look forward to having a wonderful new playground in place for the summer."

One of key priorities of both South Lakeland District Council and Kendal Town Council is to promote better health and wellbeing, recognising that playgrounds and open spaces are important for children and adults too. South Lakeland District Council has invested almost a million pounds improving its parks and play areas over the past five years.

Kendal in Bloom 2019



Kendal Town Council are proud to announce the launch of the Kendal in Bloom initiative for 2019. We would like to encourage all community groups, home owners, organisations, like-minded people and businesses to get involved to improve the local area. It doesn't matter if the project is big or small.

Some things to consider:

- Does your project have a positive impact on the local area?
- Have you or your group benefited from taking part in the project?
- Is this an area that can be developed over time?
- Have you or your group learnt new skills?

The closing date for entries is Friday 31st May 2019

Anyone taking part in Kendal in Bloom is invited to attend an evening of celebration in September. This evening provides an opportunity for the Town Council to show its appreciation to everyone who has taken part during the year.



Community Initiatives

The Kendal in Bloom Committee would be really interested to hear about any of your community initiatives or schemes that you are currently involved in. The Kendal in Bloom Committee have a small

budget to help support community initiatives that are working towards improving their local area. For more information please contact Janine Holt on allotments@kendaltowncouncil.gov.uk or telephone **01539 793495**.

Mayor's Charity Dinner

The Mayor's Charity dinner, hosted at Kendal College, was a great success attracting over 100 people and raising significant funds for the Mayor's selected Charities;

- **Manna House**, which supports the homeless, vulnerably housed, lonely or those in need of help.

- **St Vincent de Paul**, which tackles poverty through practical assistance to those in need.
- **The Amabile Choir**, which is a choir for girls offering tuition and performance experience.

Each charity gave a fantastic overview of their dedicated work and the Mayor is proud to support them

all. The prestigious local event showcased the talents of Kendal's young people, from the catering and hospitality skills of Kendal College students to the young performers who sang and entertained all. The Mayor would like to thank all local businesses who provided raffle prizes and supported the event to make it a truly local celebration.

Christmas Lights Switch on 2019

We are looking for businesses who would like to sponsor the 2019 Kendal Christmas Lights Switch On Event. The Switch On is a fantastic community event. If you would like to be part of the team which delivers this event, please get in touch. Contact office@kendaltowncouncil.gov.uk

Flood Management Scheme



The Environment Agency would like to thank all residents and business owners in Kendal who have engaged with the planning process for the first phase of the flood risk management scheme planned for the town.

The EA has met with environmental groups locally, as well as Councillors, the MP and key partners to keep them informed and look at ways we can work together.

Cumbria Flood and Coastal Risk Manager for the Environment Agency, Stewart Mounsey, said:

“It is great that the people of Kendal have been so engaged with the planning process. It is important for residents that Phase One goes ahead, as when combined with future proposals for the River Kent catchment, 1,400 properties in the town could be better protected. Thank you to everyone who has contributed so far. Reducing the impact on trees through the town has been a key consideration in designing the scheme, and once it is complete there will be more trees in Kendal than before”. Replacement planting is proposed

at a ratio of approximately 6:1.

Over the last three years the EA has considered feedback from the community on the visual appearance of the scheme which has influenced the wall heights and finishes. Additionally, as part of the scheme the EA will improve public spaces and access to those public spaces.

If approved at the South Lakeland District Council planning control meeting at the end of March, work on the £45 million scheme will begin this year.

Discover Kendal's Heritage



Did you know that, tucked away in the heart of Kendal, there's a room containing all sorts of treasure? And that Kendal's history can be seen and understood by looking at and hearing about this treasure? The Mayor's Parlour, situated in the Town Hall, is the home to all manner of beautiful and unique items, all of which play a part in highlighting both the momentous and

everyday histories of Kendal. There's a sword, charters and maces, paintings showing Kendal's great and good by internationally renowned artists, the town's original seals and a clock with a single hand that still works despite being over three hundred years old. There's also worker's tokens, medals given to every child to celebrate the town's three hundred year anniversary,

local bank notes, the Kendal Pattern Book, Katherine Parr's Book of Devotions and much, much more. The parlour can be visited by any group or individual from Kendal. It's not a museum; many of the items can be touched and held. The Mayor's Attendant, Simon Unsworth, can talk you through the history of the town and how the Council and Mayor's roles have changed and developed over the years. This is a unique and valuable resource available to the people of Kendal, giving you the opportunity to learn about how Kendal has become the vibrant, exciting town it is today and how its history informs its present.

Visits to the parlour are free (although we do ask for a donation to the Mayor's Charities) and can be arranged through the Kendal Town Council office. Visitors can be accommodated during the day, evenings or at weekends subject to availability. To book a visit, or to discuss further, please contact Florence in the office on **01539 793490**.



Allotment and Garden Spring Tips



As you brush down your gardening tools and get ready for another season on the allotment or in your garden, spare a thought for the environment and our local wildlife. There are several easy steps you can take to give wildlife a boost, while still enjoying a beautiful garden and a bumper crop of fruit and veg.

1. Ditch the peat

First of all, consider what compost you use. Peat has been a major ingredient of gardening compost for many years. However, this peat is dug out of wild places, damaging some of our last remaining peatland. Sadly more than 94% of the UK's lowland peat bogs have been destroyed or damaged, and a wealth of wildlife along with it.

Try peat-free compost and mulches, such as chipped bark, leaf mould or coir. Local compost makers use potash-rich bracken along with Herdwick sheep's wool, for improved water retention and slow-release nitrogen.

Alternatively, you could make your own compost. Not only will you be protecting peatlands but you'll also be helping wildlife in your allotment and garden too! In addition to saving you money, the increased organic content in your soil will boost fertility and help plants to build up resistance to disease and insect attack, reducing the need to use chemical controls. The compost will also improve the structure of the soil by increasing the numbers of worms, helping to keep it healthy.

2. Say no to chemicals

Perhaps the easiest way of conserving wildlife is to reduce your use of toxic chemicals, ideally cutting them out altogether. Most toxins found in pesticides are non-specific and are just as likely to kill friends as foes. Spraying against pests will often kill their predators as well and who would want to eradicate ladybirds, when each one can eat 100 aphids a day! Don't forget that slugs poisoned by chemicals may then be eaten by hedgehogs and



birds – and they too could die.

Try organic alternatives to slug pellets, including coffee grounds, beer traps and egg shells. Natural insecticides include a DIY mild soap spray, neem oil spray (a natural fungicide, available in garden centres) and nematodes (roundworms), a biological control used effectively on many plant pests, such as slugs, chafer grubs, vine weevil and sawfly. You can encourage the pests' predators by providing them with suitable habitats and food, for example a pile of logs or dead wood in a corner will shelter frogs, toads, hedgehogs and slow-worms – your frontline in pest control. And don't forget to give them a water supply – an upturned dustbin lid works well.

Carrot flowers, like all umbellifers, are a big hit with many insects, especially aphid-eating hoverflies, so leave a few behind to flower, and aromatic herbs are really popular with insects, so include things like borage, sage and mint in your veg plot, sunk into the

ground in pots, to stop them spreading.

Finally, use as much variety as possible to ensure that no one species can gain control. The more complex and varied your allotment or garden is, the more resilient it becomes. In the end you'll wonder why you ever needed chemicals in the first place!

3. Don't be too tidy

Try to leave an overgrown area: brambles will attract insects such as hoverflies, bees and lacewings, and are a favourite nesting site for robins, wrens, song thrushes and blackbirds. As well as a log pile, you could also create a bug hotel to encourage beneficial insects to overwinter on your plot. A nearby patch of weeds can be a plus. It is unlikely to harbour the pests which are detrimental to the veg plot, but may well host many of their predators.

By following these tips this season, you should have an attractive garden and a productive plot, which supports our wildlife and wild places too – a double win.

To find out how to make your own compost, and see how Cumbria Wildlife Trust is working to conserve Cumbria's peatlands go to www.cumbriawildlifetrust.org.uk

Climate Change Mitigation – Town Council Actions!

Kendal Town Council's actions include;

- Kendal Town Council have recently awarded £5,000 to research the actions required to achieve carbon neutrality for Kendal.
- A partnership with SLDC has been developed to relocate the planter trees on Highgate and Stricklandgate which are nearing the end of their lives as pot bound trees. This partnership will prevent the trees from being chipped and will benefit other locations in Kendal.
- Kendal Town Council have agreed to fund the River Kent Invasive Species Group to continue their efforts to remove Himalayan Balsam from the river. This is important work and by removing the balsam room is created for a richer habitat to thrive.



- Support continues for the Pollinator Project to provide local primary school age children opportunities to relate classroom studies of wildflowers and pollination to the real world. Each spring and summer groups of children survey the flowers and insects that they find on designated plots of land alongside the canal path in Kendal. This helps to give them an understanding of which flowers encourage the biggest populations of pollinating insects. During 2018, groups of young people from five schools and



youth groups completed surveys. Approximately 150 children were involved finding a lot of red clover, ox-eye daisy, cow parsley and cowslips growing. Everyone is now looking forward to seeing what will grow during the third and final year of the project. Help has been received from South Lakes Action on Climate Change Towards Transition (SLACctt), Kendal Conservation Volunteers (KCV) and South Lakeland District Council. Expert scientific advice has been gratefully received from the Centre for Ecology and Hydrology at Lancaster University.

- Kendal Town Council have applied for planning permission to install a Greenwall on Lowther Street. The Greenwall provides a structure for vertical planting which will create an attractive green aspect for Lowther Street and reduce emissions from the busy road. The Greenwall in Deansgate Manchester provided the inspiration for this project although Kendal's one will be on a much smaller scale!



City of Sanctuary & Unity Festival



City of Sanctuary UK holds the vision that our nations will be welcoming places of safety for all, places that are proud to offer sanctuary to people fleeing violence and persecution. In order to realise this vision, City of Sanctuary UK supports a network of groups, which includes villages, towns, cities and regions across the UK which welcomes people seeking sanctuary.

Since it was announced that refugee families would be coming to Cumbria and Kendal, the Kendal based More In Common group thought it would be a good idea if Kendal could be accepted as part of the City of Sanctuary initiative.

Kendal Town Council, South Lakeland District Council and Cumbria County Council confirmed their support which led to a public consultation evening which recorded strong community support. In



November Kendal applied to become a City of Sanctuary and Kendal Town Council is pleased to report that our town has been accepted.

Kendal Mayor, Cllr Tirvengadam said 'The theme for my Mayoral year is Diversity and I am pleased that I was able to lead this initiative. If you would like further information please visit the following website www.cityofsanctuary.org'.

Complementing the Sanctuary theme, Kendal will be hosting its 2nd Unity Festival on the 22nd June, visit www.cumbriaunity.org for more info. The Town Council also supported the LGBTQ Flag which flew proudly above the Town Hall during Pride week.



www.kendaltowncouncil.gov.uk | 01539 793490

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