

KENDAL

Winter 2022

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

Kendal's Mountain & Sky Christmas Lights Switch-on



In partnership with Kendal Mountain Festival and Dark Skies Cumbria.

This year the Kendal Christmas Lights Switch-on event will be celebrated together with Kendal Mountain Festival and Dark Skies Cumbria on Thursday 17th of November.

A family parade, led by The Gaita Band, will leave the festival's basecamp at Abbot Hall park at 5.30pm. Bring your bells, lights and flags to celebrate the start of Kendal Mountain Festival and the festive times ahead! Join us from 5pm for Welcome Festival Films before we leave.

The parade will end at Market Place where carols will be sung and Dark Skies will be celebrated before the

Mayor switches on this year's Christmas Lights.

Then Andrei Burton, the British Elite Mountain Bike Champion and eight times Guinness World Record breaker of Top Gear fame (remember the guy who cycled on top of driving vehicles?!) will perform his mountain bike tricks in Market Place.

For those of you who choose not to join the parade and go straight to Market Place, Santa, a Merry-Go-Round and a Glühwein stall will be open from 5.30pm onwards with a short break during the carols and then again after Andrei's performance until 7pm.

We can't wait to see you there!

Kendal Christmas Markets

Kendal's Christmas fun continues after the switch-on with a Christmas Market on the 10th December. Think seasonal stalls selling warming treats and beautiful gifts to firmly get you in the festive mood. For more info contact manager@kendalbid.co.uk



Kendal Climate Change Citizens' Jury - Reunion

Former members of Kendal's Climate Change Citizens Jury met to visit initiatives led by Kendal Town Council to see how the Council are progressing the Jury's recommendations. Jury members were joined by Council staff, Councillors and Pete Bryant from Shared Futures who led the facilitation of the online Jury sessions two years ago. Recommendation progress includes:

- **'We need clear political leadership from our local council. Kendal Town Council must make sure an annual budget is allocated to take forward the Jury recommendations'**

Progress: Two thirds of all KTC staff time contributes to working on the Jury recommendations reflecting the Council's budget allocations and commitment.

- **'Allotments: the council must identify more land suitable for use as allotments'**

Progress: New allotment space at Canal Head is in development, with plans for more.

- **'We ask that local councils do an assessment of the resources available in the area to generate our own renewable energy'**

Progress: Town-wide solar audit completed and Solar Made Easy Kendal project in partnership with Cumbria Action for Sustainability established.

- **'We need to provide accessible information to make it easier for individuals to make informed decisions'**

Progress: Zero Carbon Kendal website zerocarbonkendal.org.uk and [@ZeroCarbonKendal](https://www.instagram.com/ZeroCarbonKendal) Instagram



page launched. Partnership plans are in development for a community sustainability hub in the town centre.

- **'We must make it easier for more people to take up cycling as a form of transport'**

Progress: Contribution to e-cargo bike trial and development work on improving three key paths near schools to help children cycle safely to school.

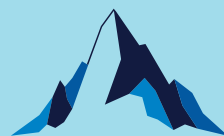
Solar Made Easy Kendal

The Town Council received a great response to the Solar Made Easy Kendal initiative. A cluster of over 100 properties are now providing further information for local vetted suppliers via Cumbria Action for Sustainability.

The Town Council is working with South Lakeland District Council to establish a clear understanding of the planning process in order to handhold cluster members through their planning applications. It is hoped that by providing this level of support perceived barriers to increasing renewables across Kendal are reduced.



Kendal Mountain Festival Returns!



**KENDAL
MOUNTAIN
FESTIVAL**



For the 42nd year Kendal is set to come alive with a love of all things outdoors thanks to the festival's fantastic films, top guest speakers, activities and parties! The free-to-enter Base Camp Village at Abbot Hall Park is where you will find live music, competitions, food and drink and speaker stages. As always there's something for everyone. Join the crowds on Saturday to watch the adidas TERREX 10k fell race which starts in Kendal at 11am or enjoy something of your choosing from the 170+ events available! Check out www.kendalmountainfestival.com for full information and to plan your weekend.



Torchlight Success

Kendal was once again spoilt for choice and entertainment in September thanks to Torchlight organisers and volunteers. The four parades left from Hallgarth, Sandylands, Kirkbarrow and Heron Hill to delighted crowds who admired the costumes and creatures and then gathered at Abbot Hall Park for more entertainment. A new addition to this year's festival, The Park Stage, saw epic performances from local bands The Seals and The Bagdaddies to happy dancing audiences. The Green Town, outside Abbott Hall park, hosted numerous stalls, a quiet area and a beautiful

lantern shows from talented puppeteers. The Rag Tag area outside the Parish Hall was packed throughout the weekend with children (and some adults!) building robots, painting a mini town and creating their own mini golf course. Local samba bands entertained throughout and the event was enjoyed by all. Torchlight relies on hardworking dedicated volunteers. Huge thanks to everyone who supported the event.

To join the friendly volunteer team next year sign up via www.kendaltorchlightcarnival.co.uk/volunteer

A Christmas Carol for Kendal

@ Kendal Town Hall, December 7th – 10th

As part of their tenth birthday celebrations Kendal Community Theatre is delighted to partner with Kendal Town Council to produce A Christmas Carol for Kendal. Adapted from Charles Dickens' A Christmas Carol, with a Kendal twist.

Kendal Community Theatre aims to keep live theatre alive, directed by professional volunteer directors, who are part of a larger group of volunteers with considerable experience of the arts.

Community theatre creates the opportunity for a wide variety of people to fulfil their dreams of dramatic activity, whether they are actors, stage managers, lighting technicians, or costume designers. Over the past ten years the company has produced a diverse range of theatre, from the initial 'A Passion for Kendal' which was performed on the streets of Kendal to over 1,800 people in 2012, to the ambitious Arts Council funded 'Kendal Yarns Festival of New Plays' in 2016, a week of fifty-eight fifteen-minute plays, and 'The

Trouble with Women' in 2018 and 2021's 'The Threepenny Opera'.

A Christmas Carol feels like a particularly appropriate play for this year, when finances will be tight for everyone. It is a tale of rich and poor, misery and greed. It is the tale of Ebenezer Scrooge, renowned for his miserly ways. Visited by a series of spirits – the ghosts of Christmas past, present and to come, Scrooge remembers his past with regret, views his possible future with horror, and becomes a kinder man. It is a tale of redemption.

Kendal Community Theatre is working with local artists, including Jamie Barnes, printmaker, who has kindly given permission to use one of his prints of Kendal as our poster, Sandgate School seniors, 3 Sedbergh Drive (an outreach service for young people), musicians, dancers and singers to make this production into a rich Christmas extravaganza.

Tickets are on sale now at www.trybooking.com/uk/BUPO



Priced at £10/£5 apart from Thursday 8th December which is a 'pay what you can afford' performance.



If you are a talented performer who would like to perform before the performance, or in the interval, Kendal Community Theatre would love to hear from you! Please get in touch via info@kendalcommunitytheatre.com

Kendal Unity Festival 2022 Reflection

The Kendal Unity Festival was on June 18th to the delight of all involved.

Over 300 people engaged with the variety of activities on offer, joined unity themed conversations and enjoyed first-hand experiences.

The packed programme included; 'Bystander Intervention Training' designed to empower individuals to show solidarity to those affected by hate and hostility, a roots exhibitions and a walk-in exhibition that mimicked woodland undersoil and explored how we can create communities that mirror co-operative, supportive forests.

Numerous activities were presented by BGKT Buddhist Group of Kendal, South Lakes Interfaith Forum and Kendal Baha'i Group, such as

mindfulness meditation and a quiet room where attendees were invited to reflect. A 'UniTree' was created in Market square, made of quotes and reflections and a climate focused art and crafts project was delivered by Lakeland Arts (ClimART).

There were storytelling activities in Kendal Library and a collection of books on unity, solidarity and the importance of human connections were provided.

Kendal ICC shared the 5 Steps to Wellbeing, a series of beneficial strategies to improve mental health and Kendal Youth Zone explored how language shapes the way we relate to each other whilst offering an afternoon DJ. The amazing Vocal choir singers also delighted the attendees with their songs.



The day ended with two unity themed films screened at Brewery Arts. We are now building towards our next Unity Festival on the 17th of June 2023. Find our Facebook page for updates in the meantime!

Protecting the Night Sky

Public awareness of pollution of various types is higher than ever, but light pollution is an area that can easily be forgotten. Unnecessarily bright lighting can have harmful effects for wildlife and for our own health and wellbeing, as well as preventing us from appreciating the beauty of the night sky. The good news, however, is that light pollution is the most easily reversible type of pollution: it's as simple as turning a switch. As we move into the darker months of the year, it's the perfect time to consider whether the lighting around your home or business is dark-sky friendly.

The International Dark Sky Association provides five principles to help assess your external lighting:

- ★ Is it useful? All light should have a clear purpose.
- ★ Is it targeted? Use shielding and careful aiming to target the direction of the light beam so that it points downward and does not spill beyond where it is needed.
- ★ Is it low level? Use the lowest light level required. Be mindful of surface conditions, as some surfaces may reflect more light into the night sky than intended.
- ★ Is it controlled? Use controls such as timers or motion sensors to ensure that light is available when it is needed, dimmed when possible, and turned off when not needed.
- ★ Is it an appropriate colour? Use warmer colour lights where possible to limit the use of harmful blue wavelength light, which contributes more to skyglow due to its wider geographic reach.

These principles are demonstrated on Cliff Terrace (featured in the Summer 2021 newsletter), where new lighting has eliminated spill light into gardens and homes, improved perceptions of safety and led to a reported return of nocturnal wildlife activity. This project, a collaboration between Dark Skies Cumbria, Kendal Town Council, Cumbria County Council and Thorn Lighting, was recently awarded a Build Back Better Green Award. Kendal continues to work with Dark Skies Cumbria as one of its pilot communities. Jack Ellerby, Cumbria's Dark Skies project lead, will be talking about the importance of Dark Skies at this year's Mountain and Sky Switch-On event, see front page. Find out more at: www.darks skiescumbria.org.uk



Credit Anthony Paddle

The Mayor's Parlour

The Mayor's Parlour, in Kendal Town Hall, distinguishes Kendal from most other Parish Councils in Cumbria as many Town Hall's no longer have a dedicated Mayor's Parlour. Kendal's Parlour is used for Committee meetings and receiving guests and dignitaries during civic events.

It is home to exceptional historic items that signify Kendal's rich history. The Town Council's Heritage Officer, Simon Unsworth, leads Parlour Talks

exploring Kendal's history via the beautiful items he cares for.

Simon led a series of talks in October which were enjoyed by many, one participant commented 'I didn't realise the depth of Kendal's history and seeing the various objects with the context explained was great'.

Email simon@kendaltowncouncil.gov.uk for details of upcoming heritage events or to arrange a group visit.



Kendal's Warm Spaces

Many Kendal residents will be affected by the current distribution of wealth crisis. Luckily, thanks to the hard work of many volunteers, Kendal has brilliant local organisations ready to help residents during the winter months which may be tougher than normal.

The following organisations provide support and warm spaces;

- **Renew and Wellbeing Café**
@ Kendal Parish Church
(see www.kendalparishchurch.co.uk for dates)
- **Manna House Drop In Sessions**
@ Stephenson Centre, Ann Street
(Every Tuesday, Wednesday & Friday from 10am -2pm)
- **Kendal Community Food Larder**
@ Stricklandgate House (Every Tuesday and Thursday 12-1pm)
- **Kendal Peoples Café**
@ South Lakes Foyer, between the bus station and Job centre (every Saturday 11.30am- 2pm, pay as you can café)
- **Sandylands Methodist Church**
@ Sandylands Road (The Lounge, every Wednesday 10am. Over 60s, every Thursday 10am. Friendship Group, alternate Thursdays at 2pm)
- **Winter Warm Bank**
@ Kendal Town Hall, Wednesdays 10am-1pm



WINTER WARM BANK

PROVIDING A PLACE OF WARMTH, BEFRIENDING, AND ACTIVITIES FOR ALL AGES



**EVERY WEDNESDAY, 10AM -1PM,
KENDAL TOWN HALL, STARTS 5TH OCTOBER**

FREE ACTIVITIES & REFRESHMENTS

Come along and meet others, grab a hot drink, activities are there for those who want to take part.
Drop in between 10am -1pm...hope to see you there!

FIND US ON SOCIAL MEDIA



GATEWAYCHURCHKENDAL.ORG

Visit Kendal gains BID support

Kendal's dedicated destination website, www.visit-kendal.co.uk, has received additional support from Kendal Business Improvement District (BID) who join Kendal Town Council as core funders. The BID board were impressed by the reach of the website, the brilliant first impression it creates for Kendal and the opportunities it provides for businesses to increase their online presence and impact. Visit Kendal's content co-ordinator, Anna Bailey, will be visiting businesses to demonstrate opportunities. Contact Anna@visit-kendal.co.uk to connect directly.

Council Meeting Dates

Please visit www.kendaltowncouncil.gov.uk for full details of all committee meetings



www.kendaltowncouncil.gov.uk | 01539 793490

Contact Newsletter editor via helen@kendaltowncouncil.gov.uk