

Simply Repair and the Repair Revolution



Simply Repair has been running Repair Cafés in Kendal since 2017, bringing together people with skills to repair, people who want to learn to repair and people who need things repairing. Repairing saves money, saves waste and saves the items we love. Learning how to fix something yourself makes you feel great and passing on our repair skills to others feels even better! We aim to reduce waste, share skills, improve wellbeing, build communities - and encourage a repair revolution! We've supported seven groups to launch new Repair Cafés across the South Lakes, bringing this great resource to more communities and creating a surge of interest in repairing.

Workshops | Volunteering | Repair Cafes

Simply Repair run skills workshops, from darning to home electricals, sewing to gardening, all designed to provide the skills and confidence to do your own repairs.

We're always welcoming new volunteers, whether you have repair skills or you'd like to help with organising, administration, events or just spreading the word- get in touch.

Kendal's Repair Café is open to all on the second Thursday of every month, from 5pm to 7pm at Space to Create, The Factory, Aynam Road.



"My favourite thing is seeing how happy it makes people when I hand them a repaired item. I love how I can chat to each customer and show them what I'm doing, so they can pick up some skills of their own. To me, reducing waste is the most important benefit of repair. Also, if we can extend the life of your jumper or Hoover for another year or two, it has the added benefit of saving you money!"

Karen Bond, volunteer sewing repairer and a Committee member

"I come to Kendal's Repair Café because there isn't one in Ambleside – yet! It's a wonderful atmosphere. Repair should be part of our everyday life: it's the right thing to do. I support the Repair Café by spreading the word to other people and I've seen a shift in mindset. More and more people are saying, 'I'll have that mended, I'll take it to the Repair Café!'. We all have things we can't get rid of because they're beloved. I once brought in some electric hedgecutters, a precious memento of a friend's Dad who had passed away. A young volunteer and his Dad repaired them to a professional standard to be used again safely"

Gaynor, Repair Café Supporter

Find out more or contact us
www.simplyrepair.org.uk
 Facebook: SimplyRepairSL
 E: info@simplyrepair.org.uk
 Text: Karen on 07854 751169

KENDAL'S FESTIVALS SPRING INTO ACTION!



CYCLING FESTIVAL

30th April & 1st May

A new cycling festival is coming to Kendal! Supported by Kendal Town Council and Kendal BID, the festival aims to attract dedicated cycling enthusiasts and people new to cycling to Kendal for cycling inspiration and advice.

The main attraction for youngsters will be the pop-up pump track located in Abbot Hall Park. Taster sessions and stunt demos will be the order of the day and for older would-be riders, Wheelbase of Staveley are providing a fleet of e-bikes to try out.

The festival will have a base at Market Place where presentations, from cycling superstars Lee Craigie from the

Adventure Syndicate and round-the-world cyclist Jenny Graham, together with films and events will showcase the benefits of cycling for carbon-reduction, low-cost travel and healthy lifestyles. Other festival highlights include a bike repair café and a bike gear sale/swap.

Stuart Lockton, from Wellbeing Westmorland CIC, said: "We want to show people a good range of modern cycling options that are suitable for all kinds of journeys, from commuting to touring, and how making good choices about our modes of transport can contribute to carbon reduction, as well as healthier lifestyles." Check out www.wellbeingwestmorland.uk for booking links and programme information.

Dates for your diary

- 14th April
Mayor's Charity Dinner
- 30th April & 1st May
Kendal Cycling Festival
- 5th - 9th May
Kendal Walking Festival
- 6th - 8th May
King's Coronation
(various events see front page)
- 18th May
Mayor Making
- June (date tbc)
Kendal Unity Festival
- 22nd & 23rd July
Kendal Family Festival



WALKING FESTIVAL

5th - 9th May

Kendal Walking Festival returns to showcase how Kendal and the surrounding area is the perfect place for walking! Over twenty guided walks are available to book from a range of brilliant leaders including new additions from At Nature's Pace and Walks for Wellbeing. Book via www.kendalwalkingfestival.co.uk

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



Spring 2023

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

KING'S CORONATION

6th - 8th May

Kendal Town Council are providing grants to community groups to host street parties and 'Big Lunches' throughout the Coronation weekend. Follow the Town Council's Facebook page and/or website for event details.

The Town Council is also creating a Coronation Garden at Kirkland, in partnership with the Environment Agency and with the generous support of Lakeland Gardens. The garden will be formally opened by the Mayor of Kendal on Friday 5th May, ahead of the street party celebrations.

The garden will create a sustainable legacy to the event and will feature the King's favourite flowers and a commemorative plaque.



Coronation Thrones for Britain in Bloom



Kendal is honoured to represent Cumbria in the 'Large Town' category in the prestigious national Britain in Bloom competition. We'll be showcasing many Town Council initiatives and those of our dedicated partners and community groups.

We are inviting community groups, schools, businesses and individuals to create 'Coronation Thrones' to help us win the competition, celebrate the King's Coronation and create a fun trail for all.

The challenge is to transform a chair into a 'Throne' using both wool and plants to create colourful and eye catching displays.

The thrones will be displayed in late spring/early summer and throughout the season where possible. All thrones will be visited by Councillors and the winners celebrated and invited to afternoon tea with the Mayor.

To enter and find out more contact office@kendaltowncouncil.gov.uk and look out for flyers with more info coming soon.

Thanks to support from Kendal Town Council and others, local food waste project Waste into Wellbeing ran a series of pop up cooking events for local residents throughout winter.

The food demonstrations showcased low-cost, simple recipes using surplus food collected from participating food businesses. Attendees were inspired and supported to reduce

food waste in their own homes and save money. Thanks to the positive feedback and impact, more sessions are planned. Be sure to book to avoid disappointment!



Kendal's Biodiversity Buzz



Did you know...?

- 1 in every 3 mouthfuls of food depends on pollinators
- There are more than 9,000 different pollinator species in the UK, including bees, moths, butterflies, hoverflies, flies and beetles
- Biodiversity not only refers to the variety of species, but the genetic variety within species that is essential to maintain healthy populations

Garden on Waterside. By introducing wildflowers to green spaces in our town, we are adding diversity and providing food and habitats for a variety of creatures. Wildflower meadows also help to store carbon, contributing (albeit in a small way) to mitigating climate change.

Wetland

Wetland areas have been depleted in recent years. However, they can be hugely beneficial to a range of plant and animal life. Kendal Town Council is working with Kendal Conservation Volunteers to bring a wetland wildlife area to the new Canal Head allotments. Including a wildlife area in the allotment site will hopefully reintroduce frogs and toads, as well as dragonflies, damselflies, bees and butterflies to the area.

Biodiversity Grants

Kendal Town Council offers biodiversity grants to not-for-profit organisations or groups serving the people of Kendal, such as the Clean the River Kent group, Appleby Road Community Garden, Fellside Forum and Friends of Noble's Rest. If your organisation has a project that can help to increase biodiversity in Kendal, please get in touch.

Kendal Town Council has also supported Friends of Fletcher Park with funding to plant native bulbs in the park to support pollinators and provide springtime colour. If you'd like to help look after your local park or green space, why not join your local park's 'Friends of...' group, or start one where one doesn't already exist? Contact us to help us connect you.

'Biodiversity' has become a buzzword in recent years, and for good reason, as it is essential for human health and wellbeing, as well as making our public spaces more pleasant to spend time in. Biodiversity refers to the variety of all living things, from microbes in the soil that help plants to grow, to plants, insects and animals. Biodiversity, or 'biological diversity' contributes to healthy ecosystems, where a range of species depend on each other.

Kendal Town Council is working on several initiatives around the town to support biodiversity, including creating wildflower areas, a wetland area, and more.

Wildflowers

The UK has lost more than 97% of its wildflower meadows since the 1930s, with a knock-on effect on insects, including pollinators such as bees and butterflies, as well as birds, bats and mammals. Kendal Town Council has introduced wildflower areas at Kendal Green, Aynam Rd and at Somervell

How you can help...

- Sow native wildflowers to help support pollinators. Many species do well in containers, or even a window box if you're short of space. Cumbria Wildlife Trust has some helpful tips here on their website: www.cumbriawildlifetrust.org.uk
- Talk to your neighbours about creating a Hedgehog Highway to connect your back gardens. Hedgehogs typically roam 1.5 – 2 miles each night during the warmer months, so connecting their habitats is vital. Find out more: <https://hedgehogsrus.co.uk/hedgehog-highway-project>
- Avoid using chemical fertilisers and pesticides wherever possible, they can have far reaching effects beyond their intended purposes. Learn more here: www.pan-uk.org/our-environment

DARK SKIES KENDAL

Kendal residents, inspired by the growing awareness of the impacts of light pollution, have replaced their outdoor lighting with dark skies friendly lighting. As the before and after pictures show, the dark skies light is warmer and casts downwards to prevent light pollution upwards. The lights also feature a motion sensor and connect to an app to enable time control to save electricity costs.

Belmont Brow resident, Julie Sharpe, says: "I really liked the low glare 'warmer' appearance of the lights above us along Cliff Terrace. When Jack Ellerby, Friends of the Lake District's Dark Skies Officer, explained that the less harsh colour is also friendly for wildlife, I'm all for that. We get Bats, Hedgehogs and Moths around our houses and gardens at night, and it's nice to think of their needs."

Kendal Town Council are working with Dark Skies Cumbria to audit the footpath lighting we own and



develop plans to bring it up to dark skies friendly standards. For more information contact Jack Ellerby, Dark Skies Officer at Friends of the Lake District via jack-ellerby@fld.org.uk

Waste into Wellbeing presents... LET'S GET COOKING 2023!

Interactive & fun events sharing knowledge, skills and good food!

COMMUNITY COOK-ALONGS

A different theme each time, learn new recipes and skills set to inspire!
Every **third Tuesday** of each month
10:00am – 12:30pm
Kendal Parish Centre

April: Low carbon eating
Super tasty plant-based burgers!

May: Nutrition on a Budget
Eat better for less!

June: Homemade pasta
Taste the difference!

And more events coming soon!



Sign-up to any of these one-off events early to avoid disappointment.

FAMILY COOK-ALONGS

IN PARTNERSHIP WITH ACTION FOR CHILDREN
A chance to cook alongside your children and share your creations during our sit-down lunch!

10:00am – 12:30pm
Suitable for ages 6+

Tuesday 11th April
at Kendal Parish Hall

Tuesday 25th July
at Hallgarth Community Centre

Tuesday 8th August
at Sandylands Church

Tuesday 22nd August
at Kendal Parish Hall



Book your space at: www.slacc.org.uk/cooking

Waste into Wellbeing is home to Kendal People's Café and Kendal Community Larder, local food projects open to all.

To find out more, or to register your interest visit: www.slacc.org.uk/wiw

