

Parish Pump

The next issue of the Parish Pump will be published in April 2026

Copy by 16th March 2026

by Email to:

broughtonparishpump@gmail.com

March 2026 Issue No. 321

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Enquiries: Tel 715221

View the Pump online on Duddon Parish Council website—www.duddonparishcouncil.org.uk
Or on village Facebook pages—broughton in furness community and broughton in furness locals

JOIN US FOR A DELICIOUS SOUP AND ROLL LUNCH!

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THE PARSONAGE ROOM, BROUGHTON

EVERY WEDNESDAY IN MARCH AT 12.30PM

FOR MORE INFORMATION CONTACT TKBDCHURCHES@GMAIL.COM

SERVICES DURING HOLY WEEK

Maundy Thursday

3pm Holy Communion at St. Cuthbert's, Kirkby

7.30pm Last Supper at St. Mary Magdalene

Good Friday

9.30am Walk of Witness at St. Mary Magdalene

2.30pm Reflective Service at St. Cuthbert's, Kirkby

Easter Saturday

5pm Messy Easter at St. Anne's, Thwaites

Easter Sunday

6.15am Sunrise Service at Higher Jackson Ground

9.30am Easter Communion at St. Cuthbert's, Kirkby

11am Family Celebration at St. Mary Magdalene

3pm Easter Communion at St. John the Baptist, Ulpha

Easter Monday

3pm Egg Rolling & Easter Egg Hunt at

Kirkby Community Centre

Prayer walks during lent

WALKING FROM 1-2.30PM

27TH FEB - KIRKBY

6TH MARCH - THWAITES

13TH MARCH - BROUGHTON MILLS

20TH MARCH - ULPHA

27TH MARCH - WOODLAND

3RD APRIL - BROUGHTON WALK OF WITNESS (9.30AM)

FOR MORE INFO CONTACT VIC 07453930536 OR TKBDCHURCHES@GMAIL.COM

You are invited to our annual Mothering Sunday Breakfast Church

On 15th March

At St Mary Magdalene, Broughton

Bacon butties from 9.30am

Short service from 10am

For more information contact Revd Vic Sekasi
Tkbdchurches@gmail.com or 07453930536



Broughton Mills, Woodland & Foxfield

Pam Gilman welcomed 14 members and 2 guests to the meeting on 4th February. We were very pleased to be joined by Krestyna Batty.

Krestyna has 25 years of experience in professional skincare education and is managing director of Jansenn Cosmetics UK. She is an International Trainer and has travelled the world in her passionate pursuit of excellence in skin health.

Krestyna talked about the physiology of the skin, the largest organ of the body. Skin has three layers, the outer being the epidermis, the middle the dermis, and the deepest layer, the subcutaneous. Skin acts as a protective barrier, stopping bacteria and germs from entering the body and bloodstream and causing infections and it also protects against rain, sun and other elements. It continually regenerates, making new skin cells, a process which takes approx 30 days. These new cells replace the approximately 40,000 old skin cells which are shed each day.

The dermis makes up 90 per cent of skin's thickness and is formed of collagen and elastin. It is like the 'mattress' of the skin as it supports and is springy. Collagen is a protein that makes skin cells strong and resilient and elastin keeps skin flexible. Oil glands in the dermis help keep the skin soft and smooth and prevents skin from absorbing too much water. Sweat glands in the dermis release sweat through skin pores, helping to regulate temperature.

With age, collagen and elastin diminish, causing the skin's middle layer to get thinner. As a result, the skin sags and develops wrinkles. Along with ageing the most damage is done by UVA and UVB rays, radiation from the sun. UVA rays penetrate deeply, causing ageing (wrinkles, dark spots), while shorter-wavelength UVB rays are more intense, responsible for sunburn and direct DNA damage leading to the potential of skin cancer. Krestyna told us of a recent discovery relating to HEV rays (high energy visible light), a blue light that is emitted by LED devices such as smartphones and computers. Worryingly, HEV penetrates right through to the subcutaneous level and is very harmful.

Krestyna described skin as being a "reflection of life", laughter lines and worry lines from happiness and troubles respectively... "the diary you have never had to write".

Whilst the ageing process can't be stopped, there are actions that help maintain healthier skin, most importantly the use of sunscreen with a sun protection (SPF) of at least 30. She advised that we look for the 5 star marking on the back of sunscreen products, as this confirms that UVA and UVB are filtered out. Further the regular use of research backed products to help with the exfoliation and regeneration of cells is also advisable. We sampled two exfoliation products: the first was clearly quite abrasive, which is not recommended, rather exfoliation should be mild and gentle.

Krestyna explained that the cosmetic products from Jansenn are of a pharmaceutical grade and have been developed to the highest standard. In addition to cosmetic use, there are products that are effective in the management of a range of skin conditions via medical professionals.

Krestyna's talk was most informative and very enjoyable. She was warmly thanked by Jan Ashworth.

Our next meeting is on 4th March at 7.30pm, at Woodland Parish Room. We will be joined by Rod Elgin, talking about Commonwealth War Graves.

Please feel free to join us, a warm welcome awaits.

Paddy Lynch

Ulpha & Seathwaite

January was here and our annual games night was ready to blow away those post Christmas blues.

After the pleasantries of sharing Christmas and New Year news the fun began. We say fun, but there are some serious competitors at our WI, the game playing is taken very seriously and winning is important, and we didn't even have our most competitive player with us due to the flu! Hope you are feeling better Vicky! If you are not by the time this is in print we will be worried!

The games were very varied — we played skittles with eggs, drew on our heads guessed characters with a series of clues. King Charles and Trump were popular characters that we had to guess and many more beside — can you imagine describing them in one word?

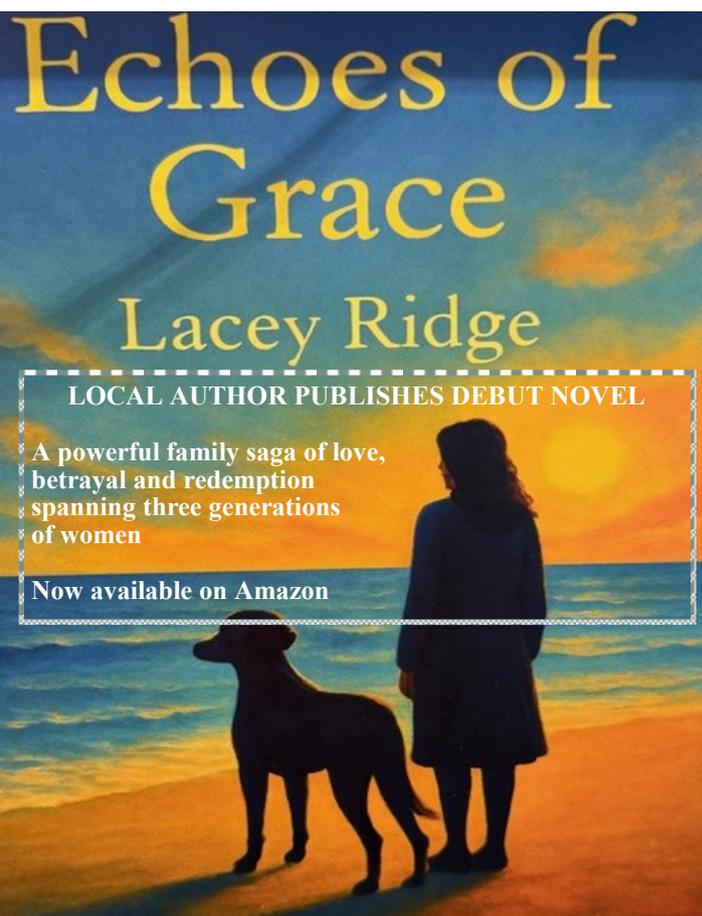
As you can imagine there was much hilarity and the rules were certainly expanded if not bent in some cases but we were all able to share tea coffee and wine in friendship. It's probably good that next month we have a calmer meeting with a talk from John Gray! Maybe calmer is not the correct description.

We are all looking forward to another varied programme for 2026, though whether our last year's summer trip will be surpassed is an interesting point.

We were also delighted to have new members join us as well as a visitor, and we hope they continue to enjoy the friendship, fun and food we are known for.

If you are interested in joining us please come along on the second Tuesday of the month 7.30pm at The Browfoot Room, Ulpha, you can be sure of a warm welcome.

Fiona Oliver 01229 716926





LONDON
MOUNTAIN
FILM
FESTIVAL

7 pm
doors open 6.15 pm
Friday 13th March
Victory Hall

The London Mountain Film Festival returns to Broughton with eleven inspiring adventure films. Rock and ice climbing, fell running, snowboarding, mountain biking, surfing and caving are amongst the outdoor sports being showcased.

Online tickets are £12 - scan the QR code for more information and tickets or visit www.citizenticket.com and search for Broughton-in-Furness under "Find an Event". A limited number of tickets available on the door for £14 cash.



Broughton Film Club looks forward to welcoming local outdoor enthusiasts to this fundraiser for Duddon and Furness Mountain Rescue Team. We think it will be just as popular and memorable as the last two Mountain Film Festivals!

Annette Carmichael
Secretary
Broughton-in-Furness Film Club

KITTY BROWN FASHION SHOW

Victory Hall
Broughton in Furness

Thursday
5th March - 7:30pm

£6 includes tea, coffee
and biscuits

Raffle

All proceeds will go to
St. Mary's Hospice
Charity No. 517738



Broughton Village
BAKERY
& Cafe



Princes Street, Broughton-in-Furness, LA20 6HQ

01229 716284

facebook.com/broughtonvillagebakery

DUDDON RIVER ASSOCIATION



We invite you to join us for the
**Duddon River Association
AGM**

4.30pm, Tuesday 10th March 2026
Old King's Head, Broughton in Furness

Please come along to find out more about what we do,
including the Duddon Catchment Project, meet our
members and discover how you can get involved.
Contact duddonriverassociation@gmail.com for more
information and to register your attendance.



Photo: Lindsay McCrae

SEASONED, HARDWOOD LOGS

07791	Alan Case Firewood Sales	07791 901689
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Painter & Decorator

Duddon Valley and Surrounds

Nick Sebley
01229 715021
nsebley@aol.com

Restoring Hardknott Forest

Volunteer Days

All are welcome at our volunteer days. We are a friendly bunch and you just need a reasonable level of physical fitness and some outdoor clothing (we can lend you some if needed). All instructions and tools are provided. Read more about a typical volunteer day in our newsletter. Days at Hardknott usually involve non-native tree removal, tree and wildflower planting days, and other jobs around the site. We'll also be organising more days in our new plant nursery.

We also work on other local sites and farms mostly within the Upper Duddon Landscape Recovery project area. To book onto a day, click on the booking link next to the date in the newsletter. If a day is full it's worth adding yourself to the waiting list in case of cancellations. We've added a couple of **extra dates** on different days of the week (a Saturday and a Friday) to accommodate demand and to offer more options to people. See below. Directions and joining details will be sent out when you book a day, and there is more information on our website, or contact us if you have any questions.

March, Sunday 8th, Tuesday 31st
April, Sunday 12th, Friday 17th EXTRA DATE, Tuesday 28th
May, Sunday 10th, Tuesday 26th, Saturday 30th EXTRA DATE

Only 3 places left at our popular Spring residential weekend: 13- 15/16 March 2026. Join us and stay in comfortable accommodation within Hardknott Forest for a weekend of volunteering. Contact us for more information.

Volunteering with Nature Rich Miterdale

Volunteer days at the new Miterdale project are run along similar lines to those at Hardknott and the Upper Duddon.

March, Friday 13th, Sunday 29th
April, Friday 10th, Sunday 26th
May, Friday 8th, Sunday 31st

To book for any of these days at Hardknott or Miterdale please visit <https://mailchi.mp/leeds.ac.uk/restoring-hardknott-forest-winter-2026-newsletter-17476185?e=bf54cb378f>, where you will find direct links for each day in the latest newsletter and further information about restoration work at both sites. Directions and joining details will be sent out when you book. There is full information with dates on our website, <https://bag.leeds.ac.uk/projects/restoring-hardknott-forest/get-involved> or contact j.h.hodgson@leeds.ac.uk if you have any questions.

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More Exciting News!

As well as our active website that showcases projects and community information for our area, we now have a new You Tube channel:

<https://www.youtube.com/@SustainableDuddon>

Check out our short videos and enjoy our wildlife from the various nature cameras we have situated in and around the Duddon.

Why not come and be a Sustainable Duddon volunteer! Our group are working to protect and enhance the natural environment of the Duddon catchment and estuary. We bring people together to share knowledge, take action on climate change, and create a more sustainable future for our community. We became a registered charity in April 2024 with a clear purpose: to conserve the environment, use resources wisely, and promote sustainability for the benefit of all. Visit our website for more information: www.sustainableduddon.co.uk.

Litter picking

Our wombles have been active now the weather's improving, with 6 sacks of litter collected from the main road running through The Hill and a further 2 from Millom Park. Let us know about your efforts and look out for community litter picking days on our Facebook Page. Do join in if you can!



Get growing!

Now is the time to get seeds sprouting for your home-grown veggies. Need more space? Contact us to find out about plots you can use at the Community Garden in Ulpha.

Tree planting



Our colleagues from the Duddon Catchment Partnership, in which Sustainable Duddon plays an active role, completed the tree planting project in the

Duddon Valley in February. Thanks to all volunteers that helped.

Or visit our Facebook page: just search for **Sustainable Duddon**.



Market St. Art and Antiques

Broughton-in-Furness, LA20 6HP.

- Art & Antiques
- Collectables
- Books
- Jewellery
- Broughton Curios
- Local Arts & Crafts

Items Bought and Sold

📞 07841580284

✉ wallenriggfarm@gmail.com



The 2025 Poppy Appeal

The amount raised in Broughton & District in November 2025 for the RBL poppy appeal was £1855.93.

I would like to thank everyone who has supported the appeal with their contributions and all those who undertook the house-to-house collections. I would also like to thank Broughton Primary School for their contribution to the charity as well as the vicar and churchwardens at Broughton Church who once again provided a Remembrance Day service befitting the memory of the soldiers from Broughton and our local area who gave their lives for our freedom in the two World Wars. Attendance at the service was notably up on previous years and this was marked in the donation made by the church to the fund this year.

Counting of the monies received was delayed on this occasion because with no local Post Office at the time, the collecting tins had to be sent off to Ulverston Royal British Legion for them to count the proceeds and make the pay-in. Hopefully now that we have a community Post Office up and running this should not be a problem in future years. My thanks go to Norman Bishop-Rowe who arranged the accounting at Ulverston Royal British Legion.

We are now short of at least one or possibly two volunteers to carry out house-to-house collections within the town of Broughton itself - particularly since Gary Albion left the area. House-to-house collections are year on year the major contributor to our fund raising. If there is anyone local who would like to give some of their time to this fund raising, please contact me during the course of the year. The fund-raising period is the two weeks prior to Remembrance Sunday each year.

Bob Bell

Poppy Appeal Organiser Broughton-in-Furness & District. Tel. 716435

Melville Tyson

High-Class Butcher and Grocer

Established 1959

Tyson's has been at the centre of the Broughton community since its doors opened in 1959, offering top-quality produce and service with a smile.

The shops boast an impressive range of goods. Our Grocery stocks plenty of local produce, as well as sustainably sourced fruit and vegetables. The Butcher's shop offers a traditional service with quality local and British meat prepared and displayed daily. Plus, the Tyson's off-licence has an impressive stock of beers, wines and spirits to meet all tastes.

So stay local and pick up some of your family favourites from Tyson's!



Mon-Sat 08:30-18:30

Princes Street, Broughton-in-Furness, LA20 6HQ

01229 716247 · web@melvilletyson.co.uk

f Melville Tyson

@melvilletyson



PARISH COUNCIL DROP IN

The Square Café

The next session will be
Tuesday 10th March 2026
10.45 – 12noon

Parish Clerk Vacancy

If you have a genuine interest in helping our forward thinking and energetic Council develop and deliver timely, quality and innovative services to the local community, this post is ideal.

You will ensure that all legal, statutory, financial and other governing provisions relating to the Council are observed, all Council meetings are properly administered and decisions effectively implemented whilst developing healthy working partnerships with key local and regional bodies.

We offer excellent nationally based terms and conditions of employment for this post which may involve working evenings and weekends.

Please call Christine on 07763 847427 or email info@duddonparishcouncil.org.uk for an application form.

Potholes

Please keep reporting potholes. This can be done by going to www.westmorlandandfurness.gov.uk and clicking on 'Streets, roads and pavements.' The more frequently they are reported, the better.

Parish Pump

If you would like to read the Parish Pump online, it is now available on the Parish Council Website, www.duddonparishcouncil.org.uk.

VICTORY HALL NEWS

Maintenance

The committee has been working hard to identify the source of and fix the water leak that is causing not inconsiderable inconvenience to users of the Hall. We can only apologise for the disruption suffered, in particular the lift being out of order.

Broughton Drama Group

Congratulations on another successful Pantomime, The Magic Porridge Pot. Three sell out performances, testament to its enduring popularity.



VICTORY HALL WEEKLY EVENTS



Monday Rankin Room
4.45pm-5.45pm Rainbows (4-7 yrs)
5.45pm-7pm Brownies (7-10)
7.30pm-8.45pm Guides (10-14) Main Hall
and Rangers (14-18) Rankin Room
Contact Louise Huddleston, Angela York,
Joscelin Tracey, Sam Addington or Liz Burslem for more info
or register your daughter at www.go.girlguiding.org.uk



Monday 6.30pm-7.30pm
Circuit Training £2 per session



Tuesday
6.00pm-7.15pm
Main Hall



For more information contact E: tburslem@hotmail.com

Tuesday 7.15pm-9.15pm
Rankin Room



HOLBORN HILL ROYAL BRASS BAND
Contact Ruth Hughes on 716659 Instruments can be provided

Wednesday 10am-12pm

Pickleball £4.00 includes refreshments



Contact Barbara 01229 869968
M: 07990327047 E: barbara.birch@hotmail.co.uk



Thursday 7.30 until 9pm
Badminton



Contact Andrew on 889429 or Graham on 716007

Friday 9.30-11.30 in term-time

Broughton Under 5's Group £3 per family

Includes drinks & snacks

Find us on Facebook - Broughton Playgroup



Friday 3pm-5pm

Pickleball £4.00 see Wednesday for details

**Gentle
exercise**

Friday 10.30am-11.30am
Rankin Room

Chair based activities to benefit your
posture and physical condition



Booking of the Hall is exclusively on-line at:
<https://venuehire.scribeaccounts.com/Broughton-Furness-Victory-Hall>



Wills, Lasting Powers of Attorney & Probate

Offices in Millom & Barrow-in-Furness
Free no obligation home visits available in Coniston,
Hawkshead, Broughton-in-Furness & Furness Peninsula

Janette Carroll – Licensed Probate Practitioner

Tel: 01229 820021

E-mail: jcarroll@brownandmurray.co.uk

Brown & Murray Legal Services Ltd

VICTORY HALL CONTACT INFORMATION

Email: broughtonvictoryhall@gmail.com
Tel: 07355 930193

HALL HIRE FEES

The Main Hall

£15 per hour. £12.50 per hour for regular group users.

Rankin Room

£10 per hour. £9 per hour for regular group users.

Green Room

£10 per hour. £8 per hour for regular group users

Evening Function

6pm until closing (as per the licence) £100.

A 50% deposit is required when booking. If the booking is cancelled within 7 days of the event, the deposit will be kept.

LEEDS CITY STOMPERS

Music in Ulpha

Minibus from Broughton Licensed Bar

Available from Ulpha Post Office (1-3pm Thurs) Manor Arms Broughton or online at www.musicinulpha.org.uk

Tickets £17

Browfoot Room Ulpha
28th March 2026
7.30pm for 8.15pm

Water Yeat Village Hall Presents

**APPEARANCE AND REALITY
 WHAT SHOULD THE LAKE DISTRICT
 LOOK LIKE?**



We live in a park. But what is a park, and what should this one look like? Some will say it should look beautiful, or natural, well cared for, or left to the wild. Some think it should look the way it's always looked, others say that we should move with the times, and others again say that there's no way, in particular, that it should look. We will talk more about both the questions and the answers. And we should take note of what William Wordsworth and Beatrix Potter, the National Trust and the LDNPA, farmers and rewilders have had to say.

A discussion led by Chris Belshaw (The Open University and The University of York)

Environmental Philosophy: Reason, Nature and Human Concern (Acumen)
 'Landscape, Wilderness and Parks' (in *Contested Environments: Wiley/The Open University*).

Thursday 5th March
 7.30pm £5 includes tea/coffee on arrival. Doors open 7pm

www.e-voice.org.uk/wyvh
www.facebook.com/wateryeatvillagehall/



Are your company's finances keeping you up at night?



Emma Hewerdine

07910 774131

emma@accountsandadmin.net

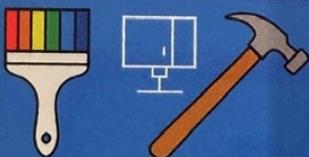
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Does your dog pull on the lead, bark incessantly, have Separation Anxiety or other behaviour issue? I help you understand your dog, why they do what they do and show you how to change it. Together we help both them and you become calm and relaxed.

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To find out more and if the approach will work for you – I know it will for your dog! - call me for a free no obligation chat ;

Sue 07376 977096



A big "thank you" to the folk who took the time to visit our Annual Exhibition Day in January. Over a hundred visitors in what is becoming a staple in the New Year social calendar.

We'll be putting our heads together in the next few weeks to start planning the 2027 display.

Another big "thanks" must go to the number of townsfolk who lobbied the Parish Council to move the large black electricity box that had been placed in the Square right next to the ancient Obelisk — a Grade 2* listed monument !!! Thankfully this has now been moved to the bus shelter and we can all once again enjoy the Obelisk which has graced the centre of the town since the late 1770s — ignore the plaque saying 1810, that is almost certainly wrong.

From March our programme of talks comprises a meeting each month all the way through to July. The programme is as follows:

25 March 2026 "Wartime Walney", Mick Shaw

22 April 2026 "Walls in the Cumbrian Landscape", Dr David Johnson

27 May 2026 "Journals of Kenneth Burgess", Stan Aspinall & Nigel Pattinson

24 June 2026 "Britain's 1914-18 War Resisters – Communities, Prisoners, Fugitives, Revolutionaries and Broughton in Furness", Cyril Pearce

22 July 2026 AGM "John Ruskin: Victorian Polymath", Dr David Cross

Meetings are on the fourth Wednesday of the month. All at 7.30pm in the Victory Hall.

If you would like to join DVLHG, it costs £10 per year, guests are very welcome at the meetings (£2 per person). E.mail the Secretary on sec@duddonhistory.org.uk. You may also wish to visit our website www.duddonhistory.org.uk.

Colin Robertshaw (Hon. Sec)



Broughton Supper Club

Wednesday 11th March
Mark Hatton
"Gravestones of Cumbria"

Following our January meeting on the history, and possible future, of Brockhole and in February a bang up-to-date resume of recent developments in pharmaceuticals, in March we will revert to the more distant past with an exploration of Cumbrian graveyards.

We meet in the Square Cafe 6:30 for 7:00 for an excellent supper prepared by Kellie prior to the talk. I look forward to welcoming members both old and new to our meetings.

Ian Verber (Secretary), ian.verber@btopenworld.com

Water Yeat Village Hall

Presents

The Misty Mountain Tour and



Joshua Burnell

We are very pleased to welcome Joshua Burnell, who makes retro pop-rock for the modern world. His music takes on chameleon dimensions with alt-folk, glam rock and classical influences – musics of the past which he skilfully brings to the present

www.joshuaburnell.co.uk

Saturday 21st March 8pm (doors open 7.30)

£15 cash/card on the door or in advance

www.wegotickets.com/wateryeatvillagehall - no booking fee

Café/table seating. No bar, bring your own drinks and nibbles

www.e-voice.org.uk/wyvvh www.facebook.com/wateryeatvillagehall/

Mental health helplines
(UK wide†, all free of charge*)



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Call 111



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Available 24/7



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Available 24/7



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Available 24/7, for under 19s



Call 0300 102 1234*

Available 9am to 6pm, Monday to Friday†



MESSAGE FROM OUR MP MICHELLE SCROGHAM

The voices of farmers and other members of our rural communities will be part of a new Uplands Transformation programme coming to Cumbria. For months I have been working alongside other Cumbrian Labour MPs – Josh MacAlister and Julie Minns – to make sure this happens. The project, which follows work led by social entrepreneur Dr Hilary Cottam for the Department for the Environment, Food & Rural Affairs, will trial a new network-based approach to supporting upland communities.

After initial work on Dartmoor the project will expand into Cumbria later this year, recognising the unique challenges facing upland farming and our rural communities that depend on it. More than 40 community leaders backed our initiative to devolve the government’s budget for farming and nature recovery to the county – meaning funding and decisions about how that money is spent will be made here in Cumbria.

In 2024, farmers across Cumbria received more than £100m through the various government subsidies and schemes. At the Spending Review the government confirmed the largest ever funding settlement for farming and nature recovery, with £2.7bn committed each year from 2026 to 2029. Devolving some of Cumbria’s share of that funding and putting decisions about how it’s spent into the hands of local decision-makers and upland communities is the first such experiment of its kind in the country.

Over the next two years, the project will focus on delivering practical, system-wide change that will be led by local people – some of whom will be reading this edition of the *Parish Pump*. And those are the people who understand best how to solve the problems they are facing. The initiative will provide support to grassroots initiatives creating stronger farming clusters, exploring new mutual funding models and laying the groundwork for added income streams, from nature-based enterprises to regenerative tourism and circular economy initiatives.

From our fells to our coastal and industrial communities, Cumbria’s economy is deeply connected to farming and land management. And making sure our upland communities are at the heart of how those decisions are made will support jobs, local supply chains and the future of our rural areas. This package – especially the focus on collaboration, farmer-led advice and peer-to-peer learning – reflects what farmers have been asking for. It’s about building resilience for the long term – not just short-term fixes.

In other news, our community campaign to find a customer-friendly site for the re-location of a Royal Mail post box in Broughton reached a decisive phase after I escalated it to the Postal Review Panel. Most residents want the post box to be in Broughton Square. Despite being contacted by residents and by me as the local MP, Royal Mail has maintained its position that Station Road is the preferred location. I will keep readers informed of developments.

Finally, if there are any issues you need help with, or you have any questions, you can contact me by phone or WhatsApp on **07721 148088** or you can email me at michelle.scrogam.mp@parliament.uk.

Woodland Parish Room ANNUAL QUIZ NIGHT

Saturday 14th March 2026
7.00pm

In Woodland Parish Room

£5.00 Adults £2.50 Children

Includes

Supper



RED SQUIRREL RECOVERY NETWORK



FRIDAY 13 MARCH 7.30PM
THWAITES VILLAGE HALL



Josh Adams, Cumbria Project Officer for the **Red Squirrel Recovery Network**, will tell us about the ambitious five-year project to help save this vulnerable native species from extinction.

Admission: £3 suggested donation, including tea/coffee and biscuits

MEMBERS AND NON-MEMBERS WELCOME



The Community Hall
at Grizebeck
KIRKBY IN FURNESS

Upcoming events

All our events are advertised on The Community Hall Grizebeck Facebook page. Further details on all our events available from our hall manager by emailing hall.manager@grizebeckhall.co.uk, sending a message to our Facebook page or by ringing 07905779584 (Mondays and Fridays).

Monthly talks

We are pleased to introduce a new series of monthly talks taking place on the fourth Thursday of each month.

Regular events

Table tennis Monday afternoon contact Rick Shaw 01229 889624

Pilates Monday evening Contact Heidi 07519395545

Whist Drive Every first and second Wednesday contact Michael Irving on 01229 889632

Flowerguild Contact Jeni Sarson 01229 889685

Bowling Club Thursday afternoon contact Franek Rewaj 01229 889407

Craft Club Second Thursday of each month. For further details contact Ali Hooper on 01229 889723

Surfers Group Assistance in navigating a computer. Friday morning contact Franek Rewaj 01229 889407



Sunday morning tennis coaching for juniors at Broughton-in-Furness Tennis Club

9am beginner / under 8yrs

10am 9yrs and above

Both junior sessions by LTA coach

Contact Dan 07732435918 for details



Ulverston Repair Cafe

2026 Dates



13 Jan	10 Feb	10 Mar	14 Apr	12 May	9 Jun
14 Jul	11 Aug	8 Sep	13 Oct	10 Nov	8 Dec



Every second Tuesday of the month



Open from 6:30-8:30pm

Croftlands Community Centre (44 Central Drive, Ulverston, LA12 9JN)

Knit and Natter

Learn new skills or just relax with friends
Details: Jan 716155

1st & 3rd Friday 2pm—4pm
Parsonage Room

Surgery Opening Times



Askam 01229 260290

Monday 8am—6pm (Lunch 12.30—1.15pm)
Tuesday 8am—6pm (Lunch 12.30—1.15pm)
Thursday 8am—6pm (Lunch 12.30—1.15pm)
Friday 8am—1pm

Kirkby 01229 889247

Monday 8am—6pm (Lunch 1.15—2pm)
Tuesday 8am—6pm (Lunch 1.15—2pm)
Wednesday 8am—6pm
Friday 8am—6pm (Lunch 1.15—2pm)

Broughton 01229 716337

Monday 8am—6pm (Lunch 12.30—1.15pm)
Tuesday 8am—6pm (Lunch 12.30—1.15pm)
Thursday 8am—6pm (Lunch 12.30—1.15pm)

March

Its bright yellow stars shining
through the ecru winter grass
The celandine says 'hello' as I
take my daily walk,
First of the herbaceous
flowers, others either bulbs or
corms,
It gently nods on its slender
stalk.

March is a month of yellow,
daffodils and coltsfoot follow
on

While pale lemon catkins of the
hazel dangle by the way,
Later downy flowers of willow
covered in a sunny hue
All bring sunshine however dark
the day.

On the pond a pair of graceful
swans
Demean themselves by going 'up
tails all'
Searching for frogs and insects
in the slimy mud
They look like sails from an east
coast yawl.

Barbara Rigg



42 people took part in the first Broughton Chess Festival, held in the Victory Hall on Saturday 31st January. Players were split into two sections, adult and junior. In the adult section the majority of the 20 players were from Broughton and Duddon. The three top scoring players were all from Ulverston Chess Club, and they also helped in the running of the tournaments. The leading Broughton player was Alfie Thorpe who won three and drew two of his six games.

In the junior section the majority of the 22 players were from Broughton Primary School. It was more experienced players from outside Broughton who won the section. But there were good performances by local players with Reuben Harris being the top 12 year old, Joss Hudson the best 9 year old and Thomas Harrison and Henry Dowling the leading 8 year olds.

We were refreshed throughout the afternoon by the Broughton School Association. We are very grateful to the CGP Trust for funding the hire of the Victory Hall.

We plan to run another Chess Festival later in the year and also provide more opportunities for people to play social chess in Broughton. More details will be circulated in the Parish Pump.

Neill Cooper (Controller)

THURSDAY RUNNERS

We are a friendly and welcoming local running club that meets every Thursday 6.30-7.30pm in Broughton Park. All welcome, regardless of ability. No one gets left behind, as we do various types of interval training in a small area and we all run at our own individual pace!
For more details, please contact Jackie on: 07598 746807



Rev'd Victoria Sekasi
Priest in Charge
M: 07453 930536
tkbdchurches@gmail.com

Am at my desk, Monday, Tuesdays
and Fridays

Parish News



Benefices of The Duddon Estuary. Comprising the Parishes of Kirkby Ireleth, Broughton & Duddon and Thwaites

Stewardship

I wonder if you like to be looked after? To be protected and cared for? I wonder if you like to do the looking after - caring and protecting something else? This month of March we are thinking about stewardship. I recently led Collective Worship at Broughton school and few knew what the word, 'stewardship', meant. As a school one of our values is to protect, which has a similar meaning to steward. To steward something is to look after, or watch over, something considered worth caring for and preserving.

In the Bible God said, "Look at this world, I have made it just for you to live in and to love. I'm putting you in charge of the plants and the land, of the seas and the fish, of the skies and the birds, of the amazing creatures from the smallest to the biggest. Take care of them for me, all the living things!" (Genesis 1.28). Each of us is invited to take care of all the things that God has given us and not just the living things. During Lent the parishes of Broughton and Duddon are taking part in a stewardship programme. We hope to be good stewards of the people God has given us to care for; of the buildings and land God has given us to preserve and develop; and the finances God has given us to manage.

The theme of our stewardship programme is **Generosity**. At its heart, generosity has nothing to do with budgets or deficits. It is an outworking of love. God loved first and God gave first and we are called to live in a way that joyfully reflects that to all around us. My prayer for our church families and community is that this culture of generosity and gratitude will grow in every aspect of our lives: from our hospitality to friends and family, to how we treat those in need in our community, to our giving to the life of the church.

So, what will our Generosity Stewardship programme involve?

- ◆ At Sunday services we will be reviewing the themes of Generosity, Vision, Legacy and Gratitude.
- ◆ On Mondays we will be exploring generosity in The Parsonage Room from 7.30 to 9pm.
- ◆ On Wednesdays we will be hosting our Soup and Roll lunches raising money for Christian Aid from 12.30 to 2pm.
- ◆ On Fridays we will be prayer walking and giving thanks for all God has given us and praying for our local communities.

You are very welcome to join us! Do take time to think about what stewardship means for you and how you steward with generosity.

On another note, thank you to all of you who came to the Carol Service (over 200!) and for those who gave so generously their time, money and gifts. We raised over £400 and have given half of the money raised to a couple of local charities.

Rev'd Vic Sekasi

From the Registers

Please pray for the family and friends of:

Stephen Gorst whose funeral was held at Thornccliffe Crematorium on 19th January
Douglas Johnson whose funeral was held at St Anne's Thwaites on 22nd January
Martin Hartley whose funeral was held at St Anne's Thwaites on 23rd January
Roger Rushton whose funeral was held at St Cuthbert's, Kirkby on 30th January

We baptised Alice Holly Hoggarth at Holy Innocents, Broughton Mills on 22nd February

India Rose Cooper, Narumon Harvey Withers and Reece Hagan decided to publicly confirm their faith through baptism and confirmation at St Cuthbert's, Kirkby on 1st February.

Broughton Diary



March

- 4** Broughton Mills, Woodland and Foxfield WI: 7.30pm, Woodland Parish Room
- 5** Fashion Show: 7.30pm, Victory Hall
- 5** Discussion on the National Park: 7.30pm, Water Yeat Village Hall
- 10** Ulpha and Seathwaite WI: 7.30pm, Browfoot Room
- 10** DPC Drop-in: 10.45am—12noon, Square Café
- 10** Duddon River Association AGM: 4.30pm, Old King's Head, Broughton
- 11** Broughton Supper Club: 6.30pm, Square Café
- 13** London Mountain Film Festival: 7pm, Victory Hall
- 13** CWT, Red Squirrel Recovery Network: 7.30pm, Thwaites Village Hall
- 14** Quiz Night: 7pm, Woodland Parish Room
- 15** Mothering Sunday Breakfast Church: 9.30am, St Mary Magdalene
- 21** Misty Mountain Tour and Josh Burnell: 7.30pm, Water Yeat Village Hall
- 25** DVLHG: 7.30pm, Victory Hall
- 26** Monthly talk: 7.30pm, Grizebeck Village Hall
- 28** Music In Ulpha: 7.30pm, Browfoot Room

REGULAR EVENTS

Every Tuesday

Coffee Morning, 10.30am, Square Café



Every Thursday Coffee, Cake 'n Chat: at Pop Up Post Office, 1—3pm, Browfoot Room, Ulpha

Prayer during lent

SURRENDER AND LET GOD WORK

MONDAYS - MIDDAY PRAYER @ KIRKBY COMMUNITY CENTRE
WEDNESDAYS - 8AM ZOOM PRAYER*
WEDNESDAYS - MORNING PRAYER @ HOLY INNOCENTS
FRIDAYS - 1PM PRAYER WALK FROM ONE OF THE CHURCHES*

FROM 23RD FEB TO 27TH MARCH

*FOR MORE INFO CONTACT 07453390536
TKBOCHURCHES@GMAIL.COM

Benefice of The Duddon Estuary

Comprising the parishes of Kirkby Ireleth,
Broughton & Duddon and Thwaites



Church Services March 2026

St Cuthbert, Kirkby at 9.30am

- 1st Sunday — Service of The Word
- 2nd Sunday — Holy Communion
- 3rd Sunday — **Mothering Sunday**
- 4th Sunday — Holy Communion

Sunday 29th March — Palm Sunday Joint Benefice Service at 10.30am

St Mary Magdalene, Broughton at 10am

- 1st Sunday — Holy Communion
- 2nd Sunday — Morning Prayer
- 3rd Sunday — **Mothering Sunday**
Breakfast Church
- 4th Sunday — Celtic Worship

Duddon Valley Churches

- St John the Baptist, Ulpha**
- 1st Sunday — 3pm, Family Communion
- 3rd Sunday — 6pm Evening Prayer

Holy Trinity, Seathwaite

- Sunday 29th March — Holy Communion
6pm

Woodland

St John the Evangelist at 6pm

- 2nd Sunday — Evensong
- 4th Sunday — Songs of Praise

St Anne's, Thwaites at 11.30am

- 2nd Sunday — Family Worship
- 4th Sunday — Brunch Church

Midweek Service

Holy Innocents, Broughton Mills at 10am

- Wednesdays — Morning Prayer
- Holy Communion on 1st Wednesday



CGP Duddon Parish Trust Fund

The fund is administered by members
of the Duddon Parish
Council

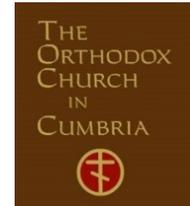
APPLYING FOR FUNDS

Representatives of local groups from within the Duddon Parish can apply for funding. Application forms are available from the Community Shop, or you can download one from www.duddonparishcouncil.org.uk Send your completed form to the Trust Fund Clerk, Nigel Jones, either by email: cgptrustfund@gmail.com or post to: Stonegarth, Church Street, Broughton-in-Furness, LA20 6HJ

The next closing date for applications is
31st May 2026

The Orthodox Community of St. Simon and St. Kentigern Divine Liturgy of St. John Chrysostom

Cemetery Chapel,
Dalton-in-Furness, LA15 8LL.



**Every third
Saturday
of the
month,
starting at
10.30am**

www.orthodoxcumbria.org.uk
Email: holy.fathers@gmail.com

The Roman Catholic Parish of St Francis of Assisi

Our Lady and St James RC Church, Millom

Wednesday 5.00pm
Sunday Mass 10.30am

Sacred Heart RC Church, Coniston

Thursday 10am
Saturday Vigil Mass 5pm

Father Mathew Jacob

Tel: 01229 779673

E: saintfranciscumbria@gmail.com
www.saintfranciscumbria.com

Kingdom Hall of

Jehovah's Witnesses

2 Holborn Hall, Millom, LA18 5BE

www.jw.org

Every
Thursday 7.15pm
Sunday 10.15am



The Methodist Church Services

Kirkby in Furness, Marshside
11am Morning Service,
1st, 3rd, 4th & 5th Sundays

6pm Service with Communion
on 2nd Sunday

Millom, Queen Street
11am Every Sunday

You will be made most welcome

The publication of advertisements in the Parish Pump does not imply endorsement of the products/services advertised
The producers of the newsletter accept no responsibility. The Parish Pump is unable to publish anonymous contributions