



Love Hesketh Bank Newsletter

Produced by Hesketh with Becconsall Parish Council
June 2021

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It has been an unusual and challenging year for Hesketh Bank, and indeed the world. Restrictions put in place due to the pandemic, firstly led to no council meetings and then virtual council meetings, with the inevitable issues those bring. However, we took a positive step forward on the 17th May, when the new Council met face to face for the first time.



It is my pleasure to welcome new Councillors Tim Barnacle, Kate Maughan, David O'Neill and Joan Witter and I would also like to take this opportunity to thank Iain Ashcroft for his long service, not only as a Parish Councillor but also as a Borough Councillor, as he embarks on a well-deserved retirement.

Despite events, much has happened over these twelve months: we have started the 'Henry Alty Way' Linear Park and are pleased to return to Hesketh Bank Community Centre for our meetings in its brand new, purpose built building - both projects benefitting from Community Infrastructure Levy (CIL) monies.

The Glen Park Drive play area has had a makeover, the CCTV has been overhauled and the Northern Parishes have joined together to tackle drainage and resultant flooding issues.

The Council also gave financial support to Helping Hands, an action group set up to reach out to those struggling through the Covid-19 situation, a lifeline for many in Tarleton and Hesketh Bank. We thank those people involved for their efforts and to everyone who has done their bit to keep our village safe and supported - many of these people were recognised in our Love Hesketh Bank award winners announced in February.

There is much still to do and our community continues to grow, but it is heartening to see our businesses re-opening, new businesses opening, and life getting back to what will be a new normal for Hesketh Bank.

Paul Sergeant, Chairman



Around the village

The Council provide an extensive and well maintained recreation ground at Shore Road / Glen Park Drive and the Community Centre Multi-Use Games Area is now back open for those wishing to play ball games, plus Hesketh Bank Football Club has several youth teams. Therefore, please note that ball games are prohibited in all of our Play Areas: Station Road, Glen Park Drive and Shore Road.

We have been made aware of several incidents of small toddlers being hit by balls and knocked off play equipment along with damage to both equipment within the Play Area and to adjacent houses and gardens, which is causing anxiety and stress to residents.

The Council's extensive CCTV network has been extended to include Glen Park Drive to help to address this issue and may have to result in police action. Rules and Bye-laws are put in place for good reasons and are not there to stop users enjoying themselves, so please be mindful of your fellow residents.



Two new seats have been installed at Cropper Gardens to replace the one that had fallen apart, so was taken away last month, and the other that was about to do the same. They are made of recycled plastic, so eco-friendly and hopefully will serve us for many years to come.



The Lancashire Best Kept Village Competition is back up and running following a leave of absence last year and we are delighted to advise that as a result our entry has been rolled over. The judging takes place over the summer months and we look forward to hearing from them later on in the year.



The Parish Council is also running its own Love Hesketh Bank Best Kept Competition again with Best Kept Front Garden and Street accolades up for grabs. The judging will place between the 1st and 31st August, with the shortlist and winners being announced in September. If this beautiful weather we're having keeps up, we anticipate this could be the most competitive year yet! Please note that judges can only make decisions on what they can see from the road and their ruling is final. If you would like to nominate a garden or street, be it yours or not, you can do so by completing the nomination form below and sending it to one of the Best Kept Working Group Councillors: Tim Barnacle, Steve Kirby, David O'Neill, Ron Tyson or the Parish Clerk, before the 31st July. Contact details are on the back of this newsletter.

BEST KEPT NOMINATION FORM

Name:

Address:

.....

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Telephone:

Email:

Best Kept Front Garden Nomination(s):

Best Kept Street Nomination(s):



10 years plus 1!

2020 should have seen Poor Marsh PALS celebrating their 10th anniversary, but the allotments on Shore Road hopes to mark their 10+1

milestone on the 4th September instead as part of the annual Allotments Show. They will also welcome back the Mikron travelling theatre on 10th July to perform 'A Dog's Tale'* - Please contact Mikron directly for details at www.mikron.com or on 01484 843701.

The PALS Committee has been looking at what they used to call the Wild Flower Meadow area of the site and have reluctantly reached the conclusion that despite their best efforts this area is not suited to growing wildflowers because the soil is just too fertile. It is interesting to note that since the Mere was drained, we have the perfect growing conditions for most crop types, as all our local growers constantly prove, but wild flowers thrive on poor soil which is low on nutrients.

As a result, the decision has been taken to repurpose the patch as a 'Nectar Bar' for pollinators and the Allotment Bees just happen to be right next door. This will entail stripping the soil away, ridding it of any perennial weeds and then planting it with a nectar rich collection of plants. The plants will all be perennials and fully hardy, so hopefully they will pretty much take care of themselves. This is something that will benefit not only the allotments as a whole with improved pollinators for fruit and veg crops on site, but will also be of benefit to the wider community.

There's something really wholesome and nurturing, about spending time in the great outdoors. Allotmenters have long known this, but the benefits of 'green therapy' for mental health and wellbeing are being increasingly recognised and documented.



A 2016 study from Natural England, commissioned by the University of Essex and Mind, the UK's leading mental health charity, found that taking part in nature-based activities significantly contributed to a reduction in mental health conditions such as anxiety, stress and depression.

That's why Community Gardens are becoming much more valued as a resource that can be used as an alternative or adjunct to medical remedies for treating mental health conditions. This belief in the therapeutic value of community-based approaches to wellbeing has led to a significant investment by the NHS in Social Prescribing.

In its most recent Long Term Plan, NHS England is investing in Social Prescribing Link Workers and aims to have at least 900,000 people referred to Social Prescribing by 2023/24.

As we begin to emerge from a year which has had a huge impact on many people's mental health and well-being, the Community Gardens that were a key part of the redevelopment of the Poor Marsh Allotment site, could have a big role to play in helping to offer a way back to wellness for some of those who may have found the last year such a struggle.

We have already had enquiries from local Link Workers, but the current Lockdown restrictions put a limit on what can be done. As the lockdown eases, we can expect to see a trickle of Friends of The Community Garden at work and, with a little careful nurturing, this could become a steady stream.

Recent volunteer, June, said "I began volunteering in February this year. I have lived in the village for 19 years and wanted to do something positive for the community, so along with volunteering for 'Helping Hands' I thought the opportunity to engage in voluntary work at the allotments would be a fantastic idea and another way of doing something else useful too. I am so glad I did because I have really enjoyed working outdoors in a lovely setting. I absolutely love going to the allotments. The people are really friendly and you have a good laugh with them all too!"

If you think you might like to spend a bit of time helping to keep our Community Gardens looking lovely for all to enjoy, contact Steve Kirby on 07766 367550.

If you would like to know more about the allotments and their activities, please contact our secretary, Angela Bond on 07834 789261.

Our thanks go once again to Duncan Taylor and Arden Lea Nurseries for the beautiful splash of colour in the village. It is very much appreciated.

Dates for your diary

The Parish Council meets every second Monday in the month, except in August, at Hesketh Bank Community Centre from 7:30pm. Here are the dates of the meetings for the remainder of 2021:
12th July, 13th September,
11th October, 8th November,
13th December



All residents are welcome to attend, not only to hear about the work of the Council but also to raise any concerns or questions that they may have. If you have any questions or concerns you wish to raise outside of these meetings, then please contact a Councillor or the Parish Clerk via clerk@heskethbankcouncil.uk or 01772 812681.

Your Parish Councillors

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