

## Letter from the Vicarage

In a "Point of View" on Radio 4 recently, Stephen Fry proposed that what separates human beings from other animals is the ability to talk. He his reasoning was entirely secular, but in fact he unwittingly struck on a profound theological point. The power of words allows humans, not only to communicate, but also to think and formulate great ideas. Logical deduction would not be possible without the ability to put thoughts into words so that we can build them together like great building blocks. Ideas could not be tested and refined unless we could debate them. Words make us creative beings, thinking beings, understanding beings. And, of course, they allow us to communicate with animals, even if the animals sometimes struggle to understand (certainly if our dog is anything to go by). From a secular point of view, you could argue that words make us into god-like beings. Or from a Christian point of view, you could argue that our use of words is part of what it means to be made in the image of God.

The great idea that opens John's Gospel is that God is Word, and that his Word became human flesh and lived among us. It is so staggering a thought that, if it were the only passage in the Bible, it's implications could still occupy us for all eternity. God is 'Word': the epitome of creativity, the pinnacle of thought, the extremity of all genius. God is 'Word': the great communicator, bursting to share his thoughts with us, even if we struggle to understand. God is 'Word': he is conversation, exchanged eternally between Father, Son and Holy Spirit and with his creation, particularly those of us made in his image and who, alone, share his ability to deal in words. God is 'Word': caring for and interacting with his creation, speaking us, offering us love and care, encouraging us towards glory and dissuading us from harm.

And yet, God does just leave his Word as words. He is Word made flesh. There is something about God's Word which could be oppressive. If it were only written word it could become dictatorial, beyond conversation and discourse. It would be so absolute as to leave us no space for individual thought, no excuse for error nor room for grace. It would be terrifying because we simply couldn't live up to it, inspiring despair, not hope.

Perhaps that is why God ultimately reveals his Word in human form. Jesus is God's living Word. We know his Word is true and good for us because, in Jesus, we see what God's Word does for a human being. It is full of grace and truth: majestic, yet loving; gentle yet strong; uncompromised, yet forgiving. It brings us Hope. God draws us into relationship, receiving his Word as something human and recognisable. His Word is given in a form we can inhabit and which can inhabit us. It is because God's Word became flesh and dwelt among us that we are able to read his written Word and know that God does not just deal in abstract perfection, but that his Word can leap off the page and become flesh in us also. It is a gift given as a little child which we can only receive as little children, without effort or bargain, but simply as lived truth that shows us not only who God is, but who we are: made in his image, to receive and live his Word, to join in with his creativity, converse with him, relate to him, to think great thoughts and to share his care for one another and for his creation, so that together we can be caught up in the glory of his eternal magnificence. This Christmas, perhaps we can shut out all other noise and make space to hear him speak to us, to receive his Word and to allow it to become flesh in us too, full of grace and truth. Happy Christmas. *Stewart*



### The North Westmorland News is available via email!

Please send your email address to: [spclark1@btopenworld.com](mailto:spclark1@btopenworld.com)  
& receive the newsletter before its paper publication date.

## Church News & Local Events

**Bolton WI** Our DeCember meeting will be held on **Monday 9th December** in the Memorial Hall commencing at 7.15pm. There will be a talk / demonstration on Christmas Decorations given by Eileen Tindall.

Non-members are always welcome to attend a meeting before deciding to join our group and it is not necessary to be resident in Bolton.

### JAM Jesus and Me for pre-school children and parents.

Crosby Ravensworth 9:30 Mon 27th Jan

Morland 9:30 Mon 16th Dec

Mon 20th Jan

### Morland Home Group

Wednesday the 4th of December

Tuesday the 17th of December...all meetings at 31 Jackson Croft at 2 pm

January dates tba.

For more details please ring 01931714455. All are welcome.

**Morland Mothers' Union** —The **December meeting** will be held on Thursday 19th December at 7.30 in Morland Village Hall. This is our "Lighthearted Look at Christmas---with a difference!" Supper Hostesses are Pauline and Barbara but as usual we ask members to bring a small plate of seasonal food to share during the evening.

The **January meeting** will take the form of our Annual Lunch at the Mill Yard Cafe on Thursday 23rd January, meeting at 12.00 for lunch at 12.30. Menus will be available at the December meeting.

We shall be putting the **BIG** Christmas card at the back of Morland church again, for you to send greetings to your local friends in exchange for a donation which will be given to the Salvation Army in Penrith for their Christmas lunch funds.

**Brownies** meet during term time on Wednesdays in Morland Village Hall 7:30pm

*Morland and Newby Village Hall Committee*  
*At the last meeting of Morland and Newby Village Hall Committee both our chairman and our treasurer retired. David Jones and Andrew Austin have each given 20 years' service to the village hall committee overseeing both major refurbishment and an extension as well as the many day-to-day duties they each carried out. I am sure you will join me in offering heartfelt thanks for all they have done to keep this community asset going!*

*I am equally sure you will welcome and support our new chairman, Jane Barnes and our new treasurer Ian Barnes. Should you wish to contact them their email address is [ickb@me.com](mailto:ickb@me.com).*

*Thank you*

*Julia Evans*

### Thank you!

**Rev Geoffrey Howarth, who has moved to a clergy retirement home for independent living in Scarborough, would like to thank you all for your generous gift.**

**He has spent it on a CD/Cassette/ Radio player [with ear phones] so he can listen to his beloved music and edifying sermons without disturbing his neighbours! He has enjoyed ministering at Brougham and Morland for 1662 Holy**



## Christmas Services 2019

Services in our communities



### Askham with Lowther:

- Carol Service – Sunday 22<sup>nd</sup> December @ 11.00am at Askham
- Crib Service – Christmas Eve @ 5.00pm at Askham
- Christmas Day – Holy Communion @ 11.00am at Lowther

### Bolton:

- United Carol Service - Sunday 22<sup>nd</sup> December @ 6.30pm in Chapel
- Midnight Mass – Christmas Eve @ 11.30pm

### Cliburn:

- Carol Service Friday 20<sup>th</sup> December @ 7.00pm
- Midnight Mass - Christmas Eve @ 11.30pm

### Clifton & Brougham

- Carol Service – Sunday 22<sup>nd</sup> December @ 3.00pm at Clifton
- Christmas Communion – Christmas Eve @ 9.30pm at Brougham

### Crosby Ravensworth:

- Carol Service – Wednesday 18<sup>th</sup> December @ 6.00pm
- Christmas Day – Family Communion @ 10.30am

### Great Strickland:

- Carol Service – Thursday 19<sup>th</sup> December @ 7.00pm
- Midnight Mass – Christmas Eve @ 11.00pm

### Morland:

- Christingle – Sunday 15<sup>th</sup> December @ 11.00am
- Carol Service – Sunday 22<sup>nd</sup> December @ 5.00pm
- Crib Service – Christmas Eve @ 5.00pm
- Christmas Day – Family Communion @ 10.30am

### Thrimby:

- Carol Service - Sunday 22<sup>nd</sup> December @ 6.30pm

### Rector's New E-mail address

After a lot of difficulties with not receiving e-mails of late, I've changed my e-mail address to:

**rectornwparishes@gmail.com**

Please use this address for all future communications. My other contact details remain the same.

Rev'd Stewart Fyfe, Rector

**NB: the correct version of the email address finishes with.com not .co.uk**

## Advent Sunday 1 December 2019 Special Services

### Morning Family Service

**11.00am, St Cuthbert, Cliburn**

*At which the **Posada Figures** will commence their journeys around our parishes in the lead-up to Christmas.  
A fun and thoughtful service suitable for all ages.*

### Evening Advent Carol Service

**6.30pm, St Wilfrid's Chapel, Brougham**

*A traditional service of Advent Carols in the style of the annual service from St John's College, Cambridge.  
A time of spiritual reflection and promise to prepare for Christmas*

## From our Registers



The funeral of **John ("Tommy") Robertson** took place at Carlisle Crematorium on Wednesday 9<sup>th</sup> October.

The funeral of **Thomas Joseph Bowness Powley** took place at St Michael, Lowther on Friday 25<sup>th</sup> October and his mortal remains were laid to rest in the Churchyard.

The funeral of **Gerald Powley** took place at St Mary, Thrimby on Tuesday 29<sup>th</sup> October and his mortal remains were laid to rest in the Churchyard.

The funeral of **Linda Taylor** took place at St Lawrence, Morland on Thursday 7<sup>th</sup> November followed by a committal at Carlisle Crematorium.

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**Henry Stuart Brown** was baptised at St Cuthbert, Clifton on Saturday 12<sup>th</sup> October.

**Jack Stuart Facer** was baptised at St Mary, Thrimby on Sunday 13<sup>th</sup> October.

A service of dedication and thanksgiving for **Kurtis Jackson** was held at St Lawrence, Crosby Ravensworth on Sunday 20<sup>th</sup> October.

**Freya Holdstock** was baptised at St Peter, Askham on Sunday 27<sup>th</sup> October.



**Tea, Coffee & Chat**  
**Morland and Newby Village Hall**  
 Every Thursday 8:45am—10:00 am  
 (Term time only)



All welcome  
 Come and join the chat.  
 Open to all ages.

Mums/Dads/Grandparents/carers/singles -

Bring your babies and toddlers -

Come on your own -

Housebound? Ring for a lift.

01931 714238




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All Saints Church Bolton and Bolton Nursery invite you to  
 a  
 Christmas Coffee Morning from 1030 to 12 noon on Satur-

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The Heart of Westmorland  
**MISSION**  
 Community

**differ  
 ence.**



THE ARCHBISHOP  
 OF CANTERBURY

**Difference** is a 5 week course devised by the Archbishop of Canterbury to help Christians to practice our faith as a reconciling presence in our communities, particularly at this time of national division, but also in our personal lives.

The course uses individual stories and Bible passages to help us explore the habits of reconciliation. You are welcome to join us.

**The Bunk Barn**, Greengill Campsite,  
 Strickland Road, Morland CA10 3AX

Alternate **Thursday evenings**:  
 9<sup>th</sup> Jan, 23<sup>rd</sup> Jan, 6<sup>th</sup> Feb, 20<sup>th</sup> Feb  
 7.30-9.00pm

For further info, contact Stewart: rectornwparishes@gmail.com or  
 01931 714620

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***"Reconciliation is not the ending of all difference, but the transformation of how we deal with difference."***

Archbishop Justin Welby

## Morland Parish Council News

# PARISH MEETING & PARISH COUNCIL MEETING MONDAY 13<sup>TH</sup> JANUARY 2020

**in Morland Village Hall**

7.00pm

**Annual New Year Parish Meeting & Charity Lands Meeting**

Including

**The Biennial Charity Lands Letting**

Followed by at 7.30pm the  
**Parish Council Meeting**

Thank you,  
 Morland Parish Council  
[www.morlandparishcouncil.org](http://www.morlandparishcouncil.org)  
[clerk@morlandparishcouncil.org](mailto:clerk@morlandparishcouncil.org)

### Message to all local event advertisers.

As printing costs for the North Westmorland News have inevitably risen with the additional areas of distribution, we are trying to minimise the effects by reserving the right to reduce the size of any local (free) submissions when space is limited. In case you wish to lessen the chance of a significant reduction of your copy, a 'landscape' ad is less likely to be significantly shrunk than a 'portrait' version. We also try our best to put local notices in the Newsletter in appropriate groupings: sometimes, however, this can be very difficult, especially in event-heavy editions. Thank you for your understanding!

### MORLAND UKULELE GROUP

Tuesday evenings 7pm – 9pm  
at 'The Studio', The Square, Morland

New Members welcome.  
All levels of ability accommodated!

The group is led by an experienced ukulele teacher, but the sessions are informal & (hopefully) enjoyable, with singing as well as playing.

For further information please contact Mark or Rachel on 01931 714163

### Cliburn Community Play Area

# BINGO

with Snowball  
Cliburn Village Hall.  
At 7.30 pm  
On Friday 23rd January  
All Welcome.

Please note no bingo in December. Thank you all for supporting us so faithfully see you all next year.

### POSADA

POSADA is the Mexican tradition of people dressing up as Mary and Joseph and going from house to house tell about Jesus and the Christmas story. Our parish POSADA is a much simpler tradition and one in which it is easy for you to participate.

During Advent the knitted figures of Mary and Joseph will travel around the parish staying in people's homes for one night. Their journey will begin at the Advent Service, this year at Cliburn church on Sunday 1st December, 11 o'clock. It will end when the last family on the list brings them to the Crib Service at St Lawrence Church Morland; 5 o'clock on Christmas Eve.

If you would like to give Mary and Joseph lodgings for a night during Advent, please contact me and I will put you on the list. The people bringing Mary and Joseph to you will read out a simple giving prayer, then there is an equally simple receiving prayer to be read out. This lovely tradition is open to all families in our parish and school.

Please email me with your name, address and telephone number and any dates you cannot do. If you have any questions please do call, email or ask if you see me out walking!

Thank you! Julia Evans  
01931 714158, alexjulia@btinternet.com

### Cliburn Indoor Bowling,

Thursdays 7.30-10pm.

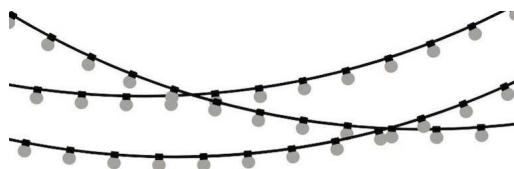
Cliburn Village Hall.

All welcome.

Woods available.

Only £1

includes tea/coffee and biscuits.



## FREE ENTRY TO CLIBURN CHRISTMAS FAIR SUNDAY 01.12.19

CLIBURN VILLAGE HALL 1-4PM

WE HAVE THE FOLLOWING STALLS CONFIRMED.....



Thornships Treasures

Macrame by Claire Romano

SEW IT SEAMS



Kind & Loving  
handmade soaps &  
Skincare



Handmade by Caroline Grace

Needlefelt Art

Ever wondered if you could sell the things you make? We are looking for: crafters, artists, ceramicists, felters, knitters and anything inbetween all welcome!

Just £10 a table. Contact us on 07760881797 or message us on facebook

@Cliburncommunityplayarea

All proceeds for CLIBURN COMMUNITY PLAY AREA ASSOCIATION 1128452

### Crown Inn Singers

Come along and sing with us every  
other Wednesday at 7.30pm

(alternating with Quiz Nights) at the

Crown Inn Morland.

All welcome!

Rehearsals start again after the  
Christmas break on Wednesday 8th  
January

For more info please ring 01931  
714922 or

email [helenkeogh11@gmail.com](mailto:helenkeogh11@gmail.com)

At Bolton Memorial Hall  
Saturday 28<sup>th</sup> December at  
3.30pm

### Under the Frozen Moon

*In Nunavut it's so cold the moon has frozen and a greedy dragon has gobbled every fire and every light leaving only the frozen moon. A fierce, courageous young girl sets out to confront the dragon ..... come and see what happens next!*

With lively poetry, transforming sets, exciting puppetry and atmospheric live music, this show is designed to appeal to adults and children over 3 years old.

Tickets £8 adult, £4 child, family £12 (1 adult and up to 3 children) from [cathy-s55@hotmail.com](mailto:cathy-s55@hotmail.com), 017683 62862, or [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)

### Heart of Westmorland



## Bereavement Support Group

will be meeting at

The Hub Cafe in Appleby

on  
the first Monday  
each month  
2-4pm



This will be an informal group and anyone who has suffered the loss of someone close to them either recently or some time ago, is invited.

We will not be following a programme and will not offer counselling – simply the opportunity to talk about what is on your mind and share your feelings with others who may have felt the same. Grief affects everyone in different ways and a support group doesn't appeal to everyone, but if you feel the need to chat over a cup of tea and a biscuit, please come along.

For more information please contact:

Kevin Robinson - 017683 51569

Rev'd Sandy Pearl - 01931 714563







## Morland Fireworks

It was with thanks to donations from Morland Parish Council, Morland Towns' Fund and money collected in the fireworks donations jar on the bar of the Crown Inn that we were able to purchase our fireworks this year.

Enormous thanks are due to Andy Hayhurst and Rob Makinson for setting off the fireworks; to Jade Clark and Dougie Grenfell for opening the Crown Inn and to Sarah and Robert Kite of The Mill Yard Café for serving food!

Just over £200 was collected on the night: thank you! The fireworks donations jar will remain on the bar of the Crown Inn all year giving us time to collect more towards next year's display.

I really hope you enjoyed the display!

Julia Evans

Morland Area C of E

# Christmas Fete 2019

Thursday 5<sup>th</sup> December  
2.30 pm - 6pm  
Morland Area C of E Primary School

A Selection of Local Business and Art and Craft Stalls.  
Themed Children's Games  
Festive Refreshments

**Free Entry**

# CLIFTON CHRISTMAS MAKERS MARKET

SUNDAY 1<sup>st</sup> DECEMBER  
CLIFTON VILLAGE HALL  
10am TO 4pm  
NO ADMISSION CHARGE

HANDMADE  
SILVER JEWELLERY  
WOODEN TREES  
JAMS AND CHUTNEYS  
ART  
PAINTED SILK  
SCARVES  
DEER HEADS  
TREE DECORATIONS  
WALKING STICKS  
MORE

POSTER MAKER

## Christmas Trees for Sale

**Nordman Non-Drop**  
**Mill Yard Café**

Makers Market Sat 1st Dec  
from 5 p.m.

Saturday 8<sup>th</sup> & 15<sup>th</sup> Dec 10.00-3.00  
Sunday 9<sup>th</sup> & 16<sup>th</sup> Dec 10.00-1.00  
Various sizes and prices available

**Free local delivery**

Rob Ellwood  
07834952634  
or 01931714221

**JUSTHELPING**  
Registered charity number 1149068

## LET US COLLECT AND RECYCLE YOUR REAL CHRISTMAS TREE in aid of Hospice at Home

Carlisle and North Lakeland  
and other local charities

We would welcome a donation for the collection of your tree.

Our **Volunteers** are collecting trees from **POSTCODES**  
CA1, CA2, CA3, CA4 8, CA5 6, CA5 7, CA6 4, CA6 5, CA7 9, CA8 1, CA8 9, CA10 2, CA11 7, CA11 8, CA11 9, CA11 0, CA12

Put your tree out on  
**Wednesday 8th January 2020**  
Registration closes Monday 6th January 10am

FR Registered with FUNDRAISING REGULATOR

To arrange a collection please book in at:  
[www.charityxmastreecollection.com](http://www.charityxmastreecollection.com)  
After costs, 90% of the monies raised will go to Hospice at Home and the remaining 10% donated to other local charities.

*A fun and festive evening!*  
*The Crown Inn Singers plus special guests*

# Carols At the Crown

*All welcome!*

*Song sheets and mince pies provided*  
*The Crown Inn Morland*  
**Monday 23<sup>rd</sup> December 7pm**  
*Donations to The Children's Society*

**ASKHAM HALL**

## ASKHAM HALL CHRISTMAS MARKET

**Sunday 8 December 2019, 11am to 5pm**

A festive market in a beautiful setting, with hand picked stalls selling quality local seasonal gifts. Live music with the Penrith Town Band. Located both outside and indoors. Extended festive food and drink offering. Father Christmas' Grotto and children's 'Best Christmas jumper' competition.

£4 entry per adult, under 16s free. Entry include raffle tickets for one of 24 'Advent calendar' prizes' in conjunction with Booths. Proceeds to charity.

Askham Hall, Askham, Penrith, Cumbria CA10 2PF  
Follow signs for 'Askham Hall gardens' from the A6.  
[enquiries@askhamhall.co.uk](mailto:enquiries@askhamhall.co.uk) 01931 712 350 [www.askhamhall.co.uk](http://www.askhamhall.co.uk)

## FELLRUNNER EXCURSIONS 2019

For the people living in the North Westmorland group of parishes and surrounding areas, The Fellrunner Village Bus Group have again kindly offered to provide a 16 seat mini bus for community use this year and a list of the proposed trips is given below. If you would like **to make a booking, please phone Mike Roulson on 01931 714457** to enquire if seats are available. Please note that for some visits there will be an entrance charge payable as well as the bus fare.

**7 December.....Houghton Hall Garden Centre. Something for everyone, either for yourself or for Christmas presents.**



**The Studio Morland**

Penrith Cumbria CA10 3AZ

[thestudiomorland@gmail.com](mailto:thestudiomorland@gmail.com)

### Call for Craft and Food stalls for Morland Christmas Market at The Studio Morland and The Mill Yard Cafe

Home made produce such as cakes / pies / quiche stalls and high quality craft and artisan products are welcome. Stalls £10.

Please send expressions of interest to  
[thestudiomorland@gmail.com](mailto:thestudiomorland@gmail.com)

Facebook: thestudiomorland

Twitter: @studiomorland

**CARDS FOR GOOD CAUSES**

**WE ARE 60 \* CHARITY \*  
\* CHRISTMAS \*  
\* CARD SHOP \***

**SUPPORTING OVER 25 LOCAL  
& NATIONAL CHARITIES**

**1959 - 2019 \*  
CELEBRATING 60 YEARS \*  
THANK YOU FOR YOUR SUPPORT \***

**Tourist Information Centre  
Middlegate, Penrith**

**9th September - 21st December**

**Open during TIC Hours**

**CARDS  
FOR GOOD CAUSES**

Cards for Good Causes Limited 1047 No 108 4th floor 18 Registered in England No 2404861 is the trading company of  
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### Morland Mothers' Union

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on Thursday 19th December at  
7.30 in Morland Village Hall. This is  
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**" Lighthearted Look at Christmas**

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**with a difference"**

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### Advertiser's Guide

When submitting a paid advert for inclusion in the newsletter please note:

- 1/4 page ads should be max A7 portrait in size (preferably 6.8 cm w x 9.4 cm h)
- 1/2 page ads should be max A6 landscape in size (preferably 13.8 cm w x 9.4 cm h)
- Full page ads should be max A5 portrait in size (preferably 13.8 cm w x 19cm h)
- The newsletter does not print in colour.
- We do not accept adverts over 350kb so that the newsletter is small enough to email, therefore please compress any pictures to reduce their size.
- Preferred file formats: Graphic files (.jpeg, .gif, .png), Publisher docs, Word docs.

### Advertising Rates

**1/4 Page ad per annum £70 per 1/2 year £38 per month £9**  
**1/2 Page ad per annum £130 per 1/2 year £70 per month £15**  
**Full Page ad per annum £220 per 1/2 year £120 per month £26**

**If you are interested in placing an advert please contact  
Meg Hancock meganc@btinternet.com) 01931 714 432**



## Mini Morlanders' Pre-School

### Mini Morlanders Pre-School \*\*\*January 2020 starters\*\*\*

If your child turns 3 between now and 31st December and you are looking for a pre-school place for them we are pleased to say applications will now happily be received!

We offer the following flexible childcare options:  
Morning session (9am-12 noon)  
Morning session with dinner (9am-1:15pm)  
Afternoon session (12 noon-3:15pm)  
Full day sessions (9am-3:15pm)

We also have Breakfast (8am-9am) and After School Club (3:15pm-5:30pm) available.

We accept 15 and 30 hours government funding.

Application forms and further information can be found on our school website. If you would like to book an appointment to visit please phone the school office on 01931 714668 or keep an eye out for our upcoming open afternoon. If you have any questions or need any more information please email [morlandarea.cumbria.sch.uk](mailto:morlandarea.cumbria.sch.uk)

We look forward to welcoming you to our thriving school!

## ASKHAM NEWS.

### St Peter's church, window renovations

Christmas concert, Saturday 14<sup>th</sup> December, 3 pm in St Peter's. Carolyne Storey (soprano) and Rachel Carruthers (piano) will be celebrating Christmas in music and words. No admission fee – but donations welcome to the windows project. Mulled wine and mince pies at the end of the concert.

The window renovation project is making good progress. There are enough funds in place to start the restoration of the next three windows. Funds for the large Community Window overlooking the altar are off to a great start. We hope that donations will continue to come in throughout the Christmas period.

If you would like to make a donation please email: [stpeterswindows@gmail.com](mailto:stpeterswindows@gmail.com) or telephone Juliet on 712936.



### Cliburn Church Carol Service

Friday 20th December in St Cuthberts Church Cliburn

Return of the Holy Family to the Church after visiting families in the parish with the lighting of the memory tree outside the church and a candle as you come back in. A good start to Christmas. Looking forward to seeing you all at this special service.

## What could be more important than saving a life?

Community First Responders for Morland, Bolton, Newby, Cliburn, Kings Meaburn, Great & Little Strickland and Surrounding Area

### !!!!VOLUNTEERS URGENTLY NEEDED!!!!

Unfortunately Morland Area Community First Responders are desperately short of volunteers.

In remote communities like ours we can literally save lives by providing first aid to patients before the ambulance arrives.

In out of the way areas like ours it can sometimes take much longer for an ambulance to reach the patient and first responders get there first to provide potentially life saving help for the short time before the ambulance arrives.

You will receive excellent training from North West Ambulance Service and ongoing refresher training and excellent support from existing volunteers.

This is a very rewarding and interesting volunteering opportunity and you can volunteer for as many hours per month as is suitable for you.

If you are just starting out on your career or thinking about changing your career path this is an excellent addition to your CV.

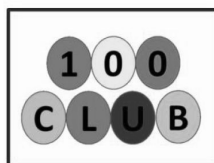
Minimum age 18

Must hold a driving licence

If you are wondering whether this might be something that you could do then please don't hesitate to call **Dean on 07812 773407 or Caroline on 01931 714971** for a chat, we can answer any questions you may have as we both have years of experience as CFR volunteers.



## Morland Area



WIN between £15 and £40 per month with better odds than the lottery?!!

Help to raise funds to maintain and continue to improve Morland Area Primary School.

Please fill out an application form in full and hand it in to Stacey Young, Julia Evans or drop it in the '100 Club' box in Morland School reception.

### Membership Application Form

I wish to become a member of the **Morland Area '100 Club'**

Name: (Names if applying for more than one person) .....

Address: (in full for prize payment) .....

Post Code: ..... Phone No.: .....

Email: ..... How many numbers would you like to enter in the monthly draw .....

I agree to be bound by the rules of the club, and confirm I am over 16 years of age.

Signed: ..... Print: ..... Date: .....

I wish to pay via ☐ monthly ☐ yearly ☐ standing order (please circle which)

Full Terms & Conditions available at [www.morlandarea.cumbria.sch.uk/topic/parents](http://www.morlandarea.cumbria.sch.uk/topic/parents) or can be emailed on request

## THE STUDIO MORLAND

## THURSDAY THINGS

Monthly Thursday Morning  
Creative & Wellbeing Community Sessions

A free monthly drop-in for residents of Morland and surrounding areas

Thursday October 17<sup>th</sup> & Thursday November 21<sup>st</sup>  
10.30am – 12.30pm  
Continuing to 2020 monthly on Thursdays

A warm, friendly and creative environment to improve wellbeing over coffee and cake. Each session will offer a creative or wellness activity with a professional health or creative expert, designed to increase health and wellbeing. Come and enjoy an activity, create, learn, meet new people and chat amongst friends - find calm, contentment and enjoy community spirit.

The first 2 sessions will include movement, dance, sharing stories and drawing...

All sessions are inclusive and you can do as much or little as you feel comfortable...

The sessions will develop according to the interests and needs of the group...

Thursday Things is coordinated by Professional arts in health expert, Susie Tate, who leads dance and arts programmes in hospitals, hospices and community settings.

No need to register just drop in  
**FREE OF CHARGE!**  
(cakes always welcome)

...think ..... do .... play... ...make ... create ... be...



## ASKHAM AND HELTON LADIES CLUB

Askham and Helton Ladies Club was formed over 50 years ago, we meet in the village hall on the second Wednesday of every month, 7.30pm in Summer and 2pm in Winter when we have a speaker followed by light refreshments and a natter with friends. There is always a competition.

About twice a year we go on outside visits instead of being in the hall; in April every year we have our Spring Lunch. On the Fourth Wednesday we go somewhere local and have a lovely friendly get together.

You don't have to live in Askham or Helton to be a member, we have people from a variety of places in the area.

If you think you would like to come along to a meeting some time, you would be welcome as a visitor.

You can contact Marie Armstrong on 01768 866932



## Take Positive Steps to Avoid Trips and Falls

People of all ages fall. However, the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimize risk.

- **Get regular exercise** to improve strength, fitness and balance.
- **Have your eyes and hearing checked.** Vision and hearing play a vital role in balance and movement.
- **Ask your pharmacist or GP for an annual medication review.** Some medicines or illnesses, such as poorly controlled diabetes, can make you feel faint or dizzy.
- **Look after your feet.** Painful feet and ill-fitting shoes can affect your balance and increase the risk of falling.
- **Make sure you get enough calcium and vitamin D** to keep bones strong.
- **Check your homes for trip hazards.** Some risks are obvious, but often overlooked, such as clutter or poor lighting.

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact, it can give you greater freedom and confidence.

**If you do have a fall or feel at risk of one, tell your GP**

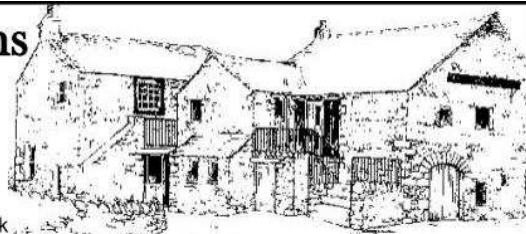
For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail [sara.bradley@ageukcarlisleandeden.org.uk](mailto:sara.bradley@ageukcarlisleandeden.org.uk)





# The Strickland Arms

Great Strickland  
Penrith, Cumbria  
CA10 3DF  
Tel. 01931 712238  
Email: stricklandarmspenrith@hotmail.co.uk



**Anton & Penny**

**Welcome you to The Strickland Arms**

**'The Warmest, Friendliest Pub in the Eden Valley'**

**We believe The Strickland Arms is a  
'pub of character & distinction  
at the heart of the village community ... '**

Our Pub consists of a Bar, Terrace, Wiggo's Barn,  
Dining Room and Beer Garden.

We have an extensive Menu with Real Ales on tap

We have 2 double en suite B&B rooms in the pub and we also have three  
other accommodations which can sleep up to 6 people in each

**LogYurt** en-suite with twin or double beds and 2  
sets of bunks - sleeps up to 6 people

**Dolly's LogByre** en-suite with twin or double beds  
and 2 sets of bunks - sleeps up to 6 people

**Lina's LogByre** en-suite with twin or double beds  
and 2 sets of bunks - sleeps up to 6 people

**We can provide accommodation for up to  
22 people and they are located in the secluded  
grounds to the rear of the Pub**



We have traditional wooden seating and tables in our  
secluded beer garden & on our terraced front

We provide FREE superfast broadband WIFI ...

We welcome walkers, cyclists, families and **dogs** and everyone else  
if you are well trained and behaved ...

**Our Menu is available online at [www.thestricklandarms.co.uk](http://www.thestricklandarms.co.uk)**

**Food served every day from 5 til 9pm Sat & Sun from 12 Noon til 9pm**

**We are open from 5pm week days and from 12 noon on Sat & Sun**

## Clifton Village Hall

[www.clifton1745.com](http://www.clifton1745.com)

Email: [cliftonvillagehall1745@gmail.com](mailto:cliftonvillagehall1745@gmail.com)

### What's on weekly

Monday	1000-1100	Pilates
Thursday	0930-1130	Clifton Little Tinkers Playgroup 1830-1930 Stick Mobility 1930-2030 Stick Mobility

### Upcoming Events

Sunday 1st December	10am – 4pm	Clifton Christmas Makers Market
Tuesday 3 <sup>rd</sup> December	7pm and Auction of Promises	Penrith Young Farmers Pudding Party
Tuesday 10th December	2pm – 4pm	Monthly Tea, Cake and chat
Wednesday 8 <sup>th</sup> January '20	7.45pm	Clifton Parish Council Meeting
Tuesday 14 <sup>th</sup> January '20	2pm - 4pm	Monthly Tea, Cake and chat
Tuesday 11 <sup>th</sup> February '20	2pm – 4pm	Monthly Tea, Cake and chat

More information on events can be found on the Clifton Village Hall Facebook page or on village notice boards. To book the hall please use the email address above or the "Contact us" form on the website.



**THANK YOU**

**£1,044**

**raised for Cancer Research**

Carolyn Skelton would like to thank very much all those kind friends and neighbours who contributed to her charity run in the Race for Life. Thanks to Terry for persuading the sponsors.



Festive menu served daily

5-9pm on Weekdays

12-2:30pm then 5-9pm on Saturdays.

Traditional Sunday Roast served all day Sunday. From farm to fork.

Live music every Friday night from 8pm

Christmas opening hours:

Christmas Day—Closed

26th - 31st - 12pm-Late

NYE - Hot Buffet and Live Music

NYD - Hog in a Bun free with each pint

Christmas Party availability throughout December. Set Party menu upon request and pre-order.

11 en-suite bedrooms . 2 private function rooms. 2 restaurant areas.

For enquiries about room bookings, conferences, parties and dinner reservations contact us on;

0193159995

Main Street, Shap, CA10 3PW


[www.greyhoundshap.co.uk](http://www.greyhoundshap.co.uk)

Please note, we will be closed from January 4th until 31st.

We look forward to welcoming you back in February.



Cumbria's Wild Bird & Red Squirrel feeding specialists





## Bring your Garden to Life...




- ✓ Attract the widest variety of birds and wildlife by using our unique "Made in Cumbria" high quality seed mixes
- ✓ Our extensive range of seed mixes are designed to attract the species you want
- ✓ Premium blends with no added "cheap fillers" to bulk up the mixes
- ✓ A huge range of feeders, nest boxes and bird tables
- ✓ Helpful and friendly service and advice
- ✓ Passionate about Wild Birds and Wildlife

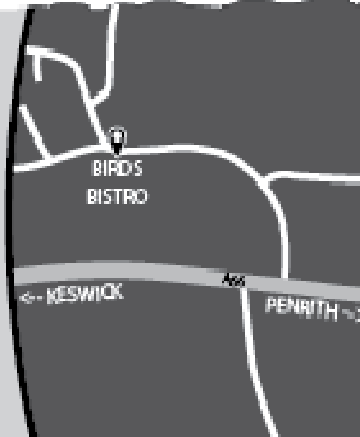
*Call in or check out our website and be amazed!*

**We're at Pendruddock just off the A66 between Keswick and Penrith.**

Shop open every day  
 Mon - Fri - 10am - 5pm  
 Saturday - 10am - 4pm  
 Sundays & Bank Holidays - 12pm - 4pm

**3 easy ways to place your order**

-  Online at [www.thebirdsbistro.co.uk](http://www.thebirdsbistro.co.uk)
-  Phone us on 01768 483100
-  Email us at [info@thebirdsbistro.co.uk](mailto:info@thebirdsbistro.co.uk)



## Mill Yard Café & Bistro Morland



Robert & Sarah Kite welcome you to the Mill Yard Café where you can relax on the sofas by our cosy wood burning stove in the winter, sit back and enjoy our sunny courtyard in the summer months, drinking and eating our locally sourced and homemade delicious food or just enjoying a pot of real tea or coffee and a scrumptious cake!

**RJ's Pizza Night**—Friday evenings (5-9pm) - create your own pizza from a wide range of toppings and eat in our new licensed lounge or take out.

**Saturday evenings** (6-9pm) is **RJ's Tapas night** - reserve a table or just come along and enjoy!

**Lazy Sundays** - Come and enjoy our additional Brunch menu up to 12pm

**Opening Times** - 9 - 4pm all year round, closed Mondays and Tuesdays (except Bank Holidays)

(Please see website - [www.millyardcafe.co.uk](http://www.millyardcafe.co.uk) for any further dates which may be closed for holidays and for more information regarding menus etc.)

**Mill Yard Café, The Square, Morland, Penrith CA10 3AZ**  
**01931 714155 (info@millyardcafe.co.uk)**

## Affected by Cancer?

### APPLEBY & DISTRICT CANCER SUPPORT GROUP



## Invite you to Come for Coffee

Open to all in Eden district

#### We Meet

- ~ Above Surgery in Appleby (opposite swimming baths)
- ~ Every 1st & 3rd Monday in month (except Bank Holidays)
- ~ 10 am - 12 noon

Chat in confidence  
with others going  
through tough times

Also on offer:  
Light exercise and  
Complementary Therapies

#### Further Info, Phone

- ~ Rosie on 017683 52263 or
- ~ Jackie on 01768352365

BE THE #heronextdoor

**YOU COULD BE THE HERO NEXT DOOR!**

Our volunteers are ordinary people who do extraordinary things. They find time to save the lives of their neighbours whilst going about their normal routines. They are everyday heroes and you could be too...

Volunteering is flexible, rewarding, and works around you

- Give back to your local community
- No previous training or experience needed
- Anyone aged 18+ with a car
- Commit just a few hours a week
- Enhance your skills and job prospects

**MAKE A DIFFERENCE**

To join your local team of life savers go to [www.nhs.uk/volunteer](http://www.nhs.uk/volunteer) or call 0345 122 0 999

and ask to be about becoming a community first responder

**NHS North West Ambulance Service**

**VOLUNTEER. BE A HERO. CHANGE LIVES.**

Can you swim a width? Do you want to have fun and improve your swimming technique? We meet weekly at Appleby Swimming pool during term time. On a Thursday evening starting at 6.30 - 7.00; 7.00 - 7.45 and 7.45 - 8.45, depending on your ability.

3 taster sessions are offered, and if you decide to continue, the cost is £38 per term. Everyone is welcome including adults, who are



welcome to attend the 7.45pm session to improve their stroke and stamina.

Volunteers to help on the pool side are welcomed and training is provided.

For more information come to Appleby Swimming pool on a Thursday evening or email us on, [applebysclub@hotmail.co.uk](mailto:applebysclub@hotmail.co.uk) telephone Liz Morgan 015396 23068

or our website - [www.applebyswimclub.org.uk](http://www.applebyswimclub.org.uk)

## Neat Feet by Mary-Anne

If you are finding it hard to cut your toe nails, have hard skin or feet that just need a treat.

Why not give me a call me for treatments in your home?

I am also qualified in Indian Head Massage and Swedish Massage.

Now exclusively using Temple Spa products for massages.

I hope to be able to meet you soon.

### Mary-Anne

Diploma in Chiropody. WMSch

International Register of Massage Therapists London. AIRMT  
International Institute of Health and Holistic Therapies. Level 2 Certificate in Nail Treatments  
Level 3 Diploma in Indian Head Massage

**017683 53765 or 077 69 68 57 54**



## Mike Addison Optician now at SHAP HEALTH CENTRE

- Over 60's & under 16's receive FREE SIGHT TEST
- NHS and Private patients welcome
- Fully comprehensive eye examinations including Diabetics and Glaucoma sufferers
- Professional, friendly service by qualified local Opticians
- Excellent range of spectacles from economy to designer for children and adults

The Shire Hall  
The Sands  
Appleby CA16 6XN

Shap Health Centre  
Peggy Nut Croft  
Shap CA10 3LW

info@mikeaddisonoptician.com

**CALL 017683 53199**  
to make an appointment

Cumbria County Council



Need help  
with  
transport?

### Voluntary Social Car Scheme North Westmorland Parishes

The Voluntary Car Scheme provides transport to members of the community of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private transport.

Typical journeys include getting to the shops, doctors, dentists, making public transport connections and visiting friends.

Passengers pay a contribution towards the cost of the transport. If two people or more travel then the fare is shared between them.

If you would like to make use of this service or are interested in driving for the scheme, please contact:

Michael Heywood on 015396 46601

facebook.com/Cumbriacc

Serving the people of Cumbria

cumbria.gov.uk/  
voluntarycarscheme



Professional and friendly foot health advice and treatment in the comfort of your home.

Covering most of the Eden Valley.

Callus, corn, cracked heels, diabetic foot care, fungal foot and nail infection, ingrown toenails and verrucae, elderly feet care.

To make an appointment please contact :

Miss Aggie Koza  
MCFHP MAFHP  
21 Bellevue Rd  
Appleby in Westmorland  
CA16 6TY  
Tel: 01768 398457  
Mob: 07910 028955

## TEMPLE SOWERBY CE PRIMARY SCHOOL PRE-SCHOOL NEWS

Due to the success of the Pre-School facility (age 3 upwards), we are pleased to inform you that the provision is now available from 8am—5.30pm Mondays to Fridays.

We accept 15hr and 30hr government funding. Why not get in touch to see what we can offer?

### TEMPLE SOWERBY TOTS

Every Thursday morning, we hold a parent and child session in school from 10am—11.30am. No charge, just come along with your children and join in the fun activities.

For further details, or to arrange to come and look around, please contact us on:

Temple Sowerby CE School  
Temple Sowerby  
Penrith  
Cumbria, CA10 1RZ

Tel: 017683 61512  
admin@temp-sow.cumbria.sch.uk  
www.temp-sow.cumbria.sch.uk

Keep up to date with all our news and events by searching for Temple Sowerby Primary School on Facebook.

## MIDTOWN CATTERY AND STABLES (Formerly Baird's Cosy Cats)

*Loving care, spacious, modern & heated accommodation.*

*Now taken over by new residents  
Graham & Julie Fisher.*

*Also offering horse DIY livery opportunities with accessible bridledways leading onto Crosby Ravensworth fell. Tack room also included and haylage available.*

*Business to run as usual under new management of Midtown Cattery & Stables.*

For all information and bookings please call:  
Stable enquiries: Graham Fisher 07768100397  
Cattery enquiries: Julie Fisher : 01931715246



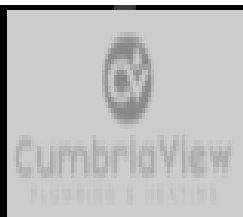
## The Arts Society Appleby-in-Westmorland

### December Lecture

11.12.2019

The Christmas Tree: From Forest Fir to Festive Feature. — Dr Claire Walsh BA (Hons) MA (Distinction) PhD

**All lectures are at Appleby Market Hall and start at 11am, coffee is served from 10.15am. There is a small charge of £8.00 for non-members. Everyone welcome!**



## PLUMBING & HEATING

Domestic and commercial  
Gas—LPG—Oil





Local time served plumbing and heating engineer

Quality workmanship guaranteed

Contact Dean

**0773 683 7238**



	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
<b>Carol Services</b>	11:00 Sunday 22/12/19 SPC	6:30 pm (Church) Sunday 22/12/19 SJF/J Betts	6:30 pm (Church) Sunday 22/12/19 SJF/J Betts	7:00 pm Friday 20/12/19 SPC	6:00 pm Wednesday 18/12/19 SJF	
Dec 1st Advent Sunday	 <b>11:00 Joint Family Service (Cliburn)</b> SJF/CEF  <b>6:30 Joint Advent Carol Service (Brougham)</b> SJF		6:30 D Marston	 <b>11:00 Joint Family Service (Cliburn)</b> SJF/CEF  <b>6:30 Joint Advent Carol Service (Brougham)</b> SJF		1:30 D Law
Dec 8th Advent II	<b>11:00 Joint Holy Communion (Clifton)</b> JHB/SJF		6:30 T Dent	<b>11:00 Joint Holy Communion (Clifton)</b> JHB/SJF		1:30 A Collinson
Dec 15th Advent III	Holy Communion (Askham) JHB	9:15 Morning Prayer Lay Led	6:30 A Collinson		6:30 Evening Prayer SJF	1:30 A Sterling
Dec 22nd Advent IV	11:00 Carol Service (Askham) SPC	6:30 United Carol Service (church)  SJF/J Betts	6:30 United Carol Service (church) SJF/J Betts		11:00 Holy Communion JHB	1:30 S Radford
Dec 24th. Christmas Eve	5:00 Crib Service CEF 	5:00 Crib Service JHB  11:30 pm Midnight Mass SJF		11:30 Midnight Mass KMcB		
Dec. 25th Christmas Day	11:00 Holy Communion St. Michael Lowther SPC				10:30 Holy Communion JHB	
Dec. 29th Christmas I	<b>11:00 Joint Holy Communion (Great Strickland)</b> JHB/KMcB		10:30at Appleby SS	<b>11:00 Joint Holy Communion (Great Strickland)</b> JHB/KMcB		10:30at Appleby SS

**ABBREVIATIONS:** "SJF" Revd Stewart Fyfe, Rector; "SPC" Revd Sheila Clark, Curate; "SRP" Revd Sandy Pearl; Curate;; "JHB" Rt. Revd James Bell;; "KMcb" Revd Kenneth Boyd (Church of Scotland) "DGJ" David Jones, Reader; " "CEF" Carolyn Fyfe J Betts is Revd Jackie Betts (Methodist)

Family Communion is in Contemporary form

Children are welcome at all our services; there will be special activities or teaching for them where you see this symbol:








#### Morning Prayer

is said on Tuesday mornings at 9.15 in Morland church.  
*In various ways, prayers for the church and for the world are offered...*

#### Midweek Holy Communion

is celebrated in Morland Church on Wednesdays at 10.00am.  
*This is a quiet, said service, an uplifting and refreshing break from daily duties.*

***Come and join us!***

	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel	Sleagill Chapel
Carol Services	3:00 pm (Clifton) Sunday 22/12/19 SPC	7:00 pm Thursday 19/12/19 SJF	5:00 pm Sunday 22/12/19 SJF	6:30 pm Sunday 22/12/19 KMcb	10:30 Sunday 15/12/19 A Sterling	10:30 22/12/19
Dec 1st Advent	 <b>11:00 Joint Family Service (Cliburn)</b> <b>6:30 Joint Advent Carol Service (Brougham)</b> SJF/CEF SJF				10:30 A Pallister	10:30 Harris
Dec. 8th Advent II	 <b>11:00 Joint Holy Communion (Clifton)</b> JHB/SJF				10:30 W Ousby	10:30 Morton
Dec 15th Advent III			11:00 Christingle SJF/CEF	9:30 Holy Communion JHB	10:30 A Sterling Carols	10:30 Joint with Shap
Dec 22nd Advent IV	3:00 pm Carol Service (Clifton)  SPC	11:00 Informal Service SRP	11:00 Holy Communion KMcb 5:00 pm Carol Service SJF	6:30 Carol Service KMcb	10:30 L A	10:30 Belford Carols
Dec.24th Christmas Eve	9:30 pm Holy Communion BCP (Brougham) JHB	11:00 pm Midnight Mass SPC	5:00 pm Crib Service  SJF			
Dec. 25th Christmas Day			10:30 Family Communion  SJF			
Dec. 29th Christmas I	<b>11:00 Joint Holy Communion (Great Strickland)</b> KMcb/JHB				10:30 at Appleby SS	10:30 Circuit Service at PMC

**ABBREVIATIONS:** “SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl; Curate;; “JHB” Rt. Revd James Bell;; “GGH” Revd Geoffrey Haworth;; “KMcb” Revd Kenneth Boyd; “DGJ” David Jones, Reader; “CEF” Carolyn Fyfe — J Betts is Revd J Betts A Sterling is Revd A Sterling (Methodists)  
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 Come and join us!*

	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
Jan. 5th Epiphany	11:00 Family Worship (Askham) JHB	9:15 Family Communion JHB	6:30 J Law		11:00 Holy Communion SJF	1:30 L A
Jan. 12th Baptism of Christ	<b>11:00</b> <b>Joint Holy Communion Morland</b>  <b>SJF</b>		6:30 Cnxn Service at K. Stephen	<b>11:00</b> <b>Joint Holy Communion Morland</b>  <b>SJF</b>		1:30 D Marston  6:30 Cnxn Service at K. Stephen
Jan. 19th Epiphany II	11:00 Morning Worship (Askham) Lay Led	9:15 Morning Prayer Lay Led  6:30 Taize SRP	6:30 L A	11:00 Holy Communion JHB	6:30 Evening Prayer SJF/DGJ	1:30 J Worsfold
Jan. 26th Epiphany III	11.00 Holy Communion SPC	6:30 United Covenant Service (Church) SJF/J Betts	6:30 United Covenant Service (Church) SJF/J Betts		11:00 Anniversary Celebration SJF/AS/Kevin Roberts 	1:30 A Sterling Covenant
Feb 2nd Candlemass	11:00 Morning Worship (Askham)  SPC	9:15 Family Communion  SJF	6:30 S Radford		11:00 Holy Communion JHB	1:30 S Radford

**ABBREVIATIONS:** “SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl; Curate;; “JHB” Rt. Revd James Bell;; “GGH” Revd Geoffrey Haworth;; “KMcB” Revd Kenneth Boyd; “DGJ” David Jones, Reader; “ “CEF” Carolyn Fyfe — J Betts is Revd J Betts A Sterling is Revd A Sterling (Methodists)  
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**Come and join us!**

	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel	Sleagill Chapel
Jan. 5th Epiphany	9:15 Holy Communion (Clifton) SJF	6.30 Holy Communion SJF/SRP	11.00 Holy Communion SPC/KMcB	9:30 Morning prayer Lay Led	10:30 J Betts	10:30
Jan. 12th Baptism of Christ	<div> <div>11:00</div> <div>  <b>Joint Holy Communion Morland</b> </div> <div>SJF</div> </div>				10:30 A Sterling Covenant 6:30 Cnxn Service at K. Stephen	10:30
Jan. 19th Epiphany II	9:15 BCP Mattins Brougham DGJ		10:00 breakfast for 11:00 A.T.O.M. Village Hall 	9:30 Holy Communion JHB	10:30 D Askew	10:30
Jan. 26th Epiphany III		11:00 Informal Service Lay Led	11:00 Holy Communion JHB	930 am Morning prayer Lay Led	10:30 C Capstick	10:30
Feb.2nd Candlemas	9:15 am Holy Communion (Clifton) JHB 2:00 pm Candlemass Holy communion (Ninekirks)	6:30 pm Holy Communion SJF/SRP	11:00 am Holy Communion SJF 	9:30 Morning prayer Lay Led	10:30 L A	10:30

**ABBREVIATIONS:** “SJF” Revd Stewart Fyfe, Rector; “ SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl; Curate;; “JHB” Rt. Revd James Bell;; “KMcB” Revd Kenneth Boyd (Church of Scotland) “DGJ” David Jones, Reader; “ “CEF” Carolyn Fyfe J Betts is Revd Jackie Betts (Methodist) Family Communion is in Contemporary form Children are welcome at all our services; there will be special activities or teaching for them where you see this symbol:



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***Come and join us!***



## Lowther Endowed School

### Could you be the Governor we're looking for?

We are thriving local school, recently rated as Good by Ofsted, and we are seeking to appoint three new members to our Governing Board. This is great opportunity to contribute your skills and experience in support of the education of local children. No experience of being a school governor is required, training is provided, but we are particularly interested in people with some experience of health and safety, premises management, Special Educational Needs and Disabilities or Early Years education. Being a Governor is very rewarding in itself, and can also help you develop new skills and knowledge. It is voluntary role and Board members are expected to attend eight, two hour committee meetings during the course of the year, as well as spending some time in school each term. On average this would equate to a commitment of around 1 hour a week, although this tends to be more concentrated at certain periods of the school year. All Governors are DBS checked.

For an informal discussion contact:  
Kieran Barr, Chair of Governors  
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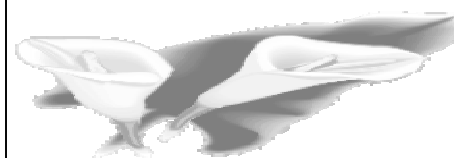
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## Autumn 2019 - Dementia Friendly Walks

We are hoping to trial some dementia friendly walks in the Westmorland Dales this Autumn and Spring 2020 for people living with dementia and their carers. These walks will provide opportunities for people to get outdoors and explore the landscape in the Westmorland Dales, improve their health and wellbeing within a friendly group.

We will be joining forces with Eden Memory Services, Greenwich Leisure Limited, Active Cumbria and other health groups to get this project off the ground and will require committed volunteers of a kind, caring disposition and a love of the outdoors and an interest in meeting new people. The walks will last approximately 1 hour with an optional visit to a café/pub afterwards.

If you would like to find out more please don't hesitate to get in touch. Please email Nicola Estill at [nicola-estill@fld.org.uk](mailto:nicola-estill@fld.org.uk)

**Nicola Estill**

**Community Engagement Officer**

Westmorland Dales Landscape Partnership  
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# Dates For The Diary

Sun 1st Dec	1-4pm	<b>Cliburn Christmas Fair</b>	Cliburn VH	p viii
	10am-4pm	<b>Clifton Christmas Makers Market</b>	Clifton VH	px
Tues 3rd Dec	7pm	<b>YF Pudding Party</b>	Clifton VH	p 8
Thurs 5th Dec	2.30 –6pm	<b>Morland School Christmas Fete</b>	Morland School	p ix
Sat 7th Dec	10.30-12.00	<b>Christmas Coffee Morning</b>	Bolton Memorial Hall	p v
		<b>Fellrunner Excursion</b>		p1
Sun 8th Dec	11am –5pm	<b>Askham Hall Christmas Market</b>	Askham Hall	p x
Tues 10th Dec	2-4pm	<b>Tea, Cake &amp; Chat</b>	Clifton VH	p8
Wed 11th Dec	10.15 for 11	<b>Appleby Arts Soc Lecture</b>	Appleby Market Hall	p13
Sat 14th Dec	3pm	<b>Christmas Concert</b>	St Peter's, Askham	p 4
Mon 23rd Dec	7pm	<b>Carols at the Crown</b>	Crown Inn Morland	p ix
Sat 28th Dec	3.30pm	<b>Highlights Show</b>	Bolton Memorial Hall	p viii
Wed 8th Jan	7.45pm	<b>Clifton PC Meeting</b>	Clifton VH	
Fri 23rd Jan	7.30pm	<b>Bingo</b>	Cliburn VH	p vii

Thur.13th Feb	7:30pm	Red squirrels	Mauld's Meaburn VI
Mon 2nd March 2020	7.30pm	<b>Bolton Memorial Hall AGM</b>	Bolton Memorial Hall

21st March 2020	<b>CRC Concert</b>	Carlisle Cathedral	px
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20th June 2020	<b>Bolton Field Day</b>		
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## NB:

- FOR FURTHER EVENTS IN CLIFTON VILLAGE HALL THROUGHOUT THE YEAR PLEASE SEE PAGE 8
- CLIBURN BINGO NIGHT TAKES PLACE ON THE 4TH FRIDAY OF EVERY MONTH EXCEPT DECEMBER

## Local parish and community websites

Askham & Helton — [www.askhamandhelton.co.uk](http://www.askhamandhelton.co.uk)

Bolton — [www.boltonvillage.org.uk](http://www.boltonvillage.org.uk)

Brougham — [www.broughamparishcouncil.com](http://www.broughamparishcouncil.com)

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Dog sitting all day if you have to go to work.

**Open 7 days a week.**

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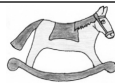
#### WINTER OPENING HOURS

From Monday 28<sup>th</sup> October 2019 through February 2020 we will be opening the following hours:

Monday	CLOSED	
Tuesday	CLOSED	
Wednesday	5pm - 11pm	Kitchen 5pm - 8pm
Thursday	12pm - 11pm	Kitchen 12pm - 8pm
Friday	12pm - 12am	Kitchen 12pm - 9pm
Saturday	12pm - 12am	Kitchen 12pm - 9pm
Sunday	12pm - 10.30pm	Kitchen 12pm - 8pm

#### CHRISTMAS OPENING HOURS

Christmas Eve	Kitchen closes 8pm
Christmas Day	11am - 1pm (bar service only)
Boxing Day	4pm - 11pm (bar service only)
27 <sup>th</sup> December	5pm - 11pm
28 <sup>th</sup> December	12pm - 12am
29 <sup>th</sup> December	12pm - 10.30pm
30 <sup>th</sup> December	5pm - 11pm
New Year's Eve	12pm - 1am (kitchen service 12pm - 8pm)
New Year's Day	3pm - 11pm (bar service only)
2 <sup>nd</sup> January 2020	CLOSED
3 <sup>rd</sup> January	5pm - 12am
4 <sup>th</sup> January	Normal winter hours resume



#### Bolton Nursery

We are open Monday to Friday, 8am to 6pm for babies and children aged 3 months - 11 years, offering flexible hours.

All 3 and 4 year olds are entitled to receive 15 hours of free early education per week. Families who meet the eligibility criteria will be entitled to 30 hours funded childcare from September 2017. The extended entitlement can be taken 30 hrs per week term time or 22.25 hours per week across 51 weeks of the year. Some 2-year-olds are also eligible for free funding.

We provide a **BREAKFAST/AFTERSCHOOL CLUB** during term time.

Our **HOLIDAY CLUB** will be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

**Our outside area is currently under renovation and when this is complete we will be having a fun filled open day for everyone – watch this space!!!** For more information telephone **017683 62468**.

#### HEARTWOOD ENTERPRISES

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**Therapy-- Counselling**

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*For a free consultation please feel free to contact me.  
Ian Brown, Curative Hypnotherapist and Reiki Master  
In practice since 1982.*

\*\*\*\*\*

**\*Are you ready to become a non smoker?**

*Please call for details of the 'End Smoking Permanently Now' package*

Contact me at: [ian.greylber@gmail.com](mailto:ian.greylber@gmail.com)  
Call me on 01931 715237



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07876744039

or email

[woodlandtreeservicescumbria@gmail.com](mailto:woodlandtreeservicescumbria@gmail.com)

**PAINTER & DECORATOR  
TILER  
HANDYMAN SERVICES**

**Contact:**

**Dave Pickersgill**

**015396 24810**

**07931277115**

# LOCAL DIRECTORY

<b>RECTOR</b>	Revd Stewart Fyfe	01931 714 620
<b>CURATE</b>	Revd Sheila Clark	01931 714 238
<b>DEACON</b>	Revd Sandy Pearl	01931 714 564
<b>READER</b>	David Jones	01931 714 338
<b>BOLTON MEMORIAL HALL</b>		
Bookings	Christine Birkbeck	017683 61583
Secretary	Christine Taylor	017683 62082
<b>BOLTON PARISH COUNCIL</b>		
Chairman	Peter Griffiths	017683 61944
Clerk	Shelagh Leyland	017683 62327
<b>CLIBURN VILLAGE HALL</b>		
Bookings	Margaret Burne	01931 714218
<b>CLIFTON PARISH COUNCIL</b>		
Clerk	Rachel Kelly cliftonpc@outlook.com	01768 863900
<b>CLIFTON VILLAGE HALL</b>		
Bookings	cliftonvillagehall1745@gmail.com	01768 890940.
<b>CROSBY RAVENSWORTH</b>		
Ward Councillor	Joan Raine (joan.raine@eden.gov.uk)	01931 715 351
<b>CROSBY RAVENSWORTH VILLAGE HALL</b>		
Bookings	Freda Smith	01931 715 381
<b>GREAT STRICKLAND PARISH COUNCIL</b>		
Clerk/Village Hall Bookings	Usually meets last Monday in month Ruth Tupling	01931 712 571
<b>MAULDS MEABURN POST OFFICE</b>		
<b>MAULDS MEABURN VILLAGE INSTITUTE</b>		
Bookings secretary	Tuesdays 9.30-11.30am in the village hall Vanda Betts	01931 715 391
<b>MORLAND PARISH COUNCIL</b>		
Clerk	Andrea Runkee clerk@morlandparishcouncil.org	01768 881003
<b>MORLAND COMMUNITY FIRST RESPONDERS</b>		
<b>MORLAND &amp; NEWBY VILLAGE HALL</b>		
Secretary	Caroline Sterling (cster52822@aol.com)	01931 714 971
<b>MORLAND WARD COUNCILLOR</b>		
<b>NEWBY PARISH MEETING</b>		
Clerk	Julia Evans (alexjulia@btinternet.com)	01931 714 158
<b>KINGS MEABURN POST OFFICE</b>		
(at the White Horse Inn)	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
<b>KINGS MEABURN VILLAGE HALL</b>		
Bookings	Meg Hancock (meghnc@btinternet.com)	01931 714 432
<b>BROWNIES</b>		
Guides	Tuesday 12.30pm-5.30pm, Wednesday 12 noon-5.30pm, Friday 8.30am-1pm Alison Goldfinch (kenandali@ntlworld.com)	01931 714 256 07807454079
<b>SLEAGILL PARISH MEETING</b>		
Clerk	Jo Laverick (jolaverick63@gmail.com)	01931 714 216
<b>NORTH WESTMORLAND NEWS</b>		
Editor	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
	Sheila Clark (spclark1@btopenworld.com)	01931 714 238

The North Westmorland News welcomes items from readers and news from all eight parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors. and are not necessarily those of the Editor, the Newsletter or the Church.

**As soon as one Newsletter goes to press, we start on the next, so please send material for the Feb 2020 issue as soon as you can: 7th January at the very latest.**

*Material by email, with phone call to confirm arrival, to: spclark1@btopenworld.com*