

Letter from the Vicarage

"Sticks and stones may break my bones, but names will never hurt me." I remember my mother teaching me that as a retort to some bullies I had to face at school. Unfortunately it didn't work. In the first place, the bullies thought it rather a good idea and took to hurling sticks and stones in addition to the names. But it was also a big lie. One can usually recover from broken bones fairly quickly, but unkind words have a habit of going deep into our hearts and festering there. It's one of the reasons why Christians are urged to be very careful about what they say and how they speak to others.

"Every species of beast has been tamed by the human species," wrote James in his New Testament Epistle, "but no one can tame the tongue—a restless evil, full of deadly poison." Strong stuff, but he has a point. He goes on, "With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. My brothers and sisters, this ought not to be so." Indeed not. Given that these words were written 2,000 years ago, it is remarkable that psychology has only relatively recently begun to understand the power of words. Children brought up with harsh words have poor self-image, tend to underachieve and struggle to form healthy relationships. Children brought up with consistent encouragement generally do far better in every sphere of life. Likewise, people whose words are full of poison rarely have friends or influence, whereas people who are kind and caring (even when they have something difficult to say) are the kind of people others respect. As Jesus said, "you reap what you sow."

It is so easy to throw away words – particularly in e-mails or Social Media, where we can do so from a safe distance. But every word we deploy has enormous power, for good or evil - and they affect our own souls too. Jesus said, "it is out of the fulness of the heart that the mouth speaks." A mouth given to hurting others always betrays a bad heart. But the tongue can also be used to change our hearts – and our attitude to life. James, in his Epistle, said that, just as a tiny rudder can steer a giant ship, so the tongue can steer the soul. Bridling our tongues can change our own hearts and our own outlook on life, not only because it changes the way others treat us in return, but because it works internally within our hearts to change us – the tongue is the rudder of the soul. I'm not talking here about good natured banter. My friends receive plenty of that from me and I always feel that good natured teasing is something that shows you are accepted as a friend and can be trusted to take a joke against yourself. But words that mean harm are a different matter. Words that seek to destroy our neighbour, or to make them look small in the eyes of others, are "a restless evil, full of deadly poison". Like any poison, we shouldn't have it inside us – and we certainly shouldn't pass it on.

Lent, which begins at the end of this month, is a great time to reflect on the language we use with one another. We can ask ourselves, in the safety of our own contemplations, why our hearts want to speak harshly of others and seek to change our language in order to change how we approach life. And it can also be a time for healing the poison of the words we have had spoken to us. God's word is always "full of grace and truth". It shows up the unkindness of others to be worthless lies and allows us to replace the poison with new, life-giving words from the Father who loves us and knows what we are truly worth. As St Paul said, "put away all bitterness and rage, slander and malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – focus your mind on such things." *Stewart*



The North Westmorland News is available via email!

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

Church News & Local Events

Bolton WI

10th February

Karen Babayan talking about her new book entitled 'Swallows and Armenians'

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

Morland JAM for February is - no JAM owing to half term.

Crosby JAM for February is - Monday 24th February at 9.30am

Morland Home Group

The meetings are on

Tuesday 4th February and Tuesday 18th February at 2p.m. at 31, Jackson Croft.

For further details ring 01931714455.

All are welcome.

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

Morland & Newby WI

Thursday 13th February 2020 Morland Village Hall 2pm

A special meeting with Karen Hanks, President of the Cumbria-Westmorland Federation of WIs.

Services at Brougham

Due to the retirement of The Rev Geoffrey Howarth, 2020 services in St Wilfrids, The Chapel, have been reduced to one BCP service, usually on the 3rd Sunday of each month. However, this service in Brougham will rotate between St Wilfrids and St Ninians - please check the newsletter for details.

February 2nd. St Ninians Candlemas 2.00 pm

February 16th St Wilfrids Holy Communion 9.15 am

Candlemas Holy Communion at Ninekirks
2pm February 2nd

This service is weather dependent,
(ring Sarah on 07801099151 if in doubt)

Please wrap up warmly.

Ring Sarah if you require a lift from Hornby Hall

Dogs are welcome.

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.

Revd Stewart Fyfe, Rector

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

From our Registers



The funeral of **Brian Meredith Frost-Smith** took place at St Mary, Thrimby on Friday 22nd November and his mortal remains were laid to rest in the Churchyard, following cremation, on Thursday 5th December 2019.

The funeral of **John Herbert Llewellyn Holliday** took place at St Barnabas, Great Strickland on Thursday 28th November 2019 and his mortal remains were laid to rest in the Churchyard.

The funeral of **Joyce Totnes** took place at St Peter, Askham on Monday 16th December 2019 following a committal at Carlisle Crematorium.

The funeral of **Kevin McDonald** took place at St Peter, Askham on Friday 20th December 2019 and his mortal remains were laid to rest in the Churchyard.

The funeral of **Hugh Tattersall Thompson** took place at St Peter, Askham on Monday 6th January 2020 following a committal at Carlisle Crematorium.

The funeral of **Frederick Richardson** took place at St Lawrence, Morland on Wednesday 8th January 2020 and his mortal remains were laid to rest in the Churchyard.

Oscar Perkins was Confirmed at St Lawrence, Morland on Saturday 12th October by the Rt Revd Emma Ineson, Bishop of Penrith.

Paul Tibbott & Samantha Callow were married at St Peter, Askham on Tuesday 5th November 2019.

Max Anastasi & Samatha Brayshaw were married at St Peter, Askham on Saturday 23rd November 2019.

James Charlton and Cath Bundy were married at St Peter, Askham on Thursday 12th December 2019.

Local Honours

We are delighted that two distinguished members of our Benefice have been chosen to be honoured by the receipt of Maundy Money from HM the Queen. **Rena White** of Askham and **David Jones** of Morland have each been recognised for many years of distinguished service to the local church.

Our congratulations go to them, with profound thanks.



Ash Wednesday



Marking the start of Lent with a traditional service of Holy Communion with the imposition of Ashes.

St Peter, Askham
Wednesday 26 February, 7.30pm



Lent Course 2020

Faith Pictures



Faith can be a very difficult thing to put into words. Faith Pictures takes a different approach, describing it in pictures from everyday life. Instead of beginning with theology, it begins with the simple everyday and with your personal experience. It will be fun and accessible and anyone is invited to join us.

It will take place at various times and in various venues across our group of parishes, so you can go to a group that suits you.

Keep an eye on our website for details
(www.northwestmorlandchurches.org.uk) or contact Revd Stewart Fyfe: rectornwparishes@gmail.co.uk or 01931 714620



Baptisms – Lent and Easter



According to the Church's ancient custom, we do not baptise during Lent, but treat Lent as a time of preparation for baptism for Easter. This year, Easter baptisms will be available at our Easter Vigil service at Crosby Ravensworth on **Holy Saturday, 11th April** at 7.30pm and at any service on **Easter Sunday 12th April**. If you would like to be baptised, or have your children baptised at either of these special services, please contact Revd Stewart Fyfe: rectornwparishes@gmail.co.uk or 01931 714620

Parish Cathedral Service

Our Joint service on **Sunday 9th February** will be at Carlisle Cathedral. We are grateful to the Dean and Chapter for the invitation. All are welcome to join us for the service at **10.30am**. Anyone requiring assistance with travel should contact Revd Stewart Fyfe on 01931 714620.

Tea, Coffee & Chat

Morland and Newby Village Hall

Every Thursday 9:45am—11:00 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



Please note the change of time!

The Heart of Westmorland
MISSION
Community

difference.



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**:
9th Jan, 23rd Jan, 6th Feb, 20th Feb
7.30-9.00pm

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

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

Archbishop Justin Welby

Morland Parish Council News

Main items from the November 2019 meeting

Neighbourhood Development Plan

Cllr L Robson reported that the suite of documents are undergoing a further pre-submission scrutiny by EDC.

The Crown Inn

Clerk A Runkee reported that application for the Crown Inn to be re-registered as a community asset had been submitted, to Eden District Council, however confirmation of the site boundary was requested. This was clarified at the meeting and EDC will be updated.

Public Participation

No Cold Calling Signs, a request was made that the Parish Council look into signage declaring Morland as a No Cold Calling village. ACTION is for the clerk to gather information for discussion at the next Parish Council meeting.

Halmshaw's Garage is unsightly and is frequently vandalised. EDC have undertaken a review of the site in the past and stated that no action could be taken as the site did not contravene any regulations. ACTION is for the clerk to contact the Community Warden to see if a review of the site can be undertaken.

Refuse Collection Cllr M Tonkin reported that waste collection was under review with EDC and the most likely outcome is that collections will be carried out bi-monthly.

Tree Planting it was brought to the councillor's attention that free tree planning is available and a request was made that the playing field be planted as a woodland. This was refused as the land was left to the village as a playing field site. However, it was agreed that Cllr D Fitton would look into the option of more random tree planting throughout the parish as an alternative option.

Highway and Maintenance

Wilson Brow work is due to start on 25.11.19 to alleviate the flooding.

Force bridge is still needing a repair, John Banks at Cumbria county Council confirmed that the repair work has been instructed.

Parking at the village hall and roadside is at capacity when the school starts and finishes, raising safety concerns. Action the Clerk to contact the school and village hall to arrange a joint meeting with the parish council to see if any action can be taken to help resolve the issue.

Speed Limit signs are falling into disrepair, Cllr D Whipp to contact CCC to try to resolve the issue.

Tree Survey

ACTION the Clerk will contact Matthew Flynn to complete the tree works as identified in the Tree Survey.

BT Phone Box

ACTION the Clerk to draft a letter for approval, to EDC against the removal of the BT public payphone in Morland.

The date of the next meeting is:

Morland Parish Meeting – Monday 9th March at 7.30pm – The Village Hall

Thank you,
Morland Parish Council

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.

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

Morland Area 100 Club

There are plenty of numbers still available and to contact Stacey or Julia or drop a completed form in the box in school reception if anyone who would like to join.

Wk ending	Position	Name
5/7/19	1st	Louise Donnelly-Stott
	2nd	Joyce Berry
	3rd	Emma Lockerbie
2/8/19	1st	Julia Evans
	2nd	Don Clark
	3rd	Pamela Bryant
6/9/19	1st	Sarla Ewin
	2nd	Carol Richardson
	3rd	Graeme Stott
7/10/19	1st	Fiona Airey
	2nd	Emma Lockerbie
	3rd	Louise Donnelly-Stott
11/11/19	1st	Emma Lockerbie
	2nd	Don Clark
	3rd	Sarla Ewin
2/12/19	1st	Don Clark
	2nd	Sheila Clark
	3rd	Charlotte Atha

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



Cliburn Community Play Area

BINGO

with Snowball
Cliburn Village Hall.
At 7.30 pm
On Friday 28th February
All Welcome.

Thursday 13th February 2020



Penrith & District Red Squirrel Group



A talk and presentation on their work

With

Ian Jack and Garry Murphy

At



7:30 p.m. start

Suggested minimum donation of £3.00 pp

Bar open 7:00 p.m.

And

Tea – Coffee – Biscuits

Boogie Bounce

Where? Lowther Parish Hall, Hackthorpe

When? Two classes to choose from - 6pm & 7.15pm

How much? £6 per class

How? Booking essential to secure your trampoline

<https://bookwhen.com/beyondfitnesswithsarah>

Book week by week or book any 6 classes (they don't need to be consecutive) and only pay for 5 at checkout

Morland Area 100 Club
Need to know more? For regular updates, please find me on Facebook. There are plenty of numbers still available and to contact Stacey or Julia or drop a completed form in the box in school reception if anyone who would like to join.

Any questions please message Sarah Newby on 07989744557



LIVE MUSIC MONTHLY @ The Studio Morland

with

EVAN

EDEN VALLEY ARTISTIC NETWORK
in association with Eden District Council presents



The Errant Thieves
Flavours of old-time folk, americana, blues and jazz. A mix original songs with all manner of 'borrowed' music, including the odd re-working of a rock classic or two.

SATURDAY 8 FEBRUARY

admission £5 doors at 7pm

www.thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

Cliburn Indoor Bowling.

Thursdays 7.30-10pm.

Cliburn Village Hall.

All welcome.

Woods available.

Only £1

includes tea/coffee and biscuits.



BOLTON WOMEN'S INSTITUTE

meetings are usually held on the 1st Monday of the month in Bolton Memorial Hall, starting at 7.15pm. New members may join at any time and need not be Bolton residents. Visitors welcome to any meeting, £3 for refreshments. Upcoming topics are ...

- 10th February Karen Babayan talking about her new book entitled 'Swallows and Armenians'
- 9th March Sally Buckley giving a presentation concerning beekeeping at home and abroad
- 20th April (not 13th) Ann Craddock introducing us to walking netball

Morland & Newby WI

Thursday 13th February 2020

Morland Village Hall 2pm
(yes, in the afternoon)

A special meeting with Karen Hanks, President of the Cumbria-Westmorland Federation of WIs.



Discover what the county organisation does for Westmorland WIs.

All welcome – no formalities – there will be cake!

Morland Walking Group

The walk for the 10th Feb is as follows
Meeting at Morland Village Hall @ 10.00am
The walk is approximately 3 miles long A circular route Starting at Lowther Castle
Heading towards Whale through the woods Via Helton and Askham
Returning to Lowther Castle Cafe for Lunch
Please ensure you bring adequate footwear etc for the conditions on the day
David Flynn will be leading this walk and can be contacted on 01931714191

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!

Clifton Village Hall

www.clifton1745.com

Email: cliftonvillagehall1745@gmail.com

Thursday 23 rd January	9.30-11.30am 6.30-7.30pm 7.30-8.30pm	Clifton Little Tinkers playgroup (General play and colouring) Stick Mobility Stick Mobility
Thursday 30 th January	9.30-11.30am 6.30-7.30pm 7.30-8.30pm	Clifton Little Tinkers playgroup (Free crafting) Stick Mobility Stick Mobility
Thursday 6 th February	9.30-11.30am 6.30-7.30pm 7.30-8.30pm	Clifton Little Tinkers playgroup (Soft play session at the hall) Stick Mobility Stick Mobility
Tuesday 11 th February	2pm – 4pm	Monthly Tea, Cake and chat
Thursday 13 th February	9.30-11.30am 6.30-7.30pm 7.30-8.30pm	Clifton Little Tinkers playgroup (Goodbye party) Stick Mobility Stick Mobility
Thursday 20 th February	6.30-7.30pm 7.30-8.30pm	Stick Mobility Stick Mobility
Thursday 27 th February	6.30-7.30pm 7.30-8.30pm	Stick Mobility Stick Mobility
Monday 2 nd March	7.30pm	Clifton Parish Council Meeting

More information on events can be found on the Clifton Village Hall Facebook page, the Clifton Little Tinkers 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.

URGENT

Please help to SAVE Clifton Little Tinkers Playgroup

The current Playgroup leader has come to the difficult decision to step down from running Clifton Little Tinkers after a very successful five years. Unfortunately, there is currently nobody available to take over, and so this will mean the end of the playgroup unless volunteers are found.

The final session will be on Thursday 13th February 2020.

In a village with 200 new houses in the last 30 years – many now filled with young families - it would be terrible if this really was the last session. Anyone who would like to volunteer to help keep it going please contact Hayley Graham – 07834474222. Why not share out the duties on a rota system with your friends?

This is one of the few regular activities left in our hall now – come on Clifton community – don't lose this too!

FELLRUNNER EXCURSIONS 2020

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 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 contact 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 March.....Southport. The Victorian seaside town with some quality shops and the second longest pier in the country

4 April.....The Albert Dock complex in Liverpool. World class museums and shops or perhaps a sightseeing sail on the Mersey ferry

2 May.....Coniston and afternoon visit to Brantwood, a historic house and former home of John Ruskin, who was a 19th century writer, artist and social reformer. Arrive either by the bus or across the lake on the steam yacht "Gondola" or Coniston Launch

6 June.....Threave Gardens nr. Castle Douglas. A garden for all seasons managed by the National Trust for Scotland

20 June.....Mystery trip with coffee and lunch stops on the way

15 August.....Kettlewell Scarecrow Festival. One of the biggest and best in the UK

5 September..... Speke Hall Liverpool. A rare black and white wood framed Tudor manor house on the banks of the river Mersey owned by the National Trust

3 October.....Raby Castle and Gardens, Staindrop County Durham. The best preserved 14th Century medieval castle in the north east of England.

31 October.....The Lake District autumn tints

5 December.....Kirkby Lonsdale Christmas Fair and Market

12 December.....Barton Grange. A garden centre but much more, and a destination to continue with your Christmas shopping



The Studio Morland

Penrith Cumbria CA10 3AZ

thestudiomorland@gmail.com

www.thestudiomorland.co.uk

Feb 2nd - We will have a Vintage Tea Party on Feb 2nd! Something to help us forget winter blues! 2 - 4pm. Price to be confirmed but around £5/6 a head. For more details, email thestudiomorland@gmail.com

On Tuesday Feb 18th in half-term, our first "Crafternoon" - an afternoon with craft activities, tea and chat - for diaries...more details follow.

Facebook: [thestudiomorland](https://www.facebook.com/thestudiomorland)

Twitter: [@studiomorland](https://twitter.com/studiomorland)

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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 meghnc@btinternet.com 01931 714 432

Events at Shap

Friday Music Nights at The Old Courthouse, Shap

Eden Valley Artistic Network in association with Eden District Council presents

21st February

Peter Rowan

20th March

The Misdemeanours

Doors open from 7pm Music from 7.30pm (tbc)

Admission £5 BYOB

see our website for details www.theoldcourthouse.org

EDEN ACTIVE FIT4ALL at Shap Memorial Hall

Wednesdays 9.45 - 11.45am

£3 per session All Welcome

Gentle activities designed to help you
become more active in your older years
in a friendly, sociable setting.

Details from the Old Courthouse, Shap

Highlights Rural Touring at Shap Memorial Hall

Saturday 7th March 7.30pm

'Ladies that Bus'

developed with Theatre by the Lake (Keswick) The Dukes Theatre (Lancaster) and The Bewery (Kendal)

A heart warming and hilarious tale of journeys taken.

Based on real-life interviews it shows a day-in-the-life of the Route 555 bus travelling from Lancaster to Keswick and the kaleidoscope of different characters that travel on it.

Adult: £10 Conc: £9 Family: £25 tel. 01931 716273

ALSO there will be a FREE Writing workshop during the afternoon – places are limited and must be pre-booked.

Morland Trees Community Project



In Crosby Ravensworth, they surveyed all their trees, and found that
- 90% were over 50 years old, and
- 25% were ash trees (threatened by ash dieback).
As a result, they are planting 1,800 trees this year across the parish.

What about Morland?

As a group of locals with an interest in keeping our parish green and beautiful, we would like to offer local farmers and landowners the opportunity to find out about the trees on their land, and plant trees if and where they feel it's needed.

- if you have a farm or a field you would like us to survey (spring /summer 2020) or

- if you can help with tree surveys (training provided), data entry, fundraising, (from now on), tree planting (winter 2020-21), etc.

Get in touch: morlandtreescommunityproject@gmail.com or speak to Dan Fitton, 01931714556.

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.

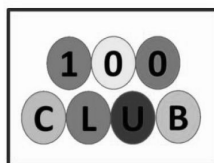
If you are just starting out on your career or thinking about changing your career path this is an excellent addition to your CV.

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 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 17th & Thursday November 21st
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



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

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

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attract the species you want
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bulk up the mixes
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- ✓ 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
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Shop open every day

Mon - Fri - 10am - 5pm

Saturday - 10am - 4pm

Sundays & Bank Holidays - 12pm - 4pm

3 easy ways to place your order



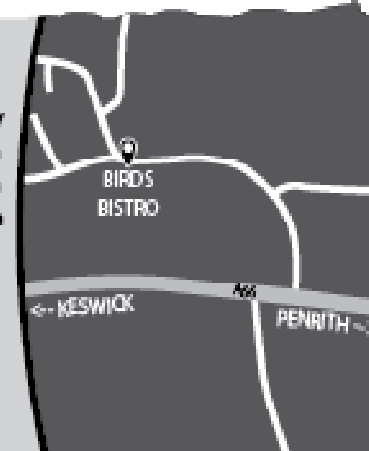
Online at www.thebirdsrestaurant.co.uk



Phone us on 01768 483100



Email us at info@thebirdsrestaurant.co.uk



Update from the Appleby Town, Appleby Rural and Shap Policing Team
Jan 2020.
CRIME FIGURES

Crime figures can be obtained via the Cumbria Police Website:
<https://www.cumbria.police.uk/Your-Area/Your-area.aspx>

Incidents of note

Appleby Rural and Shap.

05/12 – Report of a suspicious white pick-up in Shap loaded with scrap, 2 male occupants' no further details.
22/12/2019- Report of criminal damage to a vehicle in the Melkinthorpe area. There have been no reports of youth anti-social behavior this month however please do report any incidents at the time via 101 or 101 emails.
If you have any information on any of the incidents above please contact Police on 101.

Country Watch Eden

There has been a report of a theft of 200 Swaledale ewes and hogs from the fell in the Shap area. The sheep all have a red stroke down nearside ribs and an under key notch in the right ear. All are tagged with number UK104027. If you have seen anything suspicious or have any information please contact Police via 101 incident number 132 of 12th Dec 2019.

22/12/2019 – report of theft of sheep from a field in the area of Maulds Meaburn, 17 texel cross grown lambs, marked with a red wool mark on their heads and ribs, incident number 49 of 2nd Jan 2020.

If anyone is interested in becoming involved particularly in farm watch and taking part in nights of action, please contact PCSO 5206 Karen Dakin or PCSO 5169 Janet Allinson on Tel 101 or force.control@cumbria.police.uk

Mini Police.

Shap Mini Police have been busy learning about road safety this month. They also enjoyed a visit to Wasdale sheltered accommodation carol singing in the run up to Christmas. Well done all and thank you for making us so welcome.

Community Engagement.

Appleby Beavers visited Appleby Police Station for a tour and discussed relevant topics on vandalism and keeping yourself safe
PCSO and Brownies sang carols at Appleby Grange. We also engaged with the Christmas service for Appleby Primary at St Lawrence's Church.

Community Speed Watch.

Cumbria Police are seeking to implement further Community Speed-Watch Scheme's throughout the EDEN area. Would you be interested? For further details please speak to your local Police Community Support Officer, or contact Scheme co-ordinator PC 1707 Norman Black directly Tel 101 ext 401707
Norman.black@cumbria.police.uk

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<https://crimestoppers-uk.org/>

Contact police on 101 or email 101@cumbria.police.uk

For emergency always call 999

Your Police Community Support Officers are: PCSO 5206 Karen Dakin, PCSO 5133 Larmour and PCSO 5406 Sally Ewbank.

Email: karen.dakin@cumbria.police.uk or jo-el.larmour@cumbria.police.uk or sally.ewbank@cumbria.police.uk

Cumbria County Council
VOLUNTARY SOCIAL CAR SCHEME
Shap / Tebay / Orton



Voluntary car transport if you cannot access public or private transport to shops, bank, post office, bus or rail connections, personal care, church, library, doctor, dentist, optician, or hospital, nursing home and social visits.

N.B. Hospital appointments only if the North West Ambulance Service cannot provide transport.

Passengers pay a contribution towards costs.

Contact Michael Heywood
015396 46601 **michaelheywood@live.com**

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 for any further dates which may be closed for holidays and for more information regarding menus etc.)

Mill Yard Café, The Square, Morland, Penrith CA 10 3AZ
01931 714155 (info@millyardcafe.co.uk)

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Volunteering is flexible, rewarding and works around you

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- No previous training or experience needed
- 18+
- 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 or call 0345 122 0999 and talk to us 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 telephone Liz Morgan 015396 23068 or our website – www.applebyswimclub.org.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:
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Complementary Therapies

Further Info, Phone
~ Rosie on 017683 52263 or
~ Jackie on 01768352365

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Peggy Nut Croft
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info@mikeaddisonoptician.com

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to make an appointment

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7.30pm

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MCFHP MAFHP
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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)

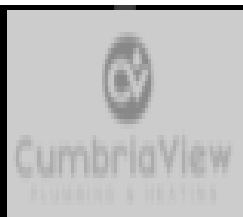
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Graham & Julie Fisher.*

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



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The Arts Society
Appleby-in-Westmorland

February Lecture

12.2.2020
Tudor Hampton Court.
Given by Dr Jonathan Foyle

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!

	Askham with Lowther (Services at St. Peter Askham unless stated)	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth-Chapel
Feb 2nd Candlemas	11:00 Family Worship SPC 	9:15 Family Communion SJF	6:30 S Radford		11:00 Holy Communion JHB	1:30 S Radford
Feb 9th 3rd Sunday before Lent	10:30 Joint Parish Trip to Carlisle Cathedral		6:30 Cnxxn Service	10:30 Joint Parish Trip to Carlisle Cathedral		1:30 T Dent 6:30 Cnxxn Service
Feb 16th 2nd Sunday before Lent	11:00 Holy Communion (Askham) SPC	9:15 Morning Prayer Lay Led	6:30 W Ousby	11:00 Holy Communion JHB	6:30 Evening Prayer DGJ/SJF	1:30 T Taylor
Feb 23rd next before Lent	11:00 Morning Worship JHB	6:30 United Service (Chapel) J Betts	6:30 United Service (Chapel) J Betts		11:00 Morning Prayer Lay led	1:30 A Sterling
Feb 26th Ash Wednesday	7:30 Ash Wednesday Holy Communion with imposition of ashes (Askham) SJF			7:30 Ash Wednesday Holy Communion with imposition of ashes (Askham) SJF		
March 1st Lent I	11:00 Family Worship (Askham) JHB 	9:15 Family Communion JHB	6:30		11:00 Holy Communion SJF 	1:30

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; “DGJ” David Jones, Reader; “CEF” Carolyn Fyfe — J Betts is Revd J Betts A Sterling is Revd A Sterling (Methodists) 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 of-
fered...*

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
Feb 2nd Candlemas	9.15 Holy Communion (Clifton) JHB 2.00pm Holy Communion Ninekirks SJF	6.30 Holy Communion SJF/SRP	11.00 Holy Communion SJF 	9:30 Morning Prayer Lay Led	10:30 L A	10:30 Milner
Feb 9th 3rd Sunday before Lent	10:30 Joint Parish Trip to Carlisle Cathedral				10:30 T Dent 6:30 Cnxxn Service	10:30 Wright
Feb 16th Sunday before Lent	9:15 Holy Communion (BCP) (Brougham) SJF		11:00 Morning Worship SJF 	9:30 Holy Communion JHB	10:30 P Hilland	10:30 Joint at Shap
Feb 23rd Sunday before Lent		11:00 Informal Service SRP	 11:00 Holy Communion SPC 6:30 Evensong DGJ	9:30 Morning Prayer Lay Led	10:30 S Radford	10:30 Williamson
Feb 26th Ash Wednesday	7:30 Ash Wednesday Holy Communion with imposition of ashes (Askham)					
March 1st Lent I	9.15 Holy Communion (Clifton) SPC	6:30 Holy Communion SJF/SRP	 11:00 Holy Communion SPC	9:30 Morning Prayer Lay Led	10:30	10:30 Joint at Shap

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; “DGJ” David Jones, Reader; “CEF” Carolyn Fyfe — J Betts is Revd J Betts A Sterling is Revd A Sterling (Methodists) Family Communion is in Contemporary form
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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!***

Lowther Endowed School

'Stay and Play' sessions
Supervised by a member of the teaching staff

Our next sessions will be on Tuesday 4th February
and Tuesday 3rd March from 9am – 10.20am.

All pre-school children are welcome to attend.



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Classes are suitable for mixed ability.

Contact: Andrew Speight
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on 0759 6957027

Or email: sp8physiopilates@gmail.com



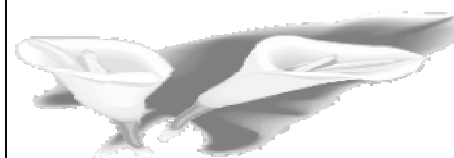
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MORLAND BABY AND TODDLER PLAYGROUP

Meets every Wednesday Morland and Newby Village Hall

(Term Time only) 9:00am-11:00am

Every second Wednesday at Rheged

Further details on facebook Visit@morlandplaygroup.

£2 per session for 1+, £1 for under 1 and siblings.



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(e): thepaintedcottage@btinternet.com



Surveying the Traditional Farm Buildings of the Westmorland Dales

Traditional farm buildings make a very strong contribution to the distinctive landscape of the Westmorland Dales area, but these structures are often overlooked and can be poorly understood. A major survey is now planned to build a more detailed picture of the number and type of farm buildings that exist in the Westmorland Dales.

Training events have been held for volunteers who have signed up to start the survey in 2020. The work forms part of a 'Traditional Farm Buildings' project, one of 21 projects being run as part of the Westmorland Dales Landscape Partnership Scheme, supported by the National Lottery Heritage Fund.

Volunteers will undertake two levels of survey. The first level will be conducted from public rights of way and roads, and will include recording the location of the farm building and taking photographs from their viewpoint. The second level will involve a more detailed survey of buildings; only carried out after permission from the landowner has been sought and granted. The survey will not impose any obligation on the owners of buildings to carry out works, and the future of these buildings remains almost entirely at their discretion. The information collected will be added to the Yorkshire Dales National Park Authority's Historic Environment Record, which is their database for all historic buildings, sites and monuments. A copy of the survey information collected will be made available to all owners or occupiers upon request. If you have any queries or would like to get involved, then please contact Hannah Kingsbury (the scheme's Cultural Heritage Officer) by emailing Hannah-Kingsbury@fld.org.uk or by calling 01539 756624.

More information about the project is available on the Westmorland Dales Scheme website at: www.friendsofthelakedistrict.org.uk/26-traditional-farm-buildings



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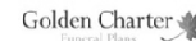
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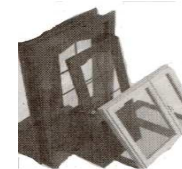
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Dates For The Diary

Sun 2nd Feb	2-4 pm	Vintage Tea Party	Studio Morland	p1
Sat 8th Feb	7pm	The Errant Thieves	Studio Morland	pvi
Mon 10th Feb	10am	Morland Walking Group	Morland VH	pix
Wed 12th Feb	10.15 for 11	Appleby Arts Soc Lecture	Appleby Market Hall	p13
Fri 28th Feb	7.30pm	Bingo	Cliburn VH	pvi

Thur.13th Feb	7:30pm	Red Squirrels Talk	Mauld's Meaburn VI	pvi
Mon 2nd March	7.30pm	Bolton Memorial Hall AGM	Bolton Memorial Hall	
Sat 7th Mar	7.30pm	Fellrunner Excursion		p1
		Highlights Show	Shap Memorial Hall	p 3

Sat 21st March 2020 **CRC Concert** Carlisle Cathedral px

Sat 20th June 2020 **Bolton Field Day**

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

Bolton — www.boltonvillage.org.uk

Brougham — www.broughamparishcouncil.com

Cliburn — www.cliburnparish.org

Clifton — www.cliftonpc.org.uk

Crosby Ravensworth —
www.crosbyravensworthparish.org.uk

Great Strickland —
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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 th December	5pm - 11pm
28 th December	12pm - 12am
29 th December	12pm - 10.30pm
30 th December	5pm - 11pm
New Year's Eve	12pm - 1am (kitchen service 12pm - 8pm)
New Year's Day	3pm - 11pm (bar service only)
2 nd January 2020	CLOSED
3 rd January	5pm - 12am
4 th January	Normal winter hours resume



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	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 March 2020 issue as soon as you can: **7th February at the very latest.**
Material by email, with phone call to confirm arrival, to: spclark1@btopenworld.com