

## Letter from the Vicarage

The Church's Darkest Secret was a documentary aired on BBC2 in January, looking at the Church's handling of the circle of abuse surrounding Bishop Peter Ball. What made it shocking, even for someone like me who had read all the reports, was hearing the abused speaking in their own words and, with great dignity and courage, telling a story I could recognise, even if I had been blind to it before. It left me heartbroken for the victims and (for the first time) ashamed of the Church. The story of young Christians, eager to follow God more deeply, who had entrusted their lives to the Church only to find abuse and cover-up, could have been the story of any of us who have trusted our lives to the Church. In fairness, the experience of most of us (me included) has been that the Church is the most inspiring, compassionate and caring institution we have ever encountered. But for a precious few, the experience was chillingly different.

It is a difficult issue to face, but Lent is a time for self-examination and repentance, facing the difficult, dark places in our own selves. That applies to an institution like the Church as much as it does to individuals. Indeed, for me, one of the bewildering questions is how the Church, which stands for self-examination, honest confession and repentance, could hide in the darkness and side with the abuser rather than the abused, whom Jesus calls us to love and serve? More importantly how can we change now?

Hearing victims' stories has made me realise that, although the Church has improved its safeguarding systems massively since Peter Ball, there is still a problem at community level, which goes far beyond the Church. Ours is a culture that tends to disbelieve shocking claims, especially when the accuser is a broken mess and the accused is plausible and popular. There is a (perfectly proper) concern for the wrongly accused which makes us anxious about the consequences of reporting abuse. But perhaps the biggest problem is the one we least recognise - the tendency for groups of people to collude with bullying, manipulative and overbearing behaviour, which is almost always how abusers cover their tracks. "For evil to triumph only requires good people to do nothing." And nothing is precisely the response we too often offer when we encounter bullying, manipulative or overbearing behaviour within a community or group. But a person who behaves like that in public, often behaves like that in private too. Not all of them will be abusers, but it is still a part of the problem. Not challenging it erodes the safety of the community and can create a smokescreen to allow abuse, domestic violence and undue influence to go on in full view, yet apparently unnoticed.

So how can we become a safer community without witch-hunt or hysteria? Firstly, become more aware of the signs of abuse or domestic violence. There is lots of good advice on websites such as Victim Support or the NSPCC on what to look out for and how to respond. Secondly, if someone reports abuse to you, don't ignore it. Don't judge it for yourself, either way, but pass it on to Social Services to investigate properly. Thirdly, if you are a victim yourself, get support. You are not supposed to carry this alone. That's just what abusers want you to think, but it is not so. Perhaps above all, though, we can call out bullying, coercive or overbearing behaviour. Take note when someone consistently makes us feel anxious, belittled, afraid or uncomfortable, particularly if we find we are not alone in our concerns. Naming and challenging unacceptable behaviour together, even in people who are charismatic and charming, brings the behaviour out of the shadows into the light. That can create safe boundaries to help the abuser and the abused, and contribute to a fairer, safer community. *Stewart*

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Rector's New E-mail address: [rectornwparishes@gmail.com](mailto:rectornwparishes@gmail.com)

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**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

9<sup>th</sup> March Sally Buckley giving a presentation concerning beekeeping at home and abroad

### Kings Meaburn WI

11<sup>th</sup> March Readings from "5 Boxes" Karen Hanks WI Federation President

### Morland & Newby WI

Thursday 12<sup>th</sup> March 2020 Morland Village Hall 2pm (yes, in the afternoon)

**Saving Ullswater:** Lord Birkett's campaign to stop it becoming a reservoir. A talk by Miles Macinnes. All welcome!

### Morland Mothers' Union

The March meeting will be held on

Thursday 27<sup>th</sup> March at 7.30 in Morland Village Hall.

The speaker will be Kay Hall who will be talking on the subject of

"Being a Christian Doctor"

Family, friends and other visitors are always welcome at our meetings.

Supper hostesses will be Judith and Sheila.

### Morland Home Group

The group will not be meeting during March as we hope to be joining the Lent groups but will reconvene on 21<sup>st</sup> of April at 2.00p.m. at 31, Jackson Croft, Morland.

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

Morland JAM is on Monday 16<sup>th</sup> of March at 9.30.

Crosby JAM is on Monday 23<sup>rd</sup> March at 9.30.

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

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### News from Askham and Lowther Parishes.

Very many thanks to the nine readers who read the lessons at our Carol Service.

It was a lovely service followed by tea/coffee, mulled wine and mince pies. Many

thanks also to John and Sarah Banks for the mulled wine and to Sarah, Linda and

Sheila for the lovely mince pies. It was a lovely ending to a very special service.

The Crib Service was well attended and Santa made a very welcome appearance;

the children received small pks of sweets from Santa, as he left, he distributed more

sweets by throwing them along the pews. Well done Santa, hope to see you again

this year. Thanks go to Carolyn and Sarah for their hard work in putting the service

together for us. It was nice to see some of the children taking part in the story. Fi-

nally the figures of Mary and Joseph were brought back into church after they had

been taken round houses in the Village now it was time to be put into the stable and

await the birth of baby Jesus.

Christmas Day Eucharist, taken by the Rev, Sheila Clark, took place in St Michael's

Church Lowther at 11am.

This service was well attended, so thank you to all who attended services in the

parish over the Christmas period.

Askham and Lowther PCC wish you a belated but, a VERY HAPPY NEW YEAR 2020.

## From our Registers



The funeral of **Jim Scott** took place at St Lawrence, Morland on Friday 31<sup>st</sup> January 2020 and his mortal remains were laid to rest in the Churchyard.

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**Ronnie James Taylor** was baptised at St Lawrence, Morland on Sunday 2<sup>nd</sup> February.



## Holy Week 2020



Advance notice that Holy Week this year (5-12 April) will be led by our Diocesan Bishop, Rt Revd James Newcome, the Bishop of Carlisle and Chaplain to HM the Queen. Full details next month.



## 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, 11<sup>th</sup> April** at 7.30pm and at any service on **Easter Sunday 12<sup>th</sup> 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

## Annual Parochial Church Meetings

Our Annual Meetings are your chance to hear what the church has been up to and to express your views and ideas for the year ahead as well as to elect our PCCs.

Parish	Date	Time	Venue
Askham/Lowther	29/03/2020	12.15 pm	St Peter's Church
Bolton	27/04/2020	7.30 pm	All Saints' Church
Cliburn	01/04/2020	7.30 pm	Cliburn Village Hall
Clifton/Brougham	02/04/2020	7.30 pm	St Cuthbert, Clifton
Thrimby	30/03/2020	6.30 pm	St Mary's, Little Strickland
Morland	26/03/2020	7.30 pm	Morland Village Hall
Gt Strickland	29/04/2020	7.30 pm	Gt Strickland Village Hall
Crosby Ravensworth	30/03/2020	7.30 pm	Upper Room, CR Village Hall



## Mothering Sunday Extravaganza!!

**Sunday 22 March** is Mothering Sunday.

There will be **Family Services** at **11.00am** at St Lawrence, Crosby Ravensworth  
St Lawrence, Morland  
St Peter, Askham

Featuring: mother appreciation, fun, joy, thanksgiving and much more...

The perfect family time to begin your Mothering Sunday celebrations.

And we'll be finished in time to take your mother out to lunch!!



## Mothering Sunday Service of Remembrance Sunday 22 March 6.30pm, Bolton Parish Church

Mothering Sunday can be a bittersweet occasion, especially for those who have lost their mothers. There is still much to give thanks for, but also sometimes a need to remember those we loved and miss. This is a more reflective service for anyone, but especially those who have lost their mothers and want to remember them with love and gratitude.



## 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.

Groups will take place as follows:

**Bolton:** [day at time]; Contact: Linda Thomas 017683 62264

**Morland:** Wednesdays, 11.00am, Mill Yard Café; Contact: Revd Sheila Clark 01931 714238

**Morland:** Mondays, 7.30pm, the Vicarage; Contact: Carolyn Fyfe 01931 714620

**Crosby Ravensworth:** [day at time]; Contact: Linda Thomas 017683 62264

**Askham:** Tuesdays at 3.00pm; Contact: Revd Sheila Clark 01931 714238

**Morland Village Fete**  
**Saturday 13<sup>th</sup> June**  
**2- 6**

**Put the date in your diary!**

**The Fun Run** - You know you want to do it!  
- Start training now!

**Stalls** - There will be the familiar stalls: tombola, bottle stall, books, toys, cakes and plants. as well as games and attractions, bar and BBQ

It was missed last year so plate smashing will return: **Please save unwanted crockery for the plate smashing stall!**

More information in next newsletter

**If you have any queries, great ideas, would like to help or get involved in any way please do get in touch!**

**Julia Evans, 714 158 or Patti Dawson, 714 614**

## **Morland Parish Council News**

### **Neighbourhood Development Plan**

Cllr L Robson reported that the suite of documents have undergone a further pre-submission scrutiny by Eden District Council. There are a number of amendments which will be made before re-submission.

### **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. The nomination will be considered by the Executive meeting on Tuesday 25 February. A copy of the report will be presented to the parish council in due course.

### **No Cold Calling signs**

A request was made that the Parish Council look into signage declaring Morland as a No Cold Calling village. This was discussed and decided that at the present moment no further action will be taken.

### **Halmshaw's Garage**

The site is unsightly and is frequently vandalised. Eden District Council 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. The parish council are waiting for the Environmental Team to re-visit the site.

### **Parking**

A letter of concern was sent to the Parish Council regarding the issues caused by vehicles dropping off and picking up pupils from the school, especially if there is an event taking place in the village hall at the same time. Cumbria County Council's response would be to implement a no parking zone, which at present, is felt should be avoided if softer measures can be taken at a local level. The issue is ongoing.

### **Glenton Vale**

The footpath and bridge are being eroded away by the river. The landowner has been informed by the Environment Agency that he cannot take any action and the river should be allowed to set its course. Morland Parish Council are writing an all agency letter expressing their concerns regarding the erosion of the footpath, the bridge, the ford and the roadway and the fact that the landowner has been prevented from resolving the issue.

### **DOG FOULING ON THE PLAYING FIELD**

The Parish Council have received complaints and have witnessed first-hand numerous occasions of dog faeces on the playing field. Please can we remind all dog owners that the playing field is for children and they should never come into contact with dog poo so please do the right and the nice thing for everyone in the village and pick it up and take it home.

Thank you

Next meeting - Monday 9th March 2020 at 7.30pm in the Village Hall

Thank you  
Morland Parish Council

### **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!**

### **Great Cumbria Litter Pick- Friday 20<sup>th</sup> March**

As part of this years Great Cumbria Litter Pick come along and help us remove litter from the common either side of the B6260 (Orton- Appleby road). If you would like to get involved please meet us on Friday 20th March at 10 am at the Orton Scar Car Park at the top of the hill above Orton on the B6260 (next to the cattle grid). Eden district council will provide pickers, hoops, gloves, bag and high vis jackets. We should be finished by lunch time and will provide cake and biscuits!

For more information and to book your place please contact Nicola Estill (Community Engagement Officer) at: Nicola-estill@fld.org.uk or call 01539 756620

[www.thewestmorlanddales.org.uk](http://www.thewestmorlanddales.org.uk)

### **“In the beginning”**

On Sunday 15<sup>th</sup> March, Cumbrian chamber choir The Wordsworth Singers return to Morland for a programme of music celebrating creation and the wonder of the universe. The choir, under director Mark Hindley, will be joined by Halifax-based organist Alan Horsey, who has appeared with the Halle and BBC Philharmonic orchestras, and the Royal Northern Sinfonia. Among the singers will be two well-known faces – St Lawrence's own organist and director of music David Jones, and Steve Keogh, closely involved in Morland Choristers' Camp.

The programme includes Aaron Copland's *In the beginning*, along with works for chorus and organ by Edward Elgar (*Great is the Lord and Give unto the Lord*), and *Antiphon* by Benjamin Britten, along with Robert Schumann's deeply moving settings of German Romantic texts, in his *Vier doppelchörige Gesänge Op.141*.

The last time The Wordsworth Singers performed at Morland was three years ago, in March 2017.

The concert is at 3.30 pm on Sunday March 15<sup>th</sup>.

More details at [www.wordsworthsingers.org.uk](http://www.wordsworthsingers.org.uk), contact David Jones on 01931 714338, emailing [admin@wordsworthsingers.org.uk](mailto:admin@wordsworthsingers.org.uk)

## 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

### 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!

For more info please ring 01931 714922 or email [helkenkeogh11@gmail.com](mailto:helkenkeogh11@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.

### January winners

1st	Carol Richardson	44.00
2nd	Graeme Stott	22.00
3rd	Sarah Alderton	17.00

### February winners

1st	Pamela Bryant	15
2nd	Emma Metcalf	17
3rd	Charlotte Atha	28

### Cliburn Community Play Area

# BINGO

with Snowball  
Cliburn Village Hall.  
At 7.30 pm  
On Friday 27th March  
All Welcome.

## 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



## 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

Need to know more? For regular updates, please find me on

beyondfitnesswithsarah

@beyondfitnesswithsarah

Any questions please message Sarah Newby on 07989744557

### Morland & Newby WI

Thursday 12<sup>th</sup> March 2020  
Morland Village Hall 2pm  
(yes, in the afternoon)

**Saving Ullswater:** Lord Birkett's campaign to stop it becoming a reservoir.

*A talk by Miles Macinnes.*

All welcome!



Charity no. 1168081

### Cumbria Rural Choirs 2019-20 Season

#### 'Celebrating Wordsworth'

A concert to commemorate the

250<sup>th</sup> Anniversary of Wordsworth's birth.

Featuring the premier of choral works by Ian Hare, Tamsin Jones and Will Todd and Finzi's 'Intimations of Immortality' – all based on Wordsworth's poems.

Don't miss this UNIQUE event!!

Saturday 21<sup>st</sup> March 2020 at 7.30.p.m.

Carlisle Cathedral

Tickets £16 choir/chancel £14 aisle  
From: Bookends Carlisle & Keswick + the Cathedral Bookshop after it re-opens in March OR E mail [mr4cnr@gmail.com](mailto:mr4cnr@gmail.com)/ 01768894404



MAULDS  
MEABURN  
VILLAGE  
INSTITUTE

# BIG BREAKFAST

SUNDAY 15<sup>TH</sup> MARCH

10am – 1pm.

Adults £7.00

Primary age children £4.00

Vegetarian option available



## JIM SCOTT

Jean Scott and family wish to thank all their friends and neighbours for their kindness at their sad loss of Jim.

They have been overwhelmed by the cards they have received, saying what a lovely, gentle man Jim was and commenting on his friendliness, great kindness and complete integrity and many commented on the twinkle in his eye as he made his dry observations.

It was a tribute to him that so many of you came to celebrate his life and bid him farewell. Thanks to Stewart for the lovely service.

## 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

## MORLAND WALKING GROUP MONDAY, MARCH 9th

The walk this month takes us to the **Newlands** valley. We shall park in the car park at **Lingholm Gardens** and walk through **Fawe Park** and **Overside Wood** towards **Hawse End**. On reaching the road, we follow this to **Swinside** and continue towards **Stair** before turning right on to the path which follows **Newlands Beck**, with delightful views of the mountains on all sides. Having almost reached **Little Braithwaite**, we have a short section on the road to **Ullock** before taking the track across the fields to **Portinscale**.

Our route then takes us to the marina at **Nichol End**, then back through **Fawe Park** to the car park at **Lingholm**.

This lovely circular walk is **about 4¼ miles**. There are a number of gates but no stiles and the paths are all good. We ascend a few inclines but they are gradual and not steep.

Having completed our walk, we shall stroll to the lovely tearooms at Lingholm and enjoy "eats", "drinks" and friendship.

**Please remember to bring a packed lunch.**

**We meet at Morland Village Hall at 10am.**

John Gore { 01931 714110 }



## Soup & Sweet Evening



Thursday 26<sup>th</sup> March

Morland Area Primary School

5 p.m. to 7 p.m.

Choice of homemade soups & a roll

(inc. veggie & gluten free options)

Delicious home-made cakes / puddings

Tea, coffee & juice

\* £6.00 per adult \* £4.00 per child (under 10)

Slideshow presentation on the Year 6 France Residential

On Friday March 20<sup>th</sup> at 7.30pm (bar opens 7pm)

At **BOLTON MEMORIAL HALL**

## Shoo Shoo Baby present their Great Safari Cabaret

This utterly entertaining musical expedition consists of close harmony singing, parody lyrics and witty repartee all delivered with glamour and sparkle by be-sequinned ladies with outrageous hairdos, Tanya Holt and Anna Braithwaite.

They will perform a wonderful array of original cabaret songs alongside music by Queen, Louis Prima, Tears for Fears, Verdi, Ennio Morricone, the Proclaimers and Ed Sheeran. The musical saw, the zither, the harmonium and the kazoo (played by the entire audience), are just a few of the instruments that feature in this witty eclectic show.

Shoo Shoo Baby entertained us in Bolton at Xmas 2014. **Don't miss them this time!**

Tickets cost £9 per adult and £4.50 child and are available from [cathys55@hotmail.com](mailto:cathys55@hotmail.com), 017683 62862

or online from [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)

**Easy guided walk to discover the beautiful landscape, wildlife & culture with our friendly group of volunteers.**

A fortnightly walk for people living with dementia and their carers to get outdoors and enjoy nature, socialise and improve health and well-being. The mid-week walks will be approximately 45 minutes to an hour in length. The walks will consist of a gentle strollers group and a striders group for those who walk faster and are more able.

Trained volunteers will assist the walk leader and enable people living with dementia and their carers to feel safe and supported and will also enhance their outdoor experience with their knowledge. We will be flexible and adapt a walk according to individual needs. We will meet at locations with toilet facilities and have optional refreshments after the walks at village halls/cafes. Whatever the weather please wear suitable footwear and clothing. Some of the village walks are suitable for buggies or wheelchairs and we would be happy to help push.

DATES	TIME	MEETING POINT	WALK DESCRIPTION
25 <sup>th</sup> March	10:00am	Learning Fields Centre, Nags Head Farm, Hoff, Appleby, CA16 6TD	Short field and woodland walk, upland views. Some uneven damp ground. Electric buggy available.
8 <sup>th</sup> April	10:00am	Outside Orton Market Hall.	Circular village walk- past church, school, along chapel beck.
22 <sup>nd</sup> April	10:00am	Maulds Meaburn Village Institute	Circular village walk- along Lyvennet beck, over bridges, past the Green.
6 <sup>th</sup> May	10:00am	Learning Fields Centre, Nags Head Farm, Hoff, Appleby, CA16 6TD	Short field and woodland walk, upland views. Some uneven wet ground. Electric buggy available.

For more information please contact Nicola Estill (Community Engagement Officer) at: Nicola-estill@fld.org.uk or call 01539 756620

[www.thewestmorlanddales.org.uk](http://www.thewestmorlanddales.org.uk)

The Westmorland Dales Landscape Partnership Scheme has been supported by a grant from the National Lottery Heritage Fund

## Changes to the Church? Drop in 14 March 10-4pm. The Studio, Morland

Please come to the Studio and find out about the exciting plans for the Church. We have been invited to apply for National Lottery Heritage Fund to explore and celebrate the heritage of the Church, carry out essential repairs and improve the building for a modern audience. With the last major works to the Church in the 1890s, its time to look at the building again.

We need to develop creative ideas to engage as many people as possible in understanding the history and heritage of the building. You may know about its wonderful Saxon tower, but do you know we have the remains of one of the most important medieval clocks in the country and we once held remains of St Laurence, martyred in 258. We also want to look at the natural heritage of the Churchyard, collect oral history and have many other ideas.

Please drop in to find out more about plans, we would love to hear your ideas. Tea, coffee, biscuits and the plans will be to hand.

### 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.

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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

**20<sup>th</sup> March**

**The Misdemeanours**

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

Admission £5 BYOB

see our website for details [www.theoldcourthouse.org](http://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 7<sup>th</sup> 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.

**Please support our advertisers:**

they cover a large part of the cost of printing this magazine.



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Saturday 14 March at 7.30 pm  
St George's Church, Kendal LA9 7AD  
Sunday 15 March at 3.30 pm  
St Lawrence's Church, Morland CA10 3BD

*The Wordsworth Singers*

**In the beginning**

**The Wordsworth Singers**

Mark Hindley conductor

Alan Horsey organ

Rich and glorious music by Britten,  
Elgar, Copland and Schumann  
on creation, nature and our  
place in the world

Tickets £13 in advance from  
[www.wordsworthsingers.org.uk](http://www.wordsworthsingers.org.uk), 07780 482373, choir members,  
Fantastic Kendal TIC, 26-28 Finkle Street  
The Hedgehog Bookshop, Little Dockray, Penrith  
£14 at the door  
Under-18s and full-time students free

[www.wordsworthsingers.org.uk](http://www.wordsworthsingers.org.uk)

*"admirable consistency of tone  
... a polished performance"  
Review, November 2019*

## **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.

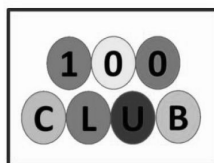
If you are just starting out on your career or thinking about changing your career path this is an excellent addition to your CV.

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**

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Cumbria's Wild Bird & Red Squirrel  
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*Bring your Garden to Life...*

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- ✓ 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**



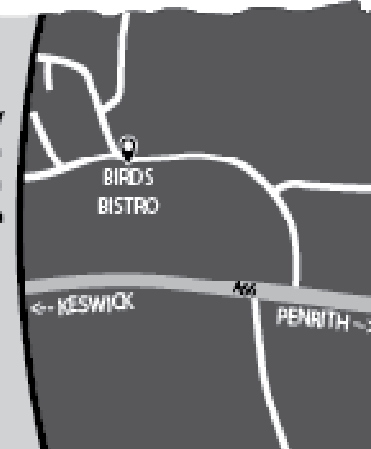
Online at [www.thebirdsrestaurant.co.uk](http://www.thebirdsrestaurant.co.uk)



Phone us on 01768 483100



Email us at [info@thebirdsrestaurant.co.uk](mailto:info@thebirdsrestaurant.co.uk)



### IRISH WEEKEND

#### 14<sup>TH</sup> Festival of Irish Countr

Friday 28<sup>th</sup> February to Monday 2<sup>nd</sup> March 2020

Six Concerts – Six Acts

One Ticket (Concert) **£15.00 - per person**

Two Tickets (Concert) **£25.00 – per person (Saving £5.00)**

Three Tickets (Concert) **£35.00 – per person (Saving £10.00)**

Season Tickets (Concert) **£60.00 – per person (Saving £30.00)**

Friday 28<sup>th</sup> February 20.00 **Shaun Loughrey**

Saturday 29<sup>th</sup> February 11.00 **J & K Country**

14.00 **Karren O'Brien**

20.00 **Pat Jordan and Finian's Rainbow**

Sunday 1<sup>st</sup> March 14.00 **John Rafferty**

20.00 **Nikki James & Band**

### SOUL & MOWTOWN WEEKEND

#### 13<sup>TH</sup> Soul & Mowtown Weekend

Friday 14<sup>th</sup> March 2020

**DJ KeV & Guest DJs**

Full Weekend £170.00 per person Dinner, Bed and Breakfast

One Night £110.00 per person Dinner, Bed and Breakfast

Tickets Music Session £10.00 per person per session

3 Course Carvery Dinner available at £18.00 per person

### MOTHERS DAY LUNCH

**March 22<sup>nd</sup> 2020**

1200 - 1500

4 course Carvery Lunch

Includes gift for every Mother

£20.00 per person £10.00 for children under 12 years of age

### SUNDAY CARVERY LUNCHES

4 course Sunday Lunch

1200-1430

£17.00 per person £9.00 for Children under 12 year of age

### AFTERNOON TEAS

Assorted Sandwiches, Savoury Item, Scones, and Cream Cakes

with freshly brewed Tea and Coffee

£15.00 per person or Two for £25.00

1300-17.30

**Shap Wells Hotel, Shap, Penrith, CA10 3QU**

**01931 716628**

**reception@shapwellshotel.com**

## Kevin Bush

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**07901 555260**



### 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](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 CA 10 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
- 18+
- Commit just a few hours a week
- Enhance your skills and job prospects

✓ **MAKE A DIFFERENCE**

To join your local team of the heroes go to [www.mca.nhs.uk/volunteer](http://www.mca.nhs.uk/volunteer) or call 0345 132 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](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 Chiroprody. 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 FBDO CL  
**OPTICIAN**

Mike Addison Optician now at  
**SHAP HEALTH CENTRE**

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- Fully comprehensive eye examinations including Diabetics and Glaucoma sufferers
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- 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

# Eden Dog Walking



Professional Dog Walker  
Full Hour Enriching Walks  
Experienced & Fully Insured

Contact Annabel to arrange a visit  
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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 bridleways 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

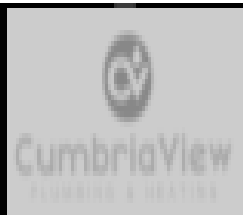
### Appleby-in-Westmorland

#### February Lecture

11.3.2020

The Bayeux Tapestry –  
The World's Oldest Comic Strip.  
Given by Mrs Eveline Eaton BA (Hons)

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

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Contact Dean

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	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
March 1st Lent I	11:00 Family Worship (Askham) JHB	9:15 Family Communion JHB	6:30 S Radford HC		11:00 Holy Communion SJF 	1:30 A Sterlong
March 8th Lent II	11:00 <b>Joint Holy Communion Thrimby</b>  SJF		6:30 Cnrxn Service at Appleby	11:00 <b>Joint Holy Communion Thrimby</b>  SJF		1:30 S Radford 6:30 Cnrxn Service at Appleby
March 15th Lent III	11:00 Morning Worship (Askham) Lay Led	9:15 Morning Prayer Lay Led	6:30 L A	11:00 Holy Communion SPC	6:30 Evening Prayer SJF/DGJ	1:30 W Ousby
March 22nd Mothering Sunday	11:00 Holy Communion (Askham)  SPC	6:30 <b>United Mothering Sunday Remembrance Service in Church</b> SRP/J Betts	6:30 <b>United Mothering Sunday Remembrance Service in Church</b> SRP/J Betts		11:00 Mothering Sunday Family Communion  JHB	1:30 L A
March 29th Lent V	11:00 <b>Joint Holy Communion Askham</b>  SJF		6:30 T Taylor	11:00 <b>Joint Holy Communion Askham</b>  SJF		1:30 D Thackray
April 5th Palm Sunday	10.30 Donkey Procession (from Askham Village Hall) 11.00 Holy Communion* (Askham Church)  The Bishop of Carlisle		1:30 L A	10.30 Donkey Procession (from Askham Village Hall) 11.00 Holy Communion* (Askham Church)  The Bishop of Carlisle		1:30 L A

**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 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
March 1st Lent I	9.15 Holy Communion (Clifton ) SPC	6.30 Holy Communion SJF/SRP	11.00 Holy Communion SPC 	11:00 Morning Prayer Lay Led	10:30 T Dent	10:30 Joint at Shap
March 8th Lent II	 <b>11:00 Joint Holy Communion Thrimby</b> <b>SJF</b>				10:30 D Askew  6:30 Cnrxn Service at Appleby	10:30 Morton
March 15th Lent III	9:15 BCP Matins (Brougham) DGJ		10:00 (breakfast) for 11:00 A.T.O.M. Village Hall 	9:30 Holy Communion SPC	10:30 R McGregor	10:30 Milner
March 22nd Mothering Sunday		11:00 Informal Service SRP	11:00 Mothering Sunday Family Service SJF 	11:00 Morning Prayer Lay Led	2:00 pm H Radford	10:30 Belford S
March 29th Lent V	 <b>11:00 Joint Holy Communion at Askham</b> <b>SJF</b>				10:30 A Sterling HC	10:30 N/A
April 5th Palm Sunday	 <b>10.30 Donkey Procession (from Askham Village Hall)</b> <b>11.00 Holy Communion* (Askham Church)</b> <b>The Bishop of Carlisle</b>				10:30 M Harris	10:30 N/A

**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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*This is a quiet, said service, an up-  
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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 4<sup>th</sup> February

and Tuesday 3<sup>rd</sup> March from 9am – 10.20am.

All pre-school children are welcome to attend.





## HOUSEHOLD HELPERS

- Holiday Home Management
- Cleaning
- Garden Maintenance
- Household Maintenance

Domestic & Commercial

We are professional and reliable and will always try to cater to your specific needs.

**Contact Information**

**07889 710742**

**householdhelpers74@gmail.com**

If there is anything you may require that is not listed above, please feel free to enquire.

## Introduce a Friend to Swainson & Cowins

Receive £1 off each of your next bags delivered AND also £1 off each bag for your friends first order...

• **Coal from £14.<sup>50</sup> / Ovoids from £15.<sup>00</sup>**

Plus

- Wood Pellets, Hotmax Heat Logs
- Woodsure 'Ready to Burn' Kiln-Dried Hardwood Logs

Eden Valley Area - free delivery

Mon - Fri: 08.00 - 17.30 / Sat: 08.00 - 12.30

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01768 862455      [www.swainsonandcowins.co.uk](http://www.swainsonandcowins.co.uk)

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## Physiotherapy led PILATES

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

The Studio Morland, The Square,  
Morland, Penrith, CA10 3EX

Thursday early evenings 5.30pm to 6.30pm  
Friday afternoon 1.30pm to 2.30pm

Classes are suitable for mixed ability.

Contact: Andrew Speight  
(Chartered Physiotherapist)  
on 0759 6957027

Or email: [sp8physiopilates@gmail.com](mailto:sp8physiopilates@gmail.com)

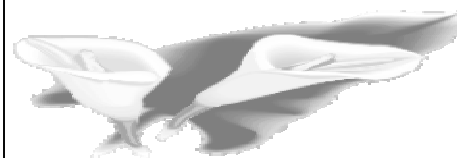


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## Call for Heritage Volunteers in the Westmorland Dales

### Archaeological survey volunteers

We still have spaces on our archaeology survey of Great Asby Scar. This is taking place on weekdays from Monday 9th March until Friday 27th March. This follows a very successful survey last autumn where volunteers recorded around 300 archaeological features! This level one landscape survey is a great opportunity to explore and uncover a beautiful area of upland landscape in the Westmorland Dales. It will be led by archaeologists from Northern Archaeological Associates as part of the Westmorland Dales Landscape Partnership Scheme. No experience is necessary as all training will be provided. However a certain level of fitness will be required as there will be undulating terrain and a walk up to the Scar.

### Oral history volunteers to record our commoning heritage

Common land is hugely significant to the Westmorland Dales it characterises much of the upland landscape. The number of active commoners is declining and it is important to capture their unique heritage whilst we still can.

If you have an interest in farming and enjoy meeting new people we would love to hear from you. We require volunteers to talk to our local commoners and record oral histories. We will provide oral history interview training.

Please contact Hannah Kingsbury (Cultural Heritage Officer, WDLP) by emailing Hannah-Kingsbury@fld.org.uk or phoning 01539 756624.

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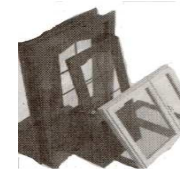
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# Dates For The Diary

Mon 2nd March	7.30pm	<b>Bolton Memorial Hall AGM</b>	Bolton Memorial Hall	
		<b>Clifton PC Meeting</b>	Clifton VH	
Sat 7th Mar		<b>Fellrunner Excursion</b>		p ix
	7.30pm	<b>Highlights Show</b>	Shap Memorial Hall	p 3
Mon 9th March	10am	<b>Morland Walking Group</b>	Morland VH	p ix
Wed 11th March	10.15 for 11	<b>Appleby Arts Soc Lecture</b>	Appleby Market Hall	p13
Sun 15th March	10-1	<b>Big Breakfast</b>	MMVI	p viii
	3.30	<b>Wordsworth Singers</b>	Morland Church	ppv/4
Fri 20th March	10am	<b>Great Litter Pick</b>	Orton Scar Car Park	p v
	7 for 7.30	<b>Shoo Shoo Baby</b>	Bolton MH	p x
Sat 21st March	7.30pm	<b>CRC Concert</b>	Carlisle Cathedral	p viii
Wed 25th March	10am	<b>Dementia Friendly Walk</b>	Learning Fields Centre Hoff	p 1
Thurs 26th March	5-7pm	<b>Soup &amp; Sweet Evening</b>	Morland School	p x
Fri 27th March	7.30pm	<b>Bingo</b>	Cliburn VH	p vii

Sun 10th May      afternoon      **Levens Choir Concert**      St Lawrence, Crosby R.

Sat 13th June      2-6      **Morland Fete**      pv

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

Sat 20th/Sun 21st June      **Open Gardens/Flower Festival**      Crosby R.

**NB: 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)

Cliburn — [www.cliburnparish.org](http://www.cliburnparish.org)

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Friday	12:00 - 24:00	Kitchen 12:00 - 21:00
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Andrew Brooks on

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
Chair & Treasurer	Julia Evans (alexjulia@btinternet.com)	01931 714 158
<b>MORLAND WARD COUNCILLOR</b>		
<b>NEWBY PARISH MEETING</b>		
Clerk	Jane & Ian Barnes ( <a href="mailto:ickb1960@gmail.com">ickb1960@gmail.com</a> )	01931 714 094
<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
	Tuesday 12.30pm-5.30pm, Wednesday 12 noon-5.30pm, Friday 8.30am-1pm	01931 714 256
<b>BROWNIES</b>		
Guider	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
<b>SLEAGILL PARISH MEETING</b>		
Clerk	Jo Laverick (jolaverick63@gmail.com)	01931714216
<b>NORTH WESTMORLAND NEWS</b>		
	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094

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 April 2020 issue as soon as you can: 7th March at the very latest.**

*Material by email, with phone call to confirm arrival, to: [spclark1@btopenworld.com](mailto:spclark1@btopenworld.com)*