Letter from the Vicarage

I'm aware that many people see Christians as simple fools who cling on to magical myths and legends in the face of all rational logic. And Easter might appear to be the clearest example of that - the triumph of naïve optimism over reality. It is surely evident, even to the simplest mind, that it is impossible for the dead to return to life. Well, yes, but that is rather the point. It is something so impossible, that only God can have done it. The only possible explanations are either, that it didn't happen and Easter is the best possible proof that Christians are deluded, or that it did and therefore Easter is the best possible proof that God is real and has made himself known in the person of Jesus. Obviously, the first explanation is by far the most likely. Even St Paul himself makes this argument, saying that if Jesus has not been raised, then our faith is in vain and "we are of all people most to be pitied" (1 Corinthians 15:12-19). Christians might, indeed, be deluded. But that which makes sense is not always the best truth. It made 'sense' that the Nazis would win the second world war. It made 'sense' that the Black Death would wipe out humanity. It makes 'sense' that our lives are meaningless. But none of those have proved true.

Likewise, it makes sense that Jesus did not rise from the dead, but he did. I am able to say that with such confidence, not because I am naïvely optimistic despite the 'obvious truth', nor because I have been persuaded by clever arguments for God (there are, in fact, some quite clever arguments, but I have doubts like anyone else), but because I have daily personal encounters with Jesus. That is the truth that underpins faith in the resurrection. Despite the very implausibility of the claim, the one thing Jesus' first followers wanted us to know about him was that they had personally seen Jesus die and they had personally encountered him alive. And world-wide today, millions of Christians still maintain, as I do, that they believe because they have personally encountered him.

It is natural to characterise resurrection belief as mere optimism. Our society assumes that, for the things we cannot prove, optimism is the best we can do. Indeed, without God, it is! And because, when we face the cold, hard facts about life, it appears so overwhelmingly unlikely that things will just work out fine, we insure ourselves against failure by cultivating cynicism. At least that way we won't be disappointed (so we delude ourselves)! But the resurrection is not optimism, but hope – a very different thing. And hope, St Paul tells us, does not disappoint (*Romans 5.5*) because we can personally encounter Jesus as alive and receive his grace (which is short-hand word for describing the many things that God does for us that we cannot do for ourselves).

We believe in the resurrection because our personal encounter with Jesus shows he is alive and this makes the resurrection true, not only as an historic event, but as a daily reality that transforms the whole of life: its meaning, purpose and value. This year in Church, we are encouraging everyone to experience 'being with God' so that they, too, can have a personal encounter with him that transforms the parts of their lives they cannot transform for themselves. Being with God is incredibly easy. We just have to make space daily to open our hearts and minds to him. It may take time and patience before we recognise the encounter, but meeting Jesus personally is something we can all experience because he is alive. And, as I've found in my own life, if he can transform even the death which would destroy me, he can transform everything else in my life too, even if it makes 'sense' that such transformation is impossible. That's hope. And I pray that we might all encounter it afresh this Easter. Happy Easter to you all. Stewart

Rector's E-mail address:

rectornwparishes@gmail.com



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

Kings Meaburn Women's Institue

8th April 'The Path to India'

Speaker

Georgia Cross

Morland Mothers' Union-----The April meeting will be held on Thursday

23rd April at 7.30 in Morland Village Hall.

The speaker Kath Wood who will be talking about "Support Uganda".will also be bringing some items of jewellery made in Uganda which will be for sale at reasonable prices.

Supper hostesses are Janet and Ad.

Friends and family are always very welcome at our meetings.

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 are welcome to any meeting, £3 for refreshments. Upcoming topics are ...

20th April (not 13th) Ann Craddock introducing us to walking netball

Morland Home Group

Morland Home Group will be meeting on alternate Tuesdays at 2 p.m.as follows. 14th April at The Barn. Maulds Meaburn.

28th April at 1, Jackson Croft, Morland.

All are welcome. For more details ring 01931714455.

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

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

Morland JAM is on Monday 20th April at 9.30. Crosby JAM is on Monday 27th April at 9.30. Bolton JAM is on Wednesday 15th April .

Bolton Mothers' Union
16 April, 7.30pm, All Saints Church
Speaker:- Ruth Elstone, head at
Bolton School
Everybody very welcome
Light refreshments provided,
please bring your own drink

Morland & Newby WI

Thursday 9th April 2020 Morland Village Hall 7.30pm

Riding for the disabled



Holy Week & Easter 2020



"The Last Words of Jesus"

Join us on an amazing spiritual journey as we mark, in real time, the last days of Jesus' earthly ministry leading up to his death and resurrection. This year we are led by our Diocesan Bishop, Rt Revd James Newcome, the Bishop of Carlisle and Chaplain to HM the Oueen

Palm Sunday, 5 April: Askham. **Suitable for families**. Meet for **Donkey procession** at Village Hall 10.30. Service in Church from 11.00. Shared lunch in Church after service (drop off food in church from 10.15).

Monday 6 April: **Taize** service, St Mary Thrimby (Little Strickland), 7.30pm

Tuesday 7 April: **Compline**, St Cuthbert Cliburn, 7.30pm **Wednesday** 8 April: **Celtic** Evening Prayer, All Saints Bolton, 7.30pm

Maundy Thursday 9 April: Holy Communion, St Barnabas Great Strickland, 7.30pm

Good Friday, 10 April: **Vigil at the Cross**, St Lawrence Morland, 12.00-3.00 – join and leave if you wish at the top of each hour.

Holy Saturday, 11 April: **Easter Vigil** with Holy Communion, St Lawrence Crosby Ravensworth, 7.30pm – Celebrate the Resurrection. Bring something to make a loud noise at the moment of resurrection! Suitable for families.

Easter Sunday, 12 April:

7.00am Service of Light, Millennium Stone, Eamont Bridge. Followed by Holy Communion services across the benefice. Please see service schedule for details.



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**th **April** at 7.30pm and at any service on **Easter Sunday 12**th **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

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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

From our Registers



The mortal remains of **Averil Dent** were interred in the Dent family Vault below St Lawrence, Crosby Ravensworth on Tuesday 28th January.

The funeral of **Doreen Williams** of Bolton took place at Carlisle Crematorium on Wednesday 5^{th} February.

The funeral of **Robert (Bob) Jackson** of Wickerslack took place at St Lawrence, Crosby Ravensworth on Friday $21^{\rm st}$ February and his mortal remains were laid to rest in the Churchyard.

The mortal remains of $\bf Barbara\ Young$ were laid to rest in the churchyard at All Saints, Bolton on Thursday $27^{th}\ March.$

The mortal remains of $\bf Linda\ Taylor$ were laid to rest in the churchyard at St Lawrence, Morland on Sunday $\bf 8^{th}\ March.$

Alexander Klottrup and Kathryn Westgarth were married at St Peter, Askham on Saturday 22nd February.

Thursday 2nd April - 12.00 noon
Lady Anne Clifford Dole Service at The Countess's Pillar, Brougham.
All welcome. Please park in the layby on the B6262 at the junction with A66.
A short flat easy walk.

The Wilkinson Organ at St Lawrence, Crosby Ravensworth

The good news is that Wilkinson will be back from his complete overhaul in York on Monday March 9th. It will take a few days to rebuild him and then comes the fine tuning to get the tones right, as he settles back in. It will be thrilling to hear all the various stops finally working again at the Easter Vigil on April 11th at 7.30pm. A concert by the Levens Choir using the organ is planned for Sunday May 10th at 3pm - see May magazine for full details.

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 Strickland Village Hall Events 2020

Friday 8th May - Pie n Pea Supper for VE Day from 7.00pm Saturday 20th June - Village Fun Day - from

1.00pm

Sunday 19th July - Village Big Breakfastfrom 10.00am

Saturday 12th September- Steak Night from 7.00pm

Friday 25th September- Mikron Theatre Company - from 7.00pm

Thursday 5th November- Bonfire night from 6.00pm

Children's Xmas Party - Date/time TBA

All details will be on village notice boards and on Facebook (@greatstrick)

Morland Village Fete Saturday 13th June 2- 6

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 Please save unwanted crockery for the plate smashing stall!

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

Look out for notices in future newsletters

Julia Evans, 714 158 or Patti Dawson, 714 614

PALM SUNDAY

St Peter's Church will once again hold the Palm Sunday Service at 11am. We will be joined this year by the Rt, Rev'd James Newcome, Bishop of Carlisle. The procession will leave Askham Village Hall at 10.30 am, to process down the village to church in time for the service meeting there with those who are unable to process.

There will be a blessing of the Donkey before the service begins.

The service will be followed by a Bring and Share lunch in the Sandford Chapel. If anyone wishes to leave their food in church before they go to the Village Hall, there will be someone in church to collect anything you wish to leave for the Lunch.

All are welcome to join us for this lovely and meaningful service.

Morland Parish Council News

Vacancy for Parish Councillor

Morland Parish Council are looking for someone to serve as a Parish Councillor.

Are you interested in local current affairs?

Do you wish to serve your Community?

Could you provide a voice for residents?

For further information or an informal chat please contact the
Parish Clerk Andrea Runkee
clerk@morlandparishcouncil.org
or the Parish Chairman Steve Wilson
07790 472077.

This position is only open to people that live in the Parish of Morland or within 3 miles of the Parish boundary and those that work or own land with the Parish.

The date of the next meeting is:

Morland Parish Council Meeting

Monday 11th May at 7.30pm

The Village Hall

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 Ouiz Nights)

New venue to be arranged ????

All welcome! For more info please ring 01931 714922 or email helenkeogh11@gmail.com

Morland Area 100 Club

There are plenty of numbers still available. Contact Stacev or Julia or drop a completed form in the box in school reception if an-

Just to let you know, the 100 Club March Draw was won by the following; 1st Prize £47.00 = Julia Evans 2nd Prize £23 = Sheila Clark 3rd Prize £18 = Graeme Stott

Cliburn Community Play Area



with Snowball Cliburn Village Hall. At 7.30 pm On Friday 24th April All Welcome.

Heart of Westmorland



Bereavement Support Group

will be meeting at

The Hub Cafe in Appleby



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



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Cliburn Indoor Bowling

Thursdays 7.30-10pm. Cliburn Village Hall.

All welcome.

Woods available.

Only £1

includes tea/coffee and biscuits.





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

6 beyondfitnesswithsarah

(a) beyondfitnesswithsarah

Any questions please message Sarah Newby on 07989744557



Duck Race Sunday 10th May at 2.30 The Mill Race Morland Beck

£1.00 per duck

Money raised will ao towards fête costs. so ultimately, to St Lawrence Church and Morland Primary School.

Look out for people selling ducks in advance. We will also be selling ducks, at pub benches, on the day from 1,45!



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.



CLIBURN COMMUNITY PLAY AREA

EASTER EGG HUNT!

EASTER MONDAY

1pm, Dunfell House, Cliburn. £2 per child, includes egg hunt and entry for best decorated egg competition. £2 entry for egg toss competition, winning pair wins a meal for two at The Bridge, Kirkby Thore.





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Clifton Village Hall

Clifton Parish Council have recently discovered that they are the Trustees for the Village Hall, which means that the Village Hall comes under the ownership and running of the Parish Council. Sadly, the Parish Council have made the difficult decision to temporarily close the Village Hall for bookings after 31st March 2020 due to the condition of the hall, and the high running costs.

The Parish Council and Village Hall sub-committee of the Council are working to create a new village hall to meet the needs of a rapidly growing village. They will be instructing an architect to design plans for a new community facility to meet modern energy efficient standards. These plans will be available to view at Clifton Parish Council's Annual Parish Meeting on 4th May 2020 at the Village Hall (this will be the last meeting held in the village hall until works are completed).

In the meantime, the Parish Council is keen to receive views and suggestions for a new hall, as they plan for the future.

Contact them by email at cliftonpc@outlook.com or via their website www.cliftonpc.org.uk.

Many thanks for your help over the past few months.

Regards

Sian Howe Bookings Administrator

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.

- **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.

MORLAND WALKING GROUP MONDAY, APRIL 6TH We meet at Morland Village Hall at 10am.

Our walk in April is earlier than usual because of Easter, so we will be walking on Monday 6th .

We will start from the Fell side Church Just beyond Howtown, Ulswater. We will be starting by taking a short Climb up Hallin Fell to one of the best viewpoints in the district. After a rest at thee top, we will decend to the gate and turn left towards Sandwick then take various paths to decend to the lake shore where we will turn right and follow the well troden path around the base of Hallin Fell eventually returning to the church and finish.

The total length of the walk is around 4 miles. Bring a packed lunch and suitable fell walking gear.

We will then head for Granny Dowbekins for the usual delicious repast

COMMUNITY TREE PROJECT KEEP MORLAND GREEN!

Come and find out more
Monday 4th May at 6pm at Morland Village Hall
Refreshments available, bring along or send us your
ideas, expertise and pictures of trees in Morland

or contact: morlandtreescommunityproject@gmail.com 01931714556 (Dan Fitton)



We are looking into having a community project to survey the trees in Morland. We would like to know the age and condition of the trees in our parish to see what action could be taken to preserve our local environment. Many trees will be well over 50 years old, and diseases like ash dieback are threatening. We may need to plant new trees for the future.

YOU CAN HELP!

Get in touch:

- * If you have trees on your land / in your garden you would like to be surveyed
- * If you would like to help with the survey (May July, training provided)
- * If you want to volunteer your time or help fundraise for tree planting next winter
- * if you have room and would like some native trees to plant next winter
- * ...There are many other ways you could help!

Dementia Friendly Walks For All in the Westmorland Dales

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 TH 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 th April	10:00am	Outside Orton Market Hall.	Circular village walk- past church, school, along chapel beck.	
22 nd April	10:00am	Maulds Meaburn Village Institute	Circular village walk- along Lyvennet beck, over bridges, past the Green.	
6 th 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

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

Morland and Newby Village Hall Tennis Court

As the year turns from Winter to Spring, we hope that many of you will use our cheap-tohire, finely situated tennis court:

£20 One year family membership

£10 One year adult membership

£5 One year junior (under 16) membership

Occasional use: £2 per adult; £1 per junior (under 16)

For more information or to join, please contact Sheila Percival at Shannon Brae (bungalow below the tennis court) or by telephone (01931714687).

A huge 'Thankyou' to Sheila Percival, who joined the Village Hall Committee in 1961 and was for 14 years its Secretary. When the tennis court was built in 1977, Sheila willingly agreed to be keyholder, provider of information, collector of fees, and generally to 'keep an eye' on the court. She still plays this vital role in 2020!

Andrew Austin

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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

Morland Church Presents

Mozart's Requiem

Lawrence Church, Morland, Cumbria

eturday 4th April 2

Fr. en.

Performed by a specially formed choir and guest soloists. Conducted by Lancaster Priory's Don Gillthorpe

A retiring collection will be taken for Morland Church and the Morland Choristers' Camp Bursary Fund.

Please support our advertisers:

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



NEWBY COURT NEWBY

Visit Britain
Four Star
Self-Catering Cottages
1, 2 and 4 Bedrooms
www.newbycourt.co.uk
01931 714521
newby.court@virgin.net

Events at Shap

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

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 ofvolunteers.

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.

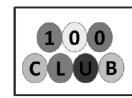
Minimum age 18

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 up to £120.00 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					
	om over 46 veges ef ere					
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)					



The Studio Morland Morland, Penrith CA10 3AZ

What's On - April

7th April: Easter Crafternoon - 2-4pm (£4) Come and make some Easter themed crafts

11th April: Live Music Monthly: Nightjrrs - 7pm (£5)

16th April: Art, Philosophy, Science Talk Emma Andrews on the Refugee Crisis

11th April: Yoga Dance workshop with Tamzin McCartney

18th April: Yoga workshop with Steff Reed (2pm)

21st April: Drawing for Mindfulness (2pm) **27th April:** Landscape Painting Workshop



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





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 <u>dogs</u> 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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- ✓ Passionate about Wild Birds and Wildlife

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Saturday - 10am - 4pm

Sundays & Bank Holidays - 12pm - 4pm

3 easy ways to place your order



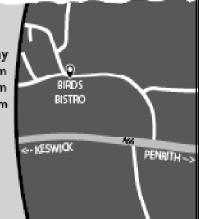
Online at www.thebirdsbistro.co.uk



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3 course Carvery Lunch Served from 12 noon -2pm

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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 – <u>www.millyardcafe.co.uk</u> for any further dates which may be closed for holidays and for more information regarding menus etc.)

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

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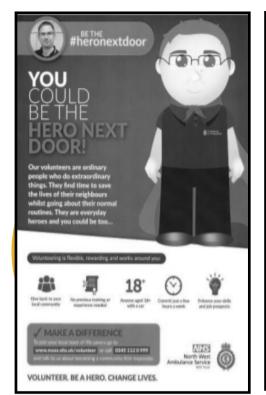
- ~ Above Surgery in Appleby (opposite swimming baths)
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- ~10 am ~ 12 noon

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



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

Neat Feet by Mary-Anne

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The Arts Society Appleby-in-Westmorland **April Lecture**

8.4.2020 Tantrums and Tiaras. Given by Nigel Bates, Music Administrator of the Royal Ballet

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!



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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

Temple Sowerby CE School Temple Sowerby

Tet 017483 41512

admin@lemp-sow.cumbria.sch.uk www.temp-sow.cumbild.sch.uk

Cumbrio, CA10 1RZ

Pendh

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

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



	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
April 5th Palm Sunday	(from Askh	nkey Procession nam Village Hall) oly Communion am Church) The Bishop of Carlisle	6:30 J. Worsfold	10.30 Donke (from Askham 11.00 Holy (Askham	Village Hall) Communion	1:30 LA
Holy Week	Sunday 5th April 10:30 Holy Communion SJF/Bishop of Carlisle	Wed . 8th April 7:30pm Celtic Evening Prayer SJF/Bishop of Carlisle		Tues.7th April 7:30 pm Compline SPC/Bishop of Carlisle	Sat. 11th April Easter Vigil with Holy Communion SJF	
April 12th Easter Sunday	11:00 Holy Communion JHB	9:15 Holy Communion JHB	6:30 Cn×n at KS			1:30 S Radford HC 6:30 Cnxn at KS
April 19th Easter II	11:00 Morning Worship (Askham) Lay Led	9:15 Morning Prayer Lay Led 6:30 Taize SRP	6:30 LA	11:00 Holy Communion JHB	6:30 Evening Prayer JHB	1:30 D Askew
April 26th Easter III	11.00 Holy Communion JHB	6:30 United Chapel Anniversary Ser- vice in Chapel J Betts	6:30 United Chapel Anniversary Service in Chapel J Betts		11:00 Morning Prayer Lay Led/SJF	1:30 A Sterling
May 3rd Easter IV	11:00 Family Worship JHB	9:15 Family Communion JHB	6:30 Cn×n in App Section"		11:00 Holy Communion SJF	1:30 R Carswell C A 6:30 Cnxn in App Section"

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; "AJS" 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.

10:00 6th,7th,8th Apr. in Askham
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
April 5th Palm Sunday	10.30		(from Askham Villa Inion (Askham Churc T		10:30 M Harris	10:30
Holy Week	Sunday 12th Apr. 7:00 am Dawn Praise Millennium Stone SJF	Thurs . 9th Apr. 7:30pm Holy Communion JHB/Bishop of Carlisle	Fri . 10th Apr 12 noon Vigil at the Cross Bishop of Carlisle	Mon .6th Apr. 7:30 pm Taize SJF/Bishop of Carlisle		
April 12th Easter Sunday	9:15 Holy Communion SPC		11:00 Holy Communion SJF	9:30 Holy Communion KMcB	10:30 J Law 6:30 Cnxn at K S	10:30
April 19th Easter II	3:00 pm BCP Evensong (Ninekirks) JHB		11:00 Morning Worship SPC	9:30 Holy Communion KMcB	2:00 pm J. Betts Chzpel Anniversary	10:30
April 26th Easter III		11:00 Informal Service SRP	11:00 Holy Communion SPC 6:30 Evensong SJF	9:30 Morning Prayer Lay Led	L A	10:30
May 3rd Easter IV	9:15 Holy Communion SJF	6:30 Holy Communion SJF/SRP	11:00 Holy Communion SPC	9:30 Morning Prayer Lay Led	10:30 S Thackray 6:30 Cnxn in App Section"	10:30

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Rena White to receive Maundy Money

Rena has been a churchwarden at St Peter Askham for over 40 years, responsible for being a vital link between the community and the church and for maintenance of the church inside and out. She has worked hard on major renovations of the church, recently especially with the window project there. She has worked hard too to help with the many weddings that take place there. She has coupled this work with a wide variety of other local tasks at different times, including life-guarding at Askham Pool and membership of the Parish Council. In recognition of this service she has been invited to the annual Maundy Money service, this year in Windsor, when the Queen distributes special silver coins to a number of greatly deserving people from around the country.



Cliburn Community Play Area PUBLIC MEETING

Sunday 19th April, 3pm at Cliburn Village Hall. After a successful year fundraising, money has been raised to purchase new equipment for the play area. We would like to invite local families and users of the play area to have an input, as to how this money can be best invested in the facility.

Lowther Endowed School

'Stay and Play' sessions Supervised by a member of the teaching staff Our next sessions will be on Wednesday 15th April and

Tuesday 19th May from 9am – 10.20am.

All pre-school children are welcome to attend.



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Morland Area Playgroup

All parents, carers & grandparents welcome to our friendly playgroup.



9-11am Wednesdays (Term time only)

@ Morland Village Hall



First Session Free!!

Suggested contribution thereafter: £2 per child, £1 for siblings and under ones. Includes kids snack time and a hot drink for adults.

Second Wednesday of every month we play 10-12pm at Rheged soft play for just £1.50!!

Visit our Facebook page to see what we get up to @morlandplaygroup

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

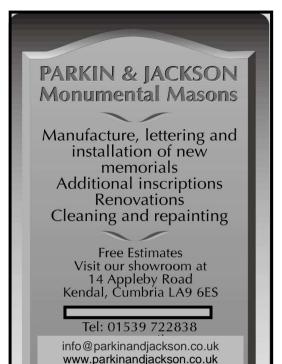
> The Studio Morland, The Square, Morland Penrith CA10 3EX

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







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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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Thursday fish night Fish dish and a pint for £9.95

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Great Asby Scar Guided Walk - Limestone Pavements, Fossils and Thunderstones Saturday 9th May 2020

Enjoy a circular walk guided from Orton as part of GeoWeek 2020, discovering the fascinating geology of Great Asby Scar and the surrounding landscape. The walk will be led by David Evans from the Westmorland Dales team and Stephen Mott from Cumbria Geoconservation, Places are limited so booking is essential. The 5-6 mile circular walk will start and finish at Orton, and will be along public footpaths and over open access land. So walking boots and a reasonable level of fitness will be needed, together with wet weather gear, food and drink. We'll be starting at 10am and

For further details or to book a place please look at our events web page; www.thewestmorlanddales.org.uk or contact David Evans at David-Evan@fld.org.uk , telephone: 01539 75662.

Westmorland Dales Landscape Forum 18th April 2020. Great Asby



Please come along to our Landscape forum and find out more about what we have been doing over the last 12 months. Its open to everyone with an interest in the areas natural, cultural and built heritage. It will take place in Great Asby village hall on Saturday 18th April from 10am to 4pm. We're still finalising the programme but in the morning we'll have a series of talks and presentations on various projects including natural flood management work on Scandal Beck, geology, the archaeological survey of Great Asby Scar and what our fantastic apprentice team has been up to. After lunch we will be running a couple of guided walks. A short walk around the village to see some of its historic buildings and other features of interest. A longer walk up Asby Gill to Pate Hole, the settlement on Holborn Hill and back over the fields to the village. Booking is essential as it will be a popular event and we need to know who to cater for.

For more information and to book please look at our website www.thewestmorlanddales.org.uk or email Pennv McMullen westmorlanddales@fld.org.uk

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Dates For The Diary

Sat 4th Apr Mon 6th Apr Wed 8th Apr Mon 13th Apr Sat 18th Apr Sun 19th Apr Fri 24th April	7 pm 10 am 10.15 1 pm 10-4 3 pm 7.30pm	Fellrunner Excursion Mozart's Requiem Concert Morland Walking Group Appleby Arts Soc Lecture Easter Egg Hunt Westmorland Dales Landscape For Community Play Area Meeting Bingo	Morland Ch Morland VH Appleby Market Hall Dunfell House Cliburn um Gt Asby VH Cliburn VH Cliburn VH	p ix p 3 p ix p13 p vii p 25 p 19 p vii
Sat 2nd May Mon 4th May Fri 8th May Sat 9th May	6 pm 7pm 10-4	Fellrunner Excursion Tree Project Meeting Pie & Pea Supper Gt Asby Scar Guided Walk	Morland VH Gt Strick VH Orton Sq	p ix p x p v p 25
Sun 10th May	3 pm 2.30	Levens Choir Concert Duck Race	St Lawrence, Crosby I Morland Beck	R p ix pviii
Sat 6th June Sat 13th June Sat 20th June	2-6 1pm	Fellrunner Excursion Morland Fete Bolton Field Day Fellrunner Excursion Village Fun Day	Gt Strick VH	p ix p v p ix
Sat 20th/Sun 21st J Sun 28th June 10	•	Open Gardens/Flower Festival Open Gardens + refreshments	Crosby R. Clifton	рv

NB: CLIBURN BINGO NIGHT TAKES PLACE ON THE 4TH FRIDAY OF EVERY MONTH EXCEPT DECEMBER FOR MORE EVENTS AT GT STRICKLAND SEE PROGRAMME P V

Local Parish & Community Websites

Askham & Helton — www.askhamandhelton.co.uk

Bolton — www.boltonvillage.org.uk

Brougham -- www.broughamparishcouncil.com

 ${\it Cliburn-www.cliburnparish.org}$

Clifton — www.cliftonpc.org.uk

Crosby Ravensworth —

www.crosby ravens worth parish.org.uk

Great Strickland —

www.greatstrickland parish council.co.uk Morland

- w.morlandparishcouncil.org

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

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Let your grass grow long for nature this summer!

If you have grass in your garden, you're invited to join in a bid to boost insects in Eden, all while bringing some lovely colour to your lawn. Households are being asked to leave their grass to grow longer this summer, giving wildflowers a chance to bloom, which helps insects including bees and other pollinators.

"The staggering decline in insect numbers both here and globally has been widely reported in the media," said Chris Cant, from Penrith Action for Community Transition (PACT), the volunteer group behind the Long Grass for Nature campaign. "More than 40 per cent of insect species are declining. Given that about three-quarters of crops grown by humans rely on insects to pollinate them, we all have a stake in helping their numbers to recover. Many species of birds and other wildlife also rely on insects for their food, so if we can all give the insects a helping hand in our gardens, we'll be supporting nature more widely, too."

It couldn't be easier to take part. Simply choose a patch of grass, or your whole lawn if you can, and let it grow long. You can try it for the month of May, or see if you can leave it all summer. Then, watch as the wildflowers like buttercups and daisies take their chance to shine. If you have a larger lawn, you could even mow a pathway through it, so you can enjoy watching all your new insect visitors.

If you plan to give it a go, PACT would greatly appreciate it if you'd fill in their online form, so they can track how many people take part this summer. You'll find the form and more information on







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Tuesday	CLOSED	
Wednesday	17:00 - 23:00	Kitchen 17:00 - 20:00
Thursday	12:00 - 23:00	Kitchen 12:00 - 20:00
Friday	12:00 - 24:00	Kitchen 12:00 - 21:00
Saturday	12:00 - 24:00	Kitchen 12:00 - 21:00
Sunday	12:00 - 22:30	Kitchen 12:00 - 20:00



Bolton Nursery

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

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

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

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

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

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DEACON		Revd Sandy Pearl	01931 714 256
READER		David Jones	01931 714 338
		David Jolles	01931714330
BOLTON MEMORIA	L HALL		
	Bookings	Deborah Brockbank	07825458288
	Secretary	Christine Taylor	017683 62082
BOLTON PARISH C	OUNCIL		
	Chairman	Peter Griffiths	017683 61944
	Clerk	Shelagh Leyland	017683 62327
CLIBURN VILLAGE	HALL	• •	
	Bookings	Margaret Burne	01931 714218
CLIFTON PARISH C	3	3.0	-
	Clerk	Rachel Kelly cliftonpc@outlook.com	01768 863900
CLIFTON VILLAGE		1 table 1 tabl	•
 02	Bookings	cliftonvillagehall1745@gmail.com	01768 890940.
CDOCDY DAVENCY	· ·	Cilitorivillagenali 1745@gmail.com	01700 690940.
CROSBY RAVENSV		In a Point (in a point @ oder and)	04004 745054
	Ward Councillor	Joan Raine (joan.raine@eden.gov.uk)	01931 715351
CROSBY RAVENSV	WORTH VILLAGE HALL		
	Bookings	Freda Smith	01931 715381
GREAT STRICKLAN	ND PARISH COUNCIL	Usually meets last Monday in month	
	Clerk/Village Hall Bookings		01931 712 571
MAULDS MEABURI	N POST OFFICE	Tuesdays 9.30-11.30am in the village hall	
MAULDS MEABURI	N VILLAGE INSTITUTE		
	Bookings secretary	Vanda Betts	01931 715 391
MORLAND PARISH	COUNCIL		
	Clerk	Andrea Runkee	01768 881003
		clerk@morlandparishcouncil.org	
MORLAND COMMU	INITY FIRST RESPONDERS		01931 714 971
MORLAND & NEWE	3Y VILLAGE HALL	,	
	Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
	Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD		Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH ME		Wildridge Forman (mino.torialing eden.gov.dia)	01301714034
INEWBI FARIOTI III	Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN F		Tuesday 12.30pm-5.30pm,	01931 714 452
(at the White Horse I		Wednesday12 noon-5.30pm,	01931714230
(at the white Horse i	1111)	Friday 8.30am-1pm	
KINGS MEABURN \	VIII AGE HALL	Filiday 6.30am-1pm	
KINGS WEADORN	_	Aliana Caldfinah (kanandali@nthusuld.com)	07007454070
	Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES	Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH		To Lavenck (joiavenckos@gmail.com)	01331714210
OLL/(OILL I / IIIIOI I	Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
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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 May 2020 issue as soon as you can: 7th April at the very latest.

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