

From the Vicarage

In the early days of lockdown there was a lot of talk about it being an opportunity for healing. For the first time in many decades, the whole of life slowed right down, gave us time to think, stopped us from rushing around, buying things or doing stuff. We heaved a collective sigh and determined that we should not simply go back to the old way of doing things, but should learn the lessons of lockdown. I wonder whether we have changed, or whether we are simply now racing back to the way we did everything before. From my perspective it feels as though there is a great pressure to get everything going again as soon as possible, but perhaps now is actually the best possible time to review the lessons learned in lockdown and to begin to live differently. After all, now is the time when we are building the post-lockdown world and putting our learning into practice.

I can understand the rush back to the way things were. Doing everything a new way during lockdown was challenging and exhausting. Nothing could be done quickly or as a matter of routine. Everything had to be thought through from scratch. When you do something new, you make more mistakes and making mistakes can be embarrassing, perhaps even humiliating. It hits your confidence and there is an understandable desire to go back to what you know you were good at. And by the time we've thrown in the people we've missed and the activities we love, it can begin to look a bit like the old frantic way of life again.

But now is an opportunity to pause and reflect, to start building the different life we dreamed of in those early lockdown days when it was just a relief to step off the merry-go-round for a bit. What did we learn? I hope that we perhaps learned that we don't need to buy so much stuff, or throw so much away (as a family of four adults, we managed to halve the amount of rubbish we were putting out – it's gone back up now!) I hope that we learned that time spent with people is the most valuable time of all. I know that many of us prayed more and valued spending more time with God (not just the usual suspects!). I hope we learned that the gift of life is more precious than what we do, what we consume or what we buy. At the same time, I suspect we learned that we cannot just spend all our time in leisure, that having purpose and meaning in what we do is important for our own welfare as well as for what we can contribute to others. I think we also learned the value of community and loving our neighbour. And I suspect that lockdown highlighted the fact that just rushing around from one experience to another was disguising what we really need, something we perhaps had to confront during those long weeks when life took on a different perspective. No doubt there were other lessons, particular to you.

So perhaps now, as life opens up again and things become possible once more, we can restrain the instinct to rush headlong back to the old way of life and take time to complete the healing, to live a little longer with things being provisional and makeshift, while we take stock of what really matters in our lives. By doing so, perhaps we can build a future that helps us to nurture that which is most precious, in ourselves, in our communities and in creation. I am praying for us all as we do so.

Stewart

Church News & Local Events

An important notice for Morland villagers

As residents of Morland will be aware, our Neighbourhood plan is heading towards completion.

The planning group are working on the final piece of the jigsaw which concerns the field in the heart of the village, known locally as the don-key field.

The Parish Council and the neighbourhood planning group are keen to secure protection for the field from future development. (The field is NOT under threat currently) but we need to seek villagers views on this. Over the next few weeks the neighbourhood planning group will be in touch to ask for your views.

Thank you.

Lesley Robson

Chair of the Neighbourhood Planning Group.

Please pass this message onto others who do not receive the copy of the newsletter.

Morland and Newby Village Hall

The village hall committee took the opportunity of lockdown to arrange to have the hall decorated and to have new flooring fitted in the kitchen, loos and corridors. By the time this newsletter is distributed the work will be complete. The hall will be effectively open for hire once again.

We fully appreciate that guidelines still impose restrictions on groups meeting and that our regular user groups will have been considering how and when they will be able to start meeting again.

We have complied with guidelines and cleaned the hall thoroughly, removed all curtains and installed sanitizer units. We are currently producing an up-to-date covid information sheet for those wishing to hire the hall.

Please contact me if you would like more information.

Thank you.

Julia Evans

01931 714 158



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 Services

We apologise that there is currently no rota of church services. Although **services are now taking place** in Church again, planning those services remains a difficult and ad hoc process. The regulations and guidance within which we are operating is changing on a weekly basis, so it is very difficult to plan, particularly for services such as harvest festivals.

We hope you will bear with us during this period of uncertainty. We will do our best to ensure that your community gets the worship opportunities it needs.

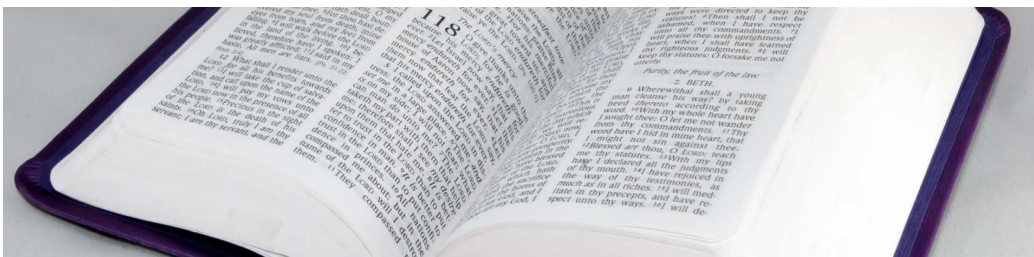
Our services will be published on our website

(www.northwestmorlandchurches.org.uk) and we are also sending out **weekly bulletins by e-mail**. To subscribe to our e-mail newsletters, please e-mail David Jones at da-vid@newbyendfarm.co.uk.

Our **YouTube services** are continuing through into September and we expect to continue providing worship resources on our channel on a permanent basis in the future. You can find us by searching "Heart of Westmorland" in YouTube. For those with no internet access, the services are also available by telephone, by ringing 017683 89324.

rectornwparishes@gmail.com

NB Some of our local Methodist Chapels are open and have scheduled services through September See pp 15-18



From our Registers



Brian Litster and Karen Elizabeth Howe were married by Special Licence at Apple Dene, Clifton Dykes on Tuesday 2nd June.

Jack David Woolley and Iona Emily Beatrice Darroch were married at St Lawrence, Crosby Ravensworth on Saturday 8th August.

Ryan Wyn Beynon and Lucinda Petrie Dunning were married by at St Peter, Askham on Saturday 15th August.

The mortal remains of **Celia Morris** were interred in the churchyard at St Peter, Askham on Saturday 14th March.

The funeral of **James Theodore (Ted) Relph** took place at St Lawrence, Crosby Ravensworth on Wednesday 18th March and his mortal remains were laid to rest in the Churchyard.

The funeral of **Helena (Lena) Tuer** of Bridge House, Morland took place at Carlisle Crematorium on Monday 20th April.

The funeral of **Margaret Plassom** of Prospect House, Helton took place at St Peter, Askham on Thursday 16th April and her mortal remains were laid to rest in the Churchyard.

The mortal remains of **Alfred Plassom** were interred in the churchyard at St Peter, Askham on Thursday 16th April.

The funeral of **John Percival** of Shannon Brae, Morland took place at Tynefield House Chapel, Penrith on Wednesday 6th May and his mortal remains were laid to rest in Penrith Cemetery.

The funeral of **Joyce Little** took place at Carlisle Crematorium on Wednesday 10th June.

The funeral of **Karen Elizabeth Howe** of Apple Dene, Clifton Dykes (late of Newby) took place at Carlisle Crematorium on Wednesday 24th June.

The funeral of **George Robert Stephenson** took place at St Cuthbert, Cliburn on Thursday 30th July and his mortal remains were laid to rest in the Churchyard.

The funeral of **John Michael (Mike) Jones** took place at St Mary, Thrimby on Thursday 30th July and his mortal remains were laid to rest in the Churchyard.

The funeral of **Mary Woof** took place at St Lawrence, Crosby Ravensworth on Thursday 13th August, followed by a committal at Carlisle Crematorium.



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

Great Strickland Village Hall Events 2020

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)

**Check above for up-to-date
news.**

Mothers' UNION
Christian care for families

MORLAND MOTHERS' UNION

Unfortunately, due to the ongoing Covid 19 situation, we have taken the decision to cancel the next two meetings, for September and October.

Many members would not yet feel confident about meeting indoors in a relatively small space, and there are also issues pertaining to the necessary cleaning which would need to be carried out both before and after the meeting. We will review the situation before our November meeting.

We hope that our members will continue to talk to one another by phone or by meeting outdoors in small groups.

Margaret Gore



Please note the change of time!



**Hope to see you soon! Ring
714 238 for a start date**



WINDERWATH GARDENS
Nr TEMPLE SOWERBY
PENRITH CA10 2AG

OPEN MARCH - OCTOBER

10.00am – 4.00pm Monday – Friday

10.00am – 2.00pm Saturday

5 acre garden with Herbaceous borders, Alpines, mature trees and a walled Vegetable garden.

We have plants grown on the premises for sale all year, and fruit and vegetables when in season.

There is also a good selection of second hand garden tools.

Tel. 01768 88250

www.winderwathgardens.co.uk

AN IMPORTANT MESSAGE

To all readers

We intend to resume printing our Newsletter from October onward Please send in any events that you would like to publicise. Non profit making and charitable events local to our circulation area are free.

It would be nice to be able to include other contributions of art works, poems, photos etc where space permits. (maximum size 350 kb) these are also free to local contributors.

The closing date for contributions for October will be September 7th to allow time for composition before sending the copy to the printer in time for distribution around the villages.

If you are able to help with any of the door to door distribution in your village where there may be gaps please let us know.

Ed.

Morland Parish Council News

Please check the parish council website for details of the virtual meeting and how you can access it at

www.morlandparishcouncil.org

The remaining meeting dates for 2020 are

Monday 14th September at 7.30pm

Monday 9th November at 7.30pm

Clerk wanted

To Morland Parish Council

Morland Parish Council seeks a confident person for the post of Clerk

The Clerk is responsible for managing the day to day business of the Council, implementing decisions, organising agendas, taking minutes, managing the finances using Microsoft Excel and dealing effectively with correspondence via email and Microsoft Word.

If you are interested in this position and for more information please email:

clerk@morlandparishcouncil.org

**Boogie
Bounce**

**Currently
suspended**

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>

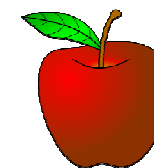
Book week by week or book any 6 classes (they don't need to be consecutive) and only pay for 5 at checkout

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

 [beyondfitnesswithsarah](https://www.facebook.com/beyondfitnesswithsarah)

 [@beyondfitnesswithsarah](https://www.instagram.com/beyondfitnesswithsarah)

Any questions please message Sarah Newby on 07989744557



Apple Pressing!

with Cumbrian Apple
Juice

We can press, bottle and
pasteurise your apples.
Minimum amount 50kg.
One 750ml bottle costs £2.

Bottles provided.

Contact us to book:

07984065861 or

cumbrianapple@hotmail.com

**Beech Tree Farm, Reagill,
CA10 3ER.**

Message to all local event advertisers.

As printing costs for the North West-morland 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.

Since finishing university and completing my degree in Education, I returned to Newby to start making and selling wax melts in my spare time! Wax Melts are a very fragrant replacement for candles. I have a choice of 20 fragrances to be found on my instagram @waxmeltjoy, My list of smells i grows each week. They are made with eco-friendly organic ingredients. I sell these bars individually at £2.75 a bar and also sell "starter kits" which include a wax melt burner and 3 wax melt bars of your choice costing £12.75. I include tea lights in all my orders. I have attached a photo for you to look at too.

Megan McWilliams



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. 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

Lowther Endowed School

‘Stay and Play’ sessions

Supervised by a member of the teaching staff

All pre-school children are welcome to attend.

Check school website

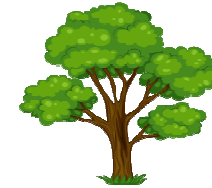


COMMUNITY TREE PROJECT KEEP MORLAND GREEN!

Find out more
contact:

morlandtreescommunityproject@gmail.com

01931714556 (Dan Fitton)

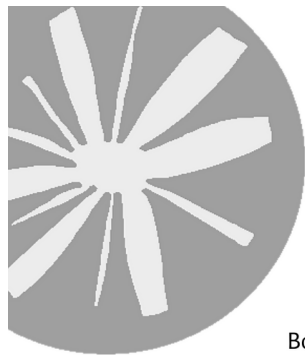


We are looking into having a community project to survey the trees in Morland. We would like to know the age and condition of the trees in our parish to see what action could be taken to preserve our local environment. Many trees will be well over 50 years old, and diseases like ash dieback are threatening.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



The Studio is Open!

Booking essential for all activities - social distancing measures in place

Wednesdays: 10-11:30am:
Classical Rishi Culture Yoga with Yogacharini Sonia
Call Sonia on 07762 101660 to book (£12 drop in / £10 block booking)

Thursdays: 5:30-6:30pm:
Physio Pilates with Andy Speight

6:30-7:30pm:
Physio Pilates for Men with Andy

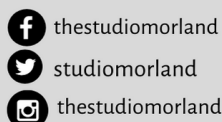
Fridays: 1:30-2:30pm:
Physio Pilates with Andy Speight
Call Andy on 07596957027 to book (£30 per block or £10 per session)

FREE Event: 'Flying the flag for Elsa' with Glyn Thompson
part of the Art, Philosophy, Science Talks Series at the Studio

Thursday 17th
September
8:30pm

Glyn Thompson joins us to present a talk exploring if the granddaddy of modern art - Duchamp - 'appropriated' the famous work 'Urinal' from someone else. Glyn has spent 35 year uncovering facts that prove it was not Duchamp who created the piece - but who was it? and why?! and why is it only now that these things have been unearthed...

TO BOOK: duchamp-urinal-aps.eventbrite.co.uk or call 01931 714444



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

**The Studio Morland
Morland, Penrith
CA10 3AZ**

Please support our advertisers:
they cover a large part of the cost of printing this magazine.

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Advertiser's Guide

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

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

Advertising Rates

1/4 Page ad per annum £70 per 1/2 year £38 per month £9
1/2 Page ad per annum £130 per 1/2 year £70 per month £15
Full Page ad per annum £220 per 1/2 year £120 per month £26
If you are interested in placing an advert please contact
Meg Hancock meganc@btinternet.com) 01931 714 432



NOW OPEN
FOR
TAKEAWAY

Specials Nights

Friday Fish &
Chips

Saturday Pizza

Follow us  @caths.at.the.gathering  @cathsatthegathering for Updates & Menus

Open throughout the day for
hot and cold food, drinks and snacks
English Lakes Ice Cream

Friday

Fish & Chip Night

Haddock cooked to order in
homemade batter

Jumbo fish fingers, goujons &
scampi, local sausages

All the sides & Ice Creams &
Cakes

Saturday

Pizza Night

12" Pizzas

Various topping

Or customise for your favourite

Garlic Bread, Fries & Sides

English Lakes Ice Creams

Meal Deals Available

Phone orders taken 07717 525254 - Cash or Card payments

@ Waterside House Campsite, on the Ullswater way footpath,
Howtown Road. Just down from Pooley Bridge - on the lake shore



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

**Contact website for up to date
information re Covid-19**

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 ambu-
lance 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 volun-
teer 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 experi-
ence as CFR volunteers.

Morland Area



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

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

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

Membership Application Form

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

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

Address: (in full for prize payment)

Post Code: Phone No.:

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

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

Signed: Print: Date:

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

Full Terms & Conditions available at www.morlandarea.cumbria.sch.uk/topic/parents or can be emailed on request

Morland Area 100 Club

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

MORLAND UKULELE GROUP

Currently suspended
at 'The Studio', The Square, Morland

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

Currently suspended
New venue to be arranged ????

All welcome!

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



Take Positive Steps to Avoid Trips and Falls

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

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

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

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

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



The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF
Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

Welcome you to The Strickland Arms

'The Warmest, Friendliest Pub in the Eden Valley'

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

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

We have an extensive Menu with Real Ales on tap

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

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

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

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

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



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

We provide FREE superfast broadband WIFI ...

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

Our Menu is available online at www.thestricklandarms.co.uk

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

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

THE BIRDS.
BISTRO

Cumbria's Wild Bird & Red Squirrel
feeding specialists



Bring your Garden to Life...

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

Call in or check out our website and be amazed!

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

Shop open every day

Mon - Fri - 10am - 5pm

Saturday - 10am - 4pm

Sundays & Bank Holidays - 12pm - 4pm

3 easy ways to place your order



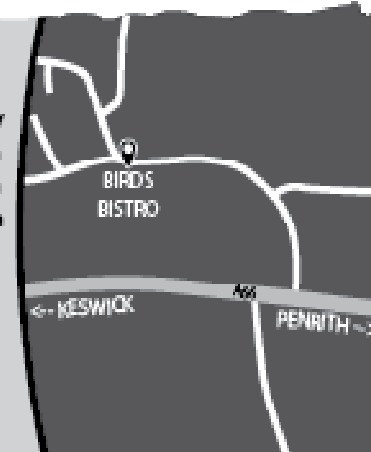
Online at www.thebirdsrestaurant.co.uk



Phone us on 01768 483100



Email us at info@thebirdsrestaurant.co.uk



SHAP WELLS HOTEL

Easter Weekend Offer



**Sunday
12th April**

3 course

Carvery Lunch

Served 12 to 2pm

Only £19.50 per adult/£11.50
per child.

Everyone receives an Easter
Egg and Join in on our Easter
Eggstravaganza Trail!

Sunday Carvery

Served every week
from 12 noon - 2pm



Only £17.00 per adult and
Children £9.00 under 11

Relax in the Lounge or go for a
wander in the woods to see our
Red Squirrel Colony

Afternoon Tea

Served every
day of the week
1pm to 5:30pm



Selection of
Delicious Sandwiches
as well as Homemade
Cakes and Scones

All served on fine bone china

For just £12.50 per person

Fathers' Day

Treat your No.1 Dad on

Sunday 21st June 2020

3 course Carvery Lunch

Served from 12 noon - 2pm

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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



See facebook page or website for current opening times and menus etc.

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.

(Please see website – www.millyardcafe.co.uk for any further dates which may be closed for holidays and for more information regarding menus etc.)

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- ~ Every 1st & 3rd Monday in month (except Bank Holidays)
- ~ 10 am - 12 noon

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

Currently suspended

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Currently suspended

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

Neat Feet by Mary-Anne

If you are finding it hard to cut your toes nails or have hard skin.
Why not give me a call me for a treatment in your home?

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Mary-Anne

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PRE-SCHOOL NEWS

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

TEMPLE SOWERBY TOTS

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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.

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	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
Sept 6th Trinity XIII	11:00 Morning Worship Lay Led		Reopening delayed. Please contact May or the circuit office		11:00 Holy Communion JHB	1:30 J Betts
						6:30 Zoom Cnxn Service
Sept 13th Trinity XIV			6:30 ?D Marston HF? tbc			1:30 S Thackray
Sept 20th Trinity XV			6:30 ?A Sterling? tbc			1:30 L A
Sept 27th Trinity XVI			6:30 ?US at PC? tbc			1:30 A Sterling
Oct 4th Trinity XVII			6:30 ?S Radford? tbc			1:30 W Ousby

ABBREVIATIONS: “SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl, Permanent Deacon; “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:



	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel	Sleagill Chapel
Sept 6th Trinity XIII	11:00 Holy Communion SPC		11:00 Morning Worship SRP	11.00 Morning Prayer Lay Led	10:30 J. Betts 6:30 Zoom Cnxxn Service	Not yet open
Sept 13th Trinity XIV					10:30 H Hutchinson	Not yet open
Sept 20th Trinity XV					10:30 A Sterling	Not yet open
Sept 27th Trinity XVI					2:00 K Speck HF	Not yet open
Oct 4th Trinity XVII					10:30 A Pallister	Not yet open

ABBREVIATIONS: “SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl, Permanent Deacon; “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:



Heart of Westmorland



Bereavement Support Group

will be meeting at

The Hub Cafe in Appleby



on
**the first Monday
each month
2-4pm**



Currently suspended

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:
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Rev'd Sandy Pearl – 01931 714563**



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Currently suspended

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Best wishes and keep safe

Best wishes and keep safe.

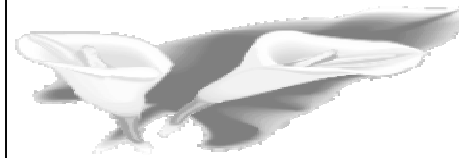


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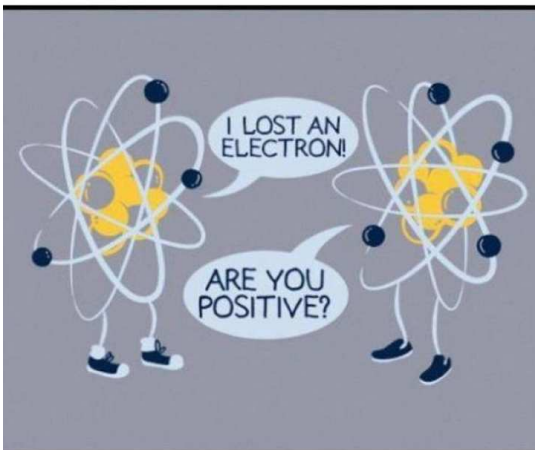
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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 25-2-25-20 _____
- 25-2-18-5-15-13 _____
- 8-26-6-15 _____
- 11-16-20-26-8-4 _____
- 22-2-17-4-21-13-15-16 _____
- 7-21-2-16-2-12-21 _____
- 19-12-13-21-15-16 _____
- 19-12-18-15-18 _____

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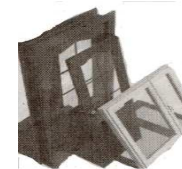
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Dates For The Diary

Sat 12th Sept.	7.00pm	Steak Night	Gt Strickland Village Hall	p. v
Thurs 17th Sept.	8:30pm	Flying the flag for Elsa	The Studio, Morland	p. 1
Fri 25th Sept	7.00pm	- Mikron Theatre Company	Gt Strickland Village Hall	p. v

Thurs. 5th Nov	6.00pm	Bonfire night		p. v
		Children's Xmas Party - Date/time TBA		

NB: CLIBURN BINGO NIGHT TAKES PLACE ON THE 4TH FRIDAY OF EVERY MONTH EXCEPT DECEMBER **Check locally**

FOR MORE EVENTS AT GT STRICKLAND SEE PROGRAMME p v

Please check locally to find out if these events are going ahead



Essential advice for the unwary!



Local Parish & Community Websites

Askham & Helton —
www.askhamandhelton.co.uk
 Bolton — www.boltonvillage.org.uk
 Brougham — www.broughamparishcouncil.com
 Cliburn — www.cliburnparish.org
 Clifton — www.cliftonpc.org.uk
 Crosby Ravensworth —
www.crosbyravensworthparish.org.uk
 Great Strickland —
www.greatstricklandparishcouncil.co.uk
 Morland — www.morlandparishcouncil.org

ASKHAM AND HELTON LADIES CLUB

Currently suspended

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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Monday	CLOSED	
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 be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

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

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CURATE	Revd Sheila Clark	01931 714 238
DEACON	Revd Sandy Pearl	01931 714 564
READER	David Jones	01931 714 338
BOLTON MEMORIAL HALL		
Bookings	Deborah Brockbank	07825458288
Secretary	Christine Taylor	017683 62082
BOLTON PARISH COUNCIL		
Chairman	Peter Griffiths	017683 61944
Clerk	Shelagh Leyland	017683 62327
CLIBURN VILLAGE HALL		
Bookings	Margaret Burne	01931 714218
CLIFTON PARISH COUNCIL		
Clerk	Rachel Kelly cliftonpc@outlook.com	01768 863900
CLIFTON VILLAGE HALL		
Bookings	cliftonvillagehall1745@gmail.com	01768 890940.
CROSBY RAVENSWORTH		
Ward Councillor	Joan Raine (joan.raine@eden.gov.uk)	01931 715351
CROSBY RAVENSWORTH VILLAGE HALL		
Bookings	Freda Smith	01931 715381
GREAT STRICKLAND PARISH COUNCIL	Usually meets last Monday in month	
Clerk/Village Hall Bookings	Ruth Tupling	01931 712 571
MAULDS MEABURN POST OFFICE	Tuesdays 9.30-11.30am in the village hall	
MAULDS MEABURN VILLAGE INSTITUTE		
Bookings secretary	Vanda Betts	01931 715 391
MORLAND PARISH COUNCIL		
Clerk	Andrea Runkee clerk@morlandparishcouncil.org	01768 881003
MORLAND COMMUNITY FIRST RESPONDERS	Caroline Sterling (cster52822@aol.com)	01931 714 971
MORLAND & NEWBY VILLAGE HALL		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE	Tuesday 12.30pm-5.30pm, Wednesday 12 noon-5.30pm, Friday 8.30am-1pm	01931 714 256
(at the White Horse Inn)		
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS		
Editor	Sheila Clark (spclark1@btopenworld.com)	01931 714 238
Advertising Manager	Meg Hancock (meghnc@btinternet.com)	01931 714 432

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