

## From the Vicarage

Uncertainty is a characteristic of modern life. General elections, Brexit, zero-hours contracts, among other things, have added uncertainty to our lives for some time, but surely the scale of uncertainty at the moment is something we have not faced for a generation or two. I anticipated that our first printed edition of this newsletter since lockdown would herald a return to normality, but this is nothing like normality. Indeed, it is only reasonable to wonder whether the pre-lockdown normality will ever return.

Uncertainty fuels anxiety and anxiety can lead to fear and fear is not a good motivator for human beings. Perhaps that is why the most common command in the Bible is “Do not be afraid.” But how do you stave off fear when everything is uncertain?

Well, if you take a longer view, uncertainty has, in fact, been normality for most of human history. The recent relative predictability of life was probably dependent on a model of industrialisation and consumption that was unsustainable in any event. Uncertainty was certainly the norm at the time of Jesus’ earthly life and he spoke about it when he said, “Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your life?” (Matthew 6:25-26). They’re wise words and help to put out troubles into perspective, but he has an even more important response to uncertainty and anxiety when he adds, “strive first for the kingdom of God and his righteousness, and all the other things you need will be given to you.”

Striving for the kingdom of God is probably not something that occurs to many of us these days in any situation, and may be the last thing on your mind if you’re facing uncertainty. What does it even mean? Well, the kingdom of God is God’s rule in creation. It’s what the creation looks like when the creator is back in charge and we live life the way he intended, not because we have to, but because we want to. Jesus’ whole life was a demonstration of what the kingdom looks like – justice is done, the hungry are fed, the sick are healed, the dead are raised, people are forgiven, the prisoners (of body, mind and spirit) are freed and relationships are restored. Living in that kingdom is the hope that underpins the Christian faith. So how do we strive for it?

Firstly, by wanting it. The kingdom of God only becomes a reality when we long for it from our own freewill, so adjusting our priorities is the starting point. Uncertainty is a good time to ask “what really matters?” Secondly, it should be clear to any casual observer, that the kingdom of God looks very different from the world as it is. Returning to normality is not going to lead us to God’s kingdom. We need to change (quite a lot!) So striving for God’s kingdom helps us to see uncertainty more positively, as a chance to change. Thirdly, we strive for it by being thankful for God’s gifts, trusting his provision and committing ourselves to live the life of his kingdom. That relieves us of the need to feather our own nest (the cause of so much anxiety) and liberates us to work for justice, to feed the hungry, heal the sick, set the prisoners free and restore relationships – and yes, even to be raised beyond death! In doing that, we find that God will give us everything we truly need, without all the anxiety.

Stewart

## From our registers



### *Marriages since February*

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

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

**Ryan Wyn Beynon and Lucinda Petrie Dunning** were married at St Peter, Askham on Saturday 15<sup>th</sup> August.

**John Lynch and Felicity Robson** were married at St Lawrence, Crosby Ravensworth on Saturday 5<sup>th</sup> September.

### *Baptisms since February*

**Rebecca Neave Wood** was baptised at St Lawrence, Crosby Ravensworth on Saturday 22<sup>nd</sup> August.

### *Funerals and interments since February*

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

The funeral of **James Theodore (Ted) Relph** took place at St Lawrence, Crosby Ravensworth on Wednesday 18<sup>th</sup> 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 20<sup>th</sup> April.

The funeral of **Margaret Plassom** of Prospect House, Helton took place at St Peter, Askham on Thursday 16<sup>th</sup> 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 16<sup>th</sup> April.

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

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

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

The mortal remains of **Adrian Richard Hill** were laid to rest in the Churchyard at St Ninian, Ninekirks on Friday 24<sup>th</sup> July 2020.

The funeral of **George Robert Stephenson** took place at St Cuthbert, Cliburn on Thursday 30<sup>th</sup> 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 30<sup>th</sup> 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 13<sup>th</sup> August, followed by a committal at Carlisle Crematorium.

*Rest in Peace*



Come ye thankful people...

## Harvest Festivals 2020



We regret that it is not possible to offer a full range of harvest services in every community this year. However, where we are able to put in place the necessary social distancing, we will be meeting to give thanks and we would love to see you.

Please remember that a face mask must be worn in Church and social distancing will be in operation.

### Services this year:

**Askham:** Sunday 4<sup>th</sup> October @ 11.00am  
**Clifton:** Sunday 4<sup>th</sup> October @ 11.00am  
**Crosby R.:** Sunday 20<sup>th</sup> September @ 11.00am  
**Great Strickland:** Wednesday 30<sup>th</sup> September @ 7.00am  
**Morland:** Sunday 4<sup>th</sup> October @ 11.00am

*"Rejoice in the Lord always and again I say rejoice"*  
 (Philippians 4.4)



## Harvest Giving Cliburn

Unable to hold our regular Harvest Festival and auction of foods this year, our 2020 harvest thanksgiving will include a donation of:

**Non-perishables** to the Kirkby Stephen foodbank, and

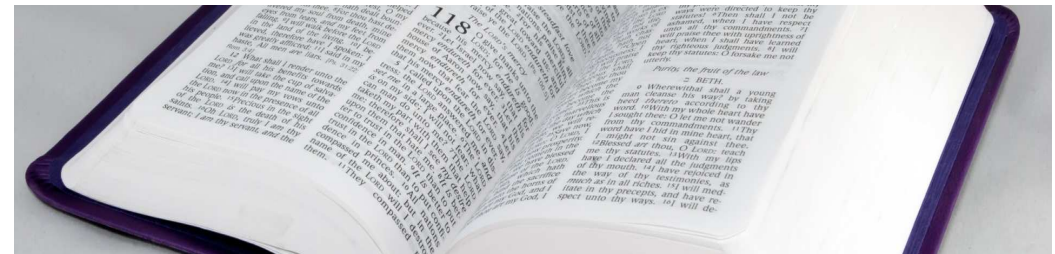
**Fresh produce** to the Appleby Hub (Oaklea Trust)



If you are able to help us support these vulnerable groups, please bring food donations to Cliburn Church on **Saturday, 17 October, between 11 and 12**. Someone will collect your offerings at the church gate if dry, or in the porch if wet.

Thank you  
 Cliburn Church PCC

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



**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.

## MORLAND HARVEST SERVICE

SUNDAY OCTOBER 4<sup>TH</sup>.

Sadly under the present regulations we cannot have our usual Harvest Home Supper and Harvest Festival Celebrations in Church.

However, on Sunday October 4<sup>th</sup> our service will be themed on Harvest and although we are not allowed to sing the favourite harvest hymns we shall be able to listen to recordings of them.

At Harvest we have always supported the Food Bank at Appleby which is still in urgent need of supplies so we would ask you to bring donations of tins etc. **to any of our Sunday services in October.** They should be in carrier bags to be left at the back of church and after a due 'quarantine' period they will be taken to the Food Bank. Shortages at present are: pasta sauce, biscuits or snack bars, medium jars coffee and medium packs cereals, but all contributions are welcome.

We also support the Bishops' Harvest Appeal. This year, and for the next two years, the Bishop's Harvest Appeal will be supporting the work of Christian Aid in Israel and the Occupied Palestinian Territories (IOPT) and the Mothers' Union in the Democratic Republic of the Congo (DRC). You can donate directly to that, via the website (<https://www.carlislediocese.org.uk/harvestappeal/>) or contributions, clearly labelled for the Bishops' Appeal, can be given to our Treasurer, Jenny Jones. In addition, the collection on October 4<sup>th</sup> will go towards the fund

## September Reflection from Mothers Union

Dear Friends,

How good it is to touch base with you once more. It sometimes doesn't seem possible that we have now reached September, the season of mists and mellow fruitfulness is here once more. This is the time to wonder at the beauty of God's creation and celebrate all that is provided from his bounty.

At this time of year, I am fortunate enough to be able to walk out into the garden and pick, beans, onions, tomatoes, apples, pears and blackberries. A rich harvest indeed, time to care and share as well as store carefully so that I will be able to benefit from this bounty through the months ahead.

One of the hymns I enjoy is: - *give thanks with a grateful heart, give thanks to the Holy One, give thanks because He's given Jesus Christ His Son. And now let the weak say I am strong, let the poor say I am rich, because of what the Lord has done for us. give thanks.*

Hopefully most of us will be able to have some sort of Harvest celebration in church this year so that we can give thanks, even if this may be different from that which we are used to. We must never forget of course that many people are still suffering from hunger, so it is even more important to give, as best we are able, to the many food banks that are still very much needed. This is so much part of the work that Mary Sumner set out to do.

Even as we praise God for all his goodness and look in awe at his creation let us not forget, that this is a very difficult time for the Mothers' Union and the members of staff at Mary Sumner House. Dedicated workers and MU members of staff have had to accept either voluntary or compulsory redundancy, because the charity can no longer support all the paid staff, despite the generosity of all the members worldwide, who gave so generously to the appeal.

This losing of staff has caused much heartache, and your prayers are needed for the Trustee Board and our Worldwide President, Sheran, who, together with the Senior Leadership Team, has had to take this very tough decision.

As the Autumn colours begin to make themselves known we must never forget the beauty of the Lord and His goodness, and trust that He will enable all affected to move forward in faith into the new challenges that lay ahead.

In the autumn, I think we see our Heavenly Fathers generous heart more clearly than at any other time. The splendour of the autumn colours shows his glory and his loving care. September, as the leaves begin to fall, enables us to see the bare bones of his creation, the arms outstretched to hold us and support us, especially in these challenging times with covid19 still here, if hopefully, in the background.

It has been good for me to be able to get out and about and mix with a few more people and I hope it has been the same for you too.

So as life begins to take on a new norm let us embrace all that the world has to offer, even if that world is not very big, let us give thanks for the relationships of family, friends and all who care for us.

If you are unable to get out, I pray that you will be able to have relations or maybe even friends come to visit and will at least be able to look through a window at God's creation. If like me you are fortunate enough to go for a walk in a park, take your time and drink in all that is surrounding you because God's world is full of so many little things, we can all miss if we don't keep our eyes wide open.

Please keep safe and well.

### Let us pray

Loving Lord,

*Help us to be fruitful in our work for Your people. To grow initiatives that bring hope to the vulnerable and the downhearted, bringing new life where there is often despair. Amen*

(from Families Worldwide)

## 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](http://www.morlandparishcouncil.org)***

The remaining meeting dates for 2020 are

**Monday 14<sup>th</sup> September at 7.30pm**

**Monday 9<sup>th</sup> 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](mailto:clerk@morlandparishcouncil.org)**

## Morland Parish Council News

The Morland Neighbourhood Plan

An update

The Parish council decided to develop a Neighbourhood Plan with a view to protecting and enhancing our village, in particular, the heart of the village.

A group was established comprising five volunteer villagers and two parish councillors, with support from our clerk. Following meetings with our plan author and undertaking tasks he suggested, we went on to consult with villagers and then to commissioning a Heritage Report that helped us to appreciate the development of the village, it's quirks and charm. The plan's aim is to protect from insensitive development and to enhance and maintain our lovely surroundings.

To date, most of the plan is done (subject to further scrutiny!) and the focus is on the central village area. The final area of concern for us is the field in the heart of the village. We are asking villagers to respond to a short survey to support (or not) our wish to seek long term protection for the field. We feel the field and the open views it allows and its historical and current role as agricultural land is integral to the heart of the village. So, along with our past consultations, we would ask you all again to give some time to this and share your views.

We shall report back on the survey before Christmas and look ahead to the next steps the Neighbourhood plan has to take to reach completion.

The Parish Council and the Neighbourhood Planning group all thank you for your time and interest.

Lesley Robson, Chair.



## 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](mailto:cliftonpc@outlook.com) or via their website [www.cliftonpc.org.uk](http://www.cliftonpc.org.uk).

Many thanks for your help over the past few months.

Regards Sian Howe Bookings Administrator

### 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



**The plan to re-open in October will have to be postponed in the light of the new regulations**

### Great Strickland Village Hall Events 2020

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 Face-  
book (@greatstrick)

## COMMUNITY TREE PROJECT KEEP MORLAND GREEN!

Find out more  
contact:

[morlandtreescommunityproject@gmail.com](mailto: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!

### Morland Bowling Club

It is with regret that we notify members that bowling will not recommence in September as usual. Although the Village Hall is open, it is not permitted at present to meet in a group bringing together people from many separate households and it would be impossible to organise effective social distancing. We will follow changes in the local Covid 19 Guidance and restart the club as soon as it is safe to do so. We hope our members are safe and well and we look forward to meeting again in the future.

Joyce Berry



# We are Open!

**Mondays:** 6:30-7:30pm: Yoga with Andrea (BOOK: hodge1021@gmail.com)

**Tuesdays:** 6:00-7:00pm: RLF Yoga (Hatha) (BOOK: 07739651956)

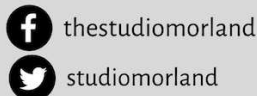
**Wednesdays:** 10-11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

**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 (BOOK: 07596957027)

**Saturdays:** 10:00-12:00pm: RLF Yoga (Solar/Lunar) (BOOK: 07739651956)

CHECK OUR WEBSITE FOR UPCOMING ART SESSIONS FOR KIDS!



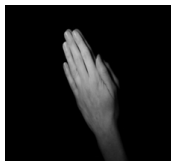
**thestudiomorland.co.uk**  
thestudiomorland@gmail.com  
01931 714444

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

**Mothers' UNION**  
Christian care for families

**MORLAND MOTHERS' UNION**

There will be no meeting in October, but we will re-assess the situation for November and keep members informed. Hopefully we will get some good Autumn weather so that members can continue to meet in small groups in their gardens. And don't forget, it's always good to have a chat on the phone.



**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



**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>

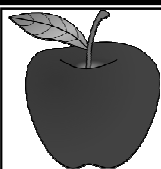
Book week by week or book any 6 classes (they don't need to be consecutive) and only pay for 5 at checkout

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

beyondfitnesswithsarah

@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](mailto:cumbrianapple@hotmail.com)  
Beech Tree Farm, Reagill,  
CA10 3ER.



## NEWBY COURT NEWBY

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

01931 714521

[newby.court@virgin.net](mailto:newby.court@virgin.net)

## Events at Shap

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

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

## 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) sub-missions 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



**Dear Readers,  
Does anyone have some free time and talents and feel called to take over either or both of the North Westmorland Newsletter jobs? We need a new compositor and an editor.**

**The compositor can be anyone who enjoys juggling publishing style software. The editor should ideally be a member of the church community in any of our churches.**

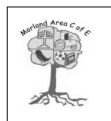
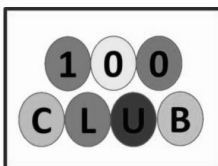
**In both cases, the present incumbents will pass on their normal practices and what the jobs entail, possibly supporting you through the first couple of issues if required. Please ring, email or speak to me, Sheila Clark to enquire or offer your services.**

**01931 714238.**

**[spclark1@btopenworld.com](mailto:spclark1@btopenworld.com)**



## 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

## 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](mailto:helenkeogh11@gmail.com)

### August Draw

Name	Rounded
	£
Mrs Julie Tuer No. 61	62
Mrs Isla Griffiths No. 18	31
Mrs Emma Williamson No. 16	23

### September Draw

Name	Rounded
	£
Mrs Sheila Clark No. 10	62
Mrs Alison Westwell No. 24	31
Ms Anne Barber No. 35	23



## 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**

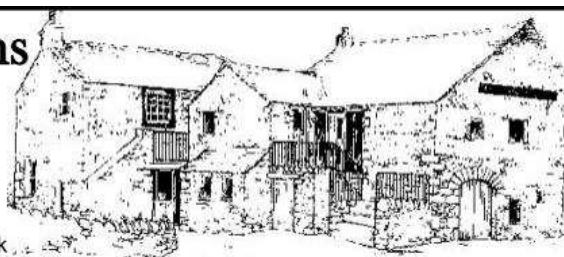
For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail [sara.bradley@ageukcarlisleandeden.org.uk](mailto:sara.bradley@ageukcarlisleandeden.org.uk)



# 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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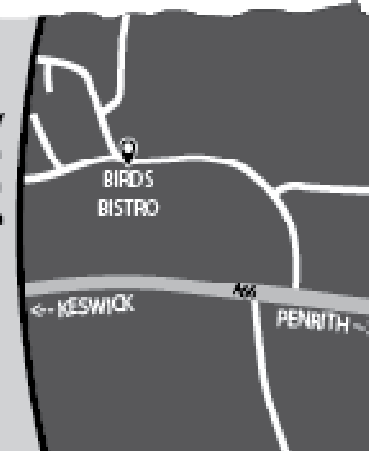
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Phone us on 01768 483100



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## 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



## 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.

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**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.

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

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

## Affected by Cancer?

### APPLEBY & DISTRICT CANCER SUPPORT GROUP



Invite you to

## Come for Coffee

Open to all in Eden district

#### We Meet

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

Chat in confidence with others going through tough times

Also on offer:  
Light exercise and  
Complementary Therapies

#### Further Info, Phone

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

**Currently suspended**

BE THE #heronextdoor

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

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

Volunteering is flexible, rewarding and works around you:

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

**✓ MAKE A DIFFERENCE**

To join your local team of life savers go to [www.mca.nhs.uk/volunteer](http://www.mca.nhs.uk/volunteer) or call 0345 112 0 999 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.

## 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](mailto: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?

Regarding COVID-19: I will come with my own mask, gloves, apron and foot protection. Also with a single use mask for clients own use during treatment, as we all need to remain safe.

I hope to be able to meet you soon.

**Mary-Anne**

### Qualifications:

Diploma in Chiropody. WMSch  
COVID-19 Infection Prevention and Control: Guild Training International

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**CALL 017683 53199**  
to make an appointment

## Eden Dog Walking



Contact Annabel to arrange a visit  
07914 070346



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### *The Arts Society Appleby-in-Westmorland*

**Currently suspended**

*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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CA16 6TY  
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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.

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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
Oct 4th Trinity XVII	11:00 Harvest Festival with Holy Communion JHB		Reopening delayed. Please contact May or contact andrew.sterling @methodist.org.uk 6:30 ?S Radford?		6:30 Evening Prayer Lay Led	1:30 W Ousby
Oct 11th Trinity XVIII	11:00 Holy Communion JHB		6:30 ?J Betts? <b>tbc</b>		11:00 Holy Communion SPC	1:30 R McGregor 6:30 Zoom Cnxxn Service
Oct 18th St. Luke	11:00 Morning Worship Lay Led		6:30 ?LA? <b>tbc</b>	11:00 Holy Communion SPC	11:00 Morning Worship SJF	1:30 A Sterling HC
Oct 25th Bible Sunday	11:00 Morning Worship SPC		6:30 ?J Betts US in Chapel? <b>tbc</b>		11:00 Holy Communion JHB	1:30 L A

**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 Brough- am	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel	Sleagill Chapel
Wednesday September 30th		7:30 pm Harvest Festival				
Oct 4th Trinity XVII	11:00 Harvest Festival (Clifton) SPC		11:00 Harvest Festival SJF	11.00 Morning Prayer Lay Led	10:30 A Pallister	Not yet open
Oct 11th Trinity XVIII			11:00 Morning Worship SJF		10:30 L A 6:30 Zoom Cnxn Service	Not yet open
Oct 18th St Luke			11:00 Holy Communion JHB	11.00 Morning Prayer Lay Led	10:30 J Worsfold	Not yet open
Oct 25th Bible Sunday			11:00 Holy Communion SJF		10:30 L A	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:  
Kevin Robinson – 017683 51569  
Rev'd Sandy Pearl – 01931 714563**



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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

**Currently suspended**

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During the current Covid 19 pandemic online classes are now currently available via my page (Andy Speight) on The Studio Morland website

The link is:

<https://www.thestudiomorland.co.uk/andyspeight-pilates>

Best wishes and keep safe

Best wishes and keep safe.



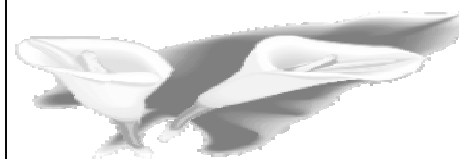
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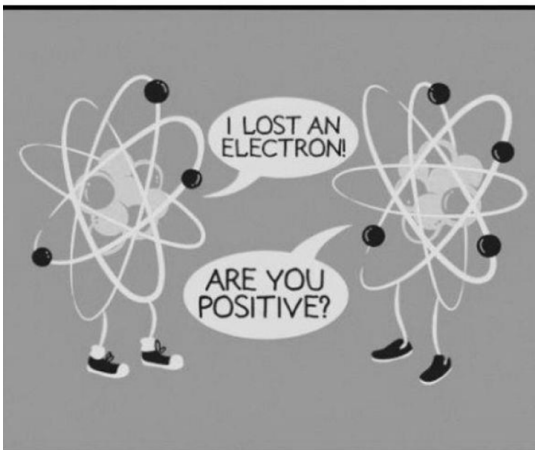
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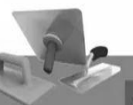
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# Dates For The Diary

Thurs. 5th Nov 6.00pm Bonfire night  
p. ix 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](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)  
Clifton — [www.cliftonpc.org.uk](http://www.cliftonpc.org.uk)  
Crosby Ravensworth —  
[www.crosbyravensworthparish.org.uk](http://www.crosbyravensworthparish.org.uk)  
Great Strickland —  
[www.greatstricklandparishcouncil.co.uk](http://www.greatstricklandparishcouncil.co.uk)  
Morland — [www.morlandparishcouncil.org](http://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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For more info contact us on

Tel: 01931716447 or

Email: [edenclass@cumbria.gov.uk](mailto:edenclass@cumbria.gov.uk)  
Or check out our website: [www.cumbria.gov.uk/learningandskills](http://www.cumbria.gov.uk/learningandskills)



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Saturday Pizza

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Cakes

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#### WINTER OPENING HOURS

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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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# 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	Deborah Brockbank	07825458288
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 715351
<b>CROSBY RAVENSWORTH VILLAGE HALL</b>		
Bookings	Freda Smith	01931 715381
<b>GREAT STRICKLAND PARISH COUNCIL</b>	Usually meets last Monday in month	
Clerk/Village Hall Bookings	RuthTupling	01931 712 571
<b>MAULDS MEABURN POST OFFICE</b>	Tuesdays 9.30-11.30am in the village hall	
<b>MAULDS MEABURN VILLAGE INSTITUTE</b>		
Bookings secretary	Vanda Betts	01931 715 391
<b>MORLAND PARISH COUNCIL</b>		
Clerk	Andrea Runkee clerk@morlandparishcouncil.org	01768 881003
<b>MORLAND COMMUNITY FIRST RESPONDERS</b>	Caroline Sterling (cster52822@aol.com)	01931 714 971
<b>MORLAND &amp; NEWBY VILLAGE HALL</b>		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
<b>MORLAND WARD COUNCILLOR</b>	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
<b>NEWBY PARISH MEETING</b>		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
<b>KINGS MEABURN POST OFFICE</b>	Tuesday 12.30pm-5.30pm,	01931 714 256
(at the White Horse Inn)	Wednesday 12 noon-5.30pm,	
	Friday 8.30am-1pm	
<b>KINGS MEABURN VILLAGE HALL</b>		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
<b>BROWNIES</b>		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
<b>SLEAGILL PARISH MEETING</b>		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
<b>NORTH WESTMORLAND NEWS</b>		
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 November 2020 issue as soon as you can: 7th October at the very latest.**  
*Material by email, with phone call to confirm arrival, to: spclark1@btopenworld.com*