

## From the Vicarage

How do you stay positive? It's something that's been a particular challenge ever since lockdown began. And I find it becomes more tricky when November hits, the nights draw in and summer's lease comes to its end date all too soon, to paraphrase the Bard of Avon. When I was younger I fought quite a few battles against depression and the advice I received seemed to centre around the power of positive thinking. But very often it was my thinking that was the problem. Whichever way I thought about it merely seemed to confirm that I was quite right to worry! And the idea that my depression was the result of my own lack of willpower only made me feel a bigger failure.

Of course, there are good practical things you can do to keep positive. Getting exercise, eating healthily, playing with a dog, or a child, seeing friends, having creative things to do and distracting your mind are all good strategies. And, as I discovered, there are times when it's a good idea to take medication, provided we do it under the doctor's advice. But many of these things have been harder to do since lockdown.

I find that what keeps me truly positive is to have a genuine hope for the future, a hope that is not dependent on my effort, or my success or failure. November in the Church calendar is the season when we focus on the Kingdom of God. The Kingdom, in brief summary, is the restoration of creation as it should be when God is back in charge (as king). According to the Bible, the fundamental problem with the creation is that, having been given freewill by God, we chose to walk away from him and the consequences of that decision have been devastating, unpredictable and far-reaching. Instead of order, we have produced a world of fairly random chaos. In place of close, loving, committed relationships, we have a world of indifference, where increasingly we forget what it is to be loved or to love. In place of life, continuously renewed by our creator, we have a long slow wind-down to inevitable death. No wonder we get miserable from time to time!

But the good news at the heart of the Christian faith is that Jesus came to restore the Kingdom of God. In his death on the Cross, he took upon himself all the consequences of our decision to wander away from God. And in his resurrection, he offered a complete re-boot of life. We can start again, with God as our King. The consequences of accepting that gift and seeking to live God's way is immediate. Order begins to return to our chaos. Love begins to wipe out the years of harm caused by its absence. And we get to live meaningful, purposeful lives, sharing in the great work of re-ordering things back to God's will. Whether that's helping to reconcile souls to God and to one another, helping to restore the creation and its inhabitants, working for justice, caring for the vulnerable or under-valued, or just feeding on God's word and finding deep satisfying food for our souls, life is just so much better, straight away. Personally, I can't imagine living without it. And best of all, it guarantees our future. The Kingdom is the ultimate destiny of creation and we are invited to be part of it, right now in our daily lives, and forever. That means that our future, in this world and the next, is exciting, hopeful and meaningful. It means that what we do now matters eternally and eternity is something to look forward to. It means that our future is not dependent on our own effort, but upon our willingness to live under God's just, gentle, kind rule. It means that our best days are always before us and that really can make us cheerful, grateful and hopeful. Happy November to you all! *Stewart*

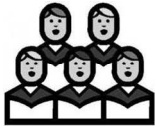
## Thank you from the Rector

Like a lot of charities, lockdown was a tough time financially for our local churches. We did our best to make savings, but there was never any chance of that offsetting our loss of income and that is likely to affect us permanently in the future. However, I have been incredibly moved by the many people who have so kindly and generously maintained their giving to Church over the past difficult months.

The situation wasn't helped by the fact that the additional use of technology has required us to spend considerable amounts updating the technology we're using. I was, therefore, particularly moved by two anonymous donations covering the very substantial costs of replacing my iPad and Office Printer. Such generosity is really quite jaw-dropping.

So, on behalf of the Church I want to say a sincere thank you to everyone who supports us and helps us, in turn, to support each of our communities.

*Stewart*



## Morland Choristers' Camp Founders' Day Evensong



Each year, on the Saturday closest to his birthday, the Choristers & Friends of the Morland Choristers' Camp return to sing a special Evensong in honour of our founder, Canon Gervase Markham.

This year, our preacher will be the Dean of Carlisle,  
the Very Revd Mark Boyling.

Sadly, this year, it is not possible to invite a congregation, but it is still our intention to broadcast the service on the Morland Camp YouTube Channel. Please do tune in!

**Date: Saturday 7<sup>th</sup> November 2020**  
**Search "Morland Camp" on YouTube**



## All Souls Commemoration of the Faithful Departed



All Souls is a time when the Church traditionally remembers our faithful departed. Sadly, this year we are not able to hold our usual service in Church, when we commemorate those we have loved and lost in the past year. We are conscious that this has been a particularly difficult year to lose a loved-one. We will be making a short service of commemoration available on our YouTube channel and we hope this will be of comfort to you.  
You and your loved ones remain in our prayers.

**Monday 2<sup>nd</sup> November 2020**  
**Search "Heart of Westmorland" on YouTube**



## Remembrance Sunday 2020

We will be holding live services in several of our Churches this year. Please do join us in Remembrance.

**Crosby Ravensworth:** Sunday 8 November, 10.50 in Church.

**Askham:** Sunday 8 November, 10.50 in Church.

**Morland\*:** Sunday 8 November, 10.50 in the Churchyard

**Great Strickland:** Sunday 8 November, 10.50 in Church.

**Bolton\*:** Wednesday 11 November, 10.50 in the Churchyard

**\*Please note that the services at Morland and Bolton will be short open-air commemorations in the Churchyard only.**  
Please dress appropriately for the weather.

**There will also be a service on our YouTube Channel:**  
Search "Heart of Westmorland" on YouTube.

## From our Registers



**Max Bromley and Sally Butterworth** were married at All Saints, Bolton on Thursday 17<sup>th</sup> September.

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**Cora Lyn Margerison** was baptised at St Cuthbert, Clifton on Saturday 12<sup>th</sup> September.

**Nola Lake Margerison** was baptised at St Cuthbert, Clifton on Saturday 12<sup>th</sup> September.

*"Shine like a light in the world..."*

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The Funeral thanksgiving for **Elsie Corrie** was held at Carlisle Crematorium on Tuesday 7<sup>th</sup> April 2020.

*Rest in Peace*



**The North Westmorland News is available via email!**

Please send your email address to: [spclark1@btopenworld.com](mailto:spclark1@btopenworld.com)

## Morland Advent Calendar Trail 2020

Once again, we would like individuals/families to draw/create an A4 Advent or Christmassy picture and display it in their window as part of the Morland Advent Calendar Trail, for people to enjoy as they walk around the village. Please contact me if you would like to join in and I will put you on the list and allocate you a date during Advent upon which to reveal your Advent picture. Let me know if you need paper! It will be possible to open The Studio for groups of fewer than 6 to create pictures if there is demand; please contact me to discuss.

*This IS NOT a competition; we want this to be fun for all! We will need at least 24 windows to display a picture but it will be great to have lots more! If we do have more than 24 taking part I will group nearby participants and allocate them the same date in Advent to reveal their pictures.*

*I have a few extra pictures for anyone who would like to display a picture but doesn't want to draw/paint/create one of their own.*

***Then all the pictures will be put in windows by 30<sup>th</sup> November, covered by a sheet of black paper with a number on it – which is the date upon which the window will be ‘opened’ revealing the Christmas picture. There will be a list of all the participating addresses on the notice boards in the village for people to follow the trail.***

*Please do contact me, or Anne Taylor, for further information!*

*Looking forward to a picture-perfect Advent!*

Thank you

Julia Evans  
714 158, [alexjulia@btinternet.com](mailto:alexjulia@btinternet.com)



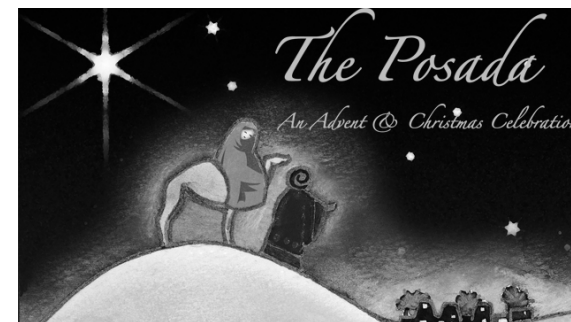
## MORLAND POSADA CHAIN for 2020

Posada will necessarily be a different event this year; there cannot be a single Mary and Joseph taken from house to house as normal, so I will make up packs in advance and deliver them to everyone who wishes to take part. The packs will be delivered the week before Advent. Each pack will have a date on it. That will be the date that the pack should be opened. Each pack will contain a laminated picture of Mary and Joseph to hang-up in your home and a couple of prayers; a prayer for the household in the Posada chain before you and one for the household following. There will also be a paper square to decorate, telling in either words or a picture, Mary & Joseph's Posada day in your household. These squares will be put together to make a 2020 Posada chain journey blanket which will be displayed in church. Sadly, as restrictions will not allow for large numbers in church the crib service this year will be on YouTube on the Heart of Westmorland Mission Community channel. Further information in next month's newsletter.

Please contact me if you would like to take part in our Posada chain!

714 158,  
[alexjulia@btinternet.com](mailto:alexjulia@btinternet.com)

Thank you!  
Julia Evans



## 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 date for 2020 is

**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)



The Studio Morland

## Special Workshops

### **7th November: Art Class for Kids - 2-4pm (£12 per head)**

Join Danielle Ledbury for a fun Art Class for Kids aged 7-11 every month at The Studio Morland. Learn tips and tricks to enhance your art as well as experimenting with all things creative. Booking essential.

TO BOOK: [thestudiomorland.co.uk/art-class-for-kids](http://thestudiomorland.co.uk/art-class-for-kids)

### **Creative Wellbeing Workshops with Heather Turner, International Coach and Consultant**

#### **Bang Your Fist**

Running on  
8th Nov + 10th Nov

#### **In My Shoes**

Running on  
15th Nov + 17th Nov

#### **Map Sticks**

Running on  
22nd Nov + 24th Nov

#### **Self Portrait**

Running on  
29th Nov + 1st Dec

In these sought-after workshops Heather will beautifully and seamlessly meld art and wellbeing, giving you tools and skills for mental stability in these times of Covid. Booking essential.

TO BOOK: [tinyurl.com/wellbeing-art](http://tinyurl.com/wellbeing-art)



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[www.thestudiomorland.co.uk](http://www.thestudiomorland.co.uk)  
[thestudiomorland@gmail.com](mailto:thestudiomorland@gmail.com)  
01931 714444



A poem sent in by Jenny Jones

#### **A Kitchen Prayer**

Lord of pots and pans and things,  
since I've no time to be  
a saint by doing lovely things  
and watching late with Thee,  
or dreaming in the dawn-light  
or storming heaven's gates,  
make me a saint by getting meals  
and washing up the plates.  
For though I may have Martha's  
hands  
I have a Mary mind  
and when I black the boots and  
shoes,  
Thy sandals, Lord, I find,  
and think of how they trod this  
earth  
each time I sweep the floor.  
Accept this meditation, Lord –  
I haven't time for more!

#### **Morland Mothers' Union**

It is looking unlikely that our meeting, at 2pm on 26th November, will go ahead, given the current situation. Members will be informed by email if the situation changes.

**Cliburn Bingos are  
cancelled  
until further notice.**



## 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**



### MORLAND UKULELE GROUP

Meet Tuesday evenings 19:00 -  
21:00

at Morland Village Hall (when available)

New members always welcome,  
but please ring to check as we will  
occasionally meet at an alternative  
venue.

Contact Mark or Rachel  
on 01931 714163

## 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



# Weekly Classes

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

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

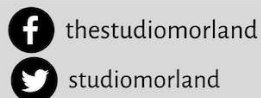
**Wednesdays:** 10-11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

**Thursdays:** 5:30-6:30pm / 7:30-8:30pm : 6:30-7:30pm:  
Physio Pilates with Andy Speight Physio Pilates for Men with Andy

**Fridays:** 1-2pm / 2-3pm: Physio Pilates with Andy Speight (BOOK: 07596957027)

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

\*Plus Art, Philosophy, Science Talks - every third Thursday of the month\*



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**thestudiomorland.co.uk**

thestudiomorland@gmail.com  
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**The Studio Morland**  
**Morland, Penrith**  
**CA10 3AZ**

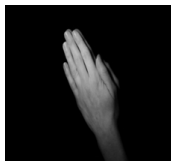


**Mothers' UNION**  
Christian care for families

**MORLAND MOTHERS' UNION**

**It is looking unlikely that our meeting , at 2pm on 26th November, will go ahead, given the current situation.**

**Members will be informed by email if the situation changes.**



**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

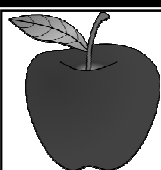
1/4 Page ad per annum £70 per 1/2 year £38 per month £9  
1/2 Page ad per annum £130 per 1/2 year £70 per month £15  
Full Page ad per annum £220 per 1/2 year £120 per month £26  
If you are interested in placing an advert please contact  
**Meg Hancock** meganc@btinternet.com) 01931 714 432

Remembrance Sunday  
8th November



### 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.



## 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.

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



## 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**

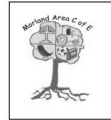
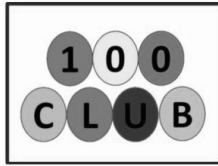
**Dear Readers,**  
**Does anyone have some free time and talents and feel called to take over either or both of the North Westmorland Newsletter jobs? We need a new compositor and an editor.**

**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.

## 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)



## 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**

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



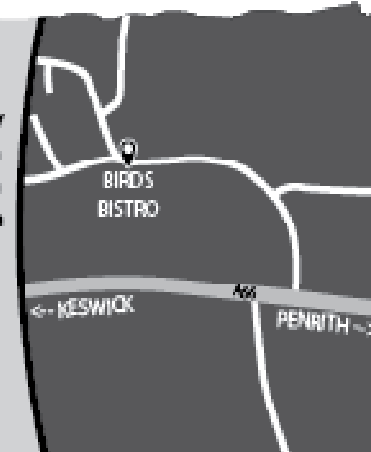
Online at [www.thebirdsibistro.co.uk](http://www.thebirdsibistro.co.uk)



Phone us on 01768 483100



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





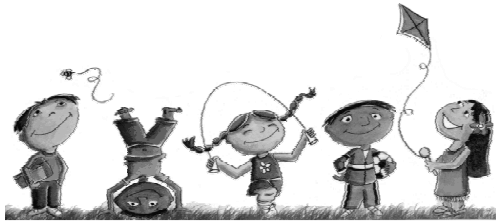
## Lowther Endowed School

'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**

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**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 heroes go to [www.mcaas.nhs.uk/volunteer](http://www.mcaas.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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Peggy Nut Croft  
Shap CA10 3LW

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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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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](mailto:admin@temp-sow.cumbria.sch.uk)  
[www.temp-sow.cumbria.sch.uk](http://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



Online services are on our Heart of Westmorland You Tube channel	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
Saturday Oct. 31st					Open for personal Candlelit Prayer 6 - 9pm	
Nov 1st All Saints	11:00 Morning Worship Lay Led	9:15 Holy Communion JHB	Reopening delayed. Please contact May or the circuit office for further information			1:30 T Dent
Nov 8th Remembrance Sunday	10:50 Remembrance Service SPC	Wed. 11th Nov. 10:50 Act of Remembrance in the Churchyard JHB			10:50 Remembrance Service JHB	1:30 A Sterling 6:30 Zoom Cnxn Service
Nov 15th II before Advent	11:00 Morning Worship Lay Led	6:30 Taize Style Evening Prayer SRP		11:00 Holy Communion SJF	6:30 Evening Prayer DGJ	1:30 S Radford
Nov 22nd Christ the King	11:00 Holy Communion JHB				11:00 Holy Communion SJF	1:30 JTebutt
Nov 29th Advent Sunday	11:00 Family Service SPC	9:15 Morning Prayer Lay Led			11:00 Holy Communion JHB	1:30 H Radford

**PLEASE NOTE, All our services are provisional! Subscribe to David Jones email notices for last minute alterations/cancellations etc. David@newbyendfarm.co.uk**

**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;

Our **YouTube Channel** was launched at the start of lockdown and we have been greatly encouraged by the numbers of people watching. As we return to live Church services, we believe it is time to refresh the content of our channel. We will continue to provide online worship, which we hope will eventually be live-streamed from our church services, but in the meantime will appear in a simpler format, but the main content of our channel will begin to change over the coming weeks and months to include a greater variety of material that we hope will be of lasting value. We are planning to include:

- Reflections for home/study groups
- Teaching material on various aspects of the faith, of interest to Christians and inquirers
- Spiritual resources on prayer, as well as encountering God through music or art
- Material for children that can be used at home, in Sunday Schools or school assemblies
- Conversations and talks with local Christians about living the Christian life beyond Sundays

It will take time to develop these fully, but we are very excited about bringing them to you, so please stay tuned and keep subscribing. If there is material you would like to see on the channel, please let us know..

Online services are on our Heart of Westmorland You Tube channel	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel	Sleagill Chapel
Nov 1st All Saints	11:00 Holy Communion SPC		11:00 Morning Worship SJF	11.00 Morning Prayer Lay Led	10:30 J Law	Unhappy news. The Chapel is now closed
Nov 8th Remembrance Sunday		6:30 Remembrance Service DGJ	10:50 Remembrance Commemoration In the Churchyard SJF		10:30 A Sterling HC 6:30 Zoom Cnrxn Service	
Nov 15th II before Advent			11:00 Holy Communion JHB	11.00 Morning Prayer Lay Led	10:30 K Coward	
Nov 22nd Christ the King		11:00 Informal Service Lay Led	11:00 Holy Communion SPC		10:30 L A	
Nov 29th Advent Sunday	Advent Carol Service (pre-recorded for You Tube)		11:00 Holy Communion SJF		10:30 J Betts	

**PLEASE NOTE, All our services are provisional! Subscribe to David Jones email notices for last minute alterations/cancellations etc.**

**David@newbyendfarn.co.uk**

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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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- Washing up
- Making Beds
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- Errands
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- Gardening
- Grass cutting
- Dog walking/pet care

£12.50 per hour

We look forward to hearing from you

## TIME OUT SUPPORT AND BEFRIENDING SERVICE

I worked for Social Services and the Mental Health Team for over 20 years supporting older people in the community who have various degrees of memory problems.

Please feel free to ring me and discuss your needs and charges involved.

Shirley Beck  
01768 361835

## 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

**Currently suspended**

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

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



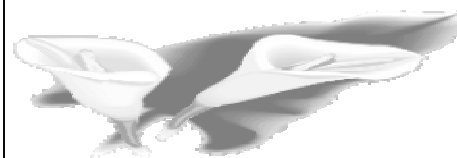
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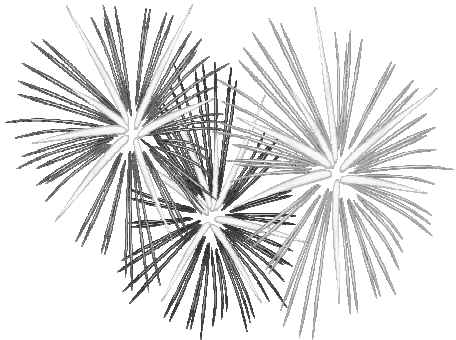
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No experience of being a school governor is required, training is provided, but we are particularly interested in people with a background in budget management or accountancy in particular. Being a Governor is very rewarding, and can also help you develop new skills and knowledge.

It is a voluntary role and Board members are expected to attend eight, two-hour committee meetings during the course of the year (currently held online), as well as spending some time in school each term (subject to COVID-19 restrictions). On average this would equate to a commitment of around 1 hour a week, although this tends to be more concentrated at certain periods of the school year. All Governors are DBS checked.

For an informal discussion contact:

Kieran Barr, Chair of Governors  
chair@lowther.cumbria.sch.uk



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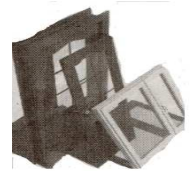
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# Dates For The Diary

Sat. 7th Nov	2-4pm Art Class for Kids	Morland Studio	pvi
	Creative Wellbeing Workshops	Morland Studio	pvi
Bang your Fist	Sun 8th & Tues 10th Nov		
In my Shoes	Sun 15th & Tues 17th Nov		
Map Sticks	Sun 22nd & Tues 24th Nov		
Self Portrait	Sun 29th Nov & Tues 1st Dec		

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



*Sweetest Words Ever*

## Six prayer for November.

May your health improve.  
May your worries disappear.  
May your pain be less.  
May you be loved.  
May your day be positive.  
May GOD bless you.  
Amen.

## 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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Email: [-procterbuilding@mail.com](mailto:-procterbuilding@mail.com).

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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)

## In Flanders Field

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

*John McCrae*

—\*—  
Ramblings of the Claury  
—\*—



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#### WINTER OPENING HOURS

From Monday 28<sup>th</sup> October 2019 through March 2020 we will be opening the following hours:

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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#### A Prayer for Remembrance

Ever-living God,  
We remember those whom you have gathered from the storm of war into the peace of your presence; may that same peace calm our fears, bring justice to all peoples and establish harmony among the nations, through Jesus Christ our Lord.  
**Amen.**



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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>		
Clerk/Village Hall Bookings	Usually meets last Monday in month Ruth Tupling	01931 712 571
<b>MAULDS MEABURN POST OFFICE</b>		
<b>MAULDS MEABURN VILLAGE INSTITUTE</b>		
Bookings secretary	Vanda Betts	01931 715 391
<b>MORLAND PARISH COUNCIL</b>		
Clerk	Andrea Runkee clerk@morlandparishcouncil.org	01768 881003
<b>MORLAND COMMUNITY FIRST RESPONDERS</b>		
<b>MORLAND &amp; NEWBY VILLAGE HALL</b>		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
<b>MORLAND WARD COUNCILLOR</b>		
<b>NEWBY PARISH MEETING</b>		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
<b>KINGS MEABURN POST OFFICE</b>		
(at the White Horse Inn)	Tuesday 12.30pm-5.30pm, Wednesday 12 noon-5.30pm, Friday 8.30am-1pm	01931 714 256
<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 December 2020/January 2021 issue as soon as you can:  
**7th November at the very latest.**