

## From the Vicarage

“Tidings of comfort and joy”. That message of the angels, summed up in the famous Christmas Carol, expresses succinctly the message of Christmas. But for most of us, the most important experience of comfort and joy is the presence of our families and the joy of celebrating with our friends. This year that’s all going to be rather difficult.

The obvious implication is that we are going to need to look for comfort and joy in different places. However, I want to begin by affirming the importance of family and friends at Christmas and lamenting the loss of friendship, human contact and sharing food and gifts together. The Church has always understood the importance of sacraments – physical things that make the invisible presence of God tangible. The love of family and friends is sacramental because it helps us to taste something of the peace and goodwill that Jesus came to bring us. It really matters and Christmas tells us that God wants more of that love for us in our lives. So how can we experience comfort and joy in a different way, perhaps even a way might surprise us with new joys?

I’m not entirely going to answer that - I’m offering the question more than the answer - but I do offer some thoughts. Perhaps this year, we can deepen our compassion by sharing something of the pain and longing of those who never do have the comfort and joy of family and friends at Christmas; the bereaved, the homeless, those who are in abusive relationships, those whose families live far away. When the pang of pain hits us, we can remember them and extend the arms of love around them, in prayer and perhaps also in practical service – through our charitable donations or alternative gifts.

Secondly, our pain and frustration can help us enter into the reality of the Christmas story, into which Jesus was born. He came through the pain of childbirth, the dangers of terrifying mortality rates, the oppression of a violent occupying army and the poverty and fear of a displaced people facing an uncertain and dangerous future. It was into this context that he brought comfort and joy. Though we do not know when he was born, we choose to celebrate Christmas at the darkest time of the year to remind ourselves that his light comes into the darkest of places. His light always appears small, vulnerable, flickering, but it has an unstoppable power over the darkness. Our pain is an opportunity to return to the simple heart of the Christmas story, that God comes to sit with us in the darkest of times, in the hardest of places, in the situation of our greatest need, to ensure that we are never alone, never without hope, never forgotten, never without a source of comfort and joy. In such moments, we really do discover that “the light shines in the darkness and the darkness has not overcome it”. In fact, we can discover the deepest of joys in the hardest experiences.

Lastly, remember that comfort is not just fluffy cushions and warm firesides. The word *com-fort* means to come alongside to strengthen. Like many people, I approach Christmas this year with extra weariness. I’m tired of the isolation, the disruption, the constant innovation, missing all of you. We all need strength, not only for Christmas, but also to rebuild a better world in the new year. Christmas is when God comes alongside us to give us strength, so my prayer for us all this Christmas is for us to find comfort and joy in surprising new ways. Happy Christmas. *Stewart*



## Important Notice about Christmas Services



As you will understand, arrangements for our Christmas services will need to be very flexible this year. At the time of going to press, we are still awaiting full guidance on what we will be allowed.

The service plan published in this edition is provisional and subject to last minute changes. If you are not already signed up to our e-news, please do so as that is the best way to keep up to date with last minute arrangements. Our website will also contain details.

### Carol Services

We are not planning any traditional carol services this year. We will, however, do whatever we can within government guidelines, such as outdoor carol singing.

There are, however, two events that will definitely happen:

### YouTube Christmas Carol Service

There will be a service on our YouTube Channel with readings and carols brought to you from across our Mission Community.

### Radio Cumbria Big Sing – 20<sup>th</sup> December

BBC Radio Cumbria’s Carol Service is at 6.00pm. At 6.15pm we are all invited to sing Silent Night on our doorsteps – see separate notice.

### Crib Services

These are not possible in the usual way, but we will be broadcasting a Crib Service on Christmas Eve on our YouTube Channel.

### Christmas Communion

To be as inclusive as possible, given likely numbers, Morland’s Christmas morning service will be a brief outdoor communion (hopefully with a couple of carols). Please dress for the weather, observe distancing and bring some Christmas cheer!

We expect our Midnight services and all our other Christmas Morning Services to go ahead as normal.

**YouTube Channel: Search “Heart of Westmorland” on YouTube**

Several of our churches open for private prayer:

St. Wilfrid’s Brougham— Every Sunday and daily from December 20th to 28th 8am to 5:30pm  
Ask locally for times and dates for Bolton Crosby and Morland.

Please check the safeguarding regulations for each church as you enter and leave to ensure the safety of other users.



## Big Carol Sing 20 December, 6.15pm



On **Sunday 20<sup>th</sup> December**, Radio Cumbria is organising a Big Carol Sing across Cumbria. It is part of their carol service, which begins at 6.00pm

**At 6.15pm we are all invited  
to sing Silent Night from our doorsteps.**  
Please join in and spread the word to your neighbours.  
We hope to recreate the spirit of the Clap for Carers,  
but this time with Christmas Spirit.  
Tunefulness is optional!



### 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)



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.



### 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.



## Merry Christmas!

Thank you for all your support over 2020  
we look forward to serving you in 2021

Both our vans will be out serving the local  
communities up to Saturday 19<sup>th</sup> Dec.  
We will then break for Christmas & New  
Year break and be back out on the road  
from Tuesday 5<sup>th</sup> January 2021

Morland  
Clifton  
Kirkby Thore  
Warcop  
Askham  
Appleby  
Soulby  
Braithwaite  
Tebay  
Kirkby Stephen

[www.shapchippy.co.uk](http://www.shapchippy.co.uk) – 07483 - 455910

Please remember social distancing at all times  
for you, us and others and stay safe



## 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)



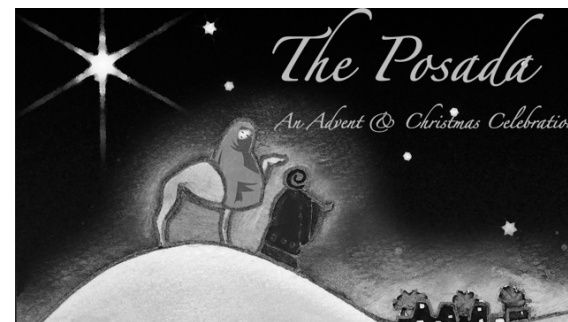
## MORLAND POSADA CHAIN for 2020

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

## The Morland survey, field in the heart of the village

The Morland neighbourhood planning group and the Parish Council thank everyone who completed a survey form, the response has been excellent and we are really grateful to everyone who gathered copies in, encouraged and reminded folk to complete the forms and for taking the time to discuss and explain our plan.

The overwhelming response was to protect the field if we possibly can, therefore the neighbourhood plan will now include a section focussed on that aim.

If you would like to see the full breakdown of the survey, please see [www.morlandparishcouncil.org](http://www.morlandparishcouncil.org)

Where there were other issues raised in the survey, they too will be considered.

Thank you all, as the neighbourhood plan develops, we shall regularly update the website and report on the next stages the plan must go through for the assessment process.

L. Robson

Dates of the next meeting.

The Annual New Year Parish Meeting will be held on Monday January 11th 2021, at 7pm, followed by an Ordinary Meeting of the Parish Council, at 7.30pm, both via Zoom.

*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)*

In a bad winter, 300 people die in Cumbria because of the cold weather, a fatality rate higher than most other areas of the UK and the elderly are among the most vulnerable.

Cumbria Community Foundation's Winter Warmth Appeal raises funds to help older people across the county stay protected from the cold weather. The Winter Warmth Appeal, in partnership with Age UK across Cumbria, is now in its eleventh year and in that time, through the warm generosity of others, has raised over £1 million. More than a thousand older people who struggle to afford to heat their homes benefit each year. This year the charity hopes to raise £200,000 to help keep Cumbria's most vulnerable warm and well this winter.

The cost of fuel is rising and there are many old, rural homes in Cumbria which cost more to keep warm. It's becoming increasingly harder for people to afford to heat their homes, especially for those that no longer have a steady income. There is also a connection between cold homes and increased risk of respiratory illness, which means any waves of COVID-19 during colder months could have a catastrophic impact for people who already have health conditions when they cannot afford to sufficiently heat their homes. This is why the Winter Warmth Appeal has never been more important. Please consider donating the Winter Warmth Appeal and help those who are having to choose between heating and eating.

You can donate online: [www.virginmoneygiving.com/fund/winter-warmth-2020](http://www.virginmoneygiving.com/fund/winter-warmth-2020) or send a cheque (made payable to: 'Cumbria Community Foundation' and write 'Winter Warmth' on the back) to: Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria, CA13 0PN. Or simply call 01900 825760 and we can take your donation over the telephone.

Many thanks for your time, help and support.

Rebecca Delin  
Media and Content Officer  
Cumbria Community Foundation  
Registered Office: Dovenby Hall, Dovenby, Cockermouth, CA13 0PN

My working days are Monday, Tuesday and Thursday.

PLEASE NOTE – our office is currently closed in response to the COVID-19 crisis and I am working from home. I am able to access and respond to emails, but it may take longer than usual for you to hear back from me. Thank you for your patience.

[www.cumbriafoundation.org](http://www.cumbriafoundation.org)





## Free Cycle Check & Basic Maintenance/ Repairs

Book yourself in by emailing for an appointment.  
edward@adventuresportservices.com

Bring your bike down to The Studio at Morland.  
Get your bike checked over & any minor repairs for FREE.  
30 minute time limit on each bike.

This service is aimed at people that haven't had their bike out of the garage/ shed in a while and may need some maintenance to get it roadworthy again. Part of the Big Bike Revival scheme, the sessions will run on various Saturday afternoons from The Studio, Morland. We stock basic parts like brake blocks, brake & gear cables, outer cables and inner tubes.

**Further information can be found at [www.facebook.com/adventure.sport.services](http://www.facebook.com/adventure.sport.services)**

If you have any other issues with bikes and would like to get in touch we also offer servicing and repairs. Basic service from £29.99

### 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



**Suspended**



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

**Suspended**

## 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)

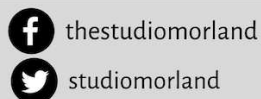
**Wednesdays:** 10-11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

**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\*



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

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



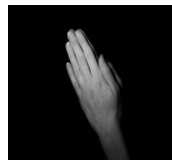
**Please check by phone, that these events are still open**



## MORLAND MOTHERS' UNION

Morland Mothers' Union--Sadly there will be no meeting in December due to the ongoing situation with the pandemic.

We will keep in touch with members by email .



**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

BE THE #heronextdoor

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

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

Volunteering is flexible, rewarding and works around you

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

**MAKE A DIFFERENCE**

To join your local team of the heroes go to [www.nwnews.co.uk/volunteer](http://www.nwnews.co.uk/volunteer) or call 0345 112 0 999

**VOLUNTEER, BE A HERO. CHANGE LIVES.**

## 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**



## NEWBY COURT

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## 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.

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.**

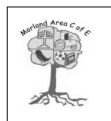
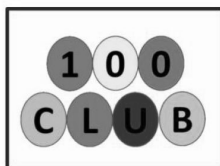
**In both cases, the present incumbents will pass on their normal practices and what the jobs entail, possibly supporting you through the first couple of issues if required. Please ring, email or speak to me, Sheila Clark to enquire or offer your services.**

**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.

### November 100 Club winners are as follows;

1. No. 22 = Ruth Robinson £77.00
2. No. 31 = Julia Evans £38.00
3. No. 39 = Sara Watson £ 29.00

The friends of Cliburn Church, Appleby and District, and The Appleby Hub thank you very much for your kind donations for our Harvest Food Bank



## 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)



## 17<sup>th</sup> CENTURY NUN'S PRAYER

**LORD** Thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but Thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a Saint - some of them are so hard to live with - but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And, give me, O Lord, the grace to tell them so.

AMEN

## 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.

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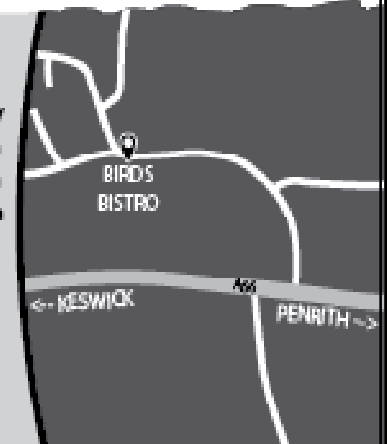
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## Lowther Endowed School

'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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**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)**

## 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

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

## 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**

## 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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# Eden Dog Walking



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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.  
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MCFHP MAFHP  
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Appleby in Westmorland  
CA16 6TY  
Tel: 01768 398457  
Mob: 07910 028955

TEMPLE SOWERBY CE PRIMARY SCHOOL

## PRE-SCHOOL NEWS

Due to the success of the Pre-School facility (age 3  
upwards), we are pleased to inform you that the provision is now  
available from 8am—5.30pm Mondays to Fridays.

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

## TEMPLE SOWERBY TOTS

Every Thursday morning, we hold a parent and child session in  
school from 10am—11.30am. No charge, just come along with  
your children and join in the fun activities.

For further details, or to arrange to come and look around, please contact  
us on:

Temple Sowerby CE School  
Temple Sowerby  
Penrith  
Cumbria, CA10 1RZ

Tel: 017683 61512  
admin@temp-sow.cumbria.sch.uk  
www.temp-sow.cumbria.sch.uk

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

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management of Midtown Cattery & Stables.*

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Stable enquiries: Graham Fisher 07768100397  
Cattery enquiries: Julie Fisher : 01931715246



	Askham with Lowther	Bolton Church	Bolton Chapel	Clburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel	<p>Please contact Andrew Sterling or the Circuit office for confirmation of Chapel services</p> <p>Online services are on our Heart of Westmorland You Tube channel</p> <p>Please check on our web-sites: <a href="http://www.northwestmorlandchurches.org.uk">www.northwestmorlandchurches.org.uk</a> <a href="http://www.lksaandtcircuit.org.uk">www.lksaandtcircuit.org.uk</a> to find any services that may be added/cancelled in any of our churches and chapels</p>
Dec. 6th Advent II	11:00 Morning worship Lay Led	9:15 Holy Communion JHB	6:30 OA TBC		11:00 Morning Worship Lay Led	1:30 OA TBC	
Dec.13th Advent III	11:00 Morning Worship SPC	6:30 Taize Evening Prayer SRP	6:30 A Sterling TBC		6:30 Evening Prayer DGJ	1:30 OA TBC	
Dec. 20th Advent IV	11:00 Holy Communion JHB		6:30 OA TBC		11:00 Holy Communion SJF	1:30 A Sterling TBC	
Carol services	A Benefice carol service will be streamed on You Tube. Keep an eye on the website for details of date and time. See pages ii, iii						
Dec. 24th Christmas Eve	Crib Service on You Tube	Crib Service on You Tube 11:30 Midnight Mass JHB		11:30 Midnight Mass SJF			
Dec. 25th Christmas Day	11:00 Holy Communion Askham SPC				10:30 Holy Communion JHB		
Dec.27th Christmas I	11:00 Family Service SPC	9:15 Morning Prayer Lay Led	6:30 OA TBC		11:00 Holy Communion JHB	1:30 OA TBC	
Jan. 3rd	11:00 Morning Worship Lay Led	9:15 Holy Communion JHB	6:30 A Sterling Cov HC TBC		1	1:30 OA TBC	

**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) TBC to be confirmed  
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. When we return again 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..



	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel	<p>Online services are on our Heart of Westmorland You Tube channel</p> <p>Please check on our websites: <a href="http://www.northwestmorlandchurches.org.uk">www.northwestmorlandchurches.org.uk</a> <a href="http://www.ksaandtcircuit.org.uk">www.ksaandtcircuit.org.uk</a> to find any services that may be added/ cancelled in any of our churches and chapels</p>
Dec 6th Advent II	11:00 Holy Communion SJF		11:00 Holy Communion SPC	11:00 Morning Prayer Lay Led	10:30 K Coward	
Dec. 13th Advent III		11:00 Holy Communion JHB	11:00 Morning Worship SJF		10:30 B taqley	
Dec 20th Advent IV		11:00 Informal Service Lay Led	11:00 Morning Worship SRP/DGJ	11:00 Morning Prayer Lay Led	10:30 D Askew	
Carol services	A Benefice carol service will be streamed on You Tube. Keep an eye on the website for details of date and time. See pages ii, iii					
Dec 24th Christmas Eve			Crib Service on You Tube			
Dec 25th Christmas Day			10:30 Outdoor Communion SJF			
Dec. 27th Christmas I			11:00 Morning Worship SRP/DGJ		10:30 OA	
Jan. 3rd Epiphany				11:00 Holy Communion SJF	10:30 W Ousby	

**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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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..

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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## 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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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



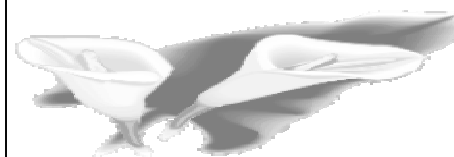
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We are thriving local school, rated Good by Ofsted, and we are seeking to appoint **two** new members to our Governing Board. This is a great opportunity to contribute your skills and experience in support of the education of local children.

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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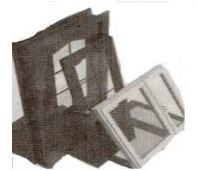
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# (No) Dates For The Diary!

## ADVENT

There being no dates to advertise in the uncertainty of the present times, December is a time of preparing for the coming of our Saviour so let us use any spare time we may have to make ourselves ready to seek the true joy and meaning of the festival.

*The Advent wind begins to stir  
With sea-like sounds in our Scotch fir  
It's dark at breakfast, dark at tea,  
And in between we only see  
Clouds hurrying across the sky  
And rain-wet roads the wind blows dry  
And branches bending to the gale  
Against the skies all silver-pale.*

John Betjeman describes with skill the mood of December in Britain. Shadows gathering, wind and rain demanding houses be warmed and curtains drawn.

*A season of deep shadows  
Advent is a time of deep and dark shadows.  
The sun is becoming increasingly short-lived in our sky, and when storm clouds come with one weather system on top of another we wonder if it is ever going to shine again. This is the season when light is*

scarce and shadows and darkness reign. We recognize their presence and come face to face with them throughout our world and in our personal lives too. The shadows of the world—including terrorism, political uncertainty, financial insecurity, coronavirus--and the shadows of our personal lives may include death or illness, unemployment or broken relationships.

Into these shadows Betjeman's poem proclaims:  
**The Advent bells call out "Prepare,  
Your world is journeying to the birth  
Of God made man for us on earth."**

The Advent voice calls to us across the centuries through Scripture. It is the call of God, a call of salvation and a call of hope. Extract from "A Good Advent" by The Revd Sarah Mullally, Bishop of London.

**God of Mary, You gave her the  
patience to wait with hope for your  
birth.  
Help us to make room in our lives  
For your joy as we wait for Christmas. 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

## HARDWOOD LOGS FOR SALE *Well seasoned*

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**[www.procterbuilding.co.uk](http://www.procterbuilding.co.uk)**

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- ◆ raised beds
- ◆ Borders
- ◆ planting schemes



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**Tel: 01931 712 404 ~ Open 7 days from 9am to 5pm ~ Lunch 12 - 3**

### **Do you care?**

If so Eden Carers may be able to help you. We are a charity providing free support throughout Eden to unpaid Carers who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5-18 years). We provide statutory carers assessments: information and signposting; 1 to 1 support; benefit information; newsletters, support groups - including after school clubs for Young Carers; social events; training and activities.

Contact us on: 01768 890280 or [enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk)

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## Eden Community Learning & Skills

Online Adult Education classes now available! Check out [www.cumbria.gov.uk/learningandskills](http://www.cumbria.gov.uk/learningandskills) to see all our current courses. All our Autumn classes will be available to view from August 3<sup>rd</sup>

*There's something for everyone!*

*Watch out for our brochure popping through your door in July/August!*

For more info contact us on  
Tel: 01931716447 or  
Email: [edencas@cumbria.gov.uk](mailto:edencas@cumbria.gov.uk)  
Or check out our website: [www.cumbria.gov.uk/learningandskills](http://www.cumbria.gov.uk/learningandskills)

## The Strickland Arms

Great Strickland  
Penrith, Cumbria  
CA10 3DF

Tel. 01931 712238

Email: [stricklandarmspenrith@hotmail.co.uk](mailto: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  
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Our Pub consists of a Bar, Dining Room, Wiggo's Barn,  
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We have an extensive Menu with Real Ales on tap

**We have 2 double en-suite B&B rooms in the pub ...**

**Plus:**

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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, **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)**  
**Covid-19 'Open Hours' from 5pm until 10pm every day of the week**  
**We serve food from 5pm until 9pm every day of the week**

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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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# Hospice at Home

## Carlisle and North Lakeland

### Recycle your Christmas Tree with Hospice at Home

Are you having a real Christmas Tree this year within your home or business? Do you live or work within the CA1, CA2, CA3, CA4 8, CA5 6, CA5 7, CA6 4, CA6 5, CA7 9, CA8 1, CA8 9, CA10 2, CA11 7, CA11 8, CA11 9, or CA11 0 postcode areas?

Hospice at Home is organising this festive fundraising initiative to recycle trees after the festive season and to raise vital funds to provide local hospice care in the community. Last year, the Charity collected over 1,100 trees, raising almost £12,000. The areas in which the Charity is collecting trees covers Penrith, Carlisle, Wigton, Longtown, Brampton and Dalston – a significant proportion of the area in which Hospice at Home Carlisle and North Lakeland's clinical services operate.

Please book your tree for collection at [www.charityxmastreecollection.com](http://www.charityxmastreecollection.com) from Sunday 15<sup>th</sup> November and make a donation of your choice to Hospice at Home. On Friday 8<sup>th</sup> January 2021 volunteers and local businesses will collect the trees and take them to be recycled, just leave the trees in your front garden or outside your property and Hospice at Home will do the rest!

Cath Coates, Fundraiser, said "We are delighted to be offering the Christmas Tree Collection again this year, particularly with many events cancelled during 2020 due to the Coronavirus pandemic. We were keen to continue organising this collection, and we will be following strict guidance to ensure our collectors stay safe. Year on year this event has increased in popularity and in turn, so has the fundraising total. which means we can provide more care for more people. We would like to thank all of the supporters of this event, our leaflet distribution volunteers, our van drivers and tree collectors, also the lead sponsor this year, Lloyd Motor Group".

For more information about the Charity or the Christmas Tree Collection please visit [www.hospiceathome.co.uk](http://www.hospiceathome.co.uk). To volunteer to help this or any fund raising project, please email [fundraising@hospiceathome.co.uk](mailto:fundraising@hospiceathome.co.uk). Alternatively, please call 01768 210719.

Our service covers 1500 square miles from the Scottish Border to Stainmore and Altonby to Alston. The charity needs to raise £20,000 each week to continue to provide this service.





# 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	Ruth Tupling	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	Lisa Beken clerk@morlandparishcouncil.org	
<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 January 2021 issue as soon as you can:**

**7th December at the very latest.**

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