

From the Vicarage

Lent is a time of return. It's when we return to the Lord and (as our Lenten Communion prayer puts it), 'learn to be your people once again.' I think that may perhaps be an important idea to place at the heart of Lent this year. Often the first thing we think about Lent is about what to give up. But when we've given up most of life already, I worry that that is not going to be helpful to us this year. If we're going to give up anything for Lent this year, perhaps it should be despondency, insularity, anxiety or fear. And to give up those things, requires us to pick up a new habit instead.

Actually, this is always at the heart of the Lenten fast. The purpose of fasting is to acknowledge that we are addictive in our behaviours. If we are not addicted to the right things, we will easily get addicted to the wrong things. We give up something we are over-addicted to, in order to re-attach ourselves to God. When we are addicted to him, his gift to us in return is the gift of self-control and freewill, the restoration of our selves.

So perhaps this is a time for us to seek him, with the same anxious restlessness with which we long for the end of the pandemic. Perhaps it is a time to seek again to love him with all our heart, mind, soul and strength, because there has never been a more urgent time to reconnect with the source of life and the wellspring of love. And we can do so with his assurance, "if you seek me with all your hearts, you will find me."

But this promise of return is not for ourselves alone. It is a re-gathering of his people. One of the backdrop stories of the Bible is that of Israel's devastating exile which had dispersed the people into many lands. It had begun in 585 B.C. and was still impeding normal life by the time of Jesus. Perhaps our current situation gives us a glimpse of their desperation to be re-gathered. Through the prophet Jeremiah, God had promised, "I am going to gather them from all the lands to which I drove them...I will bring them back to this place, and I will settle them in safety. They shall be my people, and I will be their God." It was that end of exile that people saw being fulfilled, as Jesus died on the Cross to banish our sins and reconcile us to God and to one another.

There is a sense in which we have been driven into many lands by this exile. Some people have been driven to a greater sense of purpose, some feel as though their purpose has gone. Some are discovering new gifts, others are bereft and grief-stricken. Some are energised, some are experiencing a deep lethargy. I have become very aware of that as I have struggled to find the right way to lead the church at the moment. It is very difficult precisely because we are all in so many different places.

But perhaps Lent can be the start of our slow return from exile. Physically, of course, we have to remain strict in our Covid disciplines, but spiritually, we can begin the journey. The prophet Jeremiah responded to God's promise of restoration by buying a field outside Jerusalem in readiness for the return of the exiles. It was a quiet statement of faith that the people would return and be together again. What might be our equivalent statement, this Lent? Perhaps it might be reconnecting with each other through our Zoom Lent Course, Facebook Daily Prayer or YouTube services. At the very least, it can involve a renewed commitment prayer and Scripture, returning deeply to God, our common Father, for his daily gifts so that we can be built up again, spiritually restored, in faith that the return from exile will happen. *Stewart*

From our Registers



The funeral of **John Willan** took place at St Lawrence, Morland on Wednesday 18th December and his mortal remains were laid to rest in the Churchyard.

The funeral of **Donald (Don) Clark** took place at St Lawrence, Morland on Wednesday 16th December, followed by a private cremation.

The funeral of **Dorothy Chapelhow** took place at St Cuthbert, Cliburn on Saturday 12th December and her mortal remains were laid to rest in the Churchyard.

The funeral of **Wm Arthur 'Dicky' Bird** took place at St Lawrence, Morland on Thursday 31st December and his mortal remains were laid to rest in the Churchyard.

The funeral of **John Herbert Llewellyn Holliday** took place at St Barnabas, Great Strickland on Thursday 28th November 2019 and his mortal remains were laid to rest in the Churchyard.

The funeral of **Mei Whalley** took place at Carlisle Crematorium on Thursday 7th January.

The funeral of **Joan Little** took place at St Michael, Lowther on Thursday 7th January and her mortal remains were laid to rest in the Churchyard.

The funeral of **Donald Ford** took place at All Saints, Bolton on Saturday 9th January and his mortal remains were laid to rest in the Churchyard.

The mortal remains of **Geoffrey Fisher** were laid to rest in the churchyard of St Mary, Thrimby on Saturday 16th January.

The funeral of **William Thompson** took place at St Peter, Askham on Monday 18th January and his mortal remains were laid to rest in the Churchyard.

The funeral of **Beatrice Errington** took place at St Michael, Lowther on Saturday 30th January and her mortal remains were laid to rest in the Churchyard.

To view a selection of tributes and addresses, please visit our website:
www.northwestmorlandchurches.org.uk

It is with great sadness that Sid Jarman of Newby announces the death of his wife, Shane, on Saturday 16th January 2021 at Croft Avenue Care Home in Penrith. She had been suffering from dementia for three years and more recently from cancer.

The funeral will be held at the crematorium on February 2nd.

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
& receive the newsletter before its paper publication date.



Ash Wednesday & Lent Services



Ash Wednesday, 17th February 2021

You are welcome to join us at
6.30pm in St Lawrence, Crosby Ravensworth
for a simple and brief service of
Holy Communion with the imposition of Ashes.

A full service marking Ash Wednesday and preparing for Lent will be on our
YouTube Channel.

Search “Heart of Westmorland” on YouTube.

Lent Midweek Services

Every **Wednesday evening, from 24 February – 24 March**,
there will be a simple, socially distanced service of evening prayer
in **St Lawrence, Crosby Ravensworth at 6.30pm**
with Lenten reflections **led by Rt Revd James Bell**.
All Welcome. Please wear a facemask when in Church.



Zoom Lent Course 2021

The Heart of Westmorland
MISSION
Community

What's Happening?

This year we are offering a Lent Course via Zoom. The materials are being prepared for us by the Bishop of Penrith, Rt Revd Emma Ineson and we will be taking the course together across the Mission Community.

To access the course, you will need to download Zoom onto your device and will need a tablet, smartphone, or a desktop with camera and microphone, so that you can be seen and heard.

Each session will last one hour. It will begin with shared worship, before we split into small groups for discussion. At the end, we will come back together for closing worship.

When's it Happening?

Tuesday Evenings at 7.30 from 23 Feb – 23 March

Thursday Afternoons at 2.00pm from 25 Feb – 25 March

How to Join Us

The Zoom link (which you will need to join the meeting) will be circulated by e-mail nearer the time. Please make sure you are on our e-mail circulation list or contact Revd

Stewart Fyfe for details: rectornwparishes@gmail.co.uk or 01931 714620

Welcome to 2021!

Both our amazing vans are raring to go for 2021 and we can't wait to serve you up some of our fabulous Fish & Chips

PLEASE SUPPORT US and other LOCAL Businesses in this very hard time!

Evening Rounds 16:30 – 19:00



Day	Location	Frequency
Tuesday	Morland	Weekly
	Warcop	Weekly
Wednesday	Askham	Fortnightly
	Bolton (New for 2021)	Fortnightly
	Soulby	Fortnightly
	Bowes (New for 2021)	Fortnightly
Thursday	Tebay	Weekly
	Kirkby Thore	Weekly
Friday	Appleby	Weekly
	Clifton	Weekly
Saturday	Kirkby Stephens	Weekly
	Braithwaite	Weekly

www.shappywheels.co.uk – 07483 - 455910

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



**AT SEQUOIA NATIONAL
PARK**

**Thankfully, no loggers took it down, neither forest fires nor earthquakes!
Just a quiet life in a California forest for all these 3,200 years!
Not every tree has a nickname, but 'The President' has earned it. This giant sequoia stands at 247 feet tall & is estimated to be over 3,200 years old
Imagine, this tree was already 700 years old during the height of ancient Greece's civilization and 1200 years old when Jesus lived while Rome was well into its rule of most of the western world and points beyond. The trunk of The President measures 27 feet across, with 2 BILLION needles from base to top.**



2021

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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.

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.

*Please check the parish council website for details of the virtual meeting and how you can access it at **www.morlandparishcouncil.org***

Following the recent survey of residents, Morland Parish Council will be working to designate the Donkey Field as a Local Green Space, as part of the Neighbourhood Development Plan. A full copy of the results of the survey are available on the Parish Council website, as are minutes of the Council's most recent meeting - www.morlandparishcouncil.org.uk

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 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



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

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 have had to be postponed *again* in the light of the current regulations.

Mugs

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
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 !

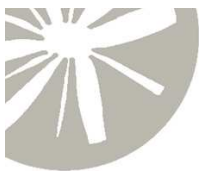
Get in touch:

- * 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



studiomorland

thestudiomorland.co.uk

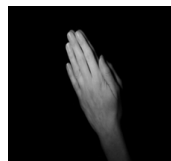
thestudiomorland@gmail.com

01931 714444

The Studio Morland
Morland, Penrith
CA10 3AZ

Please check by phone, that these events are still open

Mothers' UNION
Christian care for families



MORLAND MOTHERS' UNION

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

We will keep in touch with members by email and telephone.

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 megghnc@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+
- Anyone 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 heroes go to www.nhs.uk/volunteer or call 0345 122 0 999 and talk to us about becoming a community first responder.

VOLUNTEER. BE A HERO. CHANGE LIVES.

NHS North West Ambulance Service NHS Trust

Events at Shap

see our website for details

www.theoldcourthouse.org

EDEN ACTIVE FIT4ALL at Shap

Memorial Hall

Wednesdays 9.45 - 11.45am

£3 per session All Welcome

Gentle activities designed to help you become more active in your older years in a friendly, sociable setting.

Details from the Old Courthouse, Shap

Contact website for up to date information re Covid-19

Message to all local event advertisers.

As printing costs for the North West-morland News have inevitably risen with the additional areas of distribution, we are trying to minimise the effects by reserving the right to reduce the size of any local (free) sub-missions when space is limited. In case you wish to lessen the chance of a significant reduction of your copy, a 'landscape' ad is less likely to be significantly shrunk than a 'portrait' version.

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

Megan McWilliams





NEWBY COURT

NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

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newby.court@virgin.net

Sophie's
Painting & Decorating

All aspects of interior & exterior decorating
covered

****No job too big or small****

Competitive prices – please get in touch for a
no obligation quote:

07707 803 703

sfancottbeynon@gmail.com



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.

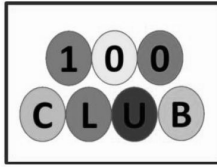
In both cases, the present incumbents will pass on their normal practices and what the jobs entail, possibly supporting you through the first couple of issues if required.

Please ring, email or speak to me, Sheila Clark to enquire or offer your services.

01931 714238.

spclark1@btopenworld.com

Morland Area



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

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

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

Membership Application Form

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

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

Address: (in full for prize payment:

Post Code: Phone No.:

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

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

Signed: Print: Date:

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

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

Morland Area 100 Club

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

100 Club winners for January are as follows;

1. No.

2. No.

3. No..

Please keep donating to our local food banks in Appleby (Sands Methodist Church) and Penrith. (Salvation Army) Many families are still finding it hard to manage through this difficult time.





Up and About
Cumbria standing
strong against falls

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

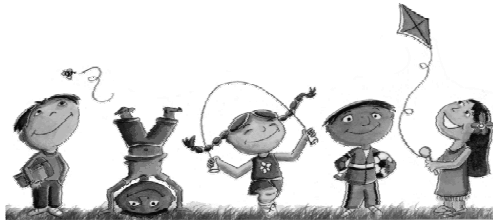
Lowther Endowed School

‘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.

Kevin Bush

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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



The Studio Morland

Window Wanderland

17th to 20th February 2021

A FREE illuminated art trail around Morland for local residents organised by Jenny Brook.

For maps and more visit thestudiomorland.co.uk

Enjoy the trail safely during your daily exercise: tinyurl.com/wanderland-covid

JOIN IN:

Decorate your window and be a part of the trail! E-mail morlandwindowwanderland@gmail.com or call Jenny on 01931 714279 to be added to the map. Free materials for participants will be available to pick up from the Yellow Box outside the Studio Morland from 3rd February.

Morland Festival of Light - Coming Soon!

Follow us on facebook to hear the latest news.



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



THE ARTS
SOCIETY
APPLEBY IN
WESTMORLAND

Zoom Lectures for Appleby Arts Society

The Arts Society, Appleby started its 2021 season this month. Lectures will be on Wednesday mornings as usual, but due to Covid restrictions will be Zoom lectures.

January started this 'Zoom season' with a superb lecture: 'Excess Baggage – The Journey of the Magi from St Matthew to the Medici.' Lecturer Shirley Smith has an Honours degree in the History of Art, specialising in Italian Renaissance Art and Architecture. She is a Fellow of the Royal Society of Arts.

The scene of the 'Adoration of the Magi' is central today to our image of the Christmas story so it may come as a surprise to learn that their number, names and ethnic origins were all later additions to the biblical account. By the 16th century they were not the only additions to the text. Showing beautiful works of art by artists from several countries and from early to Renaissance times, Shirley was able to illustrate how the story was recorded, illustrated, and became altered over the centuries.

The February lecture will be 'Rococo: A Masterpiece, a Mystery and Madame Pompadour' – French Rococo dress in all its glory! The lecture will be given by Jacqui Ansell, Senior Lecturer, writer, presenter and online tutor. Jacqui studied at the Courtauld Institute, specialising in the history of costume.

For further information please contact taswestmorland.org.uk

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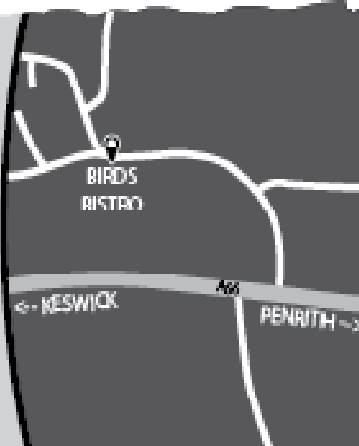
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Phone us on 01768 483100



Email us at info@thebirdsrestaurant.co.uk



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 for any further dates which may be closed for holidays and for more information regarding menus etc.)

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

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APPLEBY & DISTRICT CANCER SUPPORT GROUP



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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

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Complementary Thera-
pies

Further Info, Phone

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

Currently suspended

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 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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figure.**

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person: someone we
loved and someone
who loved us.”**

**Archbishop Justin
Welby**



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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
Pendin
Cumbria, CA10 1BZ**

**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.***

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



	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn
Feb. 7th II before Lent			6:30 A Sterling TBC	
Feb. 14th Next before Lent			6:30 Cnxn Service TBC	
Feb 17th Ash Wednesday				
Feb. 21st Lent I			6:30 O A TBC	
Feb 24th Wednesday				
Feb. 28th Lent II			6:30 OA TBC	
March 3rd Wednesday				

ABBREVIATIONS:

“SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl;;Deacon “JHB” Rt. Revd James Bell;; “KMcB” Revd Kenneth Boyd;; (Church of Scotland) “DGJ” David Jones, Reader; “ “CEF” Carolyn Fyfe J Betts is Revd J Betts (Methodist)

Family Communion is in Contemporary form

Children are welcome at all our services;

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	Crosby Ravensworth Church	Crosby Ravensworth Chapel
		1:30 A Sterling TBC
	11:00 Holy Communion SJF	1:30 S Radford TBC 6:30 Cnxxn Service TBC
	6.30pm Holy Communion SJF	
		1:30 O A TBC
	6.30pm Evening Prayer JHB	
	11:00 Holy Communion SPC	1:30 OA TBC
	6.30pm Evening Prayer JHB	

Please contact Andrew Sterling or the Circuit office for confirmation of Chapel services

Online services are on our Heart of Westmorland You Tube channel

Please check on our websites:
www.northwestmorlandchurches.org.uk

www.ksaandtccircuit.org.uk

to find any services that may be added/cancelled in any of our churches and chapels

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

David@newbyendfarn.co.uk

by Kingdom Come invite you, once again,
 join in #PrayerfortheNation

every day we will pause and pray at 6pm for those impacted by the pandemic. You can set an alarm, light a candle or use a light on your mobile phone as a prompt to pray, or you may even hear a church or cathedral bell as a reminder.

Follow us on social media for daily prayers, and you can find an easy to use, printable prayer booklet here, to help you as you pray over the next 4 weeks. You can also explore the Church of England's website for further resources.

Please do share this with your friends and family.

	Clifton and Brougham	Great Strickland	Morland	
Feb. 7th II before Lent			11.00 Holy Communion JHB	A
Feb. 14th Next before Lent				
Feb 17th Ash Wednesday				
Feb. 21st Lent I			11:00 Holy Communion SJF	A
Feb. 28th Lent II				

ABBREVIATIONS:

“SJF” Revd Stewart Fyfe, Rector; “SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl;;Deacon “JHB” Rt. Revd James Bell;; “KMcB” Revd Kenneth Boyd;;(Church of Scotland) “DGJ” David Jones, Reader; “ “CEF” Carolyn Fyfe J Betts is Revd J Betts (Methodist)
Family Communion is in Contemporary form

Children are welcome at all our services;

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Pleas

Thrimby	Kings Meaburn Chapel
11:00 Morning prayer Lay Led	10:30 LA
	10:30 A Sterling HC 6:30 Cnrxn Service
11:00 Morning prayer Lay Led	10:30 J Law
	10:30 A Pallister

Please contact Andrew Sterling or the Circuit office for confirmation of Chapel services

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Please check on our websites:

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www.ksaandtcircuit.org.uk

to find any services that may be added/cancelled in any of our churches and chapels.

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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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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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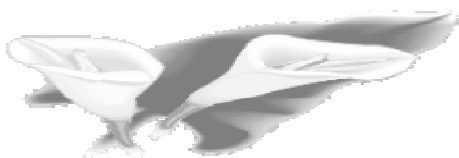
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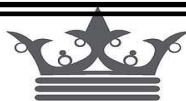
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Could you be the Governor we're looking for?

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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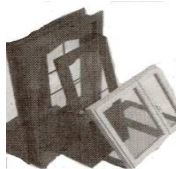
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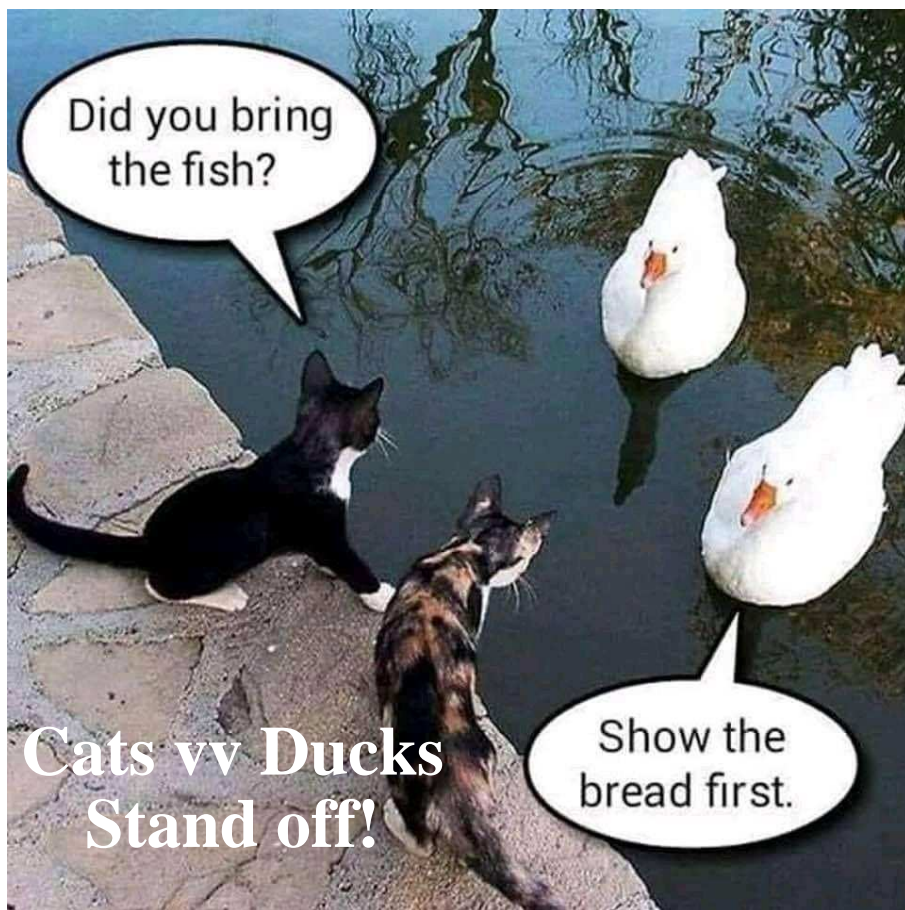
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(No) Dates For The Diary!



Local Parish & Community Websites

Askham & Helton —

www.askhamandhelton.co.uk

Bolton — www.boltonvillage.org.uk

Brougham — www.broughamparishcouncil.com

Cliburn — www.cliburnparish.org

Clifton — www.cliftonpc.org.uk

Crosby Ravensworth —

www.crosbyravensworthparish.org.uk

Great Strickland —

www.greatstricklandparishcouncil.co.uk

Morland — www.morlandparishcouncil.org

ASKHAM AND HELTON LADIES CLUB

Currently suspended

Askham and Helton Ladies Club was formed over 50 years ago, we meet in the village hall on the second Wednesday of every month, 7.30pm in Summer and 2pm in Winter when we have a speaker followed by light refreshments and a natter with friends. There is always a competition.

About twice a year we go on outside visits instead of being in the hall; in April every year we have our Spring Lunch. On the Fourth Wednesday we go somewhere local and have a lovely friendly get together.

You don't have to live in Askham or Helton to be a member, we have people from a variety of places in the area.

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The Strickland Arms

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WINTER OPENING HOURS

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



Bolton Nursery

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

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

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

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

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



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A NEW YEAR, A NEW OPPORTUNITY to get involved and help the community. We have vacancies for two new Foundation members of the Governing Board of our successful Primary School, rated as “Good” by Ofsted in their inspection in 2020.

A Christian school with core values of Compassion, Community and Courage, we aim to nurture a love of learning in our safe and happy environment. Our Christian vision underpins all we do. New governors would be required to sign a declaration stating they “profess the Christian Faith”.

Previous experience of being a school governor is not necessary but a background in business or education would be helpful, particularly roles with financial and/or budgetary responsibility. Applications would also be welcomed from anyone with the interest, enthusiasm and time to learn and train to become a member of our Governing Board. Successful applicants will be subject to a DBS check.

Governors are required to prepare for and attend one Full Governing Board meeting per term, plus committee meetings (currently via Zoom), and also deal with school email correspondence within a reasonable timescale. In normal times governors are encouraged to attend school events, monitor a particular given subject, help out with projects, e.g. reading, and become involved in school life.

We are a friendly bunch of people, proud of our small school with its happy atmosphere, friendly and enthusiastic children and a great team of staff. Please consider joining us if you are looking for a worthwhile and rewarding way to get involved and contribute to the management of our school.

To find out more, or just chat it through, please contact:-

Linda White, Chair of Governors

Chair@crosbyravensworth.cumbria.sch.uk

Debbie McCall, Vice Chair

- 01931 715950

Thank you

LOCAL DIRECTORY

RECTOR	Revd Stewart Fyfe	01931 714 620
CURATE	Revd Sheila Clark	01931 714 238
DEACON	Revd Sandy Pearl	01931 714 564
READER	David Jones	01931 714 338
BOLTON MEMORIAL HALL		
Bookings	Deborah Brockbank	07825458288
Secretary	Christine Taylor	017683 62082
BOLTON PARISH COUNCIL		
Chairman	Peter Griffiths	017683 61944
Clerk	Shelagh Leyland	017683 62327
CLIBURN VILLAGE HALL		
Bookings	Margaret Burne	01931 714218
CLIFTON PARISH COUNCIL		
Clerk	Rachel Kelly cliftonpc@outlook.com	01768 863900
CLIFTON VILLAGE HALL		
Bookings	cliftonvillagehall1745@gmail.com	01768 890940.
CROSBY RAVENSWORTH		
Ward Councillor	Joan Raine (joan.raine@eden.gov.uk)	01931 715351
CROSBY RAVENSWORTH VILLAGE HALL		
Bookings	Freda Smith	01931 715381
GREAT STRICKLAND PARISH COUNCIL	Usually meets last Monday in month	
Clerk/Village Hall Bookings	RuthTupling	01931 712 571
MAULDS MEABURN POST OFFICE	Tuesdays 9.30-11.30am in the village hall	
MAULDS MEABURN VILLAGE INSTITUTE		
Bookings secretary	Vanda Betts	01931 715 391
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken clerk@morlandparishcouncil.org	
MORLAND COMMUNITY FIRST RESPONDERS	Caroline Sterling (cster52822@aol.com)	01931 714 971
MORLAND & NEWBY VILLAGE HALL		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE	Tuesday 12.30pm-5.30pm,	01931 714 256
(at the White Horse Inn)	Wednesday 12 noon-5.30pm,	
	Friday 8.30am-1pm	
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS		
Editor	Sheila Clark (spclark1@btopenworld.com)	01931 714 238
Advertising Manager	Meg Hancock (meghnc@btinternet.com)	01931 714 432

The North Westmorland News welcomes items from readers and news from all eight parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors. and are not necessarily those of the Editor, the Newsletter or the Church.

As soon as one Newsletter goes to press, we start on the next, so please send material for the March 2021 issue as soon as you can:

7th February at the very latest.

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