

From the Vicarage

One of the most interesting developments of the last two months has been that you now rarely get an automatic answer to the question, "How are you?" It nearly always seems to produce a more honest response and open up conversations that are immediately deeper and more significant than we might be used to as we take our daily exercise.

I write this article just after a session of the Church of England's General Synod, in which we heard from an eminent Psychologist on the impact of the pandemic on the national psyche. He pointed out that the combination of uncertainty and threat causes a psychological reaction of anxiety. Whereas normally anxiety is experienced only by a proportion of society at any given point, it is currently experienced right across society. Anxiety developed, in human history, as a self-preservation instinct (clearly a very effective one. Humans have adapted to deal well with acute anxiety (being chased by a bear, for example). What we have not adapted to is chronic anxiety, the long-term anxiety that is a feature of modern life: workplace stress, over-busy lives or (as now) a pandemic. When the triggers of threat and uncertainty are prolonged over a sustained period, it creates two effects: anger and impatience on the one hand, and depression on the other. The two are, in fact, linked: a latter-day fight or flight instinct. When our anger doesn't change our situation, we get depressed and lose faith in our ability to influence the situation we're in. In my case, I flit from one to the other on a daily basis!

If this strikes a chord, I offer some hope. In last month's issue I suggested that, instead of giving up something we enjoy for Lent, we might try to acquire a new habit instead, so I offer some habits that might help right now. The thing to bear in mind is that we have developed the anxiety instinct ourselves, as a species, and we have an innate ability to handle it positively. We simply need to behave in ways that unlock that ability. The eminent psychologist I mentioned offers some simple practical solutions. Movement can make a very significant difference. It doesn't need to be vigorous, just get moving (sitting in Zoom meetings all day is really not good for us.) As for more vigorous exercise, strengthening exercise is more effective for anxiety than aerobic exercise (though aerobic exercise is still good for other things). It doesn't need to be pumping iron – Pilates is a good strengthening activity. Being outside is also good for you, as are breathing exercises. These are all simple, but they release the hormones that unlock our brains' innate ability to deal positively with anxiety.

And there are spiritual exercises too. When someone is sharp with you, remember that the whole of society is stressed and anxious right now, so try to practice forgiveness and compassion. When you feel the impatience and anger rising in you, try to practice kindness instead – it will be good for you and for the person you're talking to. When you're feeling depressed, try turning it into worship and thanksgiving – it's counterintuitive, but that's rather the point of it! And when you're feeling that you can't influence the situation you're in, remember that God is far more powerful than us. He can (and does) change the whole course of history, so turning anxiety into prayer will help restore perspective and make you feel a little less alone. Even if you don't know what to say, just sit still, recognise the presence of God with you and leave your problems in his in-tray to deal with as he knows best. Be assured that I, and the whole Church, are praying for you every day. God be with you. *Stewart*

From our Registers



The funeral of **Jean Tatters** took place in the Churchyard at St Peter, Askham on Monday 15th February and her mortal remains were laid to rest in the Churchyard.

The funeral of **Doreen Robinson** took place at St Lawrence, Morland on Thursday 25th February, followed by a private cremation. Her funeral service is available to view on our website (see below).

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



Lent Midweek Services



Every **Wednesday evening up to 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.

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.

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





Many will have seen that lots of areas, both in this country and further afield, have been involved in the “ Window Wanderland “ initiative.

In Morland, a number of residents have taken part and put displays in their windows, attempting to lift people’s spirits and brighten their days.

There were many really good ideas and a walk round the village, especially after dark, and seeing the displays enhanced by background lighting, was a real pleasure.

This was a commendable village effort.

Also, a big thank you to Jenny Brook, and to everyone else who was involved in either organising it or setting up window displays.

The picture shows a selection of some of the windows.

John Gore

2021

January

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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.



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)

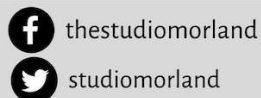
Wednesdays: 10-11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

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

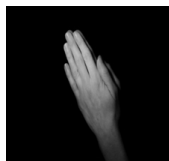
thestudiomorland@gmail.com
01931 714444

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 March 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.

INDEX OF ADVERTISERS

Adventure Sports Services	p.ix	Mike Addison Optician	p.13
AJ & D Chapelhow	p.35	Morland Parish Council	p.vii,
AMT Electrical	p.28	Neat Feet	p.12
Andrew Brooks Tree Services	p.21	New Crown Inn	p.23
Appleby Windows and Doors	p.30	NewbyCourt	p. 4
Applegarth Foods	p.27	Newby Technical Solutions	p.25
Askham Hall	p.21	O'Neil Associates	p.27
Birds' Bistro	p.8	Parallel Plastering	p.30
Chris Barden Plastering	p.34	Parkin & Jackson	p.21
Clip in Time Dog Grooming	p.37	Physiotherapy led Pilates	p.21
Cumbria View Plumbing & Heating	p.13	Procter Building Services	p.32
Dave Pickersgill Decorator & Handyman	p.20	Quayle Plumbing	p.30
Deb's Garden Machinery & Tool Repairs	p.35	R Hudson Property Maintenance	p.26
D.Richardson Surfacing Contractors	p.22	Richard Dinsdale Groundworks	p.23
Eden Community Learning & Skills	p.35	Richardsons Funeral Directors	p.39
Eden Dog Walking	p.13	Shappy Wheels	p.iv
Eden Property & Garden Services	p.23	Simon Hazeldine	p.37
Fell and Dales Catering	p.39	Snug Heating	p.37
Foot Health	p.14	Sophies P&D	p. 4
Gardens of Eden	p.33	Stephen Skelton Garage	p.38
Glyn Jones Funeral Directors	p.22	Steven (Woody) Hodgson	p.32
Heartwood Enterprises	p.20	T Ewbank Firewood	p.26
Housekeeping Service	p.20	Temple Sowerby Tots	p.14
IGK Groundworks	p.27	TM Plastering and Tiling	p.38
Judith Robinson Cakes	p.28	The Beauty Room	p.37
June's Gardening Service	p.35	The Butchers Arms	p.39
Kevin Bush Decorator	p.10	The Painted Cottage	p.24
KT Driving	p.26	The Strickland Arms	p.36
Lake District School of Food and Wine	p.30	Time Out Befriending Service	p.12
Lakeland Blinds	p.26	Walkers Funeral Directors	p.28
Larch Cottage	p.34	Wax Melts	p.3
Logs for sale	p.32		
Lowther Endowed School	p. 9		
Lynn Emery Solicitor	p.38		
Mel's Manis & Pedis	p.27		
Midtown Cattery & Stables	p.14		
Mill Yard Café	p.11		

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 your age 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.mnsw.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

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

NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

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



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.

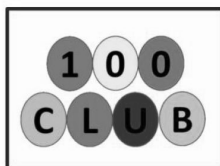
The compositor can be anyone who enjoys juggling publishing style software. The editor should ideally be a member of the church community in any of our churches.

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

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.



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 PAINTER & DECORATOR

- All types of Interior & Exterior work undertaken
- City & Guilds Approved
- CSCS Registered
- Celebrating 40 Years in the Trade

Trainriggs, Shap 01931 716448
07901 555260



Cumbria County Council VOLUNTARY SOCIAL CAR SCHEME Shap / Tebay / Orton



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 ARTS SOCIETY APPLEBY IN WESTMORLAND

Rococo: A Masterpiece, Mystery and Madame de Pompadour This was the zoom lecture presented by Jacqui Ansell to Appleby Arts Society February meeting. In 18th century France a new Rococo style emerged which encompassed furniture, paintings, décor and fashion. Light and airy decorations inspired by nature were everywhere, around mirrors, clocks, on Sèvres china, small porcelain figures and in paintings. Jacqui told us how artists such as Boucher and Fragonard painted characters from Greek myths, with voluptuous goddesses draped in flowing, flimsy drapery and many attendant cherubs.

Born Jeanne Antoinette Poisson in 1721, the Marquise de Pompadour was a member of the French court, best known as Madame de Pompadour. She met King Louis XV at a masked ball at the Palace of Versailles and soon became his official mistress living in her own apartments in Versailles. She was a very beautiful and intelligent woman who set Paris styles for many years. Dolls were made wearing exact copies of her clothes and sent to England so that dressmakers could copy the French fashions. Pictures show that she was not only a beauty but had accomplishments – music, reading, letter writing, plays and novels. She was an adornment to the King's apartments.

Our next zoom session is on Wednesday 10th March, when Elaine Hansen will be talking about 'The Glasgow Girls.' Non-members of The Arts Society can view lectures at £5 per session. To do so please contact: artsoc.appleby@gmail.com



Cliburn Bingo currently suspended.

THE BIRDS. BISTRO

Cumbria's Wild Bird & Red Squirrel
feeding specialists



Bring your Garden to Life...

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

Call in or check out our website and be amazed!

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

Shop open every day

Mon - Fri - 10am - 5pm

Saturday - 10am - 4pm

Sundays & Bank Holidays - 12pm - 4pm

3 easy ways to place your order



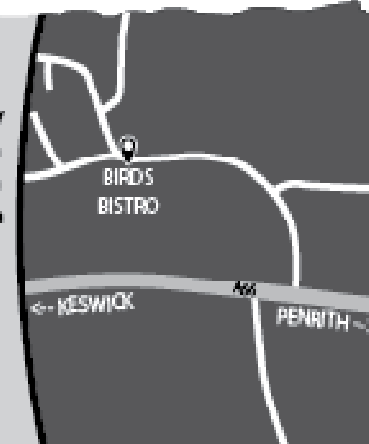
Online at www.thebirdsrestaurant.co.uk



Phone us on 01768 483100



Email us at info@thebirdsrestaurant.co.uk



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)

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

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

017683 53765 or 077 69 68 57 54



Mike Addison Optician now at **SHAP HEALTH CENTRE**

- Over 60's & under 16's receive FREE SIGHT TEST
- NHS and Private patients welcome
- Fully comprehensive eye examinations including Diabetics and Glaucoma sufferers
- Professional, friendly service by qualified local Opticians
- Excellent range of spectacles from economy to designer for children and adults

The Shire Hall
The Sands
Appleby CA16 6XN

Shap Health Centre
Peggy Nut Croft
Shap CA10 3LW

info@mikeaddisonoptician.com

CALL 017683 53199
to make an appointment

Eden Dog Walking

- Professional Dog Walker
- Full Hour Enriching Walks
- Experienced & Fully Insured

Contact Annabel to arrange a visit
07914 070346



Professional and friendly foot health advice and treatment in the comfort of your home.

Covering most of the Eden Valley.

Callus, corn, cracked heels, diabetic foot care, fungal foot and nail infection, ingrown toenails and verrucae, elderly feet care.

To make an appointment please contact :

Miss Aggie Koza
MCFHP MAFHP
21 Bellevue Rd
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.

MIDTOWN CATTERY AND STABLES (Formerly Baird's Cosy Cats)

Loving care, spacious, modern & heated accommodation.

Now taken over by new residents
Graham & Julie Fisher.

Also offering horse DIY livery opportunities with accessible bridledways leading onto Crosby Ravensworth fell. Tack room also included and haylage available.

Business to run as usual under new management of Midtown Cattery & Stables.

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



PLUMBING & HEATING

Domestic and commercial
Gas—LPG—Oil

Local time served plumbing and heating engineer

Quality workmanship guaranteed

Contact Dean

0773 683 7238



Cumbria
County Council

Eden Community Learning & Skills

The Eden Community Learning and Skills Team are working from home but are still contactable so please get in touch if you would like any further information about any of our courses.

Contact Number: 07468 709606

Email: edenlas@cumbria.gov.uk

All courses are listed on our website:
www.cumbria.gov.uk/learningandskills



Why not follow us on
Facebook: @CumbriaLearning

	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
March 3rd. Wednesday					6:30 Evening Prayer JHB	
March. 7th Lent III			6:30 LA			1:30 LA
March 10th Wednesday					6:30 Evening Prayer JHB	
March. 14th Mothering Sunday			6:30 Cnxxn Service		11:00 Holy Communion SJF	1:30 A Sterling Hc 6:30 Cnxxn Service
March 17th Wednesday					6:30 Evening Prayer JHB	
March. 21st Lent V			6:30 T Dent			1:30 S Radford
March 24th Wednesday					6.30pm Evening Prayer JHB	
March. 28th Palm Sunday			6:30 J Betts HC		11:00 Holy Communion JHB	1:30 A Sterling
Holy Week	t.b.c.	t.b.c.		t.b.c.	t.b.c.	

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

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;

The Church of England's Lent resources theme for 2021, building on the success of recent years, is #LiveLent: God's Story, Our Story.

Download the App from the Church of England website or order the printed copy from Church House Publishing

	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel
March. 7th Lent III			11:00 Holy Communion JHB	11:00 Holy Communion SPC	10:30 A Pallister
March. 14th Mothering Sunday			11:00 Informal Service in Churchyard DGJ/CEF	11:00 Morning prayer Lay Led	2:00 J Betts 6:30 Cnxn Service
March. 21st Lent V			11:00 Holy Communion SJF		A Sterling HC
March. 28th Palm Sunday			11:00 Informal Service in Churchyard SJF		10:30 P Hilland
Holy Week	t.b.c.	t.b.c.	t.b.c.	t.b.c.	

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.ksaandtcircuit.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

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;

The Church of England's Lent resources theme for 2021, building on the success of recent years, is #LiveLent: God's Story, Our Story.

Download the App from the Church of England website or order the printed copy from Church House Publishing

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**



HEARTWOOD ENTERPRISES

Everything to do with trees...

All practical tree work & woodland management

Timber – milling of local hardwood & softwood

Firewood – logs supplied to suit your needs

Tom Dutson *Chartered Forester*

www.heartwoodenterprises.co.uk

Tel: 01931 716195

Mobile: 077 69 67 65 36

**PAINTER & DECORATOR
TILER
HANDYMAN SERVICES**

Contact:

Dave Pickersgill

015396 24810

07931277115

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

Physiotherapy led PILATES

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

The Studio Morland, The Square,
Morland, Penrith, CA10 3EX

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

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

The link is:

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

Best wishes and keep safe



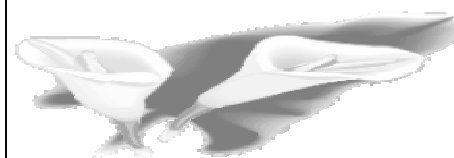
PARKIN & JACKSON Monumental Masons

Manufacture, lettering and
installation of new
memorials
Additional inscriptions
Renovations
Cleaning and repainting

Free Estimates
Visit our showroom at
14 Appleby Road
Kendal, Cumbria LA9 6ES

Tel: 01539 722838

info@parkinandjackson.co.uk
www.parkinandjackson.co.uk



Glyn Jones Funeral Directors

*A Complete, Professional, Caring,
Sympathetic Service,
All Areas Covered,
Private Chapel of Rest*

*12 Battlebarrow,
Appleby-in-Westmorland,
Cumbria. CA16 6XS
Tel: 017683 51569*

Hugh Jones

Glyn Jones

For any Tree Removals,
Crown reductions,
thinning, raising and
hedge trimming please
call

Andrew Brooks on
07876744039
or email

woodlandtreeservicescumbria@gmail.com



A stunning grade 1 listed Pele Tower, Askham Hall has a Michelin star restaurant (new for 2020), 19 luxurious bedrooms and a party barn.

Our 12 acre gardens and Kitchen Garden Café are open to the public.
We grow and rear much of our own produce, at Askham Hall itself and on the Lowther Estate.

Sister establishment of the George and Dragon in nearby Clifton, a popular gastropub with rooms, as well as the 17th Century Queen's Head Askham.

Askham Hall, Askham, Penrith, Cumbria.
CA10 2PF. 01931 712 350
www.askhamhall.co.uk



D.RICHARDSON
SURFACING CONTRACTORS

Domestic Driveways Agricultural & Commercial

Homeowners and businesses call us today, to discuss your requirements, arrange a free site visit and a competitively priced estimate. Every job, no matter how large or small, is planned and delivered to the highest standards.

A professional and reliable service, guaranteed.

TARMACADAM SPECIALISTS

Covering all types of Surfacing and Groundworks. A reputation for excellence since 1967.

call **01931 712 093**
email info@drichardsonsurfacing.co.uk

**School Farm, Gt. Strickland
Penrith, Cumbria, CA10 3DF**

www.drichardsonsurfacing.co.uk



Crown Inn Singers Currently suspended

New venue to be arranged ????

All welcome!

For more info please ring 01931 714922

or email helenkeogh11@gmail.com




EDEN PROPERTY & GARDEN SERVICES

For a prompt and professional service, please call

Free quotes **07585 802940**

Fencing/Decking
Bespoke Garden Sheds
Playhouses and Furniture
Interior and Exterior
Painting and Decorating

Plastering - Tiling - Joinery
General House Maintenance
Handyman Services
Plumbing - Bathroom Installations



edenpropertyandgardenservices@hotmail.co.uk



Groundworks 07968101211

All types of groundworks undertaken including:-

Site Clearance
Foundations
Post knockers
Draining/ditching
Septic tanks
Concrete breaker

Digger and dumper available
Ring 07968101211 or
017683 42059

Find me on facebook




NEW CROWN INN

Bolton

B&B now available
4 beautiful en suite rooms

Wednesday pie night!
Pie and a pint for £9.95

Thursday fish night
Fish dish and a pint for £9.95

Happy hour Thursdays &
Fridays
5-6pm

Quiz 2nd Sunday of every month
Food served Wednesday- Sunday
12-3pm and 6-9pm

017683 61428



The Painted Cottage

Find it - Make it - Paint it - LOVE IT

Local Decorators & Furnishers
Covering North Lakes & Eden Valley

Find it-Make it-Paint it - LOVE IT

Does your kitchen need a facelift?

We can paint your KITCHEN beautifully, and for a fraction of the cost of a new one, offering a choice of finish - Sprayed or Hand Painted

We also offer the following services:-

- Furniture painting
- Vintage & Antique furniture sourcing
- Man with Van delivery service
- Custom made Rustic/Industrial furniture made to order



Got an idea? Can't find it online?
We might be able to help. Meet us and see
some of what we sell and do at
Antiques & Salvage Yard
The Brunswick Yard, Penrith.

Call or Email us for a FREE no obligation quote.



01931 712053

07788757347 or 07766317770

(e): thepaintedcottage@btinternet.com





These are unique times for everyone but the smallest of growing spaces can bring calm, a sense of wellbeing & benefits to mental health. As a garden designer & horticulturist with a background as a GP I am excited to explore these possibilities.

Helping people work with the plot they've got
Producing gardens that fit within their setting
Encouraging biodiversity
Getting the wildlife in!
...Tidy for winter, prepare for spring...

With a focus on reduce, reuse, recycle

- Garden maintenance • Revitalising tired gardens • Devising planting plans & new borders •
- Complete garden designs • Little lessons for aspiring gardeners •

CONTACT
karenrobertsgardendesign@gmail.com
07856 528893

- Royal Horticultural Society qualified • Gardeners Guild member • Friend of Society of Garden Designers •



Equestrian Security



CCTV Systems



WiFi Solutions



Security Systems

NTS200 provide bespoke and tested:

- CCTV monitoring
- Equine Monitoring & Security
- Keyless entry
- WiFi and network solutions
- Commercial/Domestic Intruder Alarm Systems

Newby Technical Solutions-01768580145-07730133998
Email: contact@nts200.co.uk-www.nts200.co.uk

SEASONED FIREWOOD

DUMPY BAGS

Hardwood £76 Softwood £62
KILN DRIED HARDWOOD £83

(Prices include VAT @ 5%)

Free local delivery

WOODSURE assured quality woodfuel.

WOODSURE Ready to burn

For every bag of Logs we sell,
we make a donation towards the
planting of new trees in Cumbria.

THOMAS EWBANK
TELEPHONE: 017683 62746
www.tjewbanklogs.co.uk
Hardwood Multibag discount available

KT DRIVING

DRIVING TUITION

Special students' rates
Gift vouchers available

KEVAN TAYLOR

Greystone House

Bolton

Appleby

CA16 6AW

Tel: 01768 362082

Mob: 07880 723299

kevt.borrett@ktdriving.com

Richard Hudson

Property maintenance

Garden services

Double glazing
sealed unit replacement

Over 25 years' experience

Phone: 017683 62029 /
07546 519060



LAKELANDBLINDS & SHUTTERS

VERTICAL • VENETIAN • ROLLER • PLEATED • ROMAN

017683 62101 or 07956 140 335

Call us for a free consultation.

Samples brought to your home or business.

Now supplying and fitting custom made

Wooden Shutters.

www.lakelandblinds.com

lakelandblinds@btinternet.com

IGK GROUNDWORKS

NO JOB TOO SMALL

Over 30 years experience
in all aspects of groundworks.

Small to large jobs undertaken
including drives, patios,
fencing, hard landscaping
drainage and foundations.

**COMPETITIVE
RELIABLE
GROUNDWORK SOLUTIONS**

Contact Ian on 07751 661293



Award winning local Architect
creating beautiful buildings and
bespoke alterations across the
Eden Valley and North of England

Please contact Bob O'Neil:

01539 738899 / 07702 704739

www.oneil-associates.co.uk



WALKERS Family Funeral Directors

Est 1945

Tynefield House
Penrith
CA11 8HY
01768 892211

Chapel Street
Appleby
CA16 6QR
017683 30321

www.walkersfunerals.co.uk

*Private Chapel of Rest—Funeral Plans—Memorials
Caring, Personal and Professional 24hr Service*

Eileen Messenger, Alan & Susan Smyth, Gary Strong, Damon Steadman



We are proud to offer
Golden Charter Pre-Paid Funeral Plans

Golden Charter
Funeral Plans



Bespoke Catering

Bereavement refreshments

Individual tea/lunch boxes available in line with
Covid 19 regulations

Weddings, Family parties, Corporate hot and cold
menu's

Gift Vouchers available
Afternoon Teas, Grazing Boxes,

Mother's Day Afternoon Tea Boxes

Kathleen Twentyman, Applegarth,
Great Strickland, Penrith. T: 01931 712272
Mobile : 07711 663633
Email: info@applegarthfoods.com
www.applegarthfoods.com



Great Nails Don't Happen By Chance
They Happen By Appointment

Gel Polish
Nail Enhancements
Pedicure

For information and to book an appointment
please contact Mel on 07983472249

Email: melheritage6@yahoo.co.uk

 Melanie Heritage Nail Technician

the guild
of Nail Technicians



ELECTRICAL CUMBRIA

For all aspects of electrical work

Contact Andrew on:

07734324370

amtelectrical@aol.com

Domestic, commercial, industrial,

Agricultural, Pat testing

Judith's Cakes



While we're all stay-
ing at home
more – why not have an
afternoon tea delivered to your
door?

Beautiful cake stands
and china available to
display your tea



Homemade cakes
made to order

Puddings and sweets
all occasions.



Tel. 01931 716765
Mob. 07813742867

Email: judithscakes@gmail.com



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



Bathrooms - Maintenance - Emergency call outs

Hannah Quayle

07557 124511

hannahtheplumber@outlook.com

- 10+ years experience
- No job too small
- Free Estimates



Parallel Plastering

A family-run business with over 20 years experience with a wide range of knowledge in plastering and general building.

Please contact **RICHARD** for a **FREE** quotation

07563 701821
parallelplasteringservices@hotmail.com
Penrith, Cumbria

mybuilder.com

THE LAKE DISTRICT SCHOOL OF FOOD & WINE Beechcroft - Sleagill



SPECIAL OCCASIONS



Are you celebrating a Special Birthday - Anniversary - Retirement - or any other Special Occasion?

We offer Dinner Parties/Lunch for Special Occasions for 2-10 people.

Dinner can be taken in our spacious Dining Room or Conservatory. This can be a simple two course meal or a sumptuous seven course dinner to include canapés and a glass of sparkling wine on arrival.

We are also available for Cookery Demonstrations and Lunch/Dinner for Clubs or Individual Groups. Maximum number for group bookings is 16.

Please telephone **Pat Russell** for sample menus.

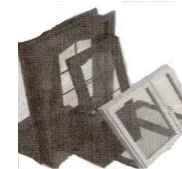
Tel: 01931 714580
email: patrussell226@gmail.com
www.chefacademy.co.uk

REPAIRS * FASCIAS&SOFFITS * FAILED UNITS

APPLEBY WINDOWS AND DOORS

Suppliers and installers of quality
uPVC products.

Call for a **FREE** quotation
017683 62343



Applebywindowsanddoors@gmail.com

Dates For The Diary!



The Studio Morland

Light Up Morland

14th to 20th March 2021

A series of hyperlocal light-based happenings for villagers to enjoy during daily exercise.

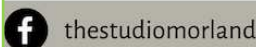
****Part of Highlighting Eden - A Highlights Rural Touring Project****

JOIN IN:

Doorstep Lanterns - save a milk carton to make a lantern for your doorstep

Little Worlds - A community light art project. Create your own Little World in a lit jam jar and place it somewhere in the village for passers-by to discover.

For more information and instructions: www.studiomorland.co.uk



thestudiomorland

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



Local Parish & Community Websites

Askham & Helton —

www.askhamandhelton.co.uk

Bolton — www.boltonvillage.org.uk

Brougham — www.broughamparishcouncil.com

Cliburn — www.cliburnparish.org

Clifton — www.cliftonpc.org.uk

Crosby Ravensworth —

www.crosbyravensworthparish.org.uk

Great Strickland —

www.greatstricklandparishcouncil.co.uk

Morland — www.morlandparishcouncil.org

ASKHAM AND HELTON LADIES CLUB

Currently suspended

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

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

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

If you think you would like to come along to a meeting some time, you would be welcome as a visitor.

You can contact Marie Armstrong on 01768 866932

HARDWOOD LOGS

FOR SALE

Well seasoned

RW & SC Porter

Tel: 017683 61766

or 07716 795433

All messages answered

STEVEN HODGSON

www.swhtreeservices.co.uk

tree surgery

stump grinding

mini digger

garden clearance

hedge trimming

mulch/woodchip supplied

woody@swhtreeservices.co.uk

tel: 015396 24522

mob: 07756 930285



PROCTER BUILDING SERVICES

- Time served tradesmen, Over 30 years experience.
- Fully Insured, CSCS Registered.
- We cover all aspects of the Building trade & Maintenance work.
- Chimneys, Roofing, Gutter work, Stonework, Blockwork, Brickwork, Plastering & Rendering.
- Extensions, Renovations, Restorations & Insurance work.
- Drone Surveys available.

Contact Mark Procter

07799576663 or answer phone 01931714033

Email: -procterbuilding@mail.com

www.procterbuilding.co.uk

Imagine your Eden

Let us build the garden of your dreams

It's as easy as 1,2,3

1 Design - We visit your garden, make a detailed survey and discuss your ideas and needs

2 Plan - we create a 3D design of your garden.

3 Build - We build your garden to your specifications

We also provide :

- ◆ Garden clearance
- ◆ full or partial makeovers
- ◆ Patios
- ◆ pergolas
- ◆ ponds
- ◆ gates and fencing
- ◆ decking
- ◆ Turfing
- ◆ raised beds
- ◆ Borders
- ◆ planting schemes



© tony myler photography

Tel : 017683 51898

Mob: 07850 359230

Gardens of Eden
Appleby

Follow us on facebook [gardensofedenappleby](https://www.facebook.com/gardensofedenappleby)

Larch Cottage Nurseries

MELKINTHORPE ~ PENRITH ~ CUMBRIA ~ CA10 2DR

We are your local family run plant nursery with everything you need to get your garden ready for this season.

Autumn bulbs and bedding plants now available.

Visit Red Barn for stress-free safe shopping and a unique gift for any occasion, don't miss our Christmas shop from the end of October onwards. Avoid the town crush and choose at your ease.

La Casa Verde restaurant is open for breakfast, lunch or afternoon tea. Car parking available. We are the destination for a perfect day out!

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

Let us help you care.

Chris Barden Plastering

Covering all your plastering and rendering needs

Contact me for all your general building requirements

No job too small

Contact me now for your free quotation

07742330226

cjbplastering@outlook.com

Thorney Croft, Kirkby Thore,

Penrith CA10 1UP

AJ&D Chapelhow (Cliburn) Ltd

"Quality remains when price is forgotten"

Creating fine timber windows & doors for over 50 years.

Help with listed building & planning regulation

Free quotation & measuring service

Help with architect planning enquires.

Locally manufactured quality timber windows & doors.

Supplied Nationwide & fitted locally.

For further information or a quotation

Call us on: **01931 585101**

enquiries@ajdchapelhow.co.uk

www.ajdchapelhow.co.uk



June's Gardening Service

Garden maintenance for all Season's:

- ♦ Grass Cutting & Strimming
- ♦ Hedge & Shrub Trimming
- ♦ Weeding & Digging

No Job too Large or Small

Private & Commercial

Tenders Given

Fully Insured

Friendly & Reliable Service

Long Established Business

TEL: 07789 543734 OR 01768 885677

Deb's **Garden Machinery & Power Tool Repairs**

Service, Repairs & Sharpening of all your garden machinery:

- Ride-on Mowers
- Lawn Mowers
- Strimmers
- Chainsaws
- Hedge Cutters

Repairs to all construction power tools:

- Drills
- Wood saws
- Stone saws
- Cement Mixers
- Plus many more types of machinery

Collection & Delivery Available
Fully Insured

Call Deb's on 07795516465

Your advertisement could fit here.

Our rates are very reasonable and our print circulation (currently suspended) is over 1,700, covering 10 churches, with more than 15 villages with ecopies going to mozre than 150 households all over the country, even abroad..

For more details of rates, contact our advertising manager.

meghnc@btinternet.com

The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF

Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

Welcome you to The Strickland Arms

'The Warmest, Friendliest Pub in the Eden Valley'

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

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

We have an extensive Menu with Real Ales on tap

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

Plus:

LogYurt

En-suite with twin beds or a super king-sized bed and 2 sets of bunks - sleeps up to 6 people

Dolly's LogByre

En-suite with twin beds or a super king-sized bed and 2 sets of bunks - sleeps up to 6 people

Lina's LogByre

En-suite with twin beds or a super king-sized bed and 2 sets of bunks - sleeps up to 6 people



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
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

The Beauty Room Clifton

Waxing
Tinting
Pedicures
Massage
Electrolysis
Manicures
Facials

Cancer Touch Therapy
Gift Vouchers available

All treatments can be tailored to your needs.
Over 20 years experience as a Beauty Therapist.
For information and to arrange an appointment
call Tracy on 07540 232404
or contact t.mossop@hotmail.co.uk



SNUG HEATING PLUMBING & HEATING SERVICES



**BOILERS STOVES RANGE COOKERS
PLUMBING BATHROOMS
WWW.SNUG-HEATING.CO.UK**

**01768 868492
07906217276**

Specialist wills, tax & probate solicitor

One of the few true specialists with
over 30 yrs experience & additional
specialist qualifications - large city
firm experience without the high
prices - has saved millions of £
Inheritance Tax –

Lynn Emery LLB(Hons) Solicitor
(TEP)

01697 478303 | 07901
229218 | lynn@lynnemery.co.uk

Stephen Skelton

Newby End Farm, Newby, Pen-
rith, Cumbria, CA10 3EX

Tel: 01931 714213

Car, Van, 4x4, diagnostics,
MOT's, servicing and repairs to
all makes and models



SIMON HAZELDINE

07486 002848

KITCHEN AND BATHROOM FITTING

Tiling and Flooring

Minor electrics and Plumbing

Interior and Exterior Painting

Refurbishment and general
household repairs

Pressure Washing (Paths, Drives,
Patios etc.)

If your requirements are not
listed please ring and ask.

No VAT – No job too small
2 Prospect Terrace, Kirkby Thore,
Penrith CA10 1UG



*No, not a disco. This is a
24-hour vaccination site
for the elderly'*

Need a local friendly plasterer?

**TM Plastering
and Tiling**

For all your plastering and tiling needs
Plastering and stud wall construction
Patching and restoration
Floor and wall tiling for kitchens and
Bathrooms.

**Free estimates
07850 359230
017683 51898**



WINTER OPENING HOURS

From Monday 28th 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**.



www.fellanddalescatering.co.uk

Catering for Weddings, Birthday Parties & Outdoor Events

Hog Roasts using where possible our own Pigs

Show Catering, Barbecues and Funeral Teas

Catering Trailer available

Lots of Menu Ideas using Homemade & Locally Sourced Foods

Call Hilary 017683 41417/ 07557117037
Visit our Website for further information



est. 1852

Funeral arrangements with

a professional, friendly service

24 Hours a day

Tel: 01768 891189

www.funeraldirectorspenrith.co.uk

CROSBY RAVENSWORTH C of E (Aided) SCHOOL

www.crosbyravensworth.cumbria.sch.uk

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		
Clerk/Village Hall Bookings	Usually meets last Monday in month RuthTupling	01931 712 571
MAULDS MEABURN POST OFFICE		
MAULDS MEABURN VILLAGE INSTITUTE		
Bookings secretary	Vanda Betts	01931 715 391
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken clerk@morlandparishcouncil.org Caroline Sterling (cster52822@aol.com)	01931 714 971
MORLAND COMMUNITY FIRST RESPONDERS		
MORLAND & NEWBY VILLAGE HALL		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com) Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
MORLAND WARD COUNCILLOR		
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE		
(at the White Horse Inn)	Tuesday 12.30pm-5.30pm, Wednesday 12 noon-5.30pm, Friday 8.30am-1pm	01931 714 256
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 March at the very latest.

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