

From the Vicarage

New life is something that we are all hoping for at the moment. For most of us, our ambitions are modest. I want to be able to sit drinking beer with friends, talking the sun down the sky. I want to have my hair cut! I want to be able to help folk without keeping my distance and wearing PPE. I suppose, as I reflect back, I simply didn't appreciate those things enough in those days when I took them for granted. I hope I will never take them for granted again. Life is an incredible gift, but it is so easy to miss it. It gets buried under the daily routine, lost in the mad rush of work, wasted away in pointless activity. A gift only really comes alive when you treasure it and make the most of it.

Easter is, of course, a time of new life. And if my ambitions for post-lockdown are modest, largely based on going back to the way things were, God's ambitions for us at Easter are lavish and spectacular. It is nothing less than eternal life. What he offers is not mere endlessness (which would be rather terrible, I think), or a 'get out of jail free card' to cheat death. It is an invitation to change utterly, to grab hold of life in all its fullness and live in such a way that we'll never want to go back to the way things were.

Easter is an offer of life that is unearned and pretty much undeserved. Despite all that we've done to our planet, to one another, to ourselves and to our creator, he offers to take all those consequences upon himself and start again, deeply and fundamentally, as a new creation. But is that what we want? It's an important question, not least because God asks it of us, and he will take our answer seriously. There is an episode in the Gospels where Jesus comes across a disabled man sitting by the pool and he asks him "what do you want me to do for you?" They both know Jesus could heal him, but the man wavers – does he really want to be well again and have to take full responsibility for life? Jesus heals him anyway, but we are left wondering if he is really going to embrace the new life he's been given. In a way, that man is you and me.

Emerging from lockdown is something I'm longing for and fearful of at the same time. I've lost confidence in social situations, I've become fearful of spreading the virus. I've got used to not having to make the effort to go out and be with folk. I know none of that is good for me, that I'm not living life as it should be lived, but part of me wants to cling on to this dull half-life. And eternal life carries even more implications. The whole reason Jesus offers his life in exchange for ours is to have a relationship with us, to live in daily companionship with us and teach us the true meaning of love once more. But that requires time, it asks us to give up our own comfort to invest in a whole series of relationships, with our neighbours, our families, the wider world, the planet itself and with God. It requires us to lay aside our own ambitions and priorities to live life differently. Do we really want that? Yet it is the only way to live. At the end of the day, the meaning of life is very simple – it is love. And love is only found in its truest form in God, the creator who gives us life, who picks up our mess when we throw that life away, who climbs into our mess to suffer it all with us, who puts his own needs aside to serve us and who still loves us enough to give his own life for us so that we might live. And in inviting us to live, he is inviting us also to love": to learn to serve, to be willing to suffer, to spend our lives in caring – just as he did. For caring is love and love is life, eternal life. Is that what we really want? How will we answer God's question "What do you want me to do for you?" May new life be yours this Easter and always.

Stewart

From our Registers



The funeral of **Sidney Christopher Lawrence Ellwood (Lol)** took place at St Lawrence, Morland on Monday 15th March and his mortal remains were laid to rest in the Churchyard.

The funeral of **May Forrester** took place at All Saints, Bolton on Friday 26th March, and her mortal remains were laid to rest in the Churchyard.

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



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.

My Dear Friends, A very *Happy and Blessed Easter* to you and your families. It gives me immense pleasure to greet you once again at this joyful time. Easter is one of my favourite seasons because it is that special time of the year when I join Christians around the world in singing, *"He arose! He arose! Hallelujah! Christ arose!"* This Lenten season has been so different from all that we are accustomed to, as restrictions are still in place to reduce the spread of the Coronavirus. We have not been able to gather in large groups physically for prayer and fellowship in Church, and we do miss the togetherness and the laughter. Through it all, we give thanks for the promise of hope which we have been given in Christ Jesus.

Mother Patsy was 97 years old recently. I telephoned her to wish her a Happy Birthday and she said, *"My dear, at my age I wake up thankful each morning. I am more aware of God's tender voice and his sacrificial love – this is what matters most to me in life now."* She went on to say how much she enjoyed being an active member, and now, as an Indoor member, *"Those are all memories now,"* she said, *"it is my relationship with Jesus and the hope He gives me that makes Easter so significant, and my life worth living."*

Then she was reflecting on the early morning over two thousand years ago, when Mary Magdalene, weeping by Jesus' tomb, thought she was speaking to the gardener. Instead, she was speaking to the Risen Lord. She told the disciples, *"I have seen the Lord!"* The disciples had lost all hope after the crucifixion, but the good news encouraged them and rebuilt their hope and confidence.

Like the disciples, we too have the blessed assurance that Jesus is alive and his Spirit lives in us, giving us all we need in this fragile world. It is knowing that the joy of His presence inspires us at each stage of our journey; each part of the journey is unique and radiates the Light of Christ. Mother Patsy reminded me that our MU busyness continues until we reach this stage in life, when the spirituality that underpins our work, becomes even more central to our lives, drawing us closer in our relationship with God.

Whatever we are faced with, we are committed to lifting up all members in prayer, especially those who grieve the loss of loved ones, and face conflict and hunger in their communities each day. We thank God that in all situations his Grace is sufficient.

As we continue to find new ways to stay connected with each other, I would like to encourage you to join me this Easter in creating a quiet space, where you and a friend or two, can lose yourselves in God's presence with this prayer from the Diocese of Newcastle.

An Easter Prayer

Christ is risen, Alleluia! Lord Jesus Christ, in dying you conquered death and rose again in glory.

Through your great love and abiding grace, we will one day be with you in your heavenly kingdom.

Lord, we pray that we may make each day of our earthly life worthy of your great sacrifice on the cross. Thank you that we can find sanctuary in your love because you have chosen to love us just as we are, with all our faults and failings and that, if we truly repent, you will forgive our sins. Amen.

(Margaret Devlin, Diocese of Newcastle, UK)

As we eagerly await the jubilant ringing of Church bells on Easter Day, may I wish you the peace, love and hope that only Christ Jesus can give us today and always.

With my love and prayers,

Sheran Harper

MU Worldwide President.

Sheran

(Extracts from the her letter to Indoor members of the Mother's Union. It seemed appropriate to include this message of the hope in the Gospel as we approach a possible end to the lockdown. Ed)



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



Virologists have identified a new Nile virus - Type C.
 It appears to target those who are 65 or older.
 The lockdown seems to be increasing the chances of being affected!

Virus Symptoms

1. Causes you to send the same email twice. (Done that)
2. Causes you to send a blank email. (That too)
3. Causes you to send an email to the wrong person. (Yup)
4. Causes you to send it back to the person who sent it to you. (Ah-ha)
5. Causes you to forget to attach the attachment. (Done that)
6. Causes you to hit SEND before you've finished. (Oh no, not again)
7. Causes you to hit DELETE instead of SEND. (Hate that)
8. Causes you to hit SEND when you should DELETE. (Heck, now what?)

This virus is called the C-NILE virus!
 A lot of us have already been inflicted with this deadly disease and unfortunately as we age it gets worse.

And if you can't admit to doing any of the above, you've obviously caught the other strain - the D-NILE virus!



FANCY A PIZZA?

Shap Pizzas are proud to create and serve handmade Neapolitan style pizzas. We think you'll be very impressed!

Delectable hand stretched Pizzas, topped with some Fabulous fresh toppings!

There's definitely something for everyone!

SHAPPINESS IN EVERY SLICE

HOW TO ORDER

Download our app "Shap Pizzas"

Download on the **App Store** GET IT ON **Google Play**

Remember to accept notifications and marketing so we can keep you up to date with DEALS & OFFERS!

OR

Via our website www.shappizzas.co.uk

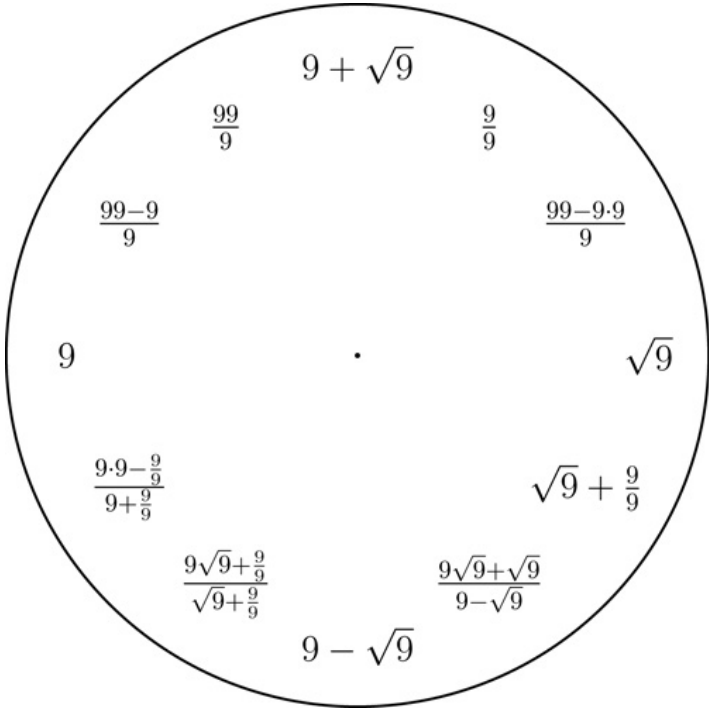
OR

For Home Delivery use our delivery partner –

ONE DELIVERY CO.UK

Math clock Courtesy of Math Humor Pinterest

Have fun mathematicians, are you able to create your own with other numbers? Ed.



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



Hoping to reopen mid May



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)

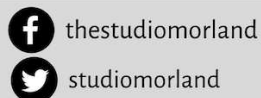
Wednesdays: 10-11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

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

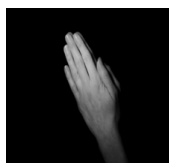


thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

The Studio Morland
Morland, Penrith
CA10 3AZ



Please check by phone, that these events are still open



MORLAND MOTHERS' UNION

Morland Morland Mothers' Union Unfortunately we are still unable to meet together in April. However, we are hopeful that we will soon be able to meet in small groups in some of our gardens.

Members will be kept informed of this by email or phone a few days before.

Please support our advertisers:

they cover a large part of the cost of printing this magazine.

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Advertiser's Guide

When submitting a paid advert for inclusion in the newsletter please note:

- 1/4 page ads should be max A7 portrait in size (preferably 6.8 cm w x 9.4 cm h)
- 1/2 page ads should be max A6 landscape in size (preferably 13.8 cm w x 9.4 cm h)
- Full page ads should be max A5 portrait in size (preferably 13.8 cm w x 19cm h)
- The newsletter does not print in colour.
- We do not accept adverts over 350kb so that the newsletter is small enough to email, therefore please compress any pictures to reduce their size.
- Preferred file formats: Graphic files (.jpeg, .gif, .png), Publisher docs, Word docs.

Advertising Rates

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

BE THE #heronextdoor

YOU COULD BE THE HERO NEXT DOOR!

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

Volunteering is flexible, rewarding and works around you

- Give back to your local community
- No previous training or experience needed
- 18+
- Assess your skills 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.maa.nhs.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



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NEWBY

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All aspects of interior & exterior decorating covered

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

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

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Message to all local event advertisers.

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

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

Megan McWilliams



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

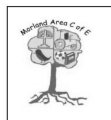
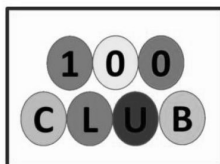
The compositor can be anyone who enjoys juggling publishing style software. The editor should ideally be a member of the church community in any of our churches.

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

Please ring, email or speak to me, Sheila Clark to enquire or offer your services.
01931 714238.

spclark1@btopenworld.com

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

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,, February and March are as follows;

Jan-21	Name	Amount £'s
1st	Caroline Armstrong (No. 23)	94.00
2nd	Emma Williamson (No. 17)	47.00
3rd	Aimee Byers (41)	35.00
Feb-21	Name	Amount £'s
1st	Julie Tuer No. 61	95.00
2nd	Jessie Cave No. 50	47.00
3rd	Jane Ulliyart No. 55	36.00
Mar-21	Name	Amount £'s
1st	Lyn Skelton No. 75	95.00
2nd	Alison Westwell No. 25	47.00
3rd	Annabel Gordon No. 30	36.00



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.

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.





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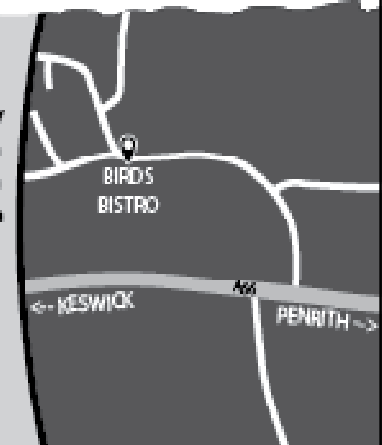
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RJ's Pizza Night—Friday evenings (5-9pm) - create your own pizza from a wide range of toppings and eat in our new licensed lounge or take out.

(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

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Tel: 01768 398457
Mob: 07910 028955

TEMPLE SOWERBY CE PRIMARY SCHOOL

PRE-SCHOOL NEWS

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

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

TEMPLE SOWERBY TOTS

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

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

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

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

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

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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



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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

Holy Week	<ul style="list-style-type: none"> Palm Sunday (28 March): Holy Communion, 11.00am at Crosby Ravensworth with Bishop James Bell. Open Air service in the Churchyard with the Bishop of Carlisle, 11.00am at Morland. Monday (29 March): Compline, 6.30pm, Cliburn, Bishop of Carlisle. Tuesday (30 March): Online Zoom service, 7.30pm - details t.b.c., Bishop of Carlisle. Wednesday (31 March): Celtic Evening Prayer, 6.30pm, Bolton, Bishop of Carlisle. Maundy Thursday (1 April): Holy Communion, 6.30pm, Morland (with stripping of altar & prayer vigil, but no foot washing), Bishop of Carlisle. Good Friday (2 April), Vigil at the Cross, by Zoom, 2.00-3.00pm, Bishop of Carlisle. <p style="text-align: center;">Holy Saturday (3 April), Easter Vigil with Holy Communion, 6.30pm Crosby Ravensworth, SJF.</p>					
	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
April. 4th Easter Day	11:00 Holy Communion SPC	9:30 Holy Communion JHB	10:30 To Appleby			10:30 To Appleby
April 11th Easter II	11:00 Morning Prayer Lay Led		6:30 Cnxn Service		11:00 Holy Communion JHB	1:30 LA 6:30 Cnxn Service
April. 18th Easter III			6:30 LA			1:30 LA
April 25th Easter IV	11:00 Holy Communion JHB		6:30 LA		11:00 Morning Prayer SPC	1:30 LA

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;

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

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	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel
April. 4th Easter Day	11.00 Holy Communion Canon Peter Clement	11.00 Holy Communion JHB	11.00 Holy Communion SJF	11:00 Morning prayer Lay Led	10:30 To Appleby
April. 11th Easter II					2:00 W Riley 6:30 Cnrxn Service
April. 19th Easter III			11.00 Holy Communion SPC	11:00 Morning prayer Lay Led	10:30 T Dent CA
April. 25th Easter IV					10:30 S Thackray

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PLEASE NOTE, All our services are provisional!

Subscribe to David Jones email notices for last minute alterations/cancellations etc.

David@newbyendfarn.co.uk

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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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



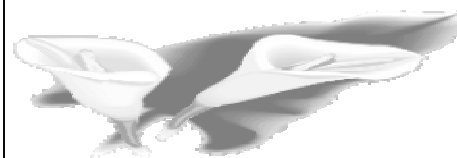
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No experience of being a school governor is required, training is provided, but we are particularly interested in people with a background in budget management or accountancy in particular. Being a Governor is very rewarding, and can also help you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

FELLRUNNER EXCURSIONS 2021

For the people living in the North Westmorland group of parishes and surrounding areas, The Fellrunner Village Bus Group have again kindly offered to provide a 16 seat bus for community use this year, and a list of the proposed trips is given below. If you would like to make a booking, **please contact Mike Roulson on 01931 714457** to enquire if seats are available. Please note that for some visits there will be an entrance charge payable as well as the bus fare.

All trips this year will be subject to the latest Government guidance regarding Covid 19 and may be cancelled or changed at short notice. If social distancing still has to be maintained then only 10 passengers will be able to travel on the day so prior booking is essential.

- 3 July.....Threave Gardens nr. Castle Douglas. A garden for all seasons managed by the National Trust for Scotland
- 7 August.....The Yorkshire Dales and Richmond
- 14 August.....Kettlewell Scarecrow Festival. One of the biggest and best in the UK.....This event has still to be confirmed by the organisers.
- 4 September..... Speke Hall Liverpool. A rare black and white timber framed Tudor manor house on the banks of the river Mersey owned by the National Trust
- 9 October.....Whitby, the seaside resort on the Yorkshire coast
- 30 October.....The Lake District autumn tints
- 4 December.....Kirkby Lonsdale Christmas Fair and Market.....This event has still to be confirmed by the organisers.
- 11 December.....Barton Grange. A garden centre but much more, and a destination to continue with your Christmas shopping

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

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- ◆ *planting schemes*



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I have recently moved into the area and I am seeking somewhere to site my hives, ideally farmland, woodland, orchard, smallholding?

If you are able to help please contact

Dave Staples,
tarringbeemas-ter@Hotmail.co.uk
07594552700

The Strickland Arms

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CA10 3DF

Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



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Virologists have identified a new Nile virus - Type C.
It appears to target those who are 65 or older.
The lockdown seems to be increasing the chances of
being affected!

Virus Symptoms

1. Causes you to send the same email twice. (Done that)
2. Causes you to send a blank email. (That too)
3. Causes you to send an email to the wrong person. (Yup)
4. Causes you to send it back to the person who sent it to you. (Ah-ha)
5. Causes you to forget to attach the attachment. (Done that)
6. Causes you to hit SEND before you've finished. (Oh no, not again)
7. Causes you to hit DELETE instead of SEND. (Hate that)
8. Causes you to hit SEND when you should DELETE. (Heck, now what?)

This virus is called the C-NILE virus!

A lot of us have already been inflicted with this deadly
disease and unfortunately as we age it gets worse.

And if you can't admit to doing any of the above,
you've obviously caught the other strain - the D-NILE
virus!

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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**.



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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	Ruth Tupling	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	
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)	
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