

From the Vicarage

If all goes to plan, by the time you read this, it will be almost over! The pandemic won't be quite over, of course, but we are hoping at least for the end of Covid restrictions and the resumption of normal human interaction. Yet, paradoxically, this is also the time of the greatest danger. The danger is no longer clinical. It is a spiritual danger. We have vowed that the pandemic would change us, that we would learn the lessons and would not return to life as it was before. But the danger is that we forget all that as soon as it's over and slip back into the old ways, simply because they are familiar.

Back in October, Pope Francis wrote these insightful words in his letter to the world: "the brutal and unforeseen blow of this uncontrolled pandemic forced us to recover our concern for human beings, for everyone, rather than for the benefit of a few. Today we can recognise that we fed ourselves on dreams of splendour and grandeur, and ended up consuming distraction, insularity and solitude. We gorged ourselves on networking and lost the taste of fraternity. We looked for quick and safe results, only to find ourselves overwhelmed by impatience and anxiety. Prisoners of a virtual reality, we lost the taste and flavour of the truly real. The pain, uncertainty and fear, and the realisation of our own limitations, brought on by the pandemic have only made it all the more urgent that we rethink our styles of life, our relationships, the organisation of our societies and, above all, the meaning of our existence."

The searching truth of these words makes me long for change. So how might things be different? Instead of consuming endless products, experiences and travel opportunities, why not rediscover a sense of 'place' and build something together with our neighbours for the good of our fellow creatures? Instead of rushing from one experience to another, ending up exhausted, why not patiently learn a new skill until we master it? Instead of investing safely in an outcomes-driven world, why not risk a voyage of discovery and see where it takes you? For there are greater treasures than can be measured by accountants, and life is often counterintuitive. Rather than indulging in a spirituality that turns us in on ourselves seeking personal wellbeing, why not discover the truth that we find our true selves in relationship, looking outward in selfless care for others? Instead of cherishing personal ambitions, why not help your community build some common dreams? All of this requires us to change the way we live. And that is only possible if we change what we believe and "rethink the meaning of our existence".

So to help the re-thinking process, I offer you some words of Jesus, so disorientating that they might just turn our lives around. "Those who try to make their life secure will lose it, but those who lose their life will find it." "Do not store up treasures on earth, where moth and rust consume, but store up treasures in heaven, for where your treasure is, there your heart will be also." "Do not worry about your life, what you will eat or what you will wear. Is not life more than food, and the body more than clothing? And can any of you add a single hour to your life by worrying? Instead seek God and do his will, and everything you truly need will be given to you." "Forgive others their trespasses. If you do not forgive others, neither will your heavenly Father forgive you." "You have received mercy, therefore be merciful." "Come to me, all you that are weary and are carrying heavy burdens, and I will give rest to your souls." Let's not go back to normal after 21st June, but let's change and start living. *Stewart*

Church News & Local Events



Bolton MU plan to start meeting together as from June 21.

We have moved our meeting to Monday afternoons from 2-4pm. We want to encourage past members to re-join who left as they couldn't cope with evening meetings in a cold church. We hope to attract new members and support folk who have been so isolated these last 15 months. Our first meeting will be our AGM and planning meeting.

TAIZE SERVICE at BOLTON CHURCH on 23rd MAY @ 6.30 p.m.

What is Taize? Taize worship was first founded in the tiny Burgandy village of Taize by Brother Roger during the Second World War. During this period he was hiding political refugees, who were mainly Jewish. Since the 1950s the young and not so young have been arriving from all over the world to Taize for a week of prayer and reflection. A regular visitor up until the time of her death was Mother Teresa of Calcutta.

The emphasis on the service is peace, prayer and music unique to Taize.

Please do come and join us and experience this service with a difference.

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.

From our Registers



A summary of all entries since our last printed edition in November

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

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

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

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

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

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

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

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

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

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

From our Registers

(cont.)



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.

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.

The funeral of **Jean Smailes** took place at St Cuthbert, Cliburn on Wednesday 14th April and her mortal remains were laid to rest in the Churchyard.

The mortal remains of **Sheila Owen (née Smith)** were laid to rest in the Churchyard of St Barnabas, Great Strickland on Tuesday 20th April.

The mortal remains of **Andrew Grainger** were laid to rest in the Churchyard of St Barnabas, Great Strickland on Tuesday 20th April.

The funeral of **John Ellwood Hall** took place at St Lawrence, Crosby Ravensworth on Wednesday 21st April and his mortal remains were laid to rest in the Churchyard.

The mortal remains of **Barbara Davies** were laid to rest in the Churchyard of All Saints, Bolton on her birthday, 23rd April.

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



Morland Area C of E Primary School

Morland Summer Fete is 26th June
(COVID dependent)

Morland Scarecrow trail from the
18th till 26th June.



Maps and quiz sheets can be bought through the school for £2. There will be a prize draw for the correct quiz sheets and the best scarecrow. All vital funds will be split between Morland Area Primary School and Morland Church.

Keep a lookout on the village noticeboard for further details on how you can get involved and enjoy some **COVID friendly fun**.

For further details email the pta@morlandarea.cumbria.sch.uk



MORLAND MOTHERS' UNION



Morland Mothers' Union Unfortunately we are still unable to meet together in June. 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.

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

MORLAND PARISH COUNCIL

www.morlandparishcouncil.org

The next meeting of Morland Parish Council will be on July 12th 2021, at 7.30pm at Morland Village Hall. Members of the public are always welcome to attend, although covid restrictions will apply. Agendas will be available on noticeboards and on the Parish Council website at least three days prior to the meeting.

Minutes of Meetings are posted on noticeboards and on the website.

Mrs Lisa Beken, Parish Clerk Tel: 07522 939 696 email:
clerk@morlandparishcouncil.org

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

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

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

You can donate online: www.virginmoneygiving.com/fund/winter-warmth-2020 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—12:00 am

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



Reopening Thursday June 24th-
Please come and join us.



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 was with regret that we notified members that bowling was not to recommence in September 2020. 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

Look out for more news



What's on @ The Studio Morland

From 17th May, depending on restrictions:

Tuesdays: 6 - 7pm: RLF Yoga (Hatha) (BOOK: 07739 651956)

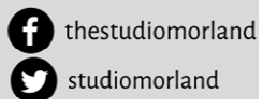
Wednesdays: 10 - 11:30am: Classical Rishi Culture Yoga (BOOK: 07762 101660)

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

Fridays: 10 - 11am: Physio Pilates with Andy Speight (BOOK: 07596 957027)

Saturdays: 10am - 12pm: RLF Yoga (Solar/Lunar) (BOOK: 07739 651956)

**Interested in hiring the studio to run your classes?
Please contact us - we have times available**



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

Thank you

I would like to thank everyone who was involved in my birthday surprise, for all the love and kindness shown to me. It was quite overwhelming. Thank you so much for the cards, the gifts and the kind messages. It was an unexpectedly lovely day. It was especially good to see so many of my friends from the M.U., the T.C.&C., the bowling Club, the Church and neighbours. A special thank you to those who did all the organising. I apologise if I did not thank you personally. I am thankful that God has blessed me to bring me to this age with so many good friends and neighbours and a loving family around me. Many thanks to all.

Ad Collett

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 and interests
- Current job 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.nhs.uk/volunteer or call 0345 112 0 999

VOLUNTEER, BE A HERO. CHANGE LIVES.

NHS North West Ambulance Service

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

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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.

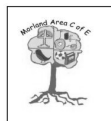
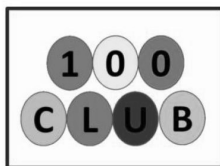
In both cases, the present incumbents will pass on their normal practices and what the jobs entail, possibly supporting you through the first couple of issues if required.

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

Morland Walking Group

Welcome back after lockdown

On Monday 12th July we will be doing a circular walk over Hardendale Nab

Via Oddendaletto Iron Hill which on a clear day gives us a 360dgs view of the Eden valley

Meeting at the village hall at 10am bring a packed lunch and suitable clothing etc

for conditions on the day The walk is easy to moderate

Group coordinator Geoff Procter Tel 01931714981



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
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- CSCS Registered
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Trainriggs, Shap 01931 716448
07901 555260



Cumbria County Council



Need help
with
transport?

Voluntary Social Car Scheme

SHAP - TEBAY - ORTON

The Voluntary Car Scheme

provides transport to Cumbrian residents of any age (under 18s must be accompanied by an adult) who cannot make their journey by public or private transport.

Typical journeys include getting to the shops, doctors, dentists, making public transport connections and visiting friends.

Passengers pay a contribution towards the cost of the transport. If two people or more travel then the fare is shared between them.

If you would like to make use of this service or are interested in driving for the scheme, please contact:

DENNIS ON 015396 26052



Transport facilities available through Cumbria County Council

- Voluntary Car Scheme
- Rural Wheels
- Community Wheels
- Village Wheels
- Community Minibus Sharing Scheme

For more information
contact: 0333 240 16 65
(option 5)

facebook.com/Cumbriacc

Serving the people of Cumbria

cumbria.gov.uk/
voluntarycarscheme

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 more than 150 households all over the country, even abroad..

For more details of rates, contact our advertising manager.

meghnc@btinternet.com

Beginner Brass Band for Eden District by Julie Hoggarth
Why a new brass band? We already have well-established bands in Appleby, Kirby Stephen and Sedbergh. However this new group is for absolute beginners of all ages.

The idea grew out of a meeting of representatives from local brass bands, music teachers from the local area and young people from Tebay Primary School. As we dare to hope for the end of lockdown, music is a great way to come together again.

Fun and sociable

We all agreed that having a beginner group would be a great way to support local bands, which are such a great asset. For instance, where would Christmas be without a brass band playing carols?

The beginner group will focus on the basics - reading music and playing instruments together. And as players improve, local bands will be ready with a big welcome.

Julie Hoggarth, who has offered to run the group, is a trustee of Brass Bands England. She has started several successful bands in Leicestershire and has a passion for introducing people to playing.

When and where?

The group is currently meeting on zoom until Covid restrictions are lifted. Sessions take place at 4.30 to 5.15 on a Wednesday. Beginner instruments are loaned to players and the meetings are relaxed and informal. So if you are 8 years or over, or perhaps you want to learn with your child (many start this way), email juliehoggarth34@gmail.com for more details. Bands need non-playing helpers too, so if you are interested in helping out, get in touch too.

We'll update you on progress in the coming weeks and we'd love to see you get involved!

Tebay 28.04.21



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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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

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~ Rosie on 017683 52263 or
~ Jackie on 01768352365

Neat Feet by Mary-Anne

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I hope to be able to meet you soon.

Mary-Anne

Qualifications:

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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	Tel: 017683 61512
Temple Sowerby	admin@temp-sow.cumbria.sch.uk
Penrith	www.temp-sow.cumbria.sch.uk
Cumbria, CA10 1RZ	

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

Early Christianity in Cumbria

Saint Ninian, born about AD 360, may have been of Cumbrian origin, although there is no evidence to confirm this: his major connection seems to have been with Whithorn in Galloway. The name of Ninian has strong associations with Ninekirks near Penrith. Not only did Ninian give his name to the place, he is believed by some to have had a hermitage in the caves of Isis Parlis overlooking the present church, which was originally dedicated to him. Earthworks in the area also give tantalising clues to an early monastery here. The other place in Cumbria that has associations with this saint is Brampton Old Church with its Ninewells and St. Martin's Oak locations. Both of these 'Celtic' sites, it has been pointed out, stood on the Cumbrian side of the boundary line of the Anglian Hexham diocese.



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	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
June. 6th Trinity I	11:00 Holy Communion SPC	9:15 Holy Communion SJF	6:30			1:30
June. 13th Trinity II	11:00 Morning Prayer Lay Led		6:30		11:00 Holy Communion JHB	1:30
June. 20th Trinity III	11:00 Holy Communion JHB	9:15 Morning Prayer Lay Led	6:30		6:30 Evening Prayer SJF	1:30
June. 27th Trinity IV	11:00 Morning Worship SRP	6:30 Evening Prayer SJF	6:30	11:00 Holy Communion	11:00 Morning Prayer SPC	1:30
June 4th Trinity V	11:00 Family Worship CEF	9:15 Family Communion JHB	6:30		11:00 Holy Communion SJF	1:30

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; and activities June be provided where you see this symbol



Midweek Holy Communion

is celebrated in Morland Church on Wednesdays at 10.00am.

This is a quiet, said service, an uplifting and refreshing break from daily duties.

Come and join us!

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

Online services are on our Heart of Westmorland YouTube 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

	Clifton and Brougham	Great Strickland	Morland	Thrimby	Kings Meaburn Chapel
June. 6th Trinity I	11:00 Holy Communion JHB		11.00 Morning Worship DGJ	11:00 Morning Prayer Lay Led	10:30
June. 13th Trinity II		11.00 Informal Service Lay Lrd	11:00 Holy Communion SJF 		2:00
June 20th Trinity III			11.00 Morning Worship DGJ 	11:00 Morning prayer Lay Led	10:30
June. 27th Trinity IV	3 pm BCP Evensong Ninekirks DGJ		11:00 Outdoor Service SJF		10:30
July. 4th Trinity V	9:15 Holy Communion SJF	6:30 Holy Communion SJF	11.00 Holy Communion SPC /KMcB	11:00 Morning prayer Lay Led	10:30

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

k
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PLEASE NOTE, All our services are provisional!

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is celebrated in Morland Church on Wednesdays at 10.00am.
This is a quiet, said service, an uplifting and refreshing break from daily duties.
Come and join us!

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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Suggested contribution thereafter: £2 per child, £1 for siblings and under ones. Includes kids snack time and a hot drink for adults.

Second Wednesday of every month we play 10-12pm at Rheged soft play for just £1.50!!

Visit our Facebook page to see what we get up to @morlandplaygroup

Currently suspended

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

The link is:

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

Best wishes and keep safe



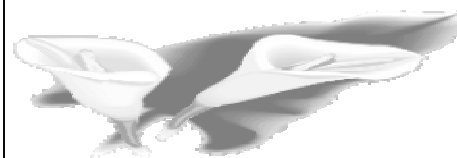
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Crown Inn Singers Currently suspended

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Dates For The Diary!

Sat 26th June	Morland Summer Fete	Morland School	pv
Sat 3rd July	Fellrunner Excursion	Threave Gardens nr. Castle Douglas	pvi
Sun 11th July	Levens choir (proposed)	St Lawrence Crosby	
Mon 12th July 10am	Morland Walking Group	Morland VH	p5
Sun 18th July	Open Gardens + bookable teas	Crosby Ravensworth	
Sat 7th Aug	Fellrunner Excursion	The Yorkshire Dales and Richmond	pvi

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

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

For an informal discussion contact:

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



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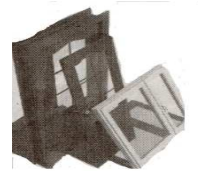
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1 Design - We visit your garden, make a detailed survey and discuss your ideas and needs

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
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- ◆ raised beds
- ◆ Borders
- ◆ planting schemes



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

Do you care?

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

Contact us on: 01768 890280 or enquiries@edencarers.co.uk

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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

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
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Our Pub consists of a Bar, Dining Room, Wiggo's Barn,
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We have an extensive Menu with Real Ales on tap

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

Plus:

LogYurt

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

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

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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

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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

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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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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		
Tuesdays 9.30-11.30am in the village hall		
MAULDS MEABURN VILLAGE INSTITUTE		
Bookings secretary	Vanda Betts	01931 715 391
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken	
	clerk@morlandparishcouncil.org	
MORLAND COMMUNITY FIRST RESPONDERS		
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,	01931 714 256
	Wednesday 12 noon-5.30pm,	
	Friday 8.30am-1pm	
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS		
Editor	Sheila Clark (spclark1@btopenworld.com)	01931 714 238
Advertising Manager	Meg Hancock (meghnc@btinternet.com)	01931 714 432

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

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

7th June at the very latest.

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