

From the Vicarage

In 1803, President Thomas Jefferson commissioned explorers Meriwether Lewis and William Clark to investigate the territory of Louisiana, newly purchased from Napoleon Bonaparte. Specifically, they were to explore the Missouri river, which they believed could provide a navigable water route linking the Western States to the uncharted Eastern Seaboard. They followed the river until they hit some very large mountains. They expected to find the Pacific ocean on the other side, but what they actually found was many more mountains. In fact, they had just discovered the Rockies. At the very point where they thought they had reached the end, their journey was just beginning and what lay ahead was more arduous than anything they could have imagined. It's a story that resonates with my experience of lockdown. Back in January, I wrote "Despite the hope of the vaccine, there is a strong sense that life is likely to get harder before it gets better". I don't think I had any idea how long and arduous these months would be. And even if this is the final stretch, that can still seem the longest, so this month I offer some mental and spiritual health insights for weary pilgrims.

Research suggests that one of the most common mental health issues is when we get stuck in a negative mindset - "*everything in my life is bad!*" This actually has its roots in something perfectly rational. Our brains are naturally set for threat and danger. It's a survival instinct. One of the ways we handle that is rumination – replaying the scenario over and over until we find a solution. The trouble is that not every situation has a solution and that's when rumination can move from being out friend to our enemy. When there's no solution (like grief, or lockdown) telling the same story over and over makes us worse, not better. But trying to stop the thoughts doesn't work either. Try not thinking about something and you just think about it all the more! The root of the problem is that the bad stuff is all too real, which triggers our danger response and makes that response appear rational, but we don't see the good to counterbalance it and to send our brains the triggers that switch off the alarm. Animals, when the alarm signals go on for too long, give up and lie down. And we're very much the same.

There are things that are proven to work – being outside, talking to others, manual labour. But I don't know anything that works better than prayer and Bible study. They 'lift our eyes to the hills' and remind us where our help comes from.

If you don't know where to begin or haven't the energy for Bible study, sit with a psalm. Personalise them and pray them – you decide what the enemies are you want God to smite! Psalms express just about every human emotion and experience. They remind us of God's goodness, but also give us a chance to express all our 'stuff' in lament, complaint and thanksgiving.

When we have no solution, we can at least hand it over to the Boss, the one who is in charge and who always has a solution. It puts things back in perspective and holds before us the good we had begun to overlook. In their expedition, Lewis and Clark begin looking at the mountains differently, seeing the beauty and wonder, not just the threat. It continuously put them back on their feet until their biggest challenge became their greatest achievement. My prayer for us is that, as the journey becomes longer than any of us ever wanted, we can look for and find the good we had overlooked and dwell on that with thankfulness, so that this unwanted journey becomes one of our greatest achievements. Keep going forward and may God be with you. *Stewart*

From our Registers



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 **Theresa Smith and Wilfred Smith** 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.

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.

Westmorland Dales Landscape Conference

Our Westmorland Dales Landscape Conference took place online on Saturday 27th March 2021. John Dunning, the chair of the partnership, set the scene before a wonderful cross-section of presentations from our partner organisations and project leads loosely focussed around our natural, cultural and connecting heritage themes. Keith Cooper, a Great Asby historian gave us an excellent insight in the development of its medieval village-scape through the innovative use of satellite images. Other presentations covered upland farming, geology, natural flood management, wildflower meadows, archaeological and built heritage surveys, routes through the area and the apprentices. We had time for two question and answer sessions and the conference was rounded off with our Picturing the Westmorland Dales film featuring the landscape artwork produced by the local primary schools.

The conference and series of webinars have been a great success, broadening our reach and including people who might not have attended otherwise because they live too far away, don't have their own transport or are of limited mobility. And we've found that even more people have enjoyed our recordings, so do watch this one and feel free to share the link with your friends. We are of course keen to get outside for real again so watch this space for events, walks and other activities as lockdown restrictions ease. A huge thank you to everyone who contributed to the conference and to the National Lottery Heritage Fund who's support has been crucial. Please look under the resources tab on our website to find the conference recording. www.thewestmorlanddales.org.uk if you would like further information about the scheme please contact: westmorlanddales@fld.org.uk



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





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

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

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!

Shap PIZZAS
EST. 2021

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!

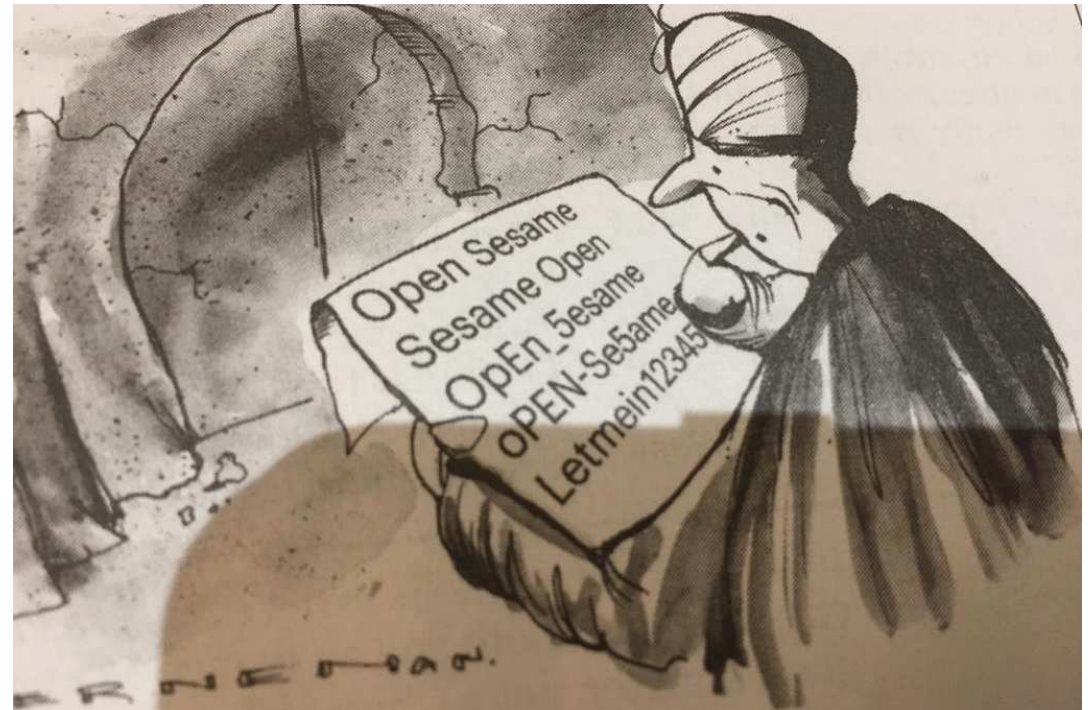
OR

Via our website
www.shappizzas.co.uk

OR

For Home Delivery use our delivery partner –

ONE
DELIVERY
CO.UK



MORLAND PARISH COUNCIL

Morland Parish Council met on March 8th 2021 and for its Annual Parish Council Meeting on May 3rd. Both meetings were held remotely, via Zoom. Minutes of meetings are available on the Parish Council website at morlandparishcouncil.org

The Parish Council is expecting to return to in-person meetings, at Morland Village Hall, from July 2021. Members of the public are always welcome to attend, although covid restrictions will apply.

The Neighbourhood Plan is now reaching its final stages, and will hopefully be submitted to Eden District Council in due course.

The Parish Council will be hosting the Annual Parish Meeting in May 2021 at Morland Village Hall, date to be confirmed. This is a meeting of the residents of the Parish. Details of the meeting including an agenda will be available on the Parish Council website from May 10th. Due to covid restrictions, any resident wishing to attend will need to confirm their attendance with the Parish Clerk prior to the meeting.

Mrs Lisa Beken,

Parish Clerk

Tel: 07522 939 696

email: clerk@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.



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



What's on @ The Studio Morland

Saturdays: FREE Cycle Checks and Bike Maintenance (essential service)

1:30-5:30pm: 30 minute slots (BOOK: edward@adventuresportservices.com)

Yoga (outdoor):

Tuesdays: 6:00-7:00pm: RLF Yoga (Hatha) (BOOK: 07739651956)

Saturdays: 10:00-12:00pm: RLF Yoga (Solar/Lunar) (BOOK: 07739651956)

Plus from 17th May, depending on restrictions:

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

Fridays: 1:30 - 2:30pm: Physio Pilates with Andy Speight (BOOK: 07596957027)



thestudiomorland



studiomorland

thestudiomorland.co.uk

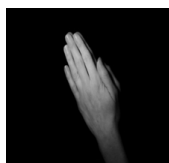
thestudiomorland@gmail.com

01931 714444

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

Please check by phone, that these events are still open

Mothers' UNION
Christian care for families



MORLAND MOTHERS' UNION

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



NEWBY COURT

NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

newby.court@virgin.net

Sophie's Painting & Decorating

All aspects of interior & exterior decorating covered

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

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

07707 803 703

sfancottbeynon@gmail.com



Message to all local event advertisers.

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

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

Megan McWilliams



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

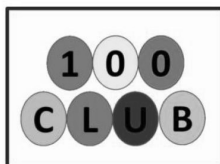
The compositor can be anyone who enjoys juggling publishing style software. The editor should ideally be a member of the church community in any of our churches.

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

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

spclark1@btopenworld.com

Morland Area



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

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

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

Membership Application Form

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

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

Address: (in full for prize payment:

Post Code: Phone No.:

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

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

Signed: Print: Date:

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

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

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

100 Club winners for April are as follows;

Place	Name	Amount
1st	Jane Ulliyart	£95
2nd	Emily Williamson	£47
3rd	Louise Donnelly Stott	£36



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



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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

For more information contact: 0333 240 16 65 (open 9)

Transport facilities available through Cumbria County Council

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

cumbria.gov.uk/voluntarycarscheme

Serving the people of Cumbria

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



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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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

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APPLEBY & DISTRICT CANCER SUPPORT GROUP



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We Meet

- ~ Above Surgery in Appleby (opposite swimming baths)
- ~ Every 1st & 3rd Monday in month (except Bank Holidays)
- ~ 10 am - 12 noon

Chat in confidence with others going through tough times

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Further Info, Phone
~ Rosie on 017683 52263 or
~ Jackie on 01768352365

Currently suspended

Neat Feet by Mary-Anne

If you are finding it hard to cut your toes nails or have hard skin.
Why not give me a call me for a treatment in your home?

Regarding COVID-19: I will come with my own mask, gloves, apron and foot protection. Also with a single use mask for clients own use during treatment, as we all need to remain safe.

I hope to be able to meet you soon.

Mary-Anne

Qualifications:

Diploma in Chiropody. WMSch
COVID-19 Infection Prevention and Control: Guild Training International

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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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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
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	Askham with Lowther	Bolton Church	Bolton Chapel	Cliburn	Crosby Ravensworth Church	Crosby Ravensworth Chapel
May. 2nd Easter V	11:00 Holy Communion SPC	9:15 Holy Communion SJF	6:30 ConnxnService			1:30 A Sterling HC 6:30 ConnxnService
May. 9th Easter VI	11:00 Morning Prayer Lay Led		6:30 J Tebutt H HC		11:00 Holy Communion SPC	1:30 LA
May. 16th Easter VII		9:15 Morning Prayer Lay Led	6:30 LA	11:00 Holy Communion SPC	11:00 Morning Prayer sjf	1:30 ASterling
May. 23rd Pentecost	11:00 Holy Communion JHB	6:30 Taize Evening Prayer SRP	6:30 LA		11:00 Holy Communion SJF	1:30 LA
May 30th Trinity	11:00 Morning Prayer SRP		6:30 T Longworth		11:00 Holy Communion JHB	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 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
May. 2nd Easter V	11.00 Holy Communion SJF		11.00 Morning Worship SRP 	11:00 Morning Prayer Lay Led	10:30 LA 6:30 Cnnxn Service
May. 9th Easter VI		11.00 Holy Communion SJF			2:00 BStaley
May 16th Easter VII			11:00 Holy Communion JHB 	11:00 Morning prayer Lay Led	10:30 KCoward
May. 23rd Pentecost					10:30 A Sterling HC
May. 30th Trinity			11.00 Holy Communion SJF 		10:30 LA

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Children are welcome at all our services; and activities may be provided where you see this symbol



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PLEASE NOTE, All our services are provisional!

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Heart of Westmorland



Bereavement Support Group

will be meeting at

The Hub Cafe in Appleby



on
**the first Monday
each month
2-4pm**



Currently suspended

This will be an informal group and anyone who has suffered the loss of someone close to them either recently or some time ago, is invited.

We will not be following a programme and will not offer counselling – simply the opportunity to talk about what is on your mind and share your feelings with others who may have felt the same. Grief affects everyone in different ways and a support group doesn't appeal to everyone, but if you feel the need to chat over a cup of tea and a biscuit, please come along.

**For more information please contact:
Kevin Robinson – 017683 51569
Rev'd Sandy Pearl – 01931 714563**



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9-11am Wednesdays (Term time only)
@ Morland Village Hall



First Session Free!!

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

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

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

Currently suspended

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

The link is:

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

Best wishes and keep safe



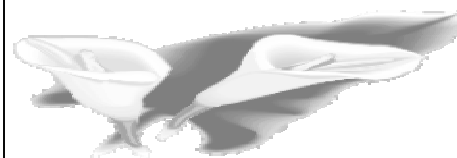
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Dates For The Diary!

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

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

Tel: 01931 714580

email: patrussell226@gmail.com

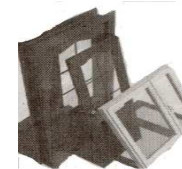
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I have recently moved into the area and I am seeking somewhere to site my hives, ideally farmland, woodland, orchard, smallholding?

If you are able to help please contact

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

The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF

Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

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We have an extensive Menu with Real Ales on tap

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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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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	Tuesdays 9.30-11.30am in the village hall	
MAULDS MEABURN VILLAGE INSTITUTE		
Bookings secretary	Vanda Betts	01931 715 391
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken clerk@morlandparishcouncil.org	
MORLAND COMMUNITY FIRST RESPONDERS	Caroline Sterling (cster52822@aol.com)	01931 714 971
MORLAND & NEWBY VILLAGE HALL		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE	Tuesday 12.30pm-5.30pm,	01931 714 256
(at the White Horse Inn)	Wednesday 12 noon-5.30pm,	
	Friday 8.30am-1pm	
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS		
Editor	Sheila Clark (spclark1@btopenworld.com)	01931 714 238
Advertising Manager	Meg Hancock (meghnc@btinternet.com)	01931 714 432

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

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

7th May at the very latest.

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