

## From the Vicarage

At the end of the Second World War, when Allied troops walked into the Cologne concentration camp, they found these words written on a cell wall by an unknown inmate: "I believe in the sun, even when it is not shining. And I believe in love, even when there's no one there. And I believe in God, even when he is silent."

People often ask me how I can believe in a God of love in the face of so much suffering. I usually respond, "How can you face overwhelming suffering without God?" Is that not precisely the time when we need God? How else can there be hope? Richard Dawkins famously said, "The universe that we observe has precisely the properties we should expect if there is, at bottom, no design, no purpose, no evil, no good, nothing but pitiless indifference." But people of faith reply that we do not observe nothing but pitiless indifference in the universe. When we face the full force of sadness, evil and meaningless suffering, we observe love, somehow still intact. We see heaven groaning, we see God's outraged tears, we see Jesus on his cross, bearing the full force of the world's sin on himself, bearing agony and death, but not being defeated by it.

There is a reality and depth to our experience of love that transforms everything. Such love is not adequately explained by evolutionary advantage, selfish genes or chemical reactions. Love is so powerful that refuses to die. On the contrary, when it is outraged, it only grows stronger, turning into pain. Grief is proof that there is, at heart, no pitiless indifference, but only love. For Christians, that love exists because it is a reflection and a manifestation of the force behind all creation. "God is love", wrote St John, because at the heart of God is a relationship of perfect love between a Father, a Son and the Holy Spirit. That love compels him to care, inspires him to take the full force of suffering upon itself, offers us healing and urges us to believe the promise of justice and redemption. Christians believe in suffering and we know that it can overwhelm us, but we also believe in something greater that will overcome everything that overcomes us. Those words in the cell in Cologne went on, "I believe, through any trial, there is always a way. Sometimes in this suffering and hopeless despair my heart cries for shelter, to know someone's there. But a voice rises within me, saying hold on my child, I'll give you strength, I'll give you hope. Just stay a little while."

The inmate of Cologne knew God before they were imprisoned. They had become accustomed to his voice and his ways, so that when he was obscured by suffering, they could know he was still there, just as though the sun had gone behind a cloud. There is no better way of facing the suffering that must inevitably come to us all than to prepare by getting to know God now, through worship, prayer, Bible study and fellowship with fellow believers. If we know his ways and trust his promises, we will know he is still there in the darkness. But even if we have not known him before suffering comes, we can trust to the love we have known, the sunshine we have felt and know that there is something greater than any suffering. We can reach out and know for ourselves the voice of the one who created us saying, "Hold on my child, I'll give you strength, I'll give you hope." I believe in the sun, even when it is not shining. And I believe in love, even when there's no one there. And I believe in God, even when he is silent. *Stewart*

## Church News & Local Events

### NW Benefice House Group

The group's meetings for the next two months are as follows:

September the 7th. at 2p.m. on Tuesday at 1, Jackson Croft, Morland.

October the 5th at 2p.m. On Tuesday at 31, Jackson Croft. Morland.

For further details ring 01931714455.



**Bolton Mothers' Union** have their renewal service on September 20th, starting at 2pm at All Saints, Bolton. Rev Sheila Clark is leading the service and everybody is welcome

### Morland Mothers' Union

Members will be informed by email when we are able to meet together again in the Village Hall. It is likely that we will hold some gatherings in gardens over the summer, and re-start meetings in the Autumn.

**Bolton WI**, September 13th, 7.15pm. Bolton Memorial Hall.

An evening of poetry and quizzes. Please bring your favourite piece of poetry. Everybody welcome."

### 1st Crosby Ravensworth Brownies

We are back, starting on Wednesday 8th September from 5.30pm to 7pm at Newby and Morland Village Hall.

We are looking forward to meeting again, and welcoming everyone. Any new girls that would like to come along for the evening are welcome. Brownies is for girls aged 7-10. I would appreciate it if you could let me know in advance. My details can be found listed in the Local Directory on the back cover of this newsletter.

Why not come along, make new friends and have some fun.

I look forward to seeing you there.


Jo Laverick (Guide Leader)

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](mailto:spclark1@btopenworld.com)  
& receive the newsletter before its paper publication date.**

|   |                    |   |
|---|--------------------|---|
|   | From our Registers |  |
| <p><b>Sophia Eva Quinlan</b> was baptised at All Saints, Bolton on Sunday 18 July.</p> <p><b>Hallie Jane Rawsthorn</b> was baptised at St Peter, Askham on Sunday 25 July.</p> <p><b>Freddie Forrester</b> was baptised at St Michael, Lowther on Sunday 25 July.</p> <p><b>George Harry Bezuidenhout</b> was baptised at St Lawrence, Crosby Ravensworth on Sunday 1 August.</p> <p><b>Florence and Freddie McGrath</b> were baptised at St Peter, Askham on Sunday 8 August.</p> <p><b>Jack Thomas Boydell</b> was baptised at St Lawrence, Morland on Sunday 8 August.</p> <p style="text-align: center;">---</p> <p><b>Thomas Dadley and Ella Hetherington</b> were married at St Peter, Askham on Friday 22 June.</p> <p><b>Sam Stephens and Anna Tormey</b> were married at St Peter, Askham on Thursday 1 July.</p> <p><b>Sam Parker and Grace Tupling</b> were married at St Barnabas, Great Strickland on Saturday 3 July.</p> <p><b>Ricky Jeynes and India Wood</b> were married at St Peter, Askham on Saturday 10 July.</p> <p><b>Alan Cragg and Joanne Winter</b> were married at All Saints, Bolton on Friday 23 July.</p> <p><b>Scott Mattinson &amp; Nadene Gemson</b> were married at St Peter, Askham on Saturday 31 July.</p> <p><b>Sean Quinlan and Elizabeth Butterworth</b> were married at All Saints, Bolton on Friday 6 August.</p> <p>The cremated remains of <b>Noel Hill</b> were laid to rest in the churchyard of St Peter, Askham on Wednesday 7 July.</p> <p>The funeral of <b>Hugh Clayton Lowther, Earl of Lonsdale</b> was held at St Michael, Lowther on Wednesday 7 July, following a private burial.</p> <p>The cremated remains of <b>Florence and Noel Banks</b> were laid to rest in the churchyard of St Michael, Lowther on Wednesday 14 July.</p> <p>The funeral of <b>Charles Holt</b> (“Chuck”) was held at Beetham Hall Crematorium on Thursday 15 July.</p> |                    |   |

|   |                         |  |
|---|-------------------------|--|
|   | Messy Church is Here !! |  |
| <p>In recent years, Messy Church has become a nation-wide phenomenon and <b>from Sunday 19 September</b> it is coming to us!</p> <p>For Christians of all ages, it is a way of being church for all ages, based on creativity, hospitality and celebration</p> <p>Whatever your age, whichever village you live in, please come along and bring everyone in your family with you</p> <p>We will begin at 11.00am and from 12.00 will share tea, coffee and cake. Please bring along some cake to share. Tea and coffee will be provided</p> <p>We will meet each month in Morland and Newby V.H. (CA10 3AS)</p> <p><b>Venue:</b> Morland &amp; Newby Village Hall</p> <p><b>Time:</b> 11.00</p> <p><b>Dates:</b><br/> Sunday 19 September<br/> Sunday 17 October<br/> Sunday 21 November<br/> Sunday 19 December (Messy Christmas!)</p> |                         |  |

|   | <b>Autumn Weddings</b> |                                   |  |
|---|------------------------|-----------------------------------|--|
| This Autumn we are looking forward to a number of weddings across our parishes. Subject to Covid rules, you might want to come & cheer on the happy couples, or just tie the gates until they pay up!!! |                        |                                   |  |
| Date  | Time                   | Couple                            | Venue  |
| 11 Sept   | t.b.c.                 | Theo Remy and Victoria Lafay      | Askham   |
| 11 Sept   | 2.00                   | David Theobald and Laura Gaskarth | Lowther  |
| 23 Sept   | 1.00                   | Martin Strong and Karen Pochec    | Great Strickland   |
| 9 Oct   | 12.30                  | Ryan Lotte & Rebecca Long         | Askham   |



## Morland Area C of E Primary School

Morland Summer Fete is 26<sup>th</sup> June  
(COVID dependent)

Morland Scarecrow trail from the  
18<sup>th</sup> till 26<sup>th</sup> 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](mailto:pta@morlandarea.cumbria.sch.uk)



## Mission Community Roadshows



As part of our consultation on proposals to resource and organise the future of Church in our area, we are offering a series of four roadshows, each examining a different aspect of the proposals. These roadshows are open to anyone and are an opportunity to explore together how we shape our future as church. They will be informative and consultative, with opportunities to ask questions, make suggestions and clarify plans as we seek to resource our local churches more effectively in mission and ministry.

There is no need to book, but we'd love you to come. Please note that the roadshows are theme-based, rather than regional, so each one will address a different aspect of the and its life.

**Money** – how do we turn around the financial decline of the Church in our area and secure the future? **Mon 13th Sept, Sands Methodist Church, Appleby, 7.30 - 9.00 pm**

**Mission** – what priorities should the Church have in our local area? **Wed 22nd Sept, Kirkby Stephen Methodist Church, 7.30 - 9.00 pm**

**Resourcing** – how do we resource our priorities? **Wed 13th October, Morland & Newby Village Hall, 7.30 - 9.00 pm**

**Working together** – how do we organise ourselves effectively to involve everyone? **Wed 20<sup>th</sup> October, Tebay Methodist Church, 7.30 - 9.00 pm**

## 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.

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 Harvest Festival 2021



**Saturday, October 2<sup>nd</sup> at 7.30 pm**

### Harvest Home:

Super soups and scrumptious sweets at the Barn at Newby End Farm.

Please order tickets in advance @ £8 each (£4 for under-15s) from David Jones (714338) so that we know how many to cater for.

Entertainment: a surprise to us all!

**Sunday, October 3<sup>rd</sup> at 11.00 am**

**Harvest Festival Service** at Morland Church, led by the Vicar, with Pam Martin as our special speaker. Pam comes from the environmental group A Rocha, a group whose aims are nowadays at the forefront of our minds.

# MORLAND PARISH COUNCIL

Working for you since 1894

[morlandparishcouncil.org.uk](http://morlandparishcouncil.org.uk)

Find us on 

[facebook.com/MorlandParish](https://facebook.com/MorlandParish)

## Neighbourhood Development Plan

The Morland Neighbourhood Development Plan is approaching its final examination. In recent weeks it has been put through a pre-examination scrutiny and the changes recommended to us are being put in place. The plan has as its focus the central village character area, and seeks to preserve its structures, contours and overall sense of being an ancient gradually-evolved village. We also hope, as part of this process to preserve the donkey field from any future development. The steering group who have worked hard to put the plan together hope you will support the plan's adoption at the referendum stage, as this will ensure that local voices inform future developments.


Thank you.

*L. Robson,  
Chair, Neighbourhood Plan  
Development Group.*

## Parish Council Meeting

At the July 12<sup>th</sup> Meeting of the Parish Council ongoing highways issues were discussed, with Councillors continuing to make contact with Cumbria Highways to rectify these. It was confirmed that the stile at the allotments had been fixed and was now secure. Residents had voiced concerns over parking, and it was confirmed these had been raised with the relevant parties. The Council agreed to investigate options for a new noticeboard in the centre of the village, and for new goalposts at the playground, with quotes to be presented at the September meeting

Come and meet our new Parish Clerk, Lisa Beken, **Thursday 23<sup>rd</sup> September** at the Millyard Café, at 10am.

This is an opportunity to meet Lisa, raise any issues with her, discuss the Neighbourhood Plan, ask any questions and help her to get to know a little more about Morland. 

The next Ordinary Meeting of the Parish Council will be held on **Monday September 13<sup>th</sup> 2021**, at 7.30pm at Morland Village Hall.

Members of the press and public are welcome to attend.

Agendas are available at least three working days prior to meetings, online and on village noticeboards, alongside meeting minutes.

Parish Clerk: Mrs Lisa Beken, [clerk@morlandparishcouncil.org](mailto:clerk@morlandparishcouncil.org) 07522 939 696

### Councillors:

Stephen Wilson (Chair), Peter Taylor (Vice Chair), Philip Hancock, Lesley Robson, Dan Fitton, Bob Brown, Paul Vines

*A New feature*

## The Legend of Stormalong John - Chapter One

It was a dark and stormy night. The clouds had smothered the stars, and the wind was howling around the houses on Cape Cod. The folk in those houses pulled their blankets up around their chins, and shut their eyes tight, hoping the storm would go away. But it didn't. It grew and grew, until the wind shook the shutters of the houses, and the rain beat the rooftops like a thousand war drums. After hours of howling gales, the wind must have worn itself out, for everything suddenly went very still and quiet. The clouds peeled back and the sun peeped over the horizon, bathing the sea in a warm, orange glow.

In Brewster, Mr Abraham Bulltop was wandering down to his fishing schooner when he heard a strange mewling coming from the sands. He thought it must be a stray cat, and Mr Bulltop loved cats, so he went to investigate. He clambered over the sand dunes, and down to the beach, cursing the sand that poured into his boots. Then he looked up, and stopped dead.

There, on the sand, was a baby.

Mrs Bulltop was rather surprised when her husband came home with a babe in his arms. She was used to him bringing home stray cats, but this was another thing altogether.

"What do you mean 'you found him'?" She asked, taking the babe from his arms.

Mr Bulltop scratched his head.

"I just – found him, lying on the beach. I reckon he was brought along by the storm."

Mrs Bulltop rolled her eyes.

"Storms don't bring babes ashore Abe, you know that. His Ma probably left him there, poor mite."

"Well what should we do?"

Mrs Bulltop looked down at the boy who was now peacefully sleeping.

"We'll wait a month to see if anybody claims him, and then if they don't we'll write his name in the family Bible."

A month came and went, but nobody claimed the baby. Mrs Bulltop carefully opened the family Bible, to the first page, while her husband brought her a pen and ink.

"What should we call him?" Mr Bulltop asked.

"How about we name him John for my father, and Alfred for your father?"

Mr Bulltop didn't say anything for a moment.

"I reckon we ought to name him after the storm what brought him along."

"How can we name him after the storm Abe?"

Mr Bulltop scratched his head.

"I don't rightly know, but I reckon we ought to all the same."

Mrs Bulltop thought for a moment, and then she dipped her pen in the ink, and wrote in her neatest writing, 'John Alfred Bulltop Stormalong' right under their own names.

"How's that?"

"I reckon that'll suit him nicely," said Mr Bulltop.

And so, the boy was named John Alfred Bulltop Stormalong, but most people called him Stormalong John.

*Chapter Two will be published in the next edition.*



## "BETWIXT & BETWEEN"

A concert of light popular music  
From between the World Wars,  
Refreshments provided.

**ST PETER'S CHURCH,  
ASKHAM**

**2<sup>nd</sup> OCTOBER, 2021  
4:00 p.m.**

(Donations to the Windows  
fund  
St Peter's Church)

## Cliburn Village Hall

### Table Top Sale

**Sunday 12th September**

**10am to 2pm**

**Tables £5 booked. £6 on the  
day**

**Tel 01931714218**

**In Aid of Church Funds**



## Creative Cuppa

**Join us at the Studio Morland for a cuppa, a chat and enjoyable creative activities specially designed to make you feel wonderful!**



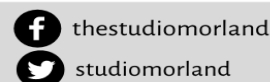
This Autumn we are running a new series of creative wellbeing sessions hosted by lovely Creative Facilitator Jenn Bell.

Sessions will be fun and gentle and will include storytelling, poetry, music and imagination, alongside time to chat to new friends.

Places are FREE with refreshments (cake!) but limited due to space.

Contact us or go to [thestudiomorland.co.uk/creative-cuppa](http://thestudiomorland.co.uk/creative-cuppa) to register your interest.

**For people living with dementia and those experiencing loneliness**



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**thestudiomorland.co.uk**

thestudiomorland@gmail.com  
01931 714444

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



### 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



Come and join us  
at our Harvest  
Festival services.  
See pages 17-29

### Tea, Coffee & Chat

Morland and Newby Village Hall  
Every Thursday 9:45am—11:00 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 (Covid allowing)**

**September 2nd. Please come and  
join us.**

### 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

**Wednesdays:** 10 - 11:30am: Hatha Yoga with Sonia (BOOK: 07762 101660)

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


**Fridays:** 10 - 11am: Physio Pilates with Andy Speight (BOOK: 07596957027)

## COURSES (4 weeks - beginning w/c 13th September 2021):

Tuesdays (1-3pm) - The Art of Bullet Journaling

Thursdays (1-3pm) - From Chaos to Calm: Group Coaching for Professionals

For more information and to book visit [thestudiomorland.co.uk](http://thestudiomorland.co.uk) or get in touch

|  |                               |                           |
|--|-------------------------------|---------------------------|
|  thestudiomorland | <b>thestudiomorland.co.uk</b> | <b>The Studio Morland</b> |
|  studiomorland    | thestudiomorland@gmail.com    | <b>Morland, Penrith</b>   |
|  | 01931 714444                  | <b>CA10 3AZ</b>           |

**Please check by phone, that these events are still open**



**Please support our advertisers:**  
they cover a large part of the cost of printing this magazine.

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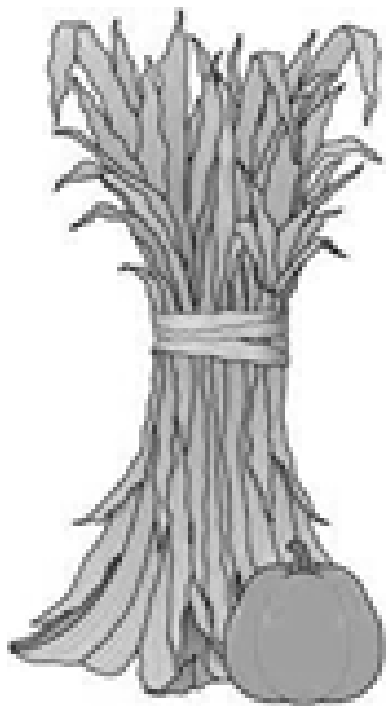
### Advertiser's Guide

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** [meghnc@btinternet.com](mailto:meghnc@btinternet.com) 01931 714 432



## Events at Shap

see our website for details  
[www.theoldcourthouse.org](http://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

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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.**

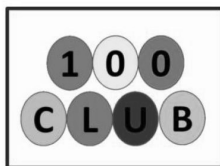
**The compositor can be anyone who enjoys juggling publishing style software. The editor should ideally be a member of the church community in any of our churches.**

**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](mailto: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](http://www.morlandarea.cumbria.sch.uk/topic/parents) or can be emailed on request

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

## Morland Walking Group

Morland Walking Group Monday 13th September  
Meeting at Morland village hall at 10 am Bring a packed lunch and suitable clothing etc for conditions on the day  
Parking at Lowther Sawmill £2 per car if not a member  
Through the Low Deer Park over Crookwath Bridge and up to Helton with a short walk over Askham common down through Askham back to the Sawmill  
Tea & Scones in the cafe at Lowther if so desired

Group coordinator Geoff Procter 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](mailto: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.

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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**



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

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## 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](mailto:meghnc@btinternet.com)

**DAPHNE KILLIAN 1932-2021**

The Lord is good to those who wait for him,  
to the soul that seeks him.  
It is good that one should wait quietly  
for the salvation of the Lord.

LAMENTATIONS 3: 25-26

Usually following the death of a friend or loved one, especially a strong Christian member of the Church's family there is a funeral service, but for whatever reason Daphne's life was not to be remembered in this way. It is to be a simple burial, which may be a disappointment for many people.

But we can still remember her in our own way through prayer, and memories and experiences we shared with her during her long and active life.

Daphne was a valued member of Bolton church and had a keen regard for everything going on in the village and surrounding areas.



Her interests were varied and numerous including architecture, gardens, travel, reading, music and much more, including her love of dogs. Latterly Cap was her constant companion and a regular attendee of church services. I believe we would all agree that Daphne lived life to the full but always had time to care deeply for others.

She was bright, colourful, interesting and independent. She will be sadly missed by all who knew her and enjoyed her friendship. She was a truly devout and faithful member of the Church.


REST IN PEACE DEAR FRIEND.

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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-  Phone us on 01768 483100
-  Email us at [info@thebirdsrestaurant.co.uk](mailto:info@thebirdsrestaurant.co.uk)





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Not sure about where to go with your garden - ask for concept designs.  
In a new build or in need of a makeover - ask for a complete garden design.*

The smallest of growing spaces can bring calm & a sense of wellbeing. As a garden designer & horticulturist with a background as a GP I am excited to explore these possibilities.

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Designing gardens that fit within their setting  
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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](http://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

## TEMPLE SOWERBY CE PRIMARY SCHOOL PRE-SCHOOL NEWS

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

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

### TEMPLE SOWERBY TOTS

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

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

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

Tel: 017683 41612  
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.

## Affected by Cancer?

### APPLEBY & DISTRICT CANCER SUPPORT GROUP



Invite you to

## Come for Coffee

Open to all in Eden district

We Meet

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

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

## 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:

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To make an appointment please contact :

Miss Aggie Koza  
MCFHP MAFHP  
21 Bellevue Rd  
Appleby in Westmorland  
CA16 6TY  
Tel: 01768 398457  
Mob: 07910 028955

**TEMPLE SOWERBY CE PRIMARY SCHOOL**

**PRE-SCHOOL NEWS**

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Tel: 017683 61512  
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21 Bellevue Rd  
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CA16 6TY  
Tel: 01768 398457  
Mob: 07910 028955



**FABS**

Flexibility | Aerobic | Balance | Strength



Move It or Lose It' classes starting in September.

Exercises specifically designed for older adults.

The aim of the classes is to improve people's flexibility, aerobic health, balance

& strength (FABS for short) gently and steadily.

Exercises can be done seated or standing.

Monday - 10.30 - 11.30am at Askham Village Hall

Wednesday - 10.30 - 11.30am at Evergreen Hall, Penrith.

Contact Pauline to book your session  
07788 979640



Pauline.ireland@moveitorloseit.co.uk

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|                            | Askham with Lowther   | Bolton                                       | Bolton Chapel | Cliburn   | Crosby Ravensworth                | Crosby Ravensworth Chapel |
|----------------------------|---|--|---------------|---|-----------------------------------|---------------------------|
| 5th Sept<br>Trinity XIV    | 11:00<br>Family Worship<br>SPC  | 9:15<br>Family Communion<br>JHB              |               |   | 11:00<br>Holy Communion<br>AJH    |                           |
| 12th Sept<br>Trinity XV    | <div> <div> 11:00<br/>Joint Holy Communion<br/>Crosby Ravensworth </div> <div>  </div> <div> SJF </div> </div> |  |               | <div> <div> 11:00<br/>Joint Holy Communion<br/>Crosby Ravensworth </div> <div>  </div> <div> SJF </div> </div> |                                   |                           |
| 19th Sept<br>Trinity XVI   | 11:00<br>Morning Worship<br>Lay Led   | 9:15<br>Morning Prayer<br>Lay Led            |               | 11:00<br>Harvest Festival<br>SPC  | 11:00<br>Holy Communion<br>JHB    |                           |
| 26th Sept<br>Trinity XV II | 11:00<br>Holy Communion<br>SPC  | 6:30<br>Harvest Festival<br>SJF/JHB          |               |   | 6:30<br>Evening Prayer<br>Lay Led |                           |
| 3rd Oct<br>Trinity XVIII   | 11:00<br>Harvest Festival with<br>Holy Communion<br>SPC   | 9:30<br>Family Communion<br>SJF              |               |   | 11:00<br>Holy Communion<br>JHB    |                           |
| Harvest Festivals          | Sunday 3rd<br>October<br>11:00  | Sunday 26th<br>September<br>(Church)<br>6:30 |               | Sunday 19th<br>September<br>11:00   | Thursday 7th<br>October<br>2:00   |                           |

**ABBREVIATIONS:** “SJF” Revd Stewart Fyfe, Rector: “ SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl;;Deacon “JHB” Rt. Revd James Bell;; “AJH” Revd Alan Hurd;; ; “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 You Tube channel  
Please check on our websites:



[www.northwestmorlandchurches.org.uk](http://www.northwestmorlandchurches.org.uk)

[www.ksaandtcircuit.org.uk](http://www.ksaandtcircuit.org.uk)

to find any services that June 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@newbyendfarm.co.uk](mailto:david@newbyendfarm.co.uk)

|                            | Clifton and Brougham   | Great Strickland                     | Morland   | Thrimby                             | Kings Meaburn Chapel |
|----------------------------|--|--------------------------------------|---|-------------------------------------|----------------------|
| 5th Sept.<br>Trinity XIV   | 9:15<br>Holy Communion<br>Clifton SPC  |                                      | 11:00<br>Holy Communion<br>JHB  | 11:00<br>Morning Prayer<br>Lay Led  |                      |
| 12th Sept.<br>Trinity XV   | <b>11:00</b><br><b>Joint Holy Communion Crosby Ravensworth</b><br><b>SJF</b>  |                                      |   |                                     |                      |
| 19th Sept.<br>Trinity XVI  |  | 11:00<br>Informal Service<br>Lay Led |  11:00<br>Messy Church<br>Morland Village Hall<br>SJF | 6:30<br>Harvest Festival<br>Lay Led |                      |
| 26th Sept.<br>Trinity XVII | 9:15<br>BCP Holy Communion<br>(Brougham) SJF   | 11:00<br>Holy Communion<br>JHB       | 11:00<br>Holy Communion<br>SjF  |                                     |                      |
| 3rd Oct.<br>Trinity XVIII  | 9:15<br>Harvest Festival<br>Clifton<br>SPC   |                                      | 11:00<br>Harvest Festival<br>SJF  | 11:00<br>Morning Prayer<br>Lay Led  |                      |
| Harvest Festivals          | Sunday 3rd Oct 9:15 Clifton<br>Sunday 24th Oct. Brougham   | Wednesday 29th Sept. 7:00 pm         | Sunday 3rd Oct. 11:00   | Sunday 19th Sept 6:30               |                      |

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

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Please check on our websites:

[www.northwestmorlandchurches.org.uk](http://www.northwestmorlandchurches.org.uk)

[www.ksaandtcircuit.org.uk](http://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**

Heart of Westmorland



## Bereavement Support Group

will be meeting at

**The Hub Cafe in Appleby**



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



**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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## Morland Area Playgroup

All parents, carers & grandparents welcome to our friendly playgroup.



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



**First Session Free!!**

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

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

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





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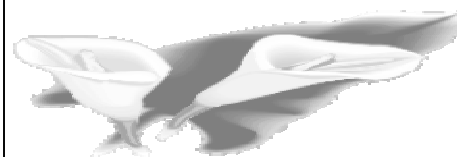
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*Hugh Jones*

*Glyn Jones*

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[www.drichardsonsurfacing.co.uk](http://www.drichardsonsurfacing.co.uk)



## Crown Inn Singers

**New venue to be arranged ????**

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**The Wordsworth Trust, Grasmere invite you to join them for a Ninekirks Day, in the Eden Valley**

William Wordsworth loved to compose his poetry while walking. In fact many of his poems take a real or imagined walk as a starting point - inspired by something he sees or someone he meets. His sister Dorothy also loved being outdoors whether gardening, climbing or walking with her brother, their friends or alone. Her journals record what she notices and often prompt her brother's poetry. He said "She gave me eyes, she gave me ears".

Join us for this quiet, contemplative day taking some time out in beautiful surroundings to reflect on what you see, hear and feel.

Painter Alison Critchlow will suggest some techniques and offer some tips with sketching and painting while Susan Allen, from Wordsworth Grasmere, will share some of the Wordsworths' observations in ways that we hope will encourage you to write, draw, paint or simply enjoy exploring the river bank and meadowland setting of this lovely church.

**Saturday 16th October**

**Meeting at St. Ninian's (Ninekirks) car park at 10.30 a.m. returning there around 2.30 p.m.**

- The walk will take between 30 - 45 minutes along a gentle, mainly level path but boots are recommended as the path crosses farmland
  - Bring a packed lunch and something to drink
  - Some basic sketching materials would be useful, but have to be carried to the church so need to be lightweight. We can supply materials but do bring your own if you prefer
  - You might also want to bring something (easily portable) to sit on while we are outside. There are, of course, seats in the church itself
- Please note there are no toilet facilities on the walk or at the church. This outdoor workshop is free including any art materials needed for the day. Please let us know at least a week beforehand if you are able to join us so that we can order materials in good time and send you more details about arrangements for the day.
- Places are limited to 12 (all free) with no previous experience of writing, painting, drawing – or, indeed, the Wordsworths - necessary!

If you're interested please email Susan Allen, Community Outreach Officer, with the heading "Wordsworth Ninekirks

Day" to [S.Allen@wordsworth.org.uk](mailto:S.Allen@wordsworth.org.uk) or email Juliet Fossey, Assistant Church Warden, Askham at [solarjuliet@aol.com](mailto:solarjuliet@aol.com)

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## Dates For The Diary!

4 September Fell Runner Speke Hall Liverpool

9 October Fell Runner Whitby, the seaside resort on the Yorkshire coast

30 October.....Fell Runner The Lake District autumn tints

### Local Parish & Community Websites

Askham & Helton —

[www.askhamandhelton.co.uk](http://www.askhamandhelton.co.uk)

Bolton — [www.boltonvillage.org.uk](http://www.boltonvillage.org.uk)

Brougham — [www.broughamparishcouncil.com](http://www.broughamparishcouncil.com)

Cliburn — [www.cliburnparish.org](http://www.cliburnparish.org)

Clifton — [www.cliftonpc.org.uk](http://www.cliftonpc.org.uk)

Crosby Ravensworth —

[www.crosbyravensworthparish.org.uk](http://www.crosbyravensworthparish.org.uk)

Great Strickland —

[www.greatstricklandparishcouncil.co.uk](http://www.greatstricklandparishcouncil.co.uk)

Morland — [w.morlandparishcouncil.org](http://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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## Young Explorers Capture the Sound of the Westmorland Dales

Children from Crosby Ravensworth, Great Asby, Orton, Shap, Tebay and Kirkby Stephen Primary Schools have been working with Cumbrian sound artist, Dan Fox, to record pieces of music made entirely from natural sounds collected on a 'sound walk' around their villages.

The collection of short compositions include the sounds of flowing and bubbling streams, birdsong and echoes, the rush of the wind through the trees, the knocking of branches, the vibrations from the twanging of a fence and the voices of children taking part.

The 'Sound Explorer' project is one of many forming the Westmorland Dales Landscape Partnership Scheme, which has been funded by a grant from the National Lottery Heritage Fund with the aim to engage people in revealing, conserving, enjoying and sustaining the hidden heritage of the Westmorland Dales.

Class 2 pupils from Great Asby Primary School said:

"We learnt everything and anything can make sound. We were surprised at how quiet the garden ponds were and found twanging the metal fence really cool. Also, who knew that grass can talk!"

During this unique group experience, Dan used industry standard, battery-powered location sound recording equipment linked via a wireless transmitter to each child wearing wireless headphones. Different types of microphones were utilised to enable the group to listen to different aspects of the landscape. The sounds range from close-up sounds using hydrophones and contact microphones to a wider sonic image with boom microphones and a parabolic dish. The children's favourite sounds were recorded during the walk, edited and mixed back in the classroom to create unique and immersive sound compositions.

The project closed with an online conference between all six of the schools involved, where the children got the opportunity to introduce and share their musical creations with each other. Dan Fox was on hand to explain how the sounds in each piece were collected and how the children discovered the diversity of sounds.

All of the sound creations are available to listen to online via the news section of the Westmorland Dales Landscape Partnership Scheme website at: [www.thewestmorlanddales.org.uk](http://www.thewestmorlanddales.org.uk)



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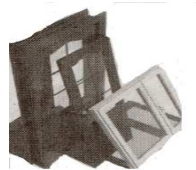
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3 taster sessions are offered, and if you decide to continue, the cost is £38 per term. Everyone is welcome including adults, who are welcome to attend the 7.45pm session to improve their stroke and stamina. Volunteers to help on the pool side are 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

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### WINTER OPENING HOURS

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



### Bolton Nursery

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

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

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

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# LOCAL DIRECTORY

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| <b>CURATE</b>                             | Revd Sheila Clark                              | 01931 714 238 |
| <b>DEACON</b>                             | Revd Sandy Pearl                               | 01931 714 564 |
| <b>READER</b>                             | David Jones                                    | 01931 714 338 |
| <b>BOLTON MEMORIAL HALL</b>               |  |               |
| Bookings                                  | Deborah Brockbank                              | 07825458288   |
| Secretary                                 | Christine Taylor                               | 017683 62082  |
| <b>BOLTON PARISH COUNCIL</b>              |  |               |
| Chairman                                  | Peter Griffiths                                | 017683 61944  |
| Clerk                                     | Shelagh Leyland                                | 017683 62327  |
| <b>CLIBURN VILLAGE HALL</b>               |  |               |
| Bookings                                  | Margaret Burne                                 | 01931 714218  |
| <b>CLIFTON PARISH COUNCIL</b>             |  |               |
| Clerk                                     | Rachel Kelly cliftonpc@outlook.com             | 01768 863900  |
| <b>CLIFTON VILLAGE HALL</b>               |  |               |
| Bookings                                  | cliftonvillagehall1745@gmail.com               | 01768 890940. |
| <b>CROSBY RAVENSWORTH</b>                 |  |               |
| Ward Councillor                           | Joan Raine (joan.raine@eden.gov.uk)            | 01931 715351  |
| <b>CROSBY RAVENSWORTH VILLAGE HALL</b>    |  |               |
| Bookings                                  | Freda Smith                                    | 01931 715381  |
| <b>GREAT STRICKLAND PARISH COUNCIL</b>    | Usually meets last Monday in month             |               |
| Clerk/Village Hall Bookings               | RuthTupling                                    | 01931 712 571 |
| <b>MAULDS MEABURN POST OFFICE</b>         | Tuesdays 9.30-11.30am in the village hall      |               |
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| <b>MORLAND PARISH COUNCIL</b>             |  |               |
| Clerk                                     | Lisa Beken<br>clerk@morlandparishcouncil.org   |               |
| <b>MORLAND COMMUNITY FIRST RESPONDERS</b> | Caroline Sterling (cster52822@aol.com)         | 01931 714 971 |
| <b>MORLAND &amp; NEWBY VILLAGE HALL</b>   |  |               |
| Secretary                                 | Julia Evans (alexjulia@btinternet.com)         | 01931 714 158 |
| Chair & Treasurer                         | Jane & Ian Barnes (ickb1960@gmail.com)         |               |
| <b>MORLAND WARD COUNCILLOR</b>            | Michael Tonkin (mike.tonkin@eden.gov.uk)       | 01931 714 094 |
| <b>NEWBY PARISH MEETING</b>               |  |               |
| Clerk                                     | Meg Hancock (meghnc@btinternet.com)            | 01931 714 432 |
| <b>KINGS MEABURN POST OFFICE</b>          | Tuesday 12.30pm-5.30pm,                        | 01931 714 256 |
| (at the White Horse Inn)                  | Wednesday 12 noon-5.30pm,<br>Friday 8.30am-1pm |               |
| <b>KINGS MEABURN VILLAGE HALL</b>         |  |               |
| Bookings                                  | Alison Goldfinch (kenandali@ntlworld.com)      | 07807454079   |
| <b>BROWNIES</b>                           |  |               |
| Guider                                    | Jo Laverick (jolaverick63@gmail.com)           | 01931 714216  |
| <b>SLEAGILL PARISH MEETING</b>            |  |               |
| Clerk                                     | Lucy Tonkin (sleagillparish@zoho.com)          | 01931 714 094 |
| <b>NORTH WESTMORLAND NEWS</b>             |  |               |
| 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 October 2021 issue as soon as you can:**

**7th September at the very latest.**

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