



March 2022

North Westmorland News

Group website:

www.northwestmorlandchurches.org.uk

*To love Christ and
make Him known*

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**Welcome to the March 22 issue
of North Westmorland News. I
hope you will bear with me
whilst I get to grips with your
local. Please send all copy to:
EditorNorthWestmorlandNews@outlook.com**

Hurd the Word

In our last edition of the NW News Sheila Clark our Curate reminded us that Lent was coming. That means Ash Wednesday will soon be upon us to mark the beginning of the Lent period. There will be a Joint Holy Communion service at St Peter's Askham at 7.30pm on Wednesday 2nd March.

For Christians it signifies an important event in our spiritual journey as we look towards Easter and the Risen Christ, which allows us to reflect on our relationship with God and those who walk alongside us.

In the bible readings on Sundays in church that take us through Lent, we are initially reminded of Jesus' time spent in the desert preparing for his brief three-year ministry with his disciples and followers. In the reading for the first Sunday of Lent, Luke 4: 1-13, we see that Jesus will not be diverted from the mission and purpose that God has entrusted to him, to bring Good News as the Angels sang to humankind when his birth is announced, even though he is sorely tempted. This is the inspiration for us to make an extra effort, to set aside either in the weekly Lent group, or at another suitable time, opportunity to read the scriptures, pray and meet with others.

If we're able to do this it can be an enriching experience where we can go deeper into our faith and allow the Holy Spirit to bless and encourage us, both individually and together. There will be LENT Groups taking place throughout the North Westmorland Area at various venues and these will be publicised nearer the time.

To help us through the Lent groups we will be taking a look at the Archbishop of York, Stephen Cottrell's book 'The things he carried - A journey to the Cross: Meditations for Lent and Holy week.' I am certain we will find it beneficial.

In coming together in this way, we strengthen our faith and I believe that then can enable ourselves to be beacons of light and hope in a world that is often dark and difficult. As I write this leader for the NW News, the forces of Russia and Ukraine are still at a standoff, which I pray will be resolved through diplomacy and not force. Not least because UK armed forces may also be involved in some way via NATO. One of the disciplines of Lent is to pray and I invite you to continue to pray for that situation, and also if you feel so inclined for Nazanin Zaghari-Ratcliffe and her family here in the UK, who is imprisoned in Iran since 2016, for what in reality is a debt that is owed to Iran by the UK for a previous arms deal. If you do not know the detail please look it up on the BBC website. I believe it is time for this situation to end and a family to be reunited.

Finally, I hope that you will be able to join us at one of those groups as we pray, study, and have fellowship together. Contact Sheila Clark, Sandy Pearl, or David Jones if you are interested.

Rev Alun J. Hurd Appleby Deanery Priest

Church News & Local Events

NW Benefice House Group

The next meeting will be at 2 p.m. on Tuesday the 1st of March at The Barn, Maulds Meaburn, All are welcome. For further details ring 01931714455.



Morland Mothers Union

The March meeting will be on **Thursday 24th March** at 2pm in **Morland Village Hall**. The speakers will be Lawrence and Heather Tomlinson who will take us on an interesting "**Tuneful Train Journey**". Hostesses for the afternoon will be Pauline Harrison and Joan Thomas. Visitors are always welcome at our meetings.

Bolton Mothers' Union

March 21, 2pm, Bolton Memorial Hall

Peter Nutsford will be talking about his work in East Africa that will include gorillas and volcanoes!

Everybody is very welcome to join us and enjoy what promises to be a very interesting illustrated talk.

Visitors £3

Our full programme for 2022 is on display in the Bolton bus shelter or by contacting 017683 61808.

Bolton WI

March 14, 7.15pm, Bolton Memorial Hall

An evening of Boccia Fun and Games with Anne Cradock

Everybody welcome to join us to have a go at what is now a para-Olympic sport

Visitors £3

Details of our 2022 programme are on display in the Bolton Bus Shelter or by contacting 017683 62862

ASH WEDNESDAY JOINT SERVICE

Hello everyone, this is just a short message to keep you up to date with our additional Service, to be held this year in St Peter's Church. It's a long time since we had this service in St Peter's, so it would be nice to see you there, if you feel that you would like to join us. The Service will be held at **7.30 p.m.**

Everyone will be very welcome to come and join us as we celebrate this special service. Help us feel as if we are getting back to some sort of normality.

From our Registers



Damian Williams and Gemma Sinclair were married at St. Peter Askham, Saturday 26th February

.....
The mortal remains of Florence May Tuer, were laid to rest in the churchyard of St. Lawrence Morland on November 18th 2021

The funeral of Leslie Brennand took place at St. Lawrence, Morland on Friday 21st January and his mortal remains were laid to rest in the Churchyard.

The mortal remains of Doreen Robinson were laid to rest on 23rd January in the Churchyard of St. Lawrence Morland.

The funeral of William Irving took place at St. Barnabas, Gt. Strickland on Friday 18th February

All Saints, Bolton is in desperate need of either a PCC secretary or a treasurer?

We are losing our current treasurer soon.

Our secretary is willing to take over this role but only if someone else will take on the secretarial role

Someone please help!

GO ON - MAKE SOMEONE'S DAY!

Christmas being officially 'over' by 2nd February at the latest, do you have any toys that are unwanted?

Family Support are already collecting for Christmas 2022, and would be grateful for any donations of new or nearly new toys for boys and girls of all ages (no guns or war games, please).

In December, these will be passed on to children whose families are unable to spare the money to buy them toys.

YOU could make a child's Christmas really special this year by passing on an unwanted toy.

Please email the Editor if you can help
EditorNorthWestmorlandNews@outlook.com

Marathon Run

Our daughter, Caroline, who was born shortly after we moved to Morland in 1980, is running the 2022 Edinburgh Marathon in May.

She is taking part to raise funds for Group B Strep Support.

Her "story" can be found within the following address and she would welcome your reading it.

www.justgiving.com/Caroline-Nettleton

Thank you, on her behalf, for your time and interest.

Jill and Roger Hackney
Morland

FELLRUNNER EXCURSIONS 2022

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.

5 March.....Boundary Mill Colne. One of the U.K's largest retail mill store.

2 April.....Imperial War Museum and Media City, Salford Quays Manchester.

30 April....Helmsley, explore the lovely old market town in the North York Moors, optional visit to the castle or a walled garden nearby.

4 June... A visit to Howick Hall gardens and arboretum followed perhaps by an ice cream at Alnmouth on the north east coast.

9 July.....Brantwood nr. Coniston, the home of John Ruskin one of England's most important social and cultural figures. A house filled with paintings and personal treasures. Magnificent gardens and views over Coniston Water.

6 August....Dumfries House. Set in 2000 acres this stunning estate and 18th C house with its unrivalled collection of Chippendale furniture. Timed group entry only to the house.

3 September.....The Devil's Porridge Museum nr Gretna. "An explosive war-time experience". Learn about the people who made some of the armaments for the 2 world wars, followed by a visit to Kirkcudbright.

8 OctoberSkipton, a lovely small town in Yorkshire with a good market.

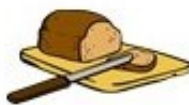
29 October....The Albert Dock complex Liverpool, take in the sights and sounds of this famous city....ferry across the Mersey perhaps !!

26 November.....Ulverston Dickensian Festival...Date still to be confirmed by the organisers.

10 December....Houghton Hall, a garden centre but much more, a destination to continue with your Christmas shopping.

LENT LUNCH

Morland MU members invite you to join them at 12.00 noon on Wednesday 2nd March for a Lent Lunch in Morland Village Hall Supper Room. There will be homemade soup, tasty bread and a variety of cheeses to enjoy. This is a good opportunity to catch up with friends.



All are welcome to attend this event and donations will be given to a charity chosen by our MU members.

of cheeses to enjoy.

Last time: Stormalong John became Captain of a giant ship named Courser.

It didn't take long before the adventures started. They had weighed anchor just outside Rio to offload some goods, and take a few precious days of shore-leave, but it was time to set sail once more. The crew hauled the capstan round, but try as they might, it would not budge.

"What's goin' on?" Captain Stormalong bellowed.

"Something's caught on the anchor sir," the Bosun replied. Captain Stormalong peered over the side of the ship. He could just make out something moving in the water. He thought for a moment, and then tossed his hat to one side and jumped overboard. The crew gave a cry and ran to see what he was doing, but he had already plunged under the water. There was a long pause.

Suddenly something enormous broke the surface. It had tentacles the size of tree trunks. It was flailing and writhing, and in the middle of it all was Captain Stormalong.

"Fetch a harpoon." First Mate Shay yelled. But just as a man came running with a harpoon, the monster sank down beneath the waves and out of sight. The sea was still frothing where the monster had been, but there was no sign of Captain Stormalong. For a minute, the crew thought he was lost, but then his giant head bobbed back up to the surface, and Captain Stormalong took a deep breath.

"Well what are you waiting for?" He bellowed. "Winch me up you blackguards."

Soon he was back on deck, dripping saltwater. His crew stood around him, gob-smacked. "There ain't nothing holding us back now, so get that anchor up."

Captain Stormalong said coolly, as he picked his hat up off the deck.

"Captain?" The ship's boy asked nervously.

"Yes?"

"What was that sir?"

"That was a kraken."

"What was it doing sir?"

"It had wrapped itself around the anchor, so I tore it off, and made sure it wouldn't bother us ever again."

"What did you do sir?"

Captain Stormalong looked down at the boy and grinned. "I tied its tentacles in double carrick knots." At that, every member of the crew burst out laughing.

"Well now, let's be on our way." The Captain bellowed over the noise.

As the crew dispersed to get on with their jobs, the Bosun was heard to say,

"Good Old Stormy, I'd follow him to Hell and back so I would."

Chapter Seven will be published in the next edition

MORLAND PARISH COUNCIL

Working for you since 1894
morlandparishcouncil.org.uk

Find us on  [facebook.com/MorlandParish](https://www.facebook.com/MorlandParish)

Parish Council update - The Parish Council held a meeting on January 10th, where it was agreed to object to a planning application at Morland House (21/1001), on the grounds of highways issues and local planning policy.

Neighbourhood Development Plan - We are currently finalising details on community assets. The District and County Councils are compiling a Local Heritage List to help protect items of local interest across Cumbria. For more details and to submit a local heritage asset for consideration, please visit:

<https://www.eden.gov.uk/local-heritage-list>

Wild flower area at the Village Hall - Over recent years we have been trying to convert the overgrown area by the Village Hall into a wild flower area and viable habitat for wildlife. The ongoing progress continues with the imminent planting of yellow rattle plants as it is hoped these will help control the strong cocksfoot and rye grasses that dominate and restrict the establishment of the wild flower seeds and plants.

As in previous years the area was cut and cleared in autumn after seeds have been shed, this allows plants to self-seed for next season and for rigorous re-growth of established plants, it also reduces competition for the new wild flower seeds applied each year of which over 20 different species have been sown to date.

The area behind the maze path provides winter cover for wildlife, and is not normally cut and cleared until spring before the new growth of the Meadow Sweet and Pink Campion can once again provide a scented display of colour and pollen for the insects. This area is used by Hedgehogs, field mice and voles, partridge, foxes, even orange toads, as well as a variety birds and insects feeding on the nectar and seeds.

We hope you enjoy this patch and please let us know if you see any unusual wildlife.
Councillor Phill Hancock

Parish Clerk meet up - Our Parish Clerk, Lisa Beken, and Councillor Lesley Robson, will be at the Millyard Café from 10am on **Thursday 10th March**. This is an opportunity raise any Parish matters, discuss the Neighbourhood Plan, and ask any questions.

Meeting - The next Ordinary Meeting of the Parish Council will be held on **Monday March 14th 2022**, 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.

Fellrunner Bus Service - The Fellrunner Bus Service is runs services to Penrith running from Halmshaw's garage on Tuesdays at 10.05am and Fridays at 11.21am.

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

Tea, Coffee & Chat

Morland and Newby Village Hall

Every Thursday in term time

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



. Please come and join us.



MORLAND UKULELE GROUP

Meet Tuesday evenings 19:00 -21:00
at Morland Village Hall
(when available)

New members always welcome,
but please ring to check as we will
occasionally meet at an alternative
venue.

Contact Mark or Rachel
on 01931 714163

The PCC of St Cuthbert's Church, Cliburn

..... wish to thank everyone who
came to our Carol Service and helped
decorate the church inside and the
Memory Tree outside. Thank you
especially to AW Jenkinson for sup-
plying the memory tree -this is much
appreciated.

Throughout the year we have a ser-
vice on the third Sunday each Month
you are very welcome to support us.

Cumbria Westmorland Federation of WIs

are holding their Biannual Northern
Show on

**Saturday 9th April in
Shap Memorial Hall**

The theme is

`For Queen and Country`

to celebrate Her Majesty's Platinum
Jubilee.

WI members from the North of the
Federation will put on a lovely display
of craft and produce, all of which will
reflect the things the Queen loves
best.

There will also be a competition for
children so something for everyone.

Come and relax at our **Coffee Morn-
ing (9.00 to 11.45am)** and then enjoy
the Show between **12.00 to 4.00 pm**

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*Get in
touch!*



Message to all local event advertisers.

As printing costs for the North Westmor-
land 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 signifi-
cantly shrunk than a 'portrait' version.

1st Crosby Ravensworth Brownies

We are back on. Any new girls that
would like to come along for the even-
ing are welcome. Brownies is for girls
aged 7-10. I would appreciate it if you
could let me know in advance. Why
not come along, make new friends and
have some fun. I look forward to see-
ing you there.

Jo Laverick (Guide Leader)

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**



The North Westmorland News is available via email!
Please send your email address to:

EditorNorthWestmorlandNews@outlook.com



The Eden Workshop at The Appleby Hub - Craft Workshops & Courses at Appleby in the The Eden Valley. Located in a vibrant community hub in a bustling market town. Easy access from M6 & A66

www.theedenworkshop.co.uk

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
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If you are interested in placing an advert please contact
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Please support our advertisers:
they cover a large part of the cost of printing this magazine.



The Studio Morland


Wellbeing Day

Sunday 6th March 2022

Join three experienced wellbeing experts for a day of exploring proven ways to boost your wellbeing

Funded Tickets: £15 per workshop or £45 for full day (first come, first served)
Full Price: £25 per workshop or £75 for full day

Visit thestudiomorland.co.uk/wellbeing-day to find out more

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What's on @

The Studio Morland

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 11am - 12pm: Physio Pilates with Andy Speight (BOOK: 07596957027)	

Saturday Art Club
FOR SERIOUSLY CREATIVE YOUNG PEOPLE
Join us to be guided by pros to create impressive pieces of art, whilst building up your creative portfolio, honing specialist skills and speaking to professionals throughout the industry to inspire your future career.
thestudiomorland.co.uk/saturday-art-club

Morland Cine Clubhouse
Are you interested in helping us make a community-run cinema night happen regularly in Morland? The Studio Morland has a big new projector screen ready for us to make a cinema night a thing - but we need your input to make it happen.
Do get in touch if you'd like to help

 thestudiomorland	thestudiomorland.co.uk thestudiomorland@gmail.com 01931 714444	The Studio Morland Morland, Penrith CA10 3AZ
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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.

NORTH WESTMORLAND ARTS
Appleby Public Hall 7.30pm

27th February 2022 - £15
Boglarka Gyorgy - violin
Amy Butler - piano

13th March - £15
Solway Saxophone Quartet

3rd April 2022 - £20
Meliora Collective
Septet including string quartet,
flute, harp and clarinet

Tickets at the door or online
www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk
Tel: 017684 83777

Supported by: Westmorland Arts,
Hadfield, and Bryan Lancaster Trusts



Shap Bowling Club

is looking for new members.

We are a small friendly club and
experienced players
or beginners are all welcome!

Come to our **Coffee Morning** on
Saturday 9th April

or our **Open Day** on **Sunday 17th**
April (conditions permitting)

or phone Jenny or Tony on 01913
716958 to find out more.

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



Affected by Cancer? APPLEBY & DISTRICT CANCER SUPPORT GROUP

Invite you to
Come for Coffee

Open to all in Eden district



Chat in confidence with others
going through tough times

Also on offer:
Light exercise

We Meet
~ Every 1st & 3rd Monday of each month
(except Bank Holidays)
~ in The Bennett Room The Hub
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~10 am - 12 noon

Further Info, Phone
~ **Rosie on 017683 52263** or
~ **Jackie on 017683 52277**



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Great Strickland

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CA10 3DF

Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

Welcome you to The Strickland Arms

'The Warmest, Friendliest Pub in the Eden Valley'

We believe The Strickland Arms is a

'pub of character & distinction at the heart of the village community'

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

We have an extensive Menu with Real Ales on tap

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

Plus:

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

Dolly's LogByre

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

Lina's LogByre

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



We have traditional wooden seating and tables in our secluded beer garden & on our terraced front

We provide FREE superfast broadband WIFI ...

We welcome walkers, cyclists, families, dogs and everyone else if you are well trained and behaved ...

Our Menu is available online at www.thestricklandarms.co.uk
Covid-19 'Open Hours' from 5pm until 10pm every day of the week
We serve food from 5pm until 9pm every day of the week

PAINTING & DECORATING SERVICES

Does your kitchen need a new lease of life?

Would your bathroom like a colourful make over?

- Domestic Painting & Decorating
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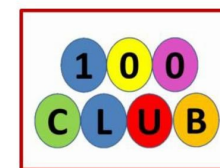
Please call Andrew for a **FREE** quote
07858 417 607



Please keep donating to our local food banks in Appleby (Sands Methodist Church) and Penrith. (Salvation Army) Many more families are still finding it hard to manage through this difficult time.



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

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 18's 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's Voluntary Car Scheme

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

For more information contact: 0333 240 69 65 (option 5)

facebook.com/Cumbriacc

Serving the people of Cumbria

cumbria.gov.uk/voluntarycarscheme

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Morland 100 club winners for December

- 1st. Prize Emma Williamson
- 2nd. Prize Caroline Armstrong
- 3rd. Prize Anne Metcalf

Could you be a winner? You won't know unless you subscribe.

Support your local school, Morlanders and Newbyites!

For those of you from other villages, all our schools need your support to look for opportunities.



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



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Robert & Sarah Kite welcome you to the Mill Yard Café where you can relax on the sofas by our cosy wood burning stove in the winter, sit back and enjoy our sunny courtyard in the summer months, drinking and eating our locally sourced and homemade delicious food or just enjoying a pot of real tea or coffee and a scrumptious cake!

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

(Please see website – www.millyardcafe.co.uk for any further dates which may be closed for holidays and for more information regarding menus etc.)

**Mill Yard Café, The Square, Morland, Penrith CA10 3AZ
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Neat Feet by Mary-Anne

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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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COVID-19 Infection Prevention and Control: Guild Training International**

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A SERVICE OF REMEMBRANCE FOR MOTHERING SUNDAY.

This is a service of remembrance for those of us whose Mothers are no longer with us, but wish to remember those whom we loved but see no longer.

The service is to be held at

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at

6.30p.m. on March 27th.

For further information please contact Rev'd Sandy Pearl
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	Askham with Lowther	Bolton
2nd March Ash Wednesday		
6th March Lent I	11:00 Family Worship Lay Led	9:15 Holy Communion JHB
13 March Lent II	 11.00 H	
20 March Lent III	11.00 Morning Prayer Lay Led	6.30 Taize Evening Pr SRP
27 March Mothering Sunday	11.00 Holy Communion JHB	6.30 pm Alternative Mo Sunday SRP
April 3rd Passion Sunday	11.00 Family Worship SRP	9.15 Family Communion



ABBREVIATIONS: : " SPC" Revd Sheila Clark, Curate; "SRP" Revd Sandy Pearl;;Deacon "JHB" Rt. Revd James Bell;; "AJH" Revd Alun Hurd" KMcB" Revd Kenneth Boyd;;(Church of Scotland) "DGJ" David Jones, Reader; " AJS Revd Andrew Sterling (Methodist)
"Family Communion is in Contemporary form

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



	Cliburn	Crosby Ravensworth
	7:30 Joint Holy Communion Askham JHB	
		11:00 Holy Communion JHB
Holy Communion* (Cliburn) SPC		
Prayer	11.00 Holy Communion SPC	6.30 Evening Prayer DGJ
Mothering		11.00 Morning Prayer AJS
on JHB		11.00 Morning Prayer Lay led

St Wilfrids, Brougham, remains closed for March and April due to heating problems. Hopefully there will be a service in May.

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!

	Clifton and Brougham	Great Strickland
2nd March Ash Wednesday	7.30pm Holy Communion JHB	
6th March Lent I	9.15am Holy Communion SPC	
13 March Lent II	11.00 Holy Communion SPC	
20 March Lent III		11.00 Holy Communion JHB
27 March Mothering Sunday	11.00 Mothering Sunday service	
April 3rd Passion Sunday	9.15 Holy Communion Clifton SPC	11.00 Holy Communion AJH

ABBREVIATIONS: : “ SPC” Revd Sheila Clark, Curate; “SRP” Revd Sandy Pearl;;Deacon “JHB” Rt. Revd James Bell;; “AJH” Revd Alun Hurd“ KMcB” Revd Kenneth Boyd;;(Church of Scotland) “DGJ” David Jones, Reader; “ AJS Revd Andrew Sterling (Methodist)
“Family Communion is in Contemporary form

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



Morland	Thrimby	Kings Meaburn Chapel
Union Askham		
11.00 Holy Communion SPC	11.00 Morning Prayer Lay Led	10:30 J Ousby
Union* (Cliburn)		10:30 T Dent
11.00 Messy Church Morland VH AJH/SRP	11.00 Morning Prayer Lay Led	10:30 LA
11.00 Morning Worship DGJ 		10:30 H Radford
11.00 Holy Communion SPC	11.00 Morning Prayer Lay Led	10:30 LA

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!

A thank you from 3 Dads Walking

I spent a significant chunk of October walking from Morland to Norfolk via Manchester. Along with Mike & Tim we were 3 Dads Walking. We walked in memory of our daughters, Sophie, Beth & Emily, all of whom had taken their own lives within the last 3 years.

We intended to raise funds for **PAPYRUS** Prevention of Young Suicide and encourage more people to talk about suicide prevention. Our expectations were exceeded way beyond anything we could ever have imagined; #3dadswalking was spread across all media, local and national, and our message of hope was broadcast far-and-wide.

On behalf of all 3 of us, I would like to thank everyone who supported us along the way. Many people in our community played a part in ensuring we made it along the route. It was uplifting to see so many people come out to give us a great send off when we started and to see others come out of their homes to wish us well. That inspirational start sent us on our way with a spring in our steps and set the tone for the days to come. Thank you If you would like to find out more about 3 Dads Walking then look at our website: www.3dadswalking.uk To find out more about PAPYRUS and the lifesaving work they do visit: www.papyrus-uk.org

TIME FOR A GIGGLE!

MORLAND WALKING GROUP

Monday 14th Marcy: Meet at the Village Hall 10 a.m. with packed lunch and clothing fit for the weather on the day.


We will be parking on the A6 between Clifton and Eamont Bridge, walking across the fields to Lowther Castle, then back through the caravan site.

Tea or coffee at Lowther afterwards.

Group coordinator


Geoff Procter
07507153046


There was a vicar who fell in the ocean and he couldn't swim. When a boat came by, the captain yelled, "Do you need help, sir?" The vicar calmly said "No, God will save me." A little later, another boat came by and a fisherman asked, "Hey, do you need help?" The vicar replied again, "No God will save me." Eventually the vicar drowned & went to heaven. He asked God, "Why didn't you save me?" God replied, "I sent you two boats. What more do you want?"



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We're putting on two dates at Maulds Meaburn and Kirkby Stephen. We're expecting these evening to fill up quickly and numbers are limited so do reserve your place/s early on the Westmorland Dales Website. Please check with your school first before booking your children on.

Wednesday 2nd March 2022 - Maulds Meaburn Village Institute at 6:30pm
Thursday 3rd March 2022 - Kirkby Stephen Grammar School Gym at 6:30pm

If you would like to book please visit our events page at www.thewestmorlanddales.org.uk or email : westmorlanddales@fld.org.uk



Our vision is to unlock and reveal the hidden heritage of the Westmorland Dales, enabling more people to connect with, enjoy and benefit from this inspirational landscape.

The Westmorland Dales Landscape Partnership Scheme, thanks to National Lottery players, has been supported by a grant from the National Lottery Heritage Fund.

Friends of the Lake District, Murley Moss, Oxenholme Road, Kendal, LA9 7SS
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THE ARTS SOCIETY, APPLEBY

The Arts Society, Appleby - Wednesday 9 March

more information from taswestmorland.org.uk

Klimt and the Viennese Secession: 'A Kiss for All the World' – Douglas Skeggs

Douglas Skeggs read Fine Art at Magdalene College, Cambridge and since 1980 has been a lecturer on the history and techniques of painting. He has made several art documentaries, and over the years has accompanied numerous tours across Europe.

The Arts Society - Wednesday 13 April

more information from taswestmorland.org.uk

Revolt into Style: the Punk Aesthetic in Fashion, Art and Music – John Francis

This short lived, rebellious, anarchic and creative movement took hold in the economically depressed late 1970s. This lecture will explore the aesthetics of revolt, looking at Vivienne Westwood, Surrealism and Dadaism, showing that punk has a fascinating heritage. This lecture reveals the facts behind the mythology.

The Arts Society - Wednesday 11 May

more information from taswestmorland.org.uk

The Riches of Islamic Art and Architecture - Professor James Allan

Now retired, James was curator of the Islamic collection and Keeper of Eastern Art at the Ashmolean Museum, Oxford University, where he taught Islamic art and architecture. The lecture will explore Islamic art and design and consider the elements of Arabic script, styles of calligraphy and the role of Arabic calligraphy in design.

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References available on request.

Heart of Westmorland



Bereavement Support Group meets at **The Hub Cafe in Appleby** **on the 1st Monday each month** **2-4pm**



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

We do not follow 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 further information, please contact

Rev'd Sandy Pearl – 01931 714564

Kevin Robinson – 07801068121



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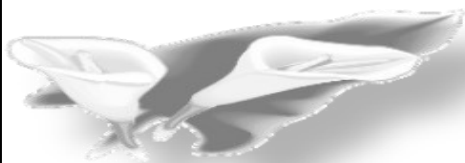
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Dates For The Diary!

Wed 2nd Match	Morland Lent Lunch	Morland Village Hall	p. iv
Sat 5th March....	Fellrunner	Boundary Mill Colne.	p. v
Wed 2nd March	Celebrating our Dark Skies	Maulds Meaburn Village Inst.	p. 19
Thu 3rd March	Celebrating our Dark Skies	Kirkby Stephen Grammar Sch.	p. 19
Sun 13th March	North Westmorland Arts	Appleby Public Hall	p. 2
Sun 27th March	Mothering Sunday Services		
Sun. 3rd April	North Westmorland Arts	Appleby Public Hall	p. 2

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

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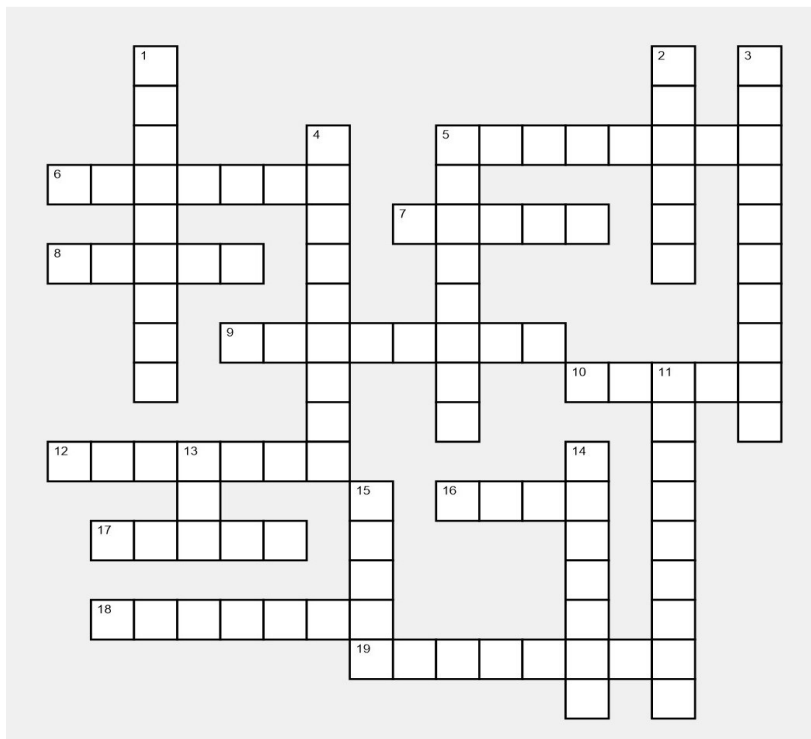
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Animals Crossword



ACROSS

- 5) Nut collector
- 6) Emu's cousin
- 7) Bullwinkle, for one
- 8) Centaur, in part
- 9) Aquarium favorite
- 10) Sea spouter
- 12) Barnyard bird
- 16) Fox's prey
- 17) Furry swimmer
- 18) Bird with flippers
- 19) Aussie hopper

DOWN

- 1) Monarch, e.g.
- 2) Slowpoke
- 3) Lizard's relative
- 4) Quick change artist?
- 5) Desert stinger
- 11) Everglades denizen
- 13) Alley ____
- 14) Spotted stalker
- 15) Odor emitter

Puzzle compliments of Memory-Improvement-Tips.com

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Housing: information on housing, aids, and adaptations.

Local Services: advice on local support, groups, activities and concessions.

*Drop-in sessions held on the 3rd Wednesday of the month between 11am and midday at Eden Sight Support, The Resource Centre, Sandgate, Penrith, CA11 7TP.

Home Support

We offer a quality, competitively priced home support service with a person-centred approach, helping people maintain their independence in their own homes. We can help with weekly chores, support personal wellbeing and promote social inclusion.

Social Opportunities

A wide range of social opportunities are available, from walking to craft sessions, afternoon teas and much more.

Shops

We have 6 shops in the region that sell a wide range of new and pre-owned items.

Volunteering Opportunities

Volunteering opportunities are available across all departments, and we would love to hear from you if you would like to join our team!

Contact for details

Tel: 01228 536673

Email: admin@ageukcarlisleandeden.org.uk.

Website: www.ageuk.org.uk/carlisleandeden/

TEMPLE SOWERBY CE PRIMARY SCHOOL

PRE-SCHOOL NEWS

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

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

TEMPLE SOWERBY TOTS

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

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

Temple Sowerby CE School

Temple Sowerby

Penrith

Cumbria, CA10 1RZ

Tel: 017683 61512

admin@temp-sow.cumbria.sch.uk

www.temp-sow.cumbria.sch.uk

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



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.

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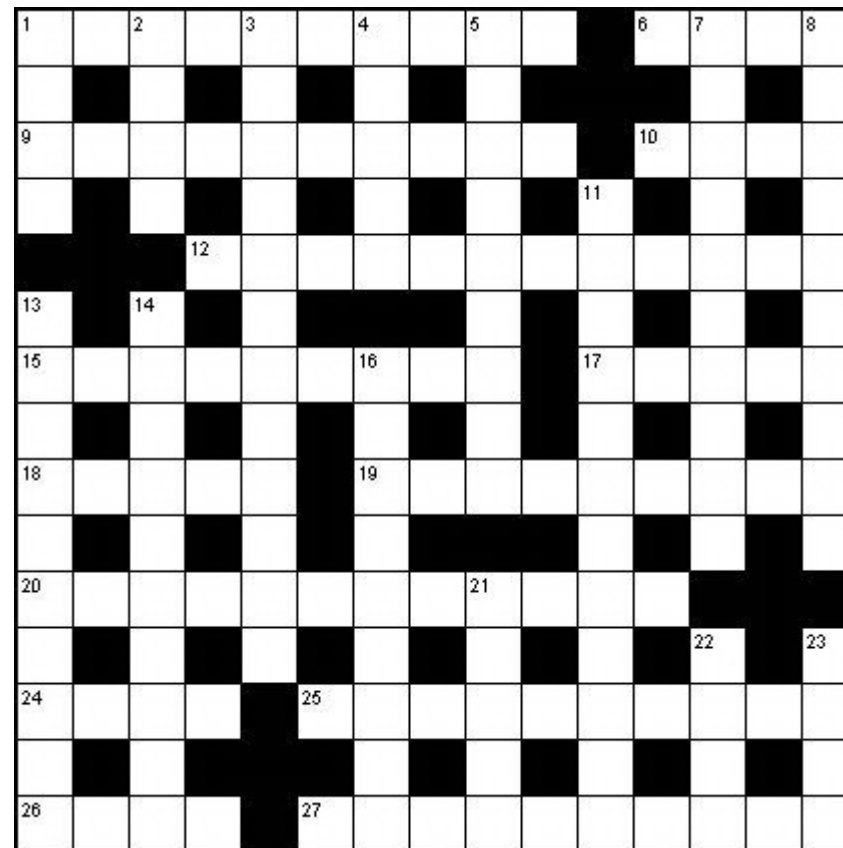
We are open Monday to Friday, 8am to 6pm for babies and children aged 3 months - 11 years, offering flexible hours.

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**.



Beginner's
Cryptic Cross-
word

Taken from
alberichcross-
words.com

ACROSS

- 1 Came across a record concerning journalist (10)
- 6 Language of old city belonging to the French (4)
- 9 They'll get wrongly blamed for heading off escape by animals (10)
- 10 There's potato in Mum's pudding (4)
- 12 Style of cooking providing contrasts (5-3-4)
- 15 Country-loving Irishman in charge of containing disturbance (9)
- 17 Giving note to terrorists makes one angry (5)
- 18 One who latches on to another is a sucker (5)
- 19 Sailor's intent perhaps is to be self-restrained (9)
- 20 A comment sure upset in due proportion (12)
- 24 Man told to get on his knees? (4)
- 25 Boundary rope may produce such a decision (10)
- 26 E.g. dogs returning from walk (4)

DOWN

- 1 Pretty girl gets some food (4)
- 2 Animal found in sea location (4)
- 3 Fat little Edward is biased (12)
- 4 The First Lady touring Oklahoma will awaken memories (5)
- 5 The thresholds of delights (9)
- 7 Heartless robbers go off with a pet. The villains! (10)
- 8 Below, below, below (10)
- 11 Managed to get clergyman in dead awkward situation (12)
- 13 They are seeking work after demolition of aspic plant (10)
- 14 Steam railway takes on head of Railtrack to improve efficiency (10)
- 16 To perform in a different key, one's parts must be arranged (9)
- 21 Went on horseback round cowboy show (5)
- 22 Junk mail from the capital (4)
- 23 Nothing but a lake (4)

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THE LAST WORD...

I couldn't let this issue go to press without expressing my gratitude to Sheila Clark for all the help and support she has given me to help me compile it.

As you all know, Sheila has produced the Newsletter for 3 years and has done a wonderful job and I am certain you will all wish to join me in thanking her for the hard work she has done during that time. She will be a hard act to follow!

I also ask your forbearance whilst I get to grips with the editorship. It has been over a decade since I last used Publisher and my skills are very rusty, but I will try to burnish them and get up to scratch as soon as I can.

You can all help me by letting me know things you might like to see more of in the Newsletter. I can't promise to be able to include all suggestions, but I do promise to consider them. Our Newsletter is really well regarded and I very much hope I can maintain the standards set by Sheila and that you will enjoy it for years to come.

Advertisers can also help by sending in copy by the deadline, which is the **7th day of the month**. It was fortunate that I took an extra week to work on the Newsletter this month so that I was able to include some late submissions, but please be aware that, with the best will in the world, I will not normally be able to do this!

EditorNorthWestmorlandNews@outlook.com

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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 February issue

7th March at the very latest.

Material by email please to EditorNorthWestmorlandNews@outlook.com