

LOCAL DIRECTORY

RECTOR	VACANT	01931 714 620
CURATE	Revd Sheila Clark	01931 714 238
DEACON	Revd Sandy Pearl	01931 714 564
READER	David Jones	01931 714 338
BOLTON MEMORIAL HALL		
Bookings	Deborah Brockbank	07825458288
BOLTON PARISH COUNCIL		
Chairman	Peter Griffiths	017683 61944
Clerk	Shelagh Leyland	017683 62327
CLIBURN VILLAGE HALL		
Bookings	Margaret Burne	01931 714218
CLIFTON PARISH COUNCIL		
Clerk		
CROSBY RAVENSWORTH		
Ward Councillor	Joan Raine (joan.raine@eden.gov.uk)	01931 715351
CROSBY RAVENSWORTH VILLAGE HALL		
Bookings	Freda Smith	01931 715381
GREAT STRICKLAND PARISH COUNCIL	Usually meets last Monday in month	
Clerk/Village Hall Bookings	Ruth Tupling	01931 712 571
MAULDS MEABURN POST OFFICE	Open from 2-4pm on Thursdays until further notice.	
MAULDS MEABURN VILLAGE INSTITUTE	adelermurdoch@gmail.com	
Bookings secretary	Asele Murdoch	07860 282802
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken	
MORLAND COMMUNITY FIRST RESPONDERS	clerk@morlandparishcouncil.org	
MORLAND & NEWBY VILLAGE HALL	Caroline Sterling (cster52822@aol.com)	01931 714 971
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE	Tuesday 12.30pm-5.30pm,	01931 714 256
(at the White Horse Inn)	Wednesday 12 noon-5.30pm,	
	Friday 8.30am-1pm	
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS		
Editor	Alex Paris (EditorNorthWestmorlandNews@outlook.com)	
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 May issue

7th May at the very latest.

Material by email please to EditorNorthWestmorlandNews@outlook.com

May 2022

North Westmorland News

Group website:

www.northwestmorlandchurches.org.uk



***To love Christ and
make Him known***

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Welcome to the May 22 issue of North Westmorland News

Please send all future copy to:

EditorNorthWestmorlandNews@outlook.com

Latest date for copy:

7th day of preceding month!

From Crosbar House

May is, for many of us, a month of hope. For farmers and gardeners, the hard work of autumn, winter and early spring is reaping its rewards as lambs and calves thrive on the spring grass in the fields; the milk yields also benefit from the farmer's good husbandry as do the crops in the fields. Gardeners too will be enjoying visions of their garden blossoming, spring bulbs being replaced by early summer bedding plants and vegetable seeds germinating with the promise of delicious additions to their diets in the months to come enjoying the fruits of their labours.

Last month we celebrated the great festival of Easter and this month we look forward to Ascension day, May 26th, and Pentecost, June 5th, two important dates in the church's calendar. For Christians, hope is central to our lives and it is something sure and reliable. St Paul said that hope was "the assurance of things not seen" and that it is one of the three things that would endure eternally (along with faith and love). The assurance of endurance is what Christian hope is all about.

Rather like the gardeners' seedlings, we can be assured of hope because of Jesus' resurrection. Because God became a human being, lived our lives, disposed of the sins that kill us and rose to life again, he demonstrates the lifecycle of the Christian – a lifecycle that moves from the bleakness of sin to the radiance of heaven. Rather, like the weather, God may move in mysterious ways, but there is a pattern to what he is doing which gives us a firm ground for hope.

We can be assured because we know that Jesus lived on this earth. His existence was affirmed by a Jewish historian, Josephus, who was opposed to the early Christian movement. so that much is beyond doubt, and we have become convinced that he was God incarnate and that he rose from the dead. Not just a wild dream or wishful thinking, but a reality.

Perhaps for you that reality is as hard to imagine as summer warmth is from the dark days of January. But the summer warmth was as much of a reality in January as it is in May. What helps us make the transition from cynicism to hope is our faith in the historical Jesus and our relationship with him. Rather like our seedlings, hope in Jesus is something that needs to be nourished every day – watering them with prayer and God's word, looking for green shoots of spiritual life and following where God's light leads. Then we too will be ready for the garden – God's garden – where we will enjoy the fruit of our labours and nothing will be sweeter than that happy day when our hope is fulfilled and we will be with our creator father God in the closest possible loving relationship for ever.

Sheila

Church News & Local Events

Morland APCM

Thursday, May 5th at 7:00 p.m. in Morland Village Hall. All parishioners are most welcome to attend.

Benefice House Group

The next meeting will take place on **Tuesday the 3rd of May at 2p.m.** at Foxwold Barn, Newby End. All are welcome. For more details ring 01931714455.

St Cuthberts Church Cliburn APCM is on 27th April at 7.30 pm in Cliburn Village Hall.



Bolton Mothers' Union

is delighted to welcome the new Carlisle Diocese President Deb Lee. Deb will talk about the Bishop's harvest appeal and her plans for the future.

Everybody is more than welcome. Visitors £3 to include afternoon tea. An idea of visitor numbers would be helpful, please call 01768 361808'

Morland Mothers' Union

The May meeting will be held on Thursday 26th May at 7.30pm in Morland Village Hall. The speaker will be Peter Nutsford who will be talking about "The Animals of Kenya". Hostesses are Joyce Wills and Christine Ritchie. Visitors are always welcome at our meetings.

Great Strickland Village Hall Events 2022

Saturday 30th April - Social Evening

Friday 3rd June - Queens Platinum Jubilee Fun Day

Sunday 17th July - Village big Breakfast

Saturday 10th September - Steak Night (in aid of St Barnabas Church)

Friday 7th October - Mikron Theatre Company

Sunday 20th November - Other Lives Theatre Company (The Catch)

Follow us on Facebook @greatstrick to keep up to date on events

From our Registers



The baptism of Leo Dargue took place in St Cuthbert, Cliburn on Sunday 13th March 2022,

The marriage of Jason Smettem-Minson and Chloe Richardson took place in St Lawrence, Crosby Ravensworth on Saturday 23rd April 2022.

The marriage of Lee Bradbury and Jayne Mitchell took place in St Lawrence, Crosby Ravensworth on Saturday 30th April 2022.

The marriage of Phil Fell and Ellen Walker took place in St Lawrence, Morland on Saturday 30 April 2022.

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!

PLEASE CONTINUE TO JOIN TOGETHER HELPING THE CARLISLE HOMELESS REFUGE



A sincere thank you to everyone who has already given in response to this appeal. The kindness, generosity and support shown by so many people has been overwhelming. If you haven't yet had a chance to help, you can still donate kitchen items such as :- washing up bowls, tea towels, cutlery, crockery, washing up liquid, surface cleaners, etc.

We will continue the collection until Palm Sunday, April 10th.

Please leave your contributions in the box on our drive at :-

1, Crown Inn Fields, Morland ... CA10 3EB

MANY THANKS John and Margaret { Gore }.



THANK



YOU

....for joining together to help the Carlisle Homeless Refuge.

Your response and kindness have been greatly appreciated by ourselves and all at the Refuge. Your contributions will be found in one or more of the 30 boxes shown in the picture !!!

Thanks again John & Margaret Gore

Morland PCC Platinum Jubilee project:

Morland Church Flagpole

Do you miss seeing the St George's flag as you come into Morland?

The flagpole at the top of the church tower snapped through a bolt hole during Storm Desmond (2015). Rot had penetrated the wood and had made the pole weak.

We would like to replace the flagpole to commemorate Queen Elizabeth's platinum jubilee and have a flag flying again by the 2nd of June 2022.

A bespoke wooden pole has been commissioned from G&S Specialist Timber, Stainton to match the old one. The total cost of the project will be around £2000.

We are inviting people to contribute to this cost. Contributions (if wished) will be recognised in a book displayed in the church.



If you wish to make a donation to the project, please send a cheque payable to 'Morland PCC' to John Ellerton, Hollies, Morland, CA10 3AZ with a note of your name (if you wish to be acknowledged) and the reference 'flagpole'.

Alternatively please scan the QR code (below). If you donate in this way please email me at johnellerton01@btinternet.com so we can identify and acknowledge your contribution to this project.

If you have any questions please do not hesitate to email me. I am especially keen to hear from anyone able to safely transport a 6 metre pole from Stainton to Morland!

Contributions for this project will close on the 1st of June 2022. If excess funds are raised above £2000 or late contributions are received, your contribution will be used for the general upkeep of fabric of Morland Church.





Weddings

The Wedding season is upon us again! This year there will be a number of weddings across our parishes. You might want to come & cheer on the happy couples, or just lock them in until they pay up!!!

Date	Time	Venue	Couple
7th May	1pm	Askham	Andry McWilliams Charlotte Bradburn
14th May	1pm	Askham	Tom Stone Jenny Webster
21st May	11am	Bolton	Michael Braithwaite Joanne Barker
28th May	12:30	Askham	Michael Rees Claire Little
2nd June	1pm	Askham	Andrew Edwards Rosy Blunstone
4th June	11:30	Lowther	Michael Morley Nicola Chappelhow
4th June	12noon	Crosby R	Dan Robinson Lydia Jackson
11th June	12:30	Askham	Sam Storey Lucy Elsom
11th June	2pm	Lowther	Charles Holland Katie Jenkinson
18th June	1:30	Askham	Fabian Taylor Hannah Mitchell
25th June	1:30	Crosby R	Alistair Strong Angela McBride
14th July	1:30	Lowther	Patrick Relph Jessica Hurst
28th July		Askham	Richard Dutchak Elixabeth Wilkinson
30th July	1pm	Askham	Alex Daley Jennifer Mc Hugh
6th August	1pm	Askham	George Bamber Kathryn Oldfield
3rd Sept.	3pm	Askham	Joe Brench Daney White
8th Sept.	1pm	Askham	Steven Glencross Charlotte Dickinson
15th Oct.	2pm	Lowther	Ruari Watt Sarah Patrick
5th Nov.		Askham	Luke Fannon Emily Whitfield

Joyce Bell (1921-2021)

A memorial service will be held in St Lawrence's Church for Joyce, a long-time resident of Morland, following the interment of her ashes in the churchyard at **2 p.m. on Sunday 14 May**.

All who knew her are warmly invited to attend and we would ask for people to pass on the details to others who do not attend St Lawrence's if they think they might have known her.

Attendees are also warmly invited to Morland Village Hall for refreshments from 3 p.m. Joyce's daughter Sue Arloff would be grateful if you would let her know, for catering purposes, if you will be there, on 07922 071626.

HIVE GEOMETRIX EXHIBITION

Upfront Art Gallery, Nr.Penrith
CA11 9TG

Tues. 17th May – Sun. 3rd July
'Honey Bees through the Seasons' .
Paintings by Stephen Livingstone

Other events by Penrith Beekeepers:
20th May: 'Cooking with Honey'
A presentation and supper.

Bee Hotel Making Workshops:
22nd May + 18th June

Gardeners' Question Time 19th June
See www.penrithbeekeepers.org
For tickets: Tel: 01768 894404
E mail: mr4cnr@gmail.com

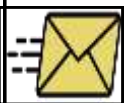
MORLAND WALKING GROUP

Monday 9th May meet at village hall **10 am** Bring a packed lunch and suitable attire for conditions on the day

Our 4 mile walk starts om the Upper Murton village car park below Murton Pike, through the village across fields, moorland paths and the edge of Flakebridge Woods. There are some boggy areas!

Tea at Appleby

Leading the walk will be
Judith & Miriam



The North Westmorland News is available via email!

Please send your name and email address to:

EditorNorthWestmorlandNews@outlook.com

Please make sure you leave enough room in your inbox for the Newsletter as if the remission 'bounces' , your address may be removed from future mailings.

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.

Mugs

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



THANK
YOU



I completed my “ 3.5 Mission “ { walking 3.5 miles / day for a week } to raise funds for the North West Air Ambulance.

The encouragement given to me by many people, together with their wonderful generosity, was truly heart warming.

Your kindness has been highly appreciated both by myself and the Air Ambulance Charity. Donations amounted to £1500.

Thank you again

John Gore

Railways Old and New

Saturday
23rd April
until
Friday
22nd May

www.theoldcourthouse.org
facebook@TheOCShap



for opening times see website



David French
G.R.A
(Guild of Railway Artists)



Exhibit 'A' Gallery
The Old Courthouse, Shap, Cumbria, CA10 3NL
www.theoldcourthouse.org, facebook@TheOCShap



NEWBY PARISH MEETING AGM

The Annual General Meeting of Newby Parish Meeting will be held on Monday 9th May 2022 at 7.30 pm in Morland and Newby Village Hall.

Residents of Newby are invited to attend and other members of the public and press are welcome to attend

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.

1st Crosby Ravensworth Brownies

We are back on.

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.

Why not come along, make new friends and have some fun. I look forward to seeing you there.

Jo Laverick (Guide Leader)

Message to all local event advertisers.

As printing costs for the North West-morland 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.

The earlier you submit your adverts, the more likely they are to be included and the closer to the front of the magazine they are likely to be.

We reserve the right to reformat free submissions to appropriately fit the available space.

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 01931 714 432

Please support our advertisers:

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

Events at Shap

HM Queen's Platinum Jubilee

SHAP FARMERS' & MAKERS' MARKET

Saturday 28th May 9:00 - 2:00

Food/Plants/Art/Craft stalls plus much more - indoors and outdoors at the **Memorial Hall** and **The Old Courthouse**

Music on the Terrace 1100 – 1330
'Skinny Lincoln' (rock band)
Vintage Vehicles on display
Please come and support us!

23rd April – 22nd May 'Railways Old and New' David French- Paintings

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

www.theoldcourthouse.org

Tel: 01931 717539

Wed 1st June -

**Celebrate our Community -
Volunteers' event
10 -12 at the Memorial Hall**

Friday 3rd June 7.30pm

'The Lidos'

at the Memorial Hall,
50s and 60s music with quiz

Tickets:£5

Tel. 01931 716326

Bring your own drinks
and nibbles

Saturday 4th June

2.30pm

Tebay Community Choir
present a

'Platinum Jubilee Prom'

followed by light refreshments
Donations appreciated

Art Exhibition

by **David Boyd**

in the Exhibit 'A' Gallery at
The Old Courthouse, Shap
28th May - 19th June

Free Admission

visit www.theoldcourthouse.org for
opening times and further information

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: (Name 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

Morland 100 club winners

- 1st. Prize: Emma Lockerbie (5)
2nd. Prize: Anne Metcalf (42)
3rd. Prize: Annette Thornton (60)

Thank you to the After School Club pupils at Morland School for drawing the numbers and to everyone for their ongoing support with the club. We have raised over £1,700 for school so far!!

Interested in joining: £3 a number, paid every month and better odds of winning than the lottery. For further information email: pta@morlandarea.cumbria.sch.uk or ask in school for a form.

Current Available Numbers:

35, 46, 82, 90, 93, 94, 95, 96

Full Terms & Conditions available at

www.morlandarea.cumbria.sch.uk/topic/

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.



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



We Meet

- Every 1st & 3rd Monday of each month (except Bank Holidays)
- in The Bennett Room The Hub
- Chapel Street Appleby CA16 6QR
- ~10 am - 12 noon

Chat in confidence with others
going through tough times

Also on offer:
Light exercise

Further Info, Phone

~ **Rosie on 017683 52263** or
~ **Jackie on 017683 52277**



NEWBY COURT

NEWBY

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Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

vickers313@googlemail.com

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 John Bass if you can help

johnisobelbass@gmail.com

Do you care?

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

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

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Penrith CA10 1UP

The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF

Tel. 01931 712238

Email: stricklandarmspenrith@hotmail.co.uk



Anton & Penny

Welcome you to The Strickland Arms

'The Warmest, Friendliest Pub in the Eden Valley'

We believe The Strickland Arms is a

'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:

LogYurt

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



DO YOU HAVE PROPERTY WE COULD BUY?

A local, 2 generation family are looking to live Ideally in 2 separate properties close by, or potential to convert an adjacent barn or to split one large property into two

Must have good sized garden or land - All properties considered

Good for you

We are chain free and can move quickly if required
No estate agent's fees, which can be 1 - 1.5% + VAT of the sales value

Good for us

We will gain much needed space, continue to live and work in an area we love and **be able to look out for each other**

For a no obligation chat, please call Kevin or Ann on 07812 129599
Or email – homefolk57@gmail.com

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 75s must be accompanied by an adult who cannot make their journey by public or private transport.

Typical journeys include getting to the shops, doctors, dentist, 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



Facebook.com/CumbriaCC

Serving the people of Cumbria

cumbria.gov.uk/
voluntarycar.cumbria.gov.uk/



est. 1852

Funeral arrangements with
a professional, friendly service

24 Hours a day

Tel: 01768 891189

www.funeraldirectorspenrith.co.uk

CREATIVE CHAT GROUP

A few of us have got together hoping to start up a group for people who would like to socialise while doing something creative. Is anyone interested?

We would like to meet once a week for about 3 hours, but you would not need to come every week. All are welcome – old, young, men, women! The Studio in Morland would be happy to accommodate us. The cost will be around £2-3 per session, we hope. If there are not enough people to begin with, we might arrange a smaller venue in Morland.

CREATIVITY

You can do virtually anything you want – sewing, painting/drawing, clay modelling, crochet, lace-making, quilting – you just need to bring it along. Tables can be provided, and chairs of course. We do not intend to arrange for tuition in anything, unless the group decide to have a tuition session, but we do hope to pick up and pass on tips.

SOCIALISING

We would be able to chat and catch up with gossip or news, or just sit in companionable quiet, and maybe have some background music?

REFRESHMENTS

We would have coffee or tea and biscuits available.

If you are interested, please register your interest with Suzie Balfour on:

morlandgardenflat@gmail.com

I will let you know when we will start, but it will be after 20th April.

Please include the following information:

Your full name and contact email (and mobile if possible).

Your preferred day (we are thinking of Monday mornings - the Studio is available)

Your preferred times of day

Preferences for time of year if any

What you would be prepared to pay

Any other suggestions

We look forward to hearing from you!



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

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.

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.

The **Fellrunner** buses have been in service for over 40 years and now cover more than 50 villages in the Eden valley area. These buses run to published timetables Tuesday to Friday to enable people to have access to both Penrith and Carlisle for shopping or just to meet friends. However since Covid, when the buses were off the road, our passengers have not returned to the extent that many routes are now underused and becoming unviable.

If you are fortunate enough in your village to have access to the buses, please will you consider using them as clearly the Company cannot continue to service unprofitable routes. The timetables are available on the buses and often on parish notice boards, as well as being on the Cumbria County Council public transport web site.

Thank you for your support. Mike Roulson (Volunteer driver)

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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.)

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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.

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	Askham with Lowther	Bolton
May 1st 3rd Sunday of Easter	11.00 Family Worship Lay led Acts 9 1-6 John 21 1-19	9.15 Family Communion JHB Acts 9 1-6 John 21 1-19
May 8th 4th Sunday of Easter	11.00 Joint Holy Communion Clifton JHB Acts 9 36-43 John 10 22-30	
May 15th 5th Sunday of Easter	11.00 Morning Worship SRP Acts 11 1-18 John 13 31-35	6.30 Taize Service SRP Acts 11 1-18 John 13 31-35
May 22nd 6th Sunday of Easter	11.00 Holy Communion SPC Acts 16 9-15 John 14 23-29 or John 5 1-9	9.15 Morning Prayer Lay led Acts 16 9-15 John 14 23-29 or John 5 1-9
May 26th Ascension Day	Ecumenical Ascension Day King's Meaburn Chapel Details to be announced	
May 29th Sunday after Ascension	11.00 am Joint Holy Communion Crosby Ravensworth SPC Acts 16 16-34 John 17 20-26	

KEY:

SPC	Rev'd Sheila Clark
SRP	Rev'd Sandy Pearl;
JHB	Rt. Rev'd James Bell;
AJH	Rev'd Alun Hurd;
KMcB	Rev'd Kenneth Boyd;(Church of Scotland)
JBetts	Rev'd Jackie Betts (Methodist)
DGJ	David Jones,
AJS	Revd Andrew Sterling (Methodist)

Services labelled "Family Communion" are in a modernised format.

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

Cliburn	Crosby Ravensworth
	11.00 Holy Communion AJH Acts 9 1-6 John 21 1-19
11.00 Joint Holy Communion Clifton JHB Acts 9 36-43 John 10 22-30	
11.00 Holy Communion SPC Acts 11 1-18 John 13 31-35	6.30 Evening Prayer DGJ Acts 11 1-18 John 13 31-35
	11.00 Holy Communion JHB Acts 16 9-15 John 14 23-29 or John 5 1-9
Ecumenical Ascension Day King's Meaburn Chapel Details to be announced	
11.00 am Joint Holy Communion Crosby Ravensworth SPC Acts 16 16-34 John 17 20-26	

St Wilfrids, Brougham,

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
May 1st 3rd Sunday of Easter	9.15 Holy Communion Clifton SPC Acts 9 1-6 John 21 1-19	
May 8th 4th Sunday of Easter	11.00 Joint Holy Communion Clifton JHB Acts 9 36-43 John 10 22-30	
May 15th 5th Sunday of Easter		11.00 Holy Communion JWR Acts 11 1-18 John 13 31-3
May 22nd 6th Sunday of Easter		11.00 Informal Service Lay led Acts 16 9-15 John 14 23-29 or John 5 1-9
May 26th Ascension Day	Ecumenical Ascension Day King's Meaburn Chapel Details to be announced	
May 29th Sunday after Ascension	11.00 am Joint Holy Communion Crosby Ravensworth SPC Acts 16 16-34 John 17 20-26	

KEY:

SPC	Rev'd Sheila Clark
SRP	Rev'd Sandy Pearl;
JHB	Rt. Rev'd James Bell;
AJH	Rev'd Alun Hurd;
KMcB	Rev'd Kenneth Boyd;(Church of Scotland)
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AJS	Revd Andrew Sterling (Methodist)

Services labelled "Family Communion" are in a modernised format.

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



Morland	Thrimby	Kings Meaburn Chapel
11.00 Holy Communion SPC Acts 9 1-6 John 21 1-19	11.00 Morning Prayer Lay led Acts 9 1-6 John 21 1-19	
11.00 Joint Holy Communion Clifton JHB Acts 9 36-43 John 10 22-30		
11.00 Messy Church Village Hall Team tba		
11.00 Morning Worship DGJ Acts 16 9-15 John 14 23-29 or John 5 1-9 2.00 pm Taste of Morland tba	11.00 Morning Prayer Lay led Acts 11 1-18 John 13 31-35	
Ecumenical Ascension Day King's Meaburn Chapel Details to be announced		
11.00 am Joint Holy Communion Crosby Ravensworth SPC Acts 16 16-34 John 17 20-26		

St Wilfrids, Brougham,

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!*

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





What's on @ The Studio Morland

Thursdays: 5:30-6:30pm / 7:30-8:30pm
Physio Pilates for All 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)

Dementia Friends - Info Session

Saturday 14th May 2022 (10:30-11:30am)



Join trainer Cameron Stewart at The Studio Morland to become a Dementia Friend. This session is free to attend. Let's make our villages dementia friendly!



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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**.

THE ARTS SOCIETY, APPLEBY

The Arts Society - Wednesday 11 May

more information from taswestmorland.org.uk

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Social Care: matching the care that clients need with available services.

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!

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Email: admin@ageukcarlisleandeden.org.uk.

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Morland Area Playgroup

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



9-11am **TUESDAYS** (Term time only)

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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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I would like to ask if anyone local would like to help me out for a couple of mornings the week over the Jubilee weekend, I have my two grandsons (2 and 1/2, and 4 months, staying for the week while their parents are away,)

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Local Parish & Community Websites

Askham & Helton —

www.askhamandhelton.co.uk

Bolton — www.boltonvillage.org.uk

Brougham — www.broughamparishcouncil.com

Cliburn — www.cliburnparish.org

Clifton —

Crosby Ravensworth —

www.crosbyravensworthparish.org.uk

Great Strickland —

www.greatstricklandparishcouncil.co.uk

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Participants must have a good degree of fitness for a long hill walk to the site on uneven unsurfaced paths with some wet ground and some steep slopes.

**Wednesday 27th April
10am - 4pm**

NATIONAL GEOLOGY WEEK EVENTS

Sat 7th May, 10am - 3pm

Asby Geology Walk

A walk over Great Asby Scar to discover our amazing limestone landscape.

Fri 13th May, 9.30 - 12.30pm at Orton Market Hall.

An Introduction to geology and rocks for Adults.

Learn about the significance of plate tectonics and the main rock types in Cumbria and the Westmorland Dales, their characteristics and the forces that created them. Experts on hand from Cumbria Geo conservation to share their expertise.

Fri 13th May, 1pm - 4pm from Orton Market Hall.

An afternoon of Geology Walks around Orton village or up to the Knott above Gamelands stone circle, depending on numbers on the day. Discover our local geology in the landscape and buildings around the village with experts from Cumbria Geo Conservation.

To book a place at these events please visit our website:

<https://www.friendsofthelakedistrict.org.uk/westmorland-dales-hidden-landscapes-partnership>



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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 telephone Liz Morgan 015396 23068

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Church Ladies With Typewriters

These sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The sermon this morning: 'Jesus Walks on the Water.'

'The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

A MAY DAY LEGEND

It was on May Day that Queen Heurodis, wife of King Orfeo, dozed off beneath a grafted apple tree (in Celtic Mythology, a tree to which faeries are particularly attached). As she slept, she was whisked away for a guided tour of the land within the hollow hills, and in her dream the King of the Faeries promised that during the next night he would enter her realm and take Heurodis into his world forever.

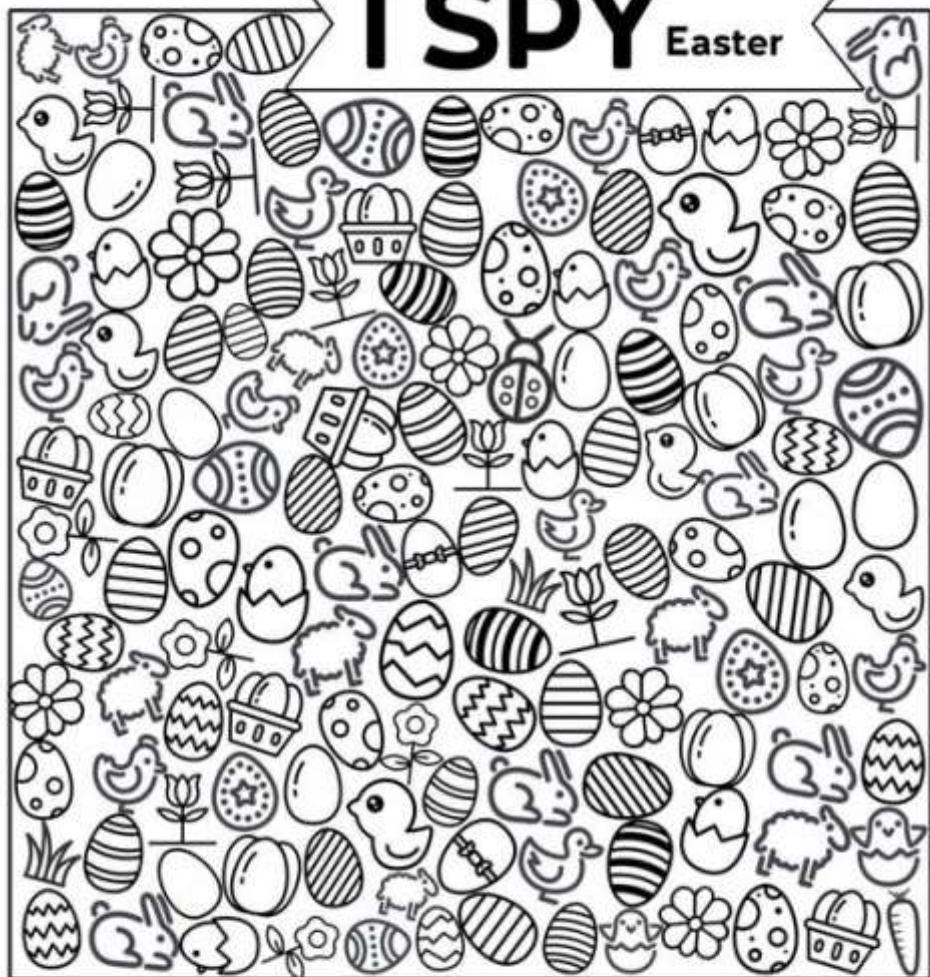
The Queen told her husband about her strange experience. Next evening, Orfeo posted soldiers everywhere, but it was to no avail; the King of the Faeries appeared and vanished with Heurodis before a sword could be unsheathed. Orfeo was tormented by his queen's disappearance. He left his kingdom in the care of a regent, took his harp, and went into the wilderness. For ten years he wandered, looking everywhere but finding nothing. Finally, hairy and sickly and close to starvation, he collapsed on a riverbank. As Orfeo lay there, a group of a thousand faerie knights passed by. Travelling with them, still clearly spellbound, was Heurodis. Spurred by the sight of his queen, Orfeo summoned the strength to follow, and he was able to pursue the knights as they rode through a cleft in a nearby rock face.

Orfeo found himself in the faerie kingdom. He managed to get an audience with the King, and stunned the entire court with his exquisite harp playing. The King was so impressed that he granted Orfeo anything he desired. Orfeo chose Heurodis, but the Faerie King faltered, saying that it would be a shame to give a beautiful woman to a hideous harpist. Orfeo pointed out that it was a greater crime for a king to renege on his word. So Orfeo took Heurodis back home, had a shave, relieved the regent; and they ruled happily ever after.

This tale comes from the Middle English poem 'Sir Orfeo', a 14th Century adaptation of the Greek myth of Orpheus and Eurydice.

FROM "Maypoles Martyrs & Mayhem" by Quentin Cooper & Paul Sullivan.

I SPY Easter



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May Word Search



MAY
MAYPOLE
SPRING
MOTHERS DAY
CINCO DE MAYO

FLOWERS
GARDENING
NIGHTINGALE
TAURUS
MEMORIAL DAY

MAY DAY
BUMBLEBEE
BUTTERFLY
SUNSHINE
BLOSSOM

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Dates For The May Diary!

5th	Morland APCM	9	26th	Morland MU	ii
7th	Asby Geology Walk	37	28th	Shap Farmers Market	1
9th	Morland Walking Group	vii	28th	Art Exhibition	1
9th	Newby APCM	ix			
11th	Arts Society	19			
11th	Geology Walks	31			
13th	Geology & Rocks	31			
17th	Honey Bees	viii			
20th	Cooking with Honey	viii			
22nd	Bee Hotel Making	viii			

THE LAST WORD...

A few people have asked me why we have what seems to be a very early cut-off date for advertising. I can well understand that a cut off that is only a few days after release of the latest Newsletter might seem a bit 'mean' if people don't know what is going on behind the scenes. Here's a very brief summary of things from this end, as I've found it so far.

Generally, by the first of the month, there is not very much input in the way of articles. Sheila used to send an email out to remind people that the closing date was approaching, and I have maintained this good practice. The nudge usually generates one or two submissions fairly quickly, followed by several that arrive on 7th in time to hit the cut off date (and sometimes some risk-takers submit after this date!).

By 7th, I have made a draft copy of the Newsletter, based on the latest issue, and gone through removing out of date items and changing dates &c. We have a wonderful team of behind the scenes helpers who do all the hard work of delivery and keeping track of paid adverts, and I get information from them promptly as to what adverts to remove, what errors I made in the previous issue, how many copies are needed, &c. &c.

Now the Newsletter is converted to PDF and sent to the publisher. It is ready for collection a week later, and is collected and distributed to be delivered to homes over the following week. I send out digital copies at the end of the month and then start again on the next issue. The first week of the month receiving submissions, the second week putting the publication together, the third for the printing and the fourth for delivery. Not a huge amount of leeway for late submissions! So, by the time you read this, I shall be working on June's issue.

Huge thanks to our team for keeping me on track, or I'd never be able to get it out on time!

EditorNorthWestmorlandNews@outlook.com

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