

October 2022

North Westmorland News

Group website:

www.northwestmorlandchurches.org.uk



*To love Christ and
make Him known*

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**Welcome to the October '22 issue
of North Westmorland News
Please send copy for November
to:**

EditorNorthWestmorlandNews@outlook.com

Latest date for copy: 7th Oct

From Crosbar House

At the time of writing, early September, the season is already beginning to change, the nights are drawing in and there are signs that we are moving into the 'Season of mists and mellow fruitfulness' as Keats so eloquently described autumn, or Backend as it is known locally. Children have returned to their classrooms and university students will soon be setting off to their colleges. By the time this is printed or emailed to your inbox the changes will be more permanent. Despite the effects of climate change, the seasonal pattern remains constant as our planet continues its journey around the sun.

There is another change taking place in our world as I write, nothing to do with the season, the television, radio and all news media are full of tributes to our late and beloved Queen Elizabeth II who has died so recently; "A life well lived". There is much history and ritual before our eyes as our late Queen is taken to places where many can pay their respects. I am frequently distracted by this and by my wish to witness the many events, full of elaborate language, tradition and pageantry, through which Prince Charles has had to transition immediately into King Charles III. He has put aside personal grief and taken up the duties required at the beginning of his reign with energy and dedication. I am fascinated by the way the ceremonies of centuries past, previously private and hidden from public view are now openly broadcast. The historical traditions are still at the root of our unique constitution and still belong to and uphold the modern governments of our nations and Commonwealth.

I find a parallel to this in Christianity; where would our faith be if we didn't have the Old Testament to lead us into the New? Jesus lived the traditions of that old covenant although he put aside many of the manmade laws which countered his understanding of God's purposes. He attended Synagogue worship regularly where he would have heard and read the books of the Old Testament possibly intoning or singing the psalms. He lived out and fulfilled the prophecies and so our modern faith in Jesus has its foundations in them.

Sheila

Church News & Local Events



Our next meeting is on Thursday 13th October
7.30pm, in Morland Village Hall

Last minute changes but our members know that our MU renewal service on Monday 19th is postponed until our October meeting so that talk has been cancelled- especially as our October speaker is now leaving the area!!

Bolton MU

Our next meeting is at 2pm, 17th October at Bolton Memorial Hall. We will be having a talk and Q&A session on dementia. Visitors are welcome as always. There is a £3 fee for visitors to include refreshments. An idea of numbers would be helpful, please contact 017673 61808

Bolton WI.

At 7.15, Monday 10th October, Bolton WI are delighted to welcome RHS qualified Jo Pattinson to talk about her work at the Askham Hall Gardens. The meeting is at Bolton Memorial Hall and visitors are very welcome, fee of £3 to include refreshments. An idea of numbers would be helpful, please contact 017683 62862.

MORLAND PARISH COUNCIL

Working for you since 1894
morlandparishcouncil.org.uk

Find us on
facebook.com/MorlandParish

Parish Council update – The Parish Council is continuing to work to improve the condition of play equipment at the Play Area. This may involve equipment being temporarily closed or unavailable as work is carried out.

Neighbourhood Development Plan – The plan has now reached its final stages, and is currently being prepared for submission to Eden District Council.

Highways and Maintenance – Issues regarding road maintenance, including potholes, flooding, and verges, are currently dealt with by Cumbria County Council. To report any concerns, please contact the Parish Clerk as below, who will contact the County Council on your behalf. Additionally, residents can also report issues directly, at <https://www.cumbria.gov.uk/doitonline/report.asp>

Meeting -The Parish Council will hold its next Ordinary Meeting on **Monday November 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.

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

Councillors: Steve Wilson (Chair), Peter Taylor (Vice-Chair), Lesley Robson,
Phil Hancock, Bob Brown, Dan Fitton, Paul Vines,

YOU'RE WELCOME!

Our churches welcome you if you work too hard, don't work, or if you come because Grandma's visiting and she wants to go to church.

We welcome you if you're over 65 but not grown up yet or a teenager who is growing up fast.

We welcome you if you're a noisy baby or a toddler who can't sit still.

We welcome families and those who are single, married, together, divorced, gay, busy, lonely, doing well or struggling to make ends meet.

We welcome you if you like hymns or can't sing a note. If you'd rather be at home in bed, **we welcome you**. If you'd like to come in quietly and be left alone, **you're welcome**.

We welcome those who could use a prayer right now and those who wander through our doors by mistake.

We welcome you if you're feeling down in the dumps or if you're 'just browsing'.

We welcome you if you used to come here or if you haven't been to church for years.

We welcome visitors, seekers and doubters...



Congratulations to our 100 club winners for August

1st prize (Ball 61) Julie Tuer

2nd (Ball 54) Claire Lane

3rd (Ball 1) Louise Donnelly-Stott

Thank you to Morland School Summer account for drawing the numbers and to everyone for their ongoing support with the club. We have raised over £1,800 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:

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

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

Morland Parish Harvest Home

**Saturday 1st October at 7pm, in
Morland and Newby Village Hall.**

Bring and share soups and sweets,
followed by the usual array of local
entertainment.

Please bring your own drinks and
glasses!

Tickets £7.50/each or £20/family

Please contact Annabel Gordon for
tickets and if you would like to con-
tribute to the food or entertainment!

St Cuthbert's Church Cliburn

**Harvest Songs of Praise
Sunday 16th October at 11 am**
(no communion) This is a family ser-
vice. All welcome.

**Saturday 15th October
10 am**

Decorating church with goods donat-
ed. If you want to donate goods,
please leave at back of church on Fri-
day or bring on Saturday morning.
All welcome to help decorate. Bring
your children!

**Cliburn Village Hall
17th October at 7:30 pm**
Sale of goods from Harvest Festival
in aid of Church funds. All welcome.

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 ambu-
lance 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 volun-
teer 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 experi-
ence as CFR volunteers.



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
15th Oct.	1pm	Lowther	Ruari Watt Sarah Patrick
5th Nov.	2pm	Askham	Luke Fannon Emily Whitfield

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



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

NORTH WESTMORLAND ARTS

Concerts in Appleby Public Hall

23rd October, 7.30pm - £20

Simon Mayor & Hilary James

mandolin, guitar, fiddle,
songs and humour

27th November, 7.30pm- £20

Prince Bishops Brass Ensemble

French horn, tuba, trombone, 2 trumpets

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



LAND WANTED

Local family looking for land
for fruit orchard, growing veg
and some livestock.

Would be interested in making a
generous offer on anything
between 1/4 acre and 13 acres
within 10 mile radius of Newby.

Please contact Mollie
07877398725 or Eric Ogilvy
07715279856
or pop into 1 Newby Head.

**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 }.

ST. MARY'S THRIMBY

Please note, all services at the above church are held at **11:00 am** on the **first** and **third** Sundays of the month.

Due to circumstances beyond our control, **services are being held at Ivy Cottage until further notice.**



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.

1st Crosby Ravensworth Brownies

Brownies is for girls aged 7 - 10 years old.

It offers exciting opportunities to take on new challenges and learn new skills, make brilliant friends and discover the world around them.

Why not come along and see what all the fun is about?

Contact: Jo Laverick (Guide Leader)

Email: jolaverick63@gmail.com

Tel 01931 714216

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.

Local Grants Woodhead and Pennyfeather Charity

The objective of the charity is to help people living or working in the parish of Lowther who find that they are in need, by awarding small grants or by paying for items or services to help those people.

If you are in need, or know of anyone in need please contact the charity using this email address:

woodandpenny@gmail.com

Confidentiality is ensured.

BOLTON COMMUNITY CAFÉ Formerly known as Bolton Exchange **OPEN EVERY TUESDAY IN THE MEMORIAL HALL**

On the first Tuesday of every month we open from **1pm – 3pm** for lunch – Quiche and salad, soup and rolls (depending on season) and always delicious homemade desserts, plus coffee or tea – all for £5

On the other Tuesdays we are open from **2.30 – 4pm** serving unlimited tea or coffee, plus homemade cakes and biscuits - £1.50

There are always hand made greetings cards for sale and we are happy for people to bring along any plants, vegetables, jams or chutneys that they wish to sell or donate. We hope to have other activities occasionally – maybe music or a talk, a craft exhibition or a games table. Watch this space!

EDEN ACTIVE FIT4ALL at Shap Memorial Hall Wednesdays 1.15 - 3.15 m £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

Please continue 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 Primary School PTA



WIN up to £120.00 per month with better odds than the lottery!!

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

£3 a month for a ball in the draw. Possible to win 1st, 2nd or 3rd prize.

Easy to pay for with BACS or an annual cheque.

Results are announced every month through the school and newsletter

For further information email pta@morlandarea.cumbria.sch.uk or speak to Claire Lane via the school

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

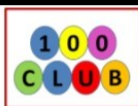
Morland Area Playgroup

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

9am-11am Tuesdays (termtime only) @Morland Village Hall

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

Visit our Facebook page for more info @morlandplaygroup



Congratulations to our 100 club winners for June

1st prize (Ball 9) Ellie Hamilton

2nd (Ball 69) Jayne Ulllyhart

3rd (Ball 87) Caroline Armstrong

Thank you to Morland School for drawing the numbers and to everyone for their ongoing support with the club. We have raised over £1,800 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/parents or can be emailed on request

Great Strickland Village Hall Events 2022

Friday 7th October - Mikron
Theatre Company

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

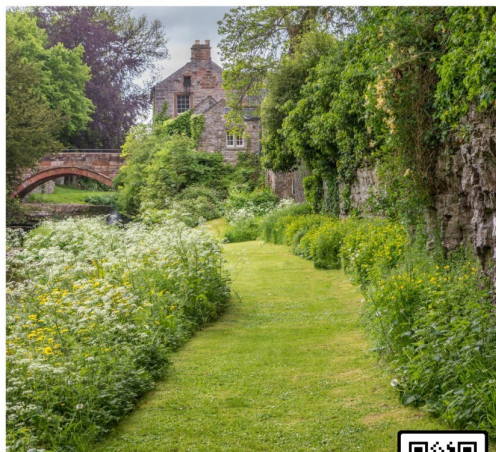
Follow us on
Facebook @greatstrick
to keep up to date on events

Morland House Gardens

In the heart of the Eden Valley

Member of the Historic Houses Association

Open daily 10am - 5pm



Entrance £5
U16s, HHA Members & Season Ticket holders free
Morland, Penrith, Cumbria CA10 3AZ
www.morlandhousegardens.com



SCAN ME

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

Morland House is a former Tudor vicarage lived in by the Markham family since 1828. The four acres of magical gardens reflect the changing tastes of successive generations. Described as ‘a hidden secret in the heart of the tranquil Eden Valley’ (Tim Longville, Cumbria Life) the first impression is one of extensive lawns, colourful herbaceous borders and walled rose garden with views to the Pennines. Then comes the surprise.



A flight of stone steps leads down to a lower garden laid out around Morland Beck fed by a high ‘force’ gushing water into a shady pool below. Crossing the beck by the wooden foot bridge, visitors reach a secret wonderland where nature runs riot – a Victorian rock garden created out of a former quarry complete with fountain, grotto and cliff top walk towering overhead. The circular walk returns via the steppingstones and Lion Steps to the croquet lawns. Starting with snowdrops and aconites in January and February, there are extensive daffodils in March and tulips in April and May. June is the month for the rose garden, and the herbaceous borders flourish from July to October. The garden trail will keep all ages entertained.



To round off the visit, the Millyard Café is open for light lunches and teas. Closed on Mondays and Tuesdays.

Morland Church is open every day and has the only Saxon Tower in north-west England.

Getting there

Morland is in Cumbria's Eden Valley which divides the Lake District from the Pennines. The village is at the centre of a triangle made by Penrith (8 miles), Appleby (7 miles) and Shap (7 miles) and is easily accessible from the M6 and A66. Morland House is in the heart of the village with the front gates and driveway leading from the village square.

The postcode is **CA10 3AZ**

Morland House sleeps 6 - 18 and is available to rent. Ideal for family celebrations and special occasions with friends. www.morlandhouse.net

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 care?

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

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

Let us help you care.

Chris Barden Plastering

Covering all your plastering and rendering needs

Contact me for all your general building requirements

No job too small

Contact me now for your free quotation

07742330226

cjbplastering@outlook.com

Thorney Croft, Kirkby Thore,

Penrith CA10 1UP

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 services available through Cumbria County Council

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

For more information contact: 0300 246 1545 (option 5)

facebook.com/Cumbriacc

Serving the people of Cumbria

cumbria.gov.uk/voluntarycarscheme

Richardsons Funeral Directors

est. 1852

Funeral arrangements with
a professional, friendly service

24 Hours a day

Tel: 01768 891189

www.funeraldirectorspenrith.co.uk

The Old Courthouse. Shap

Opening hours:

Mon 10am-1pm, Tue 2-5pm, Thu 2-5pm, Fri 2-5pm, Sat 10am-12 om, Sun 2-5pm

Library Link—Borrow/Return Books. Make Requests

Exhibit ‘A’ Gallery

Art Exhibition

8th October—5th November

‘Blooms’ paintings by Deborah Windsor

See website for opening times and further details

www.theoldcourthouse.org

Shap Farmers’ and Makers Market

Saturday 22nd October 9.00am—1pm

Indoor and Outdoor stalls—quality food, pland, art and craft stalls
Free admission to the Exhibit ‘A’ Gallery at The Old Courthouse.

Music on the Terrace 11am—1 pm

‘The Lidos’ - music of the Fifties and Sixties’



Up and About
Cumbria standing
strong against falls

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.

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...This date has now been confirmed by the organisers.

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

TREASURE HUNT

Around MORLAND

On foot, bicycle, scooter or skateboard

Saturday, 15th October

1:30 - 4:00

Start from Morland and Newby Village Hall

£2 per person; £5 for a family (two adults and up to four children)

Tea, coffee and cake available in the hall throughout

Raising money for Morland village fireworks

Julia Evans 258 and Dean Langholm 837

MORLAND WALKING GROUP

Monday, October 10th

The walk begins in Kirkby Stephen and we leave the town, crossing the Eden by way of Frank's Bridge. The river bank is followed to Pod Gill and then a nice woodland section can be enjoyed before bridging the river again and entering Stenkrith Park, a perfect spot for our picnic lunch.

Refreshed, we will then take the path to the Millenium Bridge from where excellent views can be gained of the rapids below. The next stage takes us along the old trackbed of the former Durham and S. Lancashire Railway, passing over the impressive viaducts of Podgill and Merrygill.

Finally, we walk through the pretty little village of Hartley and progress back to Kirkby Stephen.



Since 2019 Able Community Care has given out, free, almost 80,000 'DO NOT KNOCK' door stickers to older and disabled people who do not wish to answer the door to strangers.

Able Community Care is a nationwide, live-in care provider which was established in 1980. Originally, we just gave out door stickers to our clients, but the demand has grown and since then we have received requests for the door stickers from around the UK.

If you would like to receive any door stickers to give out to older or disabled people you know, please email to: info@ablecommunitycare.com with how many you would like to receive and an address to send them to. (No addresses will be kept or passed on) www.ablecommunitycare.com



'A Way Through' exhibition at The Old Courthouse, Shap

3rd September - 2nd October Free Admission

Sat 10-12 Sun 2-5 Mon 10 -1 Tue 2-5 Wed CLOSED Thu 2-5 Fri 2-5

The Westmorland Dales is bounded on all sides by major through-routes - the Lune gap; the Eden valley and east to west through Ravenstonedale to Kirkby Stephen. In between there are miles of lanes and paths. For thousands of years, people and their animals have used these ways through the landscape and they have all left their mark. The 'A Way Through' project aims to explore the history of these routes and of the people who travelled them and to share their stories with the wider public.

Shap is one of the villages the project has been investigating. The arrival of the M6 removed all but local traffic from the village. Before then, the A6 was a major north-south route, mostly following the line of the eighteenth century turnpike to Kendal and beyond. These roads brought money and jobs to the village as did the Lancaster and Carlisle Railway line opened in 1846. But Shap has a much older history of travel and the prosperity it brings. This exhibition at the Old Courthouse will explore some of these fascinating stories from the Neolithic to the Victorian era.

Read more about 'A Way Through' on the project blog <https://www.yorkshiredales.org.uk/a-way-through>

To mark the 50th anniversary of the Westmorland Services the exhibition will include a display of photos showing how their facilities have evolved over the years. We will also be showing pencil artwork by local artist, James Dean, an employee of the Westmorland Services that will include images he created to celebrate the 50th anniversary.

The 'A Way Through' project is run by the Yorkshire Dales National Park Authority, funded by the Westmorland Dales Landscape Partnership Scheme, jointly led by the Friends of the Lake District and the Yorkshire Dales National Park Authority. The scheme was grant funded by the National Lottery Heritage Fund.



Made possible with

**Heritage
Fund**



Shap Farmers' and Makers' Market

Saturday 24th September 9.00am - 1pm

Indoor and Outdoor stalls - a great variety of quality food, plant, art and craft stalls

Music on the Terrace from 'The Splinter Group' 11am - 1.00pm

A Message from The Bishop of Carlisle The Right Reverend James Newcome

God for All Vision Refresh – Roadshows

As we write to you, so our country continues to come to terms with the death of our dear Late Queen whilst equally reaching out in love and support to our new monarch, King Charles III. Our prayers remain with the Royal Family, and we also give thanks for all you are doing in the support of your communities at this time.

Whilst these are difficult days, we know that Her Majesty, whose reign was undergirded by such a strong faith, would want us all to continue to work to strengthen God's Kingdom. It is with this in mind that we write to you today with news of six forthcoming God for All roadshows.

You will be aware that in 2019 all four ecumenical leaders committed to a refresh of the country's God for All vision. This initially played out with 100 days of prayer and then 100 days of listening through which four major themes came to the fore: Follow Daily, Speak Boldly, Care Deeply and Tread Gently. We give thanks for all the valuable input which so many people offered at that formative time (there were more than 1,500 responses to an online survey) which helped identify those key themes.

Obviously, as with so much of our day-to-day life, the coronavirus pandemic had a significant impact on timelines around work on the refreshed vision. Indeed, as lockdowns came and went so the decision was taken that we needed time to pause, reflect and pray about the next steps for the refresh process. Following that reflective time, work has now moved on apace once again and I'm delighted to say that all four leaders have endorsed important component strategies which will see an outworking of that refreshed vision. With this in mind, Bishop Rob and I are very keen to keep people updated as to the latest developments and to encourage further feedback and discussion.

- Monday 17 October 2022 – St Andrew's Penrith: [Click here to book](#)
- Thursday 20 October 2022 – Christ Church Cockermouth: [Click here to book](#)
- Tuesday 10 January 2023 – St John's Houghton: [Click here to book](#)
- Thursday 12 January 2023 – St Mary and St Michael's Egremont: [Click here to book](#)
- Monday 23 January 2023 – St Thomas Kendal: [Click here to book](#)
- Tuesday 24 January 2023 – St Paul's Barrow: [Click here to book](#)

We shall also be looking to run an online Zoom event for those people who cannot attend in person, the date for this is yet to be agreed. We would very much like to see as many people as possible at each event (though of course numbers will be governed by maximum occupancy). The events are open to all, though it would be beneficial to have as many clergy colleagues and PCC members attend as possible in order that they can receive the latest updates and feed in their comments and reflections.

We will be advertising the dates in the diocesan eNews bulletin, but may we also encourage you to share these locally so that those who wish to attend have every opportunity to do so. It is essential that people book for each event using the clickable links above and with the understanding that places are offered on a first come, first served basis. As ever this comes with our very best wishes and with prayerful anticipation ahead of the roadshows.

Bishop James

Bishop Rob

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road are now completely finished,
but we are still waiting for the lead
to be delivered to start the next
section of the program.

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mation about these win-
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on. 01931 712 936. She will be
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MORLAND MOTHERS' UNION

Invitation to an Open Meeting

Thursday 27th October at 2pm

Andy Airey

will be speaking on “3 Dads Walking”

Andy, Tim and Mike will have recently
completed their 2022 walk,
“raising suicide awareness across the country
one step at a time”



**Donations to “Papyrus”, Prevention of Young Suicide, would
be much appreciated.**

**There will also be a raffle, the proceeds going to this
charity.**

Visitors fee £3 including light refreshments

Everyone welcome.

**It would be helpful, but not essential, to let us know by email
(baxtmjal@btinternet.com) if you plan to attend the meeting.**

	Askham with Lowther	Bolton
October 2nd 16th after Trinity	11:00 Family Worship SRP (Bap.)	9:15 Family Communion JHB
October 9th 17th after Trinity	11:00 Joint Service Clifton SPC	
October 16th 18th after Trinity	11:00 Holy Communion JHB	6:30 Taize Service SRP
October 23rd Last after Trinity	11:00 Holy Communion SPC	9:15 Family Communion JHB
October 30th All Saints Day	11:00 Joint Service Crosby Ravensworth JHB	

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	Rev'd Andrew Sterling (Methodist)
JWR	Rev'd Jon Russell

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 JHB
11:00 Joint Service Clifton SPC	
11:00 Holy Communion SPC	6:30 Evening Prayer DGJ
	11:00 Morning Prayer Lay Led
11:00 Joint Service Crosby Ravensworth JHB	

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 & Brougham	Great Strickland
October 2nd 16th after Trinity	9:15 Holy Communion Clifton SPC	11:00 Holy Communion SPC
October 9th 17th after Trinity	11:00 Joint Communion Clifton JHB	
October 16th 18th after Trinity		
October 23rd Last after Trinity		11:00 Morning Worship SRP
October 30th All Saints Day	11:00 Joint Service Crosby Ravensworth JHB	


KEY:

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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 (Readings)
11:00 Harvest JWR & DGJ	11:00 Morning Prayer Lay Led	
11:00 Joint Communion Clifton JHB		
 :00 Messy Church Village Hall		
11:00 Holy Communion JHB	9:30 Morning Prayer Lay Led	
11:00 Joint Service Crosby Ravensworth JHB		

Midweek Holy Communion

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*This is a quiet, said service, an
uplifting and refreshing break
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Come and join us!

Cumbria Singers invites you to join them for the BIG SING of **Haydn's 'Creation'** in Carlisle Cathedral, April '23.

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CREATIVE CRAFT GROUP

This group has started by meeting every other week in Morland, and we would welcome any newcomers interested in doing something creative while in the company of others.

To begin with we are meeting at The Craft Room at Jasmine Cottage, where Sabine Wood lives. At present there is no charge, but you could bring a contribution of biscuits, tea, or coffee, if you wish.

You can do anything you want – bring sewing, knitting, painting/drawing, clay modelling, crochet, lace-making, quilting, card-making – anything! So far we have had Drawing, Lace-making, and Knitting. Everybody does their own thing. Also, you don't have to chat if you don't want to! And you don't have to attend every time. It is entirely flexible. A table is provided.

If you would like to join us, please register your interest with Suzie Balfour on: morlandgardenflat@gmail.com I need to know how many will be coming so that I can organise a different venue if necessary. We look forward to hearing from you!

LOWTHER PARISH HALL

There will be a meeting
with
the committee of Lowther
Parish Hall
on

Monday 10th October
at 7:30 pm,
in the Parish Hall.

ALL WELCOME

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

1st Crosby Ravensworth Brownies

We are looking for a volunteer
to help at Brownies.

Could you be that person?
We meet on Wednesday
evenings (5:30 - 7 pm) during
term time.

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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)

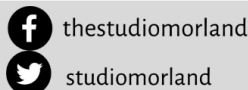
Being With Loss

£20

Tuesday 18th October (2-4:30pm OR 7-9:30pm)

This creative workshop invites us to explore our experiences and feelings connected to loss in a safe, artful and gentle way.

BOOK YOUR PLACE: thestudiomorland.co.uk/being-with-loss



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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**.



Robert & Sarah Kite welcome you to the Mill Yard at Morland 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 month, drinking and eating our homemade delicious food or just enjoying a pot of real tea or coffee and a scrumptious cake!

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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.

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

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



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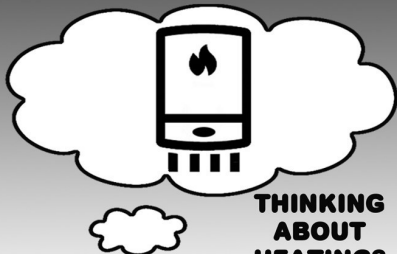
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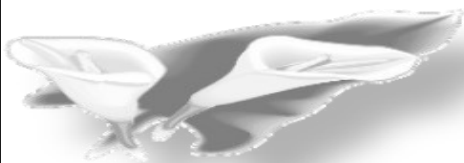
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Bolton www.boltonvillage.org.uk

Brougham www.broughamparishcouncil.com

Cliburn www.cliburnparish.org

Clifton cliftonpc@outlook.com

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Great Strickland

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Morland www.morlandparishcouncil.org

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Appleby Swim Club



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
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P	R	O	N	G		K	I	L	D	A	R	E
H		L		R		H		I		C	N	N
I	N	D	I	A	N	A	J	O	N	E	S	
B					N		K		N		S	P
E	M	B	E	D		I	N	S	O		I	T
S		O		M			E			E	L	O
	S	T	R	A	N	G	E	L	O	V	E	
B	A	H				U			L		I	O
E	X		A	M	I	D			C	O	L	A
G		T		A		I		O				P
	D	O	O	G	I	E	H	O	W	S	E	R
O	A	R		N		G		L		A		E
Z	H	I	V	A	G	O		J	I	M	M	Y

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ABOUT A CENTURY SINCE.....

From "The Herald" Oct.. 1922

Weather was fine, cold and windy with autumn colours showing best on 8th October.

29th September, Gunnerwell's granary caught fire, with much hay in it. The tenant, Mr R. Coatesworth, saw it at 5 p.m. and sent for the Penrith Fire Brigade who came quickly, but their engine sank in the muddy lane down to the farm and they were short of water. The livestock were all saved, but the crop and implements were burnt, with a total loss of £15,000 (over £947,000 today) which was only partly insured. The owner was Mr. Thomas Wilkinson. The cause of the fire was likely to be spontaneous combustion, caused when hay which is too damp is stored in a barn, or if newly cut hay is stacked too close together without room for air to circulate and complete the drying process. As mentioned last month, the haying had been very wet this year, so getting the crop in would have been difficult.

Mr. Henry E. Atkinson of Morland Hall, whose engagement was announced last month, wed the Lady Eleanor Byng in London and honeymooned in Gloucestershire. Mr. Atkinson gave a dinner for his tenants, wives and friends in the Kings Arms, Morland, where a toast was given to the happy couple by Mr. John Chester, the oldest tenant.

Lady Lonsdale re-opened Penrith Cottage Hospital on 4th October to serve the Eden Valley. The hospital had been upgraded and extended.

The West Ward RDC voted to bridge the ford at Bysteads, but not the one at Newby End, which was not well enough used.

Bolton's Young Helpers League held a Coffee and Cake Sale for Dr. Barnardo's Homes which made £10 (modern equivalent £800).

Harry Byers lived with his parents at Lankaber. Thomas Mavis, a rabbit catcher, also lived there at this time. He took Harry with him to shoot or catch rabbits at Sockenber on 23rd October. Harry put his gun, loaded and ready, on the ground, but it slipped and went off, shooting him in the stomach. "What happened Harry?" "It slipped." Soon, Harry was asking for his mother. He died 90 minutes later. Harry had enlisted in the Great War when under age, had lost an eye, and was shot in the leg.

Many thanks to Jeremy Godwin for researching and submitting the facts

Dates For The October Diary

1st	Morland Harvest Home	p.6
7th	Mikron Theatre Co.	p.13
8th	Art Exhibition 'Blooms'	p.17
&	Fellrunner to Skipton	p.19
10th	Bolton W.I. p.2	
&	Morland Walking Group	p.20
13th	Morland M.U.	p.2
15th	Decorate St Cuthbert's	p.6
16th	Harvest Songs of Praise	p.6
17th	Bolton M.U.	p.2
&	Cliburn Sale of Harvest Goods	p.6
22nd	Shap Farmers & Makers Mart.	p.17
&	Music on the Terrace	p.17
23rd	North Westmorland Arts	p.8
27th	Talk from 3 Dads Walking	p.24
29th	Fellrunner to Albert Dock	p.19

THE LAST word...

It would be remiss of me to allow this edition to go to press without making a comment about the recent passing away of Her Majesty, Queen Elizabeth II. I was shocked to read a comment on the Internet asking why such a fuss was being made about her death, because she had never worked a day in her life. How dreadfully ill-informed some people are! This was a woman who had spent over 70 years of her life being in the public eye. Not for her going home at 5 or 6 in the evening to a night with the family or popping out for a night of fun. Her hours started early and ended late, with endless public functions where she had to entertain people who may well have been uninteresting; always on display; always having to say and do the right thing; always having to look interested and happy. No skipping off work if she didn't feel quite right, or had a headache, or just fancied a 'sickie'. Her Majesty had only two days totally free from work each year, Christmas Day and Easter Day, those two Christian Holy Days, were the only days when she didn't have a 'Red Box' of documents to peruse, consider and sign. Even when on holiday with her family, she undertook that task. In the Second World War, she served her country in active service as so many women of the time did, wanting to 'do her bit' for her country. Her whole life was constrained by her belief that it was her duty to serve her country. I cannot believe that anyone, no matter what their opinions on Monarchy might be, could have anything other than respect for her. Never worked? Don't make me laugh - the poor woman died whilst still working!

EditorNorthWestmorlandNews@outlook.com

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Editor		

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 next issue

7th October at the very latest.

Material by email please to EditorNorthWestmorlandNews@outlook.com