

March 2023

North Westmorland News

Group website:

www.northwestmorlandchurches.org.uk



*To love Christ and
make Him known*

Inside:

Comment	1
Church News	2
Index	46
Church Services 21/24	
Diary Dates	45



**Welcome to the March '23 issue of North
Westmorland News
Please send copy for the April
Issue to:**

EditorNorthWestmorlandNews@outlook.com

From the Vicarage

"What are you giving up for Lent?" people sometimes ask, expecting an answer like chocolate or alcohol. These have never been my go-to items. When I wanted a huge challenge, I gave up cheese. Even alcohol and chocolate without limit are insufficient consolation, in a world without cheese.

Lent is a season of penitence, a word which very roughly means 'being sorry for our faults'. Some find that a discipline, such as giving things up (fasting), can help with that. In antiquity, fasting was commonly used for this purpose. People wore sackcloth and sprinkled themselves with ashes, as both an outward sign and a personal discipline (sackcloth not being very comfortable).

For some people, discipline is still helpful, but for many today it isn't. In recent years, Christians have often focussed not on 'giving something up', but 'taking something on' – doing something new or additional for Lent: some fresh exercise of spirituality, learning, volunteering, charitable giving, or simple kindness to others.

Loving our neighbour, not just in thought and word, but in deed as well, is an essential part of the Christian message, but Christianity is not about earning a place in heaven by good works. Even 'taking something on' has the potential to draw us away from the roots of Lent. Being penitent requires neither punishing or depriving ourselves, nor adding to our burdens or activities. One thing penitence does require is self-examination. We must recognise our shortcomings: not in a negative way that makes us undervalue ourselves, but in a positive way that admits failure as inevitable and learns from it. Self-examination is about seeking a balance in which we recognise our strengths and our weaknesses; become comfortable with the way in which we are made; and recognise that we have the means to grow.

Very few of us are so self-aware that we have a complete, up-to-date mental list of our own faults. We tend to think of odd things we have said and done wrong, occasions on which we have embarrassed ourselves, and our feelings of guilt about them can assume proportions much greater than we deserve. But our real faults are often not of this simple kind. Our attitudes and views, for example, are often affirmed by those around us. This doesn't necessarily make them right.

*I read a great (and short!) book for Lent a few years ago: *The Way of Ignatius*, by Gemma Simmonds. St Ignatius Loyola was a minor nobleman in 16th Century Spain. He was a soldier described by one biographer as "a fancy dresser, an expert dancer, a womanizer ... and ... a swordsman who used his privileged status to escape prosecution for violent crimes." For many years he seems to have been quite satisfied with his lifestyle, until a serious injury during a siege in 1521 nearly cost him the use of his legs. While convalescing, he experienced a religious conversion. He examined his past life, his views, what he valued, and realised that they were not as good as he had thought. He is now known for his spiritual exercises, a programme of self-examination that encourages us toward a better understanding of ourselves.*

Gemma Simmonds convincingly but gently argues that, as individuals and as a society, many of our wrongs are not committed knowingly and with evil intent. They are unwitting, and they continue because we have no time or opportunity for self-examination. We do not sufficiently realise our own impact, so as to be motivated to change. The example of St Ignatius is that self-examination – penitence even – though sometimes hard, is ultimately liberating and positive, not only for ourselves, but for others.

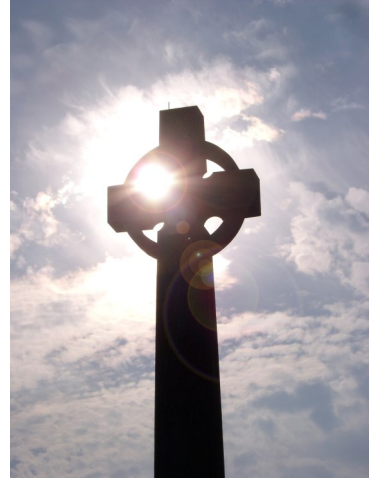
Church News & Local Events



In Memoriam

On January 12th, 2023, at 2:00 p.m.,
Geoffrey Crisp at St. Cuthbert's
Church, Clifton.

May he rest in peace and rise again to eternal glory.



Local Parish & Community Websites

Askham & Helton www.askhamandhelton.co.uk

Bampton www.bamptonlakedistrict.org.uk

Bolton www.boltonvillage.org.uk

Brougham www.broughamparishcouncil.com

Cliburn www.cliburnparish.org

Clifton cliftonpc@outlook.com

Crosby Ravensworth www.crosbyravensworthparish.org.uk

Great Strickland www.greatstricklandparishcouncil.co.uk

Morland w.morlandparishcouncil.org

Shap shapcumbria.co.uk

House Group

The House Group will be doing a Lent Course during March, meeting each Monday at 2p.m. at 1, Jackson Croft. All are welcome. For more details ring 01931714455.

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.

Affected by Cancer?

APPLEBY & DISTRICT CANCER SUPPORT GROUP

Invite you to

Come for Coffee

Open to all in Eden district



Chat in confidence with others
going through tough times

Also on offer:
Light exercise

We Meet

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

Further Info, Phone

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

Re-use, re-cycle, up-cycle

Good Old Fashioned

JUMBLE SALE

CLOTHING - BRIC-A-BRAC

KITCHENWARE - TOOLS - BOOKS - TOYS

and, of course,

TEA & CAKE

SATURDAY 25TH MARCH

2pm

MORLAND & NEWBY VILLAGE HALL

FREE ADMISSION

Donations in good re-usable condition

welcome

drop off at hall 10am

For information or pre sale date drop off enquiries contact

Patti Dawson 01931 714614

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

Morland Area Playgroup

All parents, carers and grandpar-
ents 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

GO ON - MAKE SOMEONE'S DAY!

Do you have any toys that are un-
wanted?

Family Support are already collecting for
Christmas 2023, 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)

FELLRUNNER EXCURSIONS 2023

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.

March 4th Southport. The Victorian seaside resort with quality shops and a pier almost 1 mile in length.

April 1st. A visit to Lakeland Ltd. the retail outlet at Windermere followed by a drive through the Ambleside and Grasmere areas to Keswick where there is a Saturday market, or perhaps a walk to Friars Crag with the outstanding views across Derwentwater down the Borrowdale valley.

May 13th Beetham Nursery nr. Milnthorpe followed by a visit to Sizergh Castle, managed by the National Trust and still the home of the Strickland family. A house visit is optional but there are lovely gardens to walk round with a shop and tearoom available.

June 3rd Grange over Sands and Cartmel. A visit to the old seaside resort with its shops and a promenade to walk along. Afternoon visit to Cartmel to see the beautiful Priory and perhaps purchase the famous Sticky Toffee Pudding from the village stores.

July 8th A visit to the new Royal Horticultural Society garden at Bridgewater, Manchester. A wonderful 156 acre development on the historic Worsley New Hall estate, one of the largest gardening projects in Europe.

August 19th Kettlewell Scarecrow Festival, one of the biggest and best in the UK

Sept 2nd A visit to Stott Park Bobbin Mill south Cumbria. This extensive working mill produced millions of bobbins vital to the important Lancashire spinning and weaving industry. See the workings of a bygone age, and watch the bobbins being made.

October 7th Knaresborough, a market town with an ancient castle situated on the river Nidd. Perhaps visit Mother Shipton's Cave.

November 11th Hexham to visit the medieval abbey. A lovely town with a number of independent shops and a Farmers Market held on the second Saturday each month in the Market Place.

Dec. 9th Carlisle Christmas Market.....to be confirmed.

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



Congratulations to our 100 club winners for January 2023

1st prize Joyce Buckle (Ball 89)

2nd Joan Ostle (Ball 72)

3rd Amy Trepte (Ball 83)

Thank you to after school club for drawing the numbers and to everyone for their ongoing support with the club. We have raised over £2,300 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.

Numbers available: 33, 43, 56, 70, 79, 95, 96

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

MARCH

“March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice.”

— Hal Borland

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

— Charles Dickens, Great Expectations

“March is the month God created to show people who don’t drink what a hangover is like.”

— Garrison Keillor

“POOR MARCH It is the HOMELIEST month of the year. Most of it is MUD, Every Imaginable Form of MUD, and what isn’t MUD in March is ugly late-season SNOW falling onto the ground in filthy muddy heaps that look like PILES of DIRTY LAUNDRY.”

— Vivian Swift

CREATIVE CHAT 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: morlandgarden-flat@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!

Bolton Nursery

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

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

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

Our **HOLIDAY CLUB** will be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

Our outside area is currently under renovation and when this is complete we will be having a fun filled open day for everyone – watch this space!!!! For more information telephone **017683 62468**.

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.

Please do something amazing - help us give girls in the local community opportunities for fun, challenge and adventure. Come and join us!

Please contact:

jolaverick63@gmail.com

Tel 01931 714216



SAVE OUR BEES!

You can help the bees by buying the PBKA 2023 Calendar.

To order copies contact

01768 894404/ mr4cnr@gmail.com

£5 each or three for £10.

Also available from retailers in and around Penrith incl. Booths, Penrith Station and Upfront Gallery.

Charity number: 1170487



Physiotherapy led PILATES

Wellbeing + Posture + Confidence

*Pilates aims to strengthen the body in an even way,
with particular emphasis
on core strength to improve general fitness and well-
being.*

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

**Thursdays: 5.30pm
6.30pm 'mens class'
7:30pm**

Fridays: 10.00am & 11.00am

(Class via Zoom Tuesdays 6.00pm)

Classes are suitable for beginners and mixed ability

**Contact: Andrew Speight (Chartered Physiotherapist)
and APPI registered Pilates Instructor on:
07596 957027**

Or email: sp8physiopilates@gmail.com



ASKHAM CHURCH

St Peter's Askham now has a 'warm clothes' scheme.

If you have any spare warm clothes and/or blankets, please would you consider donating them for the free use of any who are enduring hardship and finding it difficult to keep warm this winter.

The church is normally open on Saturdays and Sundays from 10 am to 4 pm in the winter and anonymous donations may be left on or near the entrance table.

If you are finding this winter difficult, you are most welcome to come and see if there is anything that would help you. Please return any items that you cannot use.

Morland Area Playgroup

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



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



First Session Free!!

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

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

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



MORLAND WALKING GROUP : MONDAY MARCH 13th

Our walk in March is in the Threlkeld area and takes in part of the railway footpath. The total distance is about 4½ miles and the route makes for easy walking, mainly on hard surfaces. There is a gradual ascent at the start but most of the walk is on fairly level ground. We will park at the old railway station at Threlkeld Bridge and initially walk back to the main road. After a short section leading into the village we will take the minor road to Wescoe. This is a lovely quiet lane and from it one gets a delightful outlook of the fells and ridges of Blencathra. Soon, Lonscale Fell also comes into view followed by Skiddaw Little Man. To the south, Clough Head and the Dodds ridge is clearly seen. At the top of the lane we descend to reach the railway footpath and will stroll along this in the direction of Keswick for about ¾ of a mile, at some point stopping for our picnic lunch. The last part of the walk returns us along the footpath to where our cars are parked. The Greta valley is really nice and offers lovely woodland, the meandering river and, particularly now following extensive repairs of the path and bridges, access to an area of natural beauty. After completing the walk, we will drive the short distance to the Threlkeld Coffee Shop for our well deserved afternoon tea plus a rest and a chat. Please meet at Morland village Hall at 10am and don't forget your " buffies ".

John Gore { 01931 7747701 }

NEWSLETTER DISTRIBUTOR NEEDED

After many years faithfully and regularly acting as the central distribution point for the North Westmorland News, John Gore has decided that he has done his bit. The Newsletters arrive towards the end of each month (except July and December) and need to be bundled up and taken to the various sub-distributors. We need a new central distributor. If you would like to know more about the job, please talk to David Jones (01931 714338) or to John.

Please consider taking on this vital role to help distribute our Newsletter. Your help would be appreciated more than you can imagine; would help our villages to maintain their cohesion and would provide a source of information that is greatly valued by many, those connected with the church and those who have no connection with any place of worship.



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

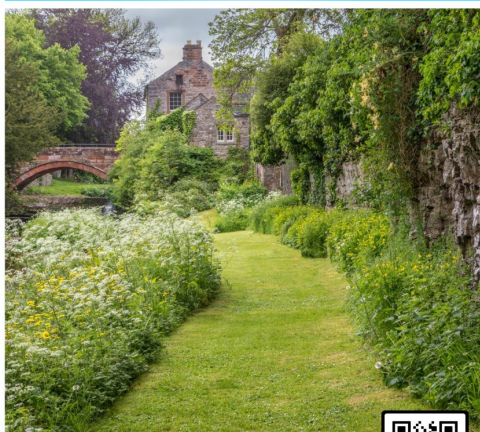
For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail sara.bradley@ageukcarlisleandeden.org.uk

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

Fancy training as a gardener?

**Morland House Gardens
are looking for a new trainee
to work 2 days a week
in the garden.**

Enthusiasm for plants,
a willingness to get stuck in
and a keenness to learn are
all that is required!

For further details go to our website
www.morlandhousegardens.com, or contact
Josephine on 07754113114 or 01768 896421,
or pop into the garden on a Monday
to have a chat.

Morland House Gardens, Morland.

The snowdrops are making their first appearance along the Beck Walk to be followed by a carpet of aconites, and we warmly invite you to enjoy a visit in this very special garden. We are very proud that the gardens have been chosen to feature in the Historic House Houses Association 2023 guide for containing 'a beautiful example of a Victorian rock garden' – with a picture of the newly planted herbaceous border.

Many of you will know that there is a charge for visiting the gardens, to help cover the considerable cost of their maintenance, but readers of this magazine are warmly invited to apply for a FREE season ticket for 2023 which gives unlimited access to the gardens during the changing seasons. This ticket will also give a 10% discount off the 2024 season ticket. Please apply to Julia Evans by email: julia.evans@morlandhouse.net or by phone on 01931 234 714 who will be delighted to sign you up. Parking is available in front of Morland House (entrance drive signed opposite the Crown Pub in the village square). Garden trail (take a leaflet) & Plant Stall. Millyard Café is open Tuesdays to Sundays. Dogs are welcome but on leads please in the formal gardens and on the lawns. Come and enjoy!

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

NORTH WESTMORLAND ARTS

Concerts in Appleby Public Hall

26th February - 7.30pm

Budapest Café Orchestra

traditional folk and gypsy-flavoured
music from the Balkans, Klezmer
lamentations, Hungarian Czardas

2nd April – 7.30pm

Bradley Creswick and Friends

Violinist, Bassist/Guitarist, Pianist
playing a range of genres including
Astor Piazzolla

Tickets £20 at the door or online

www.appleby-concerts.org.uk

Tel: 017684 83777



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



est. 1852

*Funeral arrangements with
a professional, friendly service*

24 Hours a day

Tel: 01768 891189

www.funeraldirectorspenrith.co.uk

Lowther Endowed School

'Stay and Play' sessions

Supervised by a member of the teaching staff
All pre-school children are welcome to attend.

Check school website



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—however, the Christmas Miscellany will be in the CHURCH.**



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.

The Old Courthouse. Shap

www.theoldcourthouse.org

Opening hours:

Opening hours: Sat 10am – 12pm, Mon 10am-1pm,
Afternoon openings Sun/Tue/Thu/Fri (please check website for times)

Library Link - Borrow/Return Books. Make Requests

The Library at The Old Courthouse is a warm place for reading, working, computers with **FREE WIFI**, hot drinks available.

Knit and Natter – Thursday afternoons in the Library

Exhibit ‘A’ Gallery

6th February to 11th March - a touring exhibition "Focus on Pollinators" from the University of Cumbria, Institute of Arts, Carlisle. The gallery walls are buzzing with colourful images of insect and plant life.

18th March – 16th April ‘Cavalcade’ artwork by Mike Healey
Mike is a classical and contemporary artist exploiting a range of styles and techniques, including large, three-dimensional dioramas – boxed ‘stage sets’ that hark back to his early days in the theatre - **see our website for details of an opening event and a workshop**

Friday Music Night

Eden Valley Touring Network in association with Eden District Council present

17th March Jilly Jarman & Mark ‘Stivvy’ Stephenson (two acts)
7.30pm. Doors open 7.15pm Admission £5 BYOB

SHAP FARMERS’ & MAKERS’ MARKET

Saturday 25th March 9am – 1pm

Food/Art/Craft stalls indoors and outdoors

Music on the Terrace 1030 – 1230

Penrith Mountain Rescue will be present at the March market

Come along and support them!

MORLAND PARISH COUNCIL

Working for you since 1894
morlandparishcouncil.org.uk

Find us on 
facebook.com/MorlandParish

Meeting -The Parish Council will hold its next Ordinary Meeting on **Monday March 13th 2023**, 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 Precept – The Parish Council have agreed to keep the annual Precept at the same level as 2022/23 for the next financial year.

Queen's Green Canopy – The Parish Council has agreed to plant four trees in the Parish as part of the national campaign to commemorate the Queen's Jubilee in 2022.

Neighbourhood Development Plan - The Plan is now with Eden District Council, who will assess the plan, and then put it forward for public consultation.

Allotments – As discussed at the January meeting of the Parish Council, a potential opportunity has arisen for the Parish Council to purchase the allotment field. The Parish Council is applying for grant funding to fund this project.

Highways and Maintenance – The Parish Council has been in liaison with both Cumbria Highways and Eden District Council to resolve ongoing highways concerns in the Parish.

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>

Parish Council Elections – Parish Council elections will take place on May 4th 2023.

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,

Report for local newsletters, end of an era for EDC

On the first of April, Eden District Council will no longer exist, good luck to the two councillors who are replacing four local EDC councillors the new councillors will be accountable to 17 parishes in the Westmorland and Furness council.

The new Westmorland and Furness council, covers a massive area from Alston in the East to Barrow in the West, the whole of South Lakeland and all of Eden district, there will be a local committee for each area, Parish councils will become more important than ever to get the local voice heard.

Please get to know your councillor and make them aware of the issues which concern you, once elected, councillors work for the whole of the council they represent, firstly and foremost they are accountable to the people who voted for them. Politics is a messy business and not for the faint hearted, you can certainly lose friends when you stand up for the people, who voted for you,

As serving Chairman of the scrutiny committee, I was invited to attend a scrutiny meeting with the new Westmorland and Furness authority, top of the WAF agenda, is Children's services and Adult social care.

I was elected in 2006 at a by-election I have served the Crosby Ravensworth ward for nearly 17 years. Consisting of four parishes, Crosby Ravensworth, Asby, Bolton and Kings Meaburn. My only agenda was to serve the people I represented to the best of my ability; it was a steep learning curve! At the last EDC election, I was proud to receive the second highest majority votes in the whole of the Eden district. "Phil Dew of Kirkby Stephen held the top position"

While many folks think councillors do nowt, the majority of their work is hidden one of my proudest achievements as an EDC councillor is the outcome of a scrutiny review I suggested, aware of the lack of disabled accessible transport in the district. The results of that review were forwarded to the Government and resulted in a disabled lift at Penrith station. This involved numerous partnerships led by Rory Stewart and his team. Another review I chaired was the ambulance response times, this resulted in retaining the rapid response vehicle in Penrith, a second review on the subject was due to come back before the scrutiny committee, but never happened due to covid.

Serving as Chairman of the district council for two years was a real honour, as was breaking with tradition by bringing the EDC carol service out of Penrith and holding it in Crosby Ravensworth Church, showcasing the Church and the community pub to civic dignitaries, raising much needed funds for the Church during troubled times.. Sadly the first year's carol service had to be cancelled due to adverse weather conditions.

I opened the Sainsbury's store, New Squares, was and still is a controversial subject, with the increase in population in Penrith, the store is well used, Sainsbury's stranglehold on who can lease the empty shops is the issue. After the fire I opened Morrison's store, in the entrance behind the recycling bin is a plaque with the details and the date of the re-opening.

I hope that somewhere along the line my hidden input has benefited you in some small way. It has been a real privilege to serve my community and I thank you all for supporting me and giving me that opportunity.

Kind Regards Joan Raine.

THE WELCOME INN!

We welcome you to join us at
St Lawrence's Church, Appleby.

For coffee, companionship and connection!

**Every Tuesday afternoon,
from 1.00 to 3.00pm.**

There will be no charge and there will also be an opportunity for prayer.

*As a church we believe that healing is not just about people being well;
it is about human flourishing and that, whatever the state of our body, mind and spirit,
all people are beloved of God.*

For further information contact Sue Mc Guinness - suzmcguinness@gmail.com



	Askham with Lowther	Bampton
March 5th 2nd Sunday of Lent	11.00 Family Worship SRP Gen.12.1-4a John 3.1-17	10.00 Holy Communion SWT Gen.12.1-4a John 3.1-17
March 12th 3rd Sunday of Lent	11.00 Holy Communion SPC Ex.17.1-7 John 4.5-42	10.00 Café Church DN Ex.17.1-7 John 4.5-42
March 19th Mothering Sunday	11.00 Holy Communion JHB tba	10.00 Holy Communion SWT tba
March 26th Passion Sunday	11.00 Holy Communion SPC Ezek.37.1-14 John 11.1-45	10.00 Holy Communion by extension NH Ezek.37.1-14 John 11.1-45

KEY to Ministers:

AJS	Rev'd Andrew Sterling (Meth.)	JWR	Rev'd Jon Russell
DGJ	David Jones	SJR	Rev Stephen Radford (Meth.)
DN	Diane Nicholson	SPC	Rev'd Sheila Clark
EA	Elaine Allison	SRP	Rev'd Sandy Pearl
JHB	Rt. Rev'd James Bell	SWT	Rev'd Stephen Tudway
DN	Diana Nicholson	NH	Neil Hughes

Bolton	Cliburn	Clifton & Brougham
9.15 Family Communion JHB Gen.12.1-4a John 3.1-17		9.15 Holy Communion SPC Gen.12.1-4a John 3.1-17
9.15 Holy Communion JHB tba	11.00 Holy Communion SPC tba	
9.15 Morning Worship Lay led Ezek.37.1-14 John 11.1-45 & 18:30 Taizé Service SRP		

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!

Services labelled "Family
Communion" are in a mod-
ernised format.

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



	Crosby Ravensworth	Great Strickland
March 5th 2nd Sunday of Lent	11.00 Holy Communion JHB Gen.12.1-4a John 3.1-17	11.00 Holy Communion JWR Gen.12.1-4a John 3.1-17
March 12th 3rd Sunday of Lent	6.00 Holy Communion SWT Ex.17.1-7 John 4.5-42	
March 19th Mothering Sunday	11.30 Mothering Sunday SWT tba	
March 26th Passion Sunday	11.00 Morning Prayer Lay led Ezek.37.1-14 John 11.1-4	11.00 Morning Worship SRP Ezek.37.1-14 John 11.1-45


KEY:

SPC	Rev'd Sheila Clark
SRP	Rev'd Sandy Pearl;
JHB	Rt. Rev'd James Bell;
DGJ	David Jones,
AJS	Rev'd Andrew Sterling (Methodist)
JWR	Rev'd Jon Russell
SWT	Rev'd Stephen Tudway

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.

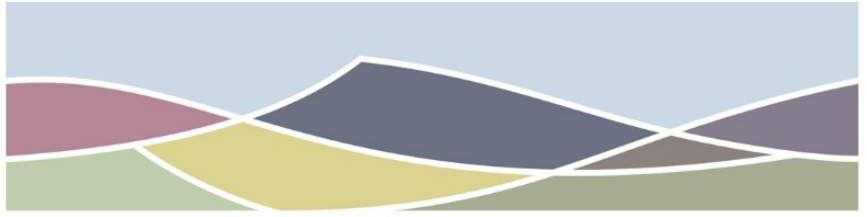


Morland	Shap	Thrimby
11.00 Holy Communion SPC Gen.12.1-4a John 3.1-17	10.30 (Methodist) SJR	11.00 Morning Prayer Lay led Gen.12.1-4a John 3.1-17
11.00 Morning Worship DGJ Ex.17.1-7 John 4.5-42	10.30 Holy Communion SWT Ex.17.1-7 John 4.5-42 Methodist Circuit 6:30 Connexion Service at Appleby	
2.30 Messy Church Team tba 	10.30 Family Service EA tba	11.00 Morning Prayer Lay led tba
11.00 Holy Communion SWT Ezek.37.1-14 John 11.1-45	10.30 Holy Communion JHB Ezek.37.1-14 John 11.1-45	

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!



WESTMORLAND DALES

Events and Activities in the Westmorland Dales:

Churches of the Westmorland Dales

We are producing a set of booklets to raise awareness of notable heritage features in the Westmorland Dales area. One of these booklets will feature churches from across the area as churches are key heritage features within many of our village communities and have witnessed a wealth of history and change. If you want your local church to be included, or have an interesting story about it, a memory or a feature you think should be highlighted for the wider community and our visitors, please get in touch with: Amanda Walters, Interpretation Officer amanda-walters@fld.org.uk or 01539 756623 or you can write in to Westmorland Dales Landscape Partnership
Unit 1B, The Sidings, Tebay, Penrith, Cumbria CA10 3XR

Legendary Stories of the Westmorland Dales

Three short films featuring local legends and children's artwork have been created by renowned Cumbria-based storyteller, Emily Hennessey and children from 7 local primary schools. The three legends 'retold' by the children are all closely tied to their local landscape setting, from the story of Mary Baines leading the hunt a merry dance down the Tebay gorge, to King Uther Pendragon's attempts to divert the River Eden in Mallerstang and the strange antics of the Orton Dobbie in a remote farmhouse in the hills.

All three films are now available to watch at the link below:

www.friendsofthelakedistrict.org.uk/legendary-films





Made possible with

Heritage
Fund

Wonderful Wool celebratory events this spring

Wool Discovery from Fleece to Yarn

Tuesday 14th March at Orton Market Hall

10:00am – 4:00pm

A fantastic opportunity to be guided through the ancient skill of wool processing with Susan Denham-Smith of Wild Wool Workshop in Ennerdale. Learn how to process wool from fleece to yarn and everything in between. Washing and preparing fleece with combs and carders then drop spinning to create yarn. Free plus materials cost.

Wonderful Weaving Workshops

Wednesday 26th April at Ravenstonedale Heritage Centre

2 half day sessions 09:30 am – 12:30 pm and 1:30 pm – 4:30 pm.

Use hand-made Herdwick yarn and a rigid heddle loom to make your own beautiful, hand-made woven table mat with Susan Denham-Smith of Wild Wool Workshop in Ennerdale. Free plus materials cost.

Wild Wool Knitting Workshop

Thursday 18th May at Maulds Meaburn Village Institute

10:00am – 3:30pm

Big needle knitting workshop for beginners with rare breed sheep enthusiast and expert knitter June Hill. Free plus materials cost.

Wild Wool Heritage talk

Thursday 1st June at the Old Court House, Shap

6:30pm refreshments. Start 7:00pm

What in the world is wool? Interactive Talk to find out more about wools history, sheep breeds, its precious properties and how it can be processed with rare breed sheep enthusiast and expert knitter June Hill.



What's on @ The Studio Morland

Thursdays: Physio Pilates with Andy Speight
Classes at 10am, 11am, 5:30pm (1hr)
Class for men at 6:30pm

Contact Andy to book:
07596957027

Warm Hub

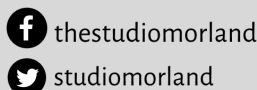
Come down to the Studio Morland on Tuesdays and Sundays any time between 1pm and 4pm (until 19th March) to warm up, have a free hot drink and snack and chat to our friendly volunteers. Board games available on Sundays and you're welcome to bring your work on Tuesdays.

thestudiomorland.co.uk/warm-hub

Unsung Heroes of Ink

Join Vega Brennan (Linden Print Studio) at The Studio Morland on Monday 20th March (10am-12pm) for a screening of *Unsung Heroes of Ink* followed by a Chinese Brush Ink workshop. Places are bookable on the Linden Print Studio website and cost £20 per person.

www.lindenprintstudio.co.uk



thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

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

Kevin Bush PAINTER & DECORATOR

- All types of Interior & Exterior work undertaken
- City & Guilds Approved
- CSCS Registered
- Celebrating 40 Years in the Trade

Trainriggs, Shap 01931 716448
07901 555260



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'***

**Quiz & Bingo on Thursday Nights @ 8pm
dates as follows:**

Quiz 12th January

Bingo 26th January

Quiz 9th February

Bingo 23rd February

Quiz 9th March

Bingo 23rd March

Quiz 6th April

Bingo 20th April

Our Menu is available online at www.thestricklandarms.co.uk

'Winter/Spring Opening Hours'

Wednesday to Sunday

5pm until 11pm and food served from 5pm until 9pm

REPAIRS * FASCIAS
& SOFFITS *
FAILED UNITS

APPLEBY

WINDOWS AND DOORS

Suppliers and installers of quality
uPVC products.

Call for a FREE quotation

017683 62343

Applebywindowsanddoors@gmail.com

HEARTWOOD ENTERPRISES

Everything to do with trees...

All practical tree work & woodland management

Timber – milling of local hardwood & softwood

Firewood – logs supplied to suit your needs

Tom Dutson *Chartered Forester*

www.heartwoodenterprises.co.uk

Tel: 01931 716195

Mobile: 077 69 67 65 36



PROCTER BUILDING SERVICES

- Time served tradesmen, Over 30 years experience.
- Fully Insured, CSCS Registered.
- We cover all aspects of the Building trade & Maintenance work.
- Chimneys, Roofing, Gutter work, Stonework, Blockwork, Brickwork, Plastering & Rendering.
- Extensions, Renovations, Restorations & Insurance work.
- Drone Surveys available.

Contact Mark Procter

07799576663 or answer phone 01931714033

Email:-procterbuilding@mail.com.

www.procterbuilding.co.uk

Neat Feet by Mary-Anne

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

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

I hope to be able to meet you soon.

Mary-Anne

Qualifications:

Diploma in Chiropody. WMSch

COVID-19 Infection Prevention and Control: Guild Training International

017683 53765 or 077 69 68 57 54

HARDWOOD LOGS FOR SALE

Well seasoned

RW & SC Porter

Tel: 017683 61766

or 07716 795433

All messages answered

STEVEN
(Woody)
HODGSON

www.swhtreeservices.co.uk

tree surgery

stump grinding

mini digger

garden clearance

hedge trimming

mulch/woodchip supplied

woody@swhtreeservices.co.uk

tel: 015396 24522

mob: 07756 930285



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!

Open Wednesday – Sunday (except bank holidays) 10am – 4pm

Breakfast served 10am – 11.45am

Lunch served 12pm – 3pm

Friday Pizza nights 5.30pm – 9pm (book a table to eat in or ring for a takeaway)

Saturday Tapas Nights – 6.30pm – 9pm (bookings highly advised)

Booking ahead is always advised, especially in the busy months. For further information on menus and any closed dates, please visit our website – www.millyardcafe.co.uk

Mill Yard, The Square, Morland, Penrith, CA10 3AZ
Tel – 01931 714155 / Email – info@millyardcafe.co.uk



Chimney and domestic oven cleaning services.

www.LadyMuckEdenValley.co.uk

For prices and booking please contact Tanya on

07444 240337 / 01768898752

email: LadyMuckEdenValley@gmail.com



We provide a wide variety of services for those over 50 including:

Information and Advice

Financial: help with benefit entitlement checks and completing forms.

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!

Contact for details

Tel: 01228 536673

Email: admin@ageukcarlisleandeden.org.uk.

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

ADVICE, ADMIN, & ADVOCACY

Do you get frustrated that everything is now on the internet? Or you can be stuck on the phone for hours?

Then Vincent Egan can help you

From Passports, Probate & Pensions, Admin, Guidance & all types of paperwork.

Face to face, tailored support & all the 'Techy' stuff done on your behalf.

Contact Vincent 07860 289516 or
Penrith: 01768 866866.

LOWTHER CASTLE & GARDENS

VOLUNTEERS SOUGHT

Join our friendly and convivial team, improve your horticultural skills, expand your local historical knowledge and play a part in the development of one of the Lake District's most exciting visitor attractions.

Good benefits, wonderful setting.

If you are interested, please email
info@lowthercastle.org



MIDTOWN CATTERY

Loving care,
spacious, modern &
heated cat
accommodation.

For more information
and bookings please call:

Julie Fisher:
01931715246

PARKIN & JACKSON Monumental Masons

Manufacture, lettering and
installation of new
memorials
Additional inscriptions
Renovations
Cleaning and repainting

Free Estimates
Visit our showroom at
14 Appleby Road
Kendal, Cumbria LA9 6ES

Tel: 01539 722838
or e.mail:
parkinandjackson@btinternet.com
web:www.parkinandjackson.com

The Eden Workshop at

The Appleby Hub



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

www.theedenworkshop.co.uk



Invites you to the 225th Anniversary performance of
'THE CREATION'
BY
JOSEPH HAYDN

At Carlisle Cathedral on Saturday 29th April 2023 7.30.p.m

Tickets : Adults £20 / £15 – students £12 – children under 12 free.

Available from : Becks Books, Penrith. Carlisle Cathedral Gift Shop;

Carlisle Tourist Information Centre (Tel: 01228 598596)

Online: TicketSource www.ticketsource.co.uk/cumbriasingers.org.uk (a small booking fee applies). Subject to availability, tickets can also be purchased at the door.



Invites you to:

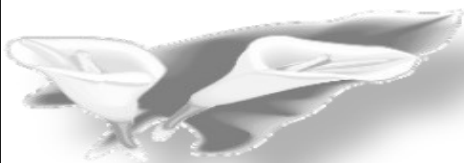
**An 'Auction of
Promises with
Cheese and Wine'**

**On Friday 31st March at Greystoke Village Hall
from 7.15. p.m. for 7.30.p.m. £15 per person**

For more information and reservations contact:

Margaret mr4cnn@gmail.com /01768894404

Closing date for reservations: 15th March



Glyn Jones

Funeral Directors

*A Complete, Professional, Caring,
Sympathetic Service,
All Areas Covered,
Private Chapel of Rest*

*12 Battlegbarrow,
Appleby-in-Westmorland,
Cumbria. CA16 6XS
Tel: 017683 51569*

Hugh Jones

Glyn Jones

Richard Hudson

**Property
maintenance**

Including

**Double glazing
sealed unit
replacement**

Over 35 years' experience

Bolton, Appleby

**017683 62029 /
07546 519060**



**Professional and friendly foot health advice
and treatment in the comfort of your home.**

Covering most of the Eden Valley.

**Callus, corn, cracked heels, diabetic foot
care, fungal foot and nail infection, ingrown
toenails and verrucae, elderly feet care.**

**To make an appointment please
contact :**

Miss Aggie Koza

MCFHP MAFHP

21 Bellevue Rd

Appleby in Westmorland

CA16 6TY

Tel: 01768 398457

Mob: 07910 028955



www.fellanddalescatering.co.uk

**Catering for Weddings, Birthday Parties
& Outdoor Events**

**Hog Roasts using where
possible our own Pigs**

**Show Catering, Barbecues
and Funeral Teas**

Catering Trailer available

**Lots of Menu Ideas using Homemade
& Locally Sourced Foods**



Groundworks 07968101211

All types of groundworks undertaken including:

Site Clearance
Foundations
Post knockers
Draining/ditching
Septic tanks
Concrete breaker

Digger and dumper available
Ring 07968101211 or
017683 42059



EDEN PROPERTY & GARDEN SERVICES

For a prompt and professional service, please call

Free quotes **07585 802940**

Fencing/Decking

Bespoke Garden Sheds

Playhouses and Furniture

Interior and Exterior

Painting and Decorating

Plastering - Tiling - Joinery

General House Maintenance

Handyman Services

Plumbing - Bathroom Installations



edenpropertyandgardenservices@hotmail.co.uk



NEWBY COURT NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

vickers313@googlemail.com



GROUNDWORKS

NO JOB TOO SMALL

Over 30 years experience
in all aspects of groundworks.

Small to large jobs undertaken
including drives, patios,
fencing, hard landscaping
drainage and foundations.

**COMPETITIVE
RELIABLE
GROUNDWORK SOLUTIONS**

Contact Ian on 07751 661293



Bespoke Catering Bereavement refreshments

Individual tea/lunch boxes available in line
with Covid 19 regulations

Weddings, Family parties, Corporate hot
and cold menu's

Gift Vouchers available
Afternoon Teas, Grazing Boxes,

**Kathleen Twentyman, Applegarth,
Great Strickland, Penrith. T: 01931
712272**

**Mobile : 07711 663633
Email: info@applegarthfoods.com
www.applegarthfoods.com**



Mike Addison FBDO CL
OPTICIAN

Mike Addison Optician now at **SHAP HEALTH CENTRE**

- Over 60's & under 16's receive **FREE SIGHT TEST**
- NHS and Private patients welcome
- Fully comprehensive eye examinations
including Diabetics and Glaucoma sufferers
- Professional, friendly service by qualified local Opticians
- Excellent range of spectacles from economy to
designer for children and adults

The Shire Hall
The Sands
Appleby CA16 6XN

Shap Health Centre
Peggy Nut Croft
Shap CA10 3LW

info@mikeaddisonoptician.com

CALL 017683 53199
to make an appointment



*Great Nails Don't Happen By Chance
They Happen By Appointment*

Gel Polish
Nail Enhancements
Pedicure

For information and to book an appointment
please contact Mel on 07983472249

Email: melheritage6@yahoo.co.uk



Melanie Heritage Nail Technician

theguild
of Nail Technicians



WALKERS

Family Funeral Directors

— Est 1945 —

Tynefield House
Penrith
CA11 8HY
01768 892211

Chapel Street
Appleby
CA16 6QR
017683 30321

www.walkersfunerals.co.uk

Private Chapel of Rest—Funeral Plans—Memorials
Caring, Personal and Professional 24hr Service

Eileen Messenger, Alan & Susan Smyth, Gary Strong, Damon Stead-



We are proud to offer
Golden Charter Pre-Paid Funeral Plans

Golden Charter
Funeral Plans

LAKELAND & SHUTTERS BLINDS

VERTICAL • VENETIAN • ROLLER • PLEATED • ROMAN

017683 62101 or 07956 140 335

Call us for a free consultation.

Samples brought to your home or business.

Now supplying and fitting custom made

Wooden Shutters.

www.lakelandblinds.com

lakelandblinds@btinternet.com



A stunning grade 1 listed Pele Tower, Askham Hall has a Michelin starred/ 4AA Rosette restaurant luxury accommodation with beautiful gardens, an outdoor heated pool and hot tub.

We grow and rear much of our own produce, at Askham Hall itself and on the 800 year old Lowther Estate.

Sister establishment of the Queen's Head Askham and the George and Dragon in nearby Clifton.

Askham Hall, Askham, Penrith, Cumbria.
CA10 2PF. 01931 712 350
enquiries@askhamhall.co.uk
www.askhamhall.co.uk

AJ&D Chapelhow (Cliburn) Ltd

A family run business established in 1961

*"A huge thank you for being
so fabulous to deal with
both in the office and the
men who came to fit the
doors and windows
which are utterly perfect!"*

Locally manufactured quality timber
windows & doors.

Free quotation and measuring service

Showroom open by appointment

Call us on: **01931 585101**

enquiries@ajdchapelhow.co.uk

www.ajdchapelhow.co.uk



GARDENER WANTED

for four gardens in
Morland

1 – 2 hours per week each

Please ring 01931 714440

SEASONED FIREWOOD

DUMPY BAGS

Hardwood £94 Softwood £80
KILN DRIED HARDWOOD £101

(Prices include VAT @ 5%)
Free local delivery

WOODSURE assured quality wood fuel.

WOODSURE Ready to Burn

For every bag of Logs we sell,
we make a donation towards the
planting of new trees in Cumbria.

THOMAS EWBANK

TELEPHONE: 017683 62746

www.tjewbanklogs.co.uk

Hardwood Multibag discount available

HTD FORESTRY

Timber Harvesting & Forest Management

- Clear Fell & Thinnings
- Timber Marketing
- Replantation
- Woodlands, Farms & Country Estates
- Timber Haulage

No Job Too Big or Small

Family Run Business, All Equipment In-House

Keeping Things Simple

Tel: 07826424554

Email: htdforestry@gmail.com

Judith's Cakes

While we're all staying at home more – why not have an afternoon tea delivered to your door?



Beautiful cake stands and china available to display your tea



Homemade cakes made to order

Puddings and sweets for all occasions.



Tel. 01931 716765

Mob. 07813742867

Email. judithscakes@gmail.com

**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 telephone

Liz Morgan 015396 23068

SIMON HAZELDINE

07486 002848

KITCHEN AND BATHROOM FITTING

Tiling and Flooring

Minor electrics and Plumbing

Interior and Exterior Painting

Refurbishment and general household repairs

Pressure Washing (Paths, Drives, Patios etc.)

If your requirements are not listed please ring and ask.

No VAT – No job too small

2 Prospect Terrace, Kirkby Thore,
Penrith CA10 1UG

**Specialist wills, tax & probate
solicitor**

One of the few true specialists with over 30 yrs experience & additional specialist qualifications - large city firm experience without the high prices - has saved millions of £
Inheritance Tax –

**Lynn Emery LLB(Hons) Solicitor
(TEP)**

01697 478303 | 07901

229218 | lynn@lynnemery.co.uk

The Strickland Arms

Great Strickland
Penrith, Cumbria
CA10 3DF
Tel. 01931 712238
Email: stricklandarmspenrith@hotmail.co.uk



WE ARE HIRING!

PART TIME AND
SEASONAL SUMMER JOBS AVAILABLE

Positions available in:
Bar
Kitchen
Housekeeping

Age 16+
No previous experience required,
on the job training provided!

Good pay and flexible hours

For more information or to apply
please contact us:
stricklandarmspenrith@hotmail.co.uk
01913 712238

Your advert could go here

Contact our advertising
manager for details of
rates, sizing and maximum
megabytes

Meg Hancock at

01931 714 432
(meghnc@btinternet.com)

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!

ABOUT A CENTURY SINCE.....

From "The Herald" March 1923

Wet, with sleet and snow. Easter would be 1st April.

Farming is depressed, and so is Penrith. Housing is scarce and overcrowded; health is bad. The wet, cold summer did not help Westmorland children's teeth—they suffer from too many sweets and sugary tea.

Thursday, 1st March, A traction engine en route for Frank Richardson at Orchard house and climbing the hill from Lyvennet to Birdby, suddenly ran backwards downhill, out of control. Its crew leapt out, but it ran over one, killing him instantly. Louthier Wd members defied the rain went to hear about Leather Work.

County Councillor J. Watson said that the signposts around Crosby Ravensworth and Morland were indecipherable and they were actioned for repainting in the summer.

Bolton Parish Council had yet to receive a response from the County Highways Committee regarding questions about the dangerous corner at Church Brow.

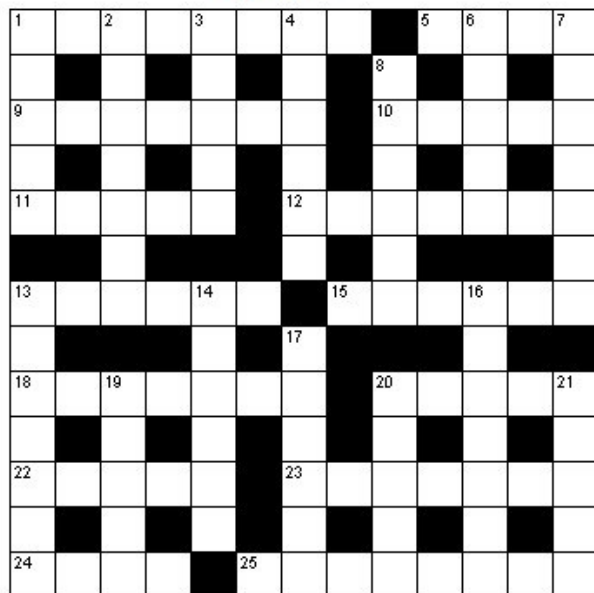
Mr John Robinson Sanderson, aged 53 and formerly farm manager for his brother-in-law, the late William Robinson in Brougham, was due to move to Penny Hill Farm in Colby, but being a great worrier, became so concerned about the move that he drowned himself in the pond he had helped make on his brother-in-law's farm. He left a wife, Mary.

Other deaths were Anne, wife of Joseph Egglestone, aged 72, who died at Croft House, Cliburn on 30th March and James, husband of Jane Ann Robinson, aged 84, who died on 24th March and was buried at St.Ninian's, Brougham.

Many thanks to Jeremy Godwin for researching and submitting the facts

PUZZLE TIME!

Cryptic 03

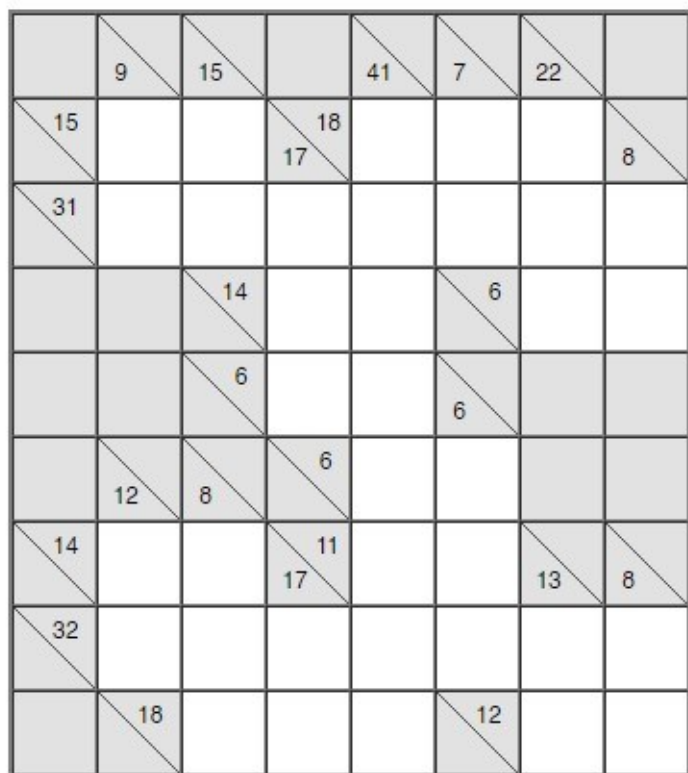


Across

1. Sounds like precipitation and expensive animal (8)
5. Three involved in street riot (4)
9. Young tree is a confusing alp sign (7)
10. A relatively high volume permitted (5)
11. Observes what they grab, by the sound of it (5)
12. Found contract ordered farm vehicle (7)
13. Play around with an instrument (6)
15. Made mandatory request essential (6)
18. Run around, swindle for each one (7)
20. Arch seen to occur vertically (5)
22. Found seaside always perfect (5)
23. Forcibly displaces our spot (7)
24. Style inherent in jewel antique (4)
25. Owned up to being allowed in (8)

Down

1. Flowers produce various sores (5)
2. Suggested gremlin fibbed (7)
3. Golf shot with ambition? (5)
4. Sleigh that contains fractionally less than one (6)
6. Kangaroo stampede reveals bird shelter (5)
7. Gave instructions for systematic arrangement (7)
8. May a primate be served as a starter? (6)
13. Five set for riotous fun on this occasion (7)
14. Crumpled jacket required for a spell (6)
16. A trip or land there for a change (7)
17. A regular route, roughly (6)
19. Aware nation hosts sporting venue (5)
20. Dog included in decor gimmick (5)
21. Found nausea sedative provided relief (5)



Solution - Cryptic 02

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

KAKURO PUZZLE

How to solve:

Each number on the grid represents a total that has to be made up by adding the numbers adjacent to it. You can only use single digits and no digit can be repeated in the same calculation. If properly completed, you should be able to fill the grid.

Example:

Number 4 is shown on the grid. The only numbers you can use to add to a total of 4 are 3 + 1 or 1 + 3 (you can't use 2 + 2 as you can't repeat digits). Lightly pencil the digits 1 and 3 in each of the boxes next to each 4. Then work in the same way to find the solution.

Dates For The March Diary

MARCH 2023

4 th	Fellrunner trip to Southport	6
14 th	Wool Discovery from Fleece to Yarn	26
25 th	Morland & Newby W.I. Jumble Sale	4
31 st	Auction of Promises (Cumbria Singers)	34

THE LAST WUFF!

I've had such a brilliant start to the year! My cousin, Saffy—you know, the one who likes to swim in my pond—came to stay for two whole weeks! At first, I wasn't sure I liked having her in my house. She kept playing with *my* toys and chewing *my* chews and even had some cuggles with *my Mummy* and *my Boss*! But after a day or so I found out that it was really fun to chase with her around the garden, and even more fun to chase around the bungalow and up and down the hall. Mummy and Boss thought it was fun, too, especially when we bumped into the tables and nearly knocked the tea tray on the floor! I got a bit wet once when I couldn't stop and knocked over a glass of water, but I didn't mind because I was getting quite warm with all the running and woofing we were doing! I taught Saffy how to go to the toilet outside, how to bark at the postman and how to pick up bits of paper! She didn't quite learn how to take them to Mummy and Boss because she got distracted with the lovely way paper feels when you rip it up, but we did have a great time until she had to go back home to her own Mummy. I hope she comes to stay again soon—I've got so many other things to teach her! Mind you, it is nice to have Mummy and Boss back to myself, and it's good to see Kitt-E and Tufftee back at home again. For some reason, I didn't see much of my cat sisters whilst Saffy was here.....

THE LAST WORD..... Saffy came to stay whilst my sister was in hospital. She was a ball of fun, but exhausting.

EditorNorthWestmorlandNews@outlook.com

INDEX

AJ & D Chapelhow	39	Lakeland Blinds	38
Advertisers' Guide	16	Lowther Castle & Gardens	33
Age UK	32	Lowther Endowed School	15
Aggie Koza Foot Health	35	Lyn Emery Solicitor	40
Appleby Cancer Support	3	Melanie Heritage	37
Appleby Doors & Windows	29	Midtown Cattery	33
Appleby Swimming Club	40	Mike Addison Optician	37
Applegarth Foods	37	Mill Yard Café & Bistro	31
Askham Hall	38	Morland Parish Council	18
Bolton Nursery	9	Morland Playgroup	5/8
Chris Barden Plastering	14	Morland House	13
Church News, Including MU & WI	2	Morland Ukelele Group	5
Church Services	21-24	Neat Feet	30
Community First Responders	3	Newby Court	36
Creative Chat Group	9	North Westmorland Arts	14
Cumbria Adult Services	12	Parkin & Jackson	34
Cumbria Singers	34	Procter Building Services	29
Diary Dates	45	Richard Dinsdale Groundworks	36
Eden Carers	14	Richard Hudson Property Maintenance	35
Eden Property & Garden Services	36	Richardsons Funeral Directors	14
Eden Workshops Appleby Hub	34	R W Porter Logs	30
Fell & Dales Catering	36	Shap News	17
Fellrunner Excursions	6	Simon Hazeldine	40
Glyn Jones Funeral Directors	35	SP8 Physiotherapy led Pilates	10
Heartwood Enterprises	29	Steve (Woody) Hodgson	30
Heritage Fund	25/26	Strickland Arms	28/41
HTD Forestry	39	Studio Morland	27
IGK Groundworks	37	Thomas Ewbank Firewood	39
Judith's Cakes	40	Vincent Advice Admin & Advocacy	33
Kevin Bush	27	Walkers Funeral Directors	38
Lady Muck	31		

LOCAL DIRECTORY

RECTOR	Rev'd Stephen Tudway	01931 719 210
CURATE	Rev'd Sheila Clark	01931 714 238
DEACON	Rev'd 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	Bex Carter cliftonpc@outlook.com	
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
LOWTHER PARISH CONTACT	chris_1lowtherview@yahoo.co.uk	
LOWTHER PARISH HALL BOOKINGS	Anne Crofts 01931 712676	
MAULDS MEABURN POST OFFICE	Open from 2-4pm on Mondays until further notice.	
MAULDS MEABURN VILLAGE INSTITUTE	adeleermurdoch@gmail.com	
Bookings secretary	Adele Murdoch	07860 282802
MORLAND PARISH COUNCIL		
Clerk	Lisa Beken clerk@morlandparishcouncil.org	
MORLAND COMMUNITY FIRST RESPONDERS	Caroline Sterling (cster52822@aol.com)	01931 714 971
MORLAND & NEWBY VILLAGE HALL		
Secretary	Julia Evans (alexjulia@btinternet.com)	01931 714 158
Chair & Treasurer	Jane & Ian Barnes (ickb1960@gmail.com)	
MORLAND WARD COUNCILLOR	Michael Tonkin (mike.tonkin@eden.gov.uk)	01931 714 094
NEWBY PARISH MEETING		
Clerk	Meg Hancock (meghnc@btinternet.com)	01931 714 432
KINGS MEABURN POST OFFICE	Tuesday 12.30pm-5.30pm,	01931 714 256
(at the White Horse Inn)	Wednesday 12 noon-5.30pm,	
	Friday 8.30am-1pm	
KINGS MEABURN VILLAGE HALL		
Bookings	Alison Goldfinch (kenandali@ntlworld.com)	07807454079
BROWNIES		
Guider	Jo Laverick (jolaverick63@gmail.com)	01931 714216
SLEAGILL PARISH MEETING		
Clerk	Lucy Tonkin (sleagillparish@zoho.com)	01931 714 094
NORTH WESTMORLAND NEWS	Alex Paris (EditorNorthWestmorlandNews@outlook.com)	
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 March '23 at the very latest.

Material by email please to EditorNorthWestmorlandNews@outlook.com