

Summer Issue 2023

North Westmorland News

Group website:

www.northwestmorlandchurches.org.uk



*To love Christ and
make Him known*

Issued monthly,
except:

July & August
(One edition)

December &
January
(One edition)

To be added to
our distribution
list, please email
the Editor

nwneditor@gmail.com



**Welcome to the Summer '23 issue of
North Westmorland News
OUR FIRST FULLY DIGITAL ISSUE**
**Please send copy for the September
Issue to: nwneditor@gmail.com**

From the Vicarage

This week I have been exploring 'truth' and 'truthfulness' with one of our schools. Telling the truth is very important. Equally important is knowing whether what we see or hear is the truth. To help the children, we looked at some optical illusions: they contain truth, but what we think we see isn't actually 'true'. Try googling an image of the "impossible trident".

Knowing whether something is true – and how to find out – is an important skill in the modern world. Politicians and newspapers are increasingly adept at feeding us an opinion about the truth that they think we want to hear, rather than the unvarnished truth itself. Artificial Intelligence and other technologies are able to produce the most convincing fake pictures, videos and even voices. Try googling an image of "Pope Francis in a puffer jacket".

Last year, while suffering from Covid, I had a lot of time on my hands. I took up the suggestion of my children, and my youth group, to explore the world of YouTube-based nonsense, especially the genres of unexplained mysteries and conspiracy theories. How right the young people were! I found a bizarre world of the strange, some of it tremendously entertaining.

Among the views I encountered was the idea that the earth is flat. I had assumed that such ideas were only held as a joke these days. For many hundreds of years, people on ships at sea have observed distant vessels 'hull down': just over the curve of the horizon, so that only their masts or superstructure are visible. Offshore wind farms today give us an even more striking view. It turns out that flat earth beliefs are no joke for some people. They are faced with a weight of evidence: accounts of circumnavigation; pictures of the earth from space; the recollections of those who have travelled to the International Space Station or the Moon. They are forced to dismiss these truths as part of a government conspiracy to hide the flatness of the earth from us. Apparently, we are "not ready" for it...

I was disappointed to find that there are Christians who claim that the Bible teaches that the earth is flat. I shouldn't have been surprised: after all, there are Christians who don't believe in dinosaurs. It all comes back to the mistake of reading the Bible literally, rather than as divinely-inspired literature. The Bible contains fiction: it is not "true" in every sense, but it always reveals God's truth. The Book of Daniel talks about a tree so tall that it was visible "to the ends of the earth". This is an expression we still use today, without believing that something tall enough could be seen from everywhere on earth. The Bible talks about the sun coming up and going down, just as we do today. It doesn't mean that the sun is literally going up and down in the sky (or round the earth!).

I believe that God created all things, sustains all things and cares for all people. I find some of these truths in the creation literature of the Bible, without needing to believe that it is literally true. I prefer to remember Psalm 19, "The heavens proclaim the glory of God. The skies display his craftsmanship." Science reveals what God has created; it is not in conflict with the Bible. Once I recovered from Covid, I went to Silecroft beach on a clear Spring day. You could just about see the tips of the Isle of Man. Then I climbed to the 600m top of Black Combe. From there, I could see a whole lot more of the Isle of Man, thanks to one of the glories of the Lord: a curved earth.

Stephen

NOTICE FOR ALL NEWSLETTER READERS AND ADVERTISERS

Hello to all of you reading this, and welcome to the first Digital version of the North Westmorland Newsletter.

Firstly, I would like to thank the senders for the 45 emails I received, requesting emailed Newsletters (some of them for multiple copies). I have now entered all of the email addresses onto the mailing list, so if you hear of anyone who hasn't received an emailed copy, please ask them to get in touch again as their message must have been lost in the ether.

Secondly, there are a few things I have changed in this edition, though not many. Whilst in a paper edition, having church services in a pullout section in the middle so they were easy to remove made perfect sense, in a digitalised version, it just makes them harder to find, so I've moved these to the front of the Newsletter, so they are easy for churchgoers to locate. If you aren't interested in service times, just turn past them for the rest of the News.

Thirdly, I would very much like this to become more and more of a NEWS letter. Now that we are not as restricted to minimum page numbers due to printing costs, it would be really nice to receive information about events in our parishes AFTER they have happened, as well as before. What was the attendance like at your Scarecrow Trail/Summer Fete/Harvest Festival? What was the weather like? How much money did your Fund Raiser Raise? What were the best bits about the presentation/lecture you went to? All these things go to improve village community life and people are invariably interested in hearing about what goes on in the nearby local communities. We could even include a few photos if they are submitted in standard jpg format. Please think about whether you could send us something.

Finally, I would very much appreciate comments about what you like or dislike about the Newsletter. I can't promise to implement everything, but any comments will certainly be taken under consideration.

All submissions received by 14th of the month will be placed in the next edition if at all possible. Submissions received dated 15th onwards will be placed in the edition after that (no exceptions, please). This then gives time for the edition to be collated, edited, indexed and proof read before emailing on the last day of the month. THANK YOU FOR YOUR SUPPORT.

Editor

	Askham with Lowther	Bampton
2nd July Trinity 4 Proper 8	11:15 Family Worship SRP	9:45 Holy Communion SPC
9th July Trinity 5 Proper 9	11:15 Holy Communion SPC	9:45 Café Church DN/Team
16th July Trinity 6 Proper 10	11:15 Holy Communion JHB	9:45 Holy Communion JHB
23rd July Trinity 7 Proper 11	11:15 Holy Communion SWT	9:45 Holy Communion SWT
30th July Trinity 8 Proper 12	11:00 Benefice Joint Service of Holy Communion with marriage blessing Crosby Ravensworth SWT	

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
2nd July Trinity 4 Proper 8	9:15 Holy Communion JHB		9:15 Holy Communion SWT
9th July Trinity 5 Proper 9			
16th July Trinity 6 Proper 10	9:15 Holy Communion SPC	11:00 Holy Communion SWT	15:00 NineKirks BCP Evensong SWT/DGJ
23rd July Trinity 7 Proper 11	18:30 Taizé SRP		
30th July Trinity 8 Proper 12	11:00 Benefice Joint Service of Holy Communion with marriage blessing Crosby Ravensworth SWT		

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 modernised format.

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



	Crosby Ravensworth	Great Strickland
2nd July Trinity 4 Proper 8	11:00 Holy Communion JHB	11:00 Holy Communion SWT
9th July Trinity 5 Proper 9	11:00 Holy Communion JHB	
16th July Trinity 6 Proper 10	18:00 Evening Prayer DGJ	No Service Due to Village Breakfast
23rd July Trinity 7 Proper 11	11:00 Holy Communion SPC	11:00 Morning Worship SRP
30th July Trinity 8 Proper 12	11:00 Benefice Joint Service of Holy Communion with marriage blessing Crosby Ravensworth SWT	

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

	Morland	Shap	Thrimby & Brougham
2nd July Trinity 4 Proper 8	11.00 Holy Communion By extension DGJ	10.30 Methodist SJR	11.00 Morning Prayer Lay led
9th July Trinity 5 Proper 9	11:00 Holy Communion SWT	10.30 Holy Communion By extension NH	
16th July Trinity 6 Proper 10	14:30 Messy Church (Village Hall) Team	10.30 Family Service EA	11.00 Morning Prayer Lay led
23rd July Trinity 7 Proper 11	11.00 Holy Communion JWT	10.30 Holy Communion JHB	
30th July Trinity 8 Proper 12	11:00 Benefice Joint Service of Holy Communion with marriage blessing Crosby Ravensworth SWT		

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 modernised format.

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



	Askham with Lowther	Bampton
6th August Trinity 9	11:15 Holy Communion	9:45 Holy Communion By estension
13th August Trinity 10 Proper 14	11:15 Family Worship	9:45 Café Church DN/Team
20th August Trinity 11 Proper 15	11:15 Holy Communion	9:45 Holy Communion
27th August Trinity 12 Proper 16	11:15 Holy Communion	9:45 Holy Communion

Please note that at the time of distribution, celebrants for August services have not yet been finalised.

There may be some alterations to the services as listed, so please listen out for announcements and share any changes with your friends in the congregation.

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 & Brough- am
6th August Trinity 9	9:15 Holy Communion		9:15 Holy Communion
13th Au- gust Trinity 10 Proper 14			
20th Au- gust Trinity 11 Proper 15	9:15 Holy Communion	11:00 Holy Communion	15:00 NineKirks BCP Evensong
27th Au- gust Trinity 12 Proper 16	9:15 Morning Worship		

Please note that at the time of distribution, celebrants for August services have not yet been finalised.

There may be some alterations to the services as listed, so please listen out for announcements and share any changes with your friends in the congregation.

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 modernised format.

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



	Crosby Ravensworth	Great Strickland
6th August Trinity 9	11:00 Holy Communion	
13th August Trinity 10 Proper 14	11:00 Morning Worship	11:00 Holy Communion
20th August Trinity 11 Proper 15	18:00 Evening Prayer	11:00 Morning Worship
27th August Trinity 12 Proper 16	11:00 Holy Communion	

Please note that at the time of distribution, celebrants for August services have not yet been finalised.

There may be some alterations to the services as listed, so please listen out for announcements and share any changes with your friends in the congregation.

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

	Morland	Shap	Thrimby & Brougham
6th August Trinity 9	10:45 Holy Communion <u>With Choir Camp</u>	10.30 Methodist	11.00 Morning Prayer Lay led
13th August Trinity 10 Proper 14	11:00 Holy Communion	10.30 Holy Communion	
20th August Trinity 11 Proper 15		10.30 Family Service	11.00 Morning Prayer Lay led
27th August Trinity 12 Proper 16	11.00 Morning Worship	10.30 Holy Communion	

Please note that at the time of distribution, celebrants for August services have not yet been finalised.

There may be some alterations to the services as listed, so please listen out for announcements and share any changes with your friends in the congregation.

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 modernised format.

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



Church News & Local Events



Bolton MU & WI

There are no meetings of the MU or WI during July and August. More information in the September Newsletter.

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.

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.

Lowther Endowed School

'Stay and Play' sessions

Supervised by a member of the teaching staff

All pre-school children are welcome to attend.

Check school website



Affected by Cancer?

APPLEBY & DISTRICT CANCER SUPPORT GROUP

Invite you to

Come for Coffee

Open to all in Eden district



We Meet

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

Chat in confidence with others
going through tough times

Also on offer:
Light exercise

Further Info, Phone

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

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.

KINGS MEABURN FIELD DAY 2023

Please come and join in the fun on Saturday August 5th from 2pm onwards at the village field (next to the White Horse Pub).

A traditional village fete with stalls, side shows, raffle, dog show, children's fancy dress, afternoon teas and sports, followed by a BBQ and football match.

All proceeds go to the upkeep of Kings Meaburn Village Institute

August 5th from 2pm onwards
Village Field (by White Horse)
CA10 3BU

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

GO ON - MAKE SOMEONE'S DAY!

Do you have any toys that are unwanted?

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)
johnisobelbass@gmail.com

The Arts Society Appleby Programme of Lectures 2023

Sept 13th Gavin Plumley Breugel, the Seasons and the World

In 1565, Pieter Bruegel the Elder was commissioned to create a series of paintings for a dining room in Antwerp. The images, charting the course of a year, changed the way we view the world through art. Landscape had previously been a decorative backdrop to dramas both sacred and profane. But in Bruegel's hands the landscape and our interaction with it became the focus. Looking at paintings such as *The Return of the Herd*, *Hunters in the Snow* and *The Gloomy Day*, this lecture explores how Bruegel pioneered a whole new way of thinking about the environment and our individual places within a shifting cosmos.

Oct 11th Rosalind Whyte Cornelia Parker

Contemporary sculptor and installation artist, Cornelia Parker is best known for her large-scale installations. She created works of beauty from acts of destruction, transforming everyday objects and investigating their nature and value. This lecture explores her thought-provoking work.

Nov 8th Harry Venning The Art of the Cartoon

Harry Venning will be tracing the history of his profession with examples from early practitioners like Cruickshank and Hogarth, to more contemporary artists such as Giles and Schulz, bringing events right up to date with cartoons produced fresh on the page on the day!

Dec 13th Simon Whitehouse Dick Whittington and his Cat

2023 marks the 600th anniversary of the death of the fabled Dick Whittington (c1354-1423). For many of us, Dick is simply a fictional character from a Ladybird book or the Christmas pantomime. In fact, Dick was very real, indeed one of the major movers and shakers of medieval London.

In this lecture we separate the man from the myth as we follow in his footsteps through the streets that were not exactly 'paved with gold...'. Apprenticed to a master mercer, Whittington went on to become one of the wealthiest and most successful textile merchants in the City, bankrolled no fewer than three medieval kings and as a result held the office of Lord Mayor of London no fewer than four times. And what of that famous feline companion; his cat? Well, the church that he built might just provide the answer but the lecture reveals all....

Lectures are held at:

**Appleby Market Hall
Market Square
Appleby
CA16 6XE**

At 11:00 a.m. on the 2nd Wednesday

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

SUMMER QUOTES

“Warm summer sun, shine kindly here.”

— Mark Twain, [Warm Summer Sun](#)

“I’m ready for barbecues and picnics; reading books in my hammock; lemon-berry iced tea and a rocking chair on the front porch, watching the sun set with friends; stargazing while eating s’mores in the backyard. Oh, summer... bring it on!”

— Oprah Winfrey

“Summer is singing with joy, and the beaches are inviting you with dancing waves.”

— Debasish Mridha

“Summer has filled her veins with light and her heart is washed with noon.”

— C. Day Lewis

Roll out those lazy, hazy, crazy days of summer

— Nat King Cole

ASKHAM WITH LOWTHER



We are looking for an **Organist/keyboard player** for Sunday’s 11:15 a.m. services once or twice a month. We have coverage for two services per month, but desperately need someone to play for the other weeks to keep music alive in our church.

We would be so grateful if you could help.

For further information please call Rena 01931712917

Thank you.

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

I recently made the difficult decision to finish in my current voluntary role at 1st Crosby Ravensworth Brownies at the end of the Summer term. I started when Freya my daughter was seven years old and became a Brownie and have continued as a volunteer for many years. I have over the years enjoyed my time as a Guide Leader and made some great friendships.

I would like to thank everyone for their help and support.

Kind regards

Jo Laverick

(Guider, 1st Crosby Ravensworth Brownies)



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

GREAT STRICKLAND

MONTHLY THURSDAY COFFEE MORNINGS

The numbers of persons attending this year so far have dropped somewhat so this may be creating a dilemma Your monthly voluntary contribution pays for that day's tea/coffee/biscuits and surplus goes towards the Xmas Lunch Last year the cost of the Lunch including drinks was £300 and we estimate 2023 may be 25% more due to the price of food etc

Therefore if you attend on a regular basis your contributions will pay for the lunch So if you wish to attend only the Festive Lunch in December we are suggesting you make a donation at the event to ensure all costs are fairly and suitably covered in our non profit making event.

On behalf of Marlene

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 keeping warm 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.

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.

MORLAND PARISH COUNCIL

Working for you since 1894
morlandparishcouncil.org.uk

HYPERLINK
"https://www.facebook.com/MorlandParish/"
facebook

Parish Council Meeting -The Parish Council will hold its next Ordinary Meeting on Monday 10th July 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.

Annual Parish Council Meeting – At the Annual Parish Council Meeting in May, Councillor Steve Wilson was re-elected as Chair of the Parish Council, alongside Councillor Peter Taylor as Vice-Chair.

Neighbourhood Plan – The Plan has now been assigned an Officer at the new Westmorland And Furness Council, and the Parish Council will be working alongside the Council to agree an external examiner to assess the plan. Once the plan passes through this process, a referendum will be held in the Parish.

Allotments – The Parish Council has agreed a sale price with the owner of the allotment field, and is now progressing the sale, funded largely through grants awarded.

Signage at Morland Ford - Following meetings between the Parish Council, a local residents group and representatives of the Highways Authority (Westmorland and Furness Council), a compromise has been agreed regarding signage. The Parish Council has agreed to build a stone plinth onto which signage will be mounted, to be more in keeping with the surrounding area. The Highways Authority will provide specifications for this, and ownership will be with the Parish Council. The Parish Council, in conjunction with the residents group, is continuing to discuss the placing of depth gauges at the Ford. Tim Farron MP has also written to the Highways Authority in support of local concerns.

Morland Beck Pollution - Reporting of issues at the Beck is being recorded by the Environment Agency, with Morland now highlighted on their nationwide map showing sewage discharge. Any members of the public who witness any form of pollution entering the local waterways are encouraged to contact them as soon as possible. If you have any concerns about the colour or smell of the Beck, or see any other evidence of pollution, please contact the Environment Agency on **0800 80 70 60**. This number is available 24/7 and any concerns will be immediately assessed.

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

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



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

FELL VIEW

— HAIR & BEAUTY —



At Fell View we offer a range of **colouring** and **styling** techniques, **waxing**, **massage**, **facials**, **nails** and **men's barbering**, as well as our leading **guest therapists**.

YOUR HAPPY PLACE

Open till 9pm on
Wednesdays and Thursdays
Located on the Main Street
of Shap, near the Coop



01931 716910



Mugs

MORLAND UKULELE GROUP

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

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

Contact Mark or Rachel
on 01931 714163

Morland Cinema Club

After a couple of film showings in recent months, the small team behind the Morland Cinema Club is planning for a whole season of films in the Autumn and Winter. We need YOUR help to plan the best possible season to attract the biggest possible audiences to some of the best available films.

Please could you take a couple of minutes to complete the brief survey on the web-site for The Studio Morland?

The link is <https://www.thestudiomorland.co.uk/cinema-club> and then just click on Fill in the survey.

The more information we have, the more likely we are to create a season of films that you'll enjoy - and we're keen to hear from potential filmgoers across the area, not just Morland itself.

Thank you.

The Morland Cinema Club team

PS If you'd like to get involved in the Club, please contact us
via thestudiomorland@gmail.com or via the community Facebook Group.

Stoneleigh Communications Limited, Cross House Barn, Newby, Penrith,
CUMBRIA CA10 3EX **01768 216897** or mobile **07960 989235**

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

GREAT STRICKLAND EVENTS

Sunday 16th July

Village Big Breakfast

Saturday 9th September

Steak Night (in aid of St Barnabas Church)

Friday 6th October

Mikron Theatre Company

Saturday 28th October

Pie & Pea Night

*Follow us on
[Facebook @greatstrick](https://www.facebook.com/greatstrick)
for more info*

Morland Tennis Club

The rates for membership of Morland Tennis Club are;

*Family, £20.00 per annum
Individual, £10.00 per annum
Children, £5.00 per annum*

For those wishing to join while visiting the area, the day rate is;

Adult £2.00 and children £1.00

At the moment there are no facilities for paying by card so please put your money in an envelope with your name and contact details and post through the letterbox of Shannon Brae, High Street, Morland – the bungalow below the tennis courts. You will find the key for the court in the nook to the left of the door. If you have any queries about the court or membership please knock on the door of Shannon Brae to speak to Sheila

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 www.morlandparishcouncil.org

Shap shapcumbria.co.uk

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

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

Your advert could go here

**Contact our advertising
manager for details of
rates, sizing and maxi-
mum megabytes**

Meg Hancock at

**01931 714 432
(meghnc@btinternet.com)**

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,
Patos 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**

ALLOTMENTS

Did you know that Allotments are available to residents of Morland *and* the surrounding villages?

BUT

The Allotments field is being sold and Morland Parish Council is hoping to buy it.

Some residents are hoping to raise money in aid of the Allotments Fund for the Council. If residents of the villages are taking steps to help raise funds, this will enhance the chances of the Council to access grants and donations from elsewhere.

Please can you help?

Some events that have been suggested are:

A Bingo Evening, a Car Boot Sale, a Table-Top Craft Sale, a Karaoke Night etc.

It is hoped that Allotment holders will be able to help, but more helpers are needed than just them.

If you are willing to help anyone taking these on, or even to organise something yourself, please get in touch with Morland Parish Council: clerk@morlandparishcouncil.org

Please keep an eye out for announcements of events in this and future newsletters.



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.

Please support our advertisers:

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

St Michael's Village Show

Saturday 2nd September 2023 at
Shap Memorial Hall
ME7 5PW

Schedules available from
St Michael's Church,
The Old Courthouse,
Second Chance Charity Shop,
Shap website,

www.shapcumbria.co.uk
– follow the What's On link

Entries will be taken on the day
8.30am—9.45am

Show open to the Public at 12.30pm
Admission £1—exhibitors/children free

AUCTION of Produce at 2.30pm



NEWBY COURT

NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

vickers313@googlemail.com

Appleby Deanery will celebrate
The Feast of The Transfiguration of
Our Lord
on Sunday August 6th

.....with a service of Solemn Eucharist.
This will take place at St Andrew's
Church, Crosby Garrett. The Service will
start at **6.30pm**. Bishop Peter Ramsden
will Preside, with Canon Brendan Giblin
preaching.

The church at Crosby Garrett is, geo-
graphically, the highest church in our
Deanery and so it is quite appropriate that
we should celebrate this occasion there.

Everyone is very welcome to join us at
this service will be in the Anglo-Catholic
tradition, and will therefore include the
use of incense. if this is a new venture for
you, then come and experience something
a little different.



GARDENER WANTED

for four gardens in
Morland

1 – 2 hours per week each

Please ring 01931 714440

**Appleby Deanery
St Andrew's Church
Crosby Garrett**

**Solemn
Eucharist
for
The Feast of
The Transfiguration
of our Lord**

Sunday, August 6th at 6.30pm



**Bishop Peter Ramsden
will Preside
Canon Brendan Giblin
will Preach**



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**

It is The Feast of St Lawrence on Thursday August 10th. There will be a Taizé Prayer that night in St Lawrence's Church, Appleby at 7pm. We would like to extend an invitation to this service to everyone in the Benefice and beyond, and especially our friends at St Laurence's, Morland and Crosby Ravensworth who share the same Patron.

Taizé Prayer is a time to relax and focus on readings, prayers and short musical chants which are easily learned, interspersed with times of silence for personal meditation. Do come along and join with us, especially if this will be a new experience for you. We look forward to seeing you.



Groundworks 07968101211

All types of groundworks undertaken including:

- Site Clearance
- Foundations
- Post knocker
- Draining/ditching
- Septic tanks
- Concrete breaker

Digger and dumper available
Ring 07968101211 or
017683 42059

Richard Hudson

**Property
maintenance**



Including

**Double glazing
sealed unit
replacement**



Over 35 years' experience

Bolton, Appleby

**017683 62029 /
07546 519060**



**St Lawrence's Church
Appleby-in-Westmorland**

Taizé Prayer for St Lawrence's Day

**Thursday
August 10th at 7.00pm**



**All are welcome
to join us
for our service of
Prayer and
Contemplation**



The Old Courthouse, Shap

visit www.theoldcourthouse.org for details of events

Opening Times: Sun 2-5, Mon 10 -1, Tue 2-5, Thu 2-5, Fri 2-5, Sat
10 -12

Open as usual on Bank Holidays

The Library at The Old Courthouse is a warm place for reading,
working, computers with FREE WIFI,
drinks available do feel that you can drop-in for a while whenever it
is open. It's a lovely cool space in hot
weather!

Knit and Natter - Thursdays 2.30 - 4.30pm in the Library all welcome.

Cuppa and Company - Fridays 2.30 - 4.30pm in the Library all welcome.

24th June -13th August

‘Mountains to Moorland’ Art Exhibition

Free Admission

Opening times vary – visit website www.theoldcourthouse.org

A joint show of two artists, mountain artist Sam Gare, whose work shares the places
we go to feel small and
exhibited at the Kendal Mountain Festival in 2022, and Michael Wilson, whose work
captures the atmosphere of
moorlands and exhibits at the Lake Artists Society summer exhibition in Grasmere.

SHAP FARMERS’ & MAKERS’ MARKET

Saturday 22nd July 9am - 1pm

Music on the Terrace, ‘The Lidos’ 50s/60s covers 1030am –1230pm

&

Saturday 26th August 9am - 1pm

Music on the Terrace, ‘The Rhubarb Thieves’ 1030am –1230pm

Food/Art/Craft/Plant stalls plus much more - indoors and outdoors

Refreshments at the Memorial Hall

PLAY BRASS IN EDEN

- a project supported by Eden District Council



In the “Brass in Eden” project, Drum and Brass is working with four local bands in Eden: [Appleby Town Band](#), [Kirkby Stephen Silver Band](#), Melody Makers - Tebay and [Penrith Town Band](#) as well as music organisations including [Bjamba Horns](#) and bands elsewhere in Cumbria to secure the future of brass bands in our community.

With a grant of £8,750.00 from the Eden District Council’s Arts and Culture Development Fund the “Play Brass in Eden” team _ Julie Hoggarth, Jenny Bowes and Kath Wignall are touring schools in the area with their hands-on brass taster sessions. In these sessions, young people get to play along with the “band” and find out how they can take up playing.

It’s not only young people however, who can get involved in the joys of banding. There are also groups for adult beginners and nearly every band will welcome new players with open arms and a cuppa.

The project organiser Drum and Brass sees brass bands as central to community life. For communities, brass bands mark the seasons with music and are a must-have for e.g. Christmas Carol events and Summer Fetes.

For musicians they represent an affordable and sociable way to learn a musical instrument and they are open to all ages. And despite the many challenges of covid and cuts in music education, bands are thriving. Eden has three established bands, which meet weekly in Penrith, Appleby and Kirby Stephen, while three new brass groups between Tebay and Kirkby Stephen with collectively 30 members show there is real interest in learning.

If you want to find out where your nearest band is, and how to get involved, check out our new web page: <https://drumandbrass.co.uk/brass-bands-cumbria/> which has all the information you need to be part of this brilliant tradition.

Julie Hoggarth (julie@drumandbrass.co.uk) 01.03.23



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 wellbeing.

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

Thursdays:

10.00am

11.00am

5.30pm

6.30pm 'mens class'

7.30pm

(Class via Zoom Tuesdays 6.00pm)

Classes are suitable for beginners and mixed ability

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

Or email: sp8physiopilates@gmail.com



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

Richardsons Funeral Directors



est. 1852

Funeral arrangements with
a professional, friendly service

24 Hours a day

Tel: 01768 891189

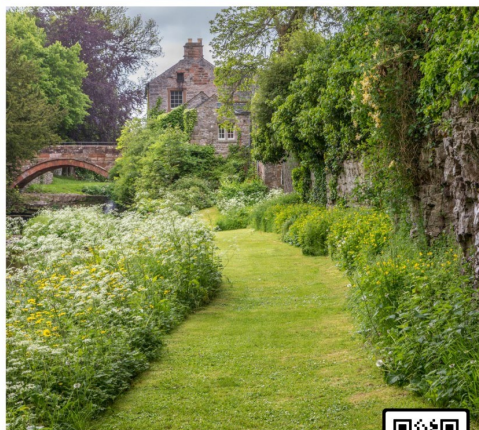
www.funeraldirectorspenrith.co.uk

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

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





WESTMORLAND DALES



Made possible with

**Heritage
Fund**

Westmorland Dales Landscape partnership Scheme

We want to hear your thoughts.....

The Westmorland Dales Landscape partnership Scheme will be drawing to a close in early Autumn and we are starting to evaluate all aspects of the scheme and our delivery. As part of this we want to hear your thoughts on the Westmorland Dales (the landscape) and also what the Westmorland Dales Landscape Partnership Scheme has been doing. We would really appreciate if you could visit our website main page and complete the questionnaire. This will help us to report to our funders and to plan for the legacy of the Scheme and consider any aspects which could be carried forward by our partners. <https://www.friendsofthelakedistrict.org.uk/westmorland-dales-hidden-landscapes-partnership>

Monday 10am-1pm

Tuesday/Thursday/Sunday 2pm-5pm

Saturday 10am-12om

To book events and for further information please visit:

www.thewestmorlanddales.org.uk

or email Nicola Estill at Nicola-estill@fld.org.uk.

SHAP FARMERS' & MAKERS' MARKET

Food/Art/Craft/Plant stalls plus much more - indoors and outdoors

Saturday 22nd July 9am – 1pm

Exhibition of artwork by Sam Gare and Michael Wilson

Music on the Terrace, 1030am – 1230pm

with 'The Lidos', 3-piece 50s and 60s cover band

Saturday 26th August 9am – 1pm

Exhibition of artwork by Suzanne Stuart-Davies and other artists

Music on the Terrace, 1030am – 1230pm

with 'The Rhubarb Thieves'

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,
Front 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 ...
& we have our LogByres and Cabins in the rear garden**

LogYurt Cabin En-suite – 4 berths
Dolly's LogByre En-suite – 6 berths
Lina's LogByre En-suite – 6 berths
Shepherd's LogHut En-suite – 2 berths

**Plus, our New
James Patrick Lodge**
Ensuite – 4 berths

see our website www.thestricklandarms.co.uk to book online

We have traditional wooden seating and tables in our secluded beer
garden & on a covered terrace at the front

We provide FREE superfast broadband WIFI ...

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

Winter Opening Hours

1st November to 31st March

We are open 5 days/week

Wednesday to Sunday

from 5pm to 10pm

(Food Served from 5pm until 9pm)

Spring/Summer Opening Hours

1st April to 29th October

We are open 7 days/week

Monday to Sunday

from 5pm until 10pm

(Food served from 5pm until 9pm)

It's always advisable to book a table if you are eating with us

Tel. 01931 712238 or email stricklandarmspenrith@hotmail.co.uk

Check out our Website: www.thestricklandarms.co.uk



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

Tuesday Tea & Talk

Third Tuesday of the month, 2-4pm

Come down to the Studio Morland on Tuesdays any time between 2pm and 4pm to have a free hot drink, a snack and a warm and friendly chat with likeminded people. No need to book - just turn up

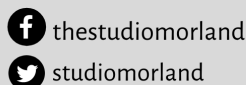
thestudiomorland.co.uk/tuesday-tea-and-talk

Creative Cuppa

Last Thursday of the month, 1:30-3pm

Creative Cuppa is our series of creative wellbeing sessions for people living with dementia (+ their carers) and those experiencing loneliness. Sessions are fun and gentle - and free, with refreshments included. Booking essential.

thestudiomorland.co.uk/creative-cuppa



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

The Studio Morland
Morland, Penrith
CA10 3AZ



Sophie's Painting & Decorating

All aspects of interior & exterior decorating covered

****No job too big or small****

Competitive prices – please get in touch for a no obligation quote:

07707 803 703

sfancottbeynon@gmail.com



Summer music on our farm, what could be better

During the summer months we are again hosting our summer music night at Crake Trees Manor, Crosby Ravensworth. CA10 3JG , Up near the farmhouse with views right over the farm to the Lyvennet valley and the distant Pennines. Everyone is welcome, including dogs on a lead. Live music is a great way to celebrate summer evenings on our farm. Sit around and listen, stand and chat, dance all night. Get your children dancing, your grandpa dancing, your mates dancing... just enjoy



Trees Summer Music nights are held in our vintage stripy marquee, on the grass up near the farmhouse. The tent has been all the way to Edinburgh to have her holes mended by one of the only canvas tent repair workshops in the country

The Farm Kitchen is open from 5:30 with stone baked Pizza and Flatbreads.

The Raven Bar is open extended hours from 5pm to 10:30 each music night

July

Saturday 8th July

Skinny Lincoln. Proper old school rockers with banging tunes from 60's & 70's.

Saturday 22nd July

The Erratic Thieves. Vocal harmonies, woody, acoustic instruments and original arrangements come together to provide a rootsy and warm sound. Poignant songs, upbeat numbers and Americana mixes in with Celtic and English accents.

Saturday 29th July

The Yan Tans, who are also known locally as The Relph band. T.B.C. Gregg, Patrick and Jessica are such a popular and happy band. Jessica's love of voice means they can attack a wide variety of material. Great dancing and listening

August

Saturday 5th August

T.B.C

Saturday 19th August

Invited Guest. From practise nights in the village hall at Kings Meaburn, all the way up the valley to Crake Trees. Hoping to fill the marquee with classic sounds and modern tunes.

Friday 26th August

DJ James Horrocks playing Ibiza classic sundown and dance tracks.

Please check our social media for confirmation of events as things occasionally need to change <http://www.instagram.com/craketreesmanor>

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

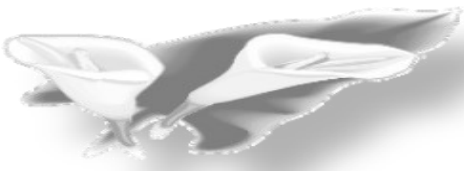
hedge trimming

mulch/woodchip supplied

woody@swhtreeservices.co.uk

tel: 015396 24522

mob: 07756 930285



Glyn Jones Funeral Directors

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

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

Hugh Jones

Glyn Jones



Lady Muck

Of the Eden Valley

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

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

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!



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

SEASONED FIREWOOD

DUMPY BAGS

Hardwood Logs £99 Softwood Logs £85

Kiln Dried Hardwood Logs £106

(Prices include VAT @ 5%)
FREE Local Delivery

WOODSURE Assured Quality Wood Fuel.

WOODSURE Ready to Burn Accredited.

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



T J Ewbank Logs

Telephone: 017683 62746

www.tjewbanklogs.co.uk

Hardwood Multi Bag discount available

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

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

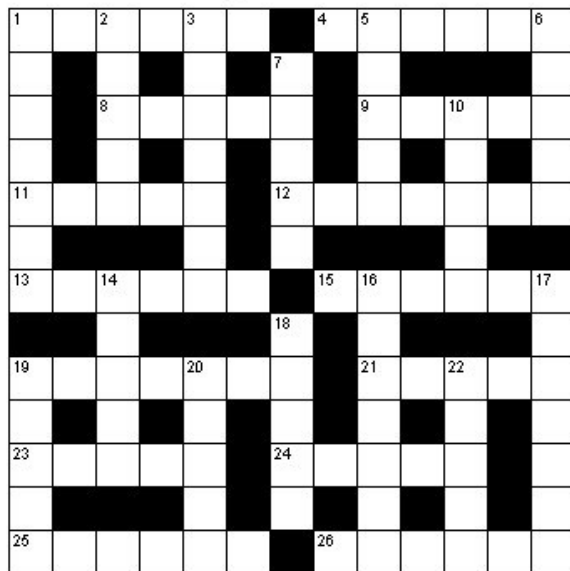
Tel: 07826424554

Email: htdforestry@gmail.com



PUZZLE TIME!

Cryptic 07



Across

1. Discover star, zany jungle character (6)
4. Vehicle decay creates vegetable (6)
8. Fruit available in suitable month (5)
9. Brass instrument device located in carnival venue (5)
11. Crane rearranged for part of a shell (5)
12. Brave but sounds like a hollow insect (7)
13. Lowest risk in salsa festival (6)
15. Items thrown overboard produced a flow of water and weapon, initially (6)
19. Show variety, bet a car (7)
21. Secure youth leader, cheap (5)
23. Found neat vehicle answer (5)
24. Decorative illusion? (5)
25. Confused crude with hearty (6)
26. Take for granted confusion amuses (6)

Down

1. Despots in publicity rant session (7)
2. Survived the past in barrel ice (5)
3. Drifting target lower (7)
5. Block found in Roman village (5)
6. Attend to something special? (5)
7. Young prince is part of the deal (5)
10. Thin school head relies on support (5)
14. Replace the head of a furniture item with letter beginning of February for a story (5)
16. Body of written work with no heading finishes and reaches out (7)
17. Perhaps arctic region suitable for dancing around (7)
18. Personnel can be symbolic when carried (5)
19. Sounds like a hoard of money (5)
20. Veteran chaps located farm (5)
22. Large rodent in decoy puzzle (5)

Solution - Cryptic 06

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

© Puzzle Choice

			16	8			
		16			20		
		6				18	
	12			13			9
8				12			
18					17		
	7			10			
		17					
			6				

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 digits 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.

FOR THE LITTLE ONES!

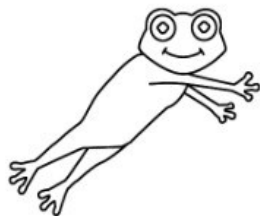
Summer Word Search

Instructions: Try to find all of the hidden Summer words in the word search puzzle below.
(Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

BLOOM	GROW	PARKS
BLOSSOM	HOT	POPSICLE
CAMPING	MOSQUITO	SEASON
FROGS	NEST	SUNFLOWER



Dates For The July & August Diary

July 2023

8 th	Fellrunner Excursion
16 th	Village Big Breakfast
22 nd	Shap Farmers' Market
8 th	}
22 nd	} Summer Music on the Farm
29 th	}

AUGUST 2023

11	5 th	King's Meaburn Field Day	13
22	6 th	Feast of the Transfiguration	26
33	10 th	St. Lawrence Taizé	28
	19 th	Fellrunner Excursion	11
36	26 th	Shap Farmers' Market	33
	5 th	}	
	19 th	} Summer Music on the Farm	36
	26 th	}	

Please remember — Closing date for submissions for the September edition is:

14th AUGUST

THE LAST WUFF!

What a summer we are having! It's been very hot, so We went to Sunny Silloth on Sea with cousin Saffy (she's changed how she spells her name because that's trendy now). Saffy had never been to the seaside in her whole life, and didn't know about waves, so I showed her how to paddle . She wasn't scared at all, and even jumped over one of the waves. There were lots of people and dogs to make friends with and I could run all over the beach and up the little hill to where Mummy sits and rests on the pusher. Boss and Auntie Barb came and paddled with us and Saffy and I had a wonderful time and got out tummies wet, which was lovely and refreshing because it was very hot! Boss had cut my fur off nice and short., but Saffy only had a baby cut because she's not grown up like me.

I've been a very lucky boy this summer because Auntie Una has been taking me out for walks in the woods as well, which is great because she walks around with me. And we crunch through the leaves and twigs which is great fun. I always take some leaves home so Mummy and Boss can see where we've been. I've also been for lots and lots of walks with Mummy and Boss and one day they took me for a really long run down past the castle and through lots of gates to where there were some big hairy things with horns standing around with their babies. Mummy was a bit worried about them being on the path, but they didn't seem to mind because they were too busy eating grass. I'm glad I don't have to eat grass, I much prefer my Wham Bam Lamb! Mummy didn't know where we were, but Boss worked it out and we came all the way back to Askham and then past the church to go home. I was very tired, but I didn't need a ride on the scooter because we stopped for a drink of water and a rest on the way back. It was a super walk and I hope we get to go there again soon. Oh there's the Postman! I must go and see

INDEX

AJ & D Chapelhow	45	Lakeland Blinds	44
Age UK	40	Lowther Castle & Gardens	41
Allotments	24	Lowther Endowed School	12
Appleby Cancer Support	12	Lyn Emery Solicitor	45
Appleby Doors & Windows	37	Melanie Heritage	43
Appleby Swimming Club	23	Midtown Cattery	41
Applegarth Foods	43	Mike Addison Optician	43
Arts Society Appleby	14	Morland Cinema Club	21
Askham Hall	44	Morland Parish Council	19
Bolton Nursery	17	Morland Playgroup	13
Chris Barden Plastering	31	Morland House	31
Church News, Including MU & WI	3	Morland Ukelele Group	21
Church Services	3 - 10	Neat Feet	38
Community First Responders	18	Newby Court	25
Creative Chat Group	17	Our Common Heritage Exhibition	33
Cumbria Adult Services	20	Parkin & Jackson	41
Diary Dates	49	Procter Building Services	37
Eden Carers	14	Richard Dinsdale Groundworks	27
Eden Active Fit 4 All	15	Richard Hudson Property Maintenance	27
Eden Workshops Appleby Hub	42	Rlchardsons Funeral Directors	31
Fell & Dales Catering	27	R W Porter Logs	38
Fell View Hair & Beauty	21	Shap Farmers' Market	29
Fellrunner Excursions	11	Simon Hazeldine	23
Glyn Jones Funeral Directors	39	Sophie's Painting & Decorating	35
Heartwood Enterprises	37	SP8 Physiotherapy led Pilates	31
Heritage Fund	33	Steve (Woody) Hodgson	38
HTD Forestry	45	Strickland Arms	34
IGK Groundworks	43	Studio Morland	35
Judith's Cakes	23	Thomas Ewbank Firewood	45
Lady Muck	39	Vincent Advice Admin & Advocacy	41
		Walkers Funeral Directors	44

LOCAL DIRECTORY

RECTOR
CURATE
DEACON
READER

Rev'd Stephen Tudway
Rev'd Sheila Clark
Rev'd Sandy Pearl
David Jones

01931 719 210
01931 714 238
01931 714 564
01931 714 338

GREAT STRICKLAND PARISH COUNCIL
KINGS MEABURN POST OFFICE
(at the White Horse Inn)

Usually meets last Monday in month
Tuesday 12.30pm-5.30pm 01931 714 256
Wednesday 12 noon-5.30pm
Friday 8.30am-1pm
Open from 2-4pm on **Mondays** until further notice.
Lisa Beken clerk@morlandparishcouncil.org

MAULDS MEABURN POST OFFICE
MORLAND PARISH COUNCIL Clerk

NEWBY PARISH MEETING Clerk
NORTH WESTMORLAND NEWS Editor
Advertising Manager

Meg Hancock (meghnc@btinternet.com) 01931 714 432
Alex Paris (nwneditor@gmail.com)
Meg Hancock (meghnc@btinternet.com) 01931 714 432

WHERE HAVE ALL THE CONTACTS GONE?

It has been brought to my attention that many of the contact numbers and emails that we had on this page were no longer correct.

Rather than risk the frustration of having incorrect contacts, it has been decided to recompile the contact list.

If you represent a local organisation or hold an official post and would like your contact details on this page, please contact the editor by email, and I will be happy to oblige.

I hope this does not cause too much difficulty whilst

The North Westmorland News welcomes items from readers and news from all ten 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.

All submissions welcome by email ONLY please to: nwneditor@gmail.com

***Cut off: STRICTLY 14th monthly for the following month.
Please note submissions received after this date will be
placed in the next available edition.***