

September 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)

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our distribution
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the Editor

nwneditor@gmail.com



**Welcome to the September '23 issue of
North Westmorland News**

FULLY DIGITAL ISSUE

**Please send copy for the October
Issue to: nwneditor@gmail.com**

From the Vicarage

People are sometimes apologetic about swearing in front of the vicar. I'm not sure why. There are some important social conventions that might encourage restraint, but there is nothing blasphemous about Anglo-Saxon words for bodily parts and functions.

In a coffee shop once, I overheard a mother and daughter talking about evolution. Mum shushed her daughter and said, "you'll offend the vicar". How sad! I was the curate rather than the vicar but, in any event, I wasn't offended. Evolution by natural selection is our best explanation for how the diversity of life on earth, including ourselves, came to be. I can only conclude that God intended it to be that way.

St Augustine of Hippo (354-430) is perhaps the greatest Christian theologian, apart perhaps from St Paul. Augustine's thought still shapes fundamental Christian beliefs. In *The City of God*, written in the early 5th Century, he observed that the order of creation in the book of Genesis could not be taken literally: day and night appeared to be created before the sun and the moon. Genesis, like much in the Bible, could not be history or science: it was truth, but not literally true. In 1927, the Belgian physicist Georges Lemaître used Einstein's General Theory of Relativity to propose that the universe was expanding. In 1931, he proposed that the expansion must have started from a single point. Lemaître's theory is now known as the 'Big Bang' theory. It is the accepted explanation of the origin of the universe. It doesn't offend me. It didn't offend Lemaître either. Look him up online: you'll find that in every picture he is wearing a clerical collar. The father of the Big Bang theory was a Roman Catholic Priest.

I mention this not to prove that the church comes up with the best ideas (there are perhaps more and greater scientists who are not Christians). I don't mention Augustine to prove that all Christians must reject the most literal interpretations of Genesis (although I personally believe they should). There is no conflict between Christianity and science. We all like a good fight between 'good' and 'evil', 'right' and 'wrong', but the idea that science and faith are, and must be, opposed to one another, was essentially invented in the United States in the 19th Century.

If we take seriously the Christian proposition that God created all things, then science is the chief means by which we study what the biologist R. J. Berry called 'God's Book of Works', as opposed to 'God's Book of Words'. Christians ought to pay close attention to what God has made; not least, so that we can take proper care of it, as the Book of Genesis teaches that we must – an important truth.

In recent years we have faced pandemic disease, climate change and a host of other challenges to which science has alerted us, and for which science tentatively suggests remedies. Sadly, there are people, including Christians, who deny that science. I cannot believe that that is what God wants. By the same token we cannot just "follow the science," in that popular pandemic phrase. Science tells us how things are (or might be), but it cannot always tell us what to do. And we should be cautious about people who say they must be right, because science is on their side. Science is still a human insight, and we can all get it wrong. Einstein himself once rejected Lemaître's theory, but later changed his mind on the basis of evidence. It's a good lesson in science, and in life generally.

Stephen

NOTICE FOR ALL NEWSLETTER READERS AND ADVERTISERS

A few notes which may help to relieve some erroneous information which seems to be circulating at the moment:

- All information about advertising in the Newsletter should be sent directly to Meg Hancock at meghnc@btinternet.com She will be happy to answer any queries, confirm rates &c.
- All other queries, requests for email or hard copies, comments, submissions or anything else to do with the Newsletter should be sent to the Editor at nwneditor@gmail.com **Only direct requests for copies (digital or physical) sent to this address will be actioned, in order to avoid incorrect addresses and/or duplicated copies.**
- Please **DO NOT** forward your copy of the Newsletter to anyone else in email form. There is a longstanding problem with forwarding emails that means that sometimes (not always) hidden email addresses are revealed when an email is forwarded. As this would breach the Data Protection Act, we rely on ALL of you to please refrain from forwarding your emailed issue to anyone. If someone wants an email copy, just ask them to email nwneditor@gmail.com and we will be happy to put them on the distribution list for the next issue.
- Some people have requested hard copy issues to be left in the churches, but we are unfortunately unable to do this due to the cost of printing
- **PAPER COPIES** the prohibitive cost of producing hard copies has lead to our 'going digital'. We are happy to produce printed copies at cost price (currently £10 per annum but subject to review) To receive a printed copy, please contact nwneditor@gmail.com with your name and address, or send your details to "NWN, c/o 7, Pennine Close, Hackthorpe, CA10 2HS". We will arrange for a copy to be delivered to your given address and request that for the first issue, you hand your subscription directly to the person delivering your copy. The subscription term will be from September to August. If you want to receive paper copies mid-year, the subscription will be £1 per copy for the initial year.

ADVERTISERS AND SOCIETIES PLEASE NOTE:

Due to many other commitments, I have to schedule the time I spend on the Newsletter. For this reason, the deadline of 14th monthly (which has been extended from 7th monthly) **MUST** be adhered to. Please do not send in late submissions with a plea for publication as this is unfair and just makes everyone feel bad. I hate refusing copy, but I know in the coming months I will just not have the time to insert late submissions. Thank you for helping me with this.

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

P.S. For those reading 'The Last Wuff' who might be concerned, Judy is rather bruised and battered, but fine otherwise. Flick still takes her for intrepid runs!

	Askham with Lowther	Bampton
3rd September Trinity 13 Proper 17	11:15 Family Worship SRP	9:45 Holy Communion By extension NH 18:00 Taizé SWT
10th September Trinity 14 Proper 18	11:15 Holy Communion & Baptism SWT	9:45 Café Church SWT/Team Education Sunday
17th September Trinity 15 Proper 19	11:15 Holy Communion SPC	9:45 Holy Communion SPC
24th September Trinity 16 Proper 20	11:15 Holy Communion SPC	9:45 Holy Communion SPC

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
3rd September Trinity 13 Proper 17	9:15 Holy Communion SWT		9:15 Holy Communion JHB
10th September Trinity 14 Proper 18	9:15 Holy Communion JHB		
17th September Trinity 15 Proper 19	9:15 Holy Communion JHB	11:00 Holy Communion JHB	15:00 NineKirks BCP Evensong SWT
24th September Trinity 16 Proper 20	5pm Harvest Supper & Thanksgiving (Village Hall) 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.
Activities are provided at some venues.

	Crosby Ravensworth	Great Strickland
3rd September Trinity 13 Proper 17	11:00 Holy Communion JHB	11:00 Holy Communion SPC
10th September Trinity 14 Proper 18	11:00 Holy Communion SPC	
17th September Trinity 15 Proper 19	18:00 Evening Prayer SWT	11:00 Lay Led Service
24th September Trinity 16 Proper 20	11:00 School Anniversary Service SWT	

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DN	Diana Nicholson	NH	Neil Hughes

	Morland	Shap	Thrimby & Brougham
3rd Sep- tember Trinity 13 Proper 17	11:00 Holy Communion SWT	10.30 Methodist	11.00 Morning Prayer Lay led
10th Sep- tember Trinity 14 Proper 18	11:00 Holy Communion JHB	10.30 Holy Communion By extension EA	
17th Sep- tember Trinity 15 Proper 19	2.30 Messy Church (Village Hall) Team	10.30 Harvest Thanksgiving SWT	11.00 Morning Prayer Lay led
24th Sep- tember Trinity 16 Proper 20	11:00 Holy Communion JHB	10.30 Dedication Festival EA	

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HARVEST FESTIVAL CELEBRATIONS

at
VILLAGE HALL
ASKHAM
On
SUNDAY, 8th OCTOBER

Service at the Hall
At 11:15 a.m.
Followed by
Shepherd's Pie Lunch
&
Entertainment from
Morland Ukelele Group
Tickets £5
Available from Askham Stores
from mid-September



SHAP



VILLAGE SHOW

Saturday 2nd September
Memorial Hall, Shap

Open for viewing 12:30 – 2.15pm

Refreshments

Auction of Produce 2.30pm

Classes in: Flowers, Plants,
Vegetables & Fruit, Floral Art,
Preserves, Baking, Handicrafts,
Art, Photography, Novelty
and Children's work.



Admission Charges: £1 Adult
Exhibitors & Children FREE

*Schedules available from Second Chance Charity Shop
or The Old Courthouse
Entries accepted 8.30 - 9.45am on the day of the show
20p per entry (Maximum £5 charge)*



Proceeds for St. Michael's Church, Shap

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.

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



Chat in confidence with others
going through tough times

Sharing your own journey could improve
your own wellbeing

We Meet

~ Every 1st & 3rd Monday of each month
(except Bank Holidays)

- **The Guide Hut, Holme Street, Appleby**
CA16 6QU
~10 am - 12 noon

Further Info, Phone

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



**St Edmund's
Church
Newbiggin**

Taizé Prayer

Holy Cross Day

**Thursday September 14th
at**

7.00pm

All are welcome to join us
for this time of quiet reflection and prayer

Holy Cross Day

This year Holy Cross Day, falls on on Thursday September 14th.

It is a Church festival day which often seems to be by-passed but is really quite important. We have been invited to hold Taizé Prayer for Holy Cross Day at the lovely little church of St Edmund in Newbiggin, and everyone is very much welcome to come along and join us for this.

Taizé Prayer is a different experience, but one which people really enjoy. It is simple, based on readings, prayers, singing of simple chants, and lots of time for quiet reflection and prayer. It's as easy as that! Put this into the lovely setting of St Edmund's and something rather special is promised.

Do come along and join us, especially if this would be your first time. We will look forward to welcoming you. The Prayer will begin at 7.00pm

Pilates at Reagill Village Hall

We have a few vacancies at our early pilates session in Reagill on Mondays.

This is from 6.30 to 7.30 and is aimed at gentle, yet effective exercises to strengthen core muscles, increase general fitness and avoid back pain.

The sessions are during term time and the cost is £20 for three sessions, £8 if paying weekly.

For further information, please ring Fiona Woolnough on 7375082111.

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.



Singing Viaduct Celebration

An Aeolian Sound Experience and Heritage Celebration is taking place on Smardale Gill Viaduct from **Friday 1st September to Sunday 3rd** from **10am until 4pm** each day.

It's an accessible walk through an installation of 20 sound sculptures on top of the 90' high viaduct. Aeolian sound sculptures constantly evolve and change as the wind's movement and intensity varies over time, creating an immersive and ever-changing soundscape that is responsive to the natural environment and provides a magical, unique sensory experience for those who interact with it. Created by Cumbrian artist Dan Fox, director of Sound Intervention based in Ulverston.

Artist Jill Brown has created a set of voiles which will also be displayed during the event celebrating the line, the area & its heritage.

PLEASE EMAIL Nicola Estill for further information about any of these activities:

nicola-estill@fld.org.uk

Mardale Heritage Walks

Heritage walks will be taking place during the Singing Viaduct Celebration which will take in the Aeolian installation. Cumbria Wildlife Trust will be leading a walk to introduce the wildlife and reserve management on this amazing reserve on Friday 1st September. The WDLP will be leading a 5-mile guided walk on Saturday 2nd September. Debbie North from Access the Dales will also be supporting the event and running an accessible walk with all terrain wheelchairs available to book. Further information about these walks and to book can be found on the Westmorland Dales Landscape Partnership website. <https://www.friendsofthelakedistrict.org.uk/Event/singing-viaduct-celebration>

Tebay Roundabout Sculpture

Tebay Parish Council and the Westmorland Dales Landscape Partnership are progressing the project to celebrate Tebay's railway heritage with a sculpture of a Bank Engine on the roundabout. The project was stalled in early 2023 due to lack of applicants from sculptors. The project is now back on track and we are working with award winning sculptor from Kirkby Lonsdale, Andrew Kay.

Andrew intends to slightly abstract some of the components and make the sculpture out of 80 x 10mm flat bar. We will see just the framework of the train which will add to the visual interest. The length of the engine and wagon may be up to 8m long and 2.6m high. It will likely sit on rails on top of a ramped plinth.

Further information about the proposed site, location and sculpture is available for public viewing. These have now been submitted as a planning application by Tebay Parish Council to Westmorland and Furness Council. Visit our website for further information.

<https://www.friendsofthelakedistrict.org.uk/news/tebay-roundabout-sculpture>

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.

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: morlandgardenflat@gmail.com I need to know how many will be coming so that I can organise a different venue if necessary. We look forward to hearing from you!

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

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**.



Congratulations to our 100 club winners for June 2023

1st prize Jessie Cave (Ball 50)

2nd Anne Bowness (Ball 99)

3rd Caroline Armstrong (Ball 23)

Thank you to after school club for drawing the numbers and to everyone for their ongoing support with the club.

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.

AUTUMN COLLECTION FOR THE CARLISLE HOMELESS REFUGE

The Refuge takes homeless people and continues to find it hard to provide for their needs.

PLEASE WILL YOU HELP MAKE A DIFFERENCE TO THE LIVES OF THOSE WHO ARE EXPERIENCING HOMELESSNESS.

As they have done during several periods in the last few years, John and Margaret Gore are again collecting items for “ The Refuge “. These will be added to others collected by Penrith Methodist Church who continue to support this very important outreach work.

Things that are needed include :-



Warm winter clothing

Bedding

Tins of soup

Kitchen items

Etc., etc, .



**We would appreciate donations of any of these items :- THANK YOU
Please could you ensure that things are in good condition or new.**

When :

Thursday, October 5th to Friday, October 20th inclusive

Where :

**In the box at the end of our drive at
No 1, Crown Inn Fields, Morland.**

{ If the box is not there, it will be at the front door of our house. }

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



Welcomes new members!

Meetings are the second Thursday in the month, at the George Hotel 12.30-3.00.p.m.

The 23-24 programme begins on 14th September. The talk will be by Karen Roberts 'how the earth thinks': **Entwined Worlds'**

Try one – pay later! Prior reservation is essential and the cost of the meal will still need to be met: £20. Contact PLLC Secretary by 12th Sept: E mail: sueausten123@aol.com Tel: 0772 9409747

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.



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](https://www.facebook.com/thestudiomorland)

 [studiomorland](https://twitter.com/studiomorland)

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



GARDENER WANTED

for four gardens in
Morland

1 – 2 hours per week each

Please ring 01931 714440

WEDDINGS

May 6th	Sam Green	Ailish Graham
May 25th	Stuart Facer	Bethani Armstrong
May 27th	Darren Williamson	Jane Maw
June 3rd	Robert Davidson	Stephanie Wright
July 8th	John Murray	Georgia Norfolk
July 15th	Phil Edwards	Amelia Wilkinson
	Francis Markham	Fatima Rodriguez
July 27th	Sam Adlam	Bryony Gorton
July 29th	Ashley	Claire

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.

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

Thank you to everyone who supported the Morland Cinema Club showings and those who completed the recent online survey too.

Unfortunately, there were fewer responses than we'd hoped and those that we did receive indicated a wide variety of preferred timings, types of films and suggestions, with no strong common threads.

After a discussion amongst the small organising team, we've come to the conclusion that we are not able to cover this variety and certainly not able to offer the lower ticket prices that have been requested if we're to cover the film licence and other costs.

So, we're going to call it a day for now.

Thank you to Dan Fitton, our tech support and general lifesaver on the night, and to Jess and Kate at The Studio for their practical input and advice and, of course, their hospitality.

If you ARE interested in seeing a range of films locally, look out for the Penrith Alhambra's Sunday Alternative programme (all tickets £5 as for other films at this great little local cinema) and for Remote Cinema showings in halls in Appleby, Crosby Ravensworth and elsewhere.

And thank you again.

Morland Cinema Club



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

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

GREAT STRICKLAND EVENTS

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
[@greatstrick](https://www.facebook.com/greatstrick)
for more info

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

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

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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.

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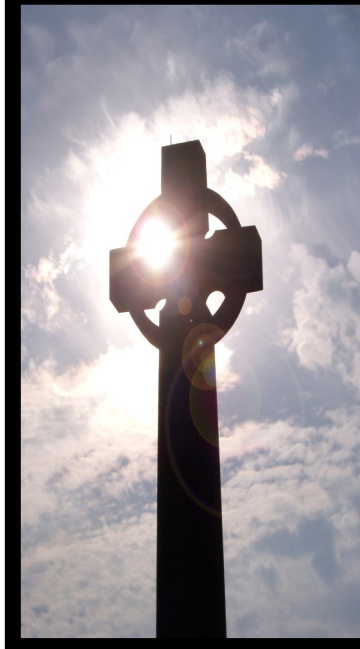
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In Memoriam

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May 25th	Thomas Burne
June 20th	Edith Bainbridge
July 5th	Thelma Ann Rickard
July 25th	Noreen Charlton





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@ageukcarnisleandeden.org.uk



WESTMORLAND DALES



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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>

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MORLAND PARISH COUNCIL

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Parish Councillor - In April, Bob Brown stepped down as a Parish Councillor after many years service. The Parish Council thanks him for all his hard work and contributions. At the July meeting, it was agreed to co-opt Gillian Garratt onto the Parish Council as a Councillor.

Planning - Councillors agreed to object to a planning application on land behind Tanglewood (23/0442) for variation of conditions to current planning permission. It was strongly agreed that all arrangements for water run-off and drainage should be in place prior to work commencing.

Allotments - The sale of the allotment field is progressing, with grant funds received from the Hadfield Trust, the former Eden District Council and Morland Town's Fund, to facilitate the purchase.

Signage at Morland Ford - It was agreed to request approval for an alternative proposal for signage, fixed to fencing, in order to be less obtrusive. Although they have received objections from the Parish Council and local residents, Westmorland and Furness Council have confirmed that they intend to go ahead with installation of the depth gauges.

Crown Inn - The Parish Council has been approached by residents concerned for the future of the Crown Inn. This has been on the market for some time, with no prospective buyer emerging. The possibility of Community Ownership has been raised. Through the UK Government Community Fund, grant funding of up to 80% of the project value can be applied for. However, a significant level of commitment, work and expertise would be required to achieve Community Ownership. The Parish Council is not in a position to lead such an initiative, although would be happy to support a community led project. To this end, the Parish Council has agreed to host a Public Meeting to be held in early September (date to be confirmed) at Morland Village Hall, to gauge public interest in Community Ownership. If you would be interested in joining a Community Ownership initiative, or wish to comment on the idea, please join us at the meeting.

Next Meeting of the Parish Council - The Parish Council will hold its next Ordinary Meeting on Monday 12th September 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.

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, Gillian Garratt

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Malcolm grew up in Anglesey. He trained at Liverpool College of Art, specialising in print-making and illustration. He taught print-making before working as Education officer at Birmingham Museum and Art Gallery and was subsequently, Head of Museum and Gallery Education for Lancashire. In 1998 he and his wife, Suzanne Stuart Davies, moved to Dumfries and Galloway and set up studios and a small gallery with Malcolm making lino-cut prints on the kitchen table, using the back of a spoon to press down the lino after each cut. These were individually hand-coloured. His ink and watercolour paintings were made slowly and traditionally, from initial studies based around history, archaeology and wildlife.

Suzanne's current studio at Rose Bank, Shap will be open to visitors during the Green Door Artists Trail on 30th September & 1st October.

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)



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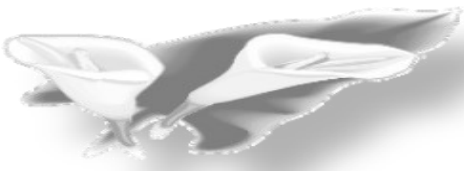
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**We have 2 double en-suite B&B rooms in the pub ...
& we have our LogByres and Cabins in the rear garden**

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 Wesite: www.thestricklandarms.co.uk

Encore Opera Sing
Operatic Favourites
In St. Lawrence Church, Morland
7:00pm Saturday October 7th

Tickets to include a glass of wine/soft drink and nibbles.

£12 from Sheila Clark

01931 714 238 spclark1@btopenworld.com

The concert will include music by

**Strauss, Verdi, Mozart, Handel, Puccini and
others.**

Come and experience a live performance of the
passion, drama, melodies and magic of opera. |

A glorious night of music is promised.





PUZZLE TIME!

September Camping

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

WEATHERPROOFS

STARRY NIGHTS

GHOSTSTORIES

WATERCARRIER

SLEEPING BAG

FELLSIDE

GROUND SHEET

SAUSAGES

MATCHES

CAMPSTOVE

ADVENTURE

CAMPING

KETTLE

BEANS

TENT



Dates For The September Diary

2 nd	Shap Village Show	7
&	Fellrunner trip to Stott Park	7
9 th	Great Strickland Steak Night	22
13 th	Breugel, The Seasons & The World	14
14 th	Holy Cross Day Taizé Service	9

THE LAST WUFF!

I don't know what happened to summer this year. Usually I go out lots in the summer for loads of lovely long runs but I haven't had anything like as many this year because it keeps raining all the time and Mummy and Boss can't find the tap to turn the rain off! I have been getting very fed up with days so awful we couldn't go out at all. More like winter than summer. Luckily, we've had Saffy round lots of times and we've been to visit her, too.

I was very silly a couple of weeks ago. I was so fed up with short walks that when the delivery man left the gate open, I ran out before Mummy could catch me so that I could take her for a walk. She got on the scooter and followed me. At first I thought we could go across the stile into the wood, but she didn't follow me, so I came back for her. Then I lead her along the road through Lowther Village, but she couldn't keep up. I stopped for a wee so she could catch up, but then she leant over her scooter to grab me and ended up sitting in the road. I didn't really know what to do because we haven't played that game before, so I sat in the middle of the road to guard her. She shuffled along to the scooter and got back on and a nice man came to see if she was alright. He put my lead on, which I really didn't need as I was doing fine without it. Then Mummy started to take me home and we met Boss coming towards us. After a bit, Boss came with me on my run and Mummy went home. I think I might have been in trouble.

The nicest part about this summer was Cousin Saffy's party. She was one year old and her mummy invited my pack over to celebrate with her. We had doggy cake and biscuits and some cheese and ham. The humans were allowed to eat the cheese and ham, but couldn't have doggy cake because it's not good for them. They had some human thing instead. We had some lovely games of head-and-bum-bash and were really tired when we got home. Talking of being tired, I think I've worked hard enough at writing so I'm off for a sleep.....

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LOCAL DIRECTORY

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DEACON
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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

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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.

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

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.***