

October Issue 2023

# North Westmorland News

Group website:

[www.northwestmorlandchurches.org.uk](http://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](mailto:nwneditor@gmail.com)



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

**FULLY DIGITAL ISSUE**

**Please send copy for the November  
Issue to: [nwneditor@gmail.com](mailto:nwneditor@gmail.com)**

# From the Vicarage

In 2018, the school of which my wife was headteacher celebrated its 70th anniversary. It had been rebuilt in 1948, after a stray bomb, intended for Hatfield Aerodrome, demolished the Victorian building. For the celebrations, the headteacher's log book was retrieved from the archives. The most notable entry from 1948 was one that recorded a two-week closure of the school, in the middle of term, so that the children could help with the harvest. Back then, it was all hands to the pumps – or rather, scythes. These things are still in living memory. The odd hand went up in church this week when I asked if anyone remembered it. A few also remembered time off for potato picking.

Harvest has always been about more than just the week in which the local cereal or grass crop was brought in. When I was studying in Cambridge, you couldn't ignore the beet harvest, which went on continuously from about September to March. Lorries rolled constantly into the huge, smelly factory at Bury St Edmunds. Out the other end rolled neat, clean packs of Silver Spoon sugar.

Research released in 2016 suggested that more than a quarter of UK children under 8 didn't know that eggs come from chickens. Another survey of children aged 6 to 11, conducted in 2019, showed that one third didn't know that tuna was a fish, and that one in ten thought that eggs were laid by cows. At the same time, 90% said that they liked being in the kitchen and most had some grasp of the 'five a day' principle. It isn't that people don't want to eat, or even to eat well, but some are growing up without an adequate understanding of where our food comes from.

We can't be expected to keep ourselves healthy, let alone make decisions (and vote!) on complex questions like agricultural policy and land use, if we don't have an understanding of how plants, animals and minerals are harvested, reared and mined. There are hard choices to be made in the coming decades about how we generate energy and obtain the resources that we need. Hard choices require good and generous understanding.

Harvest in church has always tended to be driven by the main crop of the area in question. In the recent past, there has also been tension as congregations switch from the traditional display of fresh produce, to the rather less inspiring (but more easily distributed) pile of tins.

What should unite harvest in every place and every time is the emphasis on thanksgiving: the idea that we depend upon the resources of the earth, and those who harvest, extract or process them for us, in order that we should all be sustained in comfort, health and life.

It's possible to be thankful, to celebrate good things and those involved in their provision, without taking either for granted; without assuming that we have an entitlement to whatever we want, whenever we want it. Seasonality, standards in environment and welfare, sustainability and the supply chain are under threat today like never before – as are many of the communities on which we depend for our national production.

Harvest is a time to be thankful. It is also a time to move beyond holding up a tin of meat or vegetables on one day of the year, saying thank you, and then shipping it off to a charity. There's a daily challenge to be faced in choosing how we eat, how we produce food and other goods. It's a live issue every day of the year.     Stephen

*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](mailto: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.**



	<b>Askham with Lowther</b>	<b>Bampton</b>
<b>1st October</b> <b>Trinity 17</b> <b>Proper 21</b>	11:15 Family Worship <b>SRP</b>	9:45 Holy Communion <b>SPC</b>  18:00 Taizé <b>SWT</b>
<b>8th October</b> <b>Trinity 18</b> <b>Proper 22</b>	11:15 Harvest Lunch <b>(Village Hall)</b> <b>SWT</b>	9:45 Harvest Café Church & lunch
<b>15th October</b> <b>Trinity 19</b> <b>Proper 23</b>	11:15 Holy Communion <b>JHB/SWT</b>	9:45 Holy Communion <b>JHB</b>
<b>22nd October</b> <b>Trinity 20</b> <b>Proper 24</b>	11:15 Holy Communion <b>SWT</b>	9:45 Holy Communion <b>SWT</b>
<b>29th October</b> <b>Last after Trinity</b> <b>Proper 25</b>	10:30 Benefice Joint service of Holy Communion <b>SHAP</b> <b>SWT</b>	

**KEY to Ministers:**

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



	<b>Bolton</b>	<b>Cliburn</b>	<b>Clifton &amp; Brougham</b>
<b>1st October</b> <b>Trinity 17</b> <b>Proper 21</b>	9:15 Holy Communion <b>JHB</b>		9:15 Harvest Thanks- giving <b>SWT</b>
<b>8th October</b> <b>Trinity 18</b> <b>Proper 22</b>	9:15 Holy Communion <b>SWT</b>		
<b>15th October</b> <b>Trinity 19</b> <b>Proper 23</b>	9:15 Holy Communion <b>SWT</b>	11:00 Harvest Fes- tival Songs of Praise <b>SPC</b>	
<b>22nd October</b> <b>Trinity 20</b> <b>Proper 24</b>	18:30 Taizé <b>SRP</b>		
<b>29th October</b> <b>Last after Trin- ity</b> <b>Proper 25</b>	10:30 Benefice Joint service of Holy Communion <b>SHAP</b> <b>SWT</b>		

#### **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.

	<b>Crosby Ravensworth</b>	<b>Great Strickland</b>
<b>1st October</b> <b>Trinity 17</b> <b>Proper 21</b>	11:00 Holy Communion <b>SWT</b>	11:00 Holy Communion <b>JHB</b>
<b>8th October</b> <b>Trinity 18</b> <b>Proper 22</b>	11:00 Holy Communion <b>JHB</b>	
<b>15th October</b> <b>Trinity 19</b> <b>Proper 23</b>	18:00 Evening Prayer <b>SWT/DGJ</b>	11:00 Morning Worship <b>SRP</b>
<b>22nd October</b> <b>Trinity 20</b> <b>Proper 24</b>	11:00 Holy Communion <b>JWR</b>	
<b>29th October</b> <b>Last after Trinity</b> <b>Proper 25</b>	10:30 Benefice Joint service of Holy Communion <b>SHAP</b> <b>SWT</b>	

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**SPC** Rev'd Sheila Clark  
**SRP** Rev'd Sandy Pearl  
**SWT** Rev'd Stephen Tudway  
**NH** Neil Hughes

	<b>Morland</b>	<b>Shap</b>	<b>Thrimby &amp; Brougham</b>
<b>1st October</b> <b>Trinity 17</b> <b>Proper 21</b>	11:00 Harvest Thanks- giving <b>DGJ</b>	10.30 Methodist	11.00 Morning Prayer <b>Lay led</b>
<b>8th October</b> <b>Trinity 18</b> <b>Proper 22</b>	11:00 Holy Communion <b>SPC</b>	10.30 Holy Communion By extension <b>EA</b>	
<b>15th October</b> <b>Trinity 19</b> <b>Proper 23</b>	2.30 Morning Worship <b>DGJ</b>	10.30 Morning Worship <b>DGJ</b>	11.00 Morning Prayer <b>Lay led</b>
<b>22nd October</b> <b>Trinity 20</b> <b>Proper 24</b>	11:00 Morning Worship <b>DGJ</b>	10.30 Morning Worship <b>DGJ</b>	
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Children are welcome at all our services.

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# **HARVEST FESTIVAL CELEBRATIONS**

at  
VILLAGE HALL  
ASKHAM  
On  
SUNDAY, 8<sup>th</sup> 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

## **BAMPTON CAFÉ CHURCH**

Sunday 8th October  
9:45 a.m.

### **HARVEST FESTIVAL**

Followed by  
**BRING & SHARE LUNCH**

Sunday 5th November  
9:45 a.m.

**DAVE SCOTT**  
from Butterick  
Talking about his  
**BUDDHIST FAITH.**

## **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.

**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**

## 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](mailto: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

**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](mailto:applebysclub@hotmail.co.uk) telephone



## **The Arts Society Appleby Programme of Lectures 2023**

### **Sept 13<sup>th</sup>      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 11<sup>th</sup>      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 8<sup>th</sup>      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 13<sup>th</sup>      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](mailto: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](http://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](mailto: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](http://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**.

## 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](mailto:enquiries@ajdchapelhow.co.uk)**

**[www.ajdchapelhow.co.uk](http://www.ajdchapelhow.co.uk)**

# **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 14<sup>th</sup> 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 12<sup>th</sup> Sept: E mail: [sueausten123@aol.com](mailto: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](http://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](http://thestudiomorland.co.uk/creative-cuppa)

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

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

**[thestudiomorland.co.uk](http://thestudiomorland.co.uk)**

[thestudiomorland@gmail.com](mailto: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](mailto:sfancottbeynon@gmail.com)



Cumbria Singers invites you to join them for the BIG SING of Faure's 'Requiem' and 'Cantique de Jean Racine' and the 'The Music Makers' by Elgar in Carlisle Cathedral in April 2024.

Led by the internationally renowned and inspirational conductor Andrew Padmore, rehearsals begin on **23rd September** at Ullswater College at 10.00.a.m.

No auditions required.

Try one – pay later!

Don't delay- find out more today!

Contact Ann: [annbishop22@gmail.com](mailto:annbishop22@gmail.com)  
07597363739 visit [www.cumbriasingers.org.uk](http://www.cumbriasingers.org.uk)



# WEDDINGS

August 5th	Richard Hutchins	Amelia Worsley
August 12th	Bryn Davies	Katie Gowing
August 18th	Dale Longson	Rebecca Haslam
August 23rd	Sam Hetherington	Lois McVey
August 26th	Matthew Holt	Claire Harbourne
September 2nd	Dylan Stockley	Jodie Leather
	Francis Markham	Fatima Rodriguez

*Congratulations to the happy couples.  
We wish them all long and happy marriages.*

## ASKHAM CHURCH

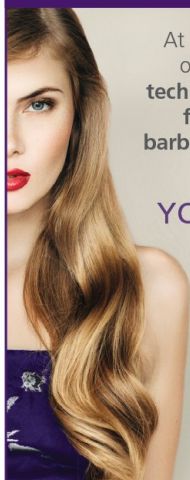
St Peter's Askham now has a 'warm clothes' scheme.

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



## 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

## ASKHAM WITH LOWTHER



We are looking for an  
**Organist/keyboard player**  
for Sunday's 11:15 a.m. ser-  
vices 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.

## 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 exer-  
cises to strengthen core muscles,  
increase general fitness and avoid  
back pain.

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

For further information, please ring  
Fiona Woolnough on 7375082111.

## 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](mailto: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

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Mikron Theatre Company

**Saturday 28th October**

Pie & Pea Night

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for more info*

## Local Parish & Community Websites

Askham & Helton

[www.askhamandhelton.co.uk](http://www.askhamandhelton.co.uk)

Bampton [www.bamptonlakedistrict.org.uk](http://www.bamptonlakedistrict.org.uk)

Bolton [www.boltonvillage.org.uk](http://www.boltonvillage.org.uk)

Brougham [www.broughamparishcouncil.com](http://www.broughamparishcouncil.com)

Cliburn [www.cliburnparish.org](http://www.cliburnparish.org)

Clifton [cliftonpc@outlook.com](mailto:cliftonpc@outlook.com)

Crosby Ravensworth

[www.crosbyravensworthparish.org.uk](http://www.crosbyravensworthparish.org.uk)

Great Strickland

[www.greatstricklandparishcouncil.co.uk](http://www.greatstricklandparishcouncil.co.uk)

Morland [www.morlandparishcouncil.org](http://www.morlandparishcouncil.org)

Shap [shapcumbria.co.uk](http://shapcumbria.co.uk)



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## In Memoriam

August 3rd	Isobel Potter
August 22nd	Nelson Buckle
August 23rd	John Herbert Liddle
September 11th	Edwin Gaddaf

**May God grant them eternal rest, and may His  
light shine upon them for ever.**





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](mailto:sara.bradley@ageukcarnisleandeden.org.uk)

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[facebook.com/MorlandParish](https://facebook.com/MorlandParish)

**Allotments** – The sale of the allotment field has now been finalised. The Parish Council would like to thank the Hadfield Trust, Morland Town's Fund and the Eden Community Fund for their generous grant awards, former District Councillor Mike Tonkin for his assistance, and Michael Robson of Arnison Heelis Solicitors for the generous donation of his legal services.

**Play Area** – The new goalposts have been installed, and old fencing removed. The toddler unit is currently undergoing repair, and it is planned to partially reopen the unit whilst this is ongoing.

**Neighbourhood Development Plan** – The Plan is currently with Westmorland and Furness Council, who are working with the Parish Council to progress it to the consultation stage.

**Signage at Morland Ford** - Concerns about signage at the Ford are ongoing, with current signs having to be removed by residents after falling in recent bad weather. The Parish Council is continuing to work with the Highways Department and Westmorland and Furness Councillor Neil McCall to reach a resolution.

**Crown Inn** – The Parish Council welcomes the formation of a community steering group, who are investigating a community bid for the Crown Inn. The group will be undertaking consultation with residents of the Parish. If it is agreed to move forward with the project, the Parish Council, alongside the Town's fund, have agreed to make a grant donation to pay for membership of The Plunkett Foundation, who will provide support towards a bid for funding from the UK Government Community Ownership Fund.

**Westmorland and Furness Household Support Fund** – Residents facing an emergency welfare need, crisis or severe hardship may be eligible for advice and assistance from Westmorland and Furness Council. For information please visit; <https://legacy.westmorlandandfurness.gov.uk/costofliving/financialsupport.asp>

**Next Meeting of the Parish Council** -The Parish Council will hold its next Ordinary Meeting on Monday 13<sup>th</sup> November 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](mailto:clerk@morlandparishcouncil.org), 07522 939 696

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

## **The Old Courthouse, Shap**

visit [www.theoldcourthouse.org](http://www.theoldcourthouse.org) for details of events

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10 -12

### **Open as usual on Bank Holidays**

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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.

**19 AUGUST - 1 OCTOBER 2023**  
**‘MEMORIES AND IMAGINATION ‘**

**Malcolm Davies,**

illustrator and printmaker  
1944 - 2014

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](mailto:julie@drumandbrass.co.uk))



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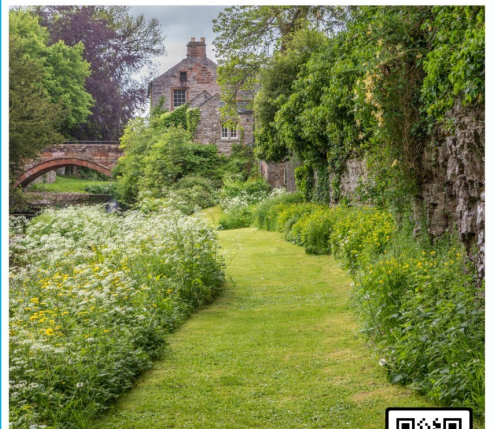
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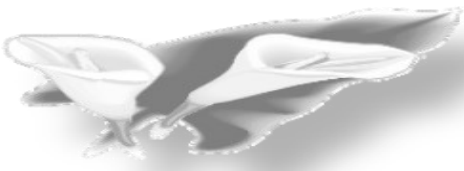
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(Food served from 5pm until 9pm)

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

**Tel. 01931 712238 or email [stricklandarmspenrith@hotmail.co.uk](mailto:stricklandarmspenrith@hotmail.co.uk)**

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## PUZZLE TIMES!

Sorry, no room for new puzzles this month, just the last solution

Solution - Cryptic 07

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

© Puzzle Choice

Men grumble because God put thorns on roses. Wouldn't it be better to thank God that he puts roses on thorns

When a man has money to burn there is always a woman to strike the match.

Thanks to **Joyce Wills** for her contributions!

Do you have any sayings to share? Please send to the Editor

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# Dates For The October Diary

1 <sup>st</sup>	Memories & Imagination Shap	23
5 <sup>th</sup>	Collection for the Carlisle Homeless Refuge	13
6 <sup>th</sup>	Mikon Theatre Great Strickland	18
7 <sup>th</sup>	Encore Opera	2
&	Fellrunner Excursion to Knaresborough	7
8 <sup>th</sup>	Askham Harvest Celebrations	7
&	Bampton Harvest Festival	7
11 <sup>th</sup>	Arts Society Talk on Cornelia Parker	10
28 <sup>th</sup>	Pie & Pea Night Great Strickland	18

## THE LAST WUFF!

Hello Everyone! I had a very exciting time in September. Mummy and Boss had to go somewhere or other and they left me in charge! I went to stay with my friend Gizmo, who lives with Auntie Sandy and Uncle Syd very close to my house. It was so close that I could take Auntie Sandy every day to see that everything was alright with the house and that Tufftee was behaving herself properly. I like to check out my garden and make sure there aren't any hedgehogs about that haven't been barked at. It's very important to bark at hedgehogs so that they can turn into a ball. They're a bit prickly, but great fun. Auntie Sandy and Uncle Syd gave me lots and lots of treats. Auntie Sandy is my friend and when I get out of the garden to go on walks on my own she often comes out to see me and then I have to take her home in case she's lost. I liked staying with her because at night time she let me get in her bed with her and Uncle Syd and I could lie down with the covers on just like Mummy and Boss do. We watched the TV in bed, too! Luxury! On the first day, Gizmo was a bit shy, but I soon taught him to play head-and-bum-bash and then he was much happier. We had a lovely time together and when Mummy and Boss came back from wherever-it-was, we were both really excited and took it in turns to welcome them with lots of licks. I'm a very lucky boy to have such good friends all wanting me to go and stay with them. Auntie Sandy said I was a perfect house guest and Mummy and Boss were very pleased about that. I don't know what it means, but it must be something nice. Boss says if I am a good boy, Gizmo can come to my birthday party as well as Saffy! Won't that be fun. Mummy says I'm going to be five at my birthday. I wonder if that means I'll get five cakes?.....

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# LOCAL DIRECTORY

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## GREAT STRICKLAND PARISH COUNCIL

Usually meets last Monday in month

## KINGS MEABURN POST OFFICE

01931 714 256

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Wednesday 12 noon-5.30pm

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If you would like your organisation included in the directory, please notify the editor with contact details and we shall be happy to include them.

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: [wnneditor@gmail.com](mailto:wnneditor@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.***