

November 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  
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the Editor

[nwneditor@gmail.com](mailto:nwneditor@gmail.com)



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

**FULLY DIGITAL ISSUE**

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

## From the Vicarage

There's a strange story that you may know, among many other strange stories, from the Book of Genesis, chapter 32. Jacob (whose name means 'supplanter') is on his way to meet his (hairy) twin brother Esau. You may remember that Jacob cheated Esau of his inheritance many years before, by covering his own (not very hairy) arms with goatskins, tricking his blind father Isaac into thinking he was the other brother.

On his way to meet Esau after many years, Jacob fords the river Jabbok (now Zarqa) at a place later known as Peniel ('the face of God'). A stranger appears – we are not told why or where from – and Jacob wrestles with the man all night. At day-break the man, realising that he cannot overpower Jacob, touches Jacob's hip, puts it out of joint, and asks to be released from Jacob's grip. Jacob still refuses to release him without receiving his blessing. In response, the man tells Jacob that he will now be known as Israel (which means 'contended with God') because he has "struggled with God and with humans". The man refuses to reveal his own name, blesses Jacob, and appears in the story no longer. I'd say that he 'disappears' but we are not told that. Jacob, as the father of 12 sons including Joseph (of Technicolour Dreamcoat fame), goes on to found the Jewish nation.

Stories like this can seem a rather whimsical (and perhaps unedifying) basis on which to found a world religion that is supposed to guide human behaviour. It's been suggested that the story is simply an 'origin myth' which explains the name of the river crossing, Peniel, and the nation, Israel. But that really does sound like a fable.

The Bible is a library of many books and like any library, contains different genres of literature. Genesis is an inscrutable combination of fact, mythology and theology, with a basis in oral history and tradition, relating to the deep past, that is now beyond any verification. If we treat Genesis as merely history or science, we make a category mistake and we trivialise it. When we treat it as something complex and referential, intended to communicate God's truth, Genesis begins to make profound and complex sense.

The encounter at Peniel is a sign of Jacob's redemption, after a life of struggle, occasional wrongdoing, and self-discovery. A part of this process is wrestling with God literally, and metaphorically. Through much of his life, Jacob has lived reliant on his own desires, his own wit and strength. The turning point comes when, through wrestling with the idea of the divine, and the divine will, he comes to a more balanced view of how life should be directed.

Viewed in this way, the strangeness of the historical account becomes irrelevant. The stories of Genesis (the creation, flood and exile to Egypt) are intended to provoke the deepest thought. They do not challenge us to accept particular events, so much as challenge us to confront the need for the transcendent, objective, spiritual or divine in our lives. This challenge extends to our obligations to the environment and the whole human race. It extends to our own course, and that of our society. It asks whether there is some standard, different to the one we have been following, which calls us in a better direction? It calls us to wrestle with these problems.

Stephen

## **BOLTON MU**

We are delighted to welcome our very own Bishop James to our next meeting on November 20th at 2pm in Bolton Memorial Hall. The subject 'Just where does Christmas come from?' A good opportunity to enter into both the fun and real meaning of Christmas to which everybody is welcome. Visitors £3 to include light refreshments. Call 01768 361808 for more details.

Bolton WI are holding their AGM on November 13th, naturally a members only meeting.

### **BAMPTON CAFÉ CHURCH**

Sunday 5th November  
9:45 a.m.

**DAVE SCOTT**  
from Butterick

Talking about his  
**BUDDHIST FAITH.**

**All Saints, Bolton** is in desperate need of either a PCC secretary or a treasurer.

We are losing our current treasurer soon.

Our secretary is willing to take over this role but only if someone else will take on the secretarial role

**Someone  
please help!**

	<b>Askham with Lowther</b>	<b>Bampton</b>
<b>5th November</b> <b>All Saints</b>	<b>11:15</b> <b>Family Worship</b> <b>SRP</b>	<b>9:45</b> <b>Café Church</b> <b>Team</b>
<b>12th November</b> <b>Remembrance</b> <b>Sunday</b>	<b>10:55</b> <b>Remembrance Service</b> <b>SPC</b>	<b>9:45</b> <b>Remembrance Service</b> <b>Team</b>
<b>19th November</b> <b>2nd before Advent</b>	<b>11:15</b> <b>Holy Communion</b> <b>JHB</b>	<b>9:45</b> <b>Holy Communion</b> <b>JHB</b>
<b>26th November</b> <b>Christ the King</b>	<b>11:15</b> <b>Holy Communion</b> <b>SWT</b>	<b>9:45</b> <b>Holy Communion</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>5th November</b> <b>All Saints</b>	<b>9:15</b> <b>Holy Communion</b> <b>JHB</b>		<b>9:15</b> <b>Holy Communion</b> <b>SWT</b>
<b>12th November</b> <b>Remembrance</b> <b>Sunday</b>	<b>9:15</b> <b>Short Communion</b> <b>JHB</b>		<b>9:15</b> <b>Remembrance</b> <b>Service</b> <b>SWT</b>
<b>19th November</b> <b>2nd before Ad-</b> <b>vent</b>	<b>9:15</b> <b>Holy Communion</b> <b>SWT</b>	<b>11:00</b> <b>Holy</b> <b>Communion</b> <b>SWT</b> <b>With</b> <b>Baptism</b>	
<b>26th November</b> <b>Christ the King</b>	<b>9:15</b> <b>Morning Worship</b> <b>Lay Led</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>5th November</b> <b>All Saints</b>	<b>11:00</b> <b>Holy Communion</b> <b>JHB</b>	<b>18:30</b> <b>All Souls</b> <b>SWT</b>
<b>12th November</b> <b>Remembrance</b> <b>Sunday</b>	<b>10:45</b> <b>Remembrance Service</b> <b>JHB</b>	<b>18:30</b> <b>Remembrance Service</b> <b>SWT</b>
<b>19th November</b> <b>2nd before Advent</b>	<b>18:00</b> <b>Evening Prayer</b> <b>DGJ</b>	<b>11:00</b> <b>Lay Led</b> <b>Service</b>
<b>26th November</b> <b>Christ the King</b>	<b>11:00</b> <b>Holy Communion</b> <b>SPC</b>	

<b>KEY to Ministers:</b>			
<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>Morland</b>	<b>Shap</b>	<b>Thrimby</b>
<b>5th November All Saints</b>	<b>11:00 Morning Worship DGJ</b>	<b>10:30 Methodist Service 14:00 Remembering SWT/EA</b>	<b>11:00 Morning Prayer Lay Led</b>
<b>12th November Remembrance Sunday</b>	<b>10:50 Remembrance Service DGJ</b>	<b>10:45 Remembrance Service SWT</b>	
<b>19th November 2nd before Advent</b>	<b>11:00 Morning Worship DGJ</b>	<b>10:30 Family Service EA</b>	<b>11:00 Morning Prayer Lay Led</b>
<b>26th November Christ the King</b>	<b>11:00 Holy Communion JHB</b>	<b>10:30 Holy Communion JWR</b>	

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# MOON AND STARS CONCERT

Pianist – Nora Tweedie

Beethoven • Mozart • Disney

Saturday 4th November

2pm

Askham Village Hall

Donations on entry

Refreshments available during the break

# 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



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*

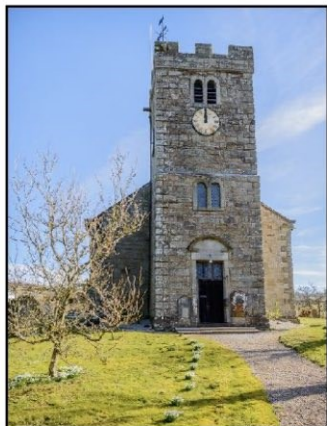
Showroom open by appointment

Call us on: **01931 585101**

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

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

## ***Have you ever considered learning to ring church bells ?***



St Patrick's Church in Bampton are looking for more volunteers to help carry on the Great British tradition of Bell Ringing.

***Could this be the perfect activity for you?***



### ***Why Learn to Ring?***

There are many reasons; contribution to church life, companionship, be part of a team and community, pleasure and fun, physical exercise and mental stimulation (burns calories, tones muscles and relieves stress) and probably many other reasons as well. Individuals, couples, sometimes whole families or groups learn to ring together from all walks of life, for all faiths and none (you don't need to be musical, mathematical or strong).

When a ringer has learned how to ring they can visit other ringing towers in the UK - a great activity at university - or any tower with bells (mostly UK) where they will find a warm welcome and immediate friendship. It is never too early or too late to start.

### ***Come along for an initial 'have a go' session.***

No qualifications necessary. Bell Ringing is fun for young people (10+yrs), adults of all ages and well within the capabilities of most people. Also counts as a DofE 'skill'. If after the initial 'have a go' session you decide bell ringing is for you, teaching sessions can be arranged over several weeks or months (depending on your availability) after which you join the tower band of ringers for Sunday Service ringing, Weekly Band Practice, Civic occasions, Special celebrations, Weddings and so on.

***If you would like to find out more  
we would be delighted to hear from you***

**Please contact our Tower Captain  
[email@bridgetkelly.me](mailto:email@bridgetkelly.me) or Telephone 01931 716822**

## 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.





# **Christmas Coffee and Gifts Morning**

*Saturday 2nd December 2023  
from 10am until 12 noon at  
**St Patrick's Church***

## **Bampton**

*Entry price for adults £3  
(children free)*

*will include tea/coffee and  
a selection of  
delicious cakes*

### **Items on sale:**

*preserves, cakes, gifts,  
quality bric-a-brac, bowls of planted bulbs*

### **Raffle with excellent prizes:**

*including £50 in cash and Christmas Food Hamper.  
Raffle tickets available in advance from Elizabeth Coy  
01931 713211 or Andrew Yates 01931 713343 and for  
sale on the day and will be drawn at the event*

### **Christmas themed performance and demonstration by Eden Bells, Handbell Ringers:**

*Why not have some fun and 'have a go'  
at handbell ringing*

### **Bell Ringing demonstration and Tower Tour:**

*Listen out for a bell ringing demonstration from the  
Tower around 11.00am. If you would like to take a  
tour of our ringing room and belfry during your visit  
and 'have a go' at bell ringing - please ask, you  
would be most welcome.*



# 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**

## FELLRUNNER EXCURSIONS 2023

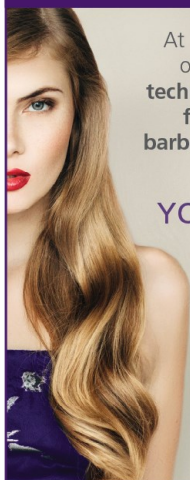
For the people living in the North Westmorland group of parishes and surrounding areas, The Fellrunner Village Bus Group have again kindly offered to provide a 16 seat bus for community use this year, and a list of the proposed trips is given below. If you would like to make a booking, please contact 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.

**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](#)

# 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 occasional Sundays at  
11:15 a.m.

We have coverage for most services, but really need someone to be able to play for occasional 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**

## 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.

## 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.

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## **Morland Tennis Club**

*The rates for membership of Morland Tennis Club are;*

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

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

*Adult £2.00 and children £1.00*

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

## **Local Parish & Community Websites**

Askham & Helton

[www.askhamandhelton.co.uk](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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### November Thoughts

“I like spring, but it is too young. I like summer, but it is too proud. So I like best of all autumn, because its tone is mellow-er, its colours are richer, and it is tinged with a little sorrow. Its golden richness speaks not of the innocence of spring, nor the power of summer, but of the mellow-ness and kindly wisdom of approaching age. It knows the limitations of life and its content.”

— **Lin Yutang**

“November at its best—with a sort of delightful menace in the air.”

— **Anne Bosworth Greene**

“The wind that makes music in Novem-ber corn is in a hurry. The stalks hum, the loose husks whisk skyward in half-playing swirls, and the wind hurries on... A tree tries to argue, bare limbs waving, but there is no detaining the wind.”

— **Aldo Leopold**

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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)

**Meeting** – The next meeting of Morland Parish Council will take place on Monday 13<sup>th</sup> November 2023, at 7.30pm at Morland Village Hall. Members of the press and public are welcome to attend. Agendas are available at least three working days prior to meetings, online and on village noticeboards, alongside meeting minutes.

**Play Area** – Work continues on the toddler unit, with our thanks to Dan Fitton for all his hard work.

**Neighbourhood Development Plan** – The Plan is currently with Westmorland and Furness Council, who have advised that some further consultation will be required with statutory consultees. We are working to progress this as swiftly as possible.

**Signage at Morland Ford** - The Parish Council is continuing to work with Westmorland and Furness Council, alongside the Protect Morland Ford Group, to reach a resolution regarding signage and gauges at Morland Ford.

### **NOTICE FOR ALLOTMENT HOLDERS**

Allotment holders are invited to attend the November meeting of the Parish Council, to discuss the management and maintenance of the allotments, following the Parish Council's successful purchase of the allotment field.

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

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

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

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

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



## **CHRISTMAS DRINKS**



Pop Up Pub Night  
Saturday 25<sup>th</sup> November  
7pm – 11pm @ Cliburn Village Hall

Come and join us for a social drinks evening to raise money for Cliburn community play area. Draught beer from Eden River Brewery, Mulled wine and a selection of alcoholic and soft drinks.



### **SHAP COMMUNITY BAND: WE'RE RECRUITING!**

All are welcome, adults and children (7+), all abilities, any instrument.

We're delighted to have been awarded a grant from Shap Community Enterprise to enable our band to grow and flourish.

We rehearse on Tuesday evenings (term time) at Shap School. Beginner brass (instruments provided, open to complete beginners) is at 6 - 6.45pm and Main Band is from 6.45pm to 7.30. Subs: £4 a session; £2 for each subsequent family member. Full bursaries available, just ask!  
Contact Katie Hodges at [bluejamarts@gmail.com](mailto:bluejamarts@gmail.com)

# 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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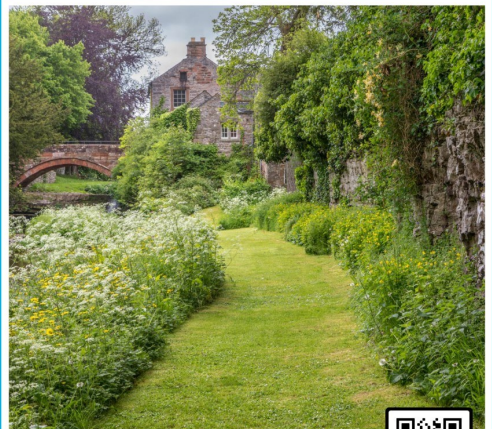
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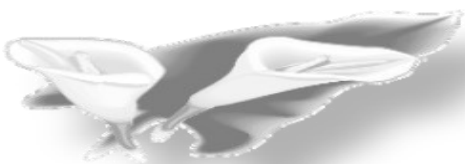
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(Food served from 5pm until 9pm)

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

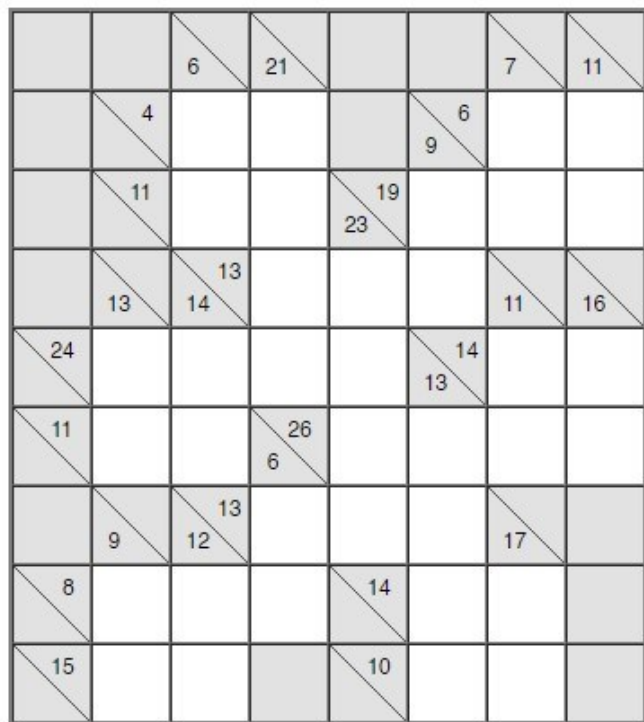
Tel. 01931 712238 or email [stricklandarmspenrith@hotmail.co.uk](mailto:stricklandarmspenrith@hotmail.co.uk)

**Check out our Wesite: [www.thestricklandarms.co.uk](http://www.thestricklandarms.co.uk)**





# PUZZLE TIMES!



## KAKURO PUZZLE

### How to solve:

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

### Example:

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

# Dates For The November Diary

4 <sup>th</sup>	Moon and Stars Concert	7
5 <sup>th</sup>	Dave Scott About Buddhist Faith	2
8 <sup>th</sup>	Henry Venning The Art of the Cartoon	10
11 <sup>th</sup>	Fellrunner Excursion to Hexham	16
25 <sup>th</sup>	Christmas Drinks at Cliburn	23

## THE LAST WUFF!

Hello Everyone!

I've had such an odd month this October. It didn't start very well because my sister Kitty had been very poorly and she fell asleep at the end of September and didn't wake up again. It made Mummy and Boss very sad. I quite liked Kitty even though she didn't know how to play properly and sometimes gave me a clip round the ear. It is odd only having one cat in the house. Then after that there was my birthday! We had such a lovely time. Saffy came over and brought me a present and I had presents from Mummy and Boss and Auntie Barb as well and then Gizmo gave me a present too! We had proper dog birthday cake and lots of cheese and all my favourite things for tea. I had a great time! I got my age wrong because I can't count very well—Mummy says I was five and now I am six!. It's all very confusing because I don't really understand numbers. Then a while after my birthday I felt very poorly myself and Mummy and Boss took me to see Auntie Catherine who is usually very nice but this time she stuck a funny stick in my bottom, which I thought was a very odd thing to do! Then she gave Mummy and Boss some little round things for me to eat. I didn't like them very much but I ate them because they had been put in cheese to make them more tasty. I had nothing but chicken to eat for days, which I'd usually like, but I found out you can get bored with just eating chicken and I'd rather have my Wham Bam Lamb! Then after a while I felt better and now I'm feeling pretty good, although I do still have a bit of a funny tummy, Mummy says. Boss says I had entire eye tests but I don't know what they are. And now I am better Saffy is staying with us whilst her Mummy is away on holiday so there's not much time for writing because we're too busy playing.....

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# LOCAL DIRECTORY

RECTOR	Rev'd Stephen Tudway	01931 719 210
CURATE	Rev'd Sheila Clark	01931 714 238
DEACON	Rev'd Sandy Pearl	01931 714 564
READER	David Jones	01931 714 338

**CLIBURN VILLAGE HALL** Margaret Burne 01931 714218

## GREAT STRICKLAND PARISH COUNCIL

Usually meets last Monday in month

## KINGS MEABURN POST OFFICE 01931 714 256

Tuesday 12.30pm-5.30pm (at the White Horse Inn)

Wednesday 12 noon-5.30pm

Friday 8.30am-1pm

## MAULDS MEABURN POST OFFICE

Open from 2-4pm on **Mondays** until further notice.

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