

Christmas 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 Christmas '23 issue of  
North Westmorland News**

**FULLY DIGITAL ISSUE**

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

**Latest date for copy:  
14th day of preceding month!**

## From the Vicarage

It doesn't feel terribly strange writing, in mid-November, an article which you will probably read when Christmas is close at hand. We are used to Christmas starting early. In 2021, the online retailer Very drew ridicule, for starting its unashamedly Christmassy ad campaign on 1<sup>st</sup> October. The advertising industry was rather scathing for a week or two, after Very received a 30% negative response in audience research. As October progressed, however, it seemed that Very had the last laugh. Sales figures suggested that Christmas shopping had indeed started early and all the big Christmas ads were hastily brought forward earlier than usual: John Lewis released theirs on 4<sup>th</sup> November. The indications were that people were fearful of getting caught out by supply chain problems, and were stocking up for a special Christmas, and for family reunions, after the disruptions of 2020. But does early advertising drive the shopping, or does the shopping drive the early advertising? There is a complex relationship between the two: Christmas advertising is often chasing a share of demand that already exists, rather than creating more.

In modern Britain, many people are planning to celebrate a festival in which they do not believe. Or, perhaps, they are setting up a festival which they do not quite know what to do with. The front-loading speaks of its importance, of anticipation: but many people take down the decorations very quickly. Does the festival have enough content to endure long after the day itself? Is the pleasure all in the anticipation? Does the hoped-for magic come to a swift end amid overeating; presents that were not as useful or durable or fun as we hoped; and occasional disputes with visitors whom we wish had gone home sooner? Churches have become completely complicit in this. In the church calendar, it is Advent until darkness falls on 24<sup>th</sup> December. Advent is not a countdown to Christmas. It is a season for contemplating the last things: death, judgment and the afterlife. And yet in church, as elsewhere, Advent is filled with Christmas and with carol services. I have only ever known one parish have a Christmas service, apart from Sunday, during Christmas itself: take a bow Woodland, in south west Cumbria, with your community carols and mince pies, on the Feast of St Stephen (26<sup>th</sup> December)!

As a child, I was taken to our local church on Christmas Eve one year – which was unusual in our non-churchgoing household. On the wall behind the altar was displayed the acclamation, "Glory to God in the Highest!" in individual letters. The final letter E appeared to have slipped down the wall, leaving the message, "Glory to God in the High St". It had everyone talking before the service. Was it an ironic but amusing accident? Of course, it was the vicar's doing, and was the prelude to a sermon about the commercialisation of Christmas. Without revisiting that Christmas chestnut, we might ask whether our celebration is served, or is driven by, the purchased goods and trappings of the season. What is the content behind it all? Religious or not, what are we actually celebrating? We should always be asking: how far does the world meet our needs and those of others; and how far do its conventions, fashions and promotions lead or drive us? Perhaps away from real need?

If our Christmas preparations are truly in search of something to celebrate, let us not be too downcast. The divine is not nearly so simple as churches would sometimes have us believe. God is a Holy mystery. Like the magi, let us at least keep up the search.

*Stephen*

## **BOLTON MU**

We are celebrating Christmas with a members meal in December.

Our January meeting on the 15th is our AGM and planning meeting.

## **BOLTON WI**

We are holding an Open meeting on December 11th at 7.15 in Bolton Memorial Hall. Magician Stuart Bowie will be entertaining us with 'How did you do that?'

Everybody is very welcome, £4 for visitors entrance and refreshment. Please call Cathy on 01768 362862 for further details.

Bolton WI are holding a members meeting on January 8th. “

### **ST CUTHBERT'S CHURCH CLIBURN**

Is holding a  
**CAROL SERVICE**  
with  
**MULLED WINE**  
and  
**LIGHTING OF OUTSIDE  
CHRISTMAS TREE**  
in Memory of those departed.

**ON FRIDAY 22ND DECEMBER**  
at  
**7PM.**

This is our only Christmas Service  
All welcome.

“Christmas is less about opening presents and more about opening hearts.”

“We are better throughout the year for having, in spirit, become a child again at Christmastime.” Laura Ingalls Wilder

Christmas waves a magic wand over the world, and behold, everything is softer and more beautiful.” Norman Vincent Peale

He who has not Christmas in his heart will never find it under a tree.” Roy L. Smith

You can give without loving, but you cannot love without giving.” Victor Hugo, "Les Misérables"

Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves." Eric Sevareid

	<b>Askham St Peter's</b>	<b>Bampton St Patrick's</b>
<b>3<sup>rd</sup> December</b> <b>Advent Sunday</b>	<b>11:15</b> <b>Holy Communion</b> <b>SPC</b>	<b>9:45</b> <b>Holy Communion</b> <b>SPC</b>
<b>10<sup>th</sup> December</b> <b>Advent II</b>	<b>11:15</b> <b>Nine Lessons and Carols</b> <b>SWT</b>	<b>9:45</b> <b>Café Church</b> <b>Team</b>
<b>17<sup>th</sup> December</b> <b>Advent III</b>	<b>11:15</b> <b>Holy Communion</b> <b>SPC</b>	<b>9:45</b> <b>Holy Communion</b> <b>SPC</b>
<b>24<sup>th</sup> December</b> <b>Advent IV/ Christmas Eve</b>	<b>11:15</b> <b>Holy Communion</b> <b>JHB</b>	<b>19:30</b> <b>Christmas Night</b> <b>SWT</b>
<b>25<sup>th</sup> December</b> <b>CHRISTMAS DAY</b>	<b>10:00</b> <b>Holy Communion</b> <b>SWT</b>	
<b>31<sup>st</sup> December</b> <b>Christmas I</b>	<b>11:00</b> <b>Benefice Joint Service of Holy Communion at</b> <b>MORLAND</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



	Bolton All Saints	Cliburn St Cuthbert's	Clifton & Brougham (St Cuthbert's)	
3 <sup>rd</sup> December Advent Sunday	9:15 Communion JHB		9:15 Holy Communion SWT	
10 <sup>th</sup> December Advent II	9:15 Holy Communion SWT		15:00 Carol Service CLIFTON SPC	
17 <sup>th</sup> December Advent III	17:00 Carol Service JHB			
24 <sup>th</sup> December Advent IV/ Christmas Eve	23:00 Christmas Night JHB	11:00 Holy Communion SWT	14:00 Carol Service NINEKIRKS SWT	21:30 Christmas Night CLIFTON SWT
25 <sup>th</sup> December CHRISTMAS DAY				
31 <sup>st</sup> December Christmas I	11:00 Benefice Joint Service of Holy Communion at MORLAND 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.

	<b>Crosby Ravensworth St. Lawrence's</b>	<b>Great Strickland St Barnabas</b>
<b>3<sup>rd</sup> December</b> <b>Advent Sunday</b>	<b>11:00</b> <b>Holy Communion</b> <b>JHB</b>	<b>11:00</b> <b>Holy Communion</b> <b>JWR</b>
<b>10<sup>th</sup> December</b> <b>Advent II</b>	<b>11:00</b> <b>Morning Prayer</b> <b>NH</b>	
<b>17<sup>th</sup> December</b> <b>Advent III</b>	<b>18:00</b> <b>Evening Prayer</b> <b>DGJ</b>	
<b>24<sup>th</sup> December</b> <b>Advent IV/ Christmas Eve</b>	<b>11:15</b> <b>Holy Communion</b> <b>SWT</b>	
<b>25<sup>th</sup> December</b> <b>CHRISTMAS DAY</b>		
<b>31<sup>st</sup> December</b> <b>Christmas I</b>	<b>11:00</b> <b>Benefice Joint Service of Holy Communion at</b> <b>MORLAND</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>Morland St Lawrence</b>		<b>Shap St Michael's</b>	<b>Thrimby St Mary's</b>
<b>3<sup>rd</sup> December</b> <b>Advent Sunday</b>	<b>11:00</b> Holy Communion & Baptism SWT	<b>18:00</b> Advent Carols SWT	<b>10:30</b> Methodist Service	<b>11:00</b> Morning Prayer Lay-led
<b>10<sup>th</sup> December</b> <b>Advent II</b>	<b>11:00</b> Holy Communion SPC		<b>10:30</b> Holy Communion JHB	
<b>17<sup>th</sup> December</b> <b>Advent III</b>	<b>15:00</b> Third Sunday Christingle		<b>10:30</b> Family Service EA	<b>11:00</b> Morning Prayer Lay-led
<b>24<sup>th</sup> December</b> <b>Advent IV/ Christmas Eve</b>	<b>11:00</b> Holy Communion SPC	<b>17:00</b> Crib Service SWT	<b>17:30</b> Crib Service Locally Led <b>23:00</b> Christmas Night SPC	
<b>25<sup>th</sup> December</b> <b>CHRISTMAS DAY</b>	<b>10:30</b> Holy Communion SPC		<b>10:00</b> Communion by Extension EA	
<b>31<sup>st</sup> December</b> <b>Christmas I</b>	<b>11:00</b> Benefice Joint Service of Holy Communion at <b>MORLAND 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>Askham St Peter's</b>	<b>Bampton St Patrick's</b>
<b>7<sup>th</sup> January</b> <b>Epiphany</b>	<b>11:15</b> <b>VILLAGE HALL SERVICE</b> <b>SWT</b>	<b>9:45</b> <b>Holy Communion</b> <b>SWT</b>
<b>Monday</b> <b>8<sup>th</sup> January</b> <b>The Baptism of</b> <b>Christ</b>	<b>18:00</b> <b>Benefice Holy Communion at Bampton</b> <b>SWT</b>	
<b>14<sup>th</sup> January</b> <b>Epiphany 2</b>	<b>11:15</b> <b>Family Worship</b> <b>SRP</b>	<b>9@45</b> <b>Café Church</b> <b>Team</b>
<b>21<sup>st</sup> January</b> <b>Epiphany 3</b>	<b>11:15</b> <b>Holy Communion</b> <b>JHB</b>	<b>9:45</b> <b>Holy Communion</b> <b>JHB</b>
<b>27<sup>th</sup> January</b> <b>Holocaust</b> <b>Memorial</b> <b>Day</b>	<b>18:30</b> <b>Benefice Joint Service at Askham</b> <b>Geoff Gordon</b>	
<b>28<sup>th</sup> January</b> <b>Epiphany 4</b>	<b>11:15</b> <b>Holy Communion</b> <b>SPC</b>	<b>9:45</b> <b>Holy Communion</b> <b>SPC</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

	Bolton All Saints	Cliburn St Cuthbert's	Clifton & Brougham (St Cuthbert's)
7 <sup>th</sup> January Epiphany	9:15 Holy Communion JHB		9:15 Holy Communion SPC
Monday 8 <sup>th</sup> January The Baptism of Christ	18:00 Benefice Holy Communion at Bampton SWT		
14 <sup>th</sup> January Epiphany 2	9:15 Holy Communion JHB		
21 <sup>st</sup> January Epiphany 3	9:15 Holy Communion SPC	11:00 Holy Communion SPC	
27 <sup>th</sup> January Holocaust Memorial Day	18:30 Benefice Joint Service at Askham Geoff Gordon		
28 <sup>th</sup> January Epiphany 4	9:15 Morning Worship Lay-Led		

#### 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 St. Lawrence's</b>	<b>Great Strickland St Barnabas</b>
<b>7<sup>th</sup> January</b> <b>Epiphany</b>	<b>11:00</b> <b>Holy Communion</b> <b>JHB</b>	<b>11:00</b> <b>Holy Communion</b> <b>SPC</b>
<b>Monday</b> <b>8<sup>th</sup> January</b> <b>The Baptism of</b> <b>Christ</b>	<b>18:00</b> <b>Benefice Holy Communion at Bampton</b> <b>SWT</b>	
<b>14<sup>th</sup> January</b> <b>Epiphany 2</b>	<b>11:00</b> <b>Holy Communion</b> <b>JHB</b>	
<b>21<sup>st</sup> January</b> <b>Epiphany 3</b>	<b>11:15</b> <b>Holy Communion</b> <b>SWT</b>	<b>11:00</b> <b>Morning Worship</b> <b>SWT</b>
<b>27<sup>th</sup> January</b> <b>Holocaust</b> <b>Memorial</b> <b>Day</b>	<b>18:30</b> <b>Benefice Joint Service at Askham</b> <b>Geoff Gordon</b>	
<b>28<sup>th</sup> January</b> <b>Epiphany 4</b>	<b>11:00</b> <b>Morning Worship</b> <b>Lay-Led</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>Morland St Lawrence</b>	<b>Shap St Michael's</b>	<b>Thrimby St Mary's</b>
<b>7<sup>th</sup> January</b> <b>Epiphany</b>	<b>11:00</b> <b>Holy</b> <b>Communion</b> <b>JWR</b>	<b>10:30</b> <b>Methodist</b> <b>Service</b>	
<b>Monday</b> <b>8<sup>th</sup> January</b> <b>The Baptism</b> <b>of Christ</b>	<b>18:00</b> <b>Benefice Holy Communion at Bampton</b> <b>SWT</b>		
<b>14<sup>th</sup> January</b> <b>Epiphany 2</b>	<b>11:00</b> <b>Holy Communion</b> <b>SPC</b>	<b>10:30</b> <b>Holy Communion</b> <b>With Baptism</b> <b>SWT</b>	
<b>21<sup>st</sup> January</b> <b>Epiphany 3</b>	<b>11:00</b> <b>Third Sunday</b> <b>Team</b>	<b>10:30</b> <b>Family Service</b> <b>EA</b>	
<b>27<sup>th</sup> January</b> <b>Holocaust</b> <b>Memorial</b> <b>Day</b>	<b>18:30</b> <b>Benefice Joint Service at Askham</b> <b>Geoff Gordon</b>		
<b>28<sup>th</sup> January</b> <b>Epiphany 4</b>	<b>11:00</b> <b>Holy Communion</b> <b>SWT</b>	<b>10:30</b> <b>Holy Communion</b> <b>JHB</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.



# Christmas in Morland



**Friday 1st December 2.30pm-6pm**  
Morland School Christmas Fair



**Saturday 2nd December 4.30pm-8.30pm**  
Mill Yard Christmas Market

**Sunday 3rd December 6pm**  
Advent Carol Service in Morland Church

**Sunday 17th December 3pm**  
3rd Sunday@Morland Christingle Service. All welcome.



**Monday 18th December 7pm**  
Carol singing around the village followed by  
mulled wine, mince pies & entertainment  
**in the Village Hall at 8pm**



**Tuesday 19th December 9am**  
Morland School Christingle service in Morland Church. All welcome.

**Saturday 23rd December 5pm**  
Nine Lessons and Carols in Morland Church

**Sunday 24th December 5pm**  
Crib Service in Morland Church welcoming Posada figures



**Monday 25th December 10.30am**  
Christmas morning service Morland Church



**Saturday 27th January 7pm**  
Burns Night in Newby End Farm Barn

# 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

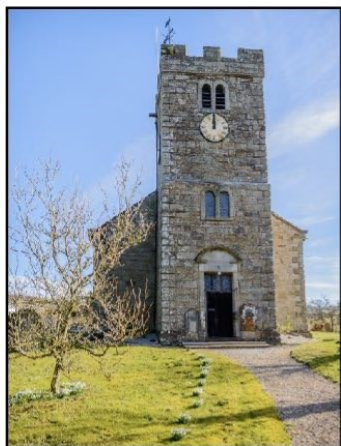
Call us on: **01931 585101**

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

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



# ***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

## Penrith Ladies' Luncheon Club



### 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.

## **Offer Care and Support**

*Hello. I'm Hannah, your local Community Catalyst - we are running a free development programme in the Eden District - to help local people get set up working for themselves, offering help at home.*

*Lots of people in your local area need some extra help to live the way they want to, perhaps because they are older, disabled or have a long-term health condition. Could your new career be offering support to help people in our community to live more independently? You don't need any care or business experience, just to know what good care looks like.*

*Our help is free to you, as the project is funded by Westmorland and Furness Council. See [www.communitycatalysts.co.uk](http://www.communitycatalysts.co.uk)*

*Please get in touch for an informal chat to find out more. Call 07435 943 901 or*

**communitycatalysts®**  
unlocking potential effecting change

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)

## **Your advert could go here**

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

Meg Hancock at

01931 714 432  
([meghnc@btinternet.com](mailto:meghnc@btinternet.com))



# What's on @ The Studio Morland

**Tuesdays:** Yoga with Jerri (6-7pm)

Contact Jerri to book:  
[infojerryderyoga@gmail.com](mailto:infojerryderyoga@gmail.com)

**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 Open Space

Tuesdays (1-3pm) until 27th Feb

Come and use the studio to work on your creative projects, bring your knitting or a book, bring a laptop to work or co-work in the space, meet a colleague or friend or just call in for some tea and social time. FREE!

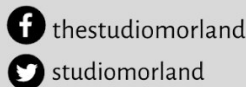
[thestudiomorland.co.uk/open-space](http://thestudiomorland.co.uk/open-space)

## Saturday Art Club

Saturdays (1-4pm) - for 13-18 year olds

Create impressive pieces of art, build up your creative portfolio and hone specialist skills. Saturday Art Club attendees will have their work exhibited at Somerset House in London! Limited places - please get in touch to apply

[thestudiomorland.co.uk/saturday-art-club](http://thestudiomorland.co.uk/saturday-art-club)



**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.

**Dec. 9th Carlisle Christmas Market**

2024 Excursions will be advertised in the February 2024 issue, the first issue of the New Year.

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

# Solemn Eucharist for Candlemas

Friday February 2nd, 7.30pm



**Bishop James Bell**  
will Preside

**Revd Fran Parkinson**  
will Preach

**Everyone**  
is welcome to join us



**CHRISTMAS DINGS**  
**FRIDAY DECEMBER 15th**  
**AT**  
**MORLAND & NEWBY**  
**VILLAGE HALL**

MUGs invite family, friends and amiable locals to a performance of songs old and even older. We will then indulge in a bit of grub, grog and a goss, so please join us for a nibble, a noggin and a natter.

**DOORS OPEN 19:00**  
**PERFORMANCE 19:30-20:30**

**FREE ENTRY**

**\*\*\*BRING YOUR OWN FOOD & DRINK\*\*\***

**We will be collecting for**  
**'Every Life Matters' & 'Sunbeams Music Trust'**

St Peter's Church  
Askham

# Fragility of Freedom

**A Service of Reflection,  
Remembrance  
and  
Reconciliation**



HOLOCAUST  
MEMORIAL  
DAY 27/1

**Saturday  
January 27<sup>th</sup>  
6.30pm**



# Holocaust Memorial Day (HMD)

This takes place on 27 January each year and is a time to remember the millions of people murdered during the Holocaust, under Nazi Persecution and in the genocides which followed in Cambodia, Rwanda, Bosnia and Darfur.

Holocaust Memorial Day is a time when we seek to learn the lessons of the past and recognise that genocide does not just take place on its own – it's a steady process which can begin if discrimination, racism and hatred are not checked and prevented. We're fortunate here in the UK; we are not at immediate risk of genocide. However, discrimination has not ended, nor has the use of the language of hatred or exclusion. There is still much to do to create a safer future and HMD is an opportunity to start this process.

As we have stated in the past, this service will NOT be a history lesson - most of us are aware of what happened in the past. The over-riding theme for 2024 is Fragility of Freedom which is perfectly summed up by Anne Frank in her diary entry dated Saturday 20 June, 1942, reflecting back on May 1940 when the Germans arrived in the Netherlands:-

*'That is when the trouble started for the Jews. Our freedom was severely restricted by a series of anti-Jewish decrees: Jews were required to wear a yellow star; Jews were required to turn in their bicycles; Jews were forbidden to use trams; Jews were forbidden to ride in cars, even their own; Jews were required to do their shopping between 3.00 and 5.00p.m.; Jews were required to frequent only Jewish-owned barbershops and beauty salons; Jews were forbidden to be out on the streets between 8.00 p.m. and 6.00 a.m.; Jews were forbidden to go to theatres, cinemas or any other forms of entertainments; Jews were forbidden to use swimming pools, tennis courts, hockey fields or any other athletic fields; Jews were forbidden to go rowing; Jews were forbidden to take part in any athletic activity in public; Jews were forbidden to sit in their gardens or those of their friends after 8.00 p.m.; Jews were forbidden to visit Christians in their homes; Jews were required to attend Jewish schools, etc. You couldn't do this and you couldn't do that, but life went on.'*

Everyone is invited to join us on

**January 27<sup>th</sup>**

at

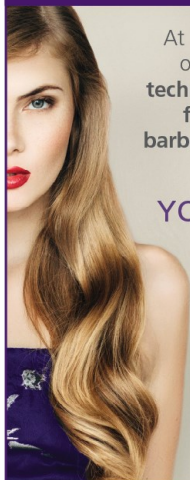
**6.30pm**

for our service of reflection, reflection and remembrance.



# 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.

Contact us on: 01768 890280 or [enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk)

## 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)



## **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)



## NEWBY COURT NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

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

01931 714521

vickers313@googlemail.com



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

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

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

**Show Catering, Barbecues  
and Funeral Teas**

**Catering Trailer available**

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



## 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)



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)

## Judith's Cakes

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



Beautiful cake stands and china available to display your tea



Homemade cakes made to order

Puddings and sweets for all occasions.



Tel. 01931 716765  
Mob. 07813742867

Email. [judithscakes@gmail.com](mailto:judithscakes@gmail.com)

SIMON HAZELDINE

07486 002848

KITCHEN AND BATHROOM FITTING

Tiling and Flooring

Minor electrics and Plumbing

Interior and Exterior Painting

Refurbishment and general

household repairs

Pressure Washing (Paths, Drives, Patios etc.)

If your requirements are not listed please ring and ask.

No VAT – No job too small  
2 Prospect Terrace, Kirkby Thore,  
Penrith CA10 1UG



Groundworks 07968101211

All types of groundworks undertaken including:

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

Digger and dumper available  
Ring 07968101211 or  
017683 42059

## COLLECTION FOR THE CARLISLE HOMELESS REFUGE

THANK YOU TO EVERYONE  
WHO GAVE SO GENEROUSLY  
IN RESPONSE TO THIS APPEAL

Your kindness contributed to making the total donations the biggest that we have ever collected. It was greatly appreciated by the staff at the Refuge and all of the residents in their service.

**Sincere thanks again for your support.**

John & Margaret { Gore }  
on behalf of Penrith Methodist Church.



# MORLAND PARISH COUNCIL

Working for you since 1894  
[morlandparishcouncil.org.uk](http://morlandparishcouncil.org.uk)

Find us on   
[facebook.com/MorlandParish](https://facebook.com/MorlandParish)

**Meeting** – The next meeting of Morland Parish Council will take place on Monday 8<sup>th</sup> January 2024, 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.

**New Year Parish Meeting** - This will be held on Monday 8<sup>th</sup> January 2024, at 7pm at Morland Village Hall, and will include the auction for rental of Charity Land in the Parish.

**Planning** – At the November meeting of the Parish Council residents raised concerns regarding discharge of planning conditions on the development on land behind Tanglewood, in particular with regard to potential flooding and water management. The Parish Council have contacted planning to express their concerns and for further information.

**Play Area** – Work is nearing completion on repair of the toddler unit.

**Neighbourhood Development Plan** – Westmorland and Furness Council have confirmed that the plan will need to be put out for consultation to the statutory consultees. This should be completed by the new year, when it can then proceed to examination, before being presented for a public vote.

**Footway Lighting** – The Parish Council is continuing to assess the need for further footway lighting in the village, with concerns raised over dark spots, and is purchasing a new light for the square, as well as repairing one outside the Church.

**Signage at Morland Ford** - It has been agreed to extend white fencing at the ford, to affix signage that will be visible to traffic in both directions.

**Crown Inn** – The Parish Council agreed to a donation, in conjunction with the Town's Fund, of £240 to the Community Group.

**Fireworks** – The Parish Council agreed, in conjunction with the Town's Fund, to a donation of £200 towards the firework display.

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.



*St. Michael's Church, Shap*

# CHRISTMAS COFFEE MORNING

**Saturday 9th December**  
**SHAP MEMORIAL HALL**  
**10 □ 12**

**FREE ADMISSION**

★ Handmade Items ★ Cakes & Preserves ★  
★ Red & Gold ★  
★ Raffle ★ Hamper Draw ★ Tombola ★

**Seasonal Refreshments**



**\*\* ALSO! \*\***  
**Craft Activities for Kids**  
(No Charge)



# Shap *Christmas* Farmers' & Makers' Market

**Saturday 16th December 9am-1pm**  
Indoor and Outdoor Stalls  
at the Memorial Hall and the Old Courthouse

**Music on the Terrace**  
Appleby Town Band  
1030 - 1230



Also at the Old Courthouse..  
Mulled Wine/Hot Apple Cup

**BUY FRESH  
SUPPORT LOCAL**

Food, Arts, Crafts,  
Christmas Trees and  
Wreaths and much  
more!

Refreshments  
in the  
Memorial  
Hall







# PLAY BRASS IN EDEN

- a project supported by Eden District Council



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

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

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

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

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

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

Julie Hoggarth ([julie@drumandbrass.co.uk](mailto:julie@drumandbrass.co.uk))



Physiotherapy led  
PILATES

Wellbeing + Posture + Confidence

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

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

Thursdays:

10.00am

11.00am

5.30pm

6.30pm 'n

7.30pm

Copy

(Class via Zoom Tuesdays 6.00pm)

Classes are suitable for beginners and mixed ability

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

07596 957027

Or email: [sp8physiopilates@gmail.com](mailto:sp8physiopilates@gmail.com)



What do you mean, "I brought  
the socks!"

# HARDWOOD LOGS FOR SALE

*Well seasoned*

**RW & SC Porter**

Tel: 017683 61766

or 07716 795433

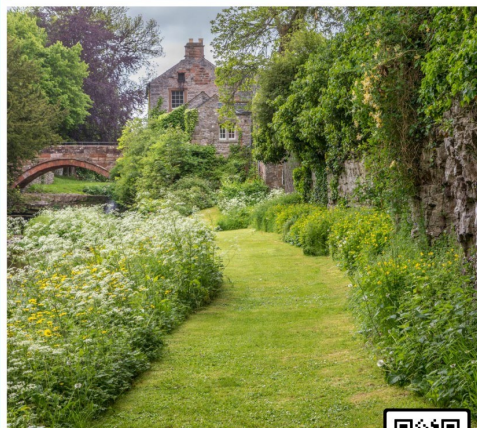
All messages answered

## Morland House Gardens

In the heart of the Eden Valley

Member of the Historic Houses Association

Open daily 10am - 5pm



Entrance £5  
U16s, HHA Members & Season Ticket holders free  
Morland, Penrith, Cumbria CA10 3AZ

[www.morlandhousegardens.com](http://www.morlandhousegardens.com)



SCAN ME

# THE WELCOME INN!

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

For coffee, companionship and connection!

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

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

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

For further information contact Sue Mc Guinness - [suzmcguinness@gmail.com](mailto:suzmcguinness@gmail.com)



REPAIRS \* FASCIAS  
& SOFFITS \*  
FAILED UNITS

## **APPLEBY**

WINDOWS AND DOORS

Suppliers and installers of quality  
uPVC products.

Call for a FREE quotation

**017683 62343**

Applebywindowsanddoors@gmail.com

## **HEARTWOOD ENTERPRISES**

*Everything to do with trees...*

All practical tree work & woodland management

Timber – milling of local hardwood & softwood

Firewood – logs supplied to suit your needs

Tom Dutson *Chartered Forester*

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

Tel: 01931 716195

Mobile: 077 69 67 65 36



## **PROCTER BUILDING SERVICES**

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

**Contact Mark Procter**

**07799576663 or answer phone 01931714033**

**Email:-[procterbuilding@mail.com](mailto:procterbuilding@mail.com).**

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

# Neat Feet by Mary-Anne

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

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

I hope to be able to meet you soon.

**Mary-Anne**

## Qualifications:

Diploma in Chiropody. WMSch

COVID-19 Infection Prevention and Control: Guild Training International

**017683 53765 or 077 69 68 57 54**

## SEASONED FIREWOOD

### DUMPY BAGS

Hardwood Logs £102 Softwood Logs £88

Kiln Dried Hardwood Logs £109

(Prices include VAT @ 5%)  
FREE Local Delivery

WOODSURE Assured Quality Wood Fuel.

WOODSURE Ready to Burn Accredited.

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

**T J Ewbank Logs**

Telephone: 017683 62746

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

Hardwood Multi bag discount available



## HTD FORESTRY

Timber Harvesting & Forest Management

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

No Job Too Big or Small

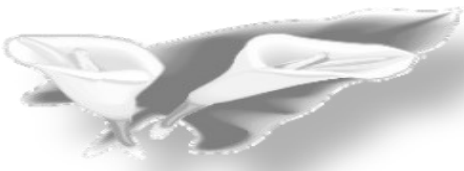
Family Run Business, All Equipment In-House

**\*Keeping Things Simple\***

Tel: 07826424554

Email: [htdforestry@gmail.com](mailto:htdforestry@gmail.com)





## Glyn Jones Funeral Directors

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

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

*Hugh Jones*

*Glyn Jones*



# Lady Muck

Of the Eden Valley

Chimney and domestic oven cleaning services.

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

For prices and booking please contact Tanya on

07444 240337 / 01768898752

email: [LadyMuckEdenValley@gmail.com](mailto:LadyMuckEdenValley@gmail.com)



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

**Information and Advice**

Financial: help with benefit entitlement checks and completing forms.

Social Care: matching the care that clients need with available services.

Housing: information on housing, aids, and adaptations.

Local Services: advice on local support, groups, activities and concessions.

\*Drop-in sessions held on the 3rd Wednesday of the month between 11am and midday at Eden Sight Support, The Resource Centre, Sandgate, Penrith, CA11 7TP.

**Home Support**

We offer a quality, competitively priced home support service with a person-centred approach, helping people maintain their independence in their own homes. We can help with weekly chores, support personal wellbeing and promote social inclusion.

**Social Opportunities**

A wide range of social opportunities are available, from walking to craft sessions, afternoon teas and much more.

**Shops**

We have 6 shops in the region that sell a wide range of new and pre-owned items.

**Volunteering Opportunities**

Volunteering opportunities are available across all departments, and we would love to hear from you if you would like to join our team!

**Contact for details**

Tel: 01228 536673

Email: [admin@ageukcarlisleandeden.org.uk](mailto:admin@ageukcarlisleandeden.org.uk).

Website: [www.ageuk.org.uk/carlisleandeden/](http://www.ageuk.org.uk/carlisleandeden/)

### **ADVICE, ADMIN, & ADVOCACY**

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

#### **Then Vincent Egan can help you**

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

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

Contact Vincent 07860 289516 or  
Penrith: 01768 866866.

### **LOWTHER CASTLE & GARDENS**

#### **VOLUNTEERS SOUGHT**

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

Good benefits, wonderful setting.

If you are interested, please email  
[info@lowthercastle.org](mailto:info@lowthercastle.org)



### **MIDTOWN CATTERY**

Loving care,  
spacious, modern &  
heated cat  
accommodation.

For more information  
and bookings please call:

Julie Fisher:  
01931715246

### **PARKIN & JACKSON Monumental Masons**

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

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

Tel: 01539 722838  
or e.mail:  
[parkinandjackson@btinternet.com](mailto:parkinandjackson@btinternet.com)  
[web:www.parkinandjackson.com](http://web:www.parkinandjackson.com)





## The Eden Workshop at The Appleby Hub

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

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

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



*est. 1852*

*Funeral arrangements with  
a professional, friendly service*

*24 Hours a day*

**Tel: 01768 891189**

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

### **Specialist wills, tax & probate solicitor**

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

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

01697 478303 | 07901

229218 | [lynn@lynnemery.co.uk](mailto:lynn@lynnemery.co.uk)



## GROUNDWORKS

### NO JOB TOO SMALL

Over 30 years experience  
in all aspects of groundworks.

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

**COMPETITIVE  
RELIABLE  
GROUNDWORK SOLUTIONS**

Contact Ian on 07751 661293



### Bespoke Catering Bereavement refreshments

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

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

Gift Vouchers available  
Afternoon Teas, Grazing Boxes,

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

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



Mike Addison FBDO CL  
**OPTICIAN**

## Mike Addison Optician now at SHAP HEALTH CENTRE

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

The Shire Hall  
The Sands  
Appleby CA16 6XN

Shap Health Centre  
Peggy Nut Croft  
Shap CA10 3LW

info@mikeaddisonoptician.com

**CALL 017683 53199**  
to make an appointment



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

Gel Polish  
Nail Enhancements  
Pedicure

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

Email: melheritage6@yahoo.co.uk



Melanie Heritage Nail Technician

**theguild**  
of Nail Technicians



# WALKERS

## Family Funeral Directors

— Est 1945 —

Tynefield House  
Penrith  
CA11 8HY  
01768 892211

Chapel Street  
Appleby  
CA16 6QR  
017683 30321

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

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

**Eileen Messenger, Alan & Susan Smyth, Gary Strong, Damon Steadman**



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

**Golden Charter**  
Funeral Plans

# LAKELAND & SHUTTERS BLINDS

VERTICAL • VENETIAN • ROLLER • PLEATED • ROMAN

**017683 62101 or 07956 140 335**

Call us for a free consultation.

Samples brought to your home or business.

Now supplying and fitting custom made

Wooden Shutters.

[www.lakelandblinds.com](http://www.lakelandblinds.com)

[lakelandblinds@btinternet.com](mailto:lakelandblinds@btinternet.com)



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

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

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

Askham Hall, Askham, Penrith, Cumbria.  
CA10 2PF. 01931 712 350  
[enquiries@askhamhall.co.uk](mailto:enquiries@askhamhall.co.uk)  
[www.askhamhall.co.uk](http://www.askhamhall.co.uk)

# The Strickland Arms

Great Strickland  
Penrith, Cumbria  
CA10 3DF

Tel. 01931 712238

Email: [stricklandarmspenrith@hotmail.co.uk](mailto:stricklandarmspenrith@hotmail.co.uk)



## **Anton & Penny** **Welcome you to The Strickland Arms**

### **'The Warmest, Friendliest Pub in the Eden Valley'**

*We believe The Strickland Arms is a 'pub of character & distinction at the heart of the village community'*

Our Pub consists of a Bar, Dining Room, Wiggo's Barn,  
Front Terrace and Beer Garden. We have an extensive Menu  
with Real Ales on tap

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

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

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

see our website [www.thestricklandarms.co.uk](http://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)

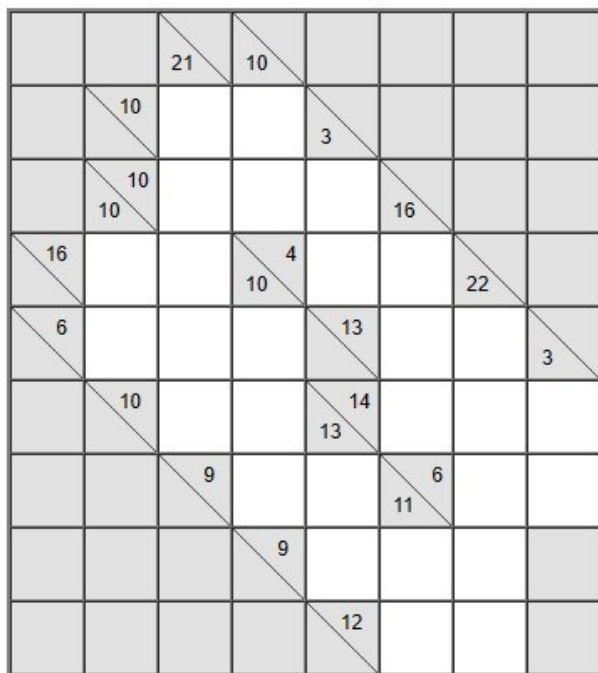
**It's always advisable to book a table if you are eating with us**

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





*Just for the KIDS!*



## CHRISTMAS WORD SEARCH

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

DONKEY  
JOSEPH  
STAR

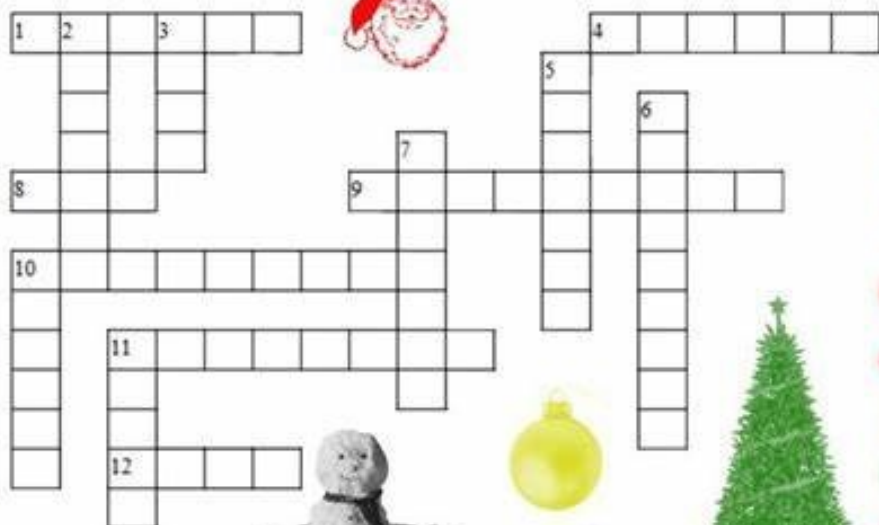
GABRIEL  
MARY  
THREE KINGS

HEROD  
ANGELS

JESUS  
SHEPHERDS

# MERRY CHRISTMAS

## Santa's Crossword



### ACROSS

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25
11. Hung by the chimney with care
12. What presents are left under

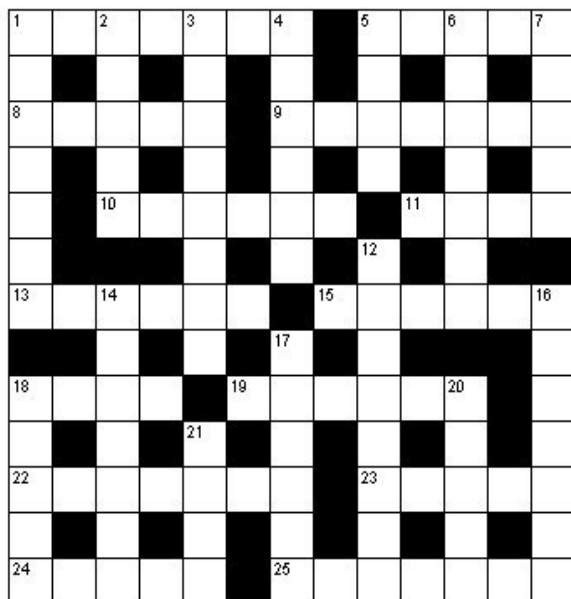
### DOWN

2. Reindeer with a shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and White hooked shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker



# Adult Puzzles

## Cryptic 08



### Across

1. Store part of scarce bee habitat (7)
5. Fundamental meaning in hypo intrigue (5)
8. Neat bicycle antique, essentially (5)
9. Lacking respect in slim pie tyrant (7)
10. Amnesty for equivalent Spanish gentleman (6)
11. Mixed up a bit to catch something (4)
13. Discovered quality in recital entrant (6)
15. Toy stereo found in bed (6)
18. Fiasco deep in computer instruction (4)
19. Struggle with bottle opener replaced by animals with can opener (6)
22. Verify historic period is ordinary (7)
23. Eg our confused villain (5)
24. Australian state in short and two thirds of a number makes sense (5)
25. We ease underwater tangle (7)

### Down

1. Statement sounds like nobility (7)
2. Rearranged inexpensive peach (5)
3. Unwitting confusion, no rating (8)
4. Scribbled it or rewrites it, essentially (6)
5. 16th Greek and 17th Hebrew make music (4)
6. Confusing nice tax is imprecise (7)
7. Sultry starlet finds a date (5)
12. Disorder, this year (8)
14. Fifty Roman snakes climb them (7)
16. Adhered to tussled hair (7)
17. Light touch in car essential (6)
18. Monotonous sound in church anthem (5)
20. This bird landed in 1969 (5)
21. Likelihood of finding fabric in umbrella certain (4)

# Christmas Songs

Can you work out what these Christmas Anagrams are?

1. E glows a second king

2. Bell lens jig

3. Calms this star

4. Freshen tilt owl

5. Ark he hart held

6. English tint

7. Joely dot wroth

8. Smith is a wretch

9. Ya a german wain

10. My a soft thorn mews

11. You fat face molehill

12. Ted shell hack

13. This knee grew



# Dates For The Winter Diary

1/12 Morland School Christmas Fair	11
9/12 Shap Christmas Coffee Morning	31
& Fellrunner trip to Carlisle Christmas Market	20
11/12Bolton WI Open Meeting	21
13/12 Dick Whittington and His Cat Lecture	14
15/12MUGS Christmas Doings	22
18/12Carol Singing around Morland Village	11
22/12Clifton Carol Service	2
27/1 Holocaust Memorial Day	23-24
& Burns Night at Newby End Farm	11

## THE LAST WUFF!

Hello Everyone!

Isn't this a lovely time of year! I've had great fun snuffling in the leaves and kicking them up behind me on our autumnal walks and now there's a crisp, crunchy frost for me to run on. I don't get cold because Mummy helps me put on a nice warm jumper, and a coat if it's raining, so I can play as long as I like and still remain toasty warm and dry. One day when we were out this autumn, I met a new animal in Lowther Park. I'd never seen anything like it before. It was a bit like a owl, but without a long tail, and I wasn't sure which way it was pointing until I noticed it had really big front paws. I barked 'Hello!' at it, but it didn't answer me and just waved its head in the air. I did notice that its fur was really soft and when I snuffled at it, it had an earthy smell. Boss said it was called a mowl and he didn't think it should be on the cycle path, so he took it and put it under one of the big trees.

Our home is getting very full of boxes. I like boxes. You can grab hold of a corner and drag them about if they aren't too heavy, and when Mummy and Boss have opened them, you can jump about inside them to play. They often have nice things in them, as well. There's lots of post, too, and Mummy says I'm getting podgy with all the sweeties I'm earning for fetching it into the Living Room. Mummy has got a poorly leg so she can't move about very much so I'm doing extra moving around to help her. Today she gave me a special box like I had last year. It's very flat and it has lots of little boxes inside it and every day she opens one of the little boxes and inside there is a little treat for me! I don't think she got enough last year because she ran out of treats before the end of the month, but I don't mind because last year when she ran out of treats we had a special day where I had lots of presents to open and had a lovely time tearing up bits of paper. Then I had some lovely special food to eat while Mummy and Boss had their dinner and I got so full I fell asleep for most of the afternoon. I remember Mummy and Boss had put lots of sparkly things round the house and a group of little dolls in a box with straw in it. It's all very exciting and I hope they do it again this year! Oh! There's the postman! I must go and see if there are any boxes.....

# INDEX

AJ & D Chapelhow	16	Lowther Castle & Gardens	39
Age UK	38	Lowther Endowed School	12
Appleby Cancer Support	12	Lyn Emery Solicitor	40
Appleby Windows & Doors	35	Melanie Heritage	41
Appleby Swimming Club	13	Midtown Cattery	39
Applegarth Foods	41	Mike Addison Optician	41
Arts Society Appleby	14	Morland Parish Council	30
Askham Hall	42	Morland Playgroup	13
Bell Ringing	17	Morland House	33
Bolton Mothers' Union	2	Morland Tennis Club	26
Bolton Nursery	16	Morland Ukelele Group	22/25
Carlisle Homeless Refuge	29	Neat Feet	36
Church Services	3 - 10	Newby Court	27
Community Catalysts	19	Play Brass in Eden	32
Community First Responders	18	Parkin & Jackson	39
Creative Chat Group	13	Penrith Ladies' Luncheon Club	18
Cumbria Adult Services — Trips & Falls	28	Pilates at Reagill Village Hall	25
Cumbria Singers	19	Procter Building Services	35
Diary Dates	49	Richard Dinsdale Groundworks	29
Eden Carers	26	Rlchardsons Funeral Directors	40
Eden Active Fit 4 All	15	R W Porter Logs	33
Eden Workshops Appleby Hub	40	Shap Community Band	27
Fell & Dales Catering	27	Shap News	31
Fell View Hair & Beauty	25	Simon Hazeldine	29
Fellrunner Excursions	20	Sophie's Painting & Decorating	26
Glyn Jones Funeral Directors	37	SP8 Physiotherapy led Pilates	33
Heartwood Enterprises	35	Strickland Arms	43
HTD Forestry	36	Studio Morland	20
IGK Groundworks	41	Thomas Ewbank Firewood	36
Judith's Cakes	29	Vincent Egan Advice Admin & Advocacy	39
Lady Muck	37	Walkers Funeral Directors	42
Lakeland Blinds	42		

# 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.

**MORLAND PARISH COUNCIL** Clerk Lisa Beken

[clerk@morlandparishcouncil.org](mailto:clerk@morlandparishcouncil.org)

**NEWBY PARISH MEETING** Clerk Meg Hancock 01931 714 432

[meghnc@btinternet.com](mailto:meghnc@btinternet.com)

## NORTH WESTMORLAND NEWS

Editor Alex Paris

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

Advertising Manager Meg Hancock 01931 714 432

[meghnc@btinternet.com](mailto:meghnc@btinternet.com)

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 without further notice.***