

The Link

The Church & Community magazine for Newbiggin-on-Lune, Ravenstonedale, Orton & Tebay



September 2023

The Link

Published by the churches and communities in Newbiggin-on-Lune,

Ravenstonedale,
Orton & Tebay

The Link is put together by a group of willing volunteers in our villages, drawing on contributions from across our villages. It is funded by a mix of personal subscription, business advertising and underwritten by the local churches.

We would love to hear from you about what is happening, what **you've been doing**, and what you might like to see in YOUR magazine.

Please email us with

*your ideas,

*your photos,

*your news and

*notices of your events to:

TheLinkMagazine@outlook.com

Please do get in touch with any comments or questions you may have and one of us will answer:

Many thanks ,

*Anne, Elizabeth, Linda,
Martin and Paula.*

If you want to sign up to receive The Link electronically, you can do so using this link:

<https://tinyletter.com/TheLink>

Views expressed in 'The Link' are not necessarily those of the publishers or editors.

Front page photo:

LITTLE ASBY LOOKING TOWARDS
SUNBIGGIN
Kathryn Nunn

For those with children or grandchildren in school, September marks the start of a new year. For those working outside, September reminds us that the days are definitely starting to get shorter. For all of us, there are opportunities to be thankful — for the way the land has produced food for us, for the teachers returning to the trenches, for friends and family who support us through difficult times.

You'll find lots of thankfulness in this magazine — from the Rev. Brendan's letter on harvest opposite, to Chris' write-up on the good work of

Growing Well, as they establish their new operation to support the health of those who are 'growing well' as they supply the services with vegetables.

There are also opportunities to turn thankfulness into action — offer to help in Orton on page 8, as the community explores the idea of bringing the pub into community ownership.

You could also turn your thanks into music — as Cobwebs orchestra and Tebay Community Choir restart!

*Anne, Elizabeth,
Linda, Martin & Paula*



Things are growing well in Tebay, more on page 12

Supporting The Link

There are lots of ways you can support The Link — first and foremost, do please send us your news, articles, updates, photos, poems, etc. Email them to TheLinkMagazine@outlook.com

If you want to advertise, which is how we pay for the much of the printing costs of the magazine, do please get in touch — it currently costs £5 per smallest 'square' of advertising per month (Email as above if you want to know more).

If you want to support us financially, visit this link: cutt.ly/LinkDonate or scan the QR code on the right with your phone, or get in touch if you need another way to do so.



THE DEADLINE IS THE 13TH OF THE MONTH FOR THE NEXT ISSUE

Please send all copy (preferably NOT PDF format) including advertising to:
TheLinkMagazine@outlook.com

Finance matters to: Linda Garrick, 015396 24262 / finance@linkmagazine.org

A Harvest of Thankfulness

Dear Friends,

My gardening skills are such that I am under no illusions that whatever grows in my garden is down to me. They say that gardening is a partnership - a partnership between our efforts and nature. In my case that partnership is very unequal. This year I have enjoyed growing a few vegetables. Nature, rather than any of my efforts, has done its stuff and miraculously produced food for us to enjoy.

Over the next weeks in our churches we will be celebrating Harvest. It is a time for us to pause, to give thanks for our food, and those who work to provide it - especially our farmers.



The act of giving thanks, the practice of gratitude, is an acknowledgment that not everything we have in life is down to the work of our hands (is there much that is?). It is almost trite, but surely true, to say that naturally we take so much for granted.

Growing and producing food is a partnership - allowing nature to do what it is best at. But this partnership is also a battle. We all know what happens to our gardens if left unattended for a few weeks.

Genesis, the first book of the bible, speaks of this battle in terms of toiling for food and the battle against thorns and thistles. Even re-wilding takes planning, management and effort. At the moment parts of the farming world are re-thinking what it means to work with nature, and whether

maximum productivity (which takes a lot of resources) is the best way economically as well as ecologically.



Harvest reminds us that, in our partnership with nature, we are part of an ecosystem that is greater and bigger than us. Yet, over the natural world, humankind has much influence for ill as well as for good. Giving thanks can be the beginning of re-framing our relationship with nature in terms of partnership - partnership with creation and with the creator. Gratitude, and developing a discipline of gratitude, is vital to this re-framing.

Do please come along to our Harvest Services. There is so much we have to be thankful for.

With every blessing,

Brendan

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Can't find what you want?

Let us know and we'll see if we can find ways to change — we know people want more photos and more local news — you can help with that! Do please send us your updates.



NEWBIGGIN-ON-LUNE CHAPEL
SUNDAY SERVICES
10am every Sunday

Tea and Coffee to follow after the Service.

A Warm Welcome to Everyone

We have the following meetings, please
contact us for further details:

Coffee Morning, Prayer & Share,
Sunday School, Bible Study,
Men's Meeting, Ladies Meeting

For further information please contact:

Wilfred - on 015396 23600 or
Angela on 07980 418078

MacMillan Cancer Support

Coffee Morning

Newbiggin on Lune Public Hall

Saturday 30th September

10.00 to 12.00

All Proceeds will go to MacMillan

!! TAKE AWAY CAKES AVAILABLE !!



Newbiggin-on-Lune Public Hall



Chair Ian Clayton
015396 23226

Secretary Jim Wardrope 015396 23288

Treasurer Carl McLaughlin 015396 23674

Caretaker Anne Brownrigg 015396 23594

☀ All bookings should be made with
the Caretaker

☀ All payments should be made with
the Treasurer

MEN'S MEETINGS

Wednesday evenings,
7:30pm, at Newbiggin
Chapel

**Oct
4th** Dave Moorland - Butching
demonstration

**Nov
1st** George Hill - Yorkshire
cricketer

**Dec
6th** Rich Greener - The
exploits of a Gurkha
officer.

BREW ~ BISCUITS ~ BANTER







MEN'S MEETING

'TALK AND CUTTING
DEMONSTRATION OF HILL
VS CONTINENTAL LAMB'

Dave Morland, a qualified butcher
and meat inspector, now head of
Butchery at Westmorland
Services

WED 4TH OCT, 7:30PM

BREWS - BISCUITS - BANTER



Bacon Butty CHURCH

OUR NEXT BACON BUTTY CHURCH IS
SUNDAY 19TH NOV

@NEWBIGGIN-ON-LUNE
CHAPEL, 10:30AM



Indoor Bowls
Come and join us!

Friday night is Indoor Bowls night
at Newbiggin-on-Lune

Starts at 7.30pm
costs £2, (first night free)

you don't need a partner, just turn up!

More information from 07880 706485
- see you there!



FOLK DANCE CLUB

Our local club meets weekly in
Newbiggin-on-Lune Village Hall

On Thursday evenings,
7.45pm to 10pm

Singles & Couples all very welcome
All dances are walked through & called
Beginners welcome

For further details please
ring Catherine: 017683 41549 or
email: trimmers@coldkeld.com

Harvest Thanksgiving



AT NEWBIGGIN-ON-LUNE CHAPEL

**SATURDAY 30TH SEPT,
7:30PM**

QUIZ NIGHT!
REFRESHMENTS TO FOLLOW

—

**SUNDAY 1ST OCT,
10:30AM**

SERVICE LED BY
JOHN BAINBRIDGE



IN ALL
things
GIVE
thanks



RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 20TH SEPTEMBER 2023 - 7.30 PM
RAVENSTONEDALE COMMUNITY & HERITAGE CENTRE

"DIGGING THE PAST"

RESULTS & LEGACY OF THE WDLF
COMMUNITY PROJECT IN RAVENSTONEDALE
SUMMER 2022



With DOUGLAS MITCHAM
Community Heritage Officer,
Yorkshire Dales National Park Authority

Admission: Members £2.00,
Visitors £3.00
including refreshments

For more information contact Val Fermer on
07798 688057 or leave a message on
www.ravenstonedalehistory.org.uk

St Oswald's

Notes for Your Diary

We are delighted to announce a series of
Concerts & Recitals as follows:

Sunday 10th December at 3.00-5.00pm

JS Bach Cantata No.1 from Christmas
Oratorio and Magnificat in D
by *The Wensum Camerata*

*Further information for all events
will follow in due course.*

Please also see local Noticeboards.



RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

Monday – Circuits with Jan Hardcastle for Men
5-6pm) (07876508027)

Monday – Circuits with Jan Hardcastle for Women
(6-7pm) (07876508027)

Tuesday – Pilates with Fiona Woolnough
(6-7pm, 7:15-8:15pm) (Clara 07900074886)

Thursday – Ravenstonedale Parish History Group
(2-4pm) (Val 07798688057)

First Sunday of the month – Sound Bath
with Ann Wappett (4-5pm) (07890226445)

First Monday of the month – Community Coffee
Morning (10-12pm)

Monthly – Saturday Sewing Workshop with Jan
Hardcastle (07876508027)

**For more details or if you would like to join our
creative hub, please get in touch.**

RAVENSTONEDALE COMMUNITY & HERITAGE CENTRE



C o f f e e & C h a t

Held on 1st Monday of the month
10.30am to 12 noon

All Welcome
We would love to see you!

** No fixed charge but
donations towards the
Centre running costs are
very welcome*

Book Swap / Borrow



Public Notice

Manor of Orton C I C

Orton Manor Court

Annual General Meeting
Monday 4th September 2023 at
7:30pm in the Market Hall, Orton

*The meeting is open to all,
but only Freeholders in Orton Parish
whose names are on the
Westmorland & Furness Council Register
of Electors are entitled to vote*

The Agenda will be available on the night
or by email from 21st August. If you would
like an email copy of the agenda please
email:-

steward@ortonmanorcourt.co.uk

To request

next market

Saturday 9th September

Leanne | Market Coordinator
07969 335598 — info@ortonfarmers.co.uk
www.ortonfarmers.co.uk

ORTON FARMERS' MARKET
held 2nd Saturday of every month

All Saints Coffee Morning
at the Farmers Market
in July raised were £460.20
and in August raised £361.20

Many thanks to all who came and drank tea or
coffee, or bought bric-a-brac
— and of course, to all our helpers
who made it possible.

**BIG BONANZA GEORGE HOTEL
BINGO**



at
ORTON MARKET HALL

FRIDAY 8th SEPTEMBER

**ALL WELCOME
7-30pm**

TEA AND COFFEE

RAFFLE

Forthcoming dates

**13th OCTOBER
10th NOVEMBER
8th DECEMBER**



*The Bingo team would like to say a huge thank you to
everyone who has supported our monthly charity
Bingo's.
On the 8th September we will be holding a special
Bingo to raise funds to help save the George Hotel
Orton, this event will also mark one year of us holding
these successful charity events.
We hope to see lots of you there to celebrate*

in ORTON MARKET HALL

BOCCIA 2023

♿ Not only for para Olympians,
but a **FUN GAME FOR EVERYONE!**

Sessions are on alternate THURSDAYS
from 1.30pm to 3.30pm

DATES FOR THE AUTUMN SESSIONS:

SEPT 7th, 21st, OCT 5, 19th,

NOV 2nd, 16th and 30th

BOCCIA IS SIMILAR TO THE GAME OF BOULE

For more details please contact
Felicity Lawler email: fglawler@gmail.com



All Saints' Church

Harvest Thanksgiving

*Gifts of food or toiletries will be given to
Upper Eden Food Bank*

Cash Collection for Water Aid

Harvest Communion

Sunday 1st October, 10.30 a.m.

Harvest Supper

in the Market Hall

Monday 2nd October, 7.00 p.m.

Adults: £10.00

Under 16s: £5.00

Including a glass of wine

Tickets from any PCC member, or phone

24410 (Mary) or 26187 (Keith)

The Bells at Brough

On Sunday 30th July there was a combined Benefice Service at St. Michael's Church, Brough. As well as a United Choir leading the worship and singing an anthem, a major feature of the service was the blessing of the bells, by (appropriately enough!) Bishop James Bell.



The four bells in the tower of Brough Church are famous for being the heaviest peal of four bells in the world. St Michael's Church was built in 1120 and a tower was added in 1513; it was at this time that the tenor bell (the largest one) was cast. The bell has a particularly fine, deep tone. The other three bells were added much later.



The Poet Laureate, Robert Southey, wrote a long poem (1828) about a local tradition that John Brunskill, a farmer on Stainmore, paid for the bells by selling his cattle:

He knew how wholesome it would be,
Among these wild, wide fells
And upland vales, to catch, at times,
The sound of Christian bells....

So, while the merry Bells of Brough
For many an age ring on,
John Brunskill will remembered be.
When he is dead and gone,

As one who, in his latter years.
Contented with enough.
Gave freely what he well could spare
To buy the Bells of Brough.

Sadly until some eight years ago the bells had become unringable, but a chance meeting with a bell engineer led eventually to the PCC launching a campaign to restore the bells. Within a very short time more than £10,000 had been donated to the project by parishioners and it was decided that an application should then be made to the National Lottery Heritage

Harvest Thanksgiving

Orton Methodist Chapel

Sunday 10.30am

24th September

All Age Harvest Service

Led by Mr and Mrs Steven Joel

*Lunch following the service
to which all are welcome*

*All gifts of
non-perishable produce
will be given to
the Upper Eden Food Bank*

*Offering for an
appropriate charity*

A warm welcome to all

Fund for the restoration. A wider involvement of the community in the project was planned to include local information boards, walking guides, activities with the primary school and teaching bell handling to interested persons.

The restoration was a massive project, because of the weight of these great bells. It was discovered that the floor of the bell chamber was moving when the bells were swung and parts of the joists were rotten and worm-eaten, and new steel beams had to be installed.

In November 2022 the bells were lowered to the ground and removed to the bell foundry in Somerset. Number three bell and the tenor bell had to be turned on their sides to fit through the door of the south porch. On Monday, 22nd May 2023 the bell hangers arrived again as the steel beams were delivered. The secondary beams were set in position on the padstones, the primary beams bolted up to them and part of the new floor laid. In June the treble bell arrived and was taken on a trolley into the church. The other three bells arrived on a lorry on the following day and Dave Ellwood moved them with his tractor to the south side of the church. The bells were test rung on Thursday, 29th June.



Finally on 30th July, almost eight years to the day after the day when the Lord first brought the bell engineer to the church for that chance meeting with the churchwarden, the bells were blessed by Bishop Bell.

Adapted from an account by Ronald East

Singing Viaduct Celebration

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

It's an accessible walk through an installation of 20 sound sculptures on top of the 90' high viaduct. The soundscape is responsive to the natural environment and provides a magical, unique sensory experience for those who interact with it. Created by Cumbrian artist Dan Fox, director of Sound Intervention, Ulverston.



ORTON FELL RACE

Saturday 23th September 2023

Fell races starting from Orton Primary School

Junior races at 1pm (1 and 2 miles)

Senior race at 2pm (approx 10km)

(All races are run in accordance with UKA rules for competition)

Entry on the day

Find us on Facebook @ Orton Fell Race

(Organiser: Simon Mounsey 07814604419 or 01539624127)

** Refreshments * Raffle * Children's Activities **



**The Square,
Orton, CA10 3RH
015396 24225**

*****We sell a large selection of general grocery items
including your favourite branded items*****

Opening Hours – Village Stores

Monday	9 am to 6 pm
Tuesday – Saturday	8 am to 6 pm
Sunday	10 am to 12 noon

Opening Hours – Orton Post Office

*(opening hours dovetailing with Tebay Post Office to
provide postal services from Monday to Saturday
inclusive)*

Tuesday	9 am to 5 pm	3:45 pm
Thursday	9 am to 5 pm	3:45 pm
Saturday	9 am to 4 pm	11:20 am

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

ORTON COMMUNITY PUB PRESENTS....

At The George Hotel

1st & 2nd
PRIZES

QUIZ NIGHT

Free Raffle
entry
Included
In ticket

Music by
Graham Potter

Charity Fundraiser

to help towards the community pub purchase.

£10 per person (includes raffle ticket)

Saturday 16th September from 8pm

The George Hotel A Community Pub Progress Report

Our most recent public meeting took place in the George Hotel on the evening of Sunday 23rd July. The meeting was attended by approx. 50 people, made up of committee members, volunteers and interested parties.



The co-chairs (Neil Heyes and Suzanne Jones) were unanimously accepted by those gathered. Others members of the committee introduced themselves and various roles accepted by them and the gathered volunteers.

It was decided initially that we need both a structural survey and a valuation survey before we can proceed, the parish council had already been approached and had accepted that they would help with the cost of these surveys. A few surveyors have been approached for quotation for doing the surveys and valuations. The committee will be meeting in the near future to review the outcome of the survey and valuation.

We will be consulting the community in the autumn on the options available to us all. We are always updating the website www.ortoncommunitypub.co.uk and please follow us on our [Facebook page](#) with the latest updates and information so please feel free to check up on the site regularly.

Tebay Roundabout Sculpture

Tebay Parish Council and the Westmorland Dales Landscape Partnership are progressing the project to celebrate Tebay's railway heritage with a sculpture of a Bank Engine on the roundabout.

The project was stalled in early 2023 due to lack of applicants from sculptors. The project is now back on track and they are working with award winning sculptor from Kirkby Lonsdale, Andrew Kay — watch this space for more news...





Free Stay and Play Sessions

We are excited to let you know that we are running weekly
Stay and Play Sessions in school.

Our Stay and Play sessions are open to all parents / carers and their
children from birth to pre-school. The more the merrier!

These are on Tuesday's from 9.30am—11.30am.

Refreshments are provided.

Booking not required and there is no charge. All welcome.

If you would like to find out more please get in touch the school of-
fice on 015398 24288

email - admin@orton.cumbria.sch.uk

<https://www.ortoncofeprimary.co.uk/>

Orton CE School is a
happy place to learn, grow and thrive.

News from orton School

As we begin a new school term we would like to share with you some of the memories we have from the end of last term.

Last term we went swimming, we were a bit nervous we did backstroke, front crawl, breaststroke and dolphin. In the end we had fun! Stephen and Wyatt

This term on Thursday and Tuesday every week we have been Doing art with a lady called Andi. She has helped us make clay tiles, paint them and she varnished them. It was really good fun! We made THEM OUT OF THE 5 'I AM'S'

which ARE
I am the bread of life,
I am the vine,
I am the gate,
I am the light,
I am the good shepherd. It was really messy

She was very good at it. We got big chunks of clay!

Ruth and Rosie

It is sad that Miss Coward has left us but we will always remember her and she will always be a part of Orton school. We all wish her good luck at holm primary school we hope she is happy there.

By Lucy.m

Class 1 and the Stay and Players went to an ice cream farm and had an ice cream.

The most popular ones were strawberry and chocolate!!!

Their favorite bit was going down the massive

Jersey Ice Cream Farm

Class 1 went to Abbott Lodge ice cream farm here is what they thought about it: They played with stay and play, yummy ice cream, a playpark, inside playground, chocolate (it was a big hit) in a pot, best ice cream ever, the strawberry was good, they enjoyed going down a big slide. Mrs Woodmass was so proud of the children for being polite, confident and well behaved!

By Alice



BIKABILITY!

BIKABILITY WAS REALLY FUN.

I wonder when the other one is?

I WANT TO HAVE THE RED BADG.

IT WAS TRICKY PUTTING YOUR ARM OUT.

I LOVED RIDING THE BIKE ON THE TRIM TRAIL.

On the 12/7/23 we did a leavers show! First we obviously didn't do it straight away we had to practice so in class 3 we got to choose out of **Beauty and the Beast** or **Aladdin**. Bella, Me, Rosie, Alice, Ruth, Stephen and Joshua all did **Beauty and the Beast** and the rest did **Aladdin**. It took a while to get things ready and finally practice tragically I sprained my foot very badly about 1-3 weeks before the performance, so instead we came up with a different idea for me so I was a..... **GUEST** for **Beauty and the Beast** it was so fun I had a **napkin** and a **menu** then we actually found **wine** glass. Finally the performance came to our shock obviously **Beauty and the Beast** had to go on first we had to do 2 performances on at 2 o'clock in the afternoon and one at 6 o'clock in the evening. In the first go after a few performances the year six's did **Frozen** but... the year 6 boys all wore **dresses** and **wigs** and **makeup** Roman even did a **curtsy**!!! Its so sad that you year six's are going. By Lucy.s

We have had a really bad thing, saying goodbye to are year 6 leavers. **Ava, Evie, Daisy, Roman, Jack, Annabelle, Pip** and **Callum**. Orton school are really missing them. It felt so sad saying goodbye to our leavers. But Orton school will always remember them. We wish them all good luck **going to all different grammar schools. This year the year 6 's did their** Sats tests and they did chose it was going to be based on **Disney**. We got put into groups and chose a song to dance to these are the songs: Be are guest from **beauty and the beast** , **Jungle book**, **lion king** , **Rapunzel** , **Under the sea**, the seven dwarfs (the teachers danced this



Get in touch by email or phone: admin@orton.cumbria.sch.uk / 01539624268

Follow us on Facebook: <https://www.facebook.com/OrtonCEPrimarySchool>

Send us your contributions — TheLinkMagazine@outlook.com

Keep up to date on our website: www.ortoncofeprimary.co.uk

Come and Play with the TEBAY COBWEB ORCHESTRA

**Starting again on Tuesday 19th September.
7.30 pm Tebay Methodist Hall**

Our local group meets at Tebay Methodist Church Hall every Tuesday evening 7.30 – 9.30 for 10 weeks during school term time.

Our Leader and Conductor is Martin Budgett .

We would like you to dust the Cobwebs off your orchestral musical instrument and join our friendly welcoming group for enjoyable evenings of music making. If you haven't got an instrument we have an instrument bank from which you can hire an instrument for a modest charge.

**For more information please contact
Martin Budgett: martinbudgett@gmail.com
or Richard Best 07939 540139,
Richard.violin.1@gmail.com
Our website is
www.cobweborchestra.org.uk**

Registered charity, no 111875.

Visiting Growing Well

Mary and I were privileged to be invited to visit "Growing Well" at Tebay (northbound) Services, and we were both enormously impressed by what we saw.

This is a mental health service set in a kitchen garden, where people can get involved with growing fruit and vegetables while working on improving their mental health. We were shown around by Paul, whose background is horticulture, including growing food for the restaurant trade.

We learned how people suffering from mental health issues can benefit hugely by working for one day a week with others from their area, helped and instructed by members of the team which includes volunteers and therapists. Sharing in the company of people with a variety of similar issues, learning new skills, the satisfaction of seeing the results of your work, and sheer hard exercise (which can really help with sleep problems!) can all contribute to the healing process, and frequently helps participants go on to find new and satisfying work.



The Growing Well site is close to the caravan site at the Tebay Services, surrounded by trees, but with glimpses of the hills around. Some of the work takes place in polytunnels (and helping to erect these may be part of the job!), and some is in a variety of raised beds. We saw a group of young men creating a new set of raised beds; we saw baskets of harvested vegetables being prepared to be taken to the kitchens of the Service Areas and the Rheged Centre; and afterwards we were taken to lunch where we could enjoy these delicious fresh salad vegetables for ourselves!

Some participants are recommended by their GP or other NHS workers, but you don't need a formal diagnosis – if you believe you are suffering from mental ill health like depression or



**Do you need
support with your
mental health?**



Grow, learn and share
Free mental health service based
in our kitchen garden at Tebay
www.growingwell.co.uk

anxiety, you are the best judge of this, and can join in at Growing Well in as little as two weeks from getting in touch – a huge benefit, compared with the many months' waiting for help which people so often experience in the NHS.



You can work at your own pace while learning skills to build your confidence. All that is asked is a commitment of one day a week, for anything up to a year. This is an entirely free service, and a free minibus is available to pick you up at various locations around the Eden valley and Penrith, and return you in the evening. Tools, waterproofs and work boots are provided. And a hot, healthy lunch is served every day!

Email: tebay@growingwell.co.uk

Phone: 07512 316 564

Web: www.growingwell.co.uk

Christopher Jenkin

THE HUB



Tebay Community
Library & Drop In
in the Hub
St. James' Church,
Tebay

Every Monday morning
10.30am - 12.30pm

* Refreshments * Books to borrow and buy
All ages welcome

Do YOU have
any spare time on
Tuesday afternoons?

Come and join us at
TEBAY METHODIST SCHOOL ROOM
from 1.30pm — 3.30pm,

for games & crafts,
a cup of tea & a natter.

You will be very welcome!



Opening hours:

- ❑ Weds, Thurs, Fri 7pm to close
- ❑ Saturday 4pm to close
- ❑ Sunday 3pm to close

* Big Screen TV * Sky Sports * BT Sports

* Pool table * Snooker table

❑ Darts boards

* Function room & kitchen for hire
(free to hire for members)

* Prize Bingo & Cash Bingo on
alternating Sundays

* Free WiFi

Class 3 residential to Lockerbie Manor

On Monday 3rd July, Class 3 children accompanied by Miss Jameson, Miss Atkinson and Miss Camp travelled by coach to Lockerbie Manor. They enjoyed various outdoor activities including kayaking, paddle boarding, archery. On the final day of residential they went orienteering through the grounds of the Manor looking for good places to make a camp. The children learnt how to put up a tent and basic skills they would need when camping in the wild.



Special visitor to school

Andy is driving his tractor from John O'Groats to Land's End in memory of his son and to launch a national awareness campaign on the mental health issues that affect people in the rural community. Along the length of their journey the tractor was visiting many livestock markets. Andy kindly stopped by at school to talk to the children. Thank you very much Andy, we wish you well on your travels.



Innovate final

All of Tebay Primary School children took part in Cumbria Education Trust innovate competition. The children got into teams and came up with a world-changing project idea focusing on the environment. We held an in-school competition where the staff had to choose a winning team based on: concept, purpose, creativity, teamwork and pitch quality.

Our innovate final team was 'The Environment Helpers' their world changing

product was 'The Super Sea-Saving Drone'. The Super Sea-Saving Drone is a mechanical moving bin with a detachable drone which flies out to sea to collect rubbish.

Our four finalists Katie, Brooke, Zac and Paige attended The Whitehaven Academy to showcase their prototype product and pitch and present this to a judging panel.

Although they didn't win, the children did exceptionally well and we are so proud of them!

We said good bye to our Year 6 pupils, Jacob, Max, Paige, Aster, Jade and Talula on the last day of term we wish them all good luck at their chosen secondary schools... we will miss you all!

We also said goodbye to 2 of our teachers at the end of the summer term, Miss Chapman and Miss Jameson are moving on to other schools within Cumbria Education Trust, we wish them both well and thank them for their hard work and dedication to Tebay Primary School, we would like to welcome our new teachers Mrs Collinson and Mr Tyrrell .

Big thank you to everyone that has supported the school this academic year, members of Open the Book, Andi Taylor, The Cross Keys Inn, Tebay Sports and Social Club, FOTS, our wonderful parents, the community of Tebay and anyone else who has supported us. We look forward to lots of exciting things in the next academic year.

If anyone would like to visit the school please contact the school office to arrange a suitable time and date, we would be delighted to show you round our school.

'A SMALL SCHOOL WITH A BIG HEART'.

We have spaces available in school and for Nursery for September 2023 January 2024 and April 2024.

Do visit us:

In person — by arrangement with the school
Online: www.tebay.cumbria.sch.uk
On FB: [facebook.com/TebayPrimarySchool](https://www.facebook.com/TebayPrimarySchool)
On Twitter: [@TebaySchool](https://twitter.com/TebaySchool)

Tracy Morland — School Administrator.
admin@tebay.cumbria.sch.uk
Tebay Primary School Tel: 015396 24239

TEBAY METHODIST CHURCH

CHURCH ANNIVERSARY SERVICE

10-30AM SUNDAY SEPTEMBER 3RD

PREACHER MR H HUTCHINSON

HARVEST FESTIVAL SERVICE

10-30AM SUNDAY 17th SEPTEMBER

PREACHER MR D MARSTON

COME AND GIVE THANKS

Friends of Tebay School

Upcoming events:

Friday 22nd September
Auction of Promise and Live Music
at Tebay Club.



Lakes Gospel Choir

Lakes Christian Centre
The Mission
Park Road
Windermere
LA23 2BG



Would YOU like to join the LAKES GOSPEL CHOIR?



Lakes Gospel Choir

We rehearse on Monday nights
7.30-9pm at

Lakes Christian Centre
The Mission
Park Road
Windermere
LA23 2BG

We don't audition, we just ask that you come along
to a few rehearsals prior to making a commitment.

for more information, please email:
info@lakesgospelchoir.co.uk

Tebay Community Choir

Rehearsals will start again on Monday 11th
September at 7.30 pm in Tebay Social Club.
Everyone is welcome to come and give this
friendly choir a try.

Children aged 7 and over are welcome too,
but must be accompanied by a parent or
carer.

If you would like to know more, please contact
Alison on 07964 978961 or by

email: alison@mott.me.uk

Did you know?



Tebay Primary School offers...

- Flexible nursery provision from 3 years of age for the full 30 hours.
- Nursery provision from 9.00 until 3.30 Monday-Friday.
- Breakfast club from 8.00am.
- After School Club until 5.00pm.
- Small class sizes; all needs are catered for.
- Outstanding outdoor provision.
- Fresh school meals cooked on site.
- Support from Cumbria Education Trust.
- Excellent links with various secondary schools.
- Excellent support for SEND pupils.
- A tailored curriculum enhanced by trips, residential and experiences.

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Services in our Anglican Churches

Sunday 3 September <i>Trinity 13</i> <i>Welcomer:</i> Jeremiah 15:15-21 Romans 12:9-21 <i>Green</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> <i>Welcomer:</i> Keith & Janet Capp Keith Capp Elizabeth Crossley <i>Prayers:</i> Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>
Sunday 10 September <i>Trinity 14</i> <i>Welcomer:</i> Ezekial 33:7-11 Romans 13:8-14 <i>Green</i>	Orton, 8.30am Holy Communion (BCP) <i>Chris Jenkin</i> <i>Welcomer:</i> John Dunning <i>Prayers:</i>	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Carole Marsden</i>
Sunday 17 September <i>Trinity 15</i> <i>Welcomer:</i> Genesis 50:15-21 Romans 13:8-14 <i>Green</i>	Orton, 10.30am Café Church style service <i>Team</i> <i>Welcomer:</i> Mary Jenkin <i>Prayers:</i>	Tebay, 10.30am Harvest celebration at the Methodist church	Ravenstonedale, 9.00am Holy Communion <i>Brendan Giblin</i>
Sunday 24 September <i>Trinity 16</i> <i>Welcomer:</i> Jonah 3:10-4:11 Philippians 1:21-30 <i>Green</i>	United Service at All Saints, Orton, 10.30am Holy Communion <i>Chris Jenkin</i> <i>Welcomer:</i> Keith & Janet Capp Someone from Ravenstonedale? Mary Jenkin <i>Prayers:</i> Martin Lawson		
Sunday 1 October <i>Trinity 17</i> <i>Welcomer:</i> Ezekial 18:1-4,25-32 Philippians 2.1-13 <i>Green</i>	Orton, 10.30am Holy Communion <i>Brendan Giblin</i> <i>Welcomer:</i> Keith & Janet Capp Elizabeth Crossley Andy Glanville <i>Prayers:</i> Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>



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Sunday Morning in Orton Market Hall at 10.30am, CA10 3RU

Sunday Evening in The Kirkland Centre, Kendal at 6pm LA9
5AF

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next Filling Station gathering, on
at the Appleby Hub, Chapel
Street, Appleby-in-Westmorland*

*Looking forward to
worshipping, praying and
sharing with you*
www.thefillingstation.org.uk



Services in our Methodist Churches

	2023	3 rd September	10 th September	17 th September	24 th September
			Education Sunday		
*Tebay M P 1-1300 M H B	10.30	H Hutchinson CA US	LA	D Marston HF US	To Orton HF
	6.30	Connexion Service at Appleby			
Shap (Class of Tebay)	10.30	S Radford HC 6.30 Crxn Svce at Appleby			
Orton M P Complete M H B PB EW	10.30	T Longworth	S Radford HC	To Tebay HF	S Joel HF
	6.30	Connexion Service at Appleby			
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	OA TP & Junior Church	OA TP	OA TP & Junior Church	OA TP
	6.30	Connexion Service at Appleby		Prayer & Share	
*Ravenstonedale M P 1-1144 M H B H & P	2.00	A Sterling	S Radford	S Radford	R Crippen HF
	6.30	Connexion Service at Appleby			

Baptisms, Weddings and Funerals

If you want to make enquiries about a baptism at any of the Anglican churches, please contact your local Church.

If you would like to ask about a wedding or funeral, please in the first instance contact the Mission Community Administrator:

Joyce Keetley
on 07741 327318 or

applebymc@carlisediocese.org.uk

For any Methodist church requirements for membership, marriage, funerals, etc. please make contact in the first instance with Rev Stephen Radford:

stephen.radford@methodist.org.uk

Harvest

Cows in the stall and
sheep in the fold;
Clouds in the west, deep
crimson and gold;
A heron's far flight
to a roost somewhere;
The twitter of kildees
keen in the air;
The noise of a wagon that
jolts through the gloam
On the last load home.

John Charles McNeill

Church Contacts

Anglican Church

Vicar Brendan Giblin
017683 39168 — 07477 049576
revbgiblin@gmail.com

Curate Charles Cowling

Mission Community Administrator
Joyce Keetley 07741 327318
applebymc@carlisediocese.org.uk

Retired clergy
Sandra Ward 24213
(Penrith & Keswick Hospital
Chaplain)

Christopher Jenkin 24410

Orton with Tebay

Churchwardens
Linda Garrick 24262

Martin Lawson 26028

PCC Secretary
Susan Thorpe 24166
s.thorpe669@btinternet.com

Treasurer
Bill Lawler 24465

Local lay minister
Rosemary Campbell 24837

Ravenstonedale with
Newbiggin-on-Lune

Churchwardens
Ann Brownrigg 23594
Martin Windle 07899 907958
Tim Parkinson 23393

Secretary
Suesi Windle
suesi.windle@googlemail.com

Treasurer

Tim Parkinson 23393

Methodist Church

Minister Revd Stephen Radford,
017683 71202
stephen.radford@methodist.org.uk

Administrator Avril Swinbank
ksatcircuit@gmail.com

Roman Catholic Church

Fr John Winstanley
Church of Our Lady of Appleby
01768 862273

New Beginnings Church

Pastors: Barry & Karen
Hawthorne 07437 468896

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received



*'From the Revd. Nelson Walina, previous vicar,
now Diocesan Secretary:*

*28th July: We are in prayers at Mt. Tabor, South
Rwenzori Diocese, Kasese, Uganda. Every last
Friday of the Month, the whole Diocesan
brethrens gather on this Mt. Tabor for
prayers and fellowship.*

*From Rev. Nelson Isebagheen, who was vicar of
All Saints when a party from Orton visited 6
years ago:*

*19th July: Praise the Lord dear Chris and Mary.
Kindly pray for our rice project. We planted two
acres at*



*(His stipend is
inadequate to live on
so he has to grow rice
too.)*

26th July: Thank you for

*different times and
locations. One acre will
be harvested two weeks
from now. We now make
more effort in order to
get good results.*



all your prayers. It is now time for harvesting our first acre. I need 500,100 UGX (*about £110*) to enable me complete the harvest process today and tomorrow. (*We sent a gift to help.*)



The Old Courthouse Shap

Exhibit 'A' Gallery

19 AUGUST - 1 OCTOBER 2023
'MEMORIES AND IMAGINATION'

An exhibition of the work of Malcolm Davies,
illustrator and printmaker 1944 - 2014

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

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

St Michael's Village Show

Saturday 2nd September 2023
at Shap Memorial Hall

Show open to the Public at 12.30pm
Admission £1—exhibitors/children free
AUCTION of Produce at 2.30pm

Visit www.theoldcourthouse.org
for details and Opening Times

Upper Eden Medical Practice

Appointments:

We are continuing to operate an initial telephone triage system. If it is urgent for the day please contact the Surgery at 8:30am to arrange a telephone triage call. If a face to face appointment is necessary the Doctor will book you an appropriate appointment.

Routine appointments can be arranged via the e-consult link below, and on our website:

<https://florey.accurx.com/p/A82013>

Dispensary:

Medication can be collected from Kirkby Stephen surgery from 9am to 6pm Monday to Friday and from our Tebay Surgery from 9am to 12:30 on Tuesdays and 3pm to 6pm on Thursdays.

Please allow 3 working days for your prescription to be ready.

Protected Learning time surgery closures:

The surgery will be closed from 1pm on:

- Thursday 14th September 2023
- Thursday 12th October 2023
- Wednesday 15th November 2023

Flu Vaccinations

Appointments are now available please contact the Surgery to arrange an appointment.

Change of personal details:

Please can you inform the practice if your address, telephone or mobile number has change.

Samples

Please note that samples can be dropped at the Surgery Monday to Friday – but on Fridays they must arrive before 10.30am.

Please ensure they are clearly labelled with name, DOB and time sample was taken.

Covid Spring boosters:

Eligible patients: Adults aged 75 years and over • residents in a care home for older adults • individuals aged 5 years and over who are immunosuppressed. We are putting plans in place to vaccinate our care home and eligible housebound patients. All other eligible patients should book via a local vaccination centre.

Shingles:

You are eligible for the shingles vaccine if you are aged 70 to 79.

Orton Surgery and Shap Medical Practice

New Procedures @ Shap Surgery

From Monday 12th June, the Doctors at the Surgery will return to a pre-COVID appointment system, where appointments can be pre-booked up to two weeks in advance and there will be no telephone triages. The appointments will be either face to face or by the telephone and the Receptionists will ask the patient which appointment type is most suitable for their problem.

Some day appointments are intended for problems that need to be dealt with **as a matter of medical urgency**. We ask patients to phone early in the day if they genuinely require one of these appointments.

Shap Surgery - Dispensary

Medication will be available to be collected from Dispensary at Shap **3 working days** after the prescription has been handed in. Patients will receive a text message to confirm that their medication is ready to be collected. The opening hours for Dispensary is as follows:

9am - 1.00pm and 3.00pm - 6.00pm Mon, Tues, Wed & Fri

9am - 1pm Thurs

Orton Surgery

We are pleased to say that since the beginning of May we have introduced Nurse appointments for **chronic disease reviews** at Orton. These are pre-booked appointments and are available to all eligible patients. **Medication remains to still be available for collection every Tuesday between 10am and 11am.**

Protected Learning Dates

Shap Surgery and Dispensary will be closed for training from 1pm on the following dates:

- Thursday 15th June 2023
- Wednesday 12th July 2023

We would like to sincerely thank all our patients who kindly donate cakes, biscuits, chocolates and other goodies throughout the year to the staff who work at the Shap Medical Practice & Pharmacy. Your kindness really means a lot to us and we are so very grateful to you all.

Dr. McCabe Dr. Woodstrover Dr. Judson and all the staff

Tel: 01931 716230 <https://www.shapmedicalpractice.co.uk/>



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MONDAY ROUTE 571: Brough to Kendal

	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garthill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.30	16.10
Shap	10.55	15.50
Orton	11.10	15.35
Mount Pleasant bus stop, Tebay	11.18	15.28
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

Revised 25-11-21

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
Barnard Castle	11.20	14.30

106 Bus Service

Kendal - Tebay - Shap - Penrith
on TUESDAYS & FRIDAYS

	to Penrith	to Kendal Tues/Fri	to Penrith
Kendal	10.00	14.05/13.35	15.30
Tebay Mt Pt	09.32	13.28/12.58	16.02
Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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Useful Contacts

Please let us know if there are others to add here...

Phone area code: 015396, unless shown otherwise.

For children and young people

 **Orton C of E School:**
Headteacher, Mrs. Emma Pomfret
Office: Vicky Percival: 24268 ,
Friends of Orton School: Joanna Hayward: 07837
767442, haywardjm75@gmail.com

 **Tebay Primary School:**
Head of School: Mrs. Helen Wright
Office: Tracey Morland: 24239
Friends of Tebay School: Claire Penhallurick 07986
692527

Catchment Area Secondary School:
 Kirkby Stephen Grammar School: 01768 371693

For little children:

Ravenstonedale: Dinky Dales Nursery Ltd:
Julie Procter and Keeley Morland: 23670

For older children and young people:

- ★ **Scout Group – Scouts, Cubs, Beavers**
Shap area: Jackie Wright: 01931 716490
Kirkby Stephen: Lois Wiseman: 01768 341107
- ★ **Appleby Guides:** Leagh Wilkinson: 07869 078977
- ★ **Appleby Brownies:** Sue Grainger: 07876 403895
- ★ **Appleby Rainbows:** Sue Grainger: 07876 403895
- ★ **Kirkby Stephen Brownies & Guides:**
Audrey Gray: 07889 093848

✝ **Northern Inter-Schools Christian Union (NISCU):**
Ruth Evans, ruth.evans@niscu.org.uk

✝ **Tebay Youth Club**
Rachel Milburn,

Rachel.Milburn@carlisle-diocese.org.uk

⚙ **Families Together in Tebay and Orton:**
Pam Lawson: 26028

🎵 **Tebay Beginner Brass:** Julie Hoggarth: 07866 378392,
julie@drumandbrass.co.uk

Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900

Upper Eden Medical Practice, Kirkby Stephen
(with Surgery in Tebay): 01768 37136

Adult groups

Alcoholics Anonymous Call FREE 0800-9177-650
email:

help@aamail.org

S **Archaeological Society:** Jan Hicks: 01931 714122

V **Arts Society, Appleby:** Gillian Stoddart: 01768
862501

🏸 **Badminton:** Richard Percival: 24352

🎧 **Bands:**
Appleby Town Band: Chris Jenkin: 24410
Kirkby Stephen Silver Band:

Caroline Souter: 017683 72376

🔔 **Bell Ringers:** Julian Thorpe: 24166

Bingo: Jillian Hewitt: 01931 715000

Boccia: Felicity Lawler: 015396 24465

Book Club: Clare Fox: clarefox59@gmail.com
Judith

Cattermole: judithcattermole2@gmail.com

Bowls at Newbiggin: Stephen Dickinson: 07766
833500

Combined Churches Choir: Chris Jenkin: 24410
Community Choir: Alison Mott:

Alison@mott.me.uk

Concerts:

Appleby: North Westmorland Arts: 017684 83777

Kendal: www.lakelandsinfonia.org.uk

Kendal: www.kendalmiddayconcertclub.org

First Responders: Steve Dunkinson: 24286

Folk Dance Club: Catherine 017683 41549

Greenholme Show: Keith Golding: 01931 715446

Heating Oil Syndicate: Chris Jenkin: 24410

Howgill Harriers Running Club:

Admin@howgillharriers.co.uk

Local History Society, R/dale: Val Fermer: 07798
688057

Orton Market Hall Bookings :

01539624140, bookingsortonmarkethall@gmail.com

Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 23470

Local church & community websites:

All Saints': <https://www.achurchnearyou.com/church/12220/>
St Oswald's: <https://www.achurchnearyou.com/church/12221/>
St James': <https://www.achurchnearyou.com/church/12223/>
Methodist: <https://www.ksaandtcircuit.org.uk/>

Orton Community Website: <https://ortoneden.co.uk>

Orton Parish Council: <https://ortonpc-eden.org.uk>

Tebay Parish Council: <https://tebaypc.org.uk>

Ravenstonedale village website: <https://www.ravenstonedale.org>

Ravenstonedale Parish Council: <https://www.rdalepc.uk>

Churches' Facebook pages:

Orton: <https://www.facebook.com/AllSaintsOrton/>

Tebay: <https://www.facebook.com/stjamestebay>

Ravenstonedale: <https://www.facebook.com/StOswaldRavenstonedale/>

Families Together in Tebay and Orton : Pam Lawson

<https://www.facebook.com/FamiliesTogetherTebayOrton/>

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

Families_Together@googlegroups.com