

The Link

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



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 subscriptions and donations from individuals and organisations, as well as advertising from local businesses.

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 ,

*Elizabeth, Linda,
Martin and Paula.*

If you want to sign up to receive The Link electronically, you can do so using this web page link:
cutt.ly/TheLinkSignup

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

Front page photo:
Experiencing Easter at All Saints, Orton
Photo credit: Pam Lawson

Thank you so much to all those who have donated or subscribed to support The Link magazine. We sent out an appeal with the March edition of the magazine and have had about £500 donated since then. That's nearly enough to pay for one edition of the Link!

If we were meaning to do something but haven't yet, the details are lower down this page (or get in touch with us for more info).

As the lambs appear in the fields, we're all looking forward to better weather and

longer days. Events are already appearing in our pages that you can start preparing for — see the full list of entries for the Greenholme show on page 19, or get involved in helping to prepare the scarecrows in Orton (see page 11).

Whatever you decide to do, please send us a write-up, or a photo, or publicity for your next event, and we can share it with the wider community.

*Elizabeth, Linda,
Martin & Paula*



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 much of the printing costs of the magazine), do please get in touch — it currently only costs £6 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. *Thank you*



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

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

Payment for advertising or remittance advice to:
Linda Garrick, 015396 24262 / finance@linkmagazine.org

After Easter

Some readers may see this article before Easter, others not till afterwards. If Easter Sunday (31st March) is still ahead of you, do think about going to church somewhere, on this most special day of the year for Christians!

You might be surprised that I describe Easter as "the most special day of the year". Isn't Christmas more special, with all the traditions attached – presents, decorations, lights, special food etc?

What does Easter have? Not usually any special food except chocolate Easter Eggs! (When I was a child in wartime, I had never seen those! "Easter eggs" to me meant boiled eggs in bright colours – my mother put food dye in the water!) And perhaps Easter bunnies – a tradition recently imported from the USA! "Easter bonnets" used to be a thing, too. Do people still have these?



But what Easter does have is this, perhaps surprising fact: **There would be no Christianity, no Christian faith, no Christian Church, without Easter.** What a different world we would have! What a totally different world history over the last 2,000 years!

The key, central part of the faith of a believer in Jesus Christ is that he rose from the dead. Not that he was born in Bethlehem, with shepherds and Wise Men coming to visit. Not even that he was crucified – the Romans probably crucified many thousands of people. But that on the third day after Jesus was crucified, **he rose from the dead and was seen alive, and touched, and had conversations and meals with his friends.**

If that hadn't happened – if he had just stayed dead and rotted in his grave, like everyone else – the tiny movement of Jesus-followers would have died out, and been a little footnote

in history. The vast majority of people today would never have heard of Jesus of Nazareth – only a few history buffs.

Paul wrote to Christians in Corinth some 25 years later: *"If there's no resurrection, there's no living Christ. And face it — if there's no resurrection for Christ, everything you've staked your life on is smoke and mirrors. Not only that, but we would be guilty of telling a string of barefaced lies about God, that God raised up Christ—sheer fabrications, if there's no resurrection. And if Christ weren't raised, then all you're doing is wandering about in the dark, as lost as ever. It's even worse for those who died hoping in Christ and resurrection, because they're already in their graves. If all we get out of Christ is a little inspiration for a few short years, we're a pretty sorry lot! But the truth is that Christ has been raised up, the first in a long legacy of those who are going to leave the cemeteries!"* (The Message)

I'm 87. I don't know how much longer I have in this life. (Well, none of us does, of whatever age!) But I am just so glad that Jesus rose, that first Easter. Because that is my assurance of eternal life in heaven! THAT is what makes Christian believers shout, **"Hallelujah!"**

Rev Chris Jenkin

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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 in your updates and news

Newbiggin-on-Lune Village News & Events



NEWBIGGIN-ON-LUNE CHAPEL
SUNDAY SERVICES
10.30am 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

NEWBIGGIN-ON-LUNE PUBLIC HALL

ANNUAL GENERAL MEETING

Monday 8th April 2024.
7.30pm

Meeting in Hall
All welcome

Newbiggin-on-Lune Public Hall

Chair Ian Clayton 015396 23226
Secretary Laura Fowler 07913 676302
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

Online: [facebook.com/NonLPublicHall](https://www.facebook.com/NonLPublicHall)

Litter Pick Success!



A great community effort in Newbiggin-on-Lune. 20 volunteers braved the weather to litter pick along the verges of the A685 from Ravenstonedale to Weasdale. In just over two hours over 30 bags were filled!



VILLAGE AUCTION

SATURDAY 18th May 2024

VIEWING 6 PM - AUCTION STARTS 7PM

Newbiggin-on-Lune Public Hall

DONATIONS WELCOME

SMALL HOUSEHOLD ITEMS, TOYS,
BOOKS, BRIC A BRAC, TOOLS

Please bring to Hall between 12pm and 4pm on 18th May 24

Large furniture - please send a
photograph by 11th May to email below.

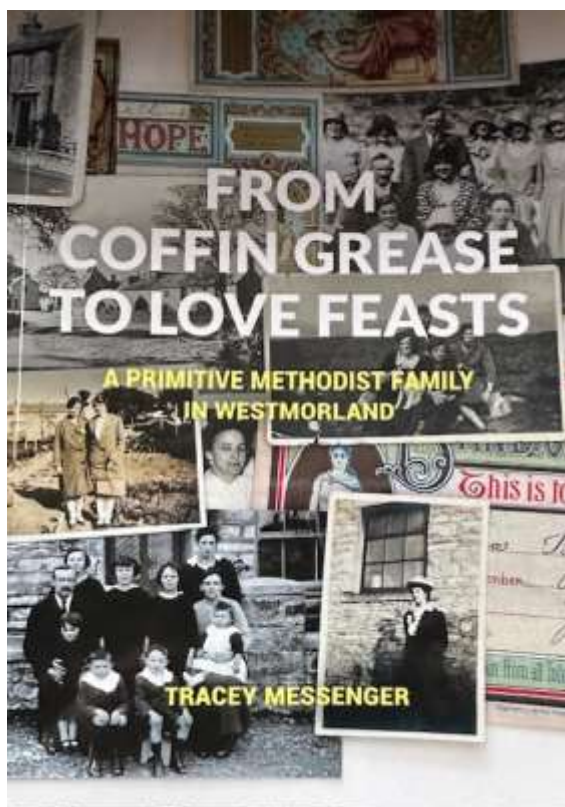
Please do not bring to Hall. Buyer to
collect from seller's home

**Sorry but we are unable to accept
electrical items**

Entry £1 includes tea/coffee and biscuits

Enquiries – Ian Clayton (015396 23226)

l.orange@btinternet.com



In *From Coffin Grease to Love Feasts: A Primitive Methodist Family in Westmorland*, Tracey Messenger draws on her own family history to tell a story of a lost world of love feasts, camp meetings, Bands of Hope and temperance rallies.

Her great-grandfather, Tom Robinson, who lived at Rock Cottage in Newbiggin-on-Lune, went to a meeting at the old Primitive Methodist chapel in the village in 1905 and emerged transformed. Thereafter he devoted all his spare energy to preaching, including at the Appleby horse fair and many far-flung chapels across Westmorland. The book vividly describes the lives of our ancestors in this area.

Copies are available (priced £12) from Bookcase in Carlisle: www.bookscumbria.com, tel: 01228 544560. There will be a book launch in Carlisle on 2 May. Further information from Bookcase.

LUNE LADIES

Wednesday 3rd April at 7.30pm
at Newbiggin-on-Lune Village Hall

Talk and Slides given by Dave Wedd entitled

“ANTARCTICA, SKUAS, SHEATHBILLS, SHACKLETON”

This is an Open Meeting with refreshments,
Do come and join us. Admission £3 for visitors

Junior Church

1st and 3rd Sunday of every month
at Newbiggin Chapel

CHAPEL ANNIVERSARY WEEKEND

Saturday 4th May, 7:30pm,
Service led by the Longton Family

Sunday 5th May, 10:30am,
service led by Dave Lawson (Junior
church during the service)

ALL WELCOME!

Bacon Butty CHURCH

OUR NEXT BACON BUTTY CHURCH IS SUNDAY 12TH MAY, JOE GORST & FRIENDS WILL BE SHARING.

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

NEW! starting Monday 26th Feb 2024!

Little Lambs

BABY & TODDLER GROUP

NEW BABY & TODDLER GROUP AT NEWBIGGIN-ON-LUNE CHAPEL, MONDAYS (TERM TIME), 10-11:30AM. REFRESHMENTS FOR ADULTS & CHILDREN £2 ENTRY (PLUS 50P PER EXTRA CHILD)

Ravenstonedale Tennis Court and Club

Find us opposite St Oswald's Church, CA17 4NQ.
Parking available in the village.

**NEW MEMBERS
WELCOME!**

Our riverside court is open for everyone all year-round. No booking required.

JOIN US TODAY

Membership is £10 per person or £20 family membership.

VISITERS WELCOME

Non-members £2 per person per session.
Please place in the honesty box on the wall by the gate (emptied regularly).

TO JOIN AND TO FIND OUT MORE

Visit: ravenstonedale.org/activities/tennis

Email:

ravenstonedatennisclub@outlook.com

Find us on Facebook



Desperately Seeking Secretary

Kirkby Stephen and District Angling Association is open for the Trout season. New members are welcome.

Our faithful secretary has moved south so we are looking for a new secretary/ treasurer.

All details, pictures, contact, membership can be found on the KSDAA website.

The river Eden is a beautiful and peaceful place to be and you can choose from Mallerstang to Warcop.

Boon Morning at the Tennis Club

On the morning of Saturday 23rd March, Ravenstonedale Tennis Club's Boon Morning took place. We had a great turn out from members of the community and two four legged friends to help sweep and tidy the court ready for the year ahead.



Our annual meeting was held too, welcoming new members and friends to the group. Brews, biscuits and ideas were shared.

The club hopes to reinvigorate the markings on the court this year and install a picnic bench for all to use. This is funded through our club membership and donations made by visitors to the court.



This year, we hope to run events for the community. We are always looking for new members to the club.

Family annual memberships are available for £20. Individual annual memberships cost £10.

Non-members are welcome and we ask for £2 donation per person per session which can be placed in the honesty box which is emptied regularly by the gate.

Please contact us to find out more:

Ravenstonedatennisclub@outlook.com

RAVENSTONDALE 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
available**



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



VOLUNTEERS NEEDED

For various roles in youth groups across the mission community

Do you feel called to work with young people?

If so, we would love to hear from you. Network Youth Church creates a safe and welcoming space to all young people across this area. Leading with Christian values, we aim to support the young people, teach and challenge, love and serve them, whilst they make new friends and have fun.

We rely on our wonderful volunteers, who lead with kindness, love and patience, to forge real relationships and re-imagine church in a modern, inclusive way.

Our volunteers come from all walks of life. Do you have any skills or experience which may be useful to our team? Or do you simply have a heart for your community and wish to see fresh expressions of church flourish? From cooking simple meals and serving snacks, playing games, doing crafts, assisting with sports, playing a musical instrument, to listening-in on Bible study - if you could spare a couple of hours a week, we would love to hear from you!

Contact Rachel Milburn on: 07920186673

RAVENSTONDALE 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) (07890 336445)

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.*

next market

Saturday 13th April

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 February raised £495.60**

*Many thanks to all who baked, came,
drank, served, washed up, etc.*

Fell ponies in school?

In January you may have had your children or grandchildren coming home from school talking about Fell ponies.



We at the Fell Pony Heritage Trust based in Tebay have been involved with Eden Arts running a project called [EPONA](#). Epona was a Celtic Goddess associated with horses and ponies as her name simply means The Great Mare.

Seen as the "breeder of ponies goddess" is depicted as a statuette seated on her throne with her hands on the heads of two foals beside her. Epona is saying a prayer for a good foaling season.

This school project has been looking at colourful pony past history of this area and what the ponies did with humans over hundreds of years. This 2024 spring session has seen 11 schools visited in all, with Marnie at the first session of three visits over a few weeks. Orton School was visited on the 10th and Tebay on the 16th of January.



I feel it is so important for the children to see a real live Fell Pony as these native ponies have little changed over thousands of years and talking about them brings it all to life. I do hope with Marnie's help and the Epona project with Eden Arts will bring more insight and interest to young people of these native ponies in Cumbria and the future they carry with them.

If any local person has a little time to volunteer helping the FPHT with future events please contact info.fpht@gmail.com



**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 a services from Monday to Saturday)*

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 PARISH IN THE 1770s

Orton's first written record was as Overton in 1239; by 1263 it was Orton. It means "farm-village on the hill-slope", "ofer", Old English, i.e. its settlers were Angles come west from Northumbria. The f of ofer became a v in local speech. In the 12th century it was known as Scar Overton.

Its Vicar was chosen by the 240 freeholders in the parish who appointed a small group of trustees to choose him after their majority vote on a set day. This system was set up in 1618 on retrieving Orton from the grip of London speculators who had bought the rights from the King to re-sell them dearer. In the Civil War (1642-1649) the villagers took sides and each side wanted its own Vicar. The Puritans of Orton put in the Rev. Alexander Fetherstonhough, a chaplain in Cromwell's army but the Parish flatly refused to have him and drove him away. They then presented their own choice to the Bishop addressing him by letter not as "my Lord" but "Sir" only. The Bishop ignored them and put the Puritan's choice in whereupon the landowners sued him. The Court found for them not him and their man (Mr. Fothergill) was Vicar at last.

The four bells were cast at Nottingham in 1528 but have since been recast. The people come regularly to church after travelling seven miles to it. All seats are free. Dr. Burn (Vicar since 1736) planted trees round the Vicarage; they are now well-grown. The nearest schools are at Tebay, founded in 1672 and Greenholme, founded in 1733. No school at Orton yet.

Orton's market was set for Wednesday weekly by charter of Edward 1 in the late 13th century, after two centuries or so of peace, stability and growth of agriculture and population. The applicants for the grant were Ranulf Dacre and Thomas Musgrave, the then local grandees. In 1655 Oliver Cromwell confirmed its validity (no doubt queried by local Puritans as having been issued by a king) and in 1658 by request of Lady Anne (he respected her, though of opposite politics) he also granted Orton the right to hold an annual Fair on the Friday before Whitsun (now known more often as Pentecost, and a lesser fair every fortnight from Whit Wednesday to the Wednesday nearest 28th October (St. Simon and St. Jude's Day) Cheats, rowdies etc. were all tried in the Fair's court. By the 1770s, all the fairs (still going) were on Fridays as was the weekly market.

The Manor House had gone by the 1770s but the hill south of the church was called Hall Hill

Brow, suggesting that it was thereabouts. Ruins there were visible then.

The Blenkinsopps lived at Helbeck near Warcop, but held their manor courts (Manor of Raisbeck) at Raisgill Hall. Their Steward (i.e. their solicitor) held these for them. Near Raisgill Hall was a large cairn dug into c.1770 and a kist-burial found.

Thanks to Jeremy Godwin for this article.

Public Notice

Orton Manor Court

Tenders are requested for the following Annual Grass Lettings
May 1st 2024—April 1st 2025

Lot 1.

Howes Quarry—Approximately 4½ Acres

Lot 2.

Small Parcel of Land at Field Head, Park Lane

Details available from :-

The Steward, Manor of Orton CIC, Rayne, Gaisgill, PENRITH, CA10 3UD. Or
steward@ortonmanorcourt.co.uk

Sealed bids to be received by 5th April 2024

Do you love nature and want to help protect it?

Would you like to learn some new skills?

Opportunities upcoming for free training in grassland and breeding farmland bird surveys.

For more information or to express interest please contact Orton Wildlife Landscapes at
owl.group.admin@icloud.com

BINGO

ORTON MARKET HALL

FRIDAY 12th April

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

RAVENSTONDALE SHOW
AND
ORTON MARKET HALL

Forthcoming Dates
10th MAY
14th JUNE
12th JULY



Orton Market Hall

Orton Market Hall is available to book for meetings, courses, parties and much more.

Facilities include main hall, supper room and kitchen, stage, oven, dishwasher, warming oven, fridge, place settings for 100, projector, hearing loop, sound system.

Day	Activity
Monday	Pilates 9:30-11:00am and 11:30-1:00pm
Tuesday	Shap Medical Practice prescriptions collection 10:00-11:00am Yoga 7:00-8:15pm
Thursday	Boccia 1:30-3:30pm (fortnightly)
Friday	Bingo – 2 nd Friday of the month 7:30-9:00pm
Saturday	Orton Farmer's Market – 2 nd Saturday of the month 9:00-2:00pm
Sunday	New Beginnings Church 10:30am-12:30pm Yoga 7:00-8:30pm (last Sunday of the month)

Boccia 015396 24465, New Beginnings 015396 24253,
Pilates 07375082111, Yoga 07950435136

Bookings: phone 015396 24140 or book through our website bookingsortonmarkethall@gmail.com

The Golden Road to Samarkand

Appleby Arts Society's March lecture took them from a grey, wet day in Cumbria to a desert oasis in Uzbekistan, with lecturer Chris Aslan as their very experienced guide. Chris was born in Turkey and spent his childhood there and in war-torn Beirut. After university he moved to Khiva, a desert oasis in Uzbekistan, establishing a UNESCO workshop reviving fifteenth century carpet designs and embroideries, and becoming the largest non-government employer in town, travelling through the villages to tell about the programme. He then spent three years in the Pamirs mountains in Tajikistan, training yak herders to comb their yaks for their cashmere-like down. Next came two years in Kyrgyzstan living in the world's largest natural walnut forest and establishing a wood-carving workshop.

On Chris's first trip along the Silk Road at Xinjiang he saw Ancients, bodies which had been buried on salt ground which preserved them. A baby was found, buried at 3 months old, now 3000 years old. Their clothes, ancient textiles, had remarkably survived. Woven as twill recovered from burial dating to between 1200 and 700BC the fabric was, surprisingly, in light brown, light blue and white tartan pattern. This was part of the 'wool road' a vast area across to Hungary.

In his UNESCO workshop he worked showing the people how to get the best return from their sheep's wool, after their own immediate need for warmth, and how to distribute it for profit. They live a semi-nomadic life 3000m high on the roof of the world. They have winter and summer pastures, and began to breed sheep varieties that would be useful for wool rather than milk and meat. They have mouflon sheep, thought to be the ancestor of all modern domestic sheep breeds, and have domesticated the wolf for herding.

The most successful animal for this terrain is the yak, and yak dung is better for the environment! From the yak can be obtained the hide and the meat, milk and cheese. If you boil up yak milk, and add salt, this makes yak yoghurt balls, but Chris reports that they taste awful! However, yaks moult and have two coats, the very soft down coming from under the neck. This down is the best wool, like cashmere, and comes mainly from yearling yaks and must be kept apart from the rough coat wool. The people were taught to use a spinning wheel and could not believe that they were going to be paid for their wool.



Chris showed us images of the wonderful textiles made by the women, felt rugs, embroidered bags, caps and jackets, in traditional colours and exquisitely worked. Red is the most powerful and vibrant colour, the predominant colour in all tribal and peasant embroidery, used as protection in vulnerable areas such as seams and edges. The dyes used natural colours, red was made with Armenian cochineal, brown with walnut shells, and yellow with pomegranate rinds. Villages often made rugs for wedding feasts, warm and colourful.

A wonderful lecture, appreciated by all. The April lecture will be 'Christopher Wren and the Baroque'.

Orton Parish Magazine, June 1883

On Friday April 27th, the children attending the day school had their Annual Treat in the Temperance Hall where Mr & Mrs Stephenson, with the help of some kind friends, had prepared a capital tea, which the little folks enjoyed very much. After tea a number of songs were sung, and readings and recitations given, by the children; and the evening's entertainment was varied by a few glees, which were sung by the members of the church choir and other friends.

The Diocesan Inspector of Religious Instruction has given an excellent report for the written examination of Orton School.

Two children (Isaac Willan and Sarah Willan) have gained First Class prizes; and four (EJRobinson, MAHulley, Margaret Cowperthwaite, and Edmund Cowperthwaite) Second Class Prizes. Twenty children were presented and all passed.

I am glad to see that many of the graves in the churchyard are being well cared for. It is surely right that God's Acre should have due attention paid to it. Some few complaints have been made to me that flowers have been taken away from the graves. When this has been done I feel sure it has been through thoughtlessness – but this very want of thought may give a great deal of pain to those who wish to see the resting places of their lost ones carefully attended to.

All Saints' Church Orton Exhibition *Little and Large*

Saturday 25th May - Sunday 2nd June

Refreshments served in church daily

Monday - Saturday 11 am - 5pm

Sunday 1pm - 5pm

Sunday Church Services at 10.30am

Scarecrows

in Orton Village on the theme of
TV Characters

For more information call 015396 24617
All Saints Church CA10 3RQ

BOCCIA...

...not only for Para-Olympians, but a fun game for all

Come and join us every fortnight for some fun and Boccia on alternate Thursday afternoons from **1.30pm to 3.30pm** in

ORTON MARKET HALL

April 11th and 25th

May 9th and 23rd

June 6th and 20th

Boccia will resume after the summer in September

No need to book, just turn up, but if you would like more information please contact
Felicity Lawler - fglawler@gmail.com

On the evening of 25th May, Mr Carrick of Appleby, gave an excellent Address on the subject of Temperance, to an attentive but not very large audience. The audience was not large is not to be wondered at, for more attractive and I trust healthy amusement was going on in a field outside this Hall.

Mr Bedwell having resigned the Mastership of Greenholme School, (in which post he has been very successful), Mr Cox of Bampton Grammar School, has been appointed to succeed him.

Originally written by E Holme in 1883
(reviewed and transcribed in 2024 by E Crossley)

News from rton School

Purple Mash Pizzas!



After some excellent learning in maths about Fractions, our Year 2 children were applying their understanding of halves, quarters and thirds to an exciting game on Purple Mash where they had to make pizzas for their customers. The orders were quite tricky!

Comic Relief

We had fun combining Comic Relief with World Sleep day by wearing our pyjamas. The children have been so good that we have promised they can have a sleep - when they get home!! Thank you to everyone who donated to Comic Relief we have collected £80.54 so far. Donations still welcome.



Easter preparations

After School Club enjoyed decorating Easter bunny biscuits yesterday. They were kindly sent in from Penrith Greggs Factory by Miss Simpson's mum! They looked great and tasted even better



World Book Day

The children look amazing dressed for World Book day. Such a lot of fun. Everyone's creativity is just amazing. Thank you to grown ups at home for all your help with costumes and making our day so much fun, we really appreciate your hard work.



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

Follow us on Facebook: www.facebook.com/OrtonCEPrimarySchool

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



Dozens of 'sky quality' metre readings have underlined the Yorkshire Dales National Park's status as an International Dark Sky Reserve. They consistently produced sky quality metre readings of above 21, indicating that the National Park offered stargazing at its best, with the stars of the Milky Way clearly visible.

Katie Doherty and the Navigators

Sunday 21st April 2024, 7:30pm Orton Market Hall

Katie's songs are visceral in their story-telling reminiscent of her home in the North Pennines. She is joined by world class Folk musicians, Dave Gray and Grace Smith. These songs exude heart and leaving you feeling up-lifted.



Tickets Adults £12, Under 16 £6, available from www.ticketsource.co.uk/highlights, Orton Village Stores or 01539 624140



Full-Time Nursery Places Available

Did you know that Orton CE Primary School offers Part-Time, Flexible or Full-Time Nursery Places for children from their 3rd Birthday?

Nursery care is offered from 8am—5.30pm Monday to Friday during term time.

Orton CE Primary School is a really happy and caring setting where experienced staff work hard to meet the needs of each individual child.

We accept Nursery vouchers and can support you with applying for any Nursery funding that you may be entitled to.

If you would like to find out more or arrange a visit please get in touch with either Vicky or Emma at the school on 015396 24268

email - head@orton.cumbria.sch.uk

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

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



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 office on 015396 24268

email - admin@orton.cumbria.sch.uk

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

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

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!



Tebay Community Meal
Meal at 12.30pm, stay until 4pm
Sunday 7th April

We meet every month during the winter to share a meal and a chance to chat, play games, drink tea, do jigsaw puzzles, etc. etc.

Do come and join us — the meal is free, supported by local organisations and individual donations. **All welcome!**

A note from Brendan, our vicar

By the time you read this we will have been here just over a year. The cliché is true - time flies by when you are enjoying yourself. Having said that, and yes it is good to be here, moving is hard work. And the older you get the harder it becomes - not just because the boxes seem heavier, but it is difficult leaving people you know well and starting all over again. But here we are, and the welcome we have received has eased the transition. We are grateful for all the friendship shown to us which has helped us call this place home.

When people have asked how we are settling-in, I usually answer in the same way. "We felt at home surprisingly quickly, but everything is still strange and unfamiliar." Putting together both sides of that paradoxical equation felt pretty difficult. Now some things are less unfamiliar. Whether they remain strange or not I could not possibly comment!

If the welcome we have received helped us to feel at home so quickly, what was it that made everything feel strange and unfamiliar? Well, in reality, getting to know a multiplicity of places, communities, and eight churches takes a bit of time. Perhaps more time than I imagined. The rhythms of being present in different churches each week take some adjusting to.

What am I saying? Well, in life the future is always uncertain. To state another cliché, none of us knows what is around the corner. Even when things are familiar there are surprises. Although we know that change is part of life, nevertheless change is difficult to handle, to live through. So how can we get by? Well, in the words of the famous Beatles' song we can get by "with a little help from my friends". It is the friendship that has been offered to us here, together with the support of so many long-standing friends from elsewhere, that has helped us to make this move, adjust to this change, and settle in here. Undergirding all of this, is the knowledge of God who, as we walk into an unknown future, as a friend walks with us and before us.

As we all walk into the future may we know the God who walks alongside us, and before us; the God to whom the future does not come as a surprise.

With every blessing, Brendan



Sunday April 14th

Sunday April 28th

**Join us at
Tebay Sports & Social Club
Eyes Down 7:30pm**

Prizes & Family Fun

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.

Discover a flourishing environment in the heart of our community.
A small school full of BIG opportunities.



*We would
be happy to show
you around and
discuss your child's
individual needs*



For more details or to arrange a visit
contact Tracy Morland on 015396 24239
or email admin@tebay.cumbria.sch.uk



Website: www.tebay.cumbria.sch.uk
Facebook: www.facebook.com/TebayPrimarySchool

The Tebay Senior Citizen Committee

Would like to invite
past & present committee members
and Tebay parishioners of 60yrs plus
to an

**Afternoon Tea
on Saturday 18th May 2024 at
Tebay Methodist Chapel Hall
3-5pm**

Please RSVP to Pam
in Tebay Post Office (Tel.24967)
by Friday 3rd May

If anyone is in contact with or knows
how to get in touch with past
committee members that have moved
out of the area, do please let us know,
we'd love to invite them too.

WANTED!



YOU!

TO BE PART OF 

**Could you spare a couple of hours every month
to be our next Treasurer?**

**We have a firm of accountants who keep our full accounts,
so you'll be fully supported by professionals**

**Could you spare a couple of hours every month to
join our committee?**

**We meet once a month to oversee the running of the Club
To volunteer or find out more, contact Kate Kilpatrick
or email tebayclub@yahoo.co.uk**

Are you between 6 and 16 years old?

Tebay Creatives invites you to our

Food Glorious Food Spring Sleepover!

Fun & games - Music - Baking - Help our planet!

You and your family are welcome to join the Food Glorious Food Family Celebration at 10.30am on **SUNDAY 21st April** at Tebay Chapel to share what you have done!

20-21 April

See our Facebook page for further details:
www.facebook.com/groups/tebaycreatives/
 or book here:
<https://cutt.ly/tcsleep24>

We need your help!

At Growing Well Tebay Services

Support Volunteers Needed

If you don't have a mental health challenge but would like to help Growing Well, our beneficiaries and learn about horticulture, we'd love to hear from you!

- Support Volunteers come one day a week to join our Therapeutic Growers and beneficiary volunteers in the day's activities.
- Support Volunteers help individuals or the group as a whole to carry out tasks and activities in our kitchen garden.
- All Support Volunteers receive Mental Health First Aid training and safeguarding training.
- Refreshments, lunch and all equipment is provided

For more information please contact
Kate Lund, Office Co-ordinator
 Email: kate@growingwell.co.uk
 Tel: 07512 316564

Tebay Community Choir Concert

Monday 20th May, 7.30 pm
St James' Church, Tebay

Performances by Melody Makers and Kids' Choir

Come and join us to celebrate another year of singing!

Save the date!

Tebay Community Sports Day

Saturday 15th June

organised by
 Families Together in Tebay & Orton,
 their friends and other local groups
Get in touch if you can help through Facebook

GRAND NATIONAL

Party Race Day
SAT 13 APRIL

showing the **AINTRIE GRAND NATIONAL** LIVE ON THE BIG SCREEN

Doors 12 noon | First Race 1:20pm | Dress for the Races | All 7 races screened
GRAND NATIONAL OFF AT 4:00pm LIVE on the BIG SCREEN

Filled by A NIGHT IN IBIZA

Featuring DJ Esme Kirkbride | 7 - 10 | Free entry

Join us for the after party with DJ Esme playing all the classics

ESMÉ

Rachel's Legendary Kebabs served 6-10 £3.50

School Attendance

The school had a wonderful surprise this term, we were informed that during the Autumn term, Tebay Primary School were not only in the top 10% of similar school for attendance but we were also in the top 10% of all schools in England. This is a remarkable achievement, *Mrs Wright would like to thank all pupils and families for making this possible.*

World Book Day 2024

Children and staff celebrated World Book Day on Thursday 7th March. The children were invited to come to school dressed as their favourite book character, children and staff shared their books and talked about why they liked them so much.



House Captain Student Leadership

Taking on their new role, the Year 6 House Captains delivered their first assembly to the whole school at the end of February.

Their first assembly was all about Mental Health. The children made a PowerPoint, spoke out to the children and made it interactive.

They have been attending frequent meetings and have decided to deliver assemblies based on issues that are important to them. These will take place every half term.

We are very proud of all the Year 6's for taking on their new roles.

Introducing the Everywhere Bear

On a Friday evening, Grizzly (the Everywhere Bear), book bag, hot chocolate sachet, a diary and three brand new (not read at school) reading books goes home with one child from the Happy Herdies Class. Grizzly stays with that child all weekend. Grown up's are asked to record what the child and Grizzly get up to over the weekend and read the books together. When Grizzly returns back to school the following week it presents an

opportunity to develop children's oracy skills in a meaningful and engaging way, as they present to the class what they did with Grizzly over the weekend.

We can't wait to hear all of the adventures that the children and Grizzly are going to get up to!



A BIG thank you to Friends of Tebay School.

On behalf of the Local Area Board of Tebay School, I would like to say a really big thank you to the amazing volunteers who spend so much time and energy coming up with fantastic ideas and then putting them into action to raise money for the school.

The Friends of Tebay School every year, raise a large amount of money which all goes towards improving the opportunities that our children have. Thank you also to those members of the community, the staff, our parents, carers and children who support the activities. It really does make a difference and we want you to know that we really appreciate it. THANKYOU.

Sandy Todd (Chair of LAB).

Since September 2023, Friends of Tebay School have raised over £3000.00

Big thanks to Rachel for organising the BINGO held at Tebay Club on Saturday 9th March in memory of our dear friend of the school Amanda James. Thank you to those people who donated prizes and raffle prizes, to those that helped on the night and to everyone who attended, a fantastic £394.00 was raised for school.

Spaces available — do get in touch!

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: facebook.com/TebayPrimarySchool

On Twitter / X: [@TebaySchool](https://twitter.com/TebaySchool)

Tracy Morland — School Administrator
admin@tebay.cumbria.sch.uk



Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here.



Read these verses from the Bible:

Matthew 13 v 1-

9, 18-23

God is always speaking to us, are we ready to respond to it?

You can find an online Bible here: <https://www.biblegateway.com/>
We suggest you choose the Message translation.

Jesus Love Write

Imagine you were one of the disciples on the hillside that day. When you came back to the upper room in Jerusalem, what would you tell Mary?



Colour



Complete the pictures by adding plants to the soil so that they retell Jesus' parable.

Path	Rocky ground	Thin soil	Thorns	Good

Can you guess and then complete the full phrase that is hidden?



Can you guess and then complete the full phrase that is hidden?

GREENHOLME SHOW – Saturday 8th June 2024

All Classes Open : Closing Date for Entries : 12th May

Including Classes for ROUGH FELL, AOB Lowland and AOB Hill

HOME PRODUCE

36. 3 Brown Eggs
37. 3 White eggs
38. Best 3 sticks of Rhubarb
39. Handmade Loaf of brown bread
40. Handmade Loaf of white bread
41. 3 Yorkshire Puddings
42. A Scotch Egg
43. 3 Sausage Rolls
44. Jar of chutney
45. Jar of Lemon Curd
46. Jar Strawberry jam
47. 3 Cherry Scones
48. 3 pieces tray bake - cooked
49. 3 pieces tray bake - uncooked
50. 3 Butterfly buns
51. 3 Chocolate Brownies
52. 3 Ginger biscuits
53. 3 Jam Tarts
54. 3 Shortbread biscuits
55. 3 Berry Muffins
56. 3 pieces of Flapjack
57. Banana loaf
58. Rich fruit cake
59. Ginger bread
60. Tea Bread
61. Vegan Carrot Cake
62. Showstopper Cake
63. Orange Cake - decorated
64. Lemon Drizzle cake
65. Best Chocolate cake [unfilled, undecorated and made in one tin]
66. Easy Caramel Cake – to set recipe - see end of schedule
67. Individual Cheesecake
68. Damson/Sloe Gin or any Liqueur [in clear glass bottle, labelled]
69. Men's Baking - Marble Cake

HANDICRAFTS

Made since the 2023 show

70. Homemade Jewellery
71. Christmas Craft Item
72. Homemade Doorstop
73. Teapot
74. Painting - any medium
75. Gift-wrapped parcel
76. Decorated Wreath
77. Favourite Apron

78. Item of Crochet or Knitting
79. Article - hand or machine sewn
80. Needlecraft - inc cross stitch
81. Homemade Cushion
82. Homemade felt article
83. Homemade patchwork
84. Homemade Mythical Creature – any medium
85. Homemade Wood/Metal/Pottery item
86. Something upcycled
87. Famous Person out of a vegetable (please name)
88. Gift under £5
89. Best pot plant
90. Garden on a plate (not more than 12" diameter/width)
91. An Olympic related Limerick
92. Any other handicraft

---oOo---

PHOTOGRAPHS

93. Any Photo – An amusing sign
94. Any View - Orton Stores Cup
95. Any Photo of Child/Children
96. Any Photo of Animal/Animals
97. Any Photo of a Cat – *kindly sponsored by Jackie Huck*
98. Any other Photo
99. Any other Photo - with a caption
100. A Collection of 2 Photographs - Before and After
101. Any Photo of 'Nature in Close Up'
102. Action Photo
103. Photo – Agricultural Show
104. Selfie
105. Black and White photo

---oOo---

CHILDREN'S CLASSES

No entry fee

106. PRE-SCHOOL only - A Picture - any medium
107. Pizza - base can be bought
108. Picture – Any Medium
109. 3 Rice Crispie Cakes

110. 3 Decorated Sponge Buns
111. Lego model – own design – to sit on A4 Sheet.
112. Photo (primary school age)
113. Farm on a plate
114. Pasta Picture
115. Olympic Medal
116. Bunting
117. Homemade Book Mark
118. Handwriting – Nursery Rhyme
119. Painted Stone
120. Model from Recycled material
121. Homemade Birds nest - any medium
122. Any handicraft

Secondary school age

123. Decorated Pizza – base can be bought
124. 3 Choc chip cookies
125. 3 Muffins
126. Any other handicraft
126. Favourite Sox
127. Photo
128. Animal made of vegetables
129. Picture – any medium

Please see full schedule for Rules and Entry form.

Available on our Facebook page 'Greenholme Agricultural Show & Gala; or from greenholmeshowsecretary@gmail.com

LOOKING FORWARD TO SEEING YOU ALL AGAIN
Many thanks to all our sponsors.



Services in our Anglican Churches

Sunday 7 April Easter 2 <i>White</i> <i>Welcomer:</i> Mary Jenkin Acts 4.32-35 1 John 1.1 – 2.2 John 20.19-31	Orton, 10.30am Holy Communion <i>Brendan Giblin</i> Welcomer: Mary Jenkin Keith Capp Margaret Longworth Prayers: Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Diana Fothergill Ian Torkington
Sunday 14 April Easter 3 <i>White</i> <i>Welcomer:</i> Acts 3.12-19 1 John 3.1-7 Luke 24.36b-48	Orton, 8.30am Holy Communion <i>Brendan Giblin</i> John Dunning	Tebay, 10.30am Service of the Word <i>Martin Lawson</i>	Ravenstonedale, 10.00am Holy Communion <i>Chris Jenkin</i> Hilary Law John Newton
Sunday 21 April Easter 4 <i>White</i> <i>Welcomer:</i> Acts 4.5-12 1 John 3.16-24 John 10.11-18	Orton, 10.30am Service of the Word <i>Keith Capp</i> Welcomer: Janet Capp Andy Glanville Mary Jenkin Prayers: Margaret Longworth	Tebay, 10.30am Holy Communion (+ Meth) <i>Stephen Radford</i>	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> Richard Best Sarah Lovell
Sunday 28 April Easter 5 <i>White</i> <i>Welcomer:</i> Acts 8.26-40 1 John 4.7-21 John 15.1-8	United Service at Ravenstonedale; 10:30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600 Caroline Morris Martin Windle		
Sunday 5 May Easter 6 <i>White</i> <i>Welcomer:</i> Acts 10.44-48 1 John 5.1-6 John 15.9-17	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Welcomer: Keith & Janet Capp Elizabeth Crossley Keith Capp Prayers: Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>

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@carlisle-diocese.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

Margaret Longworth
bjarm21@gmail.com

Treasurer

Bill Lawler 24465

Local lay ministers

Rosemary Campbell 24837

Ravenstonedale with Newbiggin-on-Lune

Churchwardens

Ann Brownrigg 23594
Martin Windle 07899 907958

Tim Parkinson 23353

Secretary

Suesi Windle
suesi.windle@googlemail.com

Treasurer

Tim Parkinson 23353

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

Services in our Methodist Churches

	2024	7 th April	14 th April	21 st April	28 th April
*Tebay M P 1-1300 M H B	10.30	J Morton US OA	LA	US at PC S Radford HC OA	LA
	6.30		Cnnxn Svce at Appleby		Worship and the Word at N on L
Shap (Class of Tebay)	10.30	J Betts	6.30 Cnnxn Svce at Appleby		6.30 Worship and the Word at N on L
Orton M P Complete M H B PB EW	10.30	S Radford HC	A Pallister	A Sterling	LA
	6.30		Cnnxn Svce at Appleby		Worship and the Word at N on L
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	A Sterling HC Junior Ch	P Hilland	J Betts Junior Ch	S Radford HC
	6.30	Prayer & Share	Cnnxn Svce at Appleby	Prayer & Share	Worship and the Word J Fox
*Ravenstonedale M P 1-1144 M H B H & P	2.00	J Betts	A Sterling	LA	S Radford
	6.30		Cnnxn Svce at Appleby		Worship and the Word at N on L

New Beginnings Church

CAP Life Skills equips people with the confidence, decision making ability and practical skills needed to live on a low income.

This free 8- week course starts 22 Jan 12-2pm in Castle Street Centre, Kendal. Lunch is provided. Contact 07864341102 or marymcfarlane@caplifeskills.org for more details.

New Beginning Church welcomes you to visit their new venue in Castle Street Centre, Kendal at 11.15am for a time of praise, hearing God's word and prayer followed by lunch.

Contact Barry on 07437468896 or email nbccumbria@gmail.com

The Filling Station

For high quality speakers, sung worship, prayer ministry and personal testimonies.

We meet on 2nd Thursday of the month.

*7pm for 7.30pm,
at the Appleby Hub, Chapel Street, Appleby*



12-18 May 2024 Christian Aid Week

We hope to receive this year's Christian Aid Week envelopes in time to put them in the copies of the April issue of The Link for recipients in the Orton and Tebay areas. (Readers in the Ravenstonedale area will probably get them in the May issue.)

Please return your envelope with your donation to your local church, or to Orton Village Stores, by the end of May.

Vinlife Cumbria Fellowship

Every Sunday in
Orton Market Hall, 10.30 a.m.

Baptisms, Weddings and Funerals

For any **Anglican** churches, if you want to make enquiries about a baptism 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@carlisle-diocese.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

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

From Rev. Christopher Syaushwa, current vicar:



From Nelson Walina, former vicar, now Diocesan Secretary:

27th February: I am glad to send you Christian Greetings from the family and couples families.

The Couples Corner families will have a 3 day Retreat at Virina Gardens, 17th - 19th May. So far we have registered 20 couples. We invite you to join us, on the Google Meet.

(I replied that we would be happy to take part, and agreed on the date, 18th May.)

From Rev. Nelson Isabageen, former vicar of All Saints, Kasese.

12th February: I am working full time in the Bishop's office coordinating youth and children ministry programmes as a volunteer (i.e. with no salary). So I need your prayers for I don't know how I will manage. I have been able to get land where I can graze my goats. I sold some goats and rice (grown on his own land) but still cannot afford the whole price of this land.

(We were able to make a contribution to help with this. Can you imagine a UK vicar having to breed goats and grow rice in order to have an income?)

17th February: Praise God! Thank you for the

support you have given me. Am happy to inform you that we have procured the land where I can graze my goats. Pray that God will bless it so that when I put the goats there they will multiply. I currently have very few goats.



Rev. Nelson, his wife Yoleda and daughter, and those who sold him the land.

Thinking about writing something?

Contributing to a local community magazine is like planting seeds of connection and growth.

It's an opportunity to share stories, ideas, and events that matter to your neighbours. Your voice adds vibrancy to the tapestry of community life.

Whether it's a recipe, a poem, or news about a local event, your contribution enriches the lives of those around you. It also fosters a sense of belonging and solidarity, making your community feel more like home.

Send it to TheLinkMagazine@outlook.com



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.

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.

Protected Learning Time dates

Thursday 16th May 2024
Wednesday 19th June 2024
Thursday 11th July 2024
Wednesday 11th September 2024
Thursday 10th October 2024
Wednesday 13th November 2024

On the above dates the Surgery will be closed for staff training from 1pm.

Please bear the Thursday dates in mind if you collect your prescriptions from Tebay Surgery.

Covid Spring boosters

We will be vaccinating our Care Home and housebound patients from mid April 2024. Please contact the Surgery if you need a home visit.

Change of personal details:

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

Health Visitor

Eden Health Visiting Team can be contacted on 017683 54964

District Nurse

Our District Nurses are able to support you with nursing care at home 01946 853333.

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

☎: 017683 71369

Orton Surgery and Shap Medical Practice

Appointment System

Since June 2023, patients can pre-book a Doctor's appointments up to two weeks in advance and there will be no more telephone triages. These appointments will be available for both face to face and telephone consultations. Our friendly Receptionists will assist you in determining the most suitable appointment for your medical concern.

For medical issues that require immediate attention, we offer same-day appointments. If you genuinely need one of these appointments, please call us early in the day.

Dispensary

Medication can be collect from the Shap Dispensary 4 working days after submitting your prescription. We'll send you a text message to confirm when your medication is ready for pickup.

Please note new Dispensary hours:

Monday, Wednesday, and Friday:
9:00 am – 1:00 pm, 3:00 pm – 6:00 pm

Tuesday and Thursday: 9:00 am – 1:00 pm

Orton Surgery

Medication is available for collection every Tuesday between 10am and 11am. Please note there will be no collection on Tuesday 2nd April due to the Easter Bank Holidays.

Protected Learning Dates

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

Thursday 14th March 2024

Change of Personal Details

Please can you inform the Practice if your address, telephone or email address has changed.

MMR Vaccinations

With confirmed cases of Measles on the rise it is increasingly more important to ensure vaccinations are up to date. A campaign is currently being rolled out by the NHS to ensure everybody has the opportunity to avail of these vaccines. Further up to date information can be found on the Public Health Website, (<https://www.publichealth.hscni.net/news/confirmed-case-measles-timely-reminder-get-mmr-vaccine>). If you have any concerns or queries please contact the Practice and we will help or point you in the right direction.

www.shapmedicalpractice.co.uk

☎: 01931 716230

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info@homegrownhere.co.uk to find
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Old Tebay.



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015396 24967
MON: 9am - 1 pm
& 1.30 - 5.30 pm
WED: 9am - 1 pm
& 1.30 - 5.30pm
FRI: 9am - 1 pm
& 1.30 - 5.00 pm

Eden Waggy Wanderers

I am based round the Kirkby Stephen area and currently have a few slots available for both dog walking and day care.

- fully insured.
- 5* licence from the local council.



Contact Teresa for more details on
Mobile: 07943264147
Email: edenwaggywanderers@gmail.com



AGA

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careers.westmorlandfamily.com



TEBAY SERVICES | J38 TRUCKSTOP | WESTMORLAND HOTEL

IAN ASHURST
Joinery, Building Maintenance
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	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	
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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

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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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Local community websites:

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

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

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Local church websites:

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