



The Link

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



December 24 & January 25

The Link

Published by the
churches and communities in
and around 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:
All Saint's Carol Service
(Photo credit: Martin Lawson)

Welcome to this double issue of The Link magazine, slightly enlarged to fit all the Christmas events in!

There's a lot going on — some of it is captured on the back page, where our previous editor Chris has kindly compiled lots of events.

However, make sure you pick up some of the other things that are featured on the inside pages too: beer and carols in both Ravenstonedale and Tebay, or the Orton Christmas Tree festival at All Saints, or (if you're quick) the Vagabonds performing in Ravenstonedale.

We're also running a longer article this month on the possible origins of the name of

Tebay — see Les' article on page 24 for more on that.

You won't hear from us again in print, or emailed, form until we're chasing content for the February magazine in January — we'll be taking a break over Christmas and New Year.

We hope you manage to do that too — the Rev. Stephens' article on page three encourages all just be still enough to hear what's really happening around us in this holiday period.

Wishing you all the best for Christmas and the New Year!

*Elizabeth, Linda,
Martin & Paula*



Engaging with The Link magazine

There are lots of ways you can engage with 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 again for all your support!



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

Hear the Angels sing

"Oh hush the noise ye men of strife and hear the angels sing"

Christmas is LOUD isn't it? So many expectations, so many voices telling us how to celebrate, what to wear, what to eat and drink, what to watch and what you need to buy!

Instead, of noise, at that first Christmas in the middle of the night the angels sang! This year we are inviting you to stop! – to hush the noise! as the carol says and to hear God's love song this Christmas.

To be still as the shepherds were 'On that midnight clear' as God announced that Jesus Christ was born, God incarnate, living on earth born of Mary, nestled in a rough trough on the floor of a stable, the God of the Universe is here – 'Emmanuel' which means 'God is with us'. For a child is born to you! – to all mankind! Suddenly a great choir of angels appeared praising God and saying "Glory to God in the highest and on earth peace to all people on whom His favour rests"

I write this Christmas message sat at my desk on Remembrance Day having just stood with fifty plus people at the Cenotaph in the Market Place in Kirkby Stephen. We prayed to God, we sang "Abide with me", stated 'We Will Remember Them!' yet sadly many thousands more lives will be lost to wars in the world. Will we learn? will we listen to the angels?

The recent news, election results from around the world, the wars in Ukraine, Israel/Gaza and many countries across the world still sadly rage on.

So will the "men of strife" listen?

God hears our prayers and answers them in the coming of the Christ Child. In Jesus, we have peace with God and His kingdom comes! For He has defeated sin and death! the crib of Christmas led to the cross of Calvary; and then to the Resurrection and will lead one day to His return.

This Christmas I will stand at the front door, in the quiet and relative calm of Kirkby Stephen; I will look again into the night

sky and as I wait and watch in silence, the Milky Way, and Galaxies of stars will come into view; perhaps even the Northern Lights! and I am reminded once again of the vastness and glory of God, and ponder Isaiah's words (Ch. 40)

"Lift your eyes to the heavens, who created all these?"

It is God our Father, Jesus Christ and Holy Spirit!

In John Bell's reflective meditation from Iona:

**Light looked down and saw darkness
I WILL GO THERE, said Light**

**Peace looked down and saw war
I WILL GO THERE, said Peace**

**Love looked down and saw hatred
I WILL GO THERE, said Love**

**So, He,
the Lord of light,
the Prince of peace,
the King of love;
came down and crept in beside us.**

Jesus said - I am with you always, and He is!

Rev. Stephen Radford

Discover daily Christmas reflections to help you to 'Hush the noise' and find peace at www.methodist.org.uk/HushTheNoise

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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 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 **CHRISTMAS LIGHTS SWITCH ON**

By Jim Wardrope

6:30 PM - Saturday 7th December



CAROLS and READINGS

Hot dogs, mince pies, mulled wine

Collection in aid of Cancer Research



MEN'S MEETING

Wed 4th Dec, 7:30pm
at Newbiggin-On-Lune Chapel
Graham Emerson will be
coming to speak on Bee
keeping!
All ages welcome
Brew ~ Biscuits ~ Banter



Family Christmas Celebration

For unto us
a child is born!

**A Christmas
Service
for ALL ages**

At Newbiggin-On-Lune
Chapel
Sunday 22nd Dec, 10:30am
followed by refreshments

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

Lune Ladies

4th December 2024 — Christmas Meal

8th January 2025

Meeting at Newbiggin on Lune Village Hall. 7.30

Joan Hewson a talk on Walking Adventure

All Welcome!

NEWBIGGIN-ON-LUNE CHURCH

Ladies Christmas Night

Thursday 12th December
at 7:30pm



Steph Fawcett from
'Small Mustard Seed' will
be coming to make
Christmas crafts with us!

All equipment and
materials provided.
All ladies welcome,
young and old.

FOR MORE DETAILS CONTACT ANGELA ON
07980418078

Ladies Quiz Night

Thursday 30th Jan at 7:30pm



Teams of 4 but we can
make teams on the
night so please just
come along!

An informal, fun night
with refreshments.

All ladies welcome, young and old.

FOR MORE DETAILS CONTACT ANGELA ON
07980418078

MEN'S MEETING WITH TIM FARRON

THURS 9TH JAN
7:30PM, AT
NEWBIGGIN-ON-
LUNE CHAPEL

'My Life as a
politician'



All men
welcome

Brew - Biscuits - Banter



Tattie Pie Supper and Dominoes



Saturday 15th February 2025, 7:30pm

Newbiggin-on-Lune Public Hall

Adults £10, Children £5

Booking essential

Tattie Pie, Pudding, Tea and Coffee
Prize Dominoes competition and Raffle

Please contact for tickets:
Ian Clayton - 015396 23226

NEW! Starting Monday 26th Feb 2024

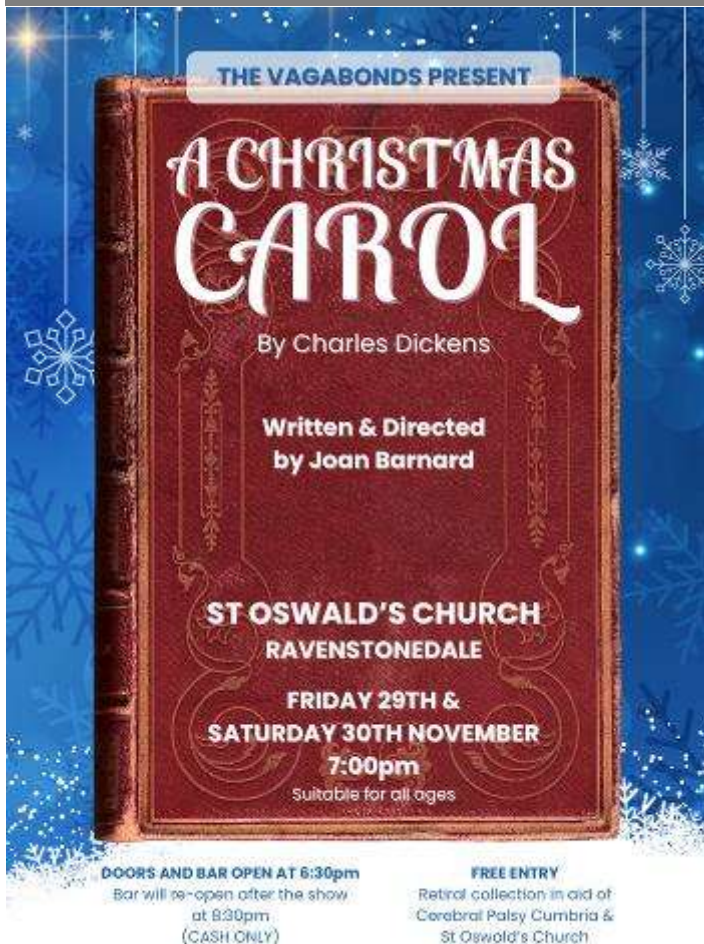
NEWBIGGIN-ON-LUNE
**Little
Lambs**
BABY & TODDLER
GROUP

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)

**Butty
CHURCH**

OUR NEXT BACON
BUTTY CHURCH IS
SUNDAY 9TH FEB,
ANDREW BROWN WILL
BE SHARING

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



St Oswald's Church Ravenstonedale

Golden Oldies Tea Party

at St Oswald's Church
Wednesday 11th December at 2.00pm

'Carols in the Pub'

at The Black Swan Ravenstonedale
on Monday 16th December at 8.00pm -
Donations to go to the charity
"Growing Well" which is based at Tebay

Carols by Candlelight

with Christmas Readings and Carols at St
Oswald's Church on Wednesday 18th
December at 7.00pm

Christmas Day Family Communion Service

at St Oswald's Church at 9.30am
- everyone welcome -
children are invited to show their presents

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*



Ravenstonedale Methodist Church

Carol Service

2pm, Sunday 22nd December 2024

To be followed by seasonable refreshments

A collection will be taken for Sight Savers.

A very warm welcome to everyone



Newbiggin-on-Lune chapel nativity

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 11TH DECEMBER 2024 7.30 PM

RAVENSTONEDALE HIGH CHAPEL COMMUNITY & HERITAGE CENTRE

Christmas 'Get-Together'



SEASONAL REFRESHMENTS

(Bring & share festive nibbles)

BYOB (bring your own bottle)

Admission: Members £2.00 Visitors £3.00
For more information contact Val Fermer on
07798 688057 or leave a message on
www.ravenstonedalehistory.org.uk

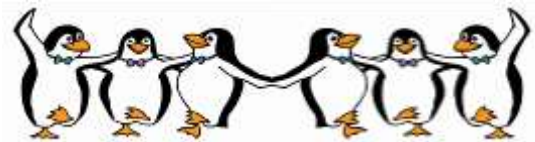
Ravenstonedale Folk Dance Group

Our local club meets weekly
Newbiggin on Lune hall (Sept — Apr)
Church Brough hall (May — Aug)

Thursday evenings
7.45pm — 10pm

Singles and couples all very welcome
All dances are walked through & called
Beginners especially welcome!

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



APPLEBY CHRISTMAS CONCERT

in aid of
Hospice at Home
Carlisle and North Lakeland
Local Care for Local People

Appleby Public Hall
7th December 2024 at
7.30pm

Featuring:

Appleby Town Band
Michael Cave (Flute) accompanied by Brian Tanner
Sun Singers

Tickets £10

*To include a glass of wine and a mince pie
(£1 for school children)*

Tickets available from:

Appleby Tourist Information Centre or pay on the door
Tel: 017683 51177

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)
- Monday** – Yoga for all with Suzie Metcalfe
(7:15-8pm) (07940185471) *
- Tuesday** – Pilates with Fiona Woolnough
(6-7pm, 7:15-8:15pm) (Clara 07900074886)
- Thursday** – Yoga for all with Suzie Metcalfe
(9:30-10:30am) (07940185471) *
- 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.

* suzie@suziemetcalfe.com

Hospice at Home
Carlisle and North Lakeland
Local Care for Local People

Valley Court, Barras Lane, Dalston, Cumbria, CA5 7NY
Tel: 01228 475025
Website: www.hospiceathome.co.uk
Email: admin@hospiceathome.co.uk
Registered as a charity in England and Wales (1095708)



next market

Saturday 14th December

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

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

Come up to the church and join us!

All Saint's Boon Day

Very many thanks to all those who came along to our Boon Day at the beginning of November, to help with various jobs inside and outside the church.

We very much appreciate all the hard work that took place! We all achieved a good result on our list of jobs.

If you want to volunteer to help at any other times, do of course get in touch, we can always find a job, and we would love to have your help, or just have you drop in to see up.

Mary Jenkin

Orton Christmas Tree Festival 2024

Once again All Saints' Church, Orton, will have a splendid display of Christmas Trees, donated and decorated by local businesses, community groups, and individuals. We are so grateful to them all for the hard work and artistic flair that was used last year and that we will see displayed again in 2024.



Do come and enjoy them, everyone! They will be on display every day from Saturday 14th December (the day of the Christmas Farmers' Market Coffee Morning), until early January – probably till Sunday 5th, Twelfth Night.

It is not too late to take part - we still have room for a few more trees! Please contact me if you would like to reserve a place or to know more.

Admission is FREE – but donations left in the jar or by using our Card Reader* in church will be very gratefully accepted.

Contact Mary Jenkin:

015396 24410 — marypjenkin@gmail.com

* More on card donations on page 11



**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

Christmas at All Saints

Orton School Christmas Play



Tuesday 10th December
2pm and 6pm
Tickets **FREE** but must be
obtained from school office.

Merry Christmas

ORTON DROP IN CHRISTMAS
INVITATION
EVERYONE IS WELCOME

WEDNESDAY 11th 2024

10.00 AT CHAPEL SCHOOLROOM
10.15 ORTON SCHOOL CHOIR WILL
JOIN US

FOLLOWED BY
FRESH COFFEE, CAKES, MINCE PIES



School Carol Service

End of Term Service in
All Saints' Church on
Friday 20th December
1.30 p.m.



Christingle and Carol Service



Everyone is welcome on
Monday 16th December
in All Saints' Church,
Orton
at 6.00 p.m.



We wish you all a
blessed and
peaceful Christmas:
do join us at any of
our events!

Carols by Candlelight



Come and enjoy a service of
Christmas readings, Drama
and Carols with a United
Choir in Orton Church
on Sunday 22nd December
at 6.30 p.m.
Mulled wine and mince pies
afterwards!

Christmas Eve

Midnight Communion

11.30 p.m.

All Saints, Orton



Christmas Day Family Communion

9.30 a.m. at St. Oswald's, Ravenstonedale

Bring a present to show!



BINGO

ORTON MARKET HALL

FRIDAY 13th December

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

Money raised to

**AIR AMBULANCE
AND
ORTON MARKET HALL**

Forthcoming Dates

**10th January
14th February
14th March**



Orton Methodist Chapel Invite you to a Family Carol Service



**Sunday, 22nd December
10.30am**

Led by Rev Stephen Radford



Seasonal refreshments afterwards

**We look forward to
welcoming you**

*Look out for the life-size Nativity
Scene as it begins to take shape
in the Chapel grounds, with
different characters arriving to
take their place during the month
of December!*

**Christmas Day Service at
Tebay Methodist Chapel, 10.30am**

A warm welcome to all

Many thanks to our printers:



**ORTON DROP IN CHRISTMAS
INVITATION
EVERYONE IS WELCOME**

**WEDNESDAY 11th DECEMBER
2024**

**10.00 AT CHAPEL
SCHOOLROOM
10.15 ORTON SCHOOL WILL
JOIN US**

**FOLLOWED BY
FRESH COFFEE, CAKES, MINCE
PIES**



Really kick off Christmas with Carol Singing on Christmas Eve ...



**Come along to the
village Christmas tree
at Orton Market Hall**
(next to the Chocolate Factory)
**from 6.30pm for about 30 minutes
on Tuesday, 24th December**

**Everyone is warmly invited
to come and join in!**

*if you drive but prefer not to stand out in the cold,
feel free to park in the market square
and listen or sing along.*

**As in previous years, we will be collecting for
National Children's Homes (Action for Children)
and the Children's Society.**

(there will be a collecting box at the Village Shop
during the week leading up to Christmas Eve should
you wish to give at another time other than on
Christmas Eve)

**Enquiries to Rowland and Rachel Woof – 24372
or John and Ruth Bainbridge - 24278**

Card Reader in Orton church

In an age when increasing numbers of people
no longer carry cash with them and pay for
everything by card, it seems wise for churches
to catch up with the trend, and many are doing
so.

A Card Reader has been
installed near the door of All
Saints, Orton. This is a facility
that lets anyone, including
casual visitors to the church,
make a donation to church
funds using their credit or debit
card, including (if they wish)
paying for coffee and scones,
books or bric-a-brac at the
Coffee Morning. It is also
possible to give by Gift Aid using this facility.



Boccia in Orton Market Hall Spring 2025

Alternate Thursdays beginning

January 16th, 30th

February 13th and 27th

March 13th and 27th

April 10th

No need to book, just turn up, but if you would
like more information please contact Felicity
Lawler - 07703 318826 Cost - £3.00 per session.

"Worship and the Word"

Praise, Worship & exploring the Bible

On Sunday, 26th January 2025 at 6.30pm

Orton Methodist Chapel

Speaker: Rev Andrew Sterling

Refreshments afterwards

For further details contact Rowland and Rachel Woof - 015396 24372 Or Will Capstick on 015396 23600

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	Vinlife Church 10:30am-12:30pm Yoga 7:00-8:30pm (last Sunday of the month)

Boccia 015396 24465, **Vinlife Church** 015396 24253,
Pilates 07375082111, **Yoga** 07950435136

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

News from rton School

Reported by Orton School Council

Elections

We all had to put a poster up if we wanted to be elected for School Council. You had to put your name on it and your ideas to make the school a better place. On election day you had to say a speech in front of the whole school and then everyone voted for whoever they thought had the best ideas. I felt scared and nervous and then when I got elected I felt happy and shocked. Heidi

Our First School Council Mission



We organised Games
Lucky winners of the games were:
Where is Pudsey Hiding? Linus
Guess how many sweets in the jar ?
Rowan : Isaac
Birch: Olivia
Oak: Rosie
Bingo!: Theo

We ran a fundraising day for Children in Need.

We had a cake sale.

Together for Children in Need we have raised £133.20 which me and Aoife counted. Thank you very much for donating cakes. The day went very well and I hope everyone enjoyed it. I'm sure it will help a lot of people.
Bella-Blossom



Get in touch by email or phone:

admin@orton.cumbria.sch.uk

015396 24268

Keep up to date on our website and Facebook!

Christmas Word Search (free bonus!)

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

Stocking

Candy Cane

Chimney

Sleigh

Reindeer

Merry

Lights

Scrooge

Gingerbread

Angel

Jingle

Presents

Grinch

Christmas Tree

Holiday

Santa Claus

Family

December

DEANARY ADVENT SERVICE

MOTHERS' UNION

Tuesday 3rd December, at 2p.m.

All Saints, Orton

The Rev. Sandra Ward
will lead the service.

Everyone is welcome to join
Mothers' Union members for this

Reflective service of
readings, prayers and hymns.

Advent is a time of preparation
for Christmas.

Take time out of your busy life
to enjoy this gentle time.

Refreshments will follow.

The Old Courthouse, Shap

Winter Opening :

Sun/Tue/Thu/Fri 1-4pm Mon 10-1 Sat 10-12

2025 Local Scenes Calendars on sale

The Old Courthouse provides a warm place for reading, working, computers with FREE WIFI, hot drinks available or just to drop in for some company.

- Knit and Natter - Thursday afternoons
- Cuppa and Company - Friday afternoons

Friday Music Nights are back at The Old Courthouse! Eden Valley Touring Network presents:

13th December: Neil McHardy also The Clifford Movement

10th January: Mark Stivvy also The Rhubarb Thieves

14th February: Carolyn Francis also Briar & Bramble

14th March: John Chambers also Tailgate Buskers

Performances start at 7.30pm. Admission £8. Short interval. Tea/Coffee or BYOB



Important information about Upper Eden Medical Practice

Each GP practice must identify a practice boundary area in which it is able to safely deliver healthcare to patients. This includes home visits or midwife appointments.

Upper Eden Medical Practice submitted a proposed change in their contractual boundary to North East and North Cumbria Integrated Care Board (ICB) who oversee their arrangements. This boundary change has been approved and will commence from Friday 1st November.

Please note, if you are a registered patient at the Upper Eden Medical Practice, you do not need to take any action.



As a result of this change, any patients that move outside of our new boundary will be asked to register with a practice closer to their new address.

For existing patients already registered with Upper Eden Medical Practice, there would be no change for you, even if you currently live outside the new boundary. You will remain registered with the practice.

If you have more questions you can phone the practice directly on: 017683 71369

Call out for artists/craftspeople

ABOVE EDEN

SHAP ARTISTS' OPEN STUDIO TRAIL

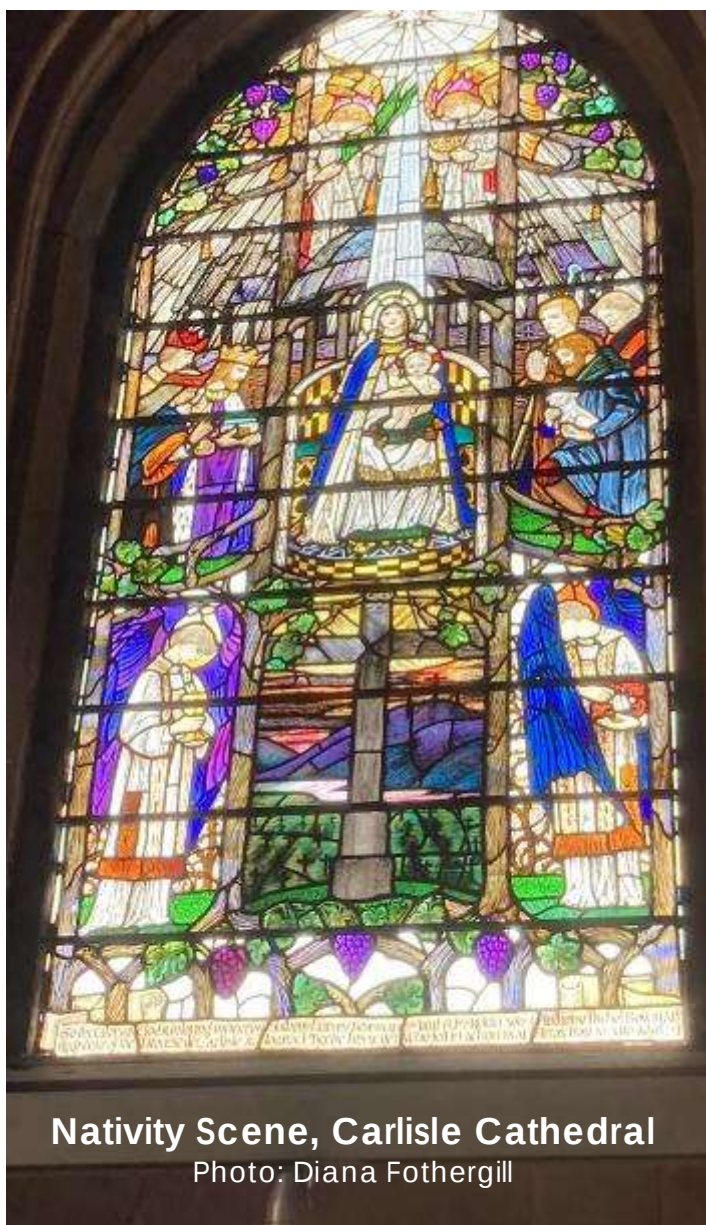
JULY 26th/27th - 2025

Would you like to take part in a newly formed Artists' Open Studio Trail in Shap and including surrounding villages?

This is taking place on the 26th/27th July 2025. Participants will be invited to exhibit one or two pieces of work at the Exhibit 'A' Gallery, The Old Courthouse in Shap at an accompanying exhibition in July.

If your studio is within a radius of 9 miles from Shap and you can offer a professional and welcoming experience to visitors please contact Deborah or Suzanne for further details and to request an application form.

deborahwindsor51@gmail.com
suzanne@muiryhillarts.co.uk



Nativity Scene, Carlisle Cathedral

Photo: Diana Fothergill



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 no obligation visit please get in touch with either Vicky or Emma at the school on 015396 24268 /
admin@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

Our Stay and Play sessions are starting again from Tuesday 10th September at the new time of 1.30pm—3.30pm. These relaxed sessions are open to all parents / carers and their children from birth to pre-school.

The more the merrier!

Refreshments provided.

Booking not required and there is no charge. Just turn up! All very welcome.

(Note — You do not need to be considering Orton CE School to be able to come along)

If you would like to find out more please get in touch the 01539 624268 /
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 1st December
& Sunday 5th January
Tebay Methodist Hall**

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

A unique volunteering opportunity in your local community



Growing Well, a mental health
charity based at Tebay Services,
is looking for Support Volunteers to help us
deliver our work.

What the role entails:

- Assisting our Activity Leads to deliver supported group activity within our kitchen garden
- Helping individuals or the group as a whole to carry out tasks and activities
- Being a non-judgemental, active listener and modelling healthy, supportive human relationships

What you'll get in return:

- Being part of a diverse and inclusive social network
- Loads of horticultural experience and skills
- Mental Health and safeguarding training
- Refreshments, lunch and all equipment provided
- A total buzz from being part of something that transforms lives!

**For more information please contact
Kate Lund, Office Co-ordinator
Email: tebay@growingwell.co.uk
or phone 07512 316564**



Carol Service

Tebay Methodist Church
Sunday 22nd December,
10.30am

Come and join the celebration
— all welcome!

Murmuration:

A Collaborative Tapestry Project
16 October – 22 December
Farfield Mill



Beer & Carols

Come and raise a glass and
enjoy singing your favourite carols

7.30pm
Saturday 14th December
at the
Cross Keys Inn, Tebay

Families Together
INVITES you to our
ADVENT PARTY

SATURDAY 30TH NOVEMBER
3.30PM – 5.30PM
ORTON MARKET HALL

Party Food!

Please book your place
using this QR code, or visit
our Facebook page:

All ages welcome

f FamiliesTogetherTebayOrton

Tebay's Christingle

The Children's Society

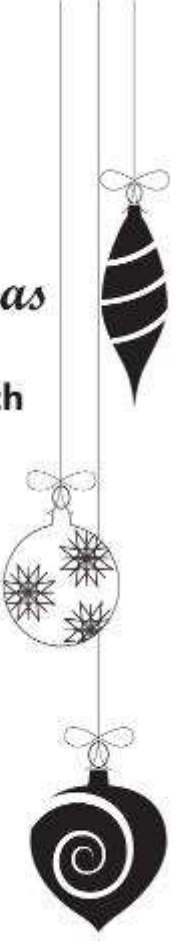
**Let's come together
to celebrate
Christingle**

Christingle is a great way for
communities everywhere to get together
this Christmas to catch up, make some
special memories and have fun!

Tebay's Christingle!
St James's Church
Sunday 15th December

3-4pm Refreshments and Christmas crafts
4-5pm Christingle service
5-6pm Join the Wild Wanderings fire pit warm-up
(Bring a torch and a warm coat)

christingle.org



CHURCHES together IN Tebay

Christmas Cream Teas

Tebay Methodist Church

Saturday 14th December
3pm — 4.30pm



Music by Kirkby Stephen
Silver Band

 **Raffle**

Appleby Arts Society

Prehistoric Orkney

Appleby Market Hall was full for a welcome return visit by Gillian Hovell, award-winning archaeologist, author and broadcaster and inspiring lecturer known as 'The Muddy Archaeologist'. Gillian's subject on this occasion was the Neolithic sites found on the island of Orkney, a UNESCO World Heritage Site known for its well-preserved ancient monuments.



Skara Brae was occupied from 3200 BC to 2500 BC and is Europe's most complete Neolithic village, older than Stonehenge and the Great Pyramids of Giza. Houses were built of stone, the first permanent settlers were farmers working with flint tools, as there were no trees due to the constant winds. Skara Brae was exposed in 1850 by a severe storm which caused widespread damage. In the Bay of Skall the storm stripped the earth from a large knoll and when it cleared, the outline was revealed of a village of several small houses without roofs. The short tunnel entrance to the home was 'crouch height' and all work must have been done squatting on one's heels! Beds were set into the house walls, probably for warmth. Archaeologists can tell from bones found that life was hard, rubbing stones together for fire, and fuel was seaweed or dried animal dung. Signs of workshop materials were found, narrow bones scooped out for spoons, and 'skail' knives with very sharp edges. Vegetables such as lentils and peas were grown, but surprisingly there were no traces of fish having been eaten.

Other sites include Maeshowe, a chambered cairn, built with immense stones, and it appeared that seaweed was put underneath the huge stones to enable them to be moved. Knap of Howar, on the island of Papa Westray, is



**JOIN US
FOR**

Christmas

OVER 60's CHRISTMAS DINNER

SATURDAY 7th DECEMBER

1pm onwards

to book your place, contact Becky on
07895 863378, Judith on 07967 131020
or call in to Tebay Club
(please confirm any dietary requirements on booking)

a well-preserved Neolithic farmstead, similar in design to Skara Brae, but from an earlier period, and it is thought to be the oldest preserved standing building in northern Europe.

At the Barnhouse Settlement excavations between 1986 and 1991 revealed the base courses of at least 15 houses. The houses were similar to Skara Brae with central hearths, beds built against the walls, stone dressers, and internal drains.

The Ness of Brodgar is a site covering 2.5 hectares between the Ring of Brodgar and the Stones of Stenness. The site has provided evidence of decorated stone slabs, a stone wall 6 metres thick and a large building described as a Neolithic temple. The site was excavated from 2003 to 2024, when it was infilled due to concerns about damage to the structures exposed by excavation.

Gillian completed her talk by saying that Archaeology is 'digging 6" into the ground and finding something that has been buried for centuries – and being the first to touch it.'

The next Arts Society meeting will be 'Christmas Winter Snow Scenes in Art'.

CHRISTMAS

loading...

Save THE Date

SAT 7TH - OVER 60'S CHRISTMAS DINNER - 1PM (BOOKING REQUIRED)

SAT 7TH - LUNESDALE XMAS DO - 3PM FEAT. UNINVITED GUESTS @ 8PM

FRI 13TH - CHRISTMAS POKER IN MEMORY OF TONY HANNIGAN - 7:30PM

SAT 14TH - FAMILY CHRISTMAS BINGO - EYES DOWN 7:30PM

WEDS 18TH - CHRISTMAS DARTS - 8PM

SAT 21ST - CHILDREN'S CHRISTMAS PARTY & SANTA'S GROTTO - 1PM (BOOKING REQUIRED)

SAT 21ST - USYK V FURY: REIGNITED - TIME TBC

TUES 24TH - CHRISTMAS CAROLS - 7:30PM

SUN 29TH - CHRISTMAS DOMINOS - 7:30PM

TUES 31ST - NEW YEARS EVE FAMILY PARTY FEAT. LYDIA SINGING LIVE - 7PM

WEDS 1ST - NEW YEARS DAY #BANDINTHEBAR - KEV KENDAL FROM 5PM

UNTIL LATE!

FOR MORE INFORMATION, PLEASE SEE OUR FACEBOOK PAGE

'TEBAY SPORTS AND SOCIAL CLUB'

OR CALL INTO THE CLUB TO CHECK OUT OUR EVENT DETAILS!

Cumbria-Westmorland Federation of WIs

Tebay and Orton WI

To find out more, come along to one of our meetings,
we meet on the 3rd Wednesday of the month

7pm, April - September
12 noon, October - March

In the Methodist Chapel Hall, Tebay

Visitors welcome, £4 entry includes refreshments

Autumn/Winter Programme

16 OCTOBER
Talk - 'Walking the West Highland Way'

20 NOVEMBER
Talk - 'Squirrels'

18 DECEMBER
Christmas Party

15 JANUARY 2025
Annual Show

19 FEBRUARY
Talk by Jackie Huck

19 MARCH
Annual Meeting

the WI INSPIRING WOMEN

Fun and Friendship

the WI INSPIRING WOMEN

WHAT'S ON?

Sat 7th - Over 60's Christmas Dinner - 1pm
(booking required)

Sat 7th - Lunesdale Xmas do - 3pm
feat. Uninvited Guests @ 8pm
(Live band, all welcome)

Fri 13th - Christmas Poker in memory of
Tony Hannigan - 7:30pm

Sat 14th - Family Christmas bingo
- eyes down 7:30pm

Weds 18th - Christmas Darts - 8pm

Sat 21st - Children's Christmas party
& Santa's Grotto - 1pm (booking required)

Sat 21st - Usyk v Fury: Reignited - Time TBC

Tues 24th - Christmas Carols - 7:30pm

Sun 29th - Christmas Dominos - 7:30pm

Tues 31st - New Years Eve Family Party
feat. Lydia singing live - 7pm onwards

Weds 1st - New Years Day #bandinthebar -
Kitties - Kev & Robbie Kendal from 5pm

Plus darts and pool teams playing every Wednesday,
Thursday and Friday along with LIVE Premier League
and EFL Football action on our BIG SCREEN



Opening hours

Weds, Thurs, Fri 7pm to close

Saturday 4pm to close

Sunday 3pm to close

Big Screen TV * Sky Sports * TNT
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



TEBAY SPORTS & SOCIAL CLUB

Football competition

The Year 5 and 6 children represented the school at a football competition at Frenchfields, Penrith organised by Eden Vally Sports Partnership. They showed fantastic teamwork and resilience.



World Mental Health Day

The whole school celebrated World Mental Health day on Thursday 10th October. Children and staff came to school in something yellow. Classes discussed the importance of good mental health. Just like you need to eat healthy food and exercise to stay strong, you need to do things that make you happy and calm to keep your mind healthy.



NSPCC workshop

We had a visit from the NSPCC who delivered workshop's to Year 2 and Year 5 and 6 children. The children met Buddy, who is a speech bubble, to encourage children to speak out to stay safe. The ladies were very impressed with the knowledge of how to keep ourselves safe and said the children's behaviour was impeccable. Well done to all the children who took part.



School Council Elections

We held our elections in school to decide who would represent each class on the school council. It was wonderful to see how many children put themselves forward for the role. In order to reinforce the British value of democracy, children were given the opportunity to cast their vote in

our 'voting booth'. The votes were counted and the successful candidates announced during a special assembly in school. We have been very impressed with the ideas the new councillors have already come up with.



Congratulations to: Eden, Imogen, Freddie, Franky, Charlotte, Daphne, Brooke, Josh and Finley.

Remembrance Day

The children worked hard to produce our annual Remembrance Day window displays. The displays respectfully illustrate the meaning behind this important event and create a very moving tribute. The children also acknowledged the many horses which were killed in battle. The whole school took part in a special assembly on Monday 11th November where a minute's silence was adhered to.



If anyone would like to come and have a look round the school, please contact the school office and we would be delighted to show you around...

We have spaces available in our Nursery. Please contact the school if you would like any information.

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

Tebay Primary School Tel: 015396 24239

'A SMALL SCHOOL WITH A BIG HEART'

Orton with Tebay First Responders

Orton with Tebay First Responders was established in 2005. Although training was delivered by North West Ambulance Service, the group was independent, was a registered charity and was responsible for raising its own funds to purchase and maintain equipment.

There were over 20 members when it started but declined to just 3 by 2019. Recruitment drives failed to attract new volunteers. As a result, the decision has been taken to draw the activities of the group to an end, including its charitable status.



In recent years, public defibrillators have become common place. Orton Parish has three, one in the kiosk opposite The George Hotel; one outside Vennings in Raisbeck; and one at The Old School in Greenholme. Tebay Parish has five, one in each of the kiosks in Old Tebay, outside The Barnaby Rudge and The Cross Keys. There is also one in Gaisgill and one in Roundthwaite.

Please familiarise yourselves with their locations and do not be afraid of using them – you can do no harm and you could save somebody's life. They are very simple to use – you are guided on what to do at every stage. Always Dial 999 – the operator will give you a code to open the cabinet to access the defibrillator. An ambulance will always be on its way. It is planned to put on some local training sessions in their use.

The funds that remain in the First Responders' account will be divided between Orton and Tebay Parish Councils. These will be ring-fenced to maintain the public defibrillators, in line with the aims and objectives of First Responders.

Menna Lewis,
Steve Dunkinson
and Stewart Cheeseman

Please come and join us for our
Christmas Concert
Tebay Community Choir
Melody Makers & Tebay Kids' Choir
for an evening of festive music

Monday 9th December, 7.30 pm
St James' Church, Tebay

Afterwards the bar in Tebay Social Club
will be open and light festive
refreshments will be available.

Cash collection in aid of Springfield Domestic
Abuse Support and St James' Church

Come along and get into the festive spirit!

TEBAY POST OFFICE

015396 24967

Monday: 9am - 1 pm & 1.30 - 5.30 pm
Wednesday: 9am - 1 pm & 1.30 - 5.30pm
Friday: 9am - 1 pm & 1.30 - 5.00 pm

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

Cumbria Education Trust

Services in our Anglican Churches

Sunday 1 December Advent 1 <i>Purple</i> <i>Welcomer:</i> Jeremiah 33.14-16 1 Thessalonians 3 9-13 Luke 21.25-3 <i>Prayers:</i>	Orton, 10.30am Morning Worship <i>Sandra Ward</i> <i>Mary Jenkin</i> <i>Keith Capp</i> <i>Margaret Longworth</i> <i>Elizabeth Crossley</i>	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> <i>Martin Windle</i> <i>Ruth Lawler</i>
Sunday 8 December Advent 2 <i>Purple</i> <i>Welcomer:</i> Malachi 3.1-4 Philippians 1.3-11 Luke 3.1-6 <i>Prayers:</i>	Orton, 8:30am Holy Communion <i>Chris Jenkin</i> <i>John Dunning</i>	Tebay, 10.30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10.00am Holy Communion <i>Brendan Giblin</i> <i>David Morris</i> <i>Diana Fothergill</i>
Sunday 15 December Advent 3 <i>Purple</i> <i>Welcomer:</i> Zephaniah 3.14-20 Philippians 4.4-7 Luke 3.7-18 <i>Prayers:</i>	Orton, 10.30am Morning Worship at the Methodist church	Tebay, 10.30am Service of the Word at the Methodist church	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> <i>John Newton</i> <i>Ian Torkington</i>
Monday 16 December	Orton, 6pm Christingle		
Wednesday 18 December	Ravenstonedale, 7pm Carol Service		
Friday 20 December	Orton, 1.30pm School service		
Sunday 22 December Advent 4 <i>Purple</i> <i>Welcomer:</i> Micah 5.2-5a Hebrews 10.5-10 Luke 1.39-45 <i>Prayers:</i>	Orton, 10.30am Carol Service at the Methodist church	Tebay, 10.30am Carol Service at the Methodist church	
	Orton, 6.30pm Joint Carol Service		
Christmas Eve	Orton, 11.30pm Joint Midnight Communion		
Christmas Day <i>White</i> <i>Welcomer:</i> Isaiah 9.2-7 Titus 2.11-14 Luke 2.1-14 <i>Prayers:</i>		Tebay, 10.30am Christmas Celebration at the Methodist church	Ravenstonedale, 09.30am Christmas Communion <i>Carole Marsden</i> <i>Hilary Law</i> <i>Richard Best</i>
Sunday 29 December First Sunday after Christmas <i>White</i> <i>Welcomer:</i> 1 Samuel 2.18- 20, 26 Colossians 3.12-17 Luke 2.41-52 <i>Prayers:</i>	Benefice Service at Kirkby Stephen Parish Church; 10:30am Holy Communion <i>Charles Cowling</i>		

Sunday 5 January <i>Epiphany (transferred)</i> <i>White</i> <i>Welcomer:</i> Pam and Garth Blundell Isaiah 60.1-6 Ephesians 3.1-12 Matthew 2.1-12 <i>Prayers:</i> Angela Milburn	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Elizabeth Crossley Andy Glanville Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Caroline Morris Sarah Lovell
Sunday 12 January <i>Baptism of Christ</i> <i>White</i> <i>Welcomer:</i> Isaiah 43: 1-7 Acts 8: 14-17 Lk 3 15-17, 21-22 <i>Prayers:</i>	Orton, 8:30am Holy Communion <i>Charles Cowling</i> Angela Milburn	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Charles Cowling</i> Diana Fothergill John Newton
Sunday 19 January <i>Second Sunday of Epiphany</i> <i>White</i> <i>Welcomer:</i> Mary Jenkin Isaiah 62: 1-5 1Corinthians 12: 1-11 John 2: 1-11 <i>Prayers:</i>	Orton, 10.30am Service of the Word <i>Team</i> Mary Jenkin	Tebay, 10.30am Informal Service at the Methodist church	Ravenstonedale, 10.00am Morning Worship <i>Charles Cowling</i> Martin Lovell Hilary Law
Sunday 26 January <i>Third Sunday of Epiphany</i> <i>White</i> <i>Welcomer:</i> Nehemiah 8: 1-3,5-6,8-10 1 Corinthians 12: 12-31a Luke 4: 14-21 <i>Prayers:</i>	Three Churches Services at All Saints, Orton; 10:30am Holy Communion <i>Charles Cowling</i> Zoom meeting number: 894 1727 3600		
Sunday 2 February <i>Candlemas</i> <i>White</i> <i>Welcomer:</i> Keith and Janet Capp Malachi 3.1-5 Hebrews 2.14-18 Luke 2.22-40 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Margaret Longworth Elizabeth Crossley 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@carlisediocese.org.uk Retired clergy Sandra Ward 24213 <i>(Penrith & Keswick Hospital Chaplain)</i> Christopher Jenkin 24410	Orton with Tebay Churchwardens Linda Garrick 24262 Martin Lawson 26028 Secretary [vacant] 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
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Services in our Methodist Churches

	2024/ 2025	1 st December	8 th December	15 th December	22 nd December	29 th December	5 th January	12 th January	19 th January	26 th January
		Advent Sunday	2 nd Sunday in Advent	3 rd Sunday in Advent	4 th Sunday in Advent		Covenant Sunday		Week of Prayer for Christian Unity	
*Tebay M P 1-1300 M H B	10.30	A Sterling US OA	M Lawson OA	4.00 Carols at PC	Carol Service OA	SS at N on L	S Radford Cov US OA	J Worsfold	LA OA	M Lawson OA
	6.30							Cnxn Svce at Warcop		Worship and the Word at Orton
Shap (Class of Tebay)	10.30	S Radford				SS at N on L	T Longworth	6.30 Cnxn Svce at Warcop		6.30 Worship and the Word at Orton
Orton M P Complete M H B PB EW	10.30	LA	A Dunstan OA	W Ousby	S Radford Carol Service OA	SS at N on L	P Carter	M Hattersley OA	P Dunstan OA	J Betts Cov
	6.30							Cnxn Svce at Warcop		Worship and the Word A Sterling
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	Tapestry Exchange OA	D Askew	R McGregor	Family Christmas Celebration OA	J Betts SS	TP OA	TP OA	TP OA	S Radford Cov TP
	6.30							Cnxn Svce at Warcop		Worship and the Word at Orton
*Ravenstonedale M P 1-1144 M H B H & P	2.00	10.30 At N on L	S Radford	A Sterling	T Taylor	10.30 SS at N on L	S Radford Cov	LA	A Sterling	S Radford
	6.30							Cnxn Svce at Warcop		Worship and the Word at Orton

New Beginnings 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

Vinelif e Cumbria Fellowship

Every Sunday in
Orton Market Hall,
10.30 am — 12.30pm

For anyone wanting to receive **home communion** or in need of **pastoral support**, please contact:
Revd. Sandra Ward on 015396 24213 or 07946 633334. Please leave a message and she will get back to you ASAP.
(If your need is urgent please contact Revd. Brendan Giblin, on 017683 39168)

Families Together in Tebay and Orton have a Marquee for hire (10m x 4m, £50 per day)

Hiring it out (maybe when the weather gets better) helps them cover the cost of other events — get in touch with them on FB or email them at hello@ftto.org for more info.

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 the Revd. Nelson Walina

16.10.24 Let me give you a living testimony.

If you can remember, I asked Mary to pray for one couple to conceive after 4 years in marriage. She has delivered a baby girl today, at St. Mary's Hospital. Delivery via C-section. The Almighty God has answered your prayers upon our Couples Corner Services and families. We shall continue praying. The family that has delivered is the JOBEC family (Joram and Rebecca).



The baby's first name is MASIKA which means "a first baby girl one of whose grandparents had

passed on". (If all grandparents are alive she would be called MUSOKI.) Therefore, this our baby girl is MASIKA Miracle.

5.11.24: "Road Ministry" has been launched today, with many clergy meeting and praying by a major road.

We were praying for

- * Road Safety,
- * against accidents,
- * theft,



- * cleansing dark spots on the roads,
 - * murder,
 - * suicides cases
- and many others.

On Sunday 17th November four members of All Saints, Orton, are taking part in another Zoom meeting with the Kasese "Couples Corner Fellowship" for young families.

Wild Wanderings

Come and join us
to **connect** with each other & the divine in creation
to **reflect** on where we are & who we are called to be
to **act** together to create the change we want to see

Sunday 19th January
4pm – 5pm walk
5pm Shared tea
Meet at Tebay Chapel

Walk with us,
or join us later for
food and a drink.

A gathering for our community, for people of any age and background
Local walk – a couple of miles, whatever the weather – meet at the chapel, dressed appropriately!
Please bring some finger food to share.

For further details, please contact Pam on 07552 405500

Congratulations to Hector!

Hector Meanwell, aged 25 and a member of the Eden Valley YFC, was named Young Farmer of the Year in a ceremony held at the National Conference Centre, Birmingham, at the beginning of November.



With around 500 people looking on, Hector, was interviewed by a judging panel headed by Kelvin and Liz Fletcher, stars of the ITV series *Fletcher's Family Farm*.

They gave top spot to Hector, who helps run his family's regenerative upland farm at Tebay, as well as managing Low Becks Farm, Mungrisdale, for the Ernest Cook Trust, and is eager to bridge the gap between consumers and farming. He is involved in launching a shop on his family farm and runs educational sessions at Low Becks Farm to engage schoolchildren and people from disadvantaged backgrounds about opportunities in agriculture.

Kelvin Fletcher said: "The unique thing about Hector is that people like him don't come along very often. He's an entrepreneur, he's got spirit. He will do things on a huge scale.

"I'm buzzing about the future of farming if it looks like Hector. He's hard working, passionate, willing to be transparent and open with people that doubt the integrity of his work and brings them on board. I think that's fantastic."

Hector said he felt very honoured to win the award, but what had really made an impression on him at the ceremony was seeing the strength of the YFC movement in Cumbria.

The Young Farmer of the Year Award was one of eight presented at Birmingham in recognition of the achievements of those involved in YFCs across England and Wales.

*Article adapted and abridged from the
Cumberland & Westmorland Herald*

The Lost Church of Tigh-Begha (The house of Bega)

Following a talk to Lunesdale Archaeology Society on the 'Gilbertine Presence in Newbiggin-on-Lune' Jan Hicks suggested that the well-known St Helen's Chapel at Newbiggin could have been a re-dedication by the Gilbertines of an earlier ecclesiastical site next to a sacred spring. This would have happened soon after lay brothers of the Order arrived to administer the newly acquired grange after the donation of the whole Ravenstonedale manor to the Priory of Watton in the late 12th century. From other sources we know that St Helen was one of the patron saints of the Priory.

This idea has led to a further examination of the records to see if there is any historical evidence for an earlier chapel on the site. The first thing to be found was a reference to Tebay in a paper by W. Collingwood where he suggests an interesting origin for the village's name.

The Irish used Tigh (tee) "house" to signify church. Tebey, on a Roman road, near early settlements, was a very ancient site. It was Tybai, Tibbay, Tibai, as far back as King Stephen. The bai cannot be Danish "by" or Norse "baer". Ty-bach, Welsh for "little house", has been proposed, but the exact equivalent is found in Tigh-Begha, the church of St. Bega.

St Bega was a medieval Irish saint. According to her Life, she was an Irish princess who fled to England to escape an arranged marriage to a Viking prince. A number of churches have been dedicated to her in the north of England, and her feast day is still celebrated in St Bees. The old form of St. Bees was Kirkby Begog, the diminutive of Bega.

Collingwood's observation is in a CWAAS paper entitled the 'Lost Churches in the Carlisle Diocese'. It puts forward the thesis that, by the time Norse Vikings fled from Dublin and came to settle in the early 10th century, they had been converted to Christianity by the Irish. Then, copying the Irish, they built many 'Kills' or small chapels for their worship.

This leads us to ask 'Is there any record of such a chapel in or near modern day Tebay?' and, if not, could there be any connection with St Helen's Chapel in Newbiggin, even though the latter is six miles away. This last idea turns out to be not as far-fetched as it may seem as a perusal of the old records does uncover quite a few mentions of 'Tebay' near to Newbiggin.

In 1200 King John issued a charter confirming the Priory of Watton's lands. Part of this charter refers to Langdale and Butresdalesbec and refers to

et totam terram et pasturam inter ipsum Langedale et Butresdalebec, sicut aqua quae vocatur Tybbey descendit

and the whole of the land and pasture between the said Langdale and Butresdales beck, just as the water that is called Tybbey descends.

This suggests that certainly this stretch of the Lune was previously called the Tybbey. Butresdale is an old name for Bowderdale.

In 1224 we have an archive record that confirms the above. This is a complaint by Richard, prior of Watton against Robert de Veteripont. The final concord between the two describes the boundary of Ravenstonedale manor.

Namely from the head of Butheresdal [Bowderdale] just as the river which is called Butheresdalebec descends into the river of Tebay, and from the river of Tybay and Hanescoth [Hanskey] to Blaterne [Cow Dub, just south of Sunbiggin Tarn]

This describes the boundary of the manor running north from the Howgills, down Bowderdale Beck, across the A685 and the Kelleth Road, and then north towards Sunbiggin Tarn.



Further evidence for this stretch of the river to be the Tebay is found in the manorial records. The river starts with several becks converging at Newbiggin. The two main ones are the Town

Beck coming from St Helen's Well and Bessy Beck. In dry weather the Greenside Beck with a source near Green Bell on the Howgills dives underground at Beckstones Farm and emerges as Bessy Beck from a spring in a field just to the north. This beck runs through the fish farm to meet up with the beck from St Helen's Well at the bottom of the author's garden.

Beckstones, to the south of Newbiggin, was originally part of a much larger tenant holding that, in the manorial records, is called (1587) Tebay Heades, (1655) Teabay Head, (1690) Tibby Heads, (1729) Tyboeheads and (1734, 38, 81 and 1803) Tibby Heads. This shows a long standing tradition that one part of the river Te(a) bay or Tibby had its origin at Beckstones with the other part being the waters from the spring (St Helen's Well) next to St Bega's Chapel (St Helen's Chapel).

Perhaps in mediaeval times Tebay may have covered a much larger area than it does now with this being lost when Newbiggin was created. The latter seems to be a post-conquest planned village with crofts spanning the Town Beck.

So perhaps the idea that St Helen's Chapel was originally St Bega's chapel is not too farfetched after all !

Les Neal, Penny End, Newbiggin-on-Lune



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

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

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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

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 & Flu vaccinations

Covid vaccinations will be offered to all eligible patients. We are currently awaiting delivery dates.

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For GP appointments, you will be offered one of three categories: Red, Amber, or Green. Red appointments are for same-day emergencies, where it is clinically important that you are seen immediately. Please ring as early as possible if you need to be seen that day, to help our receptionists and doctors manage your care effectively. For pre-bookable Amber and Green appointments, you can ring at any time during the day. You may be offered an appointment within the next few days or a routine appointment up to two weeks ahead. Pre-booked appointments also give you more flexibility to request your preferred GP.

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Equipment Calibration

We have arranged for an external company to calibrate both the Practice's medical equipment and patient's blood pressure monitors on Thursday 28th November. Should you wish to have your monitor calibrated this year, then please let our Reception team know.

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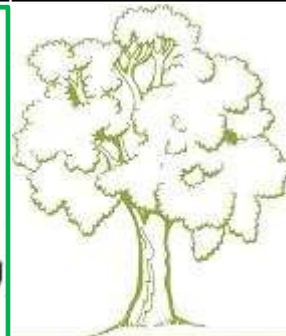
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	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garthill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby 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
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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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Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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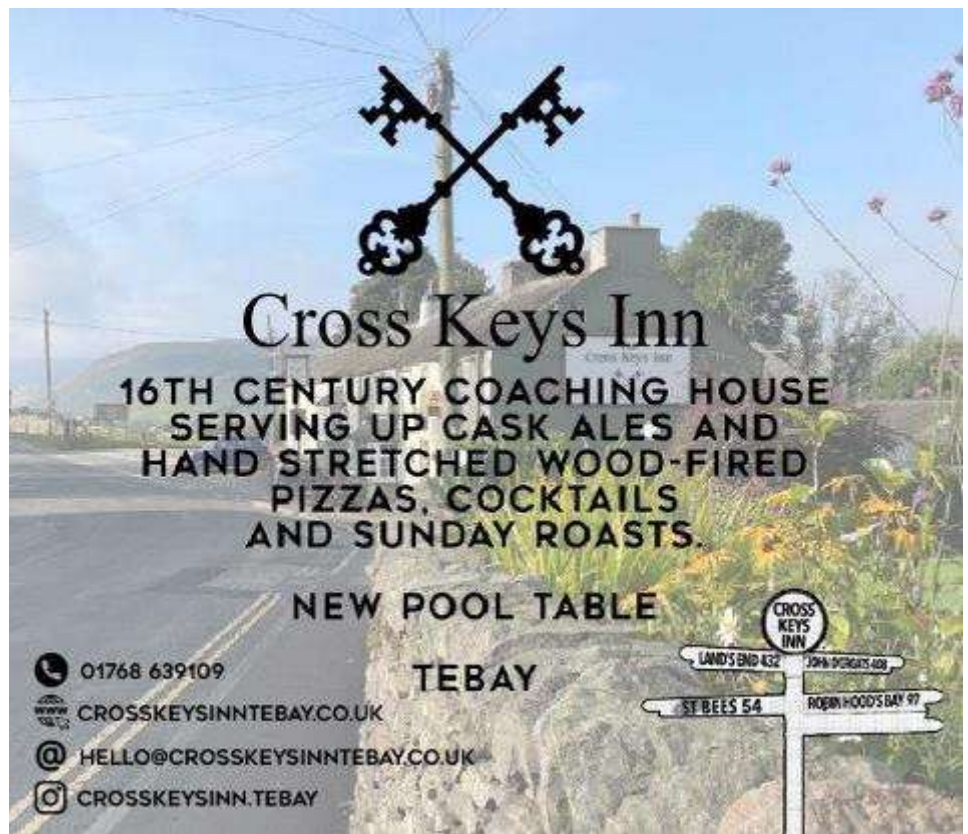
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RAVENSTONEDALE YOGA CLASSES

Monday 7.15 - 8 pm
Hatha Yoga for everyone.

Thursday 9.30 - 10.30 am
Hatha Flow Yoga for everyone.

Yoga classes are at The Heritage
Centre(High Chapel, Ravenstonedale.

Classes are also available in other locations
and Online.
Contact me with any questions and for
more details.

Suzie on 07940 185 471
suzie@suziemetcalfe.com

Pay as you go or membership options

GT's Trees and Gardens

Trees Pruned, Hedges Trimmed
Lawns Mown, High Hedges,
Brash Chipping, Spraying

Contact: Giles Thornley
(Cert.Arb (RFS))
NPTC Certificates

07785 361471 or 015396 23326

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Quotes for all jobs undertaken

Brian Metcalfe
07534 424795
brianmetcalfe938@gmail.com



Sports injuries
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Persistent pain

Face to face appointments are available with
robust Covid-Secure precautions in place.

Contact me for appointments 07975 999373
or find me on Facebook
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thewestmorlandhandyman@gmail.com
www.westmorlandhandyman.com

Chris Boustead - joiner

**All joinery work undertaken
and building contractor.**



Mobile: 07875 505 976
Email: chris.boustead@btinternet.com

Useful Contacts

Phone STD code is 015396 unless otherwise shown. Please let us know if there are others to add here.

For little children:

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

For primary age children

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 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

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

Shap Medical Practice
(with Surgery in Orton): 01931 716230

Vets:

Kirkby Stephen: 01768 371359

Appleby: 017683 51507

Shap: 01931 716024

Adult groups

Alcoholics Anonymous

Call FREE: 0800 9177 650, email: help@aamail.org

Archaeological Society: Jan Hicks: 01931 714122

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: Helen Wearmouth 24066 or 07377 332 162

Boccia: Felicity Lawler: 015396 24465

Book Club: Clare Fox: clarefox59@gmail.com

Judith Cattermole: judithcattermole2@gmail.com

Bowls at Newbiggin: Stephen Dickinson: 07766 833500

Choirs:

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

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

Quiz Team, Orton: Louis Cotter: lfc@lfcotter.plus.com

Sew and Sews, Orton: Gillian:

UpperEdenRotary.org.uk Roger Frank 24326

Volunteer Social Car Scheme: Dennis Humphreys: 26052

Women's Groups:

Orton: Pat Alexander: 24303

Lune Ladies: Wendy Dickinson 07766 833500

Mothers' Union: Angela Milburn: 24382

Women's Institute: Jackie Huck: 24266

Local community websites:

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>

Local church 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/>

and on Facebook - click on, search for, or visit:

Orton: [AllSaintsOrton](https://www.facebook.com/AllSaintsOrton)

Tebay: [stjamestebay](https://www.facebook.com/stjamestebay)

Ravenstonedale: [StOswaldRavenstonedale](https://www.facebook.com/StOswaldRavenstonedale)

Newbiggin: [newbigginonlunechapel](https://www.facebook.com/newbigginonlunechapel)

CHRISTMAS EVENTS

For further details tel.
015396 24410

Wed. 11th Dec.

**GOLDEN
OLDIES
PARTY**



2.00 pm

**St. Oswald's,
R'dale**

Sat. 14th Dec.



**ORTON
FARMERS'
MARKET,**

**Coffee Morning
& Carols in
church with**
Christmas Tree Festival



Sat. 14th Dec.

Churches Together

CREAM TEAS

Tebay

**Methodist
Church**



with KS Silver Band
3.0-4.30 p.m. £5

Sun. 15th Dec.

**CHRISTINGLE
SERVICE**

**St. James'
Tebay**



4.00 p.m.

Mon. 16th Dec.

**CHRISTINGLE
SERVICE**

**All Saints,
Orton**

6.00 p.m.



Mon. 16th Dec.

**CAROLS IN
THE PUB** 8.00 pm



**The Black Swan,
Ravenstonedale**

Wed. 18th Dec.

**CAROLS BY
CANDLELIGHT**

**St. Oswald's,
R'dale**

with choir
7.00 p.m.



Sun. 22nd Dec.

**JOINT FAMILY
CAROLS**

**Orton
Methodist
Church**

10.30 a.m.



Sun. 22nd Dec.

**UNITED CAROL
SERVICE**

**Ravenstonedale
Methodist
Church**

2.0 p.m.



Sun. 22nd Dec.

**CANDLELIGHT
SERVICE** 6.30 p.m.

**Newbiggin
Methodist
Church**



Sunday 22nd Dec.

**CAROLS BY
CANDLELIGHT**



*with choir
(and mulled wine
and mince pies)*



All Saints, Orton 6.30 p.m.

Christmas Eve

**CAROLS
AROUND THE
CHRISTMAS TREE**

*by Orton
Market
Hall*

6.30 p.m.



**Christmas
Eve**

**MIDNIGHT
COMMUNION**

**All Saints',
Orton**

11.30 p.m.



Christmas Day

**FAMILY
COMMUNION**

**St. Oswald's,
R'dale**

9.30 a.m.
*Bring a
present
to show!*



**CHRISTMAS
DAY JOINT
CELEBRATION**

**Tebay
Methodist
Church**

10.30 a.m.