

The Link

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



February 2024

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 ,

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

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

<https://tinyletter.com/TheLink>

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

*Front page photo:
'All Saints Tower, Orton'
Chris Jenkin*

As this February issue of The Link goes to press, we're all communally battling the wind and rain of the passing storms. Just the sort of weather to stay inside (if you can) and enjoy leafing through this new edition of The Link! See the advice from the Cumbria Resilience group on pages 18 & 19 if you need help.

We've got several new advertisers for 2024 — do please use The Link to find local trades people, suppliers, crafts and other useful services. Do please also mention that you saw their advert in The Link — It makes a big difference to them and to us. Advertising is the main

way that we pay our bills to publish this magazine, and we need them to know that you've seen them here, and their spend on advertising is worth it.

Do enjoy the write-ups of events, and the notices of what's coming up. These community events only work if we support them — and that may mean going out when it's raining or windy, but it's through the shared effort of joining in, supporting each other and contributing to plans for future events that we build the communities we want to live in.

Anne, 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

Blessed are the Peacemakers

In a world plagued by conflict and division, the Church has a crucial role to play as a community of peacemakers. Jesus calls every one of us to love God, our neighbours, ourselves – and our enemies. It's a challenging command, with nobody left out. We're all given the message and task of reconciliation.

The Sermon on the Mount recognises the value of peace makers (not 'cheese makers'!), calling them blessed. But some are called to go beyond peace making and actively work to build peace in our broken world.

Peacebuilding is creating an architecture through which peace can develop: processes, structures, relationships and values that lead towards – even incentivise – non-violent action and disagreeing well, reducing or removing the drivers of violent conflict.

It points to the peace that Christians believe Jesus has enabled in our relationship with God and which he will bring to the world. Making peace is a key part of the identity of the God we follow. Jesus says 'blessed are the peacemakers, for they will be called children of God.' When we create peace, we show our family resemblance, mirroring God's own identity.

Here in Cumbria, at Rose Castle near Dalston, Carlisle, Sarah Snyder and others are working to build peace with a global network of leaders. They work with those leaders to transform the conflict in our divided world. It is only deep change that can have any impact on some of the intractable situations like Israel-Gaza. Sarah and her team focus on building the foundations for peace for generations to come.

They equip leaders to navigate change, chaos and conflict, not just today but for the long run. Leaders come face-to-face across divides, re-humanising those they no longer see or hear, and working towards a more peaceful future where both sides flourish – one in which their differences still matter.

They call this 'deep-to-deep'

encounter. In a carefully facilitated space, where nobody is asked to leave their faith or ideology at the door, searching questions can be explored. This invitation to authentically interact draws out vital common ground but, more importantly, allows a rare space to share and explore the depths and differences that shape all of us.

Their focus on faith and difference makes the work of the Rose Castle Foundation unique. Their programmes bring this approach to life, bringing together extraordinary leaders into the most unlikely encounters. With an enduring package of support, the leaders embark on a holistic journey towards reconciliation as they become key influencers across challenging divides.

You can find out more about their work by searching for '[Rose Castle Foundation](#)'.

Even if we are not called to be building peace with international leaders, we are all called to be peace makers — more than peace keepers, and actively working to make peace, to encourage reconciliation, and communication across differences. Even in our villages, and families, and friendships we will find that working for peace brings blessing.

One of our local preachers

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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

Indoor Bowls

Come and join us!

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

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

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

More information from 07880 706485

- see you there!

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)



Newbiggin-on-Lune Litter pick

Ravenstonedale to Weasdale
along the verges of the A685

Saturday 2nd March 2024, 10:30am

Meet at Newbiggin-on-Lune Public Hall



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

Farewell December

Farewell December
Marching out to a fanfare of frivolity
And flatulence
Trailing tinsel and glitter
And piles of unwanted gifts
Keep the joy
Peace on earth, please stay
You are needed more than ever now

In glides January
Crisp and clean as a new white shirt
The sun sets fire to the hills
And scorches the way
Love harder
Give more of what is truly needed
Hold tight the resolution
To be your better self

Joanna Hayward

Junior Church

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

Shaping the National Park 'to do' list

The Yorkshire Dales National Park Management Plan Partnership is updating its management plan – to cover the period 2025 to 2029 – and is asking: **'What needs doing most in the National Park in the next five years?'**

People are invited to consider 18 areas of work, ranging from reducing pollution in rivers to increasing the supply of affordable homes, and rank what would be their top six priorities.

The public consultation is in the form of a survey, which takes only a few minutes to complete and is available [online](https://www.surveymonkey.com/r/NPPriorities) until Monday the 26th of February.

You can click the link above to participate or visit this address from your device:

<https://www.surveymonkey.com/r/NPPriorities>

Tattie Pie Supper and Dominoes



Saturday 17th February 2024, 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



Bacon Butty CHURCH

OUR NEXT BACON BUTTY CHURCH IS SUNDAY 18TH FEB, PAUL CAPSTICK WILL BE SHARING.

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



MEN'S MEETING

'FUNNY BANTER WITH JOHN MORTON'

WED 7TH FEB, 7:30PM
AT NEWBIGGIN-ON-LUNE CHAPEL

BREW - BISCUITS - BANTER



Lent — a time to try something new?

Pancakes and love!

Sunday 18th February 2024 3-4 p.m.

@ Ravenstonedale Community & Heritage Centre

The local Church Communities invite you to a

Café style event

Come and enjoy afternoon tea with friends.

While we eat we will informally include some thoughts for reflection/discussion, music, and crafts available for those interested.

Family friendly — everyone welcome.

Come from near and far!!!!



SAVE THE DATE!

SATURDAY, 6TH APRIL, 2024

Yet Another Bit of a Do!

Wine & cheese
with
Entertainment by
The Vagabonds

Ravenstonedale Community
& Heritage Centre

Full details In March Link



Bach at Christmas

On Sunday 10th December we were delighted to once again welcome to St. Oswald's Ravenstonedale The Wensley Camerata under the musical direction of Martin Budgett.

For this stunning concert of J S Bach's music, the Camerata were joined by the beautiful voices of The Jervaulx Singers, led by their musical director Charlie Gower-Smith.

The concert was a celebration of the 300th anniversary of JS Bach's appointment as cantor to St Thomas's Church Leipzig. Two popular choral works by Bach were performed either side of a selection of three unaccompanied carols performed by The Jervaulx Singers.

Martin Budgett informed us that the orchestra of 23 players was the size that would have been used by Bach. However, the 8 Jervaulx Singers were half the size of the choir that would have performed in St. Thomas's. The stunned audience could not believe that only 8 singers could make such a wonderful sound!

The concert began with Cantata No 1 from Bach's Christmas Oratorio, which would traditionally be performed on Christmas Day and describes the birth of Jesus. It opened with a joyful, rousing chorus, demonstrating Bach's exquisite use of polyphony and demonstrating the clear and precise execution from the singers. The biblical narratives are presented in recitative by individual singers with various arias and chorales (Lutheran hymn tune settings) reflecting or commenting on episodes of the story. The work was sung in German so it is likely that not many in the audience could follow this commentary. However, we were all familiar with the story! The two arias were beautifully sung by Beth Moxon and Edward Robinson and the two sopranos, Eleanor Garside and Jenny Bianco blended sublimely in the second chorale.

Martin Budgett did a wonderful job of keeping the orchestra together, often having to flex the time to respond to the soloists.

There followed an interlude of three unaccompanied carols, very different in character and crossing several centuries. The singing in the delightful Cherry Tree Carol was precise and polished with beautifully blended voices and pure musicality. The second carol, Now May We Singen, had a mediaeval dance-like quality and some tricky rhythms and time signature changes., all perfectly executed. The

final carol, I Saw three Ships was better known but possibly not in this interesting arrangement by David Willcocks.

The final section of the concert was a performance of Bach's Magnificat in D written for Bach's first Christmas at Leipzig. This was a joyful, melodious work in 12 sections, written for 5 part chorus, showcasing the talents of the other members of Jervaulx; Lorna Day, David Horton, Gareth Edmunds and Charlie Gower-Smith. The choral movements contained challenging passages with wide ranges and running semiquavers, demonstrating how Bach treated his singers the same as his instrumentalists. The triumphant use of trumpets and timpani brought tremendous excitement to the performance.

The audience of around 80 people responded enthusiastically with rapturous applause and the musicians were thanked by Richard Best who acknowledged the difficulty of the music. The audience were very generous with their donations and the money that was raised was divided equally between St. Oswald's lighting fund and the Heriot Hospice and Community Nurses.

Anne Asquith

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 21st FEBRUARY 2024

7.30PM

at

RAVENSTONEDALE HIGH CHAPEL
COMMUNITY AND HERITAGE CENTRE

"ONLY CONNECT – 17TH CENTURY
LADY ANNE CLIFFORD
& OUR MONARCHY TODAY"

with

Anne Taylor

Chair of Upper Eden History Society

Admission: Members £2.00 Visitors £3.00

including refreshments

For more information contact Val Fermer on
07798 688057 or leave a message on

www.ravenstonedalehistory.org.uk

RAVENSTONEDALE COMMUNITY & HERITAGE CENTRE



C o f f e e & C h a t

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

All Welcome

We would love to see you!

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

*Book Swap / Borrow
available*



RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

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

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

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

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

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

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

Monthly – Saturday Sewing Workshop with Jan
Hardcastle (07876508027)

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

next market

Saturday 10th February

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 December raised £1124.60
and in January raised £339.10

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



Update on Orton Church Tower

As I write this the scaffolding on All Saints' Church tower is being dismantled and at last we can see the results of all the work that has been going on.

A bit of history – when the Victorians were around, the tower was already lime washed and even then stood as a beacon, and the white tower of the church could be seen for miles around. However for reasons now unknown they removed the lime wash and ever since there has been considerable water ingress through the walls of the Tower causing green algae and at times water flowing down the interior steps. Over the years various remedies have been tried with little effect.

With the recommendation of the Church Heritage Trust work has now taken place which we hope will solve the problem for the foreseeable future.

All the old mortar of cement and lime has been removed and the resulting surfaces cleaned.

New lime mortar has been applied and when dry and set the walls have been treated with a lime aggregate with several coats of lime wash too.

The sides which get the worst of the weather have extra layers and each layer needs to settle before the next layer is applied.

The weathervane base which was in a very bad state has been replaced (by John Bainbridge) and the lightning conductor refitted and tested.

The clock is now operational again, thanks to Julian Thorpe.

The parapet of the tower has been wrapped in hessian to stop the work on this vulnerable area from drying out too quickly – though various storms have done their best to snatch away the hessian!

In the New Year the final “clear up” and other small jobs will be completed.

COST: The entire job has cost over £100,000. Though we have received grants totalling £22,700, without which we could not have done all that has been done, and much VAT can be reclaimed, the project has virtually emptied the church's Restoration Fund.

*Mary Jenkin & Keith Capp
(Deputy Church Wardens for Orton)*

Christingle and Children's Society Collections

At Orton, the children's Christingle collection boxes (shaped like candles) contained £99.22 and the offering taken at the Christingle service was £185.13. Total: £284.35.

£44.28 was the amount collected at the Tebay Christingle Service.



This money is sent to the Children's Society to support their valuable work among disadvantaged children and young people in many places.



The Children's Society

The Children's Society sent a letter of thanks, saying:
"Thank you for letting young people know they are not alone."

Last year our services were here for more than 63,000 children and young people, and the generosity and dedication of supporters like you made that possible."

Thank You So Much!

We would like to say a great big Thank You to all those many people who help All Saints' Church in one way or another throughout the year.

All those who are on the key rota, those who cut the grass in the new churchyard, those who help look after the old churchyard, the people on the cleaning rota, as well as those who do the flowers in church.

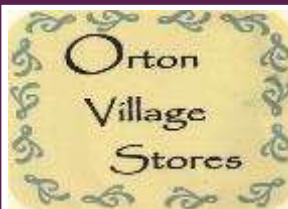


Those who run the regular second-hand bookstall and bric-a-brac stall, or who bake and/or serve at our regular monthly coffee mornings and those who do likewise for the annual Exhibition, and of course those who organise, create and set up the Exhibition.

Thank you too to all the people who decorated trees for our Christmas Tree Festival, the bell ringers, and all those who take our services. There are probably others that I have not thought of, but you know who you are and our thanks go out to all of these people who quietly get on with whatever they do throughout the year for our village church.



Mary Jenkin (Deputy Warden)



**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



Making a difference where you are

Christians in Orton, and any one else interested, will be starting a six week course to discuss 'Making a difference where you are' - beginning 8th February at 7.30pm. If you would like to join us please ring —
 Rowland & Rachel on 015396 24372 or
 Keith & Janet on 015396 26187

BOCCIA...

...is a sitting down game of boules. The most physical activity it entails is getting up from one's chair to retrieve the ball at the end of the game. One just needs to throw, fairly accurately, if possible, but there are tactics involved.

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

February 8th and 23rd;
 March 7th and 21st.

No need to book, just turn up, but if you would like more information please contact Felicity Lawler -
 07703318826 Cost - £3.00 per session.



URGENT HELP NEEDED AFTER SCHOOL CLUB ASSISTANT ORTON CE PRIMARY SCHOOL

We are looking for someone to be an After School Club Assistant three to five afternoons a week. There may also be the opportunity to do some Breakfast Clubs and take on other roles in school.

Full training will be given

To Start ASAP

HOURS 3.30pm – 5.30pm – Three to five days/ week
Pay: £12 per hour, Holiday Pay & Free Club for own children.

If you are interested, please get in touch with Headteacher – Emma Pomfret for an informal discussion.

Contact Telephone – 015396 24268 /

head@orton.cumbria.sch.uk

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

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

Orton Market Hall Update

Our Supper room is now complete with new disabled entrance, door, flooring, curtains and redecoration. Many thanks to Capsticks Carpets, Scott Blackman, Roland Woof, Ali Potter and Wayne Birkbeck for all their hard work in completing it. Also thank you to The Westmorland Fund, Eden Community Foundation, The Hatfield Trust and Orton Parish Council for funding the work.



Thank you to all our hall users for their support in 2023. We look forward to welcoming you back in 2024. Below is a list of our upcoming events:

8/2/24 7:00pm Lee Schofield talk about the RSPB project at Haweswater

10/2/24 Ceilidh – Chris Bland will be calling alongside a live band

1/3/24 7:30pm Highlights: A concert for International Women's Day

31/4/24 7:30pm Highlights: Katie Doherty and the Navigators music show

13/6/24 7:30pm Remi Harris music show

More details of these events are on our website www.ortonmarkethall.co.uk or on Facebook – [Orton Market Hall](https://www.facebook.com/ortonmarkethall). If you would like to join as our team as a trustee or volunteer, please email ortonmarkethall1@gmail.com

Christian Aid Collection

At the November COFFEE MORNING in ORTON CHURCH, a COLLECTION was held for the REFUGEES in GAZA.

A sum of £200 was donated. This has been sent to Christian Aid,

THANK YOU for your support.

Olive & Chris Bland

A Community Pub

Thank you for your support!



The Community Pub committee would like to take this opportunity to thank each and everyone in the local community that gave their time, moral and financial support to the efforts of the committee.

The money raised from all the events and individual donations went towards paying for the Building and Business surveys leaving an excess of just £17.

It is believed that Marstons are currently pursuing the option for new tenants, should the situation change the committee is standing by in order to step up once again.

ORTON CHURCH 2024 EXHIBITION AND SCARECROW FESTIVAL

Saturday 25th May - Sunday 2nd June

This year's theme will be:

LITTLE and LARGE

we've had some good ideas but need more, so if you have any ideas and would like to join in and help it would be much appreciated.

If you are new to the village it's a good way to get to know people.

The Scarecrow theme will be TV CHARACTERS, so lots to choose from.

Our next meeting is on Thursday 29th February 7pm in Church.

For more information contact:

Brenda Iveson 24617

Susan Thorpe 24166

For Scarecrow info:

Helen Wearmouth 24066



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.*

News from rton School

Tri-golf

We left school and got on the bus, it was a long drive but eventually we got to Appleby sports hall where Tri-golf was. When we got there we got split into our year groups! Then we got started, we made names for each team. Year 3 was Orton Elves, year 4 was the Orton Christmas Crackers, year 5 was the Orton Gingerbreads, year 6 was the Orton Jingles. We had a huge success as Orton Christmas crackers came 1st over all! But all of our other teams did so well! There was lots of hard parts and some easy, we had lots of fun!

Theo, Jonah and Ruth.

Willow Art

A man called Dave came into school and trimmed the willow with Class 4. It was very cold! They took some of the spare branches inside and Class 3 did some willow art. We made a Christmas wreath or a star. Then we decorated them with some leaves and berries and took them home. The next day, Class 4 made a wreath or star as well.

Aoife and Heidi

Class 1&2 went to see The gingerbread man at Kendal and we asked a member of class 1 for a REVIEW:

'IT WAS FUNNY AND THERE WAS A BIG FOX. THE GINGERBREAD MAN SAID 'RUN RUN AS FAST AS YOU CAN, YOU CANT CATCH ME I'M THE GINGERBREAD MAN.' IT WAS good. they had an ice cream at the theatre.

Freddie and James

Carol Singing

First, we got on the bus to go to Tebay Services and then we went in Tebay Services and sang as elves.

We sang Away in a Manger, Little Donkey etc Then we went back to school and we counted the money. We raised £311.37

W and Henry

Friday was Christmas dinner day. Mrs Davidson and Mrs Douthwaite spent a lot of time preparing a delicious meal for all of us children. We all enjoyed it very much, we all agreed it was the best yet and some of the governors came to enjoy the delicious feast! AND FOR PUDDING IT WAS CHOCOLATE LOG AND WHIPPED CREAM !!! At the table we pulled Christmas crackers and there were Christmas crowns everywhere and lots of apple sauce. And we got chocolate cream all around our mouths!!!

Anna and Lucy

Lights Camel Action

AT THE END OF THE YEAR ORTON SCHOOL PUT ON A SHOW. THIS IS THE BEST SHOW EVER, IT'S A LIFE TIME OPPORTUNITY. ARE YOU READY FOR LIGHTS CAMEL ACTION? JOSHUA AND JAMES WERE THE CAMELS, THEY WERE REALLY GOOD.

JOSHUA AND LILY



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

Orton Methodist Chapel

Invite you hear Michael Hardie share
about the work of

The Leprosy Mission

on Sunday, 4th February at 2.30pm
followed by Tea



Hear about the work being done to support
leprosy patients and the efforts being made
to eradicate the disease.

There will be an opportunity to give financially
towards the work of The Leprosy Mission
for those who wish to do so.

Everyone very welcome

BINGO

ORTON MARKET HALL

FRIDAY 9th FEBRUARY

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

**CRY FOR EDEN
AND
ORTON MARKET HALL**

Forthcoming Dates

**8th MARCH
12th APRIL
8th MARCH**



GLASS HEART WORKSHOP

*With
cumbrian crafty lass*

FRIDAY

Create your
very own glass
heart sun
catcher ♥

£30

2ND

Orton Market
Hall

7pm

FEBRUARY

A fun glass
fusing
workshop
suitable for
adults and
children 10yrs
+



CONTACT TO BOOK
HELEN - 07377332162

CEILIDH

with the

Jack O'Dandy Band

ORTON Market Hall

Saturday 10th February

6pm start

Adults £7.50 Children £2.50

Family maximum of £20

Bring & Share Supper

More details: tel. 015396 24258

in Aid of our Market Hall.

Licensed Bar

Tickets available from Orton P.O. or on the door

*Can you remember the Platinum Jubilee
CEILIDH which was a very good night?*

This is the same band back again!

*Please come along for an enjoyable evening
& help to raise funds for our Market Hall.*

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 Choir

Thank you to everyone who braved the unpleasant weather to come to Tebay Community Choir's Christmas Concert.

Thank you, too, for your generous donations at the door and with the raffle. Just over £200 was raised; this will allow us to make a donation to St James' Church as well as providing further resources for the Kids' Choir, Melody Makers and the Community Choir.

The choir is always pleased to welcome new members. We usually meet on Monday evenings during school term from 7.30 pm until 9 pm in Tebay Social Club.

If you would like to find out more, please contact Alison on 07964 978961 or email - alison@mott.me.uk



**January's
Wild Wanderings!**

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 18th Feb
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



Tebay Community Meal

Meal at 12.30pm, stay until 4pm

Sunday 4th February

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!



Sunday February 4th

Sunday February 18th

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

WHAT'S ON?



February 2024

Bingo 4th & 18th February

PLUS live sport including Premiership & EFL Football, Rugby and more....

Did you know as a member you can hire our function room along with fully equipped kitchen for free? Memberships is just £15 for the year so why not see about hosting your next event with us - christenings, weddings, funerals, birthday parties, and baby showers are just some of the events we have hosted in the last 12 months - cater for yourself, ask us to cater for you or just drink the bar dry...any is fine!!

Ask at the bar, contact us via our Facebook or Instagram pages, or email tebayclub@yahoo.co.uk to find out more!

Opening hours

Weds, Thurs, Fri 7pm to close

Saturday 4pm to close

Sunday 3pm to close

Big Screen TV * Sky Sports

BT Sports * Pool table

Snooker table * Darts boards

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

Prize Bingo & Cash Bingo on alternating Sundays

Free WiFi

TEBAY SPORTS & SOCIAL CLUB



What a busy and exciting December we had in school!

Video call with a NASA engineer

The Marvellous Mules class had the FANTASTIC opportunity of taking part in a live video call with NASA engineer Howard Hu. Howard Hu was a guest speaker on Aspire to Engineer: To the Moon. Howard Hu is involved in planning the Artemis 2 launch to the Moon. It was very interesting!



One of the children asked a live question to Howard Hu!

Carol and Nativity Service

We held our Carol and Nativity service on Thursday 14th December at St James Church, Tebay on. The church was full of parents, grandparents and friends of the school.



Thanks for the lovely comments from parents.

Well done to the children and staff, it was an amazing nativity, really enjoyed it....thank you.

They are so lucky to attend such an amazing school, they were all amazing.

Carol singing at Westmorland Services

The Super Swaledales class attended Tebay Services to sing Christmas songs to the public on Tuesday 12th December. They had donation buckets with them and managed to raise a HUGE £186.91!

Incredible effort and beautiful singing. Thank you to Westmorland Services for having us !

Panto

The whole school including staff travelled to Lancaster Grand Theatre on Tuesday 5th December to watch their Panto 'Jack and the Beanstalk'. The front of house staff at the theatre commented on the way out of the theatre that the children were a credit to the school, their behaviour was so good. Thank you to Friends of Tebay School for paying for the transport.



Christmas dinner & Christmas party

We held our whole school Christmas dinner on Friday 15th December, Julia our kitchen team leader made a fantastic meal that was enjoyed by all. We had a visit from Santa on Tuesday 19th December and each child received a gift, kindly sponsored by Mrs Sue Bainbridge. Thank you to Santa for visiting the children and to Sue Bainbridge for her support to the school. After Santa's visit the children enjoyed a party afternoon before breaking up for the Christmas break.

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

Tracy Morland — School Administrator

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

*From Rev. Nelson Walina
(now Diocesan Secretary):*

12.12.23: Tomorrow Wednesday 13th December 2023, we are beginning our Retreat for being installed a Canon of the Church of Uganda. He is pictured in his Canon's robes with his wife Melina.



We had Christmas greetings from Rev. Robert Zziwa – "JOY TO THE WORLD AND PEACE TO GOD'S PEOPLE ON EARTH. He is with us. MERRY CHRISTMAS AND HAPPY NEW YEAR 2024"

– and from Revd. Christopher Syauswa, present Vicar of All Saints, Kasese (right): "Merry Christmas and prosperous new year! Alleluia!"



29.12.23: Nelson Walina wrote: At Mt. Tabor we always collect together every last Friday of the month.

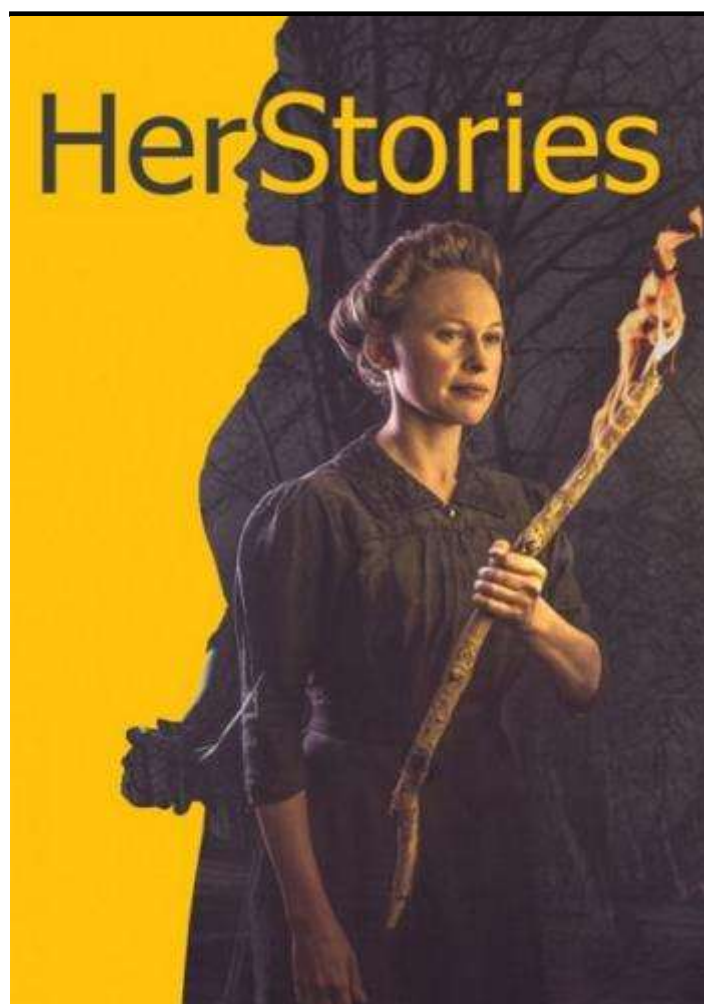
Mt. Tabor is an isolated chosen mountain where all the brethren in the Diocese go to pray for themselves, listen to God, close encounter with Him, Spirit filled, share the Word, Healing and Deliverance, listening to individual testimonies.

This little girl is giving her testimony, that she felt sick to death point, the doctor placed her on artificial oxygen. In the hospital, the father kept crying over his little girl almost



dying. The mother (*pictured beside her*) instead of crying prayed to God. God answered her prayers and the little girl was up. She is now in Primary 3. She was telling us the power of prayer, the power of the Holy Spirit. She challenged the brethren to always trust God, and lean to God for He is able. And that even her school fees seems not to

be enough, she believes the Almighty God whom she believes and trust, and who healed her, shall provide school fees and scholastic materials. She is called Shilla Precious.



A celebration of extraordinary women through song. To celebrate International Women's Day in 2024 Louise Jordan is performing a concert of songs that she has written over the years about extraordinary women from smugglers to suffragettes and nurses to political campaigners.

1st March, Orton Market Hall — book by phoning 07717 841723 — Adult £12, Child £6



**CUMBRIA
RESILIENCE**

Chief Superintendent Carl Patrick, of Cumbria Constabulary, is chairing the Local Resilience Forum response to the recent severe storms.

He said: "We would ask everyone to follow the advice we have been issuing to the public on social media and in the media over the last two days to keep themselves and their families and communities safe.

"We would also ask everyone to make themselves aware of the key contacts they might need and ensure any vulnerable people within our communities are aware and prepared."

Residents are asked to:

- Not travel unless necessary.
- Secure any loose items around your home and garden, such as rubbish bins, trampolines, plant pots and garden furniture, to minimise the risk of floating debris and damage.
- Speak to vulnerable relatives, friends and neighbours – advise them and ensure they are prepared in case of power outages.
- Stay clear of coastal areas during the affected times.
- Stay away from the fells to keep you and mountain rescue volunteers safe.
- Do not drive through flood water if coming across flooding – take an alternative route.
- Check your torch batteries, radio and try to ensure phones are charged up in advance of the worst-affected times.
- Park vehicles in a garage if available – otherwise keep them clear of buildings, trees, walls and fences if possible.
- If you must travel during this time do so with caution – pack your car with essentials, plan your route and listen to travel updates.
- Do not touch any telephone or electrical cables that may have blown down.

Be aware your journey to work or school tomorrow may be impacted.

Appleby Arts Society Salvador Dali 1904-89

Appleby Arts Society's lecture on Wednesday attracted a large audience, all eager to find out the truth about Salvador Dali, Spanish painter, sculptor, graphic artist, film maker and designer. Angela Smith, our lecturer, was soon able to give us the information we needed about this Spaniard famous for his strange art. Dali's talent for self-publicity made him the most famous representative of the Surrealist movement. Throughout his life he cultivated eccentricity and exhibitionism, claiming this was the source of his creative energy.

As a child, Salvador was spoiled and idolised by his parents, who had lost their first son to meningitis before Salvador was born. His self-portrait of 1921, set against his home landscape of Catalonia, shows the young Dali already quite the dandy, and he would later modestly claim to be a genius.

Dali was a maverick, and spent time trying out various styles of painting, to see what suited him most. He admired the Spanish still life tradition, particularly 17th century artist Zurbaran. He attended the Fine Arts Academy in Madrid where he was briefly attracted to Impressionism, and in Madrid he met poet Federica Garcia Lorca, and Luis Bunuel, considered to be the father of cinematic surrealism, with whom Dali later made films. In 1925 he painted his father's portrait, and this caught the eye of Pablo Picasso, who had settled in Paris. Dali thereafter spent most of his life in Paris where he met many other artists and poets associated with the Surrealist movement, including Joan Miro, and film-makers Paul Eluard, poet and Andre Breton, French writer and poet, and principal theorist of surrealism. Because of the success of his exhibitionism it was Dali whose name became most identified in the public mind with the art form. The basic Surrealist principle was to release the creative forces of the subconscious mind from the control of logic and reason, which was illustrated in the hallucinatory character of his work. He described his pictures as 'hand-painted dream photographs'.

The Persistence of Memory (1931) is Dali's most recognizable work, famously with watches appearing to melt, a feature known as automatism which allowed images to fall from the pen in any order. Other pictures to look for are The Temptation of St Anthony (1946), Swans Reflecting Elephants (1943), and of course the famous Lobster Telephone (1936). Christ of St

John of the Cross, (1951) and now valued at more than £60 million, is regarded as one of Scotland's most treasured paintings and can now be seen at Kelvingrove Art Gallery and Museum in Glasgow.

Dali was not really in tune with the Surrealist movement, although he had significant influence on them. Dali is certainly one of the most famous artists of the 20th century, but he declared 'he never had the slightest idea of what his paintings meant!' There is a museum devoted to his work in Figueras, his home town in Spain, and two in Ohio and Florida in the USA.



The next lecture is on 14 February, and will feature the artist Caravaggio.

For more information please see:

Web: taswestmorland.org.uk

Facebook: [TheArtsAppleby](https://www.facebook.com/TheArtsAppleby)



CUMBRIA
RESILIENCE

The public are urged to continue to follow advice from agencies to keep themselves, their families and their communities safe, with the impact of recent storms already being felt – and the potential for damage, disruption and flooding to come.

To report any issues - or if you need help for yourself or someone vulnerable - please see **the following agencies' contact details.**

- Electricity North West can be contacted on 105 for power cuts, but please only call if your query is urgent to help prioritise customers in the most vulnerable circumstances. For more information, please visit Electricity North West (<https://orlo.uk/GpwFx>).

- For water supply issues contact United Utilities on 0345 672 3723

- Problems with the roads in Cumberland can be reported to Cumberland Council via the council's website Welcome to Cumberland | Cumberland Council or, in an emergency, on the Highways Hotline on 0300 373 3736.

- For Westmorland and Furness, report highways emergencies that require immediate attention such as a fallen tree or flooding to the **authority's Highways Hotline on 0300 373 3306.**

For less serious issues, complete the highways online reporting form found at Welcome to Westmorland and Furness | Westmorland and Furness Council .

- Keep up-to-date with the weather at Weather and climate change - Met Office

-Check for flooding at: Check for flooding - <https://orlo.uk/nN7WG> (<https://orlo.uk/pP2NR>)

- For latest traffic and roads information visit: Traffic - Cumbria Constabulary

Contact Report a crime | Cumbria Police or call 101 if you have concerns about your own safety and wellbeing, or the safety and wellbeing of someone you know.

If there is an immediate risk to life call 999.

Services in our Anglican Churches

Sunday 4 February <i>Sunday next before Lent</i> <i>Green</i> <i>Welcomer:</i> Keith and Janet Capp Proverbs 8.1,22-31 Colossians 1.15-20 John 1.1-14 <i>Prayers:</i> Margaret Longworth	Orton, 10.30am Morning Prayer <i>Sandra Ward</i> Elizabeth Crossley Andy Glanville	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Diana Fothergill Michael Metcalf-Gibson
Sunday 11 February <i>Sunday before Lent</i> <i>Green</i> <i>Welcomer:</i> 2 Kings 2.1-12 2 Corinthians 4.3-6 Mark 9.2-9 <i>Prayers:</i>	Orton, 8.30am Holy Communion <i>Brendan Giblin</i> John Dunning	Tebay, 10.30am Service of the Word <i>Rosemary Campbell</i>	Ravenstonedale, 10.00am Holy Communion <i>Chris Jenkin</i> Richard Best Catherine Newton
Sunday 18 February <i>Lent 1</i> <i>Purple</i> <i>Welcomer:</i> Genesis 9.8-17 1 Peter 3.18-22 Mark 1.9-15 <i>Prayers:</i>	Orton, 10.30am Joint Service at the Methodist church	Tebay, 10.30am at the Methodist Church <i>Martin Lawson</i>	Ravenstonedale, 10.00am Service of the Word <i>Carole Marsden</i> Ian Torkington Hilary Law
Sunday 25 February <i>Lent 2</i> <i>Purple</i> <i>Welcomer:</i> Genesis 17.1-7,15,16 Romans 4.13-25 Mark 8.31-38 <i>Prayers:</i>	United Service at Orton, 10.30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600		
Sunday 3 March <i>Lent 3</i> <i>Purple</i> <i>Welcomer:</i> Mary Jenkin Exodus 20.1-17 1 Corinthians 1.18-25 John 2.13-22 <i>Prayers:</i> Elizabeth Crossley	Orton, 10.30am Holy Communion Keith Capp Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>

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@carlisediocese.org.uk

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

stephen.radford@methodist.org.uk

The Filling Station

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



We meet on
2nd Thursday of the month.

Doors open at 7pm for refreshments and chat
and our sung worship will begin at 7.30pm,
at the Appleby Hub, Chapel Street,
Appleby-in-Westmorland

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

Services in our Methodist Churches

	2024	4 th February	11 th February	18 th February	25 th February
			Racial Justice Sunday	1 st Sunday In Lent	2 nd Sunday In Lent
*Tebay M P 1-1300 M H B	10.30	B Giblin US OA	H Hutchinson	LA	R McGregor
	6.30		4.00 Cnrxn Svce		
Shap (Class of Tebay)	10.30	S Radford Cov	4.00 Cnrxn Svce Tebay		
Orton M P Complete M H B PB EW	10.30	2.30 M Hardie OA	LA	J Ousby	LA
	6.30		4.00 Cnrxn Svce Tebay		
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	TP OA	TP OA	Bacon Butty Service OA	J & L Riley
	6.30		4.00 Cnrxn Svce Tebay		
*Ravenstonedale M P 1-1144 M H B H & P	2.00	A Sterling	A Burton	Café service at Comm Centre	T Longworth
	6.30		4.00 Cnrxn Svce Tebay		

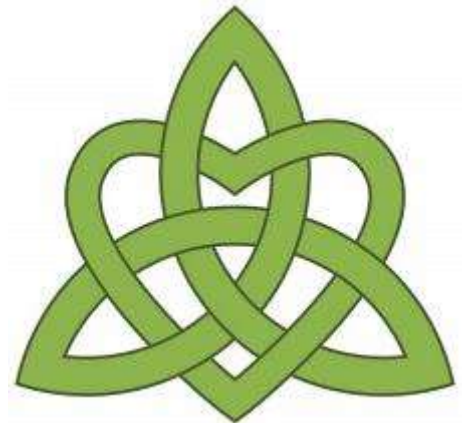
New Beginnings Church

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



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

Vinlife Cumbria Fellowship

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



Using our Talents

Read these verses from the Bible:

Matthew 25: 14-30



Jesus tells a story of some
servants who used their talents well
and one who does not even try!

You can find an online Bible here: [https://](https://www.biblegateway.com/)

www.biblegateway.com/

We suggest you choose the Message translation.

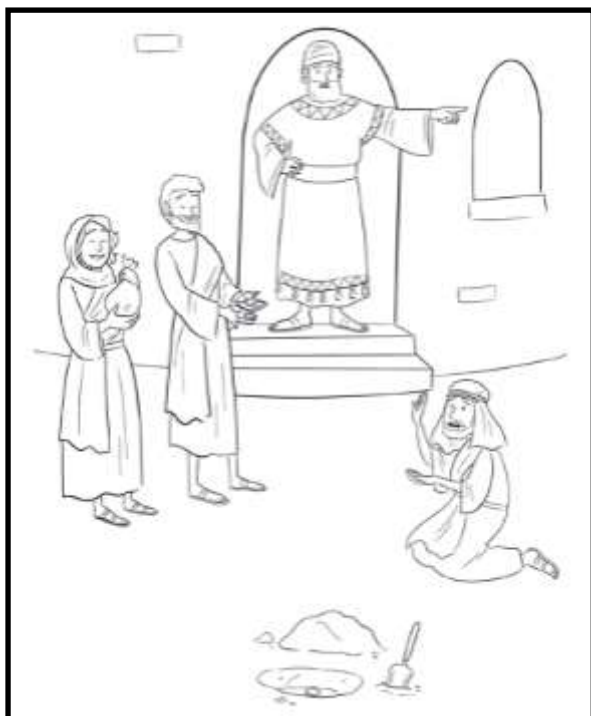


Find the hidden words from the story.
Could you use these words to tell the
story to a family member?

master
slaves
coins
buried
five
two
one
trust
Jesus
ten
four

c	s	b	d	J	e	s	u	s
r	n	s	w	b	p	v	q	n
c	e	n	l	k	o	d	m	r
d	t	t	r	a	e	n	q	o
s	y	t	s	i	v	g	e	z
n	m	r	r	a	k	e	p	t
i	r	u	o	f	m	i	s	w
o	b	s	p	f	i	v	e	o
c	k	t	i	w	k	t	z	h

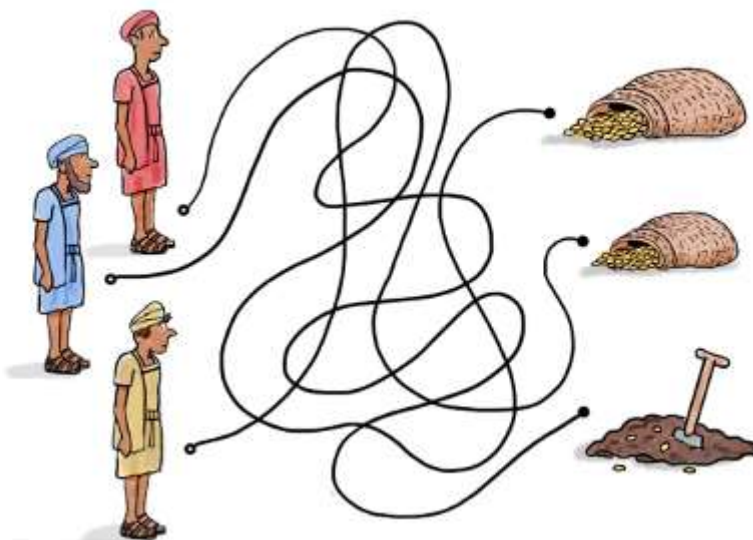
Two servants did their best, the
third didn't try. The master is
pleased with the two servants,
not with the other one.



What are you good at?
Draw yourself doing it!



Follow the lines
to match each
servant with
the money he
returned to
the master.



Upper Eden Medical Practice

Appointments:

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

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

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

Dispensary:

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

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

Protected Learning time surgery closures:

The surgery will be closed from 1pm on:

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

Flu Vaccinations

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

Change of personal details:

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

Samples

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

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

Covid Spring boosters:

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

Shingles:

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

<https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b>

☎: 017683 74015

Orton Surgery and Shap Medical Practice

Appointment System

Since June 2023, the Doctors at the Surgery have returned to a pre-COVID appointment system. Now, patients can pre-book 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

During the Christmas period, please allow 5 working days after submitting your prescription for dispensing. Due to the increased demand during this busy time, we won't be able to provide two months' worth of prescription as we have done previously.

Starting in January, you can collect your medication 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 from Monday 4th December:

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 26th December due to the Christmas Bank Holidays.

Protected Learning Dates

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

Thursday 22nd February 2024

Thursday 14th March 2024

Staff Changes

We would like to inform you that Dr Allister Woodstrover will be leaving his role as a GP Partner in January. After dedicating 11 years to our Practice and providing exceptional care to our patients, we want to extend our heartfelt gratitude to him. We wish him all the best in his new role at CHoC.

From everyone at the Surgery, we send our best wishes to all our patients, visitors, and the local community. May your Christmas be filled with joy, and may the New Year bring happiness and good health to all.



Lyon Equipment Limited is proud to be an employee-owned company. We are located adjacent to the M6 at Tebay, between the Lake District and Yorkshire

Dales National Parks.

Since 1973, our mission has been to provide equipment and expertise to allow people to 'venture further' within the work at height and rescue industries, cycle, outdoor and water sports markets.

In addition to distribution, we design and manufacture our own Lyon branded products and provide technical training for the work at height and rescue industries. If you would like to learn more about what we do, please go to our website www.lyon.co.uk

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Please support our advertisers, and when you get in touch with them please tell them that you saw their advert in *The Link* magazine.

It makes a real difference to the finances of the magazine, and to local businesses, if you are able to use them for your jobs.



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Shipbourne, Canterbury, Kent TN38 9PL



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Email: gillchaldecott@yahoo.co.uk

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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.

I am fully insured and have been awarded a 5* licence from the local council.



Contact Teresa on 07943264147 or email edenwaggywanderers@gmail.com for more details.



AGA

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INGLETON - LA6 3NU



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www.toobys.com

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for colleagues to join
our growing team.**

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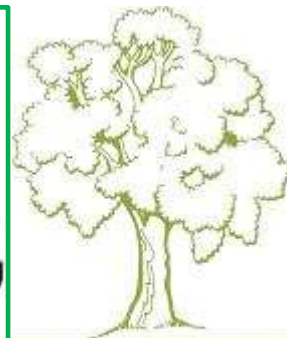
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	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garbhill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby 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	
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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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Tebay Mt Pt	09.32	13.28/12.58	16.02
Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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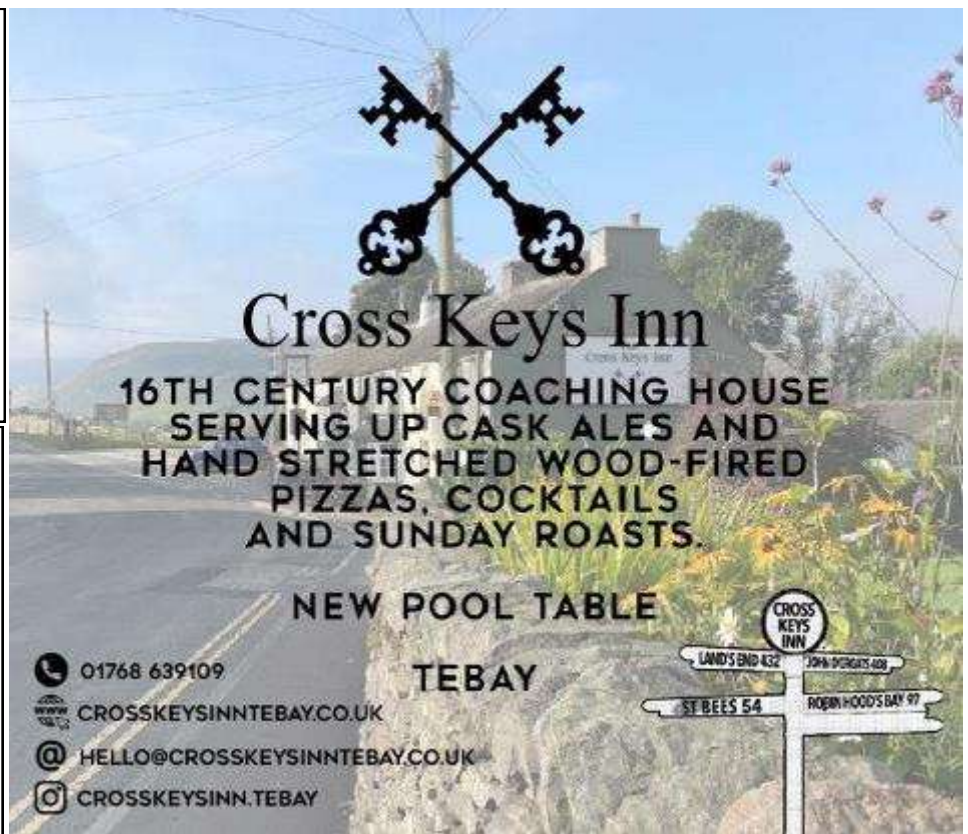
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Local community websites:

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