

The Link

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



July & August 2024

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:
Tebay Fun Day, Methodist Chapel
M Lawson

There's lots to engage with in this issue, plenty of write-ups of things that have already happened, as well as adverts for events that will be happening in July & August.

Do make the most of the opportunities, and send us updates for the following issue of the magazine.

When the next magazine comes out we'll have a new government — we don't yet know of what colour, but we hope that in this changing

world the values of supportive communities will remain. Thank you for your part in that.

This summer double issue gives us a moment to breathe, and re-group for the autumn. We hope that you too find a time to relax this summer, whether you're desperate for your children / grandchildren to go back to school, or whether you're hoping that the long, warm, days will never end.

*Elizabeth, Linda,
Martin & Paula*



Sarah Dunning with Rob Steadman at the Greenholme Agricultural Show — more on page 16

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 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

Amazing Aurora – Amazing Creation & Creator

***"The heavens declare the glory of God;
the skies proclaim the work of His hands."
(Psalm 19v1)***



These words came to mind, as Heather and I stood on a beach in the Isles of Scilly, looking up at the changing patterns of red, green and blue in the night sky, the Aurora Borealis, something we never thought we would see there. As we watched and wondered at the waves of colour, weaving among the moon and stars, our focus shifted from ourselves, our smallness and our problems on to something (or perhaps we should say 'Someone'!) much greater.

The skies, whether deep blue in the sunlight stretching to the horizon, or deep black spangled with stars and the Aurora, really do proclaim the work of our Father God's hands! What an amazing creation we are part of; and what an amazing Creator!

This morning, as I look up the garden, the profusion of white flower heads on our wall-hydrangea, shimmer and cascade tiny flowers onto the birdbath and ground below, creating a carpet of white while, almost ceaselessly, the bees are busy gathering nectar and pollen. The hymn writer captures this in the lines of the hymn:

*"O Lord my God when I in
awesome wonder consider all the
works Thy hand hath made,
I see the stars; I hear the mighty
thunder; Thy power throughout the
universe displayed"*

A quieter picture of calm and rest, of stillness – the rustle of leaves, dappled sunlight, a glimpse of a quieter, deeper resting, a place to ponder and, perhaps, reflect on the presence of God – away from the busyness of life, with the noise of the election, debates and disagreements before a decision. In the whirlwind, of life and the sadness of strife across the world, another Psalm comes to mind – *"Be still and know that I am God"* (Psalm 46 v 10).

That God, who planted a "seed" of life inside a nervous teenager, a seed which grew and became a baby, a child, a man - who lived His life here, walked the paths of life, breathed, laughed, cried,

shared food and brought hope. Just as we live, laugh, cry and love, so the maker of all things became what we are so that we might become what He is!



Jesus said unless a "seed" dies it remains on its own & produces nothing. Looking up the garden, I see the Aquilegia's, Buttercups and St John's Wort, all blooming; the grass verges and fields are full of wildflowers – all of the profusion and variety of life stretching out from the fields to the hills and beyond – such beauty from seeds which have died!

In the Summer, we will gather at the local shows, Greenholme, Crosby Ravensworth, Ravenstonedale, where sheep are shown, arts, craft and baking are celebrated, dogs bark and their skills displayed and we give thanks for the rich profusion of life all around us. We meet, smile, have conversations and renew friendships as we pause in the pattern of life; take a moment to give thanks for family, for the blessings we have received and remember the wonder of life and the cycle of the year and praise God.

"Then sings my soul, how great Thou art!" Let us thank God for all He has done and is still doing.

Stephen Radford

Where you can find...

Newbiggin-on-Lune Village News & Events.....	4
Ravenstonedale Village News & Events.....	6
Orton Village News & Events	10
Tebay Village News & Events	16
Local Churches News & Services	20
News from our friends in Uganda	22
Local Medical Information	23
Local Businesses & Advertisers.....	24
Useful Contact Numbers.....	32

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

Win for local lads

The Waitby cup final was held on Friday 14th June at Kirkby Stephen Rugby Club, between Newbiggin/Ravenstonedale and Soulby/Crosby Garret.

An exciting match with an amazing turnout saw a 6-0 win for Newbiggin/Ravenstonedale. But both teams had some excellent moments.



The winning team consisted of:

- Jonny Capstick
- Ryan Capstick
- George Chappell
- Jacob Chappell
- Joseph Boustead
- Sean Boustead
- James Armer
- Cameron Law (man of the match)
- Oli Luke
- Paul Brown
- Kian Nicholson
- Mathew Ousby

Steve Ousby was the manager.



The Waitby cup started in 1922 and has only missed 3 years between now and then (Foot & Mouth in 2001, and Covid in 2020 & 2021).

You are invited to
**Junior
Church**

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

During the
Sunday service
starting at
10:30am



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

Community Catalysts

*Do you want to work for yourself
and make a difference to people's lives?*

People in Eden need extra help to live the way they want to, perhaps because they are older, disabled or have a long-term health condition.

Community Catalysts is seeking people who would like to provide care and support to people on a self-employed basis. You will help people to be more independent with things, such as cleaning, cooking, or help with washing and dressing and taking trips out in the local area. And you don't need any care or business experience, just to know what good care looks like.

We provide clear and simple guidance to set up as self-employed, or as a community micro-enterprise as we like to call it. Running your own micro-enterprise can be flexible and fits around family life, hobbies and interests.

We can also signpost you to a start-up grant of up to £500!

Our support is free to you, as the project is funded by Westmorland and Furness Council.

Please get in touch for an informal chat to find out more. Call **07435 943 901** or email hannah.turner@communitycatalysts.co.uk

communitycatalysts®
unlocking potential effecting change

Future Landscapes Workshops

We are inviting the community to attend our series of drop-in workshops and share your views and opinions about the changes facing our local landscape. We want to hear what you value about it and your thoughts on creating a nature-rich future for our countryside where people live and work.

Bampton Village Hall:
Tuesday 2nd July. 3:00pm – 8:00pm

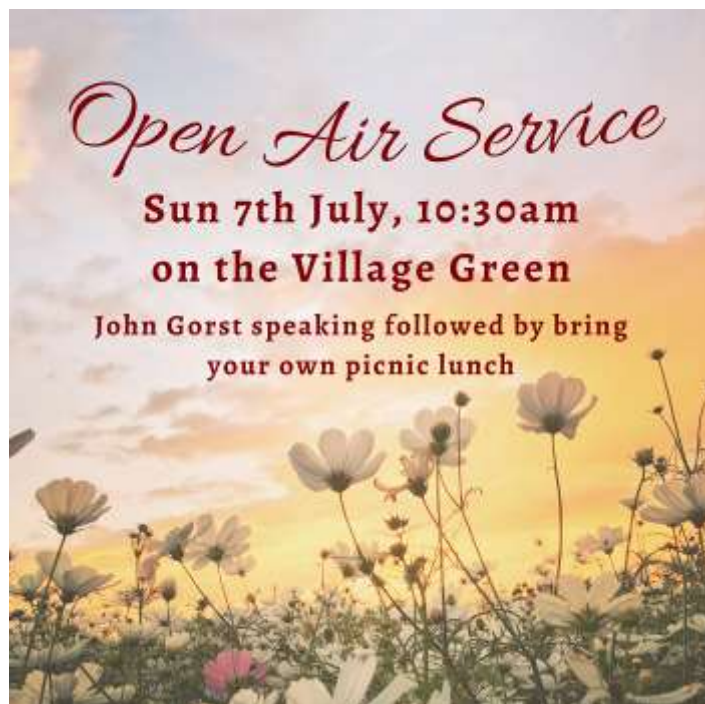
Askham Village Hall:
Thursday 4th July. 3:00pm - 8:00pm

Please contact Nicola Estill for further information. Nicola.estill@rspb.org.uk

www.connectfornature.org.uk



**Cumbria
Connect**
Restoring Nature



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



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**



Notice of a

Boon Day

in St Oswald's Churchyard
on Saturday 6th July
from 9.00am onwards
- meet in the churchyard

(Note: If the weather is bad
this will be deferred to Monday 8th July)

If you enjoy seeing a well-cared-for churchyard
please come and help us tidy up the grounds ...
even if you are not a churchgoer !

Please bring your strimmers, rakes, loppers
and trugs etc ...if you have them !

Refreshments...

Coffee, tea and biscuits...
will be provided.

We look forward to seeing you.

St Oswald's Church
are looking for volunteers to help out
with supporting various matters including:

- Flower arranging
- Church Locking Rota
(kindly coordinated by Richard Todd)
- Cleaning Rota

A warm welcome awaits you as your help
would be very much valued and appreciated.

For further details please contact
Anne Brownrigg on 015396 23594

Date for your diary:

Organ Recital

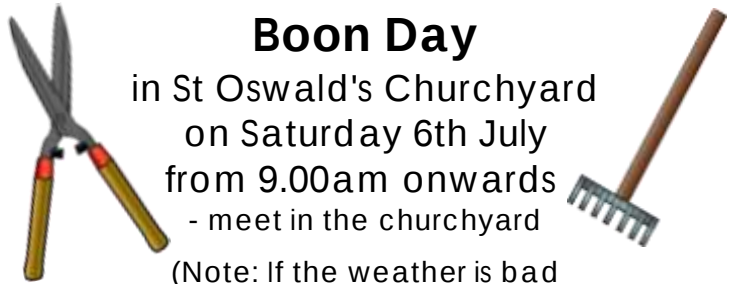
at St Oswald's Ravenstonedale

by David Thornton –
BEd, FRCO, LRAM, ARCM

Saturday 28th September 2024
5-6pm

Retiring Collection for the
Maintenance of the Organ

Light refreshments on arrival



The Scar Gallery Re-opening

The Scar Gallery in Ravenstonedale will re-open on Saturday 29th June 2024 under the management of Lorraine Connaughton.

There will be an exhibition of paintings by Tim Watson. A warm welcome is extended to everyone.

The original gallery, established over 25 years ago, was the brainchild of local artists, David William Morris and Caroline Metcalfe-Gibson, with whom Lorraine has worked closely over the last few years and who are very supportive of the move to Lorraine's stewardship.

Lorraine Connaughton welcomes you to Scar Gallery in Ravenstonedale, a beautiful part of the Lune Valley on the edge of the Howgills and located within the Westmorland Dales, part of the Yorkshire Dales National Park.

After working alongside David and Caroline for the past couple of years, Lorraine saw an opportunity to re-open the gallery and make it a hub for the community, offering tea, coffee and cakes alongside the beautiful, original paintings. Lorraine plans to keep the spirit of Scar Gallery which Caroline and David have run for 25 years.

Scar Gallery will feature a number of new artist exhibitions, starting with Tim Watson in June 2024, followed by Liz Tracey in September. Tim studied Fine Art in Newcastle-upon-Tyne and now lives and works in the Eden valley from his studio/gallery at Brightside Barn in Clifton Dykes. His works feature mountains, coastlines, fells and hills. He uses two main practices in his art works. Firstly, acrylics on heavy watercolour paper. These often include text\poetry integral to the work. Secondly, brush, pen and ink pieces using his own made oak-gall ink.

There will also continue to be a small selection of the work by Caroline Metcalfe-Gibson and her husband David William Morris, original owners of Scar Gallery.

Lorraine has spent her career creating experiences for clients in far flung places all over the world, but is now delighted to be doing so closer to home. In fact an old doorway between her house and the gallery has been re-opened giving a real meaning to the phrase "working from home".

scargallery.co.uk Scar Gallery,
Ravenstonedale, Kirkby Stephen CA17 4NQ



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) (07890 336445)

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

Monthly – Saturday Sewing Workshop with Jan
Hardcastle (07876508027)

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

Vicarage Tea

2.00pm - 4.00pm
Saturday 31 August



Suzannah and Brendan
warmly invite you to the
Vicarage in Kirkby Stephen
for a cup of tea and slice of cake.
Please pop in anytime between
2.00pm - 4.00pm, Saturday 31 August

It would be lovely to see you

Organ Recital in St. Oswald's

On Saturday 1st June, residents of Ravenstonedale were treated to an excellent performance of music for organ by Charles Edmondson. Charles is the Director of Music at St. Paul's Church in Grange-over-Sands. He is a fellow of the Royal College of Organists and holds the Archbishop of Canterbury's Diploma in Church Music. Since 1957 he has given nearly 400 organ recitals throughout Britain.

Ian Torkington introduced Charles and informed us that the organ had been refurbished four years ago. The concert was therefore a perfect opportunity to showcase the versatility of the instrument in addition to the talent of the performer.

The programme was creatively structured in sections, either from certain countries or different genres. Within the country sections, we heard a range of periods of music from Baroque to modern day. Most pieces were not originally written for the organ, but the arrangements beautifully illustrated the range of effects and timbres produced by the different pipes or combinations. To quote Richard Best in his closing remarks, Charles certainly "pulled out all the stops!"

Charles made particular reference to two pieces which were included as we are currently celebrating 100 years since the composers' deaths in 1924. The first was a delightful Intermezzo based on an Irish Air by Charles Villiers Stanford. The second was the well-known and melodious Sicilienne from the opera *Pelléas et Mélisande* by Gabriel Fauré.

Music from Britain, Italy, France and America included light, fast nimble pieces such as a Toccata by Pietro Yon (Italy) and *Le Coucou* by Louis Claude d'Aquin (France), gentle romantic pieces such as the Fauré and *Forgotten Dreams* by Leroy Anderson (America), and the dramatic and exciting *Suite Gothique* by Leon Boellmann (France).

We also heard two "flute" pieces, written two centuries apart but both based on the same melody and two part counterpoint, showing the organ's delicate side. Three familiar pieces from stage and screen were the theme from *Pride and Prejudice* by Carl Davis, *Ladies in Lavender* by Nigel Hess and *Moon River* (Breakfast at Tiffany's) by Henri Mancini. The concert ended with the foot tapping "Blaze Away" March by Abe Holzman.

Anne Asquith

LIVE MUSIC
AN EXCITING HOUR OF DIVERSE MUSICAL ENTERTAINMENT

BRADLEY CRESWICK **ROBERTO CARRILLO GARCIA**

SAT 3RD AUGUST
7.30PM
ORTON MARKET HALL

Contribution to funding gratefully received from Lakeland Sinfonia

TICKETS £8
ACCOMPANIED CHILDREN FREE
LICENSED BAR AVAILABLE

Tickets available from Orton Village Store and
www.ticketsource.co.uk/ortonmarkethall



Let's bring the community together and welcome visitors to celebrate the landscape, heritage and people of the spectacular Westmorland Dales by joining us for two days of festival fun.

The Festival takes place on **Saturday July 27th & Sunday 28th in Kirkby Stephen**, gateway to the Westmorland Dales. Saturday is dedicated to exploring the town and surrounding area. Start in the historic market square where you'll find the Lakeland Arts MEND bus. Help them make a creature then, take a stroll or hop on board our Western Dales bus, to Jubilee Park's open day with activities for the children to enjoy, stopping off to explore the bygone age of steam at Stainmore Railway Company. In addition, we have the Eden Valley Guild of Spinners, Weavers and Dyers exhibition, a primary school arts exhibition and Kirkby Stephen youth centre are hosting games and crafts etc, so an abundance of activities to keep young and old amused throughout the day!

As if that's not enough on Saturday the Festival is encouraging you to discover the wider landscape of the Dales and picturesque villages. You can explore the history and archaeology of Crosby Garrett, or join guided walks led by Kirkby Stephen Walkers are welcome and friends of the Lake District. For a comprehensive list see website below.

Sunday, the Festival's second day, is an extravaganza of activities and events for all ages in the beautiful setting of the market square, the Parish Church, its grounds and the riverside as well as other central sites. Browse our markets, meet artists and makers and have a go yourself! Try your hand at gelli printing with Cumbria Wildlife Trust or flag painting with Kirkby Stephen Community Arts, enjoy local delicacies, chat to community and conservation groups, all whilst listening to our eclectic range of live music!

Once again loads for the children to enjoy from wild play with the ever-popular Stomping Ground, learn new skills with our Circus workshops and face painting! A juggler, a children's vintage round about and a whole lot

more fun to be had!

If you fancy a more sedate couple of hours, catch a vintage bus to Winton Park gardens and other nearby attractions such as Stainmore railway company, who are joining in the celebrations. For those who enjoy a literary theme, we have Furrow Green Writers who are based just outside Kirkby Stephen, whom have penned verses whose composition is based on the Westmorland Dales and its people, they will be performing readings in the afternoon, a great treat for us all.

So whether local or traveller, the Westmorland Dales Festival promises cherished memories a vibrant community spirit and the true essence of our beloved town, dales and villages.

For full details of the programme visit our website: www.westmorlanddalesfestival.org

Ravenstonedale Show Service

10.30am, Sunday 25 August

On Sunday 25 August the Anglican churches have been invited to join in with the Methodist service on the Ravenstonedale Show Field. This is something we are very much looking forward to, not least because Paul Curwen, a balloon artist, will be sharing the gospel through balloons! It will be great fun for all ages.

ORTON & TEBAY PARISH MAGAZINE August 1885

On the 18th July, a meeting of the Orton branch of the West Ward Provident Society was held in the school room. Colonel Burn was in the Chair and gave information as to the origin of the Society, its great prosperity, and the advantages to be derived by young men becoming members of it. Six new members gave in their names, and it is hoped many more may be induced to become members. Mr Stephenson, the secretary, will give information to those who wish to know what the Society has done, and is now doing.

On Sunday the 19th two excellent sermons were preached in the Parish Church by the Rev. E.R. Payne of Portsea, on the subject of Foreign Missions, and collections were made in aid of the funds of the Society of the Propagation of the Gospel in Foreign Parts, and the Church Missionary Society, amounting to £5.14s.6d.

More online here: cutt.ly/OTPMaug1885

next market

13th July & 10th August

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
last month raised £392.15**

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

All Saint's Church Exhibition

The organisers of the exhibition thank all those who produced such wonderful displays, on the theme of Little and Large.

The many visitors enjoyed all the different ideas and several thought it was one of our best exhibitions.

It is marvellous how a small group can put on a great show.



Thank you to all the wonderful bakers for the delicious cakes, scones and biscuits, the cream teas were enjoyed by everyone. We are very grateful to all our helpers, serving teas, washing up and cleaning each day and others helping in different ways. We could not do this without your help, it is much appreciated.

The monies raised will go to the General Church Fund and Orton Restoration Fund, the net profit at the moment is £5,900 which is an amazing amount.

THANK YOU!

More photos on the opposite page >



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

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

Opening Hours – Village Stores

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

Opening Hours – Orton Post Office

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

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

We hope to see you soon.

Jayne and Neville Grove
orton.village.stores@btinternet.com



Orton 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 Cumbria 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

BINGO

ORTON MARKET HALL

FRIDAY 12 July

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

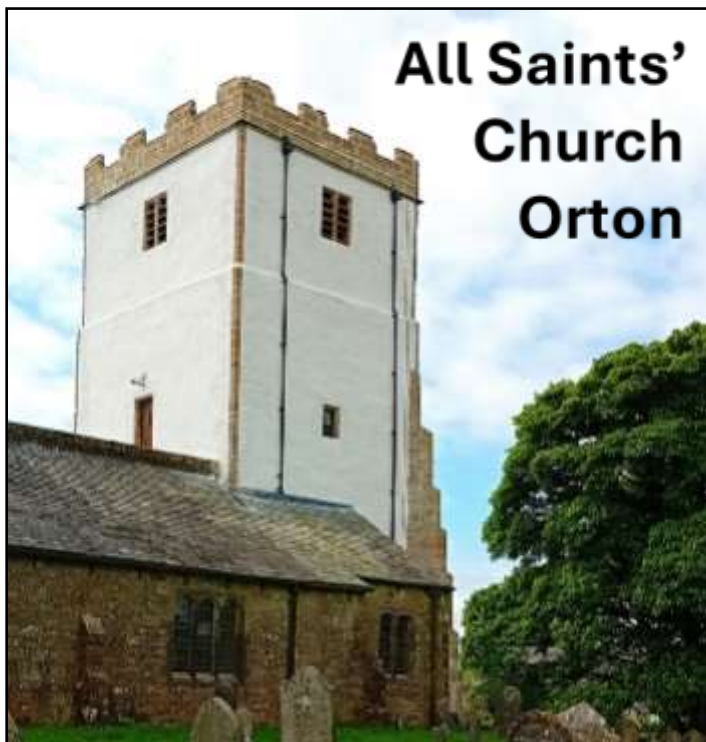
Money raised to

SHAP PLAYGROUP
AND
ORTON MARKET HALL

Forthcoming Dates

9th AUGUST
13th SEPTEMBER
11th October





All Saints' Church Orton

**You are warmly invited to join the church,
the community and the Right Reverend
Rob Saner-Haigh, Bishop of Penrith,
to celebrate the renovation of
All Saints Church Tower**

Sunday 21st July at 10.30 am

Refreshments will be served after the service

Musical Afternoon at All Saints Orton Saturday 7 September

with refreshments

If anyone from the area
is interested in singing anything,
or playing anything
please get in touch with Andy Glanville on
07803 424624 or andyvglanville@outlook.com
who will be providing accompaniment
for anyone who needs it!



**wild
Wanderings**

**Sunday 21st July
4pm – 6pm walk
and shared picnic
Meet at Tebay Chapel**

**Come and join us
to **connect** with our fellow walkers, the shared experience
to **reflect** on where we are & what we are called to be
to **act** together to create the change we want to see**

**Walk with us,
and then we'll
picnic together**

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 picnic food to share.
For further details please contact Andy Glanville on 07803 424624

Volunteering in our Community

Coinciding with Volunteering Week Upper Eden Rotary have recently been out in force at the Growing Well Mental Health Charity at Tebay services. Following a Club visit to the site a year back a need for compost bins and a community area was identified, something that we could help with.



Work started with the construction of the concrete compost bins and the breaking up of pallets that will be utilised in the construction of planters and seats.

Blockwork continued in the formation of 4 compost bins that will be ultimately roofed and fitted with shutter style doors.



All the work is being undertaken by the Upper Eden Club and creates excellent comradeship and fellowship among both the Male and Female members alike.

A club spokesperson stated “ this is an fantastic new community project for the Club and complements our numerous ongoing local projects which include The Memory Club, Talking Newspaper, Hearing Clinic, Jubilee Park clearing etc. “

If you are planning a lifestyle change and would like to support your local community you can view what Rotary can offer by looking at our website www.upperedenrotary.org.uk or come along and have a chat with us at our Westmorland Dales Festival stall.



On **Saturday 13th July and Sunday 14th July** 2024, Drum and Brass will bring together 13 brass bands from across Cumbria for a magnificent two day festival in the stunning grounds of historic Lowther Castle. The family friendly event promises to bring the joy of brass music to a wider audience and entry will be free to allow as many people as possible the chance to enjoy the day.

The weekend will see long established bands from the county entertain audiences with a mix of traditional and modern pieces, promoting this uplifting genre of music. The event will also focus on promoting the benefits and accessibility of local community music groups by showcasing a selection of beginner bands and youth bands. There will also be workshops and 'have a go' sessions that will encourage visitors to get hands on and try making some music themselves.

The event is run by non-profit organisation **Drum and Brass** with support from Arts Council England and Westmorland and Furness council. Drum and Brass CEO, Julie Hoggarth, is passionate about promoting the benefits of learning to play a musical instrument. She believes that brass bands are perfect starting point for anyone wishing to learn, saying

"In a world where music education is being cut to the bone, brass bands are in communities at grass roots level and can open music up to a wider audience."

Drum and Brass is striving to diversify the genre by running music groups that are inclusive and welcoming to people from all walks of life. "I want people to think that they can pick up an instrument, that they're children can, and brass bands are the perfect way into that," says Julie. Most of the bands performing at the festival have training bands for both young people and adults, and often such groups provide instruments free of charge making brass bands the ideal first step in a musical journey.

For more information please see:

<https://drumandbrass.co.uk/brass-at-the-castle/>

Send us your contributions — TheLinkMagazine@outlook.com

Public Notice

Manor of Orton C I C

Orton Manor Court

Annual General Meeting

Monday 2nd September 2024 at 7:30pm in the Market Hall, Orton

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

The Agenda will be available on the night or by email from 19th August. If you would like an email copy of the agenda please email:

steward@ortonmanorcourt.co.uk

to request

Orton Wildlife Landscapes

UPCOMING EVENTS

Sunday 7th July

Afternoon, Raisbeck

Meadows Talk

Join us for a Sunday afternoon stroll and a talk, learning about and enjoying the meadows and verges of Raisbeck.

Thursday 1st August

Evening, Birkbeck

E-Fishing Demo

Enjoy a walk along Birkbeck with an e-fishing demonstration from the Lune Rivers Trust.

Thursday 3rd October

7 pm, Orton Market Hall

Let's Talk About Trees

Pete Leeson is joining us to talk about his passion for trees. With over 30 years experience at the Woodland Trust, Pete has a wealth of experience and passion for regenerative agriculture.

your local wildlife needs you! Get involved!

News from rton School

Reported by Class 2 children

RED SQUIRRELS

Mrs Smith, from the Penrith and District Red Squirrel Group, came to talk to the whole school about how we can help Red Squirrels in our area. We were shocked to hear that there aren't many red squirrels left in our country and how they can catch Squirrel Pox from grey squirrels. If you see a red squirrel who isn't well, we must report it to the Squirrel group straight away!



D-DAY CELEBRATIONS

Class 4 went to Soulby Village Hall to remember the D Day events. It was a lovely day where we helped Upper Eden Day Care decorate the hall for their members before serving a lovely dinner of pie and peas. It was finished by a good sing song of songs from the past. It was such a lovely day—enjoyed by both young and old!



Orton Awesome Bright Stars!

This half term, Classes 3 and 4 have been involved in a social enterprise initiative, We decided that we would hold a Bingo and Games night and sell refreshments. We had the whole thing to organize, from planning what games we could play, to buying ingredients and baking the cakes. It was a huge success and everyone had a really fun night making lots of money. We will use the money to reinvest with "Lend with Care".



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

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

Does Prayer Work?

Sometimes in Orton church there is a Sunday service called "Café Church" – a relaxed sort of service, starting with coffee and cake, and then an informal time of worship, followed by a discussion around the tables on a particular topic. On 16th June, the subject was: "Does Prayer Work?"

Some interesting experiences were shared! One person – who often find that he is most relaxed about chatting to "The Big Man", as he calls Him, when walking the dog – was very worried about the results of some medical tests he was waiting for; and as he prayed about it, he thought that what he really hoped for was a report from the doctor that all was well, and no surgery or treatment was necessary. "But that's just fantasy!" he said to himself. A day or two later he got a letter from the doctor, saying almost exactly those words! He realised that God really had answered his prayer, even though he hadn't believed he would.

Several other people spoke about God answering prayers in much lesser ways, which were still important, like always finding a parking place when it looked like being impossible!

One person's very first experience of God was as a young child when he prayed earnestly that he would find a precious but lost pen – and when the pen turned up he was deeply moved that the "God bless Mummy and Daddy" God that he had casually believed in had actually listened to him!

What was not discussed – which might have been helpful – is how we feel when God apparently ignores our prayers; this is probably a common experience for many people, which they feel reluctant to share openly in case they are criticised for not having enough faith. The prayer of a man who was urged by Jesus to believe, was "I do believe! Help my unbelief!" Probably Jesus loved the honesty of that plea, and is delighted to answer it.

Chris Jenkin



cerberus

Independent print and design company
based in Kirkby Stephen, Cumbria.
Created from a fascination and passion for the beauty of print.

E: info@cerberusprinting.co.uk
T: 017683 72070



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

telephone: 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

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.
Just turn up!

All very welcome.

If you would like to find out more please get in touch the school office on

telephone: 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.

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



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

Greenholme show 2024

Sunshine smiled at the 72nd Greenholme show. An unsettled start to the day gave way to a glorious afternoon. The sunshine allowing visitors to linger and catch up with friends old and new. This created a really friendly atmosphere which was noted by some visitors from Holland who thoroughly enjoyed a taste of rural England.

The careful planning and organisation allowed for a successful show with an excellent number of entries across all classes. 455 prize cards were awarded in the marquee and rosettes awarded to the 170 sheep entries including 99 rough fell entries.

In the marquee the creativity of local people was shown in abundance from 'Morag' the mythical creature to Donald Trump made vegetables. All four judges commented on the quality of exhibits. The judge for the Produce and Confectionery classes brought her experience from being a contestant on 'The Great British Bake Off' to Greenholme where she had a tough morning tasting all the cakes, drinks and savoury exhibits.

The best exhibit in confectionery was won by Deanne Dunkinson who made a replica celebration cake of the community quilt from Tebay that



was on show in the marquee. Kirsty Winchester won the best exhibit in Handicraft with 'Morag'.



This mythical creature was a mixed media sculpture that had a real presence in the marquee. The children's classes were well supported by both Tebay and Orton schools with the children entering over 500 individual entries. James Bowes won the best exhibit in children's classes with his 'Farm on a plate'.



The sheep classes were very well supported as usual with 100 rosettes being awarded across all classes. The Holmes cup for the Champion sheep on the field being won by Rob Steadman with a Gimmer Hogg which was also the Champion Rough. The champion A.O.B. Lowland sheep was won by Stephen Bland with a Texel and Stephen also won the Hill Breeds class with a Cheviot.



Jake Potter — Young Handler

The President for 2024 show was Sarah Dunning who gave a speech where she reminisced about entering the show in her youth. She commented on how things were reassuringly the same but also moved with times saying that it was wonderful that a traditional small show continued despite the 40,000 cars a day passing on the other side of the hill on the M6

As President she was asked to judge the hay bale classes, which was a new experience for her, before giving out the cups to the well-deserved winners of the day.

For the first time in a long time, an evening do with live music was held in the marquee, and was enjoyed by all in attendance.

A huge thank-you to all our entrants, guests, sponsors and hard-working committee for a great day (and night) for all.

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

WE NEED YOU!



Did you know that Tebay Club is largely run by volunteers?

Did you know that all the events that are put on are planned and run by a small group of people?

If you can spare an hour or two occasionally to:

- **help on the bar?**
- **make and serve food**
- **plan and set up events**

we would love to hear from you.

Things won't happen without the people to run it, but we have a lot of fun, a few drinks whilst we're at it, and are always up for a giggle!

If you fancy joining us, please contact Kate Kilpatrick via email at tebayclub@yahoo.co.uk or any of the Team at Tebay Club



TEBAY COMMUNITY CHOIR

On May 20th (the choir's 11th birthday, as it happened!) our summer concert took place in St James's Church.

The evening got off to a rousing start with a performance by Tebay Kids' Choir, led by Pam Lawson. This included a song that the children had composed at a sleepover and it carried a message about the importance of not wasting food. We also heard a lively rendition of "We will rock you" from Melody Makers, the brass group directed by Julie Hoggarth.

The Community Choir then continued the programme with a mixture of solos, duets and small group items, along with choral pieces. The central piece was a medley of songs from "Oliver!"; there were also songs based on the themes of Hallelujah, of love and of peace. We were very pleased to welcome Kate Lund from "Growing Well", a gardening charity based at Tebay Services. Kate spoke for a few minutes about the charity and issued an invitation to anyone to drop in and learn more. The event raised over £170, which will be shared between Growing Well and British Red Cross. A huge thank you to everyone who supported our concert.

Are you interested in joining the choir? We are a friendly bunch and are always pleased to welcome new members.

We normally meet on Monday evenings at 7.30 pm in Tebay Social Club during school term time.. For further information, and to find out the date of the next rehearsal, please contact Alison on alison@mott.me.uk or 07964 978961.

**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!

WI Annual Meeting

I feel very lucky to have been able to go to the WI Annual meeting in London on the 5th June 2024. The theme being Abuse and Violence against Women.

We left the day before, travelling by coach. In the evening some of us had a lovely walk through Kensington Gardens having previously had a nice meal in a Thai Restaurant.

The next day we arrived at the Royal Albert Hall for the meeting which began with a resounding 5,000 voices singing Jerusalem. Quite emotional!

After the business was taken care of the first speaker of the day was Nazir Azfal, Chief Prosecutor of England. He told us that he broke the Rochdale paedophile gang and brought such as Stuart Hall to court. He explained how influencers are having a negative impact on our young men. The message they get is that men are in charge, women are subordinate, with messages such as "Men are gold and women are silk. If you drop them in mud, you can wash gold but silk is soiled forever". Nazir has a passion for Justice and quality. He said people he had met during trials thanked him as he was the first person who had believed them.

Nazir received an emotional standing ovation - a very rare occasion at the WI Meeting.

After lunch the first of two speakers was Spice Girl Mel B who was interviewed by BBC's Victoria Derbyshire. Mel told us she was abused and of the coercive control by her husband for 10 years. She would be undermined, told she looked fat and was separated from friends and family. Every part of her life was controlled by him. Mel tried to get away several times but she was made to feel guilty and he used the children as a bargaining tool. She realised how bad the situation was when she visited her father. The harm and guilt will always be with her and her children. Met is now patron of Women's Aid.

The final speaker of the day was actor Timothy Parker whose part was an abuser in the Archers for a period of two years. He spoke of how the role affected him. He says he will now go round schools giving a speech of his experiences in that role.

At the end of a wonderful meeting we once again sang 'Jerusalem', 'Land of My Fathers' and 'God Save the King'. It was an experience that I will remember for a long time to come.

Ann Mooney, Tebay and Orton WI.

Learning about Bees:

The Happy Herdies class welcomed the school's neighbour Steve Marshall into school. Steve brought in his bee viewing hive for the class to look at and learn all about what bees do. The children asked brilliant questions to expand their knowledge. They then tasted and enjoyed Steve's honey that is made from his bees next door to the school. Thank you to Steve Marshall for giving up his time to come into school.



Year 6 SATS:

The year 6 children took their SATs (Standard Assessment Tests) in May. Year 6 children all over the country sit these tests at the same time. The children enjoyed breakfast together in school each morning before sitting their papers. We are very proud of how hard they worked and were super proud of the resilience they all showed. The last day of the tests the children enjoyed an afternoon at the park.



Drum and Brass:

The Marvellous Mules class have been having music lessons with Drum and Brass, children showcased to parents what they had been learning at a special assembly.



Swimming lessons:

Each child from Reception to Year 6 have enjoyed swimming lessons at Penrith Leisure Centre this academic year. Reception and Year 1 children were the last to attend. Every child showed amazing listening skills, respect, responsibility and resilience.



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...

'A SMALL SCHOOL WITH A BIG HEART'

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

Services in our Anglican Churches

Sunday 7 July Trinity 6 <i>Green</i> <i>Welcomer:</i> Ezekiel 2.1-5 2 Corinthians 12.2-10 Mark 6.1-13 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith and Janet Capp Elizabeth Crossley Keith Capp Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Martin Windle David Morris
Sunday 14 July Trinity 7 <i>Green</i> <i>Welcomer:</i> Amos 7.7-15 Ephesians 1.3-14 Mark 6.14-29 <i>Prayers:</i>	Orton, 8.30am Holy Communion <i>Brendan Giblin</i> Angela Milburn	Tebay, 10.30am Holy Communion <i>Carole Marsden</i>	Ravenstonedale, 10.00am Holy Communion <i>Sandra Ward</i> Hilary Law Ian Torkington
Sunday 21 July Trinity 8 <i>Green</i> <i>Welcomer:</i> Jeremiah 23.1-6 Ephesians 2.11-22 Mark 6.30-34, 53-56	United Tower Celebration Service at All Saints; 10:30am Holy Communion +Rob Saner-Haigh Zoom meeting number: 894 1727 3600		
Sunday 28 July Trinity 9 <i>Green</i> <i>Welcomer:</i> 2 Kings 4.42-44 Ephesians 3.14-21 John 6.1-21 <i>Prayers:</i>	Orton, 10.30am Service of the Word <i>Team</i> Mary Jenkin Mary Jenkin Andy Glanville Elizabeth Crossley	Tebay, 10.30am Holy Communion <i>Charles Cowling</i>	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> John Newton Caroline Morris
Sunday 4 August Trinity 10 <i>Green</i> <i>Welcomer:</i> Exodus 16.2-4, 9-15 Ephesians 4.1-16 John 6.24-35 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Andy Glanville Margaret Longworth Mary Jenkin Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Richard Best Hilary Law
Sunday 11 August Trinity 11 <i>Green</i> <i>Welcomer:</i> 1 Kings 19.4-8 Ephesians 4.25 – 5.2 John 6.35, 41-51 <i>Prayers:</i>	Orton, 8.30am Holy Communion <i>Chris Jenkin</i> John Dunning	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Sandra Ward</i> Diana Fothergill Catherine Newton
Sunday 18 August Trinity 12 <i>Green</i> <i>Welcomer:</i> Proverbs 9.1-6 Ephesians 5.15-20 John 6.51-58 <i>Prayers:</i>	Orton, 10.30am Café Church style service <i>Team</i> Keith and Janet Capp	Tebay, 10.30am Morning Worship <i>Team</i>	Ravenstonedale, 10.00am Morning Worship <i>Chris Jenkin</i> Sarah Lovell John Newton
Sunday 25 August Trinity 13 <i>Green</i> <i>Welcomer:</i> Joshua 24.1-2a, 14-18 Ephesians 6.10-20 John 6.56-69 <i>Prayers:</i>	United Service at Ravenstonedale Agricultural Show; 10:30am Holy Communion <i>Brendan Giblin</i> Please check timing, etc. nearer the event!		

Services in our Methodist Churches

	2024	7 th July	14 th July	21 st July	28 th July	4 th August	11 th August	18 th August	25 th August
			Action for Children Sunday	Rural Mission Sunday					
*Tebay M P 1-1300 M H B	10.30	S Radford HC US	D Askew	US at PC	LA	H Radford US OA	J & L Riley	US at PC	LA
	6.30		3.30pm District Clbtrn Svce at PMC				4.00pm Cnrxn Svce Water Yat		
Shap (Class of Tebay)	10.30	J & L Riley	3.30pm District Clbtrn Svce at PMC			S Radford HC	4.00pm Cnrxn Svce Water Yat		
Orton M P Complete M H B PB EW	10.30	LA	S Radford	M Lawson	P Hilland	H Hutchinson	A Pallister	J Worsfold	S Radford
	6.30		3.30pm District Clbtrn Svce at PMC		Worship & Word K Speck		4.00pm Cnrxn Svce Water Yat		
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	Open Air J Gorst OA Jnr Church	J Betts	TP OA Jnr Church	TP OA	W Ousby Jnr Church	D Gorst Bacon Butty Service OA	S Radford HC Jnr Church	P Curwen Show Field Service OA
	6.30		3.30pm District Clbtrn Svce at PMC		Worship & Word at Orton		4.00pm Cnrxn Svce Water Yat		Prayer & Share
*Ravenstonedale M P 1-1144 M H B H & P	2.00	A Sterling	J Betts	S Radford	LA	R McGregor	A Sterling HC	S Radford	H Hutchinson
	6.30		3.30pm District Clbtrn Svce at PMC		Worship & Word at Orton		4.00pm Cnrxn Svce Water Yat		

The Methodist Church

**A Celebration of the
Cumbria Methodist District**

Sunday 14 July

3.30pm worship, sharing
& refreshments
6 - 7pm evening celebration

An afternoon of worship,
celebration and conversation.

To help with catering, please
book [here](#) by Friday 28th June

at Penrith Methodist Church
Arrivals from 3pm



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

Vineliflife Cumbria Fellowship

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

The Filling Station

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

*We meet on 2nd Thursday
of the month.*

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

All welcome!



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 Canon Nelson Walina, Kasese 16th May: Couples Corner Retreat, 17th-19th May 2024: God's plan for marriages and the place of prayer in marriage.

Chris Jenkin answered: Thank you for this programme. I see you have put Mary and me into the period from 11 till 1 on Saturday. What did you have in mind for us to do during that time?

His reply: We have in mind that you will present your topic as couple, you will talk and Mary will do so. You will also pray for the disastrous situation in Kasese, ie landslides, Riverbanks overflows, which has destroyed lives of many, food and cash crops.

I responded: I think Mary will speak first, and give a testimony - how she came to know the Lord, how she met her future husband and very slowly came to be sure God was guiding us together. Our marriage, our four children. Difficult times,

happy times. Then our 50th Anniversary last October. Then I will give some biblical teachings. Finally a time of prayer. Will everyone be watching and listening on their phones, or together on a larger screen?

His reply: We will all listen from the screen. Your arrangements is so nice to us.



18th May: Mary spoke as arranged, and then I gave a talk about the Song of Solomon in the Old Testament, a love poem which assures us that God has created love, and rejoices when he sees romantic love, even sexual love, between two of his children.

Sunday 19th May: Thanks for your prayers upon us and lesson yesterday. We just concluded at All Saints Church, I was the preacher of the day. Many people have turned to Christ as their personal Saviour. I prayed for them and the Almighty God blessed them.

30th May: I am sorry to inform you late. One of our household in the Couples Corner Services group lost a one month old baby boy. Burial is today at the home village. This family is of Misairi and Agness (the AGIM family). As part of us, kindly join us in Prayers as we mourn our child, and we find ways to pay medical bills.

We replied: Dear Nelson, Mary and I are so sad to receive the news of the death of this little child and we will certainly pray for Misairi and Agness in their grief. We will certainly send help with money for medical costs.

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

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

Upper Eden Medical Practice & Tebay surgery

Appointments

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

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

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

Dispensary

Medication can be collected from Kirkby Stephen surgery from 9am to 6pm Monday to Friday and from our Tebay Surgery from 9am to 12:30 on Tuesdays and 3pm to 6pm on Thursdays. Please allow 3 working days for your prescription to be ready.

Samples

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

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

Protected Learning Time dates

Thursday 16th May 2024

Wednesday 19th June 2024

Thursday 11th July 2024

Wednesday 11th September 2024

Thursday 10th October 2024

Wednesday 13th November 2024

On the above dates the Surgery will be closed for staff training from 1pm. Please bear the Thursday dates in mind if you collect your prescriptions from Tebay Surgery.

Covid Spring boosters

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

Change of personal details:

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

Health Visitor & District Nurse

Eden Health Visiting Team can be contacted on 017683 54964

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

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

☎: 017683 71369

Shap Medical Practice & Orton Surgery

Welcome to the team

On Tuesday 7th May we welcomed Dr Rachel Garth to join Drs Judson and McCabe at the Practice. Dr Garth is *"really excited to be joining Shap Medical Practice as the new GP Partner. I'll be working 3 days a week at the surgery. I've just moved from a practice in Carlisle, and I also work for the local GP Training Programme. In my spare time I like hiking and swimming in the fells and lakes as well as being a Scout Leader in Penrith."*

Appointment System

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

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

Dispensary

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

Please note new Dispensary hours:

Monday, Wednesday, and Friday:

9:00 am – 1:00 pm, 3:00 pm – 6:00 pm

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

Orton Surgery

Medication is available for collection every Tuesday between 10am and 11am. **Please note there will be no collection on Tuesday 28th May due to the Bank Holiday.**

Protected Learning Dates

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

Wednesday 19th June 2024

Thursday 11th July 2024

Change of Personal Details

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

www.shapmedicalpractice.co.uk

☎: 01931 716230

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visit homegrownhere.co.uk
call 07376 726889 or email
info@homegrownhere.co.uk to find
out more and sign up for
a weekly or fortnightly veg bag!

Eden Waggy Wanderers

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

- fully insured.
- S+ licence from the local council.



Contact Teresa for more details on
Mobile: 07943264147

Email: edenwaggywanderers@gmail.com



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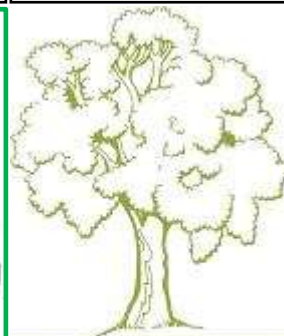
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Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garthill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45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

THURSDAY ROUTE 570: Shap to Kendal

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

Revised 25-11-21

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

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

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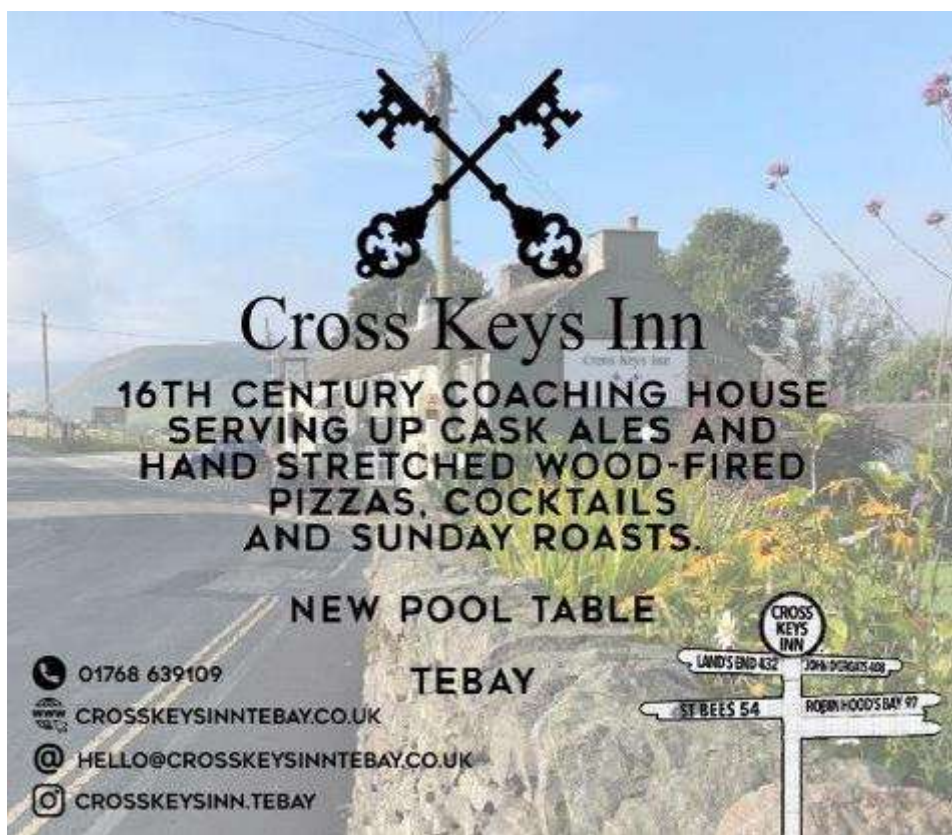
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Orton Parish Council: <https://ortonpc-eden.org.uk>

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Local church websites:

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