

The Link

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



October 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:

Families Together Harvest Hoedown
Tebay Methodist Chapel
(Photo credit: Pam Lawson)

Like our reflection opposite, we find ourselves reflecting on the changing of the seasons. Some have already celebrated harvest, others are still to do so (see details on the village pages for a church celebration near you).

We've been surprised this month by the number of events, and the relatively small number of write-ups of events and reports back on activities. There's a good one of the concert that came together (almost unexpectedly) at All Saints, Orton on page nine. However, if you have a look at the summary of feedback from our survey earlier in the year, on page eight, you'll see that there's still a gap between what people want to see, and what we publish!

That gap is you!

Your magazine needs you — we've had a few offers of help from that feedback (thank you) but there's lots of room for regular contributions: recipes, local walks, even just a couple of sentences sent from your phone with a photo. Without you contributing we have to find other things to fill our pages.

We've got lots of ideas and plans but need others to join in — maybe compiling an events diary, maybe doing more social media, or finding more advertisers, and so on.

We've got two more issues before the New Year, what about an early resolution?

*Elizabeth, Linda,
Martin & Paula*



**Crafts for Wellbeing:
Metal Embossed
Christmas Ornament**

Saturday 26 October,
10am, Soulby Village Hall

Call 017683 71507 to book)
(Adults £35)

Engaging with The Link magazine

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

If you want to advertise, (which is how we pay for much of the printing costs of the magazine), do please get in touch — it currently only costs £6 per smallest 'square' of advertising per month (email as above if you want to know more).

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

Thank you again for all your support!



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

Please send all copy (ideally not PDF format) including advertising to:

TheLinkMagazine@outlook.com

Payment for advertising or remittance advice to:

Linda Garrick, 015396 24262 / finance@linkmagazine.org

A season of Reflection and Renewal

As the (sometimes) warm embrace of summer fades away, we find ourselves on the threshold of a new season — autumn.

With its vibrant colours, crisp air, and a gentle whisper of change, autumn serves as a poignant reminder of the ever-present hand of our Creator. In this season of transition, let us pause and reflect on the spiritual lessons that autumn graciously offers.

A Time for Reflection

Autumn invites us to slow down and reflect on the passing of time. As the leaves transform into hues of red, orange, and gold, we are reminded of the transient nature of life itself. It serves as a gentle nudge to pause and ponder our own spiritual journey. Just as the trees shed their leaves, we are called to let go of anything that hinders our growth, embracing the opportunity for renewal.

Trusting in the Seasons of Life

The changing seasons remind us of the cyclical nature of life, with each season serving a unique purpose. Autumn teaches us to trust in the sovereignty of God and the divine order He has established.

Just as trees trust that spring will come again, we can rest assured that God is working even in the midst of difficult seasons. In times of uncertainty, we can find solace in knowing that God's plans are greater than our own, and He is faithful to bring forth beauty from the ashes.

Finding Beauty in Imperfection

Autumn brings with it a certain sense of vulnerability as trees shed their leaves, revealing their bare branches. Yet, it is in this vulnerability that we witness the beauty of imperfection. In a world that often values perfection and masks, autumn reminds us that it is through our weaknesses that God's strength is made perfect. As we embrace our own vulnerabilities and allow God's grace to work through us, we become a testimony to His transformative power.

Harvest and Gratitude

Autumn is a season of harvest, a time to gather the fruits of our labour and offer gratitude for God's provision. It prompts us to reflect on the blessings we have received and express our thankfulness to the Giver of all good gifts. Let us cultivate a heart of gratitude, not only for the abundant harvest in our lives but also for the spiritual growth and lessons learned along the way.

As we immerse ourselves in the enchanting embrace of autumn, let us open our hearts to the profound messages this season carries. Autumn invites us to reflect on the transient nature of life, trust in God's perfect timing, embrace our vulnerabilities, and cultivate a heart of gratitude. May this season be a time of spiritual renewal and a reminder of God's unending love and faithfulness. Let us rejoice in the beauty of autumn and carry its lessons with us throughout the year, continually growing in our relationship with our Heavenly Father.

The Courageous Christian Father



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Can't find what you want?

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

Do please send in your updates and news

**NEWBIGGIN-ON-LUNE CHAPEL
SUNDAY SERVICES
10.30am every Sunday**

**Tea and Coffee to follow after the Service.
A Warm Welcome to Everyone**

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

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

**For further information please contact:
Wilfred - on 015396 23600 or
Angela on 07980 418078**

LUNE LADIES

**Wednesday 2nd October
at 7.30 pm**

Newbiggin-on-Lune Village Hall
Craft demonstration and participation

**Wednesday 6th November
at 7.30 pm**

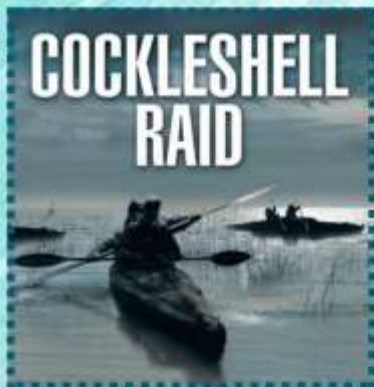
Newbiggin-on-Lune Village Hall
**Talk with Abbi Lawson
Great British Bake-off competitor
All Welcome**

MEN'S MEETING

Bob Ewart will be sharing
about his Uncles part in
the cockleshell raids in
World War 2

**Wednesday 6th Nov,
7:30pm
at Newbiggin Chapel**

Men of all ages
welcome



Brew ~ Biscuits ~ Banter



Junior Church

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



NEWBIGGIN-ON-LUNE CHURCH

Ladies Night

Thursday 10th October at 7:30pm



Lynne Lawson
will be joining us to talk about
Operation Christmas Child.

Operation Christmas Child is a hands-on
way for you to bless children in need
across the world by filling shoeboxes
with toys, personal care items, school
supplies, and fun gifts.

There will be opportunity to help fill
shoeboxes during the evening so please
feel free to bring things along!

All ladies welcome, young and old.

**FOR MORE DETAILS CONTACT ANGELA ON
07980418078**

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

£1 ENTRY

TABLE TOP SALE

CAKES  **TOYS** 

BOOKS  **CHILDREN'S CLOTHES** 

CRAFTS

SAT 12TH OCT, 3-5PM

AT NEWBIGGIN-ON-LUNE METHODIST CHAPEL

£5 PER TABLE, CONTACT DEBRA ON 07739865043

MONEY RAISED GOES TOWARDS THE NEW CHAPEL CAR PARK

Harvest Thanksgiving

AT NEWBIGGIN-ON-LUNE CHAPEL

SATURDAY 5TH OCTOBER 7:30PM

DOMINO DRIVE!

REFRESHMENTS TO FOLLOW

SUNDAY 6TH OCT, 10:30AM

SERVICE LED BY JIM HUTCHINSON

IN ALL things GIVE thanks




MEN'S MEETING

Quiz Night

Wednesday 2nd Oct 7:30pm

at Newbiggin chapel

All men welcome

Brew ~ Biscuits ~ Banter




"Worship and the Word"

Praise, Worship & exploring the Bible

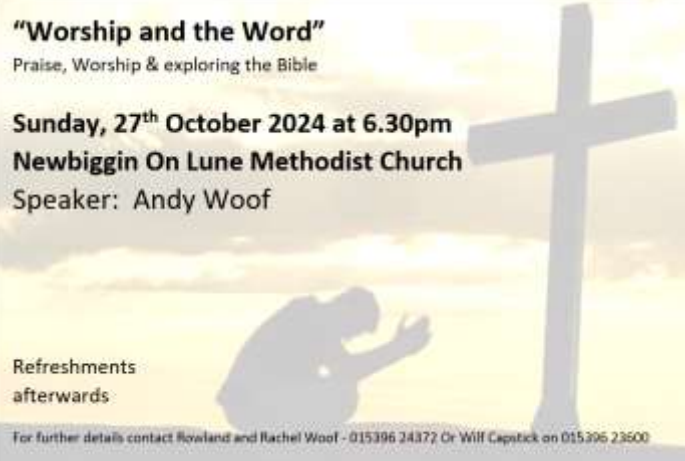
Sunday, 27th October 2024 at 6.30pm

Newbiggin On Lune Methodist Church

Speaker: Andy Woof

Refreshments afterwards

For further details contact Rowland and Rachel Woof - 015396 24372 Or Will Capstick on 015396 23500



NEW!

starting Monday 26th Feb 2024!

NEWBIGGIN-ON-LUNE Little Lambs

BABY & TODDLER GROUP

NEW BABY & TODDLER GROUP

AT NEWBIGGIN-ON-LUNE CHAPEL, MONDAYS (TERM TIME), 10-11:30AM

REFRESHMENTS FOR ADULTS & CHILDREN

£2 ENTRY (PLUS 50P PER EXTRA CHILD)




**RAVENSTONEDALE
PARISH HISTORY GROUP**
Wednesday 16th October
7.30pm

Ravenstonedale High Chapel
Community & Heritage Centre

**A MISSED RAVENSTONEDALE
INHERITANCE OF 1832**

**THOSE WHO GAINED
AND THOSE WHO LOST
WHERE THERE'S A WILL
THERE'S A STORY**

WITH VAL FERMER

Admission: Members £2.00 Visitors £3.00
including refreshments

For more information
contact Val Fermer on 07798 688057
or e-mail history@ravenstonedale.org



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**



29th and 30th November
Put the dates in your diary now!

A Christmas Carol

Will be this year's production
from the Vagabonds
after the success of
"Alices in NeverWonderland"



**New Archdeacon to preach at
St Oswald's Harvest Festival
11.00 Sunday 13 October**

Come, ye thankful people come....

It is wonderful that for our Harvest Festival this year we will be joined by our new archdeacon the Venerable Ruth Newton.

Ruth became Archdeacon of Carlisle on Sunday 8 September. Ruth, having served both in Cumbria and in the Yorkshire Dales, is no stranger to the countryside, rural communities, and harvest festivals.

Ruth will preach at the Harvest Festival which is 11.00 Sunday 13 October at St Oswald's.

All are most welcome, come and give thanks for food, those who produce it, and the land that sustains us all.

Rev. Brendan Giblin

The Farfield Mill Textile Exhibition is now open for submissions. This year's theme is 'Celebrating Wool' and may be interpreted in any way that you wish; take inspiration from the heritage of the British wool industry, be inspired by the landscape where sheep graze, or use wool in your creation, you are free to explore the theme in any form of textile art.

farfieldmill
Textile Competition



Wildflower walk, Kate Blue



Harvest Service
Leader: Revd Canon Brendan Giblin
Preacher: Archdeacon Ven Ruth Newton

**St Oswald's Church
Ravenstonedale**
Sunday 13th October 2024 at 11.00am

**followed by Lunch and Auction
of donated Harvest Gifts
at
Newbiggin-on-Lune Public Hall
12.30 for 1.00pm**

Please let us know if you would like to join us for lunch by contacting:
Anne Brownrigg on 015396 23594
or any PCC Member
Adults £12.00 Children £5.00 (over 8 years)
Lunch proceeds to St Oswald's Church

*Auction proceeds of donated Harvest fruits,
vegetables and goods for the
"Growing Well" Charity at Tebay*



IF MUSIC BE
THE FOOD
OF LOVE ...

THE VAGABONDS
PRESENT
AN EVENING OF
LOVE - LY
WORDS & MUSIC

7.30PM OCTOBER 11TH 2024
KIRKBY STEPHEN SPORTS & SOCIAL CLUB

TICKETS £8 TO INCLUDE A WELCOME DRINK
CASH ONLY



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



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)

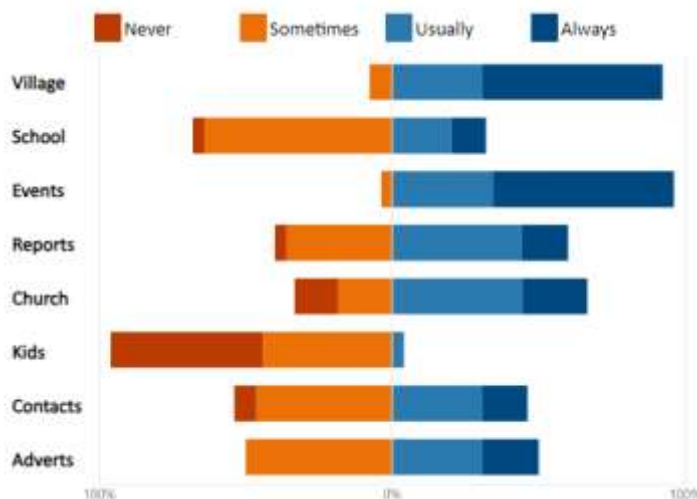
Monthly – Saturday Sewing Workshop with Jan
Hardcastle (07876508027)

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

Feedback on The Link

We said we'd feedback some more details on what you thought of The Link. Thanks to those of you who responded — 85% of you read every issue!

Which bits do you use / like the most?



In the comments below, we've added some editorial responses in blue / paler print and italics.

What one thing would you like to change?

Most people were happy, or didn't want to see any changes, of those that did:

- More local coverage (including local walks)
If we don't get sent it, we can't include it!
- Aim it at a wider, younger audience, with articles from younger people
The one area that respondents didn't use was the 'kids corner' page!
- Events in date order
sounds like we might need an events calendar!
- Clearer layout (easier to find things)
- More write-up of events after they've happened (with photos)
Send them in and we'll do our best to print them

What else would you like to tell us?

- Bring back the recipe page!
- Keep the out of area stuff shorter
Sometimes it's useful to fill pages for publication!
- Regular updates on the environment
We do have Orton Fell Farms cluster and OWLS contributing — happy to have other contributions too!
- Regular columns on gardening, cooking, crafts
Send them in and we'll do our best to include. Very happy to have someone stepping up to write a regular column (space permitting)
- More seasonal pictures, and resident experiences of those pictures
- Monthly parish council reports
We're trying — we agree, they need chasing!

Thank you all for your responses—you can always get in touch with us at TheLinkMagazine@outlook.com

Much Ado About Music

"They should have charged more for the tickets!" – this was a comment from an appreciative member of the audience after the concert in All Saints' Church, Orton, on the afternoon of 7th September.

The audience of nearly eighty people enjoyed a rich and very varied programme of music, for some 2½ hours, with a refreshment break in the middle.

There were singers and instrumentalists on strings, brass, woodwind, and organ, soloists and groups; music ranged from opera and Haydn, to Gershwin, Songs from the Sixties, to the 21st century John Mayer song, "Gravity". Performers ranged in age from teenagers to those in their 80s.



All, soloists and groups alike, were applauded enthusiastically by the audience. Some people were moved to tears by a particular performer; at the end, the whole audience was asked to stand and sing together "The hills were alive with the sound of music", with Ruth Lawler, the final performer, and they did so with gusto.

Particular mention should also be made of those who provided and served a wonderful range of cakes with tea or coffee in the interval.

And one other person must be especially thanked for it all – Andy Glanville, whose idea the event was, who brought it all together, who compered the afternoon, and who accompanied many of the performers on the keyboard, as well as playing with the highly professional Eden Trio, and entertaining us all with varied tunes as we enjoyed our cakes in the interval. After he called all the performers out to the front at the end for a final round of applause, he promised, "We will be back!" The event raised over £550 for church funds.

Send us your contributions — TheLinkMagazine@outlook.com

next market

Saturday 19th October

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

ORTON
FARMERS' MARKET
held 2nd Saturday of every month

All Saints Coffee Morning at the Farmers Market in July raised £514.50

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

Come up to the church and join us!



**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

All Saints' Church, Orton



Friday 1st November

*9.30 a.m. and 12 noon, or 2.30.p.m.
onwards, for jobs inside or outside
our village church?*

***Come when you can,
go when you must!***

Contact Mary (24410) or Keith (26187)

BINGO

ORTON MARKET HALL

FRIDAY 11th OCTOBER

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

Money raised to

**ORTON SCHOOL
AND
ORTON MARKET HALL**

Forthcoming Dates

**8th November
13th Decembe
10th January**



Appleby Arts Society report: Les Trois Grandes Dames

The three 'grande dames' introduced by lecturer Sarah Burles were Marie Bracquemond, Mary Cassatt and Berthe Morisot. Appleby Arts Society's first lecture to welcome the new term also celebrated the first Impressionist exhibition which opened in Paris on April 15, 1874.



Women were excluded from visiting exhibitions, with police mounted at the doors as it was all too shocking for women to see! Painting was restricted to those who could afford it, and women were not taught to draw from the nude, only flowers and religious subjects, but longed for the freedom to paint what they wanted to.

Fortunately Berthe Morisot's parents were sophisticated Parisiennes who encouraged her to paint. She was a key artist of the Impressionist circle and was the only woman included in the exhibition of 1874. Morisot had previously been a successful salon painter, and her loose handling of pastels, a medium embraced by the Impressionists, and visible application of colour and form, were central characteristics of her work. Morisot was involved in the founding of the Société Anonyme des Artistes, Peintres, Sculpteurs, Graveurs and the mounting of the first exhibitions. She can be considered one of the most important painters of the Impressionist circle and one of the most important and groundbreaking female modern artists of all time.

Mary Cassatt was born in Pennsylvania, lived in Europe as a child and her family were only able to return to Europe after the American War of Independence. She took private lessons and in

1874 one of her paintings was accepted for the Paris exhibition. Mary painted a picture of her mother reading 'Le Figaro' newspaper. It was again 'too shocking' – a woman reading a newspaper! Mary hated conventional art, her work had been rejected by the salon as being too colourful, and she wanted to be free. By the late 1870s she had become friendly with the Impressionists and like many of her women counterparts, she was obliged to focus on female subjects and became known as a painter of women and children. She was an advocate of women's suffrage.

Marie Bracquemond is the least known of the three women, and there is none of her work in the UK. Born in Brittany, she managed to get a place in the atelier of artist Ingres, but he did not really encourage women painters – the usual flowers, fruits, still life and portraits. She was considered to be one of the most intelligent pupils in Ingres's studio, and was granted permission to copy paintings in the Louvre. She began her career as an academic painter but after having met Monet and Degas, her style began to change dramatically and by the 1880s was completely Impressionist. Like most of her Impressionist colleagues she enjoyed going out and painting en plein air. In 1886 she met Gauguin and her work began to change with her palette becoming increasingly more vibrant. Sadly, by the 1890s, Bracquemond stopped painting as her husband loathed the Impressionist style and made it difficult for her to pursue her career. She defended it, stating, "Impressionism has produced... a new way of looking at things. It is as though all at once a window opens and the sun and air enter your house in torrents."

A fascinating talk, enjoyed by all. The October lecture will be 'Edward Hopper, the Painter of Loneliness'.

All Saints', Orton Harvest Festival 10.30 Sunday 6 October

The guest preacher for Harvest Festival will be the Reverend Canon Ken Boullier.

Ken, together with his wife Lois, has recently retired into the area where they have long standing connections. A few years ago now, Ken was an ordinand when Mary and Christopher Jenkin were ministering on the Isle of Wight. The world is a small place. Please do come along to our Harvest Festival - all are most welcome. **Come and give thanks!**



All Saints' Church

Harvest Thanksgiving

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

Cash Collection for Water Aid

Harvest Communion

Sunday 6th October, 10.30 a.m.

Harvest Supper

in the Market Hall

Monday 7th October, 7.00 p.m.

Adults: £10.00

Under 16s: £5.00

Bring your own bottle

**Tickets from Orton Village Store, or phone
24410 (Mary) or 26187 (Keith)**

Orton Market Hall

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

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

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

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

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

News from rton School

Reported by Oak Class

A New School Year!

We were all happy and excited to start the new school year. We have a new year six, the oldest children in our school, ready to complete their final year before moving onto secondary school. We also have some new starters in reception and nursery, right at the beginning of their primary school journey.



Key Stage 2 joined together with children from other schools in the area to scale Murton Pike. It was a beautiful day for a lovely walk.



We have new classes! Our classes are now named after native trees: Rowan, Birch and Oak.



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 CE Primary School
Open Morning

We would like to invite current and prospective families to an
Open Morning
Tuesday 8th October 2024
9 am – 11.30am

Come and join us for a coffee, spend some time in each class to see us in action and meet our friendly children and staff!

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



Full-Time Nursery Places Available

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

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

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

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

If you would like to find out more or arrange a no obligation visit please get in touch with either Vicky or Emma at the school on 015396 24268 / admin@orton.cumbria.sch.uk

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

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

Boccia in Orton Market Hall

restarts on Thursday 5th September and Thursday 19th September!

Thursday 3rd, 17th and 31st October, Thursday 14th and 28th November.

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



Free Stay and Play Sessions

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

The more the merrier!

Refreshments provided.

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

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

If you would like to find out more please get in touch the 01539 624268 /

admin@orton.cumbria.sch.uk

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

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



Lunesdale Archaeology Society

Monday October 14th:

Patrick Neaves Prehistoric Shap

Meetings are held at Tebay Methodist Chapel, 7.30pm

Members free
Visitors welcome, £3

Our full programme is available on our website:

www.lunesdale.wordpress.com

HIGHWAY CELLO

with Kenneth Wilson



In the summer of 2022, Kenneth Wilson strapped his cello to the back of an old Dawes Galaxy bike, and cycled from Hadrian's Wall to Rome, performing every day en route. This is his fascinating story, accompanied by live cello.



f i s t

Orton Market Hall

CA10 3RL

Sat 26 Oct 7:30pm

Tickets: Adult £12 Child £6 | 015396 24140

book online www.highlightsnorth.co.uk

highlights
rural touring scheme



30 years with the Woodland Trust

a free talk with

PETE LEESON

7pm on 3rd October
at Orton Market Hall

Here to talk about his long career as a woodland creation advisor and how trees can benefit farms, the environment and people.

No need to book, bring a friend!



Host of the podcast
"Tree Amble"



for more information contact owl.group.admin@icloud.com

LYON & BIRD

Ruth Lyon & Conrad Bird are the lead singers and songwriters of acclaimed cult-folk rockers Holy Moly & The Crackers



A wonderful evening of live music, to include acoustic versions from their Holy Moly & The Crackers catalogue, traditional folk songs and self-penned ballads - their own style of rough, earthy folk songs that are full of memory, love and the endless dream of the road.



f i s t

Orton Market Hall

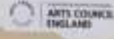
CA10 3RL

Saturday 15th November 7:30pm

Tickets: Adult £12 Child £6 | 015396 24140

book online www.highlightsnorth.co.uk

highlights
rural touring scheme



Saving Our Night Skies

Join Project Officer Jack Ellerby for a talk about the value of Dark Skies and the impacts of light pollution on wildlife, environment and people, good and bad lighting, and find out how we can all help tackle light pollution.

Thursday 7th November, 7pm
in the Orton Market Hall

Supported by the Orton Wildlife and Landscape Group (OWLS)

Wasted light
adding to sky-glow



This event is **FREE** so please bring friends and family along with anyone you think might be interested (donations welcomed).

Keep up to date with the project via website:
www.darks skiescumbria.org.uk

DARK SKIES CUMBRIA

THE HUB



**Tebay Community
Library & Drop In
in the Hub**

St. James' Church, Tebay

Every Monday morning
10.30am - 12.30pm

Refreshments
Books to borrow and buy
All ages welcome

Do you have any spare time on
Tuesday afternoons? Come and join
us at **TEBAY METHODIST SCHOOL
ROOM** from 1.30pm — 3.30pm

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

You will be very welcome!



Tebay Community Meal

**Meal at 12.30pm
stay until 4pm**

**Sunday 6th October
Tebay Methodist Hall**

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

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

Tebay Club Presents

Oktoberfest

Drink . Food . Music . Dance



Saturday 12th Oktober 2024 | 7.30pm till late

Tickets £15 to include Beer Stein, Food and Music

Limited Tickets available from Becky Morland or by
messaging Tebay Sports & Social Club Facebook page

WHAT'S ON?

Saturday 12th October 7pm

OKTOBERFEST - food, music, games, prizes
- tickets on sale now!

Sunday 13th October - 7:30pm Prize Bingo

Sunday 27th October - 7:30pm Prize Bingo

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

Function room available for hire (free to
members) and the cheapest beer in town!



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

**** SAVE THE DATE ****

Watch our Facebook page for more
information on **HARVEY BODDY** - singing
LIVE in the bar — Saturday 9th November

TEBAY SPORTS & SOCIAL CLUB



CHURCHES together in Tebay

3 Ps, Supper

(Pies, Peas, Puddings)

Saturday October 26th
at 7pm

Music by LIDOS

£8

at

Tebay Methodist Hall

Come and enjoy



Extracts from:

Orton & Tebay Parish Magazine November 1885

ORTON

Before the next issue of the magazine the General Election will have taken place. It is generally thought that the Clergy should not be active in canvassing the electors.

It cannot be out of place for me here to express a hope that my parishioners, in the trying and exciting times before us, will give their opponents, what they claim for themselves, credit for an honest wish for the good of their country, remembering always that the vote is a solemn trust, to be recorded by each elector according to his sincere convictions.

In concluding I cannot do better than commend to you for use during the election the following Prayers issued by the Archbishop of Canterbury.

There followed 3 long prayers – a bit different from 2 months ago leading up to 2024 General Election.

Parish registers:

Baptism, Oct 5: Elizabeth, daughter of Marmaduke Holme and Elizabeth Atkinson of Low Scales

Burial, Oct 16: Margaret Morphet of Low Borrowbridge, age 88 years

Edward Holme, The Vicarage, Orton

TEBAY

The first place in our Tebay News must be given to the Harvest Festival. And yet the remembrance of Sun Oct4 will be warm in the hearts of most of the people. The Church looked very beautiful, as the House of God should look, and bore fresh witness to the delight we in Tebay take in our Church.

All the services were well attended, notwithstanding the rain, and were heartily rendered. The Evening Sermon was preached by Canon Chalker of Carlisle, who gave practical advice on the duty of thankfulness, even in times of scarcity and adversity.

My thanks are offered to all who assisted either by gifts or work, in the decoration of the Church, and to the Choir for the manner in which they led the musical portion of the Service.



Lady Bective has kindly promised to give 2 'Good Conduct' prizes for the Sunday School. I have also been promised the following subscriptions, Mr J Fothergill 10/s, Mrs Oerton 10/s, Mr Brinnand 5/s. Further subscriptions are still needed to provide the prizes for attendance, as we have 150 children in more or less regular attendance.

When preaching at the re-opening of Bampton church, the Bishop of Carlisle made reference to the building of Tebay Church and the separation from the Mother Parish of Orton; and he spoke most highly of the deep interest the inhabitants took of the work, and the affection the evince for their Church.

Parish Registers

Baptisms: Sept 27, Esther Ann, daughter of Thomas and Mary Ann Todd, Bank Cottages

Oct 5, Ernest Malcolm, son of Benjamin and Elizabeth Ward, of Old Tebay

Marriages: Oct 21, Henry Blamire to Margaret Ann Thornborrow

The Vicarage, Tebay
Edward Oerton. Sep 30 1885



Cumbria-Westmorland Federation of WIs

Tebay and Orton WI

To find out more, come along to one of our meetings,
we meet on the 3rd Wednesday of the month
7pm, April – September
12 noon, October - March
In the Methodist Chapel Hall, Tebay
Visitors welcome, £4 entry includes refreshments

Autumn/Winter Programme

16 OCTOBER Talk - 'Walking the West Highland Way'
20 NOVEMBER Talk - 'Squirrels'
18 DECEMBER Christmas Party
15 JANUARY 2025 Annual Show
19 FEBRUARY Talk by Jackie Huck
19 MARCH Annual Meeting



Fun and Friendship





Supporting young brass players in Cumbria to meet, develop skills and perform together.

Supported by RNCM Engage Brass

Open to all young brass players aged 7-17:

Sunday, September 29, 2024 - Millom
Sunday, November 17, 2024 - Penrith
Saturday, February 15, 2025 - Egremont
Saturday, March 01, 2025 - Keswick
Saturday, May 10, 2025 - Cockermouth

DRUM BRASS

DOING MUSIC DIFFERENTLY





The Big Quiz Night

SATURDAY 16TH NOVEMBER
7 – 8.30PM
ORTON MARKET HALL

REFRESHMENTS ~ FREE ENTRY!
suitable for all ages
GATHER YOUR TEAM!

For more details and to book your place:
sign up on  FamiliesTogetherTebayOrton
or email familiestogethertebayorton@gmail.com
or scan the code to register
or visit <https://cutt.ly/BQN24>



With the opportunity to donate to

tearfund

to transform the lives of people living in poverty



We have had a wonderful start to the new academic year. We welcome Luna and Cassian joining our nursery class and Ambrose and Amelia joining our reception year. The children have all settled in well and we look forward to a busy year.

Year 1 to 6 visit Water Park Adventure Centre

On Friday 6th September children in Year 1 to Year 6 had a fantastic day at Water Park Adventure Centre near Coniston. The sun shone all day and the children took part in various activities including raft building, canoeing, orienteering and environmental art. They use their team building skills, showed amazing responsibility and resilience and behaved impeccably.



Tebay Primary School will once again be supporting Upper Eden Food Bank. Our wheelie bin will be outside the school gates every Tuesday during school hours for items to be left in.



We really do appreciate the support the community has given to this very important charity.

Year 5 and 6 Bikeability training

The Year 5 and 6 children received Bikeability training in the second week back at school. Bikeability is the Government national cycle training programme. It helps to teach practical skills and understand how to cycle on roads, giving children the confidence to cycle safely.

The Year 5 and 6 children had to show they identify and respond to hazards, start and stop on road journeys, maintain suitable riding positions, comply with signals, signs and road markings, communicate with other road users and negotiate junctions.



Each child that took part received a badge and a certificate.

Well done to all that took part and thanks to Cat for delivering the training.

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'

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

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: [facebook.com/TebayPrimarySchool](https://www.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

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

Upper Eden Rotary Enables Ukraine Delivery

Upper Eden Rotary were approached in early in 2024 by the charity Arrhythmia Alliance Pace4Life who were seeking assistance for the shipment of a large quantity of surplus medical goods to the main Heart Hospital in Kyiv.

The Charity had amassed a huge amount of goods from various hospitals ranging from knee braces through to specialist heart surgery equipment but were struggling with the logistics of safely getting them out to Kyiv.

Upper Eden Rotary rose to the challenge and using its international network of contacts arranged for UK-Aid (who work closely with the North of London Rotary Club) to collect the goods and handle the shipment.

Prior to shipment UE Rotarians sorted the equipment removing any out-of-date items and preparing an inventory of the 144 boxes with an estimated value of upwards of £100,000.

The goods were duly collected on the 19th September 24 and are scheduled for the delivery direct to Kyiv by mid-October where they are greatly needed.

A brilliant example of both the fellowship of Rotary but also the networking needed to handle international challenges and support.



Rotarians loading the van that will take the medical supplies directly to Kyiv.

More on the **Arrhythmia Alliance** on their website: www.heartrhythmalliance.org or by calling them on 01789 867 501.

Contact the **Upper Eden Rotary Club** online via their website: www.upperedenrotary.org.uk

Are you between 6 and 16 years old?

Tebay Creatives invites you to our

Autumn Sleepover - Chocolate Heaven?

FAIRTRADE

Music – Chocolate – Drama – Fun – Help our planet!

You and your family are welcome to join the Chocolate Heaven? Family Celebration at 10.30am on **SUNDAY 20th October** at Tebay Chapel to share what you have done!

19-20 Oct

See our Facebook page for further details:
www.facebook.com/groups/tebaycreatives/
 or book here:
<https://cutt.ly/Sleep24>

Did you know?

TEBAY PRIMARY SCHOOL

Tebay Primary School offers...

- Flexible nursery provision from 3 years of age for the full 30 hours.
- Nursery provision from 9:00 until 3:30 Monday-Friday.
- Breakfast club from 8:00am.
- After School Club until 5:00pm.
- Small class sizes, all needs are catered for.
- Outstanding outdoor provision.
- Fresh school meals cooked on site.
- Support from Cumbria Education Trust.
- Excellent links with various secondary schools.
- Excellent support for SEND pupils.
- A tailored curriculum enhanced by trips, residential and experiences.

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

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

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

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

Cumbria Education Trust

Services in our Anglican Churches

Sunday 6 October Trinity 19 <i>Green</i> <i>Welcomer:</i> Genesis 2.18-24 Hebrews 1.1-4; 2.5-12 Mark 10.2-16	Orton, 10.30am Harvest celebration <i>Brendan Giblin</i> <i>Pam and Garth Blundell</i> <i>Mary Jenkin</i> <i>Keith Capp</i> <i>Elizabeth Crossley</i>	Tebay, 10.30am Service of the Word at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> <i>Richard Best</i> <i>Hilary Law</i>
Sunday 13 October Trinity 20 <i>Green</i> <i>Welcomer:</i> Amos 5.6-7, 10-15 Hebrews 4.12-16 Mark 10.17-31	Orton, 8.30am Holy Communion <i>Chris Jenkin</i> <i>John Dunning</i>	Tebay, 10.30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10.00am Harvest celebration <i>Brendan Giblin</i> <i>Sarah Lovell</i> <i>Diana Fothergill</i>
Sunday 20 October Trinity 21 <i>Green</i> <i>Welcomer:</i> Isaiah 53.4-12 Hebrews 5.1-10 Mark 10.35-45	Orton, 10.30am Café Church style service <i>Team</i> <i>Keith and Janet Capp</i>	Tebay, 10.30am Morning Worship at the Methodist church <i>including music by the</i> <i>children from the</i> <i>sleepover weekend</i>	Ravenstonedale, 10.00am Holy Communion <i>Charles Cowling</i> <i>John Newton</i> <i>Ian Torkington</i>
Sunday 27 October Bible Sunday <i>Green</i> <i>Welcomer:</i> Isaiah 55.1-11 2 Timothy 3.14 – 4.5 John 5.36b-47	Three Churches Services at All Saints, Orton; 10:30am Holy Communion <i>Carole Marsden</i> Zoom meeting number: 894 1727 3600		
Sunday 3 November All Saints' Sunday <i>White</i> <i>Welcomer:</i> Isaiah 25.6-9 Revelation 21.1-6a John 11.32-44	Orton, 10.30am Holy Communion <i>Sandra Ward</i> <i>Andy Glanville</i> <i>Angela Milburn</i> <i>Elizabeth Crossley</i> <i>Margaret Longworth</i>	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>

Church Contacts

Anglican Church

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

Curate Charles Cowling

Mission Community
Administrator
Joyce Keetley 07741 327318
applebymc@carlisle-diocese.org.uk

Retired clergy
Sandra Ward 24213
(Penrith & Keswick Hospital
Chaplain)
Christopher Jenkin 24410

Orton with Tebay

Churchwardens
Linda Garrick 24262
Martin Lawson 26028

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

Services in our

	2024	6 th October	13 th October	20 th October	27 th October
			Homeless Sunday	Freedom Sunday	Bible Sunday
*Tebay M P 1-1300 M H B	10.30	T Taylor US OA	A Burton	H Radford US	D Askew
	6.30		Connexion service at K Stephen		Worship and Word at N on L
Shap (Class of Tebay)	10.30	S Radford HC	6.30 Connexion service at K Stephen		6.30 Worship and Word at N on L
Orton M P Complete M H B PB EW	10.30	J Betts HC	J Fox OA	D Askew	P Dunstan OA
	6.30		Connexion service at K Stephen		Worship and Word at N on L
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	J Hutchinson HF Jnr Church	TP OA	TP OA	TP OA
	6.30	Prayer & Share	Connexion service at K Stephen	Prayer & Share	Worship and Word A Woof
*Ravenstonedale M P 1-1144 M H B H & P	2.00	J Betts	T Longworth	LA	A Sterling
	6.30		Connexion service at K Stephen		Worship and Word at N on L

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

For anyone wanting to receive home communion or in need of pastoral support, please contact:

Revd. Sandra Ward on 015396 24213 or 07946 633334. Please leave a message and she will get back to you ASAP.
(If your need is urgent please contact Revd. Brendan Giblin, on 017683 39168)



Sunday 20th Oct
4pm – 5pm walk
5pm Shared tea
Meet at Tebay Chapel

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

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 40000



A day celebrating Fresh Expressions and Pioneering. Come along to hear stories from local practitioners, share with others, get creative and be inspired.

Open to anyone in Cumbria or across the North, all who have an interest in imaginative mission are welcome.

With input from Nigel Pimlott, Mission and ministry consultant, coach, writer and semi-retired foster carer.

At Crooklands Hotel
nr. Kendal
Saturday 16th November 2024
10am - 4pm



To book scan the QR code
or go to
www.trybooking.com/uk/DGFC

#CUMBRIA




Baptisms, Weddings and Funerals

For any **Anglican** churches, if you want to make enquiries about a baptism please contact your local Church. If you would like to ask about a wedding or funeral, please in the first instance contact the Mission Community Administrator: Joyce Keetley on 07741 327318 or applebymc@carlisle-diocese.org.uk

For any **Methodist** church requirements for membership, marriage, funerals, etc. please make contact in the first instance with Rev Stephen Radford: stephen.radford@methodist.org.uk

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

From Rev. Nelson Walina

14.8.24: We recently had all active Clergy Spouses Retreat as an activity of this ending Week. Thanks for your prayers.



8.9.24: See again what to pray about, River Nyamwamba floods in many parts of Kasese Municipality. This evening, Melina and I went to All Saints Church to check out the Church building, where the Vicar and Lay reader reside — the Church building is safe,



The Lay reader's residence is free from flooding, but the vicar's house full of floods - 3 rooms covered with mud, to enter the house was only possible when you wear gumboots. Melina and I deployed the youth brigade, 4 boys and 3 females, to help drawing the mud, so that we have a dry floor of the house.

This is part of my leadership as an administrator to be responsible for the Diocesan workers.

We responded: We will be praying at All Saints

Orton this morning for All Saints Kasese after the floods.

We sent the same message to the Vicar, the Revd. Christopher Syauswa.

From Revd. Christopher Syauswa

Monday 9th September: The good Lord saved our lives. Water and sand entered the vicarage; some of my property were destroyed. It took three hours to remove the mud out of the six rooms. Continue praying for us because we are soon entering the October rainfalls. Best wishes. Our God reigns!

We replied: We are so sorry. Having mud filling your home is horrible and distressing. I am glad that you and your dear wife Mary were not hurt or in danger. Could a wall be built to protect the house and keep water out next time the river floods?

His reply: Noted, thanks: we are working hard with Mary cleaning the inside walls in our house. She says Hi to her friend Mary! *He sent a photo:*



We responded with a joint selfie, in response to which he wrote: Glad to see your faces - you shine like stars. To God be the glory!

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

1.9.24: Since I joined the priestly ministry, I have never had any sabbatical leave. I pray to have it next year in September 2025 God willing. My desire is that if possible I spend it with you at your home, so that I can refresh my mind, visit your church, see Felicity and David (Orton people who visited Kasese in 2016) If possible, visit also David's church. God bless you. Rev. Nelson.

Enquiries revealed that this suggested sabbatical leave is not for 3 months, as it usually is in the UK, but just one or two weeks. So perhaps Rev. Nelson may visit Orton in September 2025!

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

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

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

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 & Flu vaccinations

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

Flu clinics for those aged 65+ OR under 65 if you have a chronic disease, and children aged 2-3. To book in for your vaccination please contact Reception or book online. Saturday morning clinics are available on 5th & 19th October. We also offer appointments on weekdays if this is more convenient.

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.

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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Home Grown Here is a veg box scheme based right here in the Eden Valley, bringing you seasonal and responsibly grown fruit and veg throughout the year.



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.
- 5* licence from the local council.



Contact Teresa for more details on
Mobile: 07943264147

Email: edenwaggywanderers@gmail.com



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Mobile: 07747 088 535

Tel: 01539 626 140

Email: colinprescott66@gmail.com

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1st Sunday of the Month

SUNDAY CARVERY

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Finished off with a treat from the dessert table.

3 COURSES

£28.50 per adult

2 COURSES

£25.00 per adult

£15.00 per child 3-16

Children under 3 go free

2-hour sittings available at: 12.30 - 13.00 - 13.30



SHAP | CUMBRIA | CA10 3QU

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Sat - Sun 12 noon - 11pm

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Sat 12-8 - Sun 12-8

Mondays - Free Drink with any Pizza

Tuesdays- Main Meals For £10

(T&Cs apply)

Sunday Roasts served from 12 every Sunday

Roasts served whilst stocks last book early to avoid missing out - (from 20th October)

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www.georgearton.co.uk 01539 303015



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

THURSDAY ROUTE 570: Shap to Kendal

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

Revised 25-11-21

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
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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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Local community websites:

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

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

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Local church websites:

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