

The Link

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



September 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:
Safari Supper, Newbiggin-on-Lune
Debra Capstick

September will see some of us transition from holiday mode back into school / work / caring patterns of living, and as the days start to shorten more obviously, it's good to both look forwards with anticipation as well as looking back with satisfaction.

You'll find us looking both directions in this issue — remembering the recent celebration of the freshly limed tower at All Saints (page 14) as well as looking forward to a whole range of events, including the first sighting of a Christmas event (page 16)!

There are several celebrations of harvest in our churches, and early warning of an

Oktoberfest from Tebay club.

It is very encouraging to be publishing an article on the re-birth of the Tebay and Orton WI group — having previously announced its closure. The rejuvenation is thanks to those who have stepped forwards and agreed to take on a role in this important part of our community.

As we shift gear, and start to prepare for the autumn ahead, and maybe more time indoors, don't forget that we build our communities through building relationships with each other — so do seize the opportunities to do so here.

*Elizabeth, Linda,
Martin & Paula*



Engaging with The Link magazine

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

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

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

Thank you again for all your support!



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

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

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

Friends you haven't yet met

"There are no strangers here;
only friends you haven't yet met"

So goes the oft quoted saying of the Irish poet WB Yates. Being summer we are in that season of various friends popping in. Some arrangements have been made long in advance, so we have the excitement of anticipation at seeing friends we do not see that often. Occasionally visitors call in unexpectedly, when they are passing, and we have the joy of surprise. It is lovely when friends look you up.

Tomorrow one my oldest friends is coming to stay. He too is a vicar, and is beginning his sabbatical by walking the Coast to Coast. We will provide a berth, on this symbolically mid-way point, for a couple of nights. Last week Alan, with his wife Emma, called in at the Vicarage on his way to St Bees.

We got talking about my walking of an alternative Coast to Coast route (Ravenglass to Holy Island) when I had a sabbatical a few years ago. It is rather less walked than Wainwright's glorious route, so Emma asked whether I met many people? "No" I replied "not many". Then I remembered, "Oh yes, I did meet Michael. We're going to his wedding in February!". Michael and I met on Holy Island, and ever since we have met up twice a year to go walking together. Indeed, just the previous week, Michael had been here to stay.

Of course not everyone we meet becomes a life-long friend. When walking one of the joys can be meeting up with a stranger for a short bit of the walk. The loneliness of walking is eased by companionship, and the monotony of one's own company is broken for a few miles.

We all need people to walk with us. This is especially the case when life is difficult and the way ahead uncertain. My prayer is that our churches be communities where we can find such companions.

With every blessing, Brendan

If you want to think and read more about it, try this — it's worth reading: Luke 24.13-35, The road to Emmaus

Winter Fuel Allowance

The Government has recently announced that they will no longer pay a winter fuel allowance to people of state pension age unless they are in receipt of Pension Credit.

It is estimated that there are around 880,000 people who don't claim Pension Credit but who are entitled to do so. Receiving pension credit doesn't just provide you with additional money to top up your finances, it's a gateway that gives you access to a range of other grants and savings. For example Reduced council tax if you have less than £16,000 in savings, or free TV licence for those over 75.

Single pensioners are eligible to receive pension credit if they have a weekly income of up to £218, while those in a couple, where you are both above state pension age, must have an income of up to £332 per week.

Claiming can feel quite daunting, particularly since

some forms are online. If you would like any help or support to claim pension credit, do please contact either Elizabeth or Jan on 015396 24311, all enquires will be treated in confidence. Jan has worked for a number years in a team that specialised in claiming benefits and is happy to help.

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Can't find what you want?

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

Do please send in your updates and news

Newbiggin-on-Lune Village News & Events

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

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

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

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

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

Safari Supper

On Saturday 27th July Newbiggin-On-Lune hosted a Safari Supper evening, main course was served at The Capsticks, High Lane Farm.

As it was a nice summers evening some people chose to stretch their legs and walk down to the Chapel in the village where there was an array of desserts on offer. Everyone appeared to enjoy their evening and went home more than satisfied!



The evening raised a fantastic £2,200 to go towards a new car park at the chapel, thank you to all those who attended and donated and thank you to all those who helped host the event.

The magazine's cover photo is also from the safari supper.



NEWBIGGIN ON LUNE PUBLIC HALL

SATURDAY 28TH SEPTEMBER 2024
10AM TO 12 NOON

TAKEAWAY CAKE ALSO AVAILABLE

ALL PROCEEDS TO
MACMILLAN CANCER SUPPORT

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



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

QUIZ NIGHT

NEWBIGGIN ON LUNE
PUBLIC HALL

SATURDAY

21st SEPTEMBER 2024

DOORS OPEN 7:30PM
QUIZ STARTS 8.00PM

GREAT QUIZ/PAY BAR

TEAMS OF 8 OR LESS
YOU CAN JOIN A TEAM ON THE NIGHT!

ALL WELCOME

ENTRY £5 PER PERSON

INCLUDES SNACKS AND A HOT DOG

Junior Church

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

LUNE LADIES

Wednesday 4th September

Muker Show

Meet at Newbiggin-on-Lune Village Hall
10.30 am for car share. Stopping at Hawes
for lunch in the Wensleydale Pantry at 11.30 am
then on to Muker Show.

Wednesday 2nd October
at 7.30 pm

Newbiggin-on-Lune Village Hall

Craft demonstration and
participation.

All Welcome



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

"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)

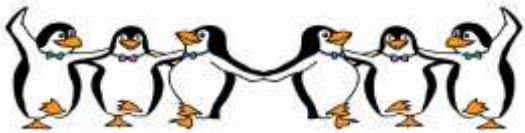
Ravenstonedale Folk Dance Group

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*



A New Era at The Black Swan

Many of you may already know, but The Black Swan has officially announced its new plans.

Scott Fairweather, their Head Chef of eight years, is soon to move on to pastures new, with his last service being Monday 2nd September - so hurry if you want to see him, and enjoy his fabulous food, before he goes!

Scott's achievements at The Black Swan are a fantastic example of dedication to his craft and we cannot wait to see what he chooses to do with the next chapter of his culinary journey and we thank him for his commitment and extremely hard work and dedication over many years and wish him, Leah and River lots of love for their future.

As Scott's final service draws near, The Black Swan is excited to announce that Andrew Beaton is taking over from Scott in September.



Andy is Cumbrian, having grown up in Ulverston. Initially starting his career at Raymond Blanc's Le Petit Blanc, he found his stride back home in the Lake District culinary scene. He first joined the team at Linthwaite House then moved onto other well known kitchens such as Miller Howe, (where he cooked for The Queen!), the Lakes Distillery and then in 2019 he joined the team at Storrs Hall where he

has served as Head Chef for over 5 years

Andy joins Louise and the long serving team of familiar faces, along with bringing some new members to join the crew.

Whilst both chefs take inspiration from Cumbria's fantastic produce, there is no doubt that there will be some changes to the menus over the coming months. As they embark on this exciting transition, The Black Swan would like to invite customers both old and new to experience this new era.

They will retain their 2 AA rosette menu, but will also offer more relaxed and informal bistro dishes and traditional pub classics. Home baked cakes and breads, light lunch options including a range of sandwiches served throughout the bar/lounge and beautiful gardens

The Black Swan will be open from 10th September — opening 7 days a week serving breakfast, lunch & dinner with Sunday lunch available throughout Sunday and light bites and sandwiches available all day.

Organ Recital

at St Oswald's Ravenstonedale

by David Thornton –
BEd, FRCO, LRAM, ARCM

Saturday 28th September
5-6pm

Retiring Collection for the
Maintenance of the Organ

Light refreshments on arrival

David writes:

I was brought up in Burnley and attended Burnley Grammar School where I first studied the organ with the music master Mr John Smith. I was the organist of my local church, St. John's Worsthorne at the age of 12 and was later assistant to Mr Smith at St. Peter's Burnley.

I undertook teacher training at Bishop Grosseteste College in Lincoln where I became the first organ scholar of Lincoln Cathedral studying with Dr Philip Marshall and Roger Bryan. This role was essentially that of 2nd assistant and involved accompanying the Cathedral choir on a regular basis, playing for large diocesan 'Nave' services, accompanying visiting choirs,

giving recitals and taking occasional boys' choir practices.

During this time, I became an RSM Gold Medallist and was awarded the ARCM and LRAM performer's diplomas.

After Lincoln I became Head of Music at Ashton-in-Makerfield Grammar School, which later became a large comprehensive 'The Byrchall High School'; a post I held for 31 years. During this period, I was organist and choirmaster at various churches in the Wigan area. Early retirement from teaching allowed me to refocus on my playing skills and to resume study, working towards the Royal College of Organists' diplomas, passing the ARCO in 2011 and the FRCO in 2013.

I have made numerous visits to mainland Europe to play many of the most famous historic organs in France, Germany and the Netherlands.

We relocated back to our 'roots' and now live in the Pendle countryside where I was Director of Music at St. Mary Magdalene Clitheroe for several years. Besides music, I am also a keen cyclist, mountain biker and hillwalker.

My programme for this recital will include well-known music by Bach, Purcell, Faure and others.

Ravenstonedale
Methodist Church

Harvest Service

Sunday 22nd September 2024
at 2 pm

Led by Living Purpose Group
from Arkholme.

To be followed by Tea
All are very welcome

A well attended funeral
took place of
John Stephen Hodgson
on Wednesday 31st July
at St Oswald's Church,
Ravenstonedale

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 18TH SEPTEMBER
7.30 PM

RAVENSTONEDALE COMMUNITY & HERITAGE CENTRE AMBLESIDE ORAL HISTORY GROUP

All In a Day's Work

A look at local employment and working
conditions in the years preceding and following
World War Two

Presented by
Judith Shingler

Admission: Members £2.00, Visitors £3.00
including refreshments

For more information contact Val Fermer
on 07798 688057 or leave a message on
www.ravenstonedalehistory.org.uk

20's plenty — or is it?

Two local communities are
calling for a 20mph speed limit
— have your say!



Ravenstonedale Parish Council
and Orton Parish Council have provisionally
secured funding through Westmorland and
Furness Council to reduce the speed limit in
Ravenstonedale and Orton to 20mph. This
initiative aims to promote safer roads, reduce
vehicle noise, and enhance the environment for
more walking and cycling.

Speed limits will only be reduced to 20mph if
your wider community supports the scheme and
therefore, we need your input.

Why Participate?

- ✧ Safer Roads: A 20mph speed limit significantly
reduces the risk of accidents and makes our
streets safer for everyone.
- ✧ Quieter Neighbourhoods: Lower speeds mean
less noise from traffic, creating a more
peaceful community.
- ✧ Greener Environment: Encouraging walking
and cycling helps reduce carbon emissions
and promotes a healthier lifestyle.

How to Get Involved

The public consultation launches on
Wednesday 4th September until Friday 18th
October. You can find the proposals and
provide feedback to the consultation by:

- ✧ Visiting the council website:
www.westmorlandandfurness.gov.uk/20mph
- ✧ Checking the details at your local library or
local link

You can also share your views with the
Westmorland and Furness team from 4pm to
7pm at:

- ✧ Orton Market Hall on Monday 23 September
- ✧ Temple Sowerby Victory Hall on Monday 30
September
- ✧ Glenridding Village Hall on Wednesday 2
October
- ✧ Melmerby Village Hall on Tuesday 8 October

Your Opinion Matters

Speed limits will only be reduced to 20mph if the
wider community supports the scheme. Have
your say by Friday 18th October and help to
shape the future of our roads.



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



ORTON PARISH COUNCIL

Orton Parish Council met on 15th July to discuss the following:

1. Additional Play Equipment

The Parish Council would like to provide additional recreational facilities for young people and they considered the purchase of an all-weather table tennis table to be placed out of doors in the existing play area. It was decided to consult locally to see what sort of equipment the young people might prefer.

2. Road Closure

It was noted that the closure of the road to Shap had caused inconvenience to many and a loss of custom for local businesses. The diversion route was not practical and the signage was not helpful. Insufficient notice had been given of the closure and no consultation had been carried out with residents or business owners. It was agreed that better signage off the motorway at junction 39 was needed, and this would be looked into.

Westmorland & Furness Councillor Phil Dew

It was noted with regret that Phil Dew was moving away to take up a new position in ministry elsewhere. The chair thanked him for his hard work over the years and for the support and encouragement he had given to the parish council and to the whole community. It was agreed by all that he will be much missed.

The next meeting of the parish council will take place on Monday 16th September 2024 at Market Hall, Orton at 7.30pm and the meeting will be open to the public.



next market

Saturday 14th September

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



ORTON
FARMERS' MARKET
held 2nd Saturday of every month

BASSOON EXTRAVAGANZA!

WITH THE HOLM LEVEAUX DUO



APPLEBY HUB, 7.30PM - SAT 21ST SEPT
KENDAL CASTLE ST CENTRE, 3.30PM - SUN 22ND SEPT
ORTON MARKET HALL, 7.30PM - SUN 22ND SEPT

TICKETS £8

ACCOMPANIED CHILDREN FREE
LICENSED BAR AVAILABLE

Tickets available from Appleby TIC
& Orton Village Store or on the door



**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

THE RE-LAUNCH OF TEBAY & ORTON W.I.

We're back! It wasn't planned, we'd been reluctantly preparing to close for some months, mainly because the Secretary and Treasurer felt they could no longer continue, and no-one else was able to take on the duties, there only being 13 members.

In March we had a big 'farewell' party, where many past members attended, but because we were offered help by Sarah Middleton and Linda Stretton WI Trustees, we decided it was possible to continue. Sarah has become our Treasurer, Linda the Secretary and Felicity Lawler was happy to carry on as President. We've changed our meeting place from Tebay Club to Tebay Chapel, but our meetings are still held on the 3rd Wednesday each month, October – March at 12 noon, and April – September 7pm.

Since starting afresh we've had a couple of meetings at the Chapel, and two trips. In June we went to The Devil's Porridge Museum in Eastgriggs not far from Gretna. This is an amazing place and was called 'the greatest factory on earth' from 1915 -18, where it's 30,000 workers many of them women, produced shells for the 1st World War. At that time the factory covered 9 miles and manufactured 800 tons of cordite a week, some of the women working with their hands to mix the cordite, 'the devil's porridge' both dangerous and unhealthy.

In July we went by bus to Barnard Castle, and had an enjoyable few hours in this interesting town, and our August meeting will be a garden party at the home of one of our members.

Future meetings will be 18th September, an open-top bus ride around the Lakes, 16th October 'a talk in the Chapel by Sarah and Lin 'The West Highland Way', and on 20th November Garry Murphy will be talking about red squirrels. December 18th will be our Christmas Party, and as we have for a number of years we will hold our own annual show in January. February 19th Jackie Huck will be giving a talk, which will bring us to our AGM in March.

New members are always welcome. Why not come along to a meeting as a guest and try us out. There is plenty on offer not just at local level, but through County and National events. You can experience a wide range of crafts on various courses, go on holiday or to the theatre, campaign at government level on matters that

Harvest Thanksgiving Orton Methodist Chapel

Sunday, 29th September

10.30am - Harvest Service
Led by Rev John Morton

*Lunch following the service
to which all are welcome*

*All gifts of non-perishable produce
will be given to the
Upper Eden Food Bank*

A warm welcome to all

All Saints' Church, Orton

SATURDAY 7TH SEPTEMBER

MUCH ADO ABOUT

MUSIC



**A Concert to showcase a
wide variety of local talent**

2.00 p.m. Part 1

3.30 p.m. REFRESHMENTS

4.00 p.m. Part 2

*Tickets (£5) from any PCC member
or from Orton Village Store
(School age children FREE)*

In Aid of Church Funds

affect us all, this year our National resolution was about the vital need for more NHS Dentists.

The WI remains the largest women's movement in the Country. We are happy that Tebay & Orton WI is once again looking to the future, and can remain a force for good within our local communities.

Jackie Huck

Shap Farmers' and Makers' Market
Saturday 28th September
9am – 1pm
Food/Art Craft/Plant stalls plus much more - indoors and outdoors
Refreshments at the Memorial Hall
Meet representatives from 'Growing Well'
Music on the Terrace:
The Rhubarb Thieves

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	Vineliflife 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



**ORTON
FELL RACE**

Saturday 28th September 2024

Fell races starting from Orton Primary School
Junior races at 1pm (1 and 2 miles)
Senior race at 2pm (approx 10km)
(All races are run in accordance with UKA rules for competition)

Entry on the day
** Refreshments * Raffle * Children's Activities **

Find us on Facebook @ Orton Fell Race
(Organiser: Simon Mounsey 07814604419)



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

News from rton School



Carlisle Cathedral

In June, the year sixes (Mia, Abigail, Lillie H, Lilly P, Milly, Toby and Oliver) went

to Carlisle Cathedral for the leavers service. We sang songs listened to prayers and did activities. The Cathedral was gorgeous. It was very fun and we had a good time.

By Mia Capstick and Abigail Wray

The Isle Of Man

Class 4 ,year fives and sixes, went to the Isle Of Man on Monday 1 of July to Friday the 5 of July.

We stayed at the venture center and did lots of exiting activities including gorge walking , sailing high ropes and more. We got there by ferry concluding the Picture below.



By Abigail Wray and Mia Capstick

AmaSING!

Class three, that's years three and four went to Amasing Concert and there was other schools and we did actions and then songs. It was good, it was amazing at amasing. When we did the shouting out to see who could shout the loudest was my favourite. The song unstoppable, it was a very good song.

By 1 fabulous Year 3 and 1 awesome Year 4.

Aquarium

In June class two and one went to the Lake District Aquarium. They got there by train and had a great time. They saw lots of interesting fish and they even saw otters! By the end everyone was very tiered and most fell asleep on the way back. By Mia Capstick and Abigail Wray



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

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.



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

All Saints Coffee Morning
at the Farmers Market
in July raised £566.60
and in August raised £528.35

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

Words: A Series of Journal Quilts

This exhibition from the Contemporary Quilt Group, is on display at Farfield Mill in Sedbergh. The exhibition includes 'Quilt Journals' from 26 different textile artists from around the UK. Running until 15 September, the quilts are based on the theme of words. The work is extremely diverse including printed, appliqued, painted and embroidered text.



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.*

BINGO

ORTON MARKET HALL

FRIDAY 13th SEPTEMBER

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

WARCOP SCHOOL
AND
ORTON MARKET HALL

Forthcoming Dates

11th October
8th November
13th December



All Saints Church – a celebration

All Saint's Church has been a place of worship for 700 years and has always been at the centre of the community in this beautiful village. Over that time, it will have seen many celebrations, both big and small.

On 21st July another celebration took place. This time to mark the restoration of the church tower to its former glory.

The Right Reverend Rob Saner-Haigh, Bishop of Penrith and the Appleby Town Band joined with the congregation to thank God for His goodness to us in allowing us to complete this work.



The tower, which was built in the 16th century, is finished in a white lime render which was last refurbished in April 2017. However, this exercise wasn't entirely successful, and the diocesan architect was consulted regarding continued water ingress into the tower. His report recommended appropriate action, but lack of funds didn't allow the church to carry out the work when scheduled for 2018.

The report's conclusion was that in 2006 when some previous work was done some of the lime render had contained too high a proportion of linseed oil and also that the render hadn't properly dried out properly before the limewash was applied.

So, the necessary work done recently was to replace a number of sections of defective render and mortar and to re-limewash the whole tower.

The estimated cost of the work was £100,000 and although there had been substantial donations to the building fund there wasn't quite enough to complete the work.

After successfully applying for grant funding, we managed to build up just about enough funds to carry out the work.

Architects Crosby Grainger and contractors Border Lime were appointed, and work commenced in the spring of last year and was completed in the Autumn.

Whilst working on the tower it was also noticed that the distinctive weathervane at the top of the tower was in very poor condition with the wooden support structure almost completely



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 any PCC member, or phone
24410 (Mary) or 26187 (Keith)

rotted away. So, this also required extensive repair work.

So, our grateful thanks go to many people – too many to mention but a special thanks to those who donated to the building fund, even if it was buying a coffee and a cream scone at the coffee mornings. And, of course, to those who baked cakes and scones and served refreshments at the monthly coffee mornings, which is where most of the donations to the building fund were received.



Our thanks too, to The National Churches Trust; The Garfield Weston Foundation; and the Benefact Trust for providing grants.

To Andrew Bodenham of Crosby Grainger for his diligent supervision of the project.

To Jasper and Martyn and their team at Border Lime who were always cheerful and helpful.

A thanks to Julian Thorpe, too, for his ongoing help with the fabric of the church and to his team of bellringers, who probably spend more time in the tower than any of us.

We're grateful also to Abbi Lawson for producing a beautiful cake in the shape of All Saints Church, to help us to celebrate the tower.

And to John Bainbridge for the amazing work, he did in restoring the weathervane to the top of the tower which once again stands as a beacon to God's love for this community.

At the end of the service the congregation were led outside the church by the bishop for further joyful music from The Appleby Town Band and a final blessing and thank you to our God.

Our God, who loved us when this church was built and loves us now, more than we can imagine. So, our main thanks for the successful completion of this project must go to Him, our Lord and our God.

Keith Capp, Mary Jenkin
Deputy Church Wardens

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.*



All Saints church in cake

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 METHODIST CHURCH

CHURCH ANNIVERSARY SERVICE

10-30AM SUNDAY SEPTEMBER 1ST

PREACHER CHRISTINE WHITEMAN

BRING AND SHARE LUNCH TO FOLLOW

HARVEST FESTIVAL CELEBRATIONS

10-30AM SUNDAY 15th SEPTEMBER

PREACHER MR & MRS OUSBY

FOOD DONATIONS FOR FOOD BANK

BRING AND SHARE LUNCH TO FOLLOW

COME AND GIVE THANKS

Restarts in
October!



Tebay Community Meal

Meal at 12.30pm, stay until 4pm

Sunday 6th October

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!

Churches Together in Tebay

Pie, Peas and Puddings

Saturday 26th October, 7pm
Adults £8, Children under 11 £4

Music
Come and enjoy!

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!



An Evening with Gillian Allnutt and Shap Writers

**Saturday
12th October
Starts 7.00pm
Admission £5**

Poetry Event



**Further information
on Gillian Allnutt's works
plus online booking form
www.theoldcourthouse.org**



When Gillian was awarded the Queen's Gold Medal for Poetry 2016, Carol Ann Duffy wrote that her work 'has always been in conversation with the natural world and the spiritual life.'

To date she has published nine collections, including *How the Bicycle Shone: New & Selected Poems* (2007); *indwelling* (2013); and *wake* (2018), all from Bloodaxe Books. She has also published *Berthing: A Poetry Workbook* (NEC/Virago, 1991) and was co-editor of *The New British Poetry* (Paladin, 1988).

Her collections *Nantucket* and *the Angel and Lintel* (both from Bloodaxe) were shortlisted for the T.S. Eliot Prize. She won the Northern Rock Foundation Writer's Award in 2005 and received a Cholmondeley Award in 2010.

Besides being a writer she has worked as a performer, publisher, journalist, freelance editor – and teacher. This year she celebrates fifty years of teaching in one context or another, working with students ranging in age from six to ninety-six years old! She has twice held Royal Literary Fund Fellowships – at Newcastle and York Universities. In 2009/10 she undertook a writing residency with The Medical Foundation for the Care of Victims of Torture (now Freedom From Torture) in the North East, working with asylum seekers in Newcastle and Stockton. In 2013/14 she taught Creative Writing to undergraduates on the Poetry and Poetics course in the English Department of Durham University.

She was born in London but spent half her childhood in Newcastle and now lives – 'in voluntary exile' as she says – in a former pit village in Co Durham.

An Evening with Gillian Allnutt and Shap Writers has been made possible by The Old Courthouse Shap, Wordsworth Trust, The Garsdale Retreat, The Open University, and Arts Council England Lottery Fund.



WHAT'S ON?

September 2024

Sunday 1st September - 7:30pm Prize Bingo

Saturday 14th September Banging Bingo:
7pm — food, music, games, prizes
and neon fancy dress!

Sunday 15th September - 7:30pm Prize Bingo

Sunday 29th September - 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!

**** SAVE THE DATE ****

Watch our Facebook page for more
information on OKTOBERFEST
- Saturday 12th October



Opening hours

Weds, Thurs, Fri 7pm to close
Saturday 4pm to close
Sunday 3pm to close

**Big Screen TV * Sky Sports
BT Sports * Pool table
Snooker table * Darts boards**

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

**Prize Bingo & Cash Bingo on
alternating Sundays**

Free WiFi

TEBAY SPORTS & SOCIAL CLUB



Class 3 residential to Manchester

'What a fantastic time we've had in Manchester. We left school at 8am Monday morning and headed to the Imperial War Museum North where we explored artefacts from the war. From there, we headed to Manchester Airport Runway Visitor Park where we boarded a Monarch plane and got to sit in the pilot's cockpit and learn about all the controls. We then were very lucky and got to see a concorde plane and actually saw the nose move into landing position which was very surreal to watch hanging above us (our tour guides said that they had been working there for 6 years before they first saw that happen). We headed back to the hostel for our tea then headed to Namco for an exciting game of bowling, a scary dodgem ride and a play in the arcade. A bedtime story settled us into bed ready for another fun-filled day.

Day 2, we had a full English breakfast then we went to Old Trafford Stadium and had a workshop on unlocking our potential where one of our students was gifted a Manchester United Jacket. We had a stadium tour and even got to sit in the Director's Lounge. Finally we headed to the SEA LIFE Centre and looked at all the wonderful work they do and we even got to touch the starfish and had the shrimp tickle our hands. The children were a pleasure'.

Thanks goes to Mrs Collinson, Mr Penrice and Miss Clarke for accompanying the children.

Innovate Competition

Every year Cumbria Education Trust run an Innovate Competition, children are challenged to invent something which would help the environment.

Each school select one group to represent them at the final held at Whitehaven Academy. People from across Cumbria who represent a variety of businesses are invited to be part of the judging panel. The winning group to go forward to the final from Tebay Primary School were the Squirrel Saviours.

Pupils were inspired to help our red squirrels following a talk by P&DRSG volunteer Rachel Smith. They came up with a brilliant way of protecting red squirrels and ensuring that they have enough food to last them the winter. Here they are pictured with their idea - how fantastic!!



Summer Fair

On Friday 19th July, Friends of Tebay School held their Summer Fair. On a glorious afternoon children were treated to a bouncy castle, inflatable axe throwing, coconut shy, a tuck shop and other activities. The highlight being 'soak the teacher' (thank you to Mr P and Mr T for being such good sports). FOTS raised £164.90. Thanks to everyone who supported this event



Celebration/Leavers assembly

We said a very emotional farewell to our Year 6's on Friday 19th July as they enjoyed their last day at primary school before starting their next adventure at their chosen secondary school's in September. Children were presented with a bible from 'Open the Book' and a leavers hoody from FOTS.

Well done to Molly for winning the school shield for 'Responsibility', Jack J for winning the school shield for 'Respect' and to Rubie for winning the school shield for 'Resilience'. Also a huge well done to Riley, Freddie and Harrison on their 100% attendance award (for the whole school year).

Thank you

We would like to say a big thank you to everyone who has supported the school this academic year. A big shout out to our Friends of Tebay School team who arrange all the fundraisers to provide the children with all the wonderful opportunities. Please look out for future dates in the next academic year.

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

Major work on Coast to Coast trail

National Park Rangers have begun laying a nearly two-mile long flagstone path across peatland in Birkdale, as part of works to make Alfred Wainwright's 'Coast to Coast' route a National Trail.

It is the biggest single project ever undertaken by the Yorkshire Dales National Park Authority's ranger service and is expected to take until early next year to complete.

The reclaimed flagstones have come fresh from a mill demolition site in Preston. Having been hauled by tractor and trailer to remote Birkdale, between Kirkby Stephen and Upper Swaledale, they were airlifted the final few hundred metres from the road to the fellside path. A helicopter pilot dropped pallet loads of flagstones every few metres.



The 197-mile Coast to Coast designated route – stretching across northern England from St Bees Head on the west coast to Robin Hood's Bay on the east—is thought to be the most popular long distance walking trail in England. In 2022 the government decided to make it a National Trail.

The trail first enters the Yorkshire Dales National Park north of Orton, ducking out a mile or so west of Kirkby Stephen before entering again on moorland between Nine Standards Rigg and White Mossy Hill. It exits the National Park more than 20 miles to the east, near the town of Richmond.

Member Champion for Recreation Management, Lizzy Bushby, said: "This is a massive project for us. All our rangers across the National Park are being timetabled to work on this job. The surface from White Mossy Hill is already quite badly eroded and, typically, you see people having to jump over boggy bits and wind about looking for decent footing. The flagstone path will help to protect the surrounding sensitive peatland habitat, designated as a Special Area for Conservation.

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



Families Together
invites you to our

Harvest Hoedown
FUN & THANKSGIVING
at Harvest Time

Tebay Methodist Chapel Hall
3.30-5.30pm, Saturday 21st September
Ceilidh, games, hot food

Opportunity to bring a donation
for the Upper Eden Food Bank

More details on the
Families Together in Tebay & Orton Facebook page

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

Services in our Anglican Churches

Sunday 1 September <i>Trinity 14</i> <i>Green</i> <i>Welcomer:</i> Deuteronomy 4.1-2, 6-9 James 1.17-27 Mark 7.1-8, 14, 15, 21-23	Orton, 10.30am Holy Communion <i>Sandra Ward</i> <i>Welcomer:</i> Mary Jenkin Elizabeth Crossley Andy Glanville Prayers: Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> David Morris Ian Torkington
Sunday 8 September <i>Trinity 15</i> <i>Green</i> <i>Welcomer:</i> Isaiah 35.4-7a James 2.1-10 [11-13] 14-17 Mark 7.24-37	Orton, 8.30am Holy Communion <i>Brendan Giblin</i> Keith Capp <i>Prayers:</i>	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Carole Marsden</i> Diana Fothergill John Newton
Sunday 15 September <i>Trinity 16</i> <i>Green</i> <i>Welcomer:</i> Isaiah 50.4-9a James 3.1-12 Mark 8.27-38	Orton, 10.30am Service of the Word <i>Team</i> <i>Welcomer:</i> Keith and Janet Capp <i>Prayers:</i>	Tebay, 10.30am Harvest celebration at the Methodist church	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> Catherine Newton Hilary Law
Sunday 22 September <i>Trinity 17</i> <i>Green</i> <i>Welcomer:</i> Jeremiah 11.18-20 James 3.13 – 4.3, 7-8a Mark 9.30-37	Three Churches Services at Tebay; 10:30am Holy Communion <i>Chris Jenkin</i> <i>Welcomer:</i> Linda Garrick Mary Jenkin Adrian Allen <i>Prayers:</i> Martin Lawson		
Sunday 29 September <i>Trinity 18</i> <i>White</i> <i>Welcomer:</i> Genesis 28.10-17 Revelation 12.7-12 John 1.47-51	United Benefice Service at Brough; 10:30am Holy Communion <i>Brendan Giblin</i> <i>Prayers:</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 Methodist Churches

	2024	1 st September	8 th September	15 th September	22 nd September	29 th September
			Education Sunday		Peace Sunday	
*Tebay M P 1-1300 M H B	10.30	C Wightman US CA	LA	W & J Ousby US HF	S Radford HC	To Orton HF
	6.30	Connexion service at Appleby				
Shap (Class of Tebay)	10.30	M Harrison 6.30 Cnrxn service at Appleby				
Orton M P Complete M H B PB EW	10.30	To Tebay CA	A Rowell	A Sterling	LA	J Morton HF
	6.30	Connexion service at Appleby				
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	R Crippen Jnr Church	A Pallister	S Radford HC Jnr Church	LA	W Ousby
	6.30	Connexion service at Appleby	Prayer & Share		Prayer & Share	
*Ravenstonedale M P 1-1144 M H B H & P	2.00	LA	A Burton	S Radford	Living Purpose HF	A Sterling
	6.30	Connexion service at Appleby				

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

St Michael and All Angels,
Sunday 29 September

Gathering together on the fifth Sunday of the month as all the Anglican churches in our area has been a great encouragement. When we are familiar with worshipping in small or smallish congregations it has been uplifting to get together.

Our next benefice service will be at 10.30 on Sunday 29 September at St Michael and All Angels, Brough for Michaelmas.

In times past Michaelmas was hugely celebrated. Not only did it mark the changing of seasons, and as such was a time for fairs and sales, it celebrated God's victory over evil through the ministry of angels of light, who unseen by human eye fight on our behalf.

Perhaps we too will be welcomed by angels at Brough? We certainly will be challenged to look beyond our own horizons and glimpse the bigger picture of Christ's victory over evil. Do please join us, and worship with the angels!



Sunday 15th Sept
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 Alison on 07552 480200

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, 16.6.24:

This evening we went to pray with the family which lost a baby. I handed them the medical assistance from you. There was a lot of excitement and appreciations upon your family.



6.7.24: Dear Chris and Mary, and friends in All Saints Orton Church, we are left with only 4 years to retirement. In the remaining 3 years, we have come up with a piggery project, and Poultry. We hope these two projects, plus some crops, will sustain us during retirement period. Cost of 10 piglets, shelter, feed and transport is 5,950,000 Ugandan shillings (about £1,250). Kindly needs family prayers and participation. And we move slowly to achieve our dreams.



I answered him: When a minister of the Church of Uganda retires, does he receive a pension - any financial income or support? Or does he have to support himself and his family with sources like pig farming?

His response: Church Ministers in Uganda are not

entitled to pension. You find many Church Ministers here retire with no house, or land where to stay, because they serve with a mind that when he dies he will be buried at the Church land, but this doesn't work, because retirement comes before death in many cases. I am preparing my retirement home. Firstly, I bought a land, secondly, I am putting up a house. Thirdly, I am thinking of raising a project for my family income generation. Piggery, poultry, farming, cottages on my piece of land.

Our reply: We have discussed and prayed about your preparations for your retirement, and whether and how we might be able to help you. We would like to send you a gift at this time. I have sent 891,877 UGX by Western Union. (£200) I know this is only a small part of what you will need; we may be able to send more in due course.

He replied: This is wonderful. Melina and I truly appreciate.



1.8.24: Our daughter Azirieli Ithungu and her baby girl. Thanks for your support upon my family with a new baby.

Our reply: Praise God for this lovely daughter!

11.8.24: Today, it was a Widows Sunday for all who participate in the ministry of the Church.



14.8.24: Planned Seminar, 5th September:

After viewing the situations in Western Part of Uganda, especially Kasese where South Rwenzori Diocese lies, we have organized a Seminar about "Disaster Preparedness, before and after". We target Clergy Spouses - all the 174, including those of other denominations.

Venue: Diocesan Youth & Conference Centre. Budget Estimate, including Breakfast and Lunch: UGX.1,740,000 (c. £400 = £2.20 per person). Kindly find the well-wishers to support this important Program.

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

HOME GROWN HERE

Fresh, locally grown produce delivered direct to your door



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



PIANO LESSONS

FOR ANY AGE OR LEVEL

ANDY GLANVILLE

3 HILDALE VIEW, CAISGILL, PENRITH,
CUMBRIA, CA10 3UE



Email: andyglan@yahoo.co.uk

Home: 015396 26050
Mobile: 07803424624



Part of Paragon Veterinary Group

- Competitive drug prices
- Local top-quality vet services
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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	
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Revised 25-11-21

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
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Penrith	10.30	12.30/12.00	17.00

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