

The Link

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



April 2025

The Link

Published by the
churches and communities in
and around Newbiggin-on-Lune,
Ravenstonedale,
Orton & Tebay

If you want to sign up to receive
The Link electronically, you can
do so using this web page link:
cutt.ly/TheLinkSignup

The Link magazine 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.

The magazine doesn't have a strong
editorial policy or position, trying to
share almost everything we're sent
from individuals and organisations in
our communities, but the editorial
team do reserve the right to choose
what to publish in the magazine.
Views expressed in The Link are not
necessarily those of the editorial
team, and we reserve the right to
amend material submitted prior to
publication.

Do please get in touch with us if you
have any questions, concerns, ideas
or want to volunteer. The simplest
way to do that is by email at
TheLinkMagazine@outlook.com

Thanks again for reading, sharing &
submitting your news and events.

Elizabeth, Linda, Martin, Paula & Tristan

We're always looking for photos and
write-ups of local events. If you have
a photo which could be on the front
cover, ideally of local people at a
local event, then do please send it in.

This month's front page photo is:
Work on the spire of St James, Tebay
(repairing lightning conductors)
Linda Garrick

This is an exciting month for The
Link magazine — and not only
because we're looking forward
to Easter eggs... We're pleased
to welcome Tristan to our editorial
team. The whole magazine is put
together and distributed by
volunteers, and we've been
struggling to keep up sometimes
(we hope it hasn't been too
obvious). With Tristan now
helping us, we'll be able to be a
bit more ready to respond to
emails, take on new ideas and

develop things as we move
forwards.

Do enjoy your read — lots in here
to do. If you're out and about,
do send us a picture, or a write
up, or a reflection.

Don't forget as well to use our
advertisers — the Black Swan has
a 15% discount for you (page 29),
and let them know where you
saw their advert.

*Elizabeth, Linda,
Martin, Paula & Tristan*

Could we ask for your support?

It costs somewhere between £700 and £800 to print one issue of
The Link magazine (all the work of putting it together, and
distributing it is done by volunteers).

At present we still believe that sending a copy to every house in
our parishes, as much as we can, is the best way to
communicate with our communities. However, we are also
sending it out electronically to several hundred of our readers.

Income from our advertisers does not cover the entire cost of The
Link — we rely on contributions from individuals and
organisations as well.

Please could we ask you to help us
to cover the cost of your copy of The Link?

One copy costs about 75p — which would be £7.50 for the ten
issues we produce each year. If you are able to contribute this
(or more, or less) you can do that in one of several ways:

Make a bank transfer to

'Orton Tebay and Ravenstonedale Link Account'
Sort code: 40-26-18 Account number: 71021036

Drop off a marked envelope to

Orton Village Shop or Tebay Post Office

Cheques can use the same account name as above
or give a marked envelope to a member of a local church

Use [this link](#) or scan the QR code on the right to set up an
electronic payment.

Or contact us by email if you would like us to
send more information on how else you might
give or get involved.

We just wouldn't be here without you...

Thank you so much everyone!



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

Easter Message from the Bishop of Carlisle

The Bishop of Penrith (and currently the acting diocesan Bishop for the diocese of Carlisle) reflects on what Easter means for us and for the Church:

'Did you not know what the holy one can do with dust?'

It's a line from a [poem for Ash Wednesday](#) by Jan Richardson. In it she talks about how things and people, which can feel like dust and dirt, are made glorious and beautiful by what God does with them. God does amazing things with dust.

What must it have felt like on the Sabbath following the crucifixion? After all that life, energy, noise, hope? And now silence, disappointment, defeat, death? We thought this Jesus was the one to save Israel! We thought He would bring release for those who felt held captive. We thought he would heal the broken hearted.

Yet, here we are, the same old problems, the same old pain. Everything has changed, and yet nothing has changed. All our hopes turned to dust.

But then, at dawn on Easter Day, Mary Magdalene goes to the tomb and finds it empty. She meets Jesus in the garden and finds that he is risen! The silence of her grief is interrupted by her joyful cry of 'Rabboni' and she rushes to tell others that she has seen the Lord!

Hope breaks in again. Even in his weakest moment, taking upon himself all the brokenness and pain of the world, God has transformed it all. All the mess, pain and destructiveness of the world has not defeated him. As the song says, 'Death is dead, love has won, Christ has conquered.'

In a world which is hurting, anxious and weary, which can sometimes feel as dirty as dust, we can say that God breathes new life into dust, making it glorious and beautiful.

Even the bleakest and darkest situations cannot overcome him. Even in his own death, God defeats death and saves

us. So, we need never lose hope.

Whoever we are - wherever we have come from - there is no entrance exam or qualifying test to God's hope and invitation. Whatever the challenges of today, God is good and can transform even the most difficult situation that we face.

This Easter, may we know that hope of God in Jesus Christ. May we know again what God can do with dust, as today we join with the defiant and hopeful song of the church through all ages -

***Christ is Risen!
He is Risen indeed!
Alleluia!"***

The Right Reverend Rob Saner-Haigh
Bishop of Penrith
Easter message 2024



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Can't find what you want?

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

Do please send in your updates and news

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

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

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

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

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

Newbiggin-on-Lune PUBLIC HALL

ANNUAL GENERAL MEETING

Monday 14th April 2025
at 07.30 pm

Meeting in hall
All Welcome



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





Saturday 12th April 2025
NEWBIGGIN-ON-LUNE PUBLIC HALL
CENTENARY CELEBRATION
1925 -2025

THE VAGABONDS PRESENT
1925 and NOL That
A light-hearted look at the history of the Hall
In words and music
Suitable for all ages

Matinee performance at 2pm
 Followed by Tea, Coffee, Biscuits and Cakes.
 Evening performance at 7.30pm
 Bar open from 7pm and after the performance

RAVENSTONEDALE PARISH HISTORY
GROUP EXHIBITION
 Available to view after each performance

Sunday 13th April 2025
RAVENSTONEDALE PARISH HISTORY
GROUP EXHIBITION
 11am to 4pm.

Entry to all the above is free. Donations for the upkeep of the hall appreciated!

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

LUNE LADIES

Wednesday 7th April
 at 7.30 pm
Talk by Canon Carole Marsden, "My Life"

Wednesday 7th May
 at 10.00 am
 An outing to Boundary Mill

Meet at Newbiggin on Lune
 village hall

All Welcome



DAVID CEMMICK
at Scar Gallery



SCAR GALLERY EXHIBITION

March 8th - April 27th

THE SCAR GALLERY

Scar Gallery
Ravenstonedale, CA17 4NQ
Open 10am to 4pm - Thursday, Friday, Saturday & Sunday
www.scargallery.co.uk
enquiries@scargallery.co.uk
@scargallery23 The Scar Gallery

Ravenstonedale Community & Heritage Centre (RC&HC)

From Helen Shields

Firstly, thank you to all those people who love, use and support RC&HC.

Having lost all our former community spaces in Ravenstonedale by 2010, the Parish Council (PC) purchased the former and redundant United Reformed Church (High Chapel) in 2010 for the sum of £1,000 and a group of volunteers set about clearing out and renovating the building to create and reinstate a community space.

Over the past 14 years, almost entirely through grant funding, we have developed a community hub with a two-story toilet extension and disabled access. The facility is used regularly and is well supported but there is still much to do. Phase 3 of its development will see: a new roof, new internal render and the renewal of the internal plaster both upstairs and in the main hall. This is a major project and will cost in the region of £140,000.

Working with the PC, we hope to secure grant funding but RC&HC and Ravenstonedale Parish History Group are also exploring ways to contribute towards the renovations. There will be opportunities for the community to support us either through donations, attending functions or volunteering some time. We very much appreciate whatever help you can offer.

In 2023, we became a charitable organisation (Reg. No. 1199656) affording us greater access to grant funding and a new, vibrant, hard-working and enthusiastic committee has been formed.

Committee Members and trustees are:

Chair: Helen Shields – helen@tarnhouse.com

Vice Chair: Emma Lewis ;Treasurer: Emma Rose; Secretary: Clara Allinson

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*



Honorary Member: Chris Elphick

Jan Hardcastle, Hilary Law & Ann Wappett

We have a website: <https://www.ravo.uk/index.html>

We are setting up a Just Giving site for donations

We also advertise events on Parish notice boards and elsewhere

Most important, we have the determination and energy to drive this project forward and fully renovate this much-loved and historic building, owned by the community, for the community.

Over the coming weeks and months we will be advertising events and giving the community the opportunity to contribute. Watch this space!

Thank you for continued support.

Ravenstonedale & Newbiggin Folk Dance Group

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

Wednesday evenings
(except the 1st Weds of the month!)
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



JAMIE OLDHAM
at Scar Gallery



SCAR GALLERY
EXHIBITION

March 8th - April 27th

THE SCAR GALLERY
Ravenstonedale, CA17 4NQ
Open 10am to 4pm - Thursday, Friday, Saturday & Sunday
www.scargallery.co.uk
enquiries@scargallery.co.uk
@scargallery23 The Scar Gallery

RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

- Monday** – Circuits with Jan Hardcastle for Men
(5-6pm) (07876508027)
- Monday** – Circuits with Jan Hardcastle for Women
(6-7pm) (07876508027)
- Monday** – Yoga for all with Suzie Metcalfe
(7:15-8pm) (07940185471) *
- Tuesday** – Pilates with Fiona Woolnough
(6-7pm, 7:15-8:15pm) (Clara 07900074886)
- Thursday** – Yoga for all with Suzie Metcalfe
(9:30-10:30am) (07940185471) *
- Thursday** – Ravenstonedale Parish History Group
(2-4pm) (Val 07798688057)
- First Sunday of the month** – Sound Bath with Ann
Wappett (4-5pm) (07890226445)
- First Monday of the month** –
Community Coffee Morning (10-12pm)
- Monthly** – Saturday Sewing Workshop
with Jan Hardcastle (07876508027)

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

* suzie@suziemetcalfe.com



All Saints Coffee Morning at the Farmers Market in March raised £464.15

*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

Families Together Tea Party

On Sunday 25th January Families Together held a winter tea party!



First, all the children (and grown ups!) helped to make all the food and decorations. As the food was being organised some people went on a nature walk whilst the others set up the tables with the scrumptious food!

When everyone was eating we were treated to an exclusive interview with local bake off sensation Abbie Lawson!

We even got to try a piece of her latest masterpiece.



Once everyone had eaten enough we (after such an epic time) had to go home but before we did we were all given a green counter to drop in a cup (to show how much we liked it) on our way out.

Everyone had a great time - I definitely did!

By Alice Bowes (11)

BINGO

ORTON MARKET HALL

FRIDAY 11th APRIL

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

Money raised to

**GREENHOLME SHOW
And
ORTON MARKET HALL**

*Forthcoming Dates
9th May
13th June
11th July*



ORTON MARKET HALL

COFFEE MORNING

DROP IN

Upcoming dates

Friday 16th May

&

Friday 13th June

Between 10:30 am & 12:30 pm

Please join us for Tea, Coffee and Cake.

Good company, Good chat.

Musical Afternoon

Saturday 5th July

All Saints, Orton

**If you're interested in participating or
performing do please contact Andy Glanville:
07803 424624 / andyvglanville@outlook.com**

Greenholme Show Saturday 14th June

Schedules out now

Closing Date for Entries 12th May

Facebook:

[Greenholme Agricultural Show](#)

Show & Gala Email:

greenholmeshowsecretary@gmail.com

**Evening Do: 7pm Music, Food and Chill
Contact: Calum Stott**

Public Notice

Orton Manor Court

**Tenders are requested for the
following Annual Grass Lettings
(Sheep/Goats only)
May 1st 2025—April 1st 2026**

Lot 1.

Howes Quarry—Approximately 4½ Acres

Lot 2.

Small Parcel of Land at Field Head, Park Lane

Details available from :-

**The Steward, Manor of Orton CIC,
Rayne, Gaisgill, PENRITH, CA10 3UD. or
steward@ortonmanorcourt.co.uk**

**Sealed bids to be received by
5th April 2025**

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

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

Bookings: book through our website:
ortonmarkethall.co.uk

ORTON PARISH COUNCIL

Orton Parish Council met in February.

Concerns had been expressed by residents of Orton and also Tebay about the lack of information being released by National Highways about the planned partial closure of the M6 motorway in 2026. The partial closure was to enable works to be carried out to the Lune Bridges and was likely to last for three years. A contra-flow system would be in operation. The main A685 road to Kendal would be shut and there was little information about diversionary routes or about the likely impact the work would have on the local communities and businesses.

It was decided to write, on behalf of Tebay Parish Council and Orton Parish Council, to the Minister for Future Roads to ask for a public meeting to take place as a matter of priority so that these issues could be addressed.

This initiative was supported by Tim Farron MP.

Orton Market Hall Diary

31st March	7:30pm	Orton reading group	judithcattermole2@gmail.com clarefox59@gmail.com
11th April	7:30pm	Bingo	Helenwearmouth12@gmail.com
12th April	9-2pm	Orton Farmer's Market	info@ortonfarmers.co.uk
28th April	7:30pm	Orton reading group	judithcattermole2@gmail.com clarefox59@gmail.com
7th May	7:30pm	Highlights Live Music- Catherine Maclellan and Lucy Farrell	https://www.ticketsource.co.uk/highlights/catherine-maclellan-lucy-farrell/e-yekvqa
11th April	7:30pm	Bingo	Helenwearmouth12@gmail.com
12th April	9-2pm	Orton Farmer's Market	info@ortonfarmers.co.uk
31st May	7:30pm	Highlights Live Music-Hattie Whitehead	https://www.ticketsource.co.uk/booking/select/npygbbqogrpzg

ORTON SCARECROW FESTIVAL AND CHURCH EXHIBITION

Saturday 24th May — Sunday 1st June

The theme this year is Celebrations of the Church Year

Offers of help would be most appreciated.

Brenda 24617 or Susan 24166

The Scarecrow theme will be Celebrations - this gives you lots of scope to work with, and we've had some great ideas suggested already: birthdays, weddings, exam results, Olympics, etc. Do join in and make this even more successful than in previous years.

For more info contact Helen 24066

ORTON VILLAGE

Come & join us for the annual

"Spring Clean"

Saturday/Sunday

5th & 6th April 10am

Meet at the Market Hall

Refreshments will be provided to all
our volunteers

Contact details:- Menna 07534
243664



#LoveWhereYouLive

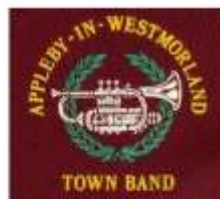
#GBSpringClean

WEDDINGS

As part of the Church exhibition, 'celebrations throughout the church year' I am doing Weddings, if you were married in Orton Church I would love some photos to display in the church, this will be on a digital photo frame so there is no worry of your photos being touched.

If your happy to do this please drop me a message.

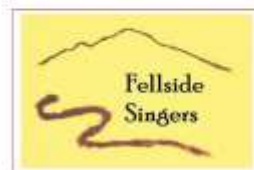
Many Thanks
Helen Wearmouth
015396 24066
07377332162



APPLEBY TOWN BAND

and the

FELLSIDE SINGERS



Concert

Appleby Public Hall

7.30 p.m. Friday 11th April

- Refreshments - Raffle -

Admission £10.00 (Under 18s FREE)

For more information

Phone: Christopher Jenkin: 015396 24410

Email: ccjenkin81@gmail.com

Travel with us on the Western Dales Bus

Bus services for Sedbergh, Kirkby Stephen
and surrounding areas.

Kirkby Stephen shopper, via Ravenstonedale,
Newbiggin, Tebay to Kendal and back.

www.westerndalesbus.co.uk



Saturday 10 April 2016 from 09:00-14:00
Orton Farmer's Market
Public - Event by Orton Market Hall



Friday 11 April 2016 from 19:00-21:30
Bingo
Public - Event by Orton Market Hall

Saturday 19th April
All Saints' Church, Orton

FAMILIES Together

invites you to come and

Experience Easter

Come any time between 2 & 4 pm
for your Easter experience!
(You'll probably need to allow an hour or so)

Refreshments provided

Egg hunt!
Hot cross buns!
Easter goody bag!

Explore the Easter story through hands-on activities for all ages

Book your FREE place here:
<https://cutt.ly/FTT0ee25Orton>

News from Orton School

Reported by Oak Class

White Scar Caves

Birch class travelled to the White Scar caves in Ingleton. They saw witches fingers - which is a formation of rocks, as well as that we saw the witches head, the witches cat, devils tongue — they were grey, white and black.

They also saw lots of fossilized coral, it was beautiful! There were waterfalls filling the caves!!



Gardening

When the compost heap arrived at our school oak class had some gardening to do. So we went outside in our wellies and set up a rotating service. Then we got on with our work there was lots to do shoveling compost, planting plants and weeding. It was hard work but lots of fun!



Dodgeball

Year 5 and 6 went to play dodgeball at Kirby Stephen Grammar school. We had a great time it was absolutely fantastic.

World Book Day

On Thursday 6th of March it was world book day.

Lots of us dressed up there was even two tortois-es! We wrapped up books and brought them in to give to each other. We had an assembly and looked at everyone's amazing costumes and books it was a great day! By Aoife and Joshua.



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

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

TEBAY AND ORTON WI

On February 19th, 2025, after a splendid lunch of homemade soup, sandwiches and the all important cake, the President, Felicity Lawler, welcomed two former members, Margaret Wildman and Angela Law, to the meeting. Our speaker at this meeting was the poet, author and long time member of Tebay and Orton WI, Jackie Huck. Spine chilling in parts, her talk, 'Things That Go Bump In The Night', was a mix of supernatural events that have happened to people close to her and some well known ghost stories. Jackie never witnessed any ghostly events until she holidayed with her late husband, Eddie, in a rented cottage in Wales. Waking on their first morning, they heard slow, heavy steps coming up the stairs which entered the bedroom opposite theirs. For Jackie, the end of the holiday couldn't come soon enough. An excellent raconteur, Jackie's talks, often given to other WIs around our Federation, are witty and entertaining, and this ghostly talk was no exception.

Since January's meeting, members reported WI events they have attended. Talks by Julia Dunlop, former Mayor of Kendal; Claire Hensman, the previous Lord-Lieutenant of Cumbria; and Catherine Sheldrake, a member of Kings Meaburn WI who with her husband, drove 30,000 miles over 14 months to South Africa were all enjoyed.

Tebay and Orton WI meets on the third Wednesday of every month at Tebay Methodist Church. The WI is an organisation run by women for women, and it has been running since 1915. For more information please contact Felicity Lawler:- 015396 24465



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





Full-Time Nursery Places Available

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

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

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

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

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

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

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



Free Stay and Play Sessions

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

The more the merrier!

Refreshments provided.

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

(Note — You do not need to be considering Orton CE School to be able to come along)
If you would like to find out more please get in touch the 01539 624268 /
admin@orton.cumbria.sch.uk
<https://www.ortoncofeprimary.co.uk/>

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

THE HUB



Tebay Community
Library & Drop In
in the Hub

St. James' Church, Tebay

Every Monday morning
10.30am - 12.30pm

Refreshments
Books to borrow and buy
All ages welcome

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

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

You will be very welcome!



Tebay Community Meal

Meal at 12.30pm,
activities until 4pm

**Sunday 6th April
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 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

WI Recipe Coconut & Lime Drizzle Cake

In June 2019 Tebay and Orton WI published a recipe
book in memory of an inspiring member we had lost
the year before. Some Link readers might have a
copy.

Pat Eady loved to cook and bake,
and had a collection of favourite
(easy) recipes she shared with
family, friends, and the community
through demonstrations to schools
and groups. We gathered some of
these recipes and added more of
our own, compiling around 80
under many categories. Here is
Pat's Coconut and lime drizzle
cake recipe, selected from Cakes and Teabreads. I
hope to share more with you in the coming issues of
the Link.



Ingredients:	Method:
Cake 175g salted butter 175g caster sugar 3 eggs 175g self-raising flour Zest of 2 limes 50g desiccated coconut 150 ml coconut milk Glaze/drizzle 50ml Coconut milk 50g caster sugar 1 lime juiced Zest for garnishing	Cake: Beat butter and sugar. Beat in the eggs. Add flour, zest of limes and coconut milk. Pour into a 2 lb loaf tin. Bake at 180 °C for 35 minutes Glaze/drizzle Heat all drizzle ingredients until sugar dissolves. Pour over cake and stand for 30 minutes minimum. Garnish.
Recipe by Pat Eady from the Tebay and Orton WI Recipe book.	





Stainmore Railway

The Stainmore Railway at Kirkby Stephen East is working towards the Stockton and Darlington Railway bicentenary celebrations to be held in 2025. Tebay Primary School have been invited to take part in these celebrations. The school was visited by Rob, Mike and Anne who talked the children through how Tebay Train Station worked, the history behind it and this inspired the children to produce work for the exhibition which will be displayed in Kirkby Stephen in summer.



The whole school went to visit Mr Moss's incredible model of Tebay's Railway Station and beyond, they asked Mr Moss lots of questions. The children were engrossed in the rich local history of Tebay, doing their own research and looking at old photographs. We want to thank Mr Moss, Rob, Mike and Anne for giving up their time to enhance the children's learning.



Butchery Demonstration

We had a wonderful visit from Dave Morland, Head of Butchery at Westmorland Services. Dave demonstrated to the Oaks and the Mighty Oaks how quality sausages are made and then allowed the children to have a go making some for themselves. It is so important that our children understand not only where our food comes from, but also the process it goes through to reach our plates. The sausages were then on sale at Friends of Tebay School's 'Soup and Sany' event on Saturday 1st March, where we had a fantastic turn out. Delicious soup, kindly donated by Westmorland and delicious sandwiches, cakes and drinks were served by FOTS fundraising team.



Thanks to everyone who came along, helped in any way and donated cakes etc a fantastic £255 was raised.

Tim Farron MP

On Friday 28th February we received a special visit from the local MP Tim Farron. This was an opportunity for our children to learn about British Value and particular the rule of law. The children

had lots of interesting questions to ask ranging from inheritance tax on farmers to local street lighting. Mr Farron was very impressed with the behaviour, thoughtful questions and the enthusiasm of Tebay pupils. Thank you, Mr Farron, for giving up your time to visit our little school.



World Book Day

We love world book day here at Tebay Primary School. Every child came to school dressed as their favourite book character and brought along the chosen book ready to share with their peers. Even staff joined in, dressing up as the different characters from the story, 'The Day The Crayons Quit'.

There were lots of fun reading activities that ran throughout the day. The day kicked off with a whole school assembly where the children were able to show each other their wonderful costumes. Later, the Oaks and Mighty Oaks attended a live online performance by the famous author Michael Rosen. Michael spoke about his life and performed some of his most well-known poems like 'Chocolate Cake'.

The Acorns and the Little Acorns completed reading book challenges and shared their favourite books with their friends. In the afternoon, each



class performed a short play based on a famous story book. We had a performance of 'The Gruffalo' by the Little Acorns, 'We're Going on a Bear Hunt' by the Acorns, a scene from 'Gangster Grannie' by the Oaks and finally, 'Harry Potter and the Philosophers Stone' delivered by the Mighty Oaks. At the end of each performance the audience had to guess which book the role play had been taken from. We certainly have some budding actors at Tebay Primary School.

'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

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

Tracy Morland — School Administrator

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239



Tebay Orchestra

Do you play a musical instrument?
Would you like to play music with other people?
No entry requirements, no auditions,
everyone is welcome
(Don't forget your music stand!)

Tuesdays 7.30-9.30pm
(during term time)



Tebay Methodist
Church Hall
Tebay
Penrith
CA10 3XG



Weekly £6 for members, £8 for non-members,
(discounts for students and termly payments)

For more information please email
events@cobweborchestra.org.uk
or visit: [@cobweborchestra](http://www.cobweborchestra.org.uk)

*Registered charity, no 111875. A company
limited by guarantee: no. 6057812, England*

For any queries, please contact Richard
Best: richard@lowspot.ndonet.com
Tel. 07939 540139

The Life and Works of Grayson Perry: an Appraisal

Grayson Perry became famous in 2003, when he won the Turner Prize for ceramics. Ten years later he was awarded a CBE for services to contemporary art, in 2012 made a Royal Academician, and in 2018 was given the very important task of taking charge of the 250th Summer Exhibition. Famous as the world's largest open submission show, the Summer Exhibition delivers a panorama of art in all mediums, a remarkable mixture of emerging artists and household names. Harry Fletcher was Appleby Arts Society's lecturer for their March meeting and he told us about the major influences on Grayson's life and works, including Channel 4 television and three BAFTA awards.



Grayson was born and went to Grammar School in Essex, and famously liked to dress in women's clothes. He had a very wild upbringing, and the creative process of his art kept him going - he said 'whatever you absorb yourself with helps keep you sane' and believed that 'art was the greatest asset to mental health that he had'. Between 1978/9 he attended Raintree College of Education and won a degree in fine art, and graduated from Portsmouth Polytechnic in 1982.

Grayson works in a variety of mediums but is best known as a ceramicist. He learned to make rolled coil bowls, and continued to use this method to create the amazing bowls and vases for which he so rightly famous. He believed there is no such thing as good or bad taste, just different taste. He was influenced by the work of ceramicist Lucy Rie, and Bernard Leach who had also used the rolled coil system for making pots. Moorcroft was an influence and Grayson also admired Japanese and Chinese work, and believed that potters always show their best work as a vase, as well as using traditional methods to make his pots, he employs a range of

Save the date!

Tebay Sports Day
Saturday
21st June



techniques, such as embossing and photographic transfers, to create intricate, animated surfaces. He uses imagery and text to chronicle social concerns, and his own formative experiences to tell the story of his alter ego, Claire. The tone of his narratives is psychologically complex and often caustic.

Our lecturer showed us some of Grayson's extraordinary tapestries, such as 'The Vanity of Small Differences', 'The Walthamstow Tapestry,' 'The Essex House Tapestry' and 'Julie Cope's Grand Tour'. His work was often a satire on consumerism. Grayson said "For the tapestries, I start with a full-scale drawing and then use this to design them. What's brilliant about it is that everything is contingent. Unlike real things, you can always go back to the beginning and start again."

Perry was appointed Commander of the Order of the British Empire (CBE) in the 2013 Queen's Birthday Honours for services to contemporary art. In 2023 he was awarded a Knighthood (Knight Bachelor) for services to the Arts in the King's New Year Honours. This excellent lecture revealed much about the incredible scale of the genius which is Grayson Perry.

Our next lecture on 9th April will be the return of our popular cartoonist Harry Venning with 'Cartoonists on Cartooning'.



Tebay Community Choir Concert with Melody Makers and Kids' Choir

*Please join us on Monday 19th May
at 7.30 pm in St James' Church
for our concert featuring*

Songs from Musicals and Movies

WHAT'S ON?

Coming Soon:

Saturday April 12th - Amanda's Bingo supporting Tebay Primary School

Friday April 18th - over 40's Easter Meal, soup & sandwich followed by entertainment

Sunday 20th - 'band in the bar' Lynchpin playing your rock classics

Sunday 11th May - VE day 80 Bing and Shore lunch

Sunday 25th May - the return of the Hoedown!

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

Bingo fortnightly on Sunday evenings



Opening hours

Weds, Thurs, Fri 7pm to close

Saturday 4pm to close

Sunday 3pm to close

Big Screen TV * Sky Sports * TNT Sports

Pool table * Snooker table * Darts boards

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

Free Bingo & Cash Bingo on
alternating Sundays

Free WiFi

TEBAY SPORTS & SOCIAL CLUB



Churches Together in Tebay Easter Cream Teas

Tebay Methodist Church Hall

Saturday 19th April
3pm — 4.30pm

£6

Come and enjoy

Raffle

**TO THOSE WHO GAVE SO MUCH,
WE THANK YOU**



VE DAY 80 IN TEBAY

MAY BANK HOLIDAY WEEKEND, DECORATE THE VILLAGE
RED, WHITE AND BLUE BY THURSDAY 6TH - VE DAY

A CHILDREN'S 'FIND THE POPPY' AROUND THE VILLAGE.

JOIN US

SUNDAY 11TH MAY, 10.30 SERVICE AT ST JAMES CHURCH,
FOLLOWED BY A VILLAGE BRING AND SHARE
LUNCH AT THE CLUB

TEBAY PARISH COUNCIL

Tebay Parish Council met in February and the following issues were discussed:-

1. Westmorland and Furness Council had agreed to fund the repairs needed to the play structure at the North Terrace play area²
2. It was agreed to carry out a consultation exercise to see if residents were in favour of introducing a 20mph speed limit through the village.
3. It was noted that a Tug of War event would take place on the recreation ground on 8th June and also the Stainmore Railway photographic exhibition would take place at the Methodist Hall on 11th-20th August.
4. It was agreed that the roundabout was looking unkempt and the shrubs would have to be cut back. Enquiries would be made to see if anyone would be interested in tending the garden area around the viewing point at the bottom of the recreation ground.
5. It was noted that Westmorland and Furness Council were likely to take back responsibility for street lighting. This news was to be welcomed as the cost of repairs to lights and insuring the structures was considerable.
6. The Chair was pleased to report that the parish council had successfully worked with Westmorland and Furness Council Highways to effect repairs to potholes and highways drains. However, further work was needed, especially in the vicinity of Roundthwaite.



ST OSWALD'S
RAVENSTONEDALE

JOIN US ON EASTER SATURDAY FOR OUR



COFFEE MORNING
10.30am until 12 noon

— * —

Coffee, tea, refreshments, a good natter - and a raffle!

Your gifts will help Network Youth Church fund local youngsters to attend 'Dreaming the Impossible', a camp held each summer, where they can make friends and grow in their Christian faith.

Gifts can also be made by dropping an envelope marked 'DTI' in the donations box inside the church.

Thank you for your support!

— * —

• JOIN US FOR A SPECIAL •



**Mothering
Sunday
Service**

ST OSWALD'S CHURCH
Ravenstonedale

30th March | 10.00am

A heartfelt celebration of love
and gratitude for Mothers

Refreshments included.

• ALL WELCOME •



Revelation

(Kirkby Stephen, Appleby and Tebay
Methodist Circuit)

An exhibition of modern art comes to
Kirkby Stephen Methodist Church
14 – 29 April 2025

An exhibition for Easter week

Kirkby Stephen will be welcoming thousands of visitors for the Cambrian Easter Rally and one of the attractions will be the exhibition *Revelation* at Kirkby Stephen Methodist Church

This exhibition features 3 paintings from the Methodist Modern Art Collection by Roy de Maistre and Ceri Richards each showing the moment when Jesus reveals himself to his followers after the Crucifixion; the Supper at Emmaus, and when Mary Magdalene encounters Jesus outside the empty tomb. The paintings are a poignant reminder of the amazement and wonder of meeting the risen Jesus by two important British twentieth century artists.

The Church will offer a space for peace and contemplation a contrast to the wonderful bustling busyness of the Easter Vintage Bus and Vehicle Rally on the streets of Kirkby Stephen!

The Methodist Modern Art Collection has been described as one of the art world's hidden treasures. It is a touring collection

and works are shown across the UK every year and often bring modern art to communities with little access to galleries.

Rev Stephen Radford, one of the organisers, said:

The collection is inspirational and speaks deeply to multigenerational groups with a multicultural interpretation of 2 of the most important events of the Biblical Easter story, affording new perspectives and insights. It doesn't matter whether visitors have a religious faith or non, art speaks to everyone and we believe there is something for all at this exhibition including the opportunity to interact with these artworks alongside visiting other artworks in a sacred space.

We will be opening up the exhibition to schools, art groups, writing groups, artists, local church groups and our Memory Club and Ladies Group. There will be opportunities to share worship and Holy Communion (Last Supper) in the presence of these artworks."




ST OSWALD'S
RAVENSTONEDALE
Electoral Roll Renewal 2025
If you are a baptised member of the Church of England, and you live in the Parish of St Oswald's, you can join the Electoral Roll.

— * —
WHY?
So you can attend the Annual Parochial Church meeting and hear church reports on:

- The previous year's events
- Church service attendance
- Fund-raising for the church and other charities
- Planned improvements to the church facilities
- A financial report

— * —
If this is of interest, please email Hilary Law at hilary@masonry.co.uk by 20th April to receive an application form to register by 23rd April.

— * —
Forms will also be available at church services on Sunday 30th March and Sunday 6th April.

The annual Easter exhibition of the Brough and Stainmore Art Group will be in the Masonic Hall, Kirkby Stephen from Saturday 19th April – Monday 21st April, 10.00am – 4.00pm each day. There's no entry fee and all are welcome to come and enjoy our members work. If you're tempted, original artwork, prints and cards are available to buy.

Brough & Stainmore Art Group

Exhibition

 & 
Sale

Easter

April 19th - Saturday
April 20th - Sunday
April 21st - Monday

10am - 4pm

Masonic Hall
North Road
Kirkby Stephen
CA17 4RH



Services in our Anglican Churches

Sunday 6 April <i>5th Sunday before Lent</i> <i>Purple</i> <i>Welcomer:</i> Isaiah 43: 16-21 Philippians 3: 4b-14 John 12: 1-8 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith & Janet Capp Mary Jenkin Margaret Longworth Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Richard Best Martin Lovell
Sunday 13 April Palm Sunday <i>Red</i> <i>Welcomer:</i> Isaiah 50: 4-9a Philippians 2: 5-11 Luke 19: 28 - 40 <i>Prayers:</i>	Orton, 8:30am Holy Communion <i>Chris Jenkin</i> John Dunning	Tebay, 10.30am Holy Communion <i>Charles Cowling</i>	Ravenstonedale, 10.00am Holy Communion <i>Brendan Giblin</i> David Farr Catherine Newton
Maundy Thursday	The Last Supper, Kirkby Stephen Parish Church, 7pm <i>Carole Marsden</i>		
Good Friday	Orton, 2:00pm Hour by the Cross <i>Chris Jenkin</i>	Tebay, 3:30pm Reflective service <i>Pam Lawson</i>	Ravenstonedale, 2:00pm Hour by the Cross <i>Charles Cowling</i>
Easter Eve	Easter Vigil, Crosby Garrett, 9pm <i>Brendan Giblin</i>		
Sunday 20 April Easter Sunday <i>White</i> <i>Welcomer:</i> Acts 10: 34-43 1 Corinthians 15:19-26 John 20: 1-18 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Mary Jenkin Keith Capp Andy Glanville Margaret Longworth	Tebay, 10.30am Easter Celebration <i>Pam Lawson</i>	Ravenstonedale, 10.00am Holy Communion <i>Carole Marsden</i> Hilary Law Ian Torkington
Sunday 27 April St George's Day <i>White</i> <i>Welcomer:</i> Acts 5: 27-32 Revelation 1: 4-8 John 20: 19-31 <i>Prayers:</i>	Three Churches Services at St Oswald's, Ravenstonedale; 10:30am Holy Communion <i>Charles Cowling</i> Zoom meeting number: 894 1727 3600 Diana Fothergill John Newton		

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@carlisedioocese.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 and other churches

	2025	6 th April	13 th April	20 th April	27 th April
		Fifth Sunday in Lent	Palm Sunday	Easter Sunday	
*Tebay M P 1-1300 M H B	10.30	LA US OA	S Radford HC	US at PC	T Taylor
	6.30		Connexion service at KS		6.30 p.m. Worship & Word at N on L
Shap (Class of Tebay)	10.30	J Belts	6.30 p.m. Connexion service at KS		6.30 p.m. Worship & Word at N on L
Orton M P Complete M H B PB EW	10.30	H Radford I	WB Robinson	D Wood OA	T Longworth
	6.30		Connexion service at KS		Worship & Word at N on L
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	TP OA	TP OA	S Joel OA	J Ousby
	6.30		Connexion service at KS		Worship & Word A Mills
*Ravenstonedale M P 1-1144 M H B H & P	2.00	S Radford	A Sterling	S Radford HC	M McVoy
	6.30		Connexion service at KS		Worship & Word at N on L

Orton Methodist Chapel



**Join us on Easter Day
Sunday, 20th April
at 10.30am**

A service for all ages
Led by Rev David Wood



Egg hunt and pasche egg rolling for the children and refreshments afterwards

All are most welcome

For any further information of Rachel Wood: 01753 24372 or Revd. David Wood: 01753 24372

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**

Vinelifa Cumbria Fellowship

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

Come together.....
For "Worship and the Word"
Praise, Worship & exploring the Bible
On Sunday, 27th April at 6.30pm
Newbiggin On Lune Methodist Church
Speaker: Angela Mills
(Lancaster White School)



For further details contact Rosemary and Rachel Wood - 015396 24372
Or: VWF Cumbria on 015396 23906

Easter Day

SONRISE SERVICE 6am

Once again the local Anglican and Methodist churches between Shap, Tebay, Orton, Ravenstonedale and Appleby are sharing in a short open-air service to greet the risen Lord Jesus on Easter Sunday morning.

So set your alarm! Easter Day is Sunday 20th April, the service is at 6.00 a.m. and the sun will rise over Cumbria at 5.58 a.m.! Wrap up warm, and come out to Raise Howe on the east side of Orton Scar (just above the cattle grid on the B6260, on the way down to Appleby). And pass the word around to Christians in all the churches.

Members of Appleby Town Band will be there to accompany the hymns; the speaker will be the Rev. Andrew Sterling of Appleby Methodist Church.

You can find the exact spot where it will happen using What3Words by searching songbook.option.august.



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

wild Wanderings

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

Come and join us
to **connect** with each other & the landscape
to **reflect** on where we are & how 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 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)

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

From Canon Nelson Walina, 20.1.25:

There is another scenario here in my office.

One of our Christians has 4 children, 1 boy and 3 girls. The boy is doing diploma in a college and the parents had decided the 3 girls must stop schooling as they cannot afford the fees (total for the three, 1,050,000/= per term). (About £240) But the boy will complete his education.



I told them not stop the girls from schooling. I shall keep them in school. I will collect from my individual friends. As usual we need your prayers because they come into my office crying. But we trust the Lord will not allow us to be ashamed.

Names of children in the picture: 1. Mbambu Phiona 19 years. 2. Ithungu Gloria 18 years. 3. Kyakimwa Salphine 15 years.

Father is Bwambale Leusi, 54, and Mother is Muhindo Fedrees 50.

Their elder brother called Bwambale Oscar, 23 years. He is doing Diploma in Agriculture.

(We asked the reason for the problem with fees.)

Nelson replied: Extended family, in the African setting, when one dies, gets incurable disease, you adopt the children.

So this family has 9 children and all are supposed to be in school. The father was addicted with alcoholic and was unable to do good activities, and hence he abandoned the home for a number of years. So the mother was the source of everything, food, gardening, sometimes seasons dried up, no yields, no crops etc.

But we thank God as recently I preached to Leusi

(the father, right), and he is now 4 months at home without even taking alcohol. Continue praying with me so that he grows in faith. But no economic empowerment, leads to no savings, not even small business compared to the consumption in the home population.



(We responded: "Dear Nelson, we are interested in these three girls and their education. So I have sent by Western Union 1,059,074 UGX (Uganda shillings).")

(Nelson replied, with a little video message from each of the girls thanking us for the gift)



The girls with Nelson and mother Fedrees

As a family Melina and Nelson, we just add the message of appreciation to that of the children of God, and say, thanks and thanks. Our dream about these girl children has become a reality today. Only I forgot to tell you about the physical items needed to take to school, including school uniform for Salphine who is coming to join Senior 1. A bag of cement, Books and Pens for each. For the 3 girls here all the mentioned above physical items totals UGX.365,000/= and they are paid once a year.

(We responded: "I have sent by Western Union 365,355 UGX (£89) for their paper, books, pens and bags of cement. I was a little surprised at the cement - not something school children in UK have to take! But I expect it is so that the school can build new classrooms or even toilets. Very good idea!")

Nelson replied: Message received, let me go to Western Union Bank, and make the transactions.

You have imagined the reality as if you are one of the board members of school when you mentioned about cement!

It is very true, flooring and plastering some of the new classrooms. Thanks so much, Nelson.

Families Together in Tebay and Orton have a Marquee for hire (10m x 4m, £50 per day) Hiring it out 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 five working days for your prescription to be ready.

Samples

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

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

Protected Learning Time dates

Wednesday 13th November 2024

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

Covid & Flu vaccinations

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

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

Surgery Coffee Morning

On Saturday 26th April the Surgery at Shap will be open to all our patients for a coffee morning between 10am – 11.30am. We will have current members of the PPG in attendance along with Practice Manager, GPs and Nurse to talk about the developments of the Surgeries and PPG. We will be demonstrating equipment that has been purchased through the equipment fund. Refreshments are free to all our patients.

Appointment System

When you contact us, our reception team will ask for a brief reason for your appointment. Based on this, they will offer you the most appropriate appointment type and timescale. This may be a telephone or face-to-face appointment with a GP, a nurse, or our local First Contact Physio.

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

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.

Equipment on Loan

May we politely ask that if you have any equipment that belongs to the Practice at home, please return it us at the earliest possible opportunity.

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

2025 Upcoming Events



Murder Mystery Gala Night

St Valentines Day Massacre, Saturday 15th February 2025

Set In 1929, Jack, a self-styled Chicago gangster runs a lucrative night club. The local police tend to ignore him until a link is found between a series of murders and the club. What has Jack been upto? Is someone trying to frame him? If so who & why?

£39.00 per person

(Inc 3 Course Gala Menu, Glass of Fizz on arrival, event, plus DJ)

Gala Tribute Night

The Amazing Blues Brothers, Saturday 01st March 2025,

Get on your hats & shades on & get ready to rock, classic songs, sensational performers & a show that's on mission from God!

£39.00 per person

(Inc 3 Course Gala Menu, Glass of Fizz on arrival, event, plus DJ)

Easter Sunday Carvery Lunch

Sunday 20th April 2025

Relax & indulge with a 3 course
Carvery served 1200-1400

£22.00 per adult

£12.00 per child under 13

All guests receive Easter Egg

Mother's Day Carvery Lunch

Sunday 30th March 2025

Spoil you special mum with a delicious 3 course Carvery lunch served
1200–1400

£21.00 per adult

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	OUTWARD	RETURN
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Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garsill
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		

WEDNESDAY ROUTE 572: Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
Barnard Castle	11.20	14.30

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.30	16.10
Shap	10.55	15.50
Orton	11.10	15.35
Mount Pleasant bus stop, Tebay	11.18	15.28
Barnaby Rudge bus stop, Tebay	11.20	15.27
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Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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Local community websites:

Orton Community Website: <https://ortoneden.co.uk>

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

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

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

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Local church websites:

All Saints': <https://www.achurchnearyou.com/church/12220/>

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