

The Link

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



July & August 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:
Prize giving at the
Greenholme Agricultural Show

*This is a double issue of The Link
magazine — we take a break in
August, often a 'slow news'
month and one where several of
us may be on holiday for parts of
it.*

*Even though we may feel like
we're still on the brink of summer,
with school holidays not yet
started, some of you will have
noticed, or celebrated, the
turning of the year towards the
end of June, as days start to
shorten again.*

*Can we encourage you to make
the most of these warmer
summer days, by enjoying some
of the events that are set out
here?*

*Maybe you're preparing for the
Ravenstonedale Show in August,*

*or looking forward to the
Newbiggin-on-Lune treasure hunt
in July? If you send us a write-up
or a photo, we'll try to fit it into
the September magazine.*

*Could we also ask for a bit of
feedback? The best way for us
would be if you could fill in our
survey online, by scanning the QR
code below or visiting the web:*
cutt.ly/LinkSurvey25

*Hoping you all
have a really
good July and
August and
find times to
rest, relax and
recharge a bit.*



Elizabeth, Linda,
Martin, Paula & Tristan

Tebay Sports Day—more on page 17



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

Love Thyself

In an increasingly busy world, there are seemingly more and more pressures placed on people. It can feel hard to find a moment's peace as we are bombarded with information and news and work and family pressures mount.

So, it is more important than ever that we do all we can to protect our health and wellbeing and that of others. Several of the county's church leaders reflected recently upon that Biblical imperative...

Rev Dr James Tebbutt,
Chair, NW England District of the Methodist Church:

"VISITING in hospital recently, I witnessed another patient lash out at a nurse for performing a simple medical procedure. The patient was evidently suffering from dementia, a cruel, distorting disease, but it was still unjust, intolerable, that the nurse should suffer the outburst. Somehow, in her care and compassion, the nurse calmly withstood the experience. I was glad to thank her for it, and hoped that, even as the nurse tended to the health of her patient, she might find sufficient resilience and resource for herself.

To be deeply compassionate, attending, tending to another's experience, frequently requires a costly commitment, collectively and individually, to tread gently, care deeply and sometimes to speak boldly, for the health and wellbeing of others.

To be engaged and sustained in this way requires repeated replenishment, a drawing in multiple ways from the living water of Christ's limitless love, poured out on the cross; a following daily that renews through resurrection.

In all the ways that we might compassionately love our neighbour, may we also find the gracious means to love, and to allow ourselves to be loved, that health and wellbeing might flow and flourish for all, through the love of God for all."

The Rt Rev Rob Saner-Haigh,
Bishop of Carlisle:

"ALL of us will have particular phrases or quotations that have impacted us from things we have read or heard. For me, one of these is from a book I read many years ago called, 'The Day is Yours,' by Ian Stackhouse. In it, he writes that sleep is God's way of reminding us that we are not in charge.

Another way of putting this is that, whilst we are asleep, the world goes on without our involvement and attention. Too often we feel that we have to be on top of everything, that we have to pin down, organise and mitigate all risks and eventualities. This sort of responsibility is way above our ability or vocation!

"Do not be anxious", says Jesus, "the Lord knows what you need and will give it to you." Instead, we are to seek the kingdom of God first, and his righteousness, and all the things that we can spend our whole lives pursuing,

competing for, trying to sort out, will be looked after by the God who alone can hold all things together. "

Rev Martyn Coe,
Coordinator, United Reformed Church Cumbria:

"IS THERE any further danger?" I have been told to ask or check this on every first aid course I have ever done. (I started in Cub Scouts so it's a fair few!)

Some people have to notice the obvious danger and carry on; in caring for someone else they put themselves physically, mentally or spiritually at risk.

Afterwards though, after long, stressful times at work or in the family, after caring for some one injured or after active time in the military, how do we look after ourselves? Even in caring teams we can be more concerned about others than ourselves.

Jesus said to care for others as we would care for ourselves. Perhaps it is a saying which needs to work both ways – "care for yourself as you seek to care for others".

As a chaplain I value the team member who reminds me to take a break or makes sure I get time to process trauma at the end of an incident. I know what to do to care for others but sometimes I need reminding to apply that to myself.

As Jesus (almost) said, look after yourself then you will be able to look after others.

Thanks to The Way for these reflections

What do you think?

How can we best protect our mental health and resilience? Does the spiritual dimension to life feel important (or possible!) to you as you reflect on where you are? Maybe this ancient wisdom, shared by some of these church leaders has meaning for us for today...

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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**



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)**



Newbiggin-on-Lune Public Hall

Chair	Ian Clayton	015396 23226
Secretary	Laura Fowler	07913 676302
Treasurer	Shaun Mason	07774 107958
Caretaker	Anne Brownrigg	015396 23594

☀ **All bookings should be made with
the Caretaker**

☀ **All payments should be made with
the Treasurer**

Online: [facebook.com/NonLPublicHall](https://www.facebook.com/NonLPublicHall)

NEWBIGGIN-ON-LUNE TREASURE HUNT

FRIDAY 25TH JULY 2025

Gather your best detectives for a fun, family-
friendly evening!

Start at: Newbiggin-on-Lune Public Hall

Arrive in teams of 2-6 between 6:00 and 6:30pm
pick up your clue sheet.

A local detectorist has discovered a hidden hoard
of treasure... But who was it? And where was it
found?



Solve clues to eliminate locations,
and suspects.

Trail route through the village,
the garden at Tower House and above Bents Farm

Approx. 2.5 miles | 1.5 to 2 hours

WHAT TO BRING:

- A pen to mark your clue sheet
 - A clipboard (optional – but helpful)
 - Waterproofs or umbrella if wet
 - A plastic bag to protect your clue sheet
- Free Event**
Join us in the hall afterwards for refreshments



Junior Church

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

Open Air Service

**Sun 6th July, 10:30am
on the Village Green**

**John Bainbridge will be speaking
followed by bring your own picnic lunch**





Optimistically the bunting went up in Newbiggin on Lune ready for the street party to celebrate 100 years of the public hall. The weather had other ideas, so the 'street' party was held inside. Despite the rain there was a great turnout, with everybody contributing towards a bring and share buffet. As with all the public hall events there was plenty of food! DJ Tony Lindsay played music through the decades at what was a memorable community event.



Janet

Brownrigg, who was a public hall committee member for 50 years very kindly unveiled a commemorative plaque and delivered a speech, thanking committee members past and present for their efforts and remembering the many events that have been hosted at the hall.



Newbiggin on Lune Public Hall is looking forward to the next 100 years.

LUNE LADIES

Wednesday 2nd July
An outing to Kipling Hall.

Meet at Newbiggin on Lune
10:00 AM village hall

All Welcome

WEST SIDE STORY PHOTOGRAPHIC EXHIBITION

telling the story of the key role played by the Stockton & Darlington Railway, and its successors, in North-West England

Appleby Tourist Information Centre: 19 th – 30 th April	Darlington Library: 14 th – 21 st July	The Witham Bonard Castle: 14 th – 20 th September	Ex-S&DR Loco Shed Darlington: 21 st – 27 th November
Penrith Library: 6 th – 30 th May	Newbiggin-on-Lune Public Hall: 1 st – 10 th August	Sunday School Building Locomotion Shildon: 6 th – 24 th October	Richmond Station: 4 th December 2025 – 14 th January 2026
Cockermouth Kirkgate Centre: 2 nd – 15 th June	Tebay Methodist Hall: 11 th – 20 th August	Cumbrian Railways Association Meeting North Lakes Hotel Penrith: 8 th November	
Stockton Library: 18 th – 28 th June	Kirkby Stephen Methodist Hall: 21 st – 27 th August		

Comprising of material from the archives of the JW Armstrong Railway Photographic Trust, Cumbrian Railways Association, North Eastern Railway Association, Stainmore Railway Company and a number of private collections.

For more information, please see: www.facebook.com/stocktonandarlinton200
www.stocktonandarlinton200.co.uk

NEWBIGGIN-ON-LUNE PUBLIC HALL FOR HIRE



FOR GROUPS, PRIVATE PARTIES, WEDDINGS,
FUNERALS, CHRISTENINGS, CLASSES,
CONFERENCES & FUND-RAISING ACTIVITIES

**LARGE FUNCTION, ROOM SEATING FOR 100,
KITCHEN WITH MICROWAVE, HOB, OVENS,
FRIDGE-FREEZER & DISHWASHER,
COMPREHENSIVE CUTLERY, CROCKERY &
GLASSWARE.**

**STAGE WITH CURTAINS; SOUND SYSTEM,
RAMP FOR THOSE WITH MOBILITY PROBLEMS,
HEARING LOOP, FIBRE BROADBAND,
PROJECTOR**

For bookings or more information contact :
Anne Brownrigg Tel: 015396 23594 or Email:
nonpublichall@gmail.com

Charges for a morning, afternoon or evening
session :
KITCHEN £15
HALL & KITCHEN £30
HALL, KITCHEN & PAY BAR £70
SNOOKER ROOM ADDITIONAL COST



**RAVENSTONEDALE PARISH
HISTORY GROUP**

WEDNESDAY 17TH SEPTEMBER 2025

7.30 PM

**NEWBIGGIN VILLAGE HALL
MARY'S MEMORIES**

**A Life in Newbiggin-on-Lune during the
early 20th Century**

WITH
Jackie Wedd

Admission: Friends of RPHG Free
Members £4.00 Non Members £6.00

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

www.ravenstonedalehistory.org.uk

Notice of a

**Boon Day
in St Oswald's Churchyard**

**on Saturday 19th July 2025
from 9.30am onwards**

Meet in the churchyard
(Note: If the weather is bad
this will be deferred to Monday 21st July)
If you enjoy seeing a well-cared-for churchyard,
do please come and help us tidy up the
grounds ... even if you are not a churchgoer!

Please bring your strimmer's, rakes, hoes, loppers
and trugs etc... if you have any of them !
Refreshments: Coffee, tea and biscuits, etc.
will be provided.

We gratefully look forward to seeing you.

**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**



ORGAN RECITAL

We are delighted to welcome back
DAVID THORNTON BEd,
FRCO, LRCO, ARCM
to St Oswald's Ravenstonedale
**Saturday, 30th August 2025
5pm-6pm**

David became the first organ scholar of Lincoln Cathedral
studying with Dr Philip Marshall and Roger Bryan. He
became an RSM Gold Medallist and was awarded the ARCM
and LRAM performer's diplomas.

After Lincoln he became Head of Music at Ashton-in-
Makerfield Grammar School, which later became a large
comprehensive. Early retirement from teaching allowed him
to refocus on his playing skills and to resume study, working
towards the Royal College of Organists' diplomas, passing the
ARCO in 2011 and the FRCO in 2013.

David gave us numerous visits to mainland Europe to play
many of the most famous historic organs in France, Germany
and the Netherlands.

David gave us a fabulous recital last year and we are delighted
that he is returning to play our historic Harrison & Harrison
organ once more. He has an extensive repertoire and
his programme will include pieces by Bach, Handel and Stanley

Refreshments will be available from 4.30pm

A Retiring Collection will be taken for the continued upkeep of the Organ

SUMMER GATHERING

Saturday 9th August

2pm to 5pm at Ravenstonedale Tennis Court

Come and enjoy an afternoon by the tennis court
with tea, scones, and great company!

Feel free to bring a treat to share – sweet or savoury –
and we'll provide fresh scones and hot drinks for every.

No experience needed! Join our beginner-friendly matches –
just turn up on the day and have a go.

All ages and skill levels welcome.

Or simply come along to cheer from
the side lines!

Organised by
Ravenstonedale Tennis
Club. Everybody welcome.

Organised by Ravenstonedale Tennis Club.
Everybody welcome.

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



RAVENSTONEDALE SHOW

Saturday 23rd August 2025



The Ladies Committee extends warm
thanks to all those who have, in the past,
kindly donated prize money for
classes in the Industrial Tent

If you would like to donate prize
money for a class in the Industrial Tent
at this year's show, please contact

RASladies@outlook.com
Or phone Carla Boustead
07968829976

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 June raised £342.90

*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 dovetail with Tebay Post Office
to provide services from Monday to Saturday)*

Last Post Collection

Tuesday	9 am to 5 pm	3:15 pm
Thursday	9 am to 5 pm	3:15 pm
Saturday	9 am to 4 pm	11:10 am

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

The Organisers of the All Saints' Church Exhibition and Scarecrow Festival

A very big thank you to everyone who :

Made all the wonderful displays
Baked the delicious cakes, scones and biscuits
Served refreshments and helped in the kitchen
Cleaned up every night

Made the lovely cards for sale
Put up and took down the boards
Signs and bunting round the village
Orton Village Stores for providing lunches for the
helpers.

Everyone who came and supported us.

We had some lovely comments from visitors
who appreciated all the hard work it takes to
put on this event.

Thank you to everyone who displayed a
Scarecrow, they stood up to the weather
amazingly well.

**The amount raised was just short of £5000.00
which is amazing**

THANK YOU SO MUCH



Scarecrow festival 2025 results

CONGRATULATIONS

1st HEN DO! . £50

2nd. THE SCARECROW WEDDING £30

3rd. Joint STAR WARS DAY and
EWEBILATIONS £10

Anagram Answer - HARVEST FESTIVAL

Winner drawn - Dawn Bousfield, Laura
Braithwaite, Josiah Gaskell

Thank you for taking part in our village festival



"Gender Reveal"



INVITATION

Come and join us at our informal

"Café Church" service

at All Saints' Church, Orton, on

Sunday 20th July

10.30 a.m.

starting with

Coffee & Cake,

then a brief shared worship time,
followed by an informal time of discussion



We would love to see you there!!

BINGO

ORTON MARKET HALL

FRIDAY 11th JULY

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

GROWING WELL

And
ORTON MARKET HALL

Forthcoming Date
8th August
12th September
10th October



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

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

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



You may have wondered why grass verges near Town Head Bridge in Orton are brown and why trees and shrubs at the front and side of Town Head House are similarly discoloured. Very sadly, someone has deliberately and recklessly sprayed a powerful herbicide in these areas. Some of the conifers, shrubs and ferns damaged are decades old and will not recover. The grass verges contained snowdrops, cowslips, ox eye daisies, campion, vetches and other wild flowers and grasses. These areas were at the time of spraying providing valuable habitats for birds, pollinators, red squirrels, toads, frogs and hedgehogs but are now an eyesore. The costs of rectification will be considerable. This needless and inexplicable act, with echoes of the Sycamore Gap case, has angered and saddened villagers and visitors. If anyone has any information which may help to trace the perpetrator please contact Cumbria Constabulary quoting reference DP-16482-25-0303-04

All Saints' Church, Orton

SATURDAY 5th JULY

MUCH ADO ABOUT



A Concert to showcase a wide variety of local talent

2.00 p.m.

Refreshments in the Interval

Tickets (£5) from Orton Village Store
or phone 015396 24410, or pay at the door

(School age children FREE)

In Aid of Church Funds

PART TIME CLEANER REQUIRED

Orton Parish Council has a vacancy for a part time cleaner for the public conveniences at the Market Hall.

The post is for six hours per week, ideally two hours a day over three days of the week at times to suit the applicant.

Initial pay will be £13.00 per hour, to be reviewed after six months.

Holiday pay will be given, and full training is available.

For further information and a full job description please apply to the clerk to the Parish Council – Mrs. M. Longworth 015396 24900 or email clerk.ortonpc@gmail.com.



Governor Vacancies x 2

Would you like to make a difference to the children of Orton CE Primary school? We currently have two governor vacancies.

As a governor, you will be a volunteer who makes a vital contribution to the success of our amazing school. Governors work collectively to ensure the continued success of the school. You would be joining a fabulous team of governors in a rewarding role.

No experience is necessary, full training will be given.

If you think you might be interested we would love to talk to you, especially if you have any buildings expertise. For an informal chat and to find out more please get in touch with either:

Emma the Headteacher — head@orton.cumbria.sch.uk or

Richard the Chair of Governors — richard@orton.cumbria.sch.uk

Tel: 01539 624268

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

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

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.

There is a Boon Day on

Saturday 19th July...

but it's not at All Saints,

it's at St Oswald's, Ravenstonedale.

See page 6 for more details.

Sorry that we got confused last month and told you that there was one at All Saints! Thanks again to those who joined in with the boon day for All Saints at the end of last year.

Curious about faith?

Join a series of group conversations that freely explore the basics of the Christian faith in an open, friendly environment.

Everyone's welcome. You're invited, no matter your background or beliefs. It's free and there's no pressure to come back.



You are invited to join our Alpha Course which starts on Wednesday 10th September at Orton Market Hall – 7pm.

Each evening will start with a simple meal, followed by a video talk and discussion. The course is free but any donations towards the cost of food would be welcome.

For further information or to book please phone 07751 786684

All Saints' Church Charlie's Church



Thursday 10th July, 9.15 a.m.

Class 1 of Orton School invite all pre-school children and parents/carers to join them!



PERMANENT CLEANER VACANCY

ORTON CE PRIMARY SCHOOL

We have a permanent part-time cleaner vacancy in our happy school we are looking to fill.

Initially 3 hours per day 3 days per week (Mon, Tues, Wed) but potential to increase to 5 days on retirement of current post holder. Hours of work can be flexible to suit candidate (before school, after school or weekend). Some school holiday working required (42 weeks a year - 38 plus 4 weeks in the holidays).

Pay: £12.60 per hour, Holiday Pay & pension.

Full training will be given.

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

Contact Telephone – 015396 24268 / head@orton.cumbria.sch.uk

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

News from rton School

Reported by Oak Class

Sports Day



On 10th June, we had our annual sports day.

Orla and Lars' opinion of sports day was that it was really fun. Aria thought it was exciting, she loved the egg and spoon race. Harry thought it was amazing he liked the obstacle race and flat race. Rowan class liked: the egg and spoon race, the water challenge, obstacle course and the dress up race. Isaac liked putting a hoop on his head. Everyone loved it when Mrs Pomfret got wet at the end!



Fischy Music

The team from 'Fischy Music' came in to sing with us and get us going on a Monday morning! The songs focused



on looking after our wellbeing and mental health. It was fantastic!

Carlisle Cathedral

The Year 6 children went to Carlisle Cathedral for the annual Leavers' service. They were joined by year 6 children from around the county.



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

All Saints, Orton — exhibition photos



A CELEBRATION OF
SIMON & GARFUNKEL
PERFORMED LIVE BY
TIM CHU & IAN BAILEY

AS HEARD ON **BBC RADIO**
 THE UK'S NO.1 NON TRIBUTE SHOW.

★★★★★
 "Tim and Ian moved between harmonies and shared vocals like a gestalt entity, with all the vocal nuances, dynamics and phrasing that make S&G so unique while still finding their own take on the material. Absolutely first class!"

★★★★★
 "A stunning blend of observation, interpretation, and perfect vocal synergy"

ORTON MARKET HALL
SAT 2ND AUGUST 2025

DOORS 6.45 PM / 7.30PM START BAR / REFRESHMENTS
 TICKETS £15
 SCAN QR CODE ABOVE TO PURCHASE FROM TICKETSOURCE
www.classicsingersongwriters.co.uk/sandg

SCAN ME



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

TEBAY AND ORTON WI

May was a busy month for our WI. Alison Dobson, who teaches yoga in Orton, came to give us a session in Chair Yoga at our monthly meeting. We all participated in breathing and relaxation exercises, stretching, and movements which connected body and mind. It was calming and yet invigorating, and a most enjoyable 45 minutes.



Six of our members attended a Cumbria Westmorland Federation of WIs event entitled "Wool is My Bread", the motto on the Kendal coat of arms. The purpose of the meeting was to promote the wool of the three breeds of Cumbrian hill sheep - Herdwick, Swaledale and Rough Fell. On display were garments knitted from the wool spun from the fleeces of the three breeds. Sadly, wool is no longer our bread, as synthetic fibres have taken over a large portion of the wool industry.

Wendy Dickinson, who farms at High Wood End on Tebay Fell, and is also one of our WI members, gave an excellent illustrated talk promoting the Rough Fell sheep breed. Each farmer who spoke about their breed of sheep mentioned, in their presentations, how stock levels are being reduced by environmental legislation, a point which was noted by the audience. At one time, the wool cheque paid the rent on the farm, but farmers are having to find other ways of making money which leaves less manpower to shepherd on the fells.

Felicity Lawler gave a short presentation on the Bretherdale Wool Weight. This lead weight, weighing 7lbs 91/2 ozs, was found in a dry stone wall in Bretherdale in the 1950's. It dates from the time of Edward III when the Cistercian monks of Bylands Abbey owned much of the land in this area. They were renowned sheep breeders and produced very high quality wool which in turn created much of England's wealth in the middle ages.

Although few people attended our "Bystanders Can Be Lifesavers" coffee morning held at the end of May, those who did benefited from the CPR training conducted by paramedic, Nicola Turner and ably assisted by Steve Dunkinson, a former Orton with Tebay First Responder. Photographs of all the defibrillators located

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!

The first 'Art in the Mart' is to be held in
the Auction Mart at Kirkby Stephen on
Saturday 26th and Sunday 27th July
from 10am - 4pm both days! The
working pens will be filled with artists
wares to show and buy!

If you're an artist of any genre interested
in taking part please contact Karen
McSkimming by email at
artfulregards@btinternet.com for an
application form. If you're not an artist,
pop it in your diary. This is taking part
over the same weekend as the popular
'Dales Festival' weekend. See you then!

**ART
IN THE MART**

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

within the parishes of Orton and Tebay were on display, and instruction was given on how to use one if necessary. This very important subject is now the National Federation of WIs campaign for 2025, and it is envisaged that further trainings will be taking place later in the year in our villages.

We will be taking advantage of the summer with a garden party, visits to Farfield Mill, and to the Theatre by the Lake in Keswick. Our regular monthly meetings will resume in September at The Methodist Church in Tebay.

YDNP grant fund opens

People or local organisations looking to improve the environment in the National Park, in ways that will also benefit local communities or the local economy, are being invited to apply to the Sustainable Development Fund, which this year has a budget of £100,000.

The Yorkshire Dales National Park Authority is looking to award up to 15 grants before the end of March.

An example of a recent project supported by the fund is "WingIt" in Swaledale, which has seen the creation of nest sites for swifts, swallows and house martins.

Sustainable Development Fund support has enabled WingIt to publish an information leaflet on protecting nest sites during building work, as well as to install QR codes at seven locations – from Keld to Fremington – so people can find out more about the birds, which characterise Dales villages and towns at this time of year.

Other recent projects to be supported by the Sustainable Development Fund include Settle Primary School's sensory playground, accessibility improvements at Ingleborough Cave in Clapham, and Embsay and Bolton Abbey Steam Railway's plan to restore a passenger footbridge at Bolton Abbey Railway Station.

Individuals, businesses, community groups and voluntary sector bodies can all apply. Please get in touch if you have a project idea by calling 01969 652337 or emailing SDF@yorkshiredales.org.uk to make an enquiry.



Tebay Tug of War

The Amateur Athletics Association Tug of War Championships was held on the recreation ground on Sunday 8th June, with Upper Eden Tug-of-War Club the hosts.

Teams from across the UK and Scotland came to Tebay to join in this event — this was the first time that the event had taken place in Tebay.

The Upper Eden club showed exceptional strength and teamwork on their home ground, securing both gold and silver medals.



Year 6 SAT's

The Year 6 children completed their end of KS2 SATs on Thursday 15th May. The whole school couldn't be more proud of them all as they displayed resilience, focus and above all kindness towards one other. The formal setting of these assessments is not what we would choose for our children but we work hard all year to prepare them so they can take them in their stride and that is exactly what they did. A huge well done to Brooke, Conan, Edward, Finley and Zac and a very special well done to Mrs Collinson for all her hard work.

SAT's week does not just affect the Year 6 pupils. The whole school works together to ensure there is a calm quiet environment that allows them to have the very best conditions in which to sit their assessments. I would like to say a huge thank you to all of our children at Tebay. We talk a lot about working together and being a community – Team Tebay! This week displayed Team Tebay in action with children from other year groups wishing them well, graciously accepting disruption to their normal routine and taking our calm quiet corridors to the next level – you could hear a pin drop.



As a reward for all their hard work, Mrs Collinson and Diane took the Year 6 pupils on a trip to

Penrith. They played foot golf at the Penrith Driving Range followed by a McDonalds lunch.

Sponsored Run

Following on from our special assembly where we welcomed Miles from The Great North Air Ambulance Service, the whole school took part in a sponsored run at Tebay Recreation Ground on Thursday 22nd May. We have been blown away by the support from our families and the community who turned up to

cheer us on. A special thank you to the parents who helped with the counting of laps. The children were amazing and many did more than the expected distance. This is a charity very close to the hearts of everyone in Tebay as reflected in the amount raised – a whopping £1532.00.

Thank you to everyone who sponsored the children to raise this fantastic amount of money.



Tebay Primary Recognised for Outstanding Attendance!

We are delighted to share some fantastic news with our school community. On Wednesday 4th June, we were officially notified that Tebay Primary School has been recognised for our outstanding attendance this year, placing us in the top 10% of all primary schools in England.



This is an incredible achievement and one we are extremely proud of. It reflects the strong commitment from our staff, pupils, and

families in prioritising attendance and ensuring that every child has the very best opportunity to succeed—both academically and in terms of their mental health and well-being.

'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

Save Junction 38

The local communities of Tebay, Orton, Kirkby Stephen, and surrounding villages face up to four years of complete disruption, when work begins to replace eight deteriorating M6 motorway bridges, resulting in the closure of Junction 38 in one direction for four years.

A survey of the impact found the closure will cost the local area up to £10 million pounds in reduced profits for the locality.

- £1.5m cost to residents in extra travel costs
- £8m reduction in profits of local businesses
- 8 businesses anticipate 130 — 150 local job losses
- 6 businesses believe their site may not be viable and forced to close
- Over £400,000 losses to local farming businesses making farming for some untenable.

Our local MP, Tim Farron, has been actively working on this, alongside local councillors, residents and businesses — they are all appealing for National Highways to reconsider their plans in light of the damage it is going to cause the community.



Show your support by signing the petition to **Keep Junction 38 open** — online at

www.wfelibdems.uk/tebay
or by scanning the QR code with your phone.



Find out more about the Lune gorge work from National Highways themselves on the web:

<https://nationalhighways.co.uk/our-roads/north-west/m6-lune-gorge-structures/>

They're grateful for all the residents and others who met with them in their engagement events — there will be more opportunity to talk more with them as things develop.

Send us your contributions — TheLinkMagazine@outlook.com

Tebay Community Sports Day

Tebay village came together on Saturday 21st June to hold their annual sports day. With rain having forced a move indoors last year, hopes were high that the warm weather the week before would hold for the day itself.

Families Together in Tebay & Orton hosted the event, doing a lot of the organising and setup, but it was great to see so many other village groups working alongside them to make the day a great success. The Cross Keys were selling pizza slices, Friends of Tebay School had a very successful cake stall, Tebay Sports and Social Club ran a tombola, T-Brass and Julie Hoggarth offered young people the chance to try out a brass instrument, and there was a chance to try out crafts, as well as having your face painted.



Dave Morland did an amazing job of wrangling the racers, whether they were young'uns on space hoppers, or desperate dads keen to out-run their friends.



With about 70 kids and about 120 adults, the racing kept going, even with a few showers to cool the runners off. The egg throwing competition was a firm favourite for both the kids and the adults!



Greenholme Show

Thanks



As the deadline for the LINK is actually before the Show this year, I can't report on what actually happened – what the weather was like, who won the prizes and cups or how a good day was had by all!

But I can say THANK YOU to the many visitors who will have been there no matter the weather!

And a great big THANK YOU to our committee for all their hard work to put on our lovely little Show for another year.



The countdown has begun!

Planning is in full swing for Kirkby Stephen's Westmorland Dales Festival, back this year over the weekend of Saturday 26th and Sunday 27th of July.

Everyone is welcome at the Festival, which celebrates the area's wonderful landscape, heritage and people, with a great mix of entertainment, events and activities for all ages. Saturday features guided walks, exploring the surrounding countryside of the Westmorland Dales. Immerse yourself in the ancient history of Crosby Garret Fell, walking along the ancient track of Ladle Lane. Stroll through time from the Bronze and iron age to the coming of the steam railway. You will be led by a local expert who will bring to life echoes of the past. If you want to know the fascinating history of a Westmorland village, Ravenstonedale, join our walking tour and finish off with a coffee & cake at Scar Gallery. Or hop on board our Western Dales bus to Hawes and the Dales Countryside Museum, on a day they celebrate "all things sheep".

Alternatively, Walkers are Welcome have a wide range of guided walks for you to enjoy, just have a look at our website for all the details.

Saturday isn't just about walking; we have many other activities for you to experience..... It's Jubilee Park's Open Day with family fun and nature workshops. A short saunter and you will discover Kirkby Stephen's historic station and steam railway (open all weekend.) We are delighted to have joining us for the first time and over both days "Art in the Mart"; with art instead of sheep in Kirkby's auction pens!

Sunday, the Festival's second day sees a spectacular family event with something for everyone.

Festival favourites are back for another year, juggler Matt Tiffany with circus skills workshops and the ever-popular Stomping Ground, down by Franks Bridge, with wild play. Joining us too are Eden Animal Rescue with one of their famous fun dog shows, so don't forget to bring along your pooch!

Talking of the word "pooch". The Dales Countryside Museum will be visiting us from

WHAT'S ON?

Coming up we will be holding our first ever Family Music Festival

TEBAY FEST

August Bank Holiday
Sunday ~ 2pm until late.

Live music ~ Food
Drinks offers
Bouncy Castle

Tickets £10 adults, £5 children, under 3's free available from Tebay Club or 07545 086896

TEBAY SPORTS & SOCIAL CLUB



Opening hours
Wed, 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)

Price Bingo & Cash Bingo on
alternating Sundays



Hawes with their Great Big Dialect Hunt. They're on the hunt for words and phrases you might use with family and friends, maybe traditional or local to where you live. So, we are hoping everyone will bring along their favourite words. The market square will be full of local stalls selling delicious treats to eat and drink. Along with a little something for your garden!

In and around the Parish Church, the heart of the festival, there will be makers, producers and local artists with tempting gifts to peruse and buy. Conservation and community groups will also be on hand to chat to festival goers about their work and how to get involved, all against a backdrop of live music.

Kirkby Stephen East historic station and steam railway; Winton Park Gardens and Kirkby Stephen Club will all be joining in the weekend's festivities too, with a shuttle bus service linking Festival sites.

We aim to keep the majority of our activities free of charge, to bring as wide a range of people together as possible. To find out more and to book on any of our walks visit www.westmorlanddalesfestival.org

Hope to see you over the weekend!

Tebay Community Choir

Thank you to everyone who came to support Tebay Community Choir's concert in May, and for your generous donations. We raised over £310 for "Every Life Matters", a charity based in Shap which focuses on suicide prevention.



The choir has a healthy number of singers but we are always pleased to welcome new members, whether or not you have sung in a choir before. Practices usually take place on Monday evenings from 7.30 until 9 pm during school term time in Tebay Social Club.

For further information, including the date of the next rehearsal, please contact Alison on alison@mott.me.uk or 07964 978961.



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: www.cobweborchestra.org.uk
@cobweborchestra

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

**For any queries, please contact Richard
Best: richard@lowspot.ndonet.com**

**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.uk for more info.

Services in our Anglican Churches

Sunday 6 July <i>Trinity 3</i> <i>Green</i> <i>Welcomer:</i> Isaiah 66.10-14 Galatians 6.[1-6] 7-16 Luke 10.1-11, 16-20 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith and Janet Capp Elizabeth Crossley Andy Glanville <i>Prayers:</i> Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Diana Fothergill Ian Torkington
Sunday 13 July <i>Trinity 4</i> <i>Green</i> <i>Welcomer:</i> Deuteronomy 30.9-14 Colossians 1.1-14 Luke 10.25-37 <i>Prayers:</i>	Orton, 08.30am Holy Communion <i>Chris Jenkin</i> Keith Capp	Tebay, 10.30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10.00am Holy Communion <i>Charles Cowling</i> David Morris Hilary Law
Sunday 20 July <i>Trinity 5</i> <i>Green</i> <i>Welcomer:</i> Genesis 18.1-10a Colossians 1.15-28 Luke 10.38-end <i>Prayers:</i>	Orton, 10.30am Café Church style service <i>Team</i> Mary Jenkin	Tebay, 10.30am Morning Worship <i>Team</i>	Ravenstonedale, 10.00am Morning Worship <i>Carole Marsden</i> Suesi Windle John Newton
Sunday 27 July <i>Trinity 6</i> <i>Green</i> <i>Welcomer:</i> Genesis 18.20-32 Colossians 2.6-15 [16- 19] Luke 11.1-13 <i>Prayers:</i>	Three Churches HC Service at St Oswald's, Ravenstonedale; 10:30am Holy Communion <i>Fran Parkinson</i> Catherine Newton David Farr		
Sunday 3 August <i>Trinity 7</i> <i>Green</i> <i>Welcomer:</i> Ecclesiastes 1.2, 12-14; 2.18-23 Colossians 3.1-11 Luke 12.13-21 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Pam and Garth Blundell Elizabeth Crossley Margaret Longworth Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Caroline Morris Richard Best
Sunday 10 August <i>Trinity 8</i> <i>Green</i> <i>Welcomer:</i> Genesis 15.1-6 Hebrews 11.1-3, 8-16 Luke 12.32-40 <i>Prayers:</i>	Orton, 08.30am Holy Communion <i>Brendan Giblin</i> John Dunning	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Charles Cowling</i> Ian Torkington Sarah Lovell
Sunday 17 August <i>Trinity 9</i> <i>Green</i> <i>Welcomer:</i> Jeremiah 23.23-29 Hebrews 11.29 – 12.2 Luke 12.49-56 <i>Prayers:</i>	Orton, 10.30am Service of the Word <i>Team</i> Mary Jenkin	Tebay, 10.30am Baptism <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> John Newton Diana Fothergill
Sunday 24 August <i>Bartholomew</i> <i>Red</i> <i>Welcomer:</i> Isaiah 43.8-13 Acts 5.12-16 Luke 22.24-30 <i>Prayers:</i>	Three Churches at the Ravenstonedale Showground; 10:30am Morning Worship <i>Methodist organised</i>		
Sunday 31 August <i>Trinity 11</i> <i>Green</i> <i>Welcomer:</i> Proverbs 25.6-7 Hebrews 13.1-8, 15, 16 Luke 14.1, 7-14 <i>Prayers:</i>	Benefice HC Service at St Oswald's, Ravenstondale; 10.30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600 Martin Lovell Hilary Law		



Services in our Methodist Churches and other churches

	2025	6 th July	13 th July	20 th July	27 th July	3 rd August	10 th August	17 th August	24 th August	31 st August
			Action for Children Sunday	Rural Mission Sunday						
*Tebay M P 1-1300 M H B	10.30	J Morton OA	J Betts	US at PC	LA	M McVoy OA	LA	US at PC	J Betts	11.00 Cumbria Circuit Svce
	6.30				5.30 Cnrxn Svce at Appleby				Cnrxn Svce at K Stephen	
Shap (Class of Tebay)	10.30	S Radford HC			5.30 Cnrxn Svce at Appleby	P Hilland			Cnrxn Svce at K Stephen	11.00 Cumbria Circuit Svce
Orton M P Complete M H B PB EW	10.30	D Askew	P Dunstan OA	LA	S Radford HC	J Ousby	LA	A Dunstan OA	To Tebay	11.00 Cumbria Circuit Svce
	6.30				5.30 Cnrxn Svce at Appleby				Cnrxn Svce at K Stephen	
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	Open Air J Bainbridge OA	TP OA	TP OA	TP OA	TP OA	Bacon Butty Service OA	MAF OA	Show Service OA	11.00 Cumbria Circuit Svce
	6.30				5.30 Cnrxn Svce at Appleby				Cnrxn Svce at K Stephen	
*Ravenstonedale M P 1-1144 M H B H & P	2.00	D Marston	P Carter	S Radford HC	J Worsfold	J Betts	D Marston	S Radford	LA	11.00 Cumbria Circuit Svce
	6.30				5.30 Cnrxn Svce at Appleby				Cnrxn Svce at K Stephen	2.00 W & J Ousby OA

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

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

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

Rev. 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
Rev. Brendan Giblin,
on 017683 39168)



News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

From the Rev. Nelson Isebagheen, Youth and children ministry South Rwenzori Diocese.

20.5.25: Glory be to God for all you are doing in God's vineyard.

Here in Kasese, we are doing well. Am happy to inform you that God has opened a gate for us in Congo for youth and children ministry. This year in February, I was in North Kivu Diocese, Butembo, with the team, and we introduced the ministry there. God has given us another chance to go back and train the leaders from 14th to 23rd June. We need 1000 US dollars (about £740) to enable us run the mission. Therefore, I kindly request you to stand with us and support the ministry. Pray that God will provide us with all that is needed. God bless you.

1.6.25: We wrote: "I have sent donation towards your ministry in Butembo. May God amount you and your team in this work." He replied: God bless you abundantly in all you are doing. Thank you very much. Continue praying for my ministry in Butembo, that God will grant us journey mercies and protection.

From Rev. Robert Zziwa, sub-dean, St. Paul's Cathedral, Kasese: formerly Lay Reader at All Saints Church. 10.6.25

We recently held a Holy Spirit Prayer Conference that ended on Pentecost

Sunday. This was the Deanery prayer conference, attended by 2,000 people. *(The picture on the right is from a video of their joyful and exuberant worship at this conference; African Christians can't sing without dancing too! The picture below gives an idea of the numbers there.)*



From Canon Nelson Walina, 27.5.25
A student at Kisinga Divinity College, Kibira Asasio, son of Rev. Saimon

Bwambale, has gone to live with the Lord. We were preparing him to become a Lay Reader but unfortunately he has died, buried today. He has left a young widow with 6 children, the youngest still breast feeding (see right). The total of school fees



needed is 621,000 UGX (about £125). Because ASASIO was already in the Divinity College, we hold the responsibility. Kindly mobilize for us charitable persons to help these children go to school.

5.6.25: **Prayer Request:** Our son Bwambale Felix has been admitted to Buthabika Rehabilitation

Centre, Kampala. He has developed mental illness. I will keep updating you as you



continue praying. *(We replied: "We will certainly pray for him and for you all.")* He wrote: Indeed, pray hard because the mental health care people have said, every 7 days we will be paying 600,000/= (£125) not including food, and we don't know how many days he will be there. The psychiatrist will come to attend to Felix Bwambale on Tuesday 10th June. *(We sent a contribution to help.)*

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.

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

Appointment System

To ensure timely access to care, we have a structured appointment system in place.

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-booked appointments also give you more flexibility to 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. 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

Protected Learning Dates

Shap Surgery and Dispensary will be closed for training from 1pm on the following date: Wednesday 17th September 20

Orton Surgery

Medication is available for collection every Tuesday between 10am and 11am.

Patient Participation Group (PPG)

Joining our Patient Participation Group (PPG) is a great way to have your voice heard and help improve the services at within the surgery. As a member, you can share feedback, suggest ideas, and work with staff to shape how care is delivered to better meet the needs of the community. It's a valuable opportunity to make a positive difference. If you're interested or would like more information, please contact the Practice Manager, Wendy, at wendy.hancock1@nhs.net

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



Traditional Sunday Roast

Served every Sunday 12.00-14.00

(March — October)

**Choose from a choice of roast meats,
served with Yorkshire pudding,
seasonal vegetables, crisp roast
potatoes & rich gravy**

(Vegetarian Option Available)

£15.95pp

Add Starter £5.00

Add Dessert £5.00

Children's Menu Available



Shap/Cumbria/CA10 3QU

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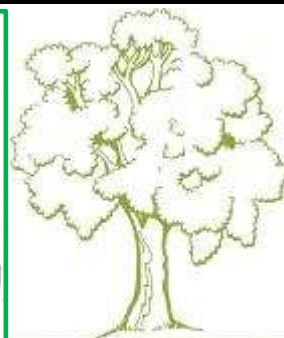
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Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garthill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal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

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
Kendal Morrisons bus stop	11.45	15.00
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Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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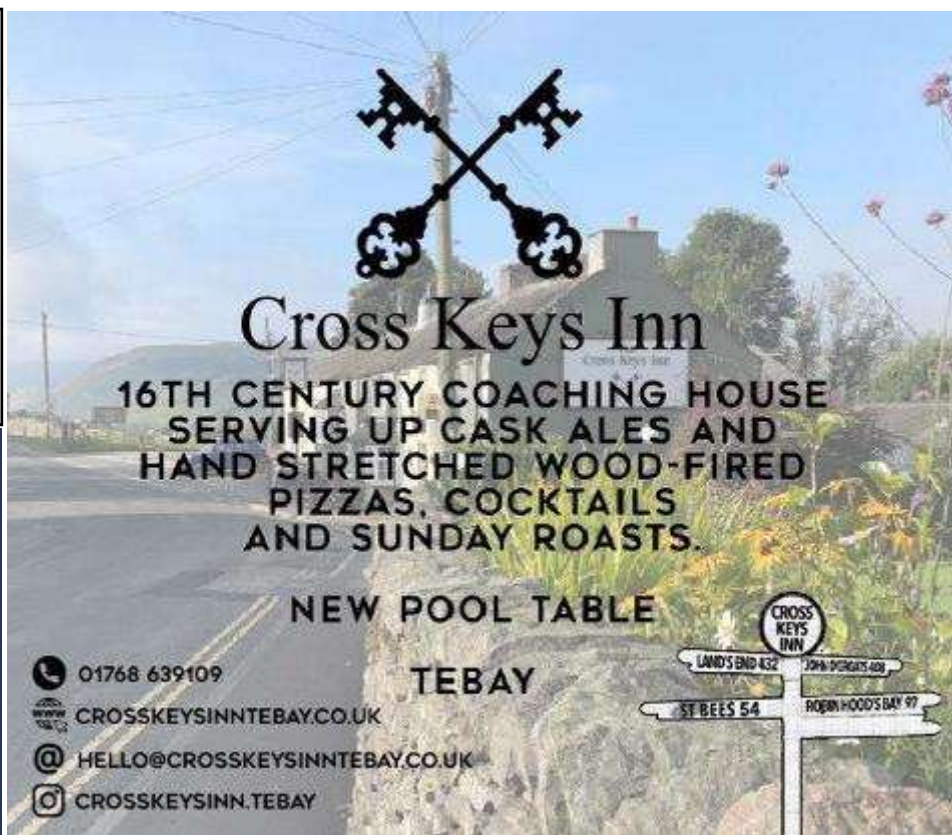
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Local community websites:

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