The Link

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

March 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.

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 and submitting your news and events.

Elizabeth, Linda, Martin & Paula

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:
Sunday Tea: co-created by Families Together members, Tebay Chapel
(Photo credit: Martin Lawson)

Welcome to the March edition of The Link magazine — we're already looking forward to Greenholme show in June (see page 18 to start planning your entries!)

However, before we get there, there's all of Spring to do, Easter (and lent before it for those that choose to prepare in that way), as well as lots of regular and one-off events to enjoy too.

Do read and respond to the appeals for support of our local bus services, both the 106 and the 561 have got important information in this issue. You may be able to help out Upper Eden Food Bank too, more from them on page four.

We hope that you enjoy and can embrace the rhythm of the next month, whether you're starting it sharing pancakes in Ravenstonedale (p7), or finishing it with a sausage sandwich at the club in Tebay (p16).

Elizabeth, Linda, Martin & Paula

Engaging with The Link magazine

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

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

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

Thank you again for all your support!

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

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

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

Is belief in God making a comeback?

Are young people more likely than their parents to believe in God?

A recent survey of 10,000 people showed some surprising results: "Generation Z" – teens and 20s – are far less likely to be atheists (not believing in God at all) than their parents and grandparents. Only 13% of under-25s identified as atheists. Twice as many people between 45 and 60 are likely to be atheists. So is God making a comeback among younger people?

The statistics do not mean that young people are flooding back into the churches! But 62% of 18 to 24 year olds said they are "very" or "fairly" spiritual – expressed by such things as enjoying nature, practising mindfulness, or even taking astrology seriously. *Note that they are responding as "spiritual" rather than "Christian".*

How does this match up with the experience of rural churches in areas like ours?

- Most (not all) regular worshippers in rural churches are old or very old.
- Most (not all) rural churches have zero children among their regular worshippers.

I think that there are more positive factors about our local churches and younger people:

Orton churches have strong connections with local schools, with church members serving as governors of Orton school and involved in school life in various ways.

- The "Open The Book" team (see page 8) which tells and acts out Bible stories in three local village schools finds that the children welcome us warmly and really enjoy these presentations.
- "Charlie's Church" is a much-loved experience of the youngest members of Orton School, joining the puppet Charlie in church hearing Bible stories, doing artwork, treasure hunts, and snacks.
- The events organised by Families Together in Tebay and Orton see a wide variety of all ages – from infants and toddlers to those in their 80s – taking part in tea parties, sports, rambles, and other fun activities.
- At Christmas the two main services had mostly younger families at the Christingle (22 children and 60 adults) and older people at the Carols by Candlelight (8 children and 94 adults): a total of 184 people in church in these two services, out of a village population of about 280.

There are some trends to "religion" in the 2020s:

It used to be assumed that everyone in England was a Christian unless they were definitely something else – Jew or Muslim or atheist. Now the word "Christian" is more likely to be used, certainly among younger people, of those who are committed and practising believers in Christ.

While there is some suspicion that people who take their religion seriously are a bit weird and even dangerous, generally younger people are educated and willing to discuss the issues and respect each other's beliefs.

This opens up the opportunity for us believing Christians to share our faith with people who are more open to discussing spiritual issues than people used to be! As someone who believes firmly that the Christian church (by which I mean the members, not buildings!) exists for this very purpose – courteously to invite people to respond to the love of Jesus – I find that encouraging!

Christopher Jenkin

Where you can find…

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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

Chair	Ian Clayton	015396 23226
Secretary	Laura Fowler	07913 676302
Treasurer	Carl McLauglin	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

Upper Eden Food Bank

'A church led, community fed project'

We are a small food bank based in Appleby. We respond promptly to referrals from local agencies for those who are going through a difficult patch, and will therefore benefit from some help with their food supplies.

We are always grateful for food donations, which can be left at various places, including the Co-op supermarket in Appleby and in Kirkby Stephen. Also in Appleby, a dedicated wheelie bin is placed at the front of The Sands Methodist Chapel every Tuesday 11am to 11.30am, and every Friday 10am to 10.30am.

Approximately nine years ago when UEFB was started, who would have imagined the impact of a pandemic on a world and its people. Yet the past few years have shown us just what that is like, and food banks have been even more valuable and welcome as many people have struggled to make ends meet. Perhaps food banks are here to stay, when we might have hoped that they were a temporary measure.

The ongoing cost of living crisis means that many people have found and are still finding, things very difficult and the Food Bank has been kept busy. We are really grateful for the donations of food, money and time, that people have so freely given.

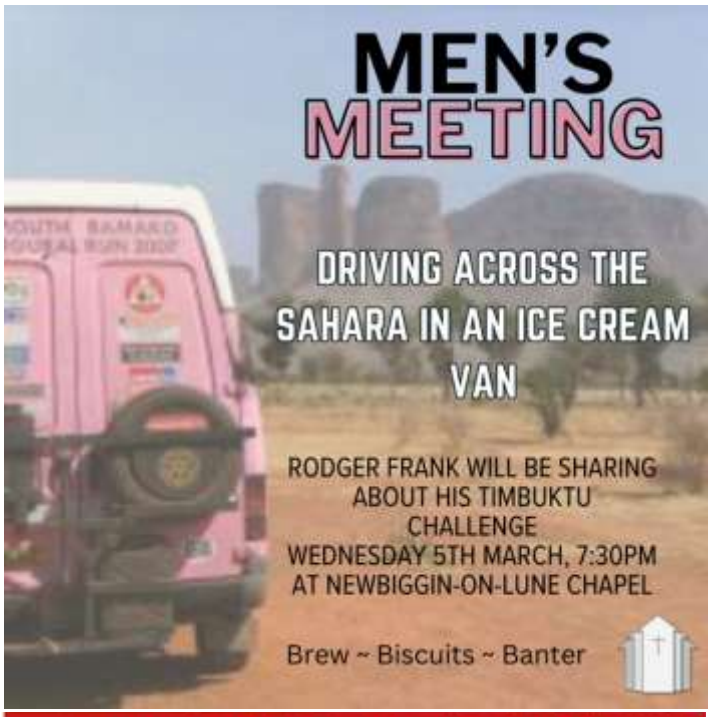
In Tebay village, the primary school places a similar wheelie bin outside the school gate every Tuesday during school hours.

In Orton village, Chris and Mary Jenkin have a permanent box in their porch.

If you would like to host a box, or find a way to collect for us in your village or neighbourhood, do get in touch and we'll help you work it out.

We appreciate that these are very unusual times and there may some readers of The Link finding themselves in need of help, who have never asked for help before. If a few bags of food would be a help, please give us a ring and we will try to help. You will find a friendly and understanding person on the end of the phone who will deal with your call confidentially.

Our website has plenty of information:
upperedenfoodbank.org.uk or we are happy to be contacted by email:
upperedenfoodbank@gmail.com
or phone: 07596 690 902



NEWBIGGIN-ON-LUNE CHURCH

Ladies Night

Thursday 27th March
at 7:30pm

Live Cookery demonstration led by chef Grace Holland

All ladies welcome, young and old.

FOR MORE DETAILS CONTACT ANGELA ON 07980418078

LUNE LADIES

Wednesday 5th March
at 7.30 pm
Woodturning demonstration

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

All Welcome

Newbiggin-on-Lune Litter pick

Ravenstonedale to Weasdale
along the verges of the A685

Saturday 22nd March 2025, 10:30am

Meet at Newbiggin-on-Lune Public Hall
Please join us for coffee and biscuits afterwards

NEWBIGGIN-ON-LUNE PUBLIC HALL
CENTENARY CELEBRATION
1925 -2025

SATURDAY 12TH APRIL

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

RAVENSTONEDALE PARISH HISTORY GROUP EXHIBITION
11am to 4pm.

Entry to all the above is free. Donations appreciated!

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 19TH MARCH 2025

Ravenstonedale High Chapel
Community & Heritage Centre

7.30 PM

AN ILLUSTRATED "WALK"
FROM NEW BIGGIN-ON-LUNE
TO RAVENSTONEDALE
VIEWING OLD & NEW PHOTOS

WITH

Caroline Morris

Admission: Members £2.00
Visitors £3.00 including refreshments
for more information,
please leave a message on
www.ravenstonedalehistory.org.uk

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

Update from our Anglican churches

Benefice Service

10.30am Sunday 23 March - **St James', Tebay**

When there is a fifth Sunday in the month we gather from across the benefice (Stainmore to Tebay) to worship together. The Benefice Choir does a fine job in helping to raise the rafters and, more importantly, lift our worship to God. When often we worship in smallish congregations it is good to come together for something bigger.

At our next benefice service we have a guest preacher, the Rev Dr Raewynne Whiteley. Raewynne is Diocesan Vocations Lead for Ministry Development and has taught and written on the subject homiletics (the theory and practise of preaching). So, do come along for both excellent singing, and preaching.

Pastoral Care within our parishes

There is much pastoral care, informal as well as formal, that goes on within our communities, both within our churches and without. We want to celebrate this care.

If anyone is interested in how we can develop and extend pastoral ministry within Ravenstonedale, Newbiggin, Orton, Tebay and around, they are welcome to attend a meeting at the home of Andy Glanville in Gaisgill, 1.00pm, Wednesday 19th March.

If you are interested or want to know more, please phone Brendan 017683 39168 for further details.

Ash Wednesday 5th March
Special Services for our Renewal

Lent begins on the 5th March. Having gorged on pancakes (we hope!) the day before, why not begin your Lent at our special services?

9.15 am Ash Wednesday
Holy Communion with the imposition of ashes
Kirkby Stephen Parish Church

7.00pm Ash Wednesday
Holy Communion with the imposition of ashes
All Saints' Church, Orton.

The imposition of ashes is an ancient, beautiful and powerful symbol. The dirt and grime of the ash reminds us of our oneness with the physical universe, "remember that you are but dust, from dust you came and to dust you shall return".

It also reminds us of the dirt we pick up and contribute to in life; the things we feel ashamed of and repentant of.

Above all the ashes remind us of God's mercy and forgiveness. Although we are frail, spiritually as well as physically, out of the dust of the earth God's love is able to create something new. We are not pretty, but we are still loved and capable of love.

"Fire, Ice and Oceans"

The fascinating story of the geology
of The Lake District
with
Richard Langthorpe

Wednesday 26th March, 7:30pm
Ravenstonedale Community and
Heritage Centre

£5.00 entrance
to include refreshments
All proceeds towards RC&HC building fund

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

Please join us for
St Oswald's annual

Pancake Lunch

at
Studfold Farmhouse, Fell End,
Ravenstonedale
Kirkby Stephen CA17 4LP
Tuesday 4th March
12.00 until 2.00
Tickets £8.00
(to include soup and bread,
pancakes and a brew)
from Hilary Law - 23215 or
Anne Brownrigg – 23594

What could be batter!

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 February raised £418.16

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

Come up to the church and join us!

Orton Village Stores

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

Open the Book

What is Open the Book? Some readers of The Link will know about this but some will not.

Open the Book is a way of telling Bible stories to Primary School children. If you have children or grandchildren at Tebay, Orton or Shap schools, ask them about it! They really enjoy our visits to their school.

We are a team of adults who go to these three schools every fortnight to tell the children stories from the Bible, by narration and drama, all in simple Bible costumes, throughout the school year. We try to include the children in the drama when we can – sometimes with two or three being recruited and given simple costumes, sometimes with the entire school joining in vocally! We often have simple props to make the action more vivid – like a boat for the disciples who were fishermen, or pillars for the doorway to the temple, or even a tree for the little tax-collector, Zacchaeus, to climb up to see Jesus!

When we first started this project some ten years ago we had a regular team of fifteen people, which meant that members were able have a week off sometimes. It is a big commitment but also a very rewarding one.

Owing to people having to drop out for health reasons, or as they move away to be nearer their families etc., we are now down to eight team members, with the help from one or others who cannot commit to being regular members but will help if they can when needed.

We are looking for more people who would like to join us as team members in this valuable work.

We have a short rehearsal on Wednesdays after the Orton Drop In, and the presentations take place on the following Mondays at each school. This is our fortnightly

programme in term time.

You do not need to be a Church or Chapel member to take part, but you do need to be in sympathy with the idea of telling Bible stories to primary school children.

If you are interested and would like to know more please contact me on 24410 or email marypjenkin@gmail.com

We really do need you!!

Mary Jenkin

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

Use it or lose it: the 561 bus

The 561 service resumed in January 2025, running during off peak hours on Wednesdays and giving users approximately 3 hours in Kendal.

The bus leaves Appleby at 9.30am, calling at Orton and Tebay, arriving at Kendal bus station at 10.30am. It leaves Kendal at 1.30pm, calling at Tebay and Orton before arriving in Appleby at 2.30pm.

Wednesdays only		Wednesdays only	
Appleby Moot Hall	09:30	Kendal Bus Station	13:30
Orton The Square	09:51	Kendal Sainsbury's	13:34
Old Tebay Truck Shop	09:57	Kendal Morrisons	13:35
Tebay Mount Pleasant	09:58	Grayrigg School	13:45
Grayrigg School	10:13	Tebay Mount Pleasant	14:00
Kendal Morrisons	10:23	Old Tebay Truck Shop	14:01
Kendal Sainsbury's	10:24	Orton The Square	14:06
Kendal Bus Station	10:30	Appleby Moot Hall	14:27

The service is operated by Westmorland and Furness Council using a 16 seater minibus. ENCTS passes are eligible on this service, however the £3 bus fare cap does not apply so normal ticket fares apply if a pass is not used.

If we don't make use of this bus services, and others services like them, we will lose them!

More bus news on page 14...

ORTON SCARECROW FESTIVAL AND CHURCH EXHIBITION

Saturday 24th May — Sunday 1st June

Next planning meeting:
Saturday 29th March
please come along, all welcome

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

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** – 2nd Friday of the month 7:30-9:00pm
Saturday	**Orton Farmer's Market** – 2nd 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

Orton Craft workshop

Creative Highlights – Illuminated Felt Bowls
Teesdale Felt

Sat 15 Mar 2025 - 10:00 am Orton Market Hall

Adult £35

Whether you are a beginner or a more experienced felter, you will enjoy this illuminated felt bowl workshop run by Claire Priestley. Using merino wool and a variety of fibres including silks and bamboo, you will create a delicate bowl. When lit from within using micro string lights, the fibres are enhanced as beautiful silhouettes. To make the bowls we will use a wet felt resist technique.

All materials are provided.

Workshop length: Approx 3 hours including a break

Booking: www.ticketsource.co.uk/highlights

Orton Market Hall Diary

Date	Time	Event	Contact
14th February	11-1pm	Coffee Morning	Patriciahuitson@btinternet.com
14th February	7:30pm	Bingo	Helenwearmouth12@gmail.com
6th March	7pm	OWLS Talk- Curlew Talk and monitoring	owl.group.admin@icloud.com
8th March	9-2pm	Orton Farmer's Market	info@ortonfarmers.co.uk
14th March	7:30pm	Bingo	Helenwearmouth12@gmail.com
15th March	10-1pm	Highlights craft workshop- Illuminated felt	https://www.ticketsource.co.uk/booking/select/xgdogmmmdbep
22nd March	10-1pm	'Clean out your drawers' tabletop sale	Bookingsortonmarkethall@gmail.com
22nd March	6:30pm	Ceilidh – to raise funds for All Saints Church	marypjenkin@aol.com
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/npygbqogrpzg

Orton Methodist Chapel

Invite you to a service led by

Sam Stockill of the Leprosy Mission

on Sunday, 2nd March at 10.30am

Hear about the work being done to support leprosy patients and the efforts being made to eradicate the disease

Followed by Coffee and refreshments

There will be an opportunity to give financially towards the work of The Leprosy Mission for those who wish to do so.

Everyone very welcome

Dance into Spring

Dancing to the CEILIDH

Saturday 22nd March, 6.30 p.m.

Orton Market Hall

Bring & Share Supper

£8 - under 16s free

Tickets available at Orton Village Stores, or AT THE DOOR

RAFFLE - BAR

Proceeds to All Saints' Church, Orton

Orton Methodist Chapel

Anniversary Service will be on Sunday, 23rd March 2025 at 10.30am led by Martin Lawson

The service will be followed by lunch, to which everyone is welcome to share

Contact Rachel Woof – 24372 for further details

All Saints' Church and Orton Methodist Chapel invite you to a community

Mothering Sunday Service for all the Family at ORTON METHODIST CHAPEL

Sunday, 30th March at 10.30am

Led by Revds John and Lesley Riley

Coffee and refreshments afterwards

EVERYONE WELCOME!

News from Orton School

Reported by Birch Class

Young Voices 2025

On Friday we went to Manchester to take part in Young Voices. There were 7862 children singing together, the largest children's choir in the world ! We had lots of fun and it was 11pm when we got back. The bus ride was very long and we enjoyed it very much.

Gymnastics

On Monday we travelled to Appleby to compete in gymnastics. There were 3 teams, they were all fantastic.
Merida said, 'I enjoyed the vaults the most.'
Imogen said, 'I liked the teddy-bear roll,' and Freya said, 'I also enjoyed the vault.'

Tim Farron Visit

On Friday 7th January Tim Farron came to visit Oak Class. They asked him lots of questions. He told them that his favourite sport was darts. He arrived with a lady who helps him to be on time. Eva gave him a letter and a few weeks later a letter came back signed by Tim.

Rowan Class

Rowan class have been learning about how to keep their teeth healthy and how to count up in tens to 50.
Adam said his favourite thing to do at school is going to the work-station.
They are also looking forward to a farm visit. Watch out for our next copy of the Link...

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

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

theWI INSPIRING WOMEN **Fun and Friendship** theWI INSPIRING WOMEN

Boccia in Orton Market Hall

March 13th and 27th

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

BINGO

ORTON MARKET HALL

FRIDAY 14th MARCH

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

BROUGH PLAYGROUP
And
ORTON MARKET HALL

Forthcoming Dates
11th April
9th May
13th June

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 <u>all</u> 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!

Warm Welcome Spaces

Tebay Community Meal

Meal at 12.30pm, activities until 4pm

Sunday 2nd March
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 - l pm & 1.30 - 5.30 pm
Wednesday: 9am - l pm & 1.30 - 5.30pm
Friday: 9am - l pm &1.30 - 5.00 pm

Bus Charity reaches 10 Year Anniversary

Last month, The 106 Bus Partnership celebrated its 10th year of running the 106 bus service between Kendal and Penrith. The Partnership was set up in the wake of the withdrawal of bus service subsidies across Cumbria in 2014 which resulted in many rural bus routes being cancelled.

With vulnerable residents left isolated and unable to get into key service centres such as Penrith or Kendal, local Councillors and residents joined together to find a solution. The partnership initially launched with seed-funding from Parish Councils along the route and a grant from Eden Housing Association. For the first two years the service operated under the accountable body of the County Council but soon moved to form as an independent charity in 2017.

Recognising the challenges of rural transport, specifically the long distances and low passenger numbers, the Partnership sought to develop a gap-funded model. Every two years the Charity holds an open procurement, inviting bus service operators to tender to run the route. The operators are paid a commercial rate, and fares collected by the service are used to contribute towards the cost of the bus, the charity then raises funds to pay for the inevitable gap between the cost of running the service and the fares collected.

Over the past 10 years the Charity has delivered a bus service on 1,324 days, carrying almost 65,000 passengers, of which more than 75% have been bus pass users. Over this same period, the Partnership has paid more than £250,000 in contract fees and has raised £94,000 in funds through grants, donations and fundraising activities.

Shap Parish Councillor and 106 Bus Committee member, Alan Sowerby commented, "It was awful when we lost the bus service; many people were left feeling very isolated, so a group of us got together to plan how we could make it work. Folk in Shap and other villages along the route really value the service and the work that the committee and trustees put in to keep it running."

For further information, or to become a friend and supporter of the service, please contact the 106 Partnership Secretary, Libby Bateman on 07759 665233 or mail@libbybateman.com

World Religion Day

On Friday 17th January the whole school celebrated World Religion Day. The school held a special assembly, each group were assigned a Religion to research and present facts to the rest of the school.

Visit from Penrith and Eden Museum

The Oaks class had a practical workshop with Karen from Penrith and Eden Museum on Thursday 6th February, they explored artefacts and learnt about the Roman period of History, enhancing their existing knowledge.

The Little Acorn and Acorn classes enhanced their learning about history, learning how toys have changed over time and had fun playing with some old toys.

Oaks and Mighty Oaks classes have taken part in some indoor cricket sessions and a dodgeball festival at Kirkby Stephen Grammar School. Thanks to Eden Valley Sports Partnership for hosting these events.

Year 6 children travelled to William Howard School, Brampton on Friday 7th February to take part in a Maths Challenge Day, they joined children from other Cumbria Education Trust Schools.

Tebay RSPB Big School Birdwatch

The whole school had an amazing afternoon taking part in the 'Big School Birdwatch'. All children went into the school grounds with their binoculars to look for the different type of birds and then created bird inspired artwork.

Children's Mental Health Week

To celebrate Children's Mental Health Week, the whole school 'pressed pause' every day to take part in an activity that makes everyone feel happy.

Day 1 – the children enjoyed some dancing.
Day 2 – the whole school took part in some yoga sessions.
Day 3 – the children were reading for pleasure and sharing stories.
Day 4 – we had an afternoon of mindfulness colouring.
Day 5 – the children shared a piece of work that each child was proud of.

What a great week we had.

'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

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: www.cobweborchestra.org.uk
@cobweborchestra

The Cobweb Orchestra is a friendly, open-access and multi-award winning organisation, with nine amateur community groups spread across the North of England. Beyond our weekly meetings, there is also a full and varied programme of study days, residentials and concerts through out the calendar year.

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

Churches Together in Tebay

Easter Cream Teas

Tebay Methodist Church Hall

Saturday 19th April
3pm — 4.30pm

£6

Come and enjoy

Raffle

Mothers Day

Brunch and Family Celebration

Sunday 30th March

From 10am at Tebay Club
for a sausage sandwich,
then 10.45am at St James's
for a short,
family-friendly thanksgiving

Tebay Anglers Annual AGM

With Buffet and Auction

Saturday March 1st 7pm

Tebay Club

New Members Welcome

www.tebayanglers.com

The Link from October 1977

"the monthly newsletter of the Tebay Churches"

already no.77 — an extract from that edition:

"Anyone who listens to the radio, watches TV or reads one of the local papers, can be unaware of the confusion at large. The current failure to distinguish clearly matters of fact and opinion, is of course, the main feature of contemporary life at an intellectual level. There a revolt against authority in favour of popularity; against quality in favour of quantity; against value in favour of size. All this is because the 'world' has now fully convinced itself that a human fulfilment lies, not in the demands of a high vocation, but in moulding to its own ends all that is encountered in service to the needs of mankind.

As long as the human race is seen in terms of mastery, we shall continue to suffer this sad, debased condition. Another false implication is that the established Christian Truth is more or less non- existent .There are, it is preached, only a mass of individual opinions, which sometimes agree together in sufficient numbers to produce a probable proposition for a noisy majority.

The time has come for all who profess and call themselves Christians, must stand up, take the initiative and be counted to avoid being outmanoeuvred.

Rev Harold Sawrey"

Is this familiar today?

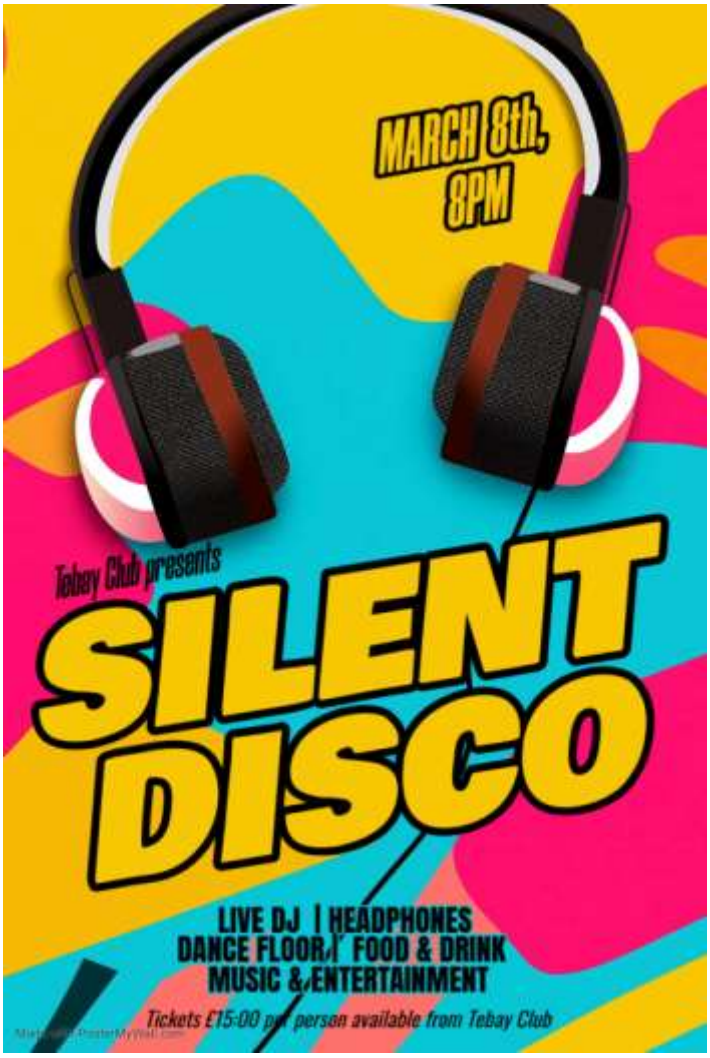
"Tebay Methodist Church

Good news for Tebay festival from Sunday 9 October to Monday 17th October with guest speaker Rev John Bird for this special festival.

As well as the church services there will be a Ladies Buffet supper on Monday10th October and on Wednesday 12th October there will be a Men's Buffet supper. These are by invitation only and most people will have already received their tickets. On Tuesday there will be a coffee bar for the young people of secondary school age – this will be the first night of the youth club for the season.

On Saturday 8th October all the village children will be presented with a Jubilee mug from 3pm to 5pm in the railway club."

How many of the readers of this issue of The Link still have their own Jubilee Mugs?



GREENHOLME SHOW
Saturday 14th June 2025

All Classes Open : Closing Date for Entries : 12th May

Including Classes for ROUGH FELL, AOB Lowland and AOB Hill
And Young Handlers classes

Remember to save a 2024 hay bale for the competition

Looking forward
to seeing
all competitors and visitors again

HOME PRODUCE

50. 3 Brown Eggs
51. 3 White Eggs
52. Best 3 sticks of Rhubarb
53. Loaf of brown bread
54. Loaf of white bread
55. 3 Yorkshire Puddings
56. Savoury Pasty
57. 3 Sausage Rolls
58. Jar of Chutney
59. Jar of Lemon Curd
60. Jar of Marmalade
61. 3 Date and Walnut Scones
62. 3 pieces tray bake- cooked
63. 3 pieces tray bake- uncooked
64. 3 Decorated Cup Cakes
65. 3 Chocolate Brownies
66. 3 Ginger Biscuits
67. 3 Mince Pies
68. 3 Shortbread Biscuits
69. 3 Lemon Muffins
70. 3 pieces of Flapjack
71. Banana Loaf
72. Rich Fruit Cake
73. Ginger bread
74. Malt Loaf
75. Vegetable Cake
76. Seasonal Theme decorated Cake
77. Lemon Drizzle Cake
78. Best Chocolate Cake
79. Whacky Cake – to set recipe - see schedule
80. 3 pieces homemade Fudge
81. 3 Meringue Nests
82. Damson/Sloe Gin or any Liqueur
83. Men's Baking – Grasmere Gingerbread (3 pieces)

---oOo---

HANDICRAFTS

85. Homemade Jewellery
86. Seasonal Craft Item
87. Homemade Doorstop
88. Favourite Socks
89. Painting - any medium
90. Decorated Bottle
91. Something made with String
92. Homemade Toy
93. Item of Crochet or Knitting
94. Article - hand or machine sewn
95. Needlecraft - inc cross stitch
96. Homemade Cushion
97. Homemade dry felt article
98. Homemade wet felt item
99. Homemade Mythical Creature – any medium
100. Homemade Wood/Metal/Pottery item
101. Something Upcycled
102. Famous Person out of a vegetables (please name)
103. Decorated Stone
104. Best Pot Plant
105. Floral Table Centre
106. Planted Container
107. Garden on a Plate
108. Sheep Limerick
109. Any other handicraft

---oOo---

PHOTOGRAPHS

110. An Amusing Sign
111. Any View
112. Child/Children
113. Animal/Animals
114 A Cat
115. Any other Photo
116. Photo with a caption
117. A Collection of 2 Photographs - Hot and Cold
118. Friends
119. Action Photo
120. Trees
121. Selfie
122. Black and White photo

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CHILDREN'S CLASSES

No entry fee

130. PRE-SCHOOL only - A Picture - any medium
131. Pizza
132. Picture – Any Medium
133. 3 Decorated Biscuits
134. 3 Cornflake Cakes
135. Photo
136. Farm on a plate
137. Fairy garden on a plate
138. Collage (no more than A3)
139. Picture using Leaves (A4)
140. Edible necklace
141. Homemade Book Mark
142. Handwriting – Thank you note
143. Painted Stone
144. Lego model – own design – to sit on A4 Sheet.
145. Model from Recycled material
146. Any other handicraft

---oOo---

Secondary school age

147. Any Cake
148. Photo
149. Animal made of vegetables
150. Picture – any medium
151. Any other handicraft

---oOo---

Please see full schedule for Rules and Entry form.

Available on our Facebook page 'Greenholme Agricultural Show & Gala; or from greenholmeshowsecretary@gmail.com

Many thanks to all our sponsors.

The Arts Society Appleby in Westmorland

What price Andy Warhol?

Had you asked most members of Appleby Arts Society on entering the Market Hall last Wednesday, what their expectations of the lecture were on ''Andy Warhol'', most would have responded ''some understanding - I don't like his work'' or ''enlightenment - his work is overpriced''.

Lecturer Bill Powell certainly had his work cut out then to convince us why Warhol is one of the most important artists of the second half of the twentieth century. Except of course, he didn't just produce multiple images of Campbell's Soup cans and Marilyn Monroe but was an expert photographer, film Director and Producer. But - we were there to be convinced of his qualities as an artist.

He was born in 1932 in Pittsburgh, the son of Eastern European immigrants. A sickly child, he grew up isolated and confined to bed but drew incessantly and was able to go to Carnegie College to study Textile design. He became an illustrator of books and magazines and was a skilled screen printer. He produced images for Schiaparelli shoes but his exhibited works in New York galleries weren't a great success. He was obsessed with Truman Capote, the writer, and produced a picture of 16 overlapping images of him which Capote bought. It was the beginning.

He began to produce more multiple images of famous people, like Marilyn Monroe, James Dean, Marlon Brando and Elvis Presley, which sold to the subjects for a few hundred dollars each. The one of eight overlapping Elvises was re- sold in 2008 for $100 million. Then he did covers for music albums and began to make more multiple images of common everyday commodities like Brillo pads and Coca Cola.

In 1962 he had his own exhibition in New York where he showed 28 images of different flavours of Campbell's Soup (the company produced 32 flavours at the time). The public liked his multiple images and thought they were fun. Our lecturer showed us just how the images of the Campbell's cans were cleverly altered very subtly by Warhol to make a more appealing image. A crest was applied to each can, the edge of each label was enhanced and the colour altered to make it more outstanding - he was an artist after all. In May 2006 one sold for 11 million dollars.

One magazine advertised a 'Souper Dress', a paper dress illustrated with multiple Campbell cans, available to buy for a dollar apiece. They were popular and he had shown he was an entrepreneur. Original ones are in museums all over the world and fetch thousands of dollars each. You can go on line today and buy a copy for a few dollars yourself!

In New York Warhol acquired a large home called the Factory from where, with the help of several assistants, he went into the production of multiple photographic images on silk screens - sometimes using urine to oxidise the colour - these are known as the Piss paintings. From the Factory he made films and entertained the artistic fraternity in drug-fuelled parties. He adopted the rock group Velvet Underground. Later he re-interpreted several impressionist painters' works by giving them the Warhol touch, making them look 'modern' with multiple images.

As our lecturer said, these were all fun and appealed to the American public, hence their popularity and later their high prices. He died when he was just 59 after an operation and is buried in Pittsburgh. His grave is always surrounded by Campbell's Soup cans, placed there by his current devotees.

The next meeting on the second Wednesday is 'The life and works of Grayson Perry: an appraisal' by Harry Fletcher. For more information go to taswestmorland.org.uk

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

Services in our Anglican Churches

Sunday 2 March *Sunday before Lent* *Green* *Welcomer:* Exodus 34: 29-35 2 Corinthians 3:12-42 Luke 9: 28-36 (37-43a) *Prayers:*	Orton, 10.30am United Leprosy Mission service at the Methodist church	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship *Team* Ian Torkington Sarah Lovell
Sunday 9 March *1st Sunday of Lent* *Purple* *Welcomer:* Deuteronomy 26: 1-11 Romans 10: 8b-13 Luke 4: 1-13 *Prayers:*	Orton, 8:30am Holy Communion *Chris Jenkin* Keith Capp	Tebay, 10.30am Holy Communion *Sandra Ward*	Ravenstonedale, 10.00am Holy Communion *Brendan Giblin* Diana Fothergill John Newton
Sunday 16 March *2nd Sunday of Lent* *Purple* *Welcomer:* Genesis 15: 1-12, 17-18 Philippians 3: 17-4.1 Luke 13:31-35 *Prayers:*	Orton, 10.30am Holy Communion *Sandra Ward* Pam & Garth Blundell Mary Jenkin Keith Capp Margaret Longworth	Tebay, 10.30am at the Methodist Church *Martin Lawson*	Ravenstonedale, 10.00am Morning Worship *Rosemary Campbell* David Morris Hilary Law
Sunday 23 March *3rd Sunday of Lent* *Purple* *Welcomer:* Isaiah 55: 1-9 1 Corinthians 10: 1-13 Luke 13: 1-9 *Prayers:*	Three Churches Services at St James', Tebay; 10:30am Holy Communion *Brendan Giblin* Mary Jenkin & Linda Garrick John Thompson *St Oswald's reader?* Angela Milburn	Zoom meeting number: 894 1727 3600	
Sunday 30 March *Mothering Sunday* *Purple* *Welcomer:* Exodus 2: 1-10 2 Corinthians 1 :3-7 Luke 2 : 33-35 *Prayers:*	Orton, 10.30am Mothering Sunday at the Methodist church	Tebay, 10.45am Mothering Sunday *Pam Lawson* Sausage sandwich & activities at the club from 10.00am	Ravenstonedale, 10.00am Mothering Sunday *Charles Cowling* Richard Best Catherine 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@carlislediocese.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	2nd March	9th March	16th March	23rd March	30th March
			First Sunday in Lent	Second Sunday in Lent	Third Sunday in Lent	Mothering Sunday
***Tebay** M P 1-1300 M H B	10.30	J & L Riley OA	W Ousby	M Lawson OA	To Orton CA	US at PC
	6.30		Compsn Svce at Appleby PC			
Shap (Class of Tebay)	10.30	S Radford HC	6.30 p.m. Compsn Svce at Appleby PC			
Orton M P Complete M H B PB EW	10.30	S Stockill Leprsy Mssn OA	J Betts HC	LA	M Lawson CA	J & L Riley OA
	6.30		Compsn Svce at Appleby PC			
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	TP OA	TP OA	TP OA	TP OA	S Radford HC
	6.30		Compsn Svce at Appleby PC			
***Ravenstonedale** M P 1-1144 M H B H & P	2.00	LA	S Radford	LA	A Sterling HC	H Hutchinson
	6.30		Compsn Svce at Appleby PC			

"Lent is a time for greater love. Listen to Jesus' thirst... 'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor — He knows your weakness. He wants only your love, wants only the chance to love you." - Mother Teresa

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

Vinelife Cumbria Fellowship

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

For anyone wanting to receive home communion or in need of pastoral support, please contact: Revd. Sandra Ward on 015396 24213 or 07946 633334. Please leave a message and she will get back to you ASAP. (If your need is urgent please contact Revd. Brendan Giblin, on 017683 39168)

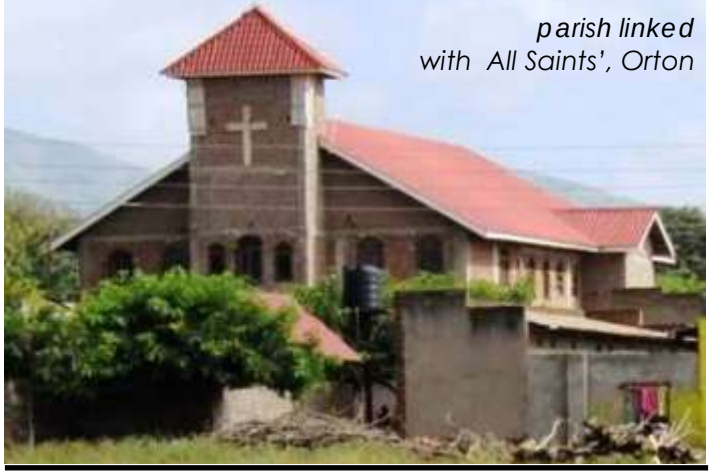
Baptisms, Weddings and Funerals

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@carlislediocese.org.uk

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

News from All Saints' Church, Kasese, Uganda

parish linked with All Saints', Orton



WhatsApp messages and emails received

News from Kasese

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)

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

Upper Eden Medical Practice & Tebay surgery

Appointments

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

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

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

Dispensary

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

SHAP WELLS HOTEL

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

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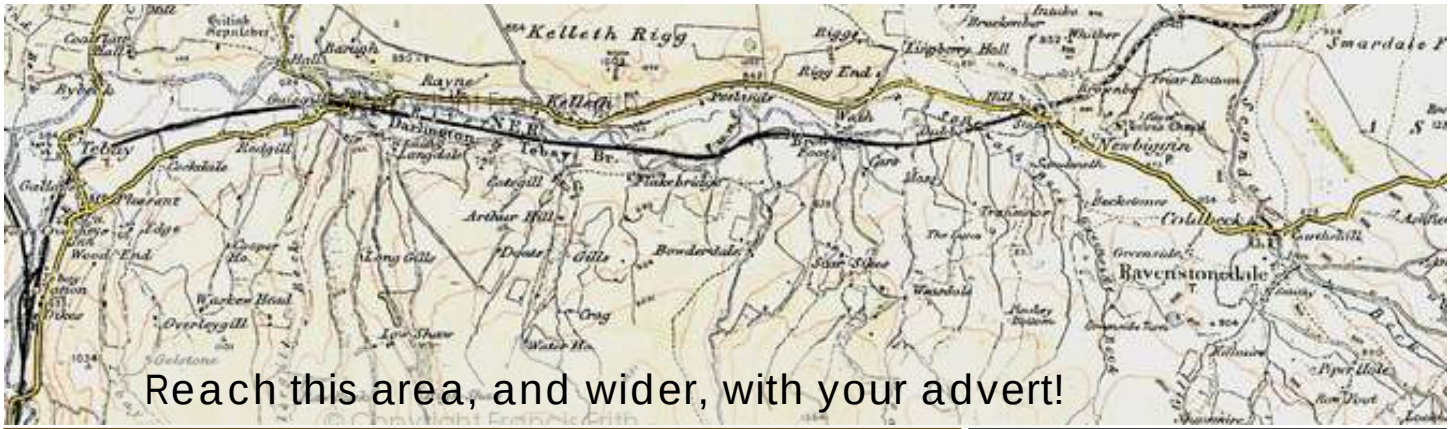

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	OUTWARD	RETURN
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Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garshill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus 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
Stricklandgate	11.51	
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Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
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Penrith	10.30	12.30/12.00	17.00

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Sew and Sews, Orton: Gillian:

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Local community websites:

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Orton Parish Council: https://ortonpc-eden.org.uk
Tebay Parish Council: https://tebaypc.org.uk
Ravenstonedale village website: https://www.ravenstonedale.org
Ravenstonedale Parish Council: https://www.rdalepc.uk

Local church websites:

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