

The Link

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



November 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:
Pumpkin harvest, West Brownrigg
farm, for Home Grown Here
(photo credit: Abbi Lawson)

Welcome to the latest edition of
The Link magazine — as we enter
November, it feels like we're
definitely heading towards winter.

There are many things to be
thankful for this month, see the
write-up of harvest thankfulness in
Orton on page eight, and the
continuing success of the Tebay
with Orton WI group — their latest
write-up is on page 14.

I'm sure, like many, you'll be
remembering the lives of those
who gave so much during the
two world wars, and in conflicts
since. There are services in all of
our villages for these (see the
service information on pages 20



and 21 for that), or individual
notices for them. Even if you're
not a regular church go-er, do
remember that you'd be very
welcome to join any of those
remembrances.

As Rev Stephen makes clear on
page three, you'd be welcome
any time, actually! That Q&A
came from a reader's suggestion,
so if you do have suggestions for
other things you'd like to see, do
drop us an email telling us more.

Double issue for December—
January coming soon, do send us
all your event details ASAP!

Elizabeth, Linda,
Martin, Paula & Tristan

NEWBIGGIN-ON-LUNE CHURCH

Ladies Night

Thursday 11th Dec at 7:30pm

**A Wreath Making
workshop led by
Andi Taylor**

All equipment provided
free of charge, foliage
welcome!

Booking not essential but if
possible let Angela know
for an idea of numbers.

All ladies welcome,
young and old.

FOR MORE DETAILS CONTACT ANGELA ON
07950418078

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

Questions and Answers with Rev. Stephen Radford

You asked us to pose your questions to your local minister (or vicar) - we caught up with Stephen with a range of questions.

How long have you been ministering in this area, and how's it going?

We arrived in 2016 and have completed nine years in the Kirkby Steven, Appleby and Tebay Methodist Circuit. We've really enjoyed it, we've seen lots of new things happening, and had glimpses of God doing new things, some churches reviving, and ecumenical work being particularly powerful.

When you say 'ecumenical' what do you mean?

Winton and Crosby Garrett are two examples of Local Ecumenical Projects with Baptists and Methodists working and worshipping together. Winton has flourished, being refurbished during COVID and now having a congregation two and a bit times larger than before, with youth services getting 50-60 young people. In Tebay we see the Methodist and Anglican churches worshipping together twice a month as well, so it can look different in different places.

Andrew Sterling has just left recently, will you be getting a replacement?

Andrew did seven years with the Methodist church before he moved on, over the Pennines. Eve Brett was also working with us as a youth worker, she has now gone to Bristol as an ordinand. Leigh Wilkinson has joined us and is now working with young people. I was really encouraged recently to see 45 young people going to [3Generate](#) (a Christian youth get together), compared to just four when we started a few years ago.

Do you think God's only interested in people inside the church?

No, we're seeing something that's being called the "Quiet Revival" where young people are coming to faith and exploring spirituality, wanting to know more about God, and looking for new ways of being church, not necessarily only within existing structures and ways of doing things.

Do you have to be a member to come to a Methodist church?

It would be absolutely fabulous for people to just turn up, our churches will welcome people – we love seeing new people coming through the doors.

If people are finding life difficult, what do you suggest they do if they want to know God more?

There are lots of options – God is ready to respond to us however we come to him, even with just one small prayer. However, there is currently an Alpha course running at Orton, things happening in Tebay for reflective time in nature, work in schools with Northern Interschools Christian Union, and a new website called [Sanctuary&Soul](#) which is a spiritual space for people with questions, as well as lots of other options. Or, just get in touch with me or Brendan [[Anglican vicar, based in Kirkby Stephen](#)], or talk to someone in your local church.

And what about getting my child christened at church, even if I don't go to church? Or blessing a second marriage, or a cohabiting couple?

Yes! This often happens, it's about blessing the child and celebrating as a family and community, and you don't have to be a regular at church. Blessing people's love for each other, because God is Love, is really important to me. I believe God is a God of second and many more chances, and it's a great opportunity to ask God's blessing.

Any parting thoughts for the November link?

Advent, which starts at the end of November is a wonderful time of preparation, there will be opportunities for people to come together for carols and Christingles. I really hope that many people will find new ways of exploring the advent idea that Jesus is coming into the world as God's plan to reveal His love for everyone.

Rev. Stephen Radford
in conversation with The Link
(any transcription typos are The Link's!)

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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**

MEN'S MEETING

**Russia Ukraine War:
Some insights from a NATO
perspective.
Wed 5th Nov, 7:30pm
at Newbiggin-On-Lune Chapel**



Note: change of speaker; Tim Farron will now be coming in January

Junior Church

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



NEWBIGGIN-ON-LUNE CHURCH

Ladies Night

Thursday 13th Nov at 7:30pm

Abbi Lawson



**Great British Bake Off
Contestant, Abbi will share a
baking demonstration, share
about her time on the Bake off,
foraging and her work with
'Home Grown Here'.**

**An informal, fun night with
refreshments.**

All ladies welcome, young and old.

**FOR MORE DETAILS CONTACT ANGELA ON
07980418078**

HAS NEWBIGGIN GOT TALENT?



**COME AND FIND OUT AT OUR
VILLAGE VARIETY SHOW
SATURDAY 15TH NOVEMBER
7:30PM**

NEWBIGGIN-ON-LUNE PUBLIC HALL

FREE ENTRY

**DONATIONS APPRECIATED TOWARDS
THE UPKEEP OF THE HALL**

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)



Christmas Wreath Making Workshop

2nd December 7pm
 making a 14in Christmas Wreath



Please bring scissors/secateurs and greenery to share



THE ELVES WILL PROVIDE EVERYTHING ELSE

£15 - including Xmas treats & mulled wine

Book early as places are limited

Ring Laura on 07913 676302

All Monies raised to support the Village Hall



MEN'S MEETING

Wed 3rd Dec, 7:30pm
 at Newbiggin Chapel

Chris Bland will be talking on
 Cumberland & Westmorland
 Wrestling

Brew ~ Biscuits ~ Banter




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



Bacon Butty CHURCH

OUR NEXT BACON BUTTY CHURCH IS
REMEMBRANCE SUNDAY,
9TH NOVEMBER
WITH KATE GRIMSHAW
@NEWBIGGIN-ON-LUNE CHAPEL, 10:30AM



15th November 2025
10am – 3pm

Ravenstonedale Community & Heritage Centre

Craft Fair

A Variety of Local Craft Stalls
Tombola & Raffle
Refreshments



**RAVENSTONEDALE PARISH HISTORY
GROUP**

WEDNESDAY 19TH NOVEMBER 2025

2.30 PM

at

**NEWBIGGIN VILLAGE HALL
“WEATHER FORECASTING THE
CUMBRIAN WAY”**

WITH

Jean Scott Smith of
Shap History Society

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

For more information contact Val Fermer on 07798 688057 or

leave a message on

www.ravenstonedalehistory.org.uk

By the Cairn on Ash Fell....

I'm starting to feel like a local,
Now don't laugh, 'cos I know I'm still new,
But the landscape is becoming familiar,
Let me share what I'm able to do.

When I lift up my eyes to the skyline,
When I look at the fells all around,
I think I can name all the high points,
Every mountain and hillside and mound.

From my favourite spot, sitting next to the
cairn,
High up on the ridge of Ash Fell,
I can see Knoutberry and Harter and Randy
Gill Top,
And the beautiful slopes of Green Bell.

Behind me the Pennines stretch away to the
sea,
Cross Fell hides its head in the mist,
To the right, distant mountains next to the
Lakes,
Far too many to list.

Mighty Wild Boar looms large to my left,
And then Mallerstang Edge and High Seat,
I need to explore, to walk and to tramp,
Just satisfy the itch in my feet.

I don't keep a tally, no Wainwright chart here,
No records or boxes to tick,
Just the pleasure of knowing the landscape
close by,
Gives this dog walker a bit of a kick!

Dog Walk Doggerel Writer

LUNE LADIES

Wednesday 5th November

An interesting talk on music
by John Newton.

Meet at Newbiggin on Lune
village hall

All Welcome!

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**



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



THE VAGABONDS PRESENT OLIVER with a TWIST

Written & Directed by Joan Barnard
Based on the novel by Charles Dickens

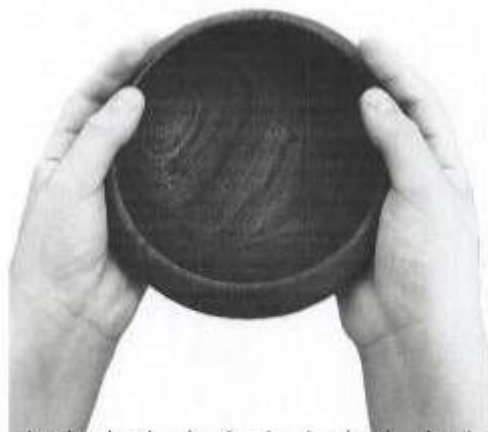
Suitable for all ages

ST OSWALD'S CHURCH, RAVENSTONDALE

FRIDAY 28TH & SATURDAY 29TH NOVEMBER, 2025
7:30pm

DOORS AND BAR OPEN AT 6:30pm
Bar will re-open after the show at
8:45pm (approx.)

FREE ENTRY
Retiral collection in aid of
Barnardo's & St Oswald's Church



RAVENSTONDALE 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
October raised £584.90**

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

Come up to the church and join us!



Orton Harvest Thanksgiving

There were three lovely
parts of this!

Families Together in Tebay and Orton Apple Harvest Extravaganza: on the Saturday in Orton Market Hall. A day or two before this event we were afraid that hardly anyone was going to come – but in fact families and people of all ages came pouring in, to take part in all sorts of appley things - activities, races, competitions, songs, and of course food!

Before the various appley desserts, we did have non-appley hot dogs!! I counted 19 children there, as well as parents and grandparents. A lovely, happy time. Thanks, all who worked hard to plan and run this!

Harvest Thanksgiving Communion in church on Sunday. This year we sent out personalized invitations to 24 local farms and people associated with farming; and though quite a number of these people were involved that morning in the Young Farmers' Sports Day, we did have a good representation of the agricultural community at the service, to sing lustily "All good gifts around us are sent from heaven above!"

Harvest Supper in the Market Hall on the Monday. The Hall was packed, the noisy and happy conversations around the tables indicated that everyone was having a good time, and the food, prepared and served by our splendid team, (with the ham donated as usual by the Westmorland Family) was magnificent, and extremely good value, especially because of the second and third helpings we were invited to come back for!

For the first time there was a raffle, which brought in £250 for Derian House Children's Hospice – though it is in Chorley, Lancashire, they do cover our area of south Cumbria too. Their leaflet (which many people took away to read) tells us that in a typical year:

- They care for 400 babies, children, and young people
- They give 2,000 overnight respite stays at the hospice
- They care for 100 neonatal babies facing an uncertain future



***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

- They give 200 families a free week's stay in one of 4 holiday lodges
- 150 siblings enjoy fun days out and memory-making activities
- 100 parents, grandparents and siblings have access to counselling
- They provide 600 hydrotherapy sessions

As well as the raffle takings, the Orton with Tebay Parochial Church Council had voted to donate £500 to Derian house.

So there was a lot to say "Thank You" for!

Photographs of Orton Church

With the help of our very tech-savvy daughter, we are creating a website for All Saints Church.

We need GOOD QUALITY PHOTOGRAPHS, landscape, of the church building - inside and out - and church and community events and services, even of some years ago. Please email anything which might be suitable to ccjenkin81@gmail.com

Please make sure you have permission if including recent close-up photos of others

United Benefice Choir

The next United Benefice Service is going to be at St. Michael's Church, Brough, at 10.30 a.m. on Sunday 30th November – Advent Sunday.

As at previous Benefice Services we will have a united choir of singers from across the Benefice. At the last such service, at St. Oswald's, Ravenstonedale, there was some lovely feedback from many who attended the service and we are delighted the choir will be singing with us again at this special Advent service. Some music specially for Advent has been chosen to enhance the experience for all who will be able to attend.

If you are a singer or you know someone who is and would be interested in taking part in the choir on this occasion or at future services please contact suesi.windle@googlemail.com.

We expect to have two choir practices during the preceding week (dates and times to be confirmed) and probably a final practice immediately before the service.

Christopher Jenkin (ccjenkin81@gmail.com)



Have a clear out and donate your items to get cash for Orton C of E School
Bring your donations to School on Fri 5th Dec, 8-9am, in the white cube classroom

Take the opportunity to sort through your cupboards and wardrobes and donate unwanted textiles – this can include adults' and children's clothes, shoes (tied together please), hats, belts, handbags and soft toys, (please refer to <https://bag2school.com> for full details). In addition to raising much needed funds it will also raise awareness amongst the children of the benefits of recycling and reuse.

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

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

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

ORTON BOCCIA GROUP

We meet in **Orton Market Hall**, generally every fortnight, on a **Thursday** from **1.30pm to 3.30pm** but please note the October dates as there is an extra session.

November:- 6th and 20th

For more information, please contact:
Felicity Lawler 015396 24465

FRIENDS OF Orton C of E School THANK YOU

To everyone who supported the Orton Fell Race this year. Together we raised over £1500 for the children of Orton School.



Scotmid Co-op, Lyon Equipment Ltd, Tebay Services, Rheged, Out of Eden, The George Hotel, Orton Scar Cafe, Orton Village Stores, Shap Chippy, Lowther Castle and Gardens.

A special mention to all the the runners, marshals, landowners, sponsors, farmers, teachers, cake bakers, prize donators, kitchen helpers and cleaners

WE COULDN'T HAVE DONE IT WITHOUT YOU!

All Saints Church Orton

A big thank you to the many people who have donated items to the Book and Bric-a-Brac stall, at the monthly coffee morning. They are selling well and your donations are helping to financially support the church. Recently we have had a great number of items donated, so much so we will be able to refresh our stock for the next four months at least. We are happy to receive books, china items and glass ware plus toys games and jigsaws.

We can't though sell electrical goods as they need to be PAT tested before re-sale, clothes, shoes, carpets or furniture as we do not have the space to store them. If you are not sure about an item that you would like to donate then please do ring me on 01539624311, or email me at jdanning12@btinternet.com. We set up the stall from about 2.30 on the Friday afternoon before the coffee morning and it would really help us if you could drop them off to us then, rather than just leaving items in church.

At All Saints', Orton, we are hoping to have a Christmas Tree Festival again this year.

If you would like to take part and display a Christmas Tree – representing your business, your community group or society or club, or just you and your family – please contact Mary Jenkin.

Beckside, Orton, CA10 3RX
015396 24410

marypjenkin@gmail.com



Upcoming music events at ORTON MARKET HALL



OCT 17th **MUSIC:**
Medusa

<https://highlightsnorth.co.uk/venues/orton-market-hall>



OCT 25th **MUSIC:**
Bradley Creswick

www.ticketsource.co.uk



DEC 13th **MUSIC:**
Rioghnach Connolly

<https://highlightsnorth.co.uk/venues/orton-market-hall>



Orton Market Hall

www.ortonmarkethall.co.uk

ALL SAINTS' CHURCH, ORTON



Café Church 

Sunday 16th November



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!

News from Orton School

Orton Fell Race

Many of the children from our school joined people from all over our community and beyond to take part in the fell race. The Friends of Orton School committee provided refreshments for everyone who took part and supported their friends and family. Our local MP Tim Farron set the children off in their race.



Swimming



All the children in school, from nursery to year 6 have been swimming this month. We have swimming lessons every afternoon for a week in the Autumn term at Woggle Goggle in Penrith. We all love the water and have made amazing progress in our swimming skills!

World Mental Health Day



Friday 10th October was Mental Health awareness day. We all wore yellow, brought a cuddly pet into school and took part in activities to promote wellbeing and good mental health.



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

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

Keep up to date on our website: www.ortoncofeprimary.co.uk



**ORTON DROP IN CHRISTMAS
 INVITATION
 EVERYONE IS WELCOME**

WEDNESDAY 17th DECEMBER 2025

**10.00 AT CHAPEL SCHOOLROOM
 10.15 ORTON SCHOOL CHOIR WILL
 JOIN US**

**FOLLOWED BY FRESH COFFEE, CAKES,
 MINCE PIES**



BINGO

ORTON MARKET HALL

FRIDAY 14th NOVEMBER

**ALL WELCOME
 7-30pm**

**TEA AND COFFEE
 RAFFLE**

Money raised to
**CROSBY RAVENSWORTH
 SCHOOL**

And
ORTON MARKET HALL

Forthcoming Date
**12th December
 9th January
 13th February**





Christmas at All Saints Church Orton

Christingle Service: Tuesday 9th December at 6.00 p.m. Make a note of the date! More details in the December issue of *The Link*.

Carols by Candlelight: Sunday 21st December, 6.30 p.m. - **CHOIR NEEDED!**

We usually have a choir of 20-25 singers from seven or eight churches, who as well as leading the general singing of carols, will sing two or three specially rehearsed items.

We expect to start choir practices in mid-November. If you would like to take part in this choir please email me as soon as possible – ccjenkin81@gmail.com or phone 015396 24410. (Ability to read music is helpful for all singers, and essential for those singing alto, tenor or bass.)



ORTON DROP IN CHRISTMAS INVITATION EVERYONE IS WELCOME

WEDNESDAY 17th DECEMBER 2025

**10.00 AT CHAPEL SCHOOLROOM
10.15 ORTON SCHOOL CHOIR WILL JOIN US**

**FOLLOWED BY
FRESH COFFEE, CAKES, MINCE PIES**



All Saint's Church Orton

Exhibition and Scarecrow Festival 2026

Saturday 23rd May - Sunday 31st May

Our theme is Welcome to Noah's Ark.

We would really appreciate more help with the displays in Church.

If you would like to help by making one or two animals we would be very grateful.

They can be made of any material and be any size.

It is a great way to join together and make new friends, especially if you are new to the area.

Please contact:

Brenda 24617 brendaiveson@btinternet.com

Susan 24166 s.thorpe669@btinternet.com

**The Scarecrow Festival theme will be
All Creatures Great and Small**

You can make any animal you like from whatever material you want large or small.

Contact : Helen 24066

helenwearmouth12@gmail.com



THE HUB



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

St. James' Church, Tebay

Every Monday morning
10.30am - 12.30pm

Refreshments
Books to borrow and buy

All ages welcome

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

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

You will be very welcome!



TEBAY AND ORTON WI

Over the summer, the WI has enjoyed three meetings away from our base at Tebay Methodist Church. It was lovely to reconvene in September and welcome all of our members - some of whom were unable to join in all the summer activities - and two visitors.

The speaker for the September meeting was Ian Jack, a volunteer with the Penrith and District Red Squirrel Group. His work as the head forester for the Lowther estate brought him into contact with red squirrels and his illustrated talk demonstrated his enthusiasm and knowledge of our only native squirrel.

Grey squirrels were first introduced to an English estate in the late 19th century and again in the 1930's. They are bigger, they breed twice a year and have litters of five to six kittens, whereas the red squirrel has one litter a year of only two or three kittens. They also carry the squirrel pox virus, which is deadly to the reds. It is not surprising that the red squirrel population declined rapidly in this country. The Penrith and District Red Squirrel Group covers an area of 611 square miles and employs rangers who control the grey squirrel population and encourage the reds to extend their habitat. Hazelnuts and the seeds of pine cones are the preferred food of red squirrels, but they also include berries, mushrooms and insects in their diet. Because of the toxic tannins red squirrels do not eat acorns.

Ian's talk was all the more interesting because red squirrels are becoming a familiar sight in our parishes, and most of our members had a tale to tell of red squirrels in their gardens or on their land.

A donation was given to the Penrith and District Red Squirrel Group in appreciation of Ian's very interesting and informative talk. Our next meeting, on October 15th, will begin at 12 noon at Tebay Methodist Church. Karen Hanks, the Federation Chairman, will be giving a talk on Westmorland Women at War.

For more details of our WI, please contact the secretary, Lin Stretton, on 07719 404719.

Felicity Lawler



Cumbria-Westmorland Federation of WIs

Tebay and Orton WI

Invite you to their Open Meeting

Commonwealth War Graves in Cumbria

Speaker: Paul Imrie



Wednesday 19th November 2025
at 12 noon

Tebay Methodist Church Hall

Visitors welcome, £4 entry includes refreshments

theWI
INSPIRING WOMEN

Fun and Friendship

theWI
INSPIRING WOMEN

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

TEBAY TWINKLES PLAYGROUP

TERM TIME 9-30 / 11-30

INVITE YOU JOIN THEM EACH
THURSDAY

COME & SHARE A COFFEE
WHILE THE CHILDREN
PLAY!



With the
opportunity
to donate to
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churches
around the
world who are
transforming
communities

SATURDAY 8TH NOVEMBER
7PM – 8.30PM
TEBAY CLUB

FREE ENTRY!

SNACKS PROVIDED – BAR OPEN

Suitable for all ages

GATHER YOUR TEAM!

For more details and to book your place:

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or email familiestogethertebayorton@gmail.com

More information on our Facebook page here:

www.facebook.com/FamiliesTogetherTebayOrton



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 Church Hall, Tebay

Visitors welcome, £4 entry includes refreshments

Autumn/Winter Programme

15 OCTOBER

Westmorland Women at War, talk by Karen Hanks

19 NOVEMBER

Commonwealth War Graves in Cumbria, talk by Paul Imrie

17 DECEMBER

Christmas Party

21 JANUARY 2026

Annual Show

18 FEBRUARY

The origin and early work of the Ordnance Survey, talk by David Barker

18 MARCH

Local Geology, talk by Teresa Brown

15 APRIL

Annual Meeting

theWI
INSPIRING WOMEN

Fun and Friendship

theWI
INSPIRING WOMEN

Football Coaching.

This half term we have welcomed a coach from the Eden Valley Sports Partnership, who comes in to school on a Thursday morning to deliver the first of our new football coaching sessions with the Oaks and Mighty Oaks. These sessions are running until the October half term and they give the children a fantastic opportunity to develop both their skills and knowledge of the game. Ten of our Mighty Oaks took their love of football even further by joining pupils from other schools at Morland Primary for a football tournament. The team played brilliantly, showing great teamwork and outstanding sportsmanship from start to finish. Mrs Wright cheered them on enthusiastically and was incredibly proud of every player. At the end of their final match, referee Lucy Potter praised Tebay not only for their excellent sportsmanship but also for being the only school to shake her hand and thank her — a wonderful compliment! A huge thank you also goes to Julie Faulder and Kate Kilpatrick for kindly helping with transport. Their support made it possible for our Mighty Oaks to take part in this special event.



Cricket Coaching.

We are having a real focus on sport this half term, with a cricket coach, Adam Hornby, delivering sessions to The Acorns, The Oaks and The Mighty Oaks every Friday. These sessions are a continuation of the coaching delivered last year, giving the children a great chance to build on the skills they had already developed. The children are thoroughly enjoying the activities, and it's wonderful to see their confidence and abilities growing.



Macmillan Coffee Morning

A huge thank you to all our wonderful parents and families who joined us on Friday 26th September for our Macmillan Coffee Morning. It was lovely to see everyone in school enjoying a chat over coffee and

cake, all while raising money for such an important cause.

We are so grateful for all the kind donations of cakes – both homemade and shop-bought. The cake table looked absolutely amazing, and the effort from our school community was clear to see. The children were also very excited to bring in their pennies to buy extra cakes to take home and share with their families.



The final total raised for Macmillan Cancer Support was £142.76

Thank you once again for your generosity and support – together we are making a difference. □

CET@10 Celebration

Four of our students—Tommy, Charlotte, Scarlet, and AJ—had the incredible honour of representing our school at the CET@10 celebration, delivering a heartfelt speech about our journey since joining CET. They spoke with confidence and charm in front of over 400 attendees, and we couldn't be prouder of how amazing they were. The event marked the **10th anniversary of CET** and featured keynote speakers who have been involved with CET throughout its first decade, reflecting on the growth, achievements, and impact joining the Trust has had on all of our schools. The highlight of the wonderful evening was the inspiring performance of *Alive* by Take That, with our students joining peers from all 17 schools. It was a memorable experience filled with energy, pride, and unity, highlighting the remarkable journey we've had with CET over the years.



'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



M6 Lune Gorge update

Following discussions and considerations with the local community and business leaders, we've made the decision to defer our work on the Lawtland House bridge structure, which carries the A685 over the M6.

We'll still need to maintain Lawtland House bridge and it's still part of our long-term work. However, we're prioritising work on the seven bridges that carry the M6 itself.

For more information on this decision, please visit our [website](#).

Westmorland and Furness Council has approved temporary closure of two footpath routes from Monday 6 October 2025 for a six month period, to allow us to carry out essential preparatory work.

Footpath routes:

an approximate 300 metre section of footpath, from just beyond the bottom of Low Lane to just beyond the Tebay M6 bridge
 an approximate 642 metre section of footpath, from the entry off the B6260, near to Highbeck Lane, to just beyond Castle Howe

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.

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.



Tebay Community Choir

Christmas Concert
Monday 8th December
in St James Church

*Performances by the children's
musical groups*

*Come and join us for some festive
music!*

TEBAY CHURCHES TOGETHER CHRISTMAS CREAM TEAS

SATURDAY DECEMBER 6TH
3PM TILL 4-30PM
£6

IN THE METHODIST HALL
CHRISTMAS RAFFLE
COME & ENJOY.



'There's more to life than Lowry'

This was the intriguing title that faced Appleby Arts Society at their October Meeting in the Moot Hall. Lecturer Ed Williams explained that at the time Lowry was studying Art in Manchester between 1905-1915, the fashion in Art was for landscapes- think JWR Turner and Edward Landseer. Lowry's Tutor, the impressionist painter Adolphe Valette encouraged his students to paint en plain air, but also to stand back and depict the unfashionable modern life of cities. Which of course Lowry did and he is famous for it, though his seascapes and countryside paintings are pretty remarkable too.

Who and where are the other painters of Northern landscapes and cities? Most people could name David Hockney but who has heard of Atkinson Grimshaw or James Dickson Innes? Atkinson Grimshaw (1836-1893) painted northern cities including Glasgow, as inspiring places to be-mysterious, smoky places especially in moonlight; and Valette, Lowry's tutor, painted abstract Cezanne- like characters in Manchester's Albert Square, his adopted city. James Dickson Innes (1887-1914)- a Welshman-painted his Welsh mountains as full of character and atmosphere and almost woodcut like, and not pretty pretty as was fashionable at the time.

It was delightful then that Ed Williams showed the most wonderful slides of the work of three Northern women painters-one well known in these parts too. Firstly, Sheila Fell, (1931-79) raised in Aspatria and who depicts Cumbria as it is at times-dark and brooding and whose work was the subject of a recent retrospective at Tullie House this year; Secondly Joan Eardley (1921-1963) who has a different approach to northern life as she gazes from her Glasgow Tenement window and captures in oil paint the life of the children on the streets; and finally Anne Redpath (1895-1965) a Scot whose portrayal of still life and interiors is packed full of the most joyous and vivid colour.

Finally, two artists mentored by Lowry himself. The most commercially successful women's artist in post war Britain was Pat Gerrard-Cooke (1935-2000) from Cheshire who painted village scenes and rollicking interiors, and from our lecturer's native Wales, Sir John Kyffin Williams (1918-2006), who painted the most wonderful, gritty landscapes of his beloved Anglesey.

Our lecturer encouraged us all to visit local art shows, county museums and art galleries to view our northern painters. Leeds and Scarborough museums have good collections of Atkinson Grimshaw for instance.

The next lecture, on November 12th is 'Women in Art making Music' by Adam Busiakiewicz,



and for more information visit

Cumbria Classic Coaches last trip to Barnard Castle - Wednesday 1st October

Over 140 people were on the four buses which travelled to 'Barney' via Middleton in Teesdale on the final trip. It was a lot of fun, if slightly tinged with sadness. A lot of friendships have been made on the bus and many people in Ravenstonedale, Kirkby Stephen and Brough who don't have access to a car have relied on this service to do their weekly shop.

The buses were a 1949 Leyland Tiger 'Alex' 1946 Leyland Tiger 'Rosie' 1959 Bristol Lodekka 'Harvey' & a 2005 Scania double decker 'Donald'.

Will and Claire Hamer, along with their son Anthony and daughter Alison, began operating a bus service in 1997. The first trip was to Hawes on a Tuesday, the 569 service which only petered out due to Covid.

We were on that trip and have used all the Classic Coach routes over the years, including to get to Kendal and on to Oxenholme Railway Station and Manchester Airport.

Will and Claire are semi retired and their daughter Alison has run the business for many years, but with spares being increasingly difficult to find, they have sold the buses on to other enthusiasts.

Time for a well earned retirement for Claire and Will and a change of career for Alison, who will no longer be



going 'down't pit' to fix things underneath. They've served the community well. Kathy Trimmer



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**



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(discounts for students and termly payments)

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or visit: www.cobweborchestra.org.uk
@cobweborchestra

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**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 2 November <i>All Saints Day</i> <i>White</i> <i>Welcomer:</i> Pam and Garth Blundell Daniel 7.1-3, 15-18 Ephesians 1.11-23 Luke 6.20-31 <i>Prayers:</i> Elizabeth Crossley	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith Capp Margaret Longworth Elizabeth Crossley	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Richard Best Diana Fothergill
Sunday 9 November Remembrance Sunday <i>Red</i> <i>Welcomer:</i> Keith and Janet Capp Revelation 21.1-6 John 15.12-17 <i>Prayers:</i> Angela Milburn	Orton, 10.30am Service of Remembrance <i>Sandra Ward</i> Keith and Janet Capp Elizabeth Crossley Andy Glanville Angela Milburn	Tebay, 10.30am Service of Remembrance <i>Chris Jenkin</i>	Ravenstonedale, 10.30am Service of Remembrance <i>Fran Parkinson</i> David Farr Caroline Morris
Sunday 16 November 2nd before Advent <i>Green</i> <i>Welcomer:</i> Mary Jenkin Malachi 4.1-2a 2 Thessalonians 3.6-13 Luke 21.5-19 <i>Prayers:</i>	Orton, 10.30am Café Church style service <i>Team</i> Mary Jenkin	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am Morning Worship <i>John Thompson</i> John Newton Hilary Law
Sunday 23 November Christ the King <i>Red</i> <i>Welcomer:</i> Jeremiah 23.1-6 Colossians 1.11-20 Luke 23.33-43 <i>Prayers:</i>	Three Churches at St Oswald's, Ravenstonedale; 10:30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600 Martin Lovell Sarah Lovell		
Sunday 30 November St Andrew's Day <i>Red</i> <i>Welcomer:</i> Isaiah 52.7-10 Romans 10.12-18 Matthew 4.18-22 <i>Prayers:</i>	Benefice HC Service at Brough; 10.30am Holy Communion <i>Brendan Giblin</i>		



Church Contacts Anglican Church

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

Curate Charles Cowling

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

Retired clergy
Sandra Ward 24213
(Penrith 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	NOVEMBER				
	2nd	9th	16th	23rd	30th
Special Sunday	Ord 31	Ord 32 Remembrance	Ord 33	1 before Advent	Advent 1 (Year A)
Brough 10.30am 6.30pm	D Askew	U at PC	LA	J Betts	H Radford
	—	Cnxxn at N on L	—	—	—
Brough Sowerby 10.30am 6.30pm	J Worsfold	S Radford	LA	R McGregor	D Askew
	—	Cnxxn at N on L	—	—	—
C Garrett 6.30pm	D Marston	10.45am U. Pm Cnxxn at N on L	S Radford	D Marston HC	LA
Kirkby Stephen 10.30am 6.30pm	LA	U at PC	P Gough	S Radford	M Lawson
	---	Cnxxn at N on L	---	---	---
Newbiggin on Lune 10.30am 6.30pm	LA	BB K Grimshaw	S Radford HC	P Hilland	AAW OA
	---	N Baker Cnxxn	---	---	---
Orton 10.30am 6.30pm	C Dickinson	LA	P Dunstan	J Ousby	J Betts
	—	Cnxxn at N on L	—	—	—
Ravenstonedale 2.00pm 6.30pm	T Longworth	S Radford	D Marston	D Newlove	W Ousby
	—	Cnxxn at N on L	—	—	—
Shap 10.30am	J Betts	6.30pm Cxn at N on L	---	---	---
Soulby 10.30am 6.30pm	---	J Betts	---	LA	---
	—	Cnxxn at N on L	—	—	—
Tebay 10.30am 6.30pm	S Radford U HC	D Askew	W Ousby	T Taylor	J Worsfold
	—	Cnxxn at N on L	—	—	—
Winton 10.30am 7.00pm	R Pinniger	at KS	A Liston	M Harrison HC	N & J Morley
	—	6.30pm Cnxxn at N on L	Get Together	—	—

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

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@carlisediocese.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**,

Pastoral Care in Orton, Tebay and surrounding area.
All Saints and St. James' Churches are beginning the process of establishing a Pastoral Care Group. Members of the group will be

available to visit and chat to people.
If you know of anyone who would appreciate a visit please contact the group co-ordinator Andy Glanville on 07803 424624 or andyvglanville@outlook.com.

If Home Communion is required, please contact the Rev'd Sandra Ward on 015396 24213. The Rev'd Brendan Giblin, Priest in Charge, is also contactable on 017683 39168.

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received



From the Revd. Christopher Syauswa, Vicar of All Saints, Kasese: 6.10.25

We at All Saints Church, Kasese, want to send you our greetings and prayers to our brothers and sisters of All Saints Orton U.K. I am writing to inform you that we have started

putting face brick on our church; the work is on-going as you can see.

I want to inform you that we shall have the Episcopal visit of our Bishop, Rt Rev Nason Baluku, on Sunday 12th October. We need your prayers for all these activities. Wishing you all God's blessings - our God reigns!

We replied: We have happy memories of our visits to All Saints Church, Kasese! It was when Rev Nelson Isebagheen was vicar that we first worshipped there. We will certainly pray for you all that the Bishop's visit on Sunday will be a blessing to the church. We would like to make a gift towards the cost of the new brick facing.

From Revd. Nelson Isabagheen, 9.10.25:

On a sad note, I write to inform you that I have lost the wife of my elder brother, who is a lay reader in Bwera Archdeaconry. Her burial is on Saturday 11th October. Pray for us as a family.

We promised to pray, and asked about the family.



Nelson replied: They have 2 children, both girls. The second one is waiting to join University. My brother's name is Muhindo Magezi Isebatheke.

From Revd. Nelson Walina, 24.9.25:

Our planned COUPLES CORNER MINISTRY retreat starts the day after tomorrow. My daughter Jennifer and her husband Joseph are arranging the leaders' team coming from Kampala to Fort Portal - 296km travel.



We replied: We have sent a contribution

towards the expenses of this Retreat.

28.9.25: This is to appreciate your contribution



towards our Couples Corner RETREAT at New Fort View

Gardens, Fort Portal.

It has ended today with a thanksgiving

service. Melina and I and all our

members thank you so much. Be blessed

more and more and live many more years.

2.10.25. The University Vice Chancellor

presented to our daughter Jennifer an

Award for Excellence. See how God does

things. Our daughter Jennifer

is appreciated where she works!



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

Booking advisable

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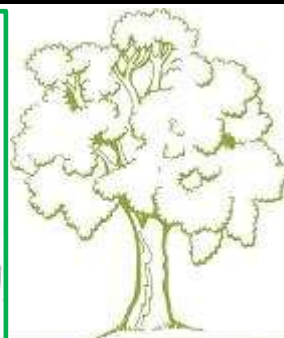
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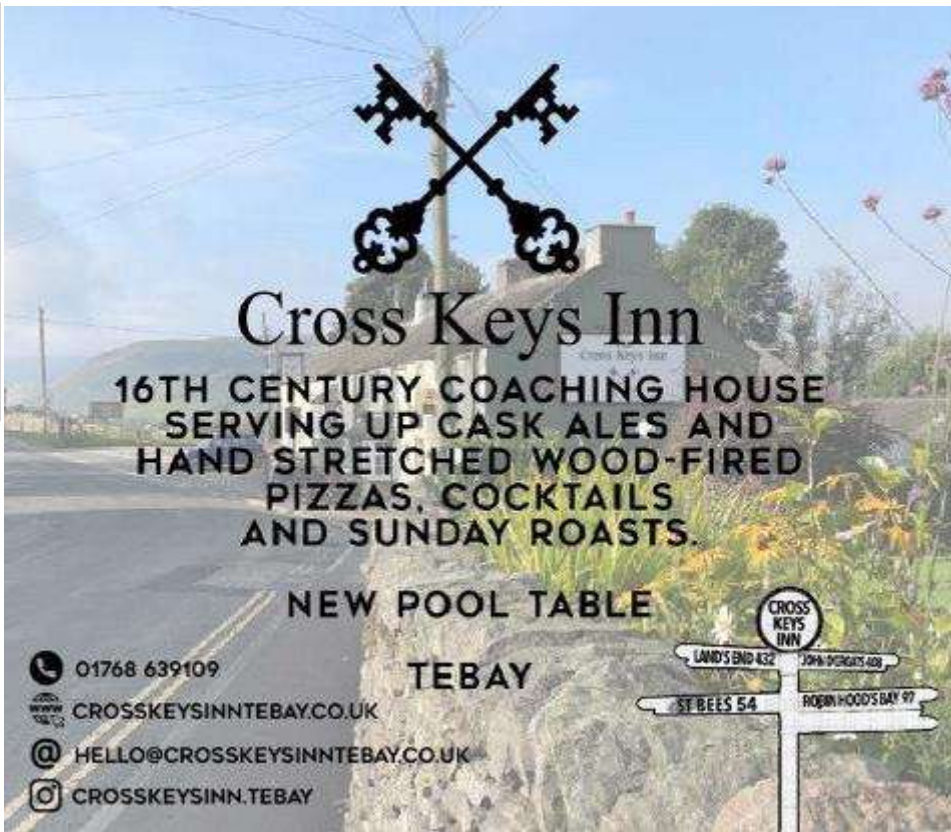
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