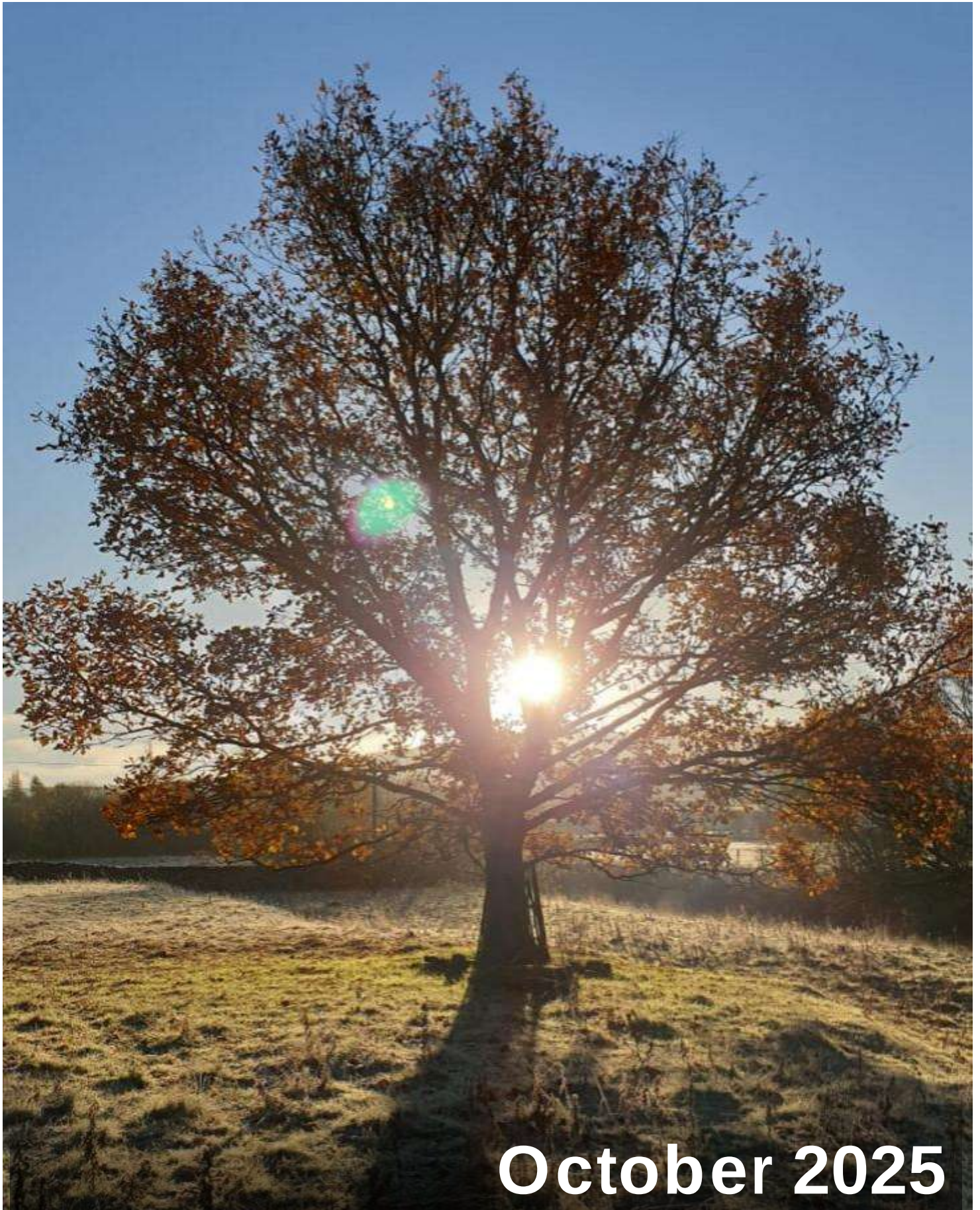


The Link

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



October 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:
'Autumn Tree'
by Paula Thornley

As the team that put the Link
together, we get on with our
various jobs: putting it together,
finding new advertisers, chasing
up payments, organising printing,
doing the accounts, distributing
printed copies, etc.

Occasionally news gets out that
we're involved, and when it does
people will say to us something
like "It's great what you're doing,
The Link is a valuable resource" -
thank you to all of you who
notice the work we put in as
volunteers.

We're always ready for both
more help, and more local
content — see the comment
below from the survey that we
ran recently. Unfortunately,
we're not very likely to be

chasing for content — we rely on
you telling us what is going on.

There's been no write-up of the
Ravenstonedale Show, not
because no-one is interested (lots
of people are) but because no-
one has sent one in. So, if you're
at an event, send us a very quick
email with a couple of
paragraphs telling us what you
enjoyed. Even better if you can
send us a picture or two!

When you see something from
further afield, it's because we're
having to fill space. On that
front, send in your questions for
your local vicar, and we'll try and
interview them for the next
magazine!

Elizabeth, Linda,
Martin, Paula & Tristan



We asked: "If you were to change one thing about
The Link, what should we change?"

"More local contribution"

So... if any of you are ready to take up that
challenge from one of our readers, you'll need to
send in your news: TheLinkMagazine@outlook.com !

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

Between High and Low Water: a Harvest reflection

"Be still and know that I Am God".

Psalm 46 v 10

I am standing between the high and low water marks on the shores of Mull. This space belongs to no-one – or to everyone! Here, there is no laird and no law that can stop them (and us) worshipping God in Spirit and Truth. There on the seashore strand, with the wrack and the weed, scattered by the ocean swell and receding tide, allow us a space to worship – to worship God.

The fresh air, salt-laden with the smells of the seaside, connects us to the God of creation. Along this shore-line the gulls call and the oystercatcher searches – the nearest thing to a 'minister' is a reflective grey heron! In my imagination, I watch these windblown preachers, moved by the Spirit, standing on the shore between high and low water – or like Jesus, sitting & preaching in a boat just off the shore!

These 'natural' preachers know their Bibles and speak of God's love and of Jesus message of a world turned upside down (or perhaps turned the right way up!).

In this still space, we can know 'God is' – even in this world of warring and worrying, of tension and turmoil, where people seek peace but often find only platitudes. Here we can "be still and know God is". Listen! The church bells sound across the landscape and the beach – calling us all to worship.

"Come, ye thankful people come!" and through the doors people gather, greeted by the sights and smells of Harvest. "All is safely gathered in" – God is present in the Harvest AND IN His people.

**"As long as the earth endures,
seedtime and harvest, cold and
heat, summer and winter, day
and night will never cease"**

Genesis 8v22

We worship the God who 'is', the God of grace, hope, joy, peace and so much more – the fruits (the harvest) of His love in our lives.

We are thankful; the children

are excited, seeing the decorations – Michaelmas daisies, corn sheaves, potatoes from the allotment, dahlias, vegetables – the list goes on! We hear the sheep's sonorous bleating the harvest of the hills – reminding us of Jesus the Good Shepherd, protecting and providing for His sheep.

"Be still and know that I Am God". In a world that struggles, the seasons faithfully come and go, reminding us of God's eternity, which calls to the hearts of men, women and children as we praise our loving and gracious God.

Let us open our hearts to be touched by God today, to be healed and find peace in this busy and, often, brutal, world. Stand in your place between the high and low water and hear the voice of Jesus calling you.

"Come and follow me!"; "I will never leave you"; "I will give you rest". Puzzled, the elders shut the church doors to find saltwater footprints on the nice carpet and a strand of seaweed in the aisle. "Be still and know that I am God".

The choir raises the harvest anthem, "ALL good gifts around us, are sent from heaven above! Then thank the Lord, O thank the Lord, for ALL His love". Amen

(based on a poem by Jan Sutch Pickard in 'Sojourner Songs')

Rev. Stephen Radford

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Can't find what you want?

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

Do please send in your updates and news

Newbiggin-on-Lune Village News & Events

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

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

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

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

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



LUNE LADIES

Wednesday 1st October
Meet at Newbiggin on Lune
village hall
All Welcome



FAMILY SOCIAL EVENING

Saturday 25th October 2025
7:00pm

Newbiggin on Lune Public Hall

A fun, family-friendly night for all ages!

- Bring & share supper (finger foods)
- Tea, coffee & juice provided
- Bring your own drinks if you wish
- Games
- Music

Everyone welcome! Free entry

FASHION SHOW

BY KITTY BROWN
BOUTIQUE

WEDNESDAY 1ST
OCTOBER 2025

7:30 PM

NEWBIGGIN-ON-LUNE
PUBLIC HALL

TICKETS £5
(INCLUDES A GLASS OF WINE)

TICKETS FROM
CAROLE CLAYTON 07866 142153
OR WENDY DICKINSON 07766 833500

TEA, COFFEE & CAKE AVAILABLE
RAFFLE ON THE NIGHT

PROCEEDS TO HOPE
FOR TOMORROW SPRINGFIELD



Bacon Butty CHURCH



OUR NEXT BACON
BUTTY CHURCH IS
REMEMBRANCE SUNDAY,
9TH NOVEMBER
WITH KATE GRIMSHAW

NEWBIGGIN-ON-LUNE
CHAPEL, 10:30AM

NEWBIGGIN-ON-LUNE CHURCH

Ladies Night

Thursday 23rd Oct at 7:30pm



Domino Drive!

Come along and play,
an informal, fun night
with refreshments.

All ladies welcome, young and old.

FOR MORE DETAILS CONTACT ANGELA ON
07980418078

NEWBIGGIN-ON-LUNE PUBLIC HALL FOR HIRE



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

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

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

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

Charges for a morning, afternoon or evening
session :

KITCHEN £15

HALL & KITCHEN £30

HALL, KITCHEN & PAY BAR £70

SNOOKER ROOM ADDITIONAL COST

RAVENSTONEDALE PARISH HISTORY GROUP

**WEDNESDAY 15TH OCTOBER 2025
7.30PM**

RAVENSTONEDALE HIGH CHAPEL COMMUNITY AND HERITAGE CENTRE

The Bank House 1690-1990

A History of our Ravenstonedale home

By STEVE FERMER

Admission: Members £4.00 Visitors £6.00

Friends of RPHG Free

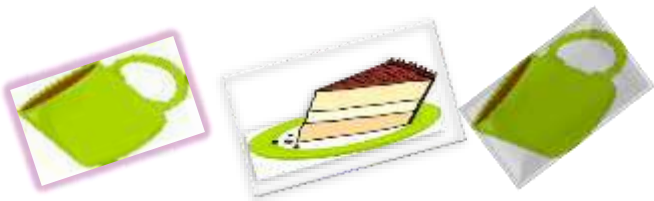
including refreshments

For more information contact Val Fermer on 07798

688057 or leave a message on

www.ravenstonedalehistory.org.uk

RAVENSTONEDALE 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**



The Vagabonds return to St Oswald's Ravenstonedale with a brand new show on **Friday & Saturday 28th and 29th NOVEMBER** put the date in your diary now- you won't want to miss it!

Thank you William and June Ellis

A lovely lunch was hosted by Tim and Fran Parkinson at their home at Studfold, after the service in St Oswalds on Sunday 14th September to thank William and June for their long and loyal service to St Oswalds church over the past 24 years.



William and June moved to Ravenstonedale in 2001 when they retired from farming. June returned to where she had grown up. William told everyone that they very quickly settled in and made some lovely connections with the people in the village and started to attend church as soon as they arrived. William became an active member of the PCC and he helped at the altar during services.



They ran a bed and breakfast and holiday cottage business in the village for many years however they moved to Kendal a few months ago having retired for the second time.

Rev Brendan Giblin said grace before the lunch which was attended by many of their friends who helped provide a fabulous selection of salads to accompany the lovely homemade pies which Tim and Fran had prepared. This was then followed by a fabulous selection of delicious puddings and sweets.

Although William and June are not living in the village any longer, they fully intend to return

regularly to maintain their contacts and their friendships with the people in Ravenstonedale and hope to attend church services at St Oswald's for as long as they can.

We all wish them well for the future and hope they are happy in their new home.

Thank you Tim and Fran for your hospitality and thank you William and June for all you have done.



ST OSWALD'S
RAVENSTONEDALE

HARVEST SERVICE & LUNCH
5TH OCTOBER — SERVICE AT 11.00AM

Followed by lunch at
Newbiggin-On-Lune Village Hall

Non-perishable food gifts,
and proceeds from the harvest
auction will be donated to
Manna House Homeless Shelter
in Kendal

ADULTS £12
AGE 12 & UNDER £6

Tickets available from Anne Brownrigg
on 015396 23594 or Hilary Law on 015396 23515



Who Killed the
Secret agent?

Written by
Chris Martin

Tickets £15
(inc. cheese/ biscuits & glass wine)

Work in a team and solve the crime

The Vagabonds present
An Evening of Murder and Mystery
Newbiggin-on-Lune Village Hall
Saturday 1st Nov
Doors open 6:30 for 7.00 pm start

Tickets:
Tristan Fowler tristan.fowler@upperedenrotary.org.uk 07703061176
Diana Fothergill diana.fothergill@upperedenrotary.org.uk 07974716621

Bar Raffle

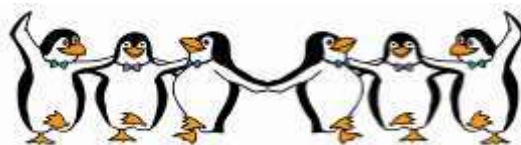
Ravenstonedale & Newbiggin Folk Dance Group

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

Wednesday evenings
(except the 1st Weds of the month!)
7.45pm — 10pm

Singles and couples all very welcome
All dances are walked through & called
Beginners especially welcome!

For further details please
ring Catherine: 017683 41549
email: trimmers@coldkeld.com



RAVENSTONEDALE 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)

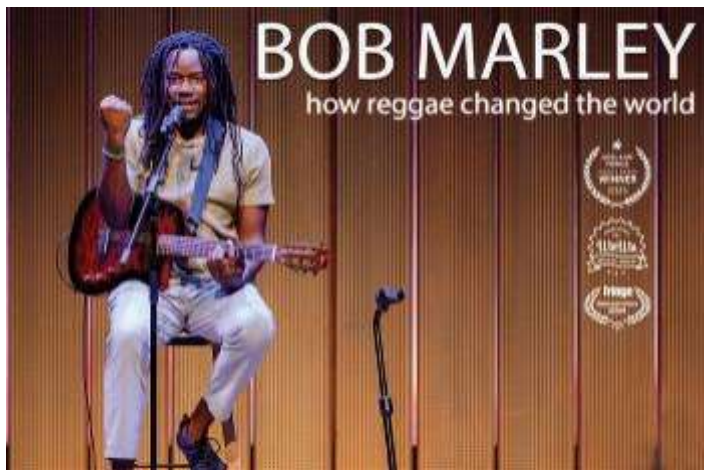
First Sunday of the month — Sound Bath with Ann
Wappett (4-5pm) (07890226445)

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



Join Duane Forrest on an acoustic journey through the roots of reggae to the global influence of Bob Marley. Experience acoustic renditions of legendary reggae songs that have reshaped countless lives, including Duane's own. From the origin of reggae to Marley's transcendent legacy, immerse yourself in the soulful melodies and transformative power of this iconic music.

Audience members are invited to sing along and get involved in this interactive musical experience.

Sold-out run at the Edinburgh Festival Fringe in 2024 and back in the UK after an international tour.

Saturday 4th October, 7.30pm
Appleby Hub



Hailing from Toronto, Canada, **Medusa** are four folk musicians reimagining the Western string quartet.

With their debut album nominated for a 2024 Canadian Folk Music Award for Instrumental Group of the Year, Medusa's dynamic arrangement style cross-pollinates the sounds of Middle Eastern, Scandinavian, Celtic, Appalachian, and Eastern European music as well as original tunes, to create something previously unheard.

Their immediate and electrifying connection is showcased through their common string language, a love of enigmatic and obscure folk fiddles and their personal stories.

Friday 17 October, 7.30pm, Orton Market Hall

ORGAN RECITAL

The great J.S. Bach is alleged to have said "There is nothing to playing the organ. You only have to hit the right notes at the right time and the instrument plays itself", although most of us who try to do so would strongly disagree!

I was reminded of this quotation on Saturday, August 30th, when I and a goodly number of others were entertained to a recital by David Thornton (a very competent and well-respected organist from Clitheroe) on the fairly recently renovated organ in St Oswald's Church; he certainly succeeded in making organ playing appear easy.

The recital opened with transcriptions of two well-known pieces by G.F. Handel (1685-1759) – *Arrival of the Queen of Sheba* and *Largo* from the opera *Xerxes*.

The next two pieces, written specifically for the organ, were *Allegretto Grazioso* by Frank Bridge (1879-1941), and the rather jolly *A Trumpet Minuet* by Alfred Hollins (1865-1942), who was born blind.

Transcriptions of two compositions by Henry Purcell (c1659-1695) were then performed – *Here the Deities Approve* and *When I am Laid in Earth* – Dido's Lament – followed by Samuel Wesley's (1766-1837) *Air and Gavotte*.

When introducing the music to be played, David enlightened the audience with a brief history of each of the composers, most of whom were English.

The antepenultimate piece was *Folk Tune from Five Short Pieces for Organ*, a very pretty tune written by the post-romantic composer Percy Whitlock (1903-1946).

No organ recital is complete without a rendition of some of J.S. Bach's (1685-1750) music. Consequently, David Thornton concluded with *Air on the G String* from *Orchestral Suite No 3* (BWV 1068) – well known as the theme tune for the "Hamlet" cigar advert – and *Passacaglia in C minor* (BWV 582).

Throughout his recital, David managed, with apparent ease, to demonstrate the versatility of the relatively small organ, often employing interesting combinations of stops throughout his very varied repertoire – much to the enjoyment of the audience. The extent and the duration of their applause at the end reflected everyone's appreciation of his performance.

The variety of David's programme also showed

how compositions for other instruments and other styles of music can be transcribed successfully for the organ.

His expertise demonstrated that hitting the right notes at the right time needs far more skill than Bach suggested for the instrument to play itself.

St. Oswald's Church was able to benefit from his playing the organ for the united benefice service on the following morning; not only that, but, in addition, he took a couple of rehearsals of the *ad hoc* benefice choir. This bonus was gratefully received, and all those of us who sang in that choir learned something from him.

It is hoped that David Thornton will return to entertain us with another organ recital in the not-too-distant future, and many of us also hope that it will coincide with a benefice service.

W & FG Lawler

106 Bus Partnership update

The 106 Bus Partnership Committee has been working hard to procure another supplier for the route since Cumbria Classic Coaches notified us of their retirement. We have also been working in collaboration with Westmorland and Furness Council with the expectation the Council will commission the route using public subsidy into the future. We expect this will be an extended 5 day per week route.



Unfortunately, Westmorland and Furness Council has not yet been able to launch its tender to find a supplier for the route. However, we are pleased to report that Kirkby Lonsdale Coaches have come forward to offer a short-term solution to us. Therefore, we expect to be moving forwards with a new contractor with the first route beginning on Friday 3rd October (subject to the acceptance of a short registration of the route from the Traffic Commissioner).

The new supplier will begin and end the service in Kendal, thus offering an additional morning route between Kendal and Tebay and an



PENRITH TOWN BAND
in Concert
at St Michael's Church, Shap

Sunday 28th September 2025
2.30pm

**Come and enjoy a varied
programme of music**

Light refreshments will be provided
during the Interval

No tickets are required but a retiring
collection will be shared between
**St Michael's Church and the Great
North Air Ambulance Service**



additional evening route between Tebay and Kendal. We will circulate a copy of the new timetable to residents as soon as it is agreed by the Traffic Commissioner.

We will commission this route until the end of March 2026, at this point we expect Westmorland and Furness Council to take over the commissioning of the route.

We have seen a price increase from our new supplier so we will be relying on you all to keep using the route regularly to keep our gap-funding costs as low as possible.

We want to take this opportunity to thank Cumbria Classic Coaches for their amazing service over the past 5 years and encourage you all to join them on their final day (Tuesday 30th September) to give them a great send off - I believe they have some celebrations planned on the bus that day. We're very much looking forward to working with Kirkby Lonsdale Coaches over the next 6 months and hope you will all support them as much as you have with Cumbria Classic Coaches.

106 Bus Partnership AGM
Wednesday 19th November, 7pm,
Shap Memorial Hall. all welcome



**All Saints Coffee Morning
at the Farmers Market in
September raised £462.45**

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

Come up to the church and join us!



***The Square,
Orton, CA10 3RH
015396 24225***

*****We sell a large selection of general grocery items
including your favourite branded items*****

Opening Hours – Village Stores

Monday	9 am to 6 pm
Tuesday – Saturday	8 am to 6 pm
Sunday	10 am to 12 noon

Opening Hours – Orton Post Office

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

Last Post Collection

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

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

Christmas Tree Festival 2025

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



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.

October:- 2nd, 16th, 23rd, and 30th

November:- 6th and 20th

*For more information, please contact:
Felicity Lawler 015396 24465*

Upcoming music events at ORTON MARKET HALL

OCTOBER

17th **MUSIC: Medusa** <https://highlightsnorth.co.uk/venues/orton-market-hall>

25th **MUSIC: Bradley Creswick** www.ticketsource.co.uk

DECEMBER

13th **MUSIC: Ríoghnach Connolly** <https://highlightsnorth.co.uk/venues/orton-market-hall>



Orton Market Hall
www.ortonmarkethall.co.uk

TryAlpha
CURIOUS ABOUT FAITH?
 Join us - everyone is welcome.
 No matter your background or beliefs.
 It's free, there's food, and no pressure
 to come back.
 Wednesday evenings, 7pm, Orton Market Hall
 For info or to book, call Keith: 07751 786684

STAY CURIOUS 

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

FAMILIES Together
 INVITES you to our

Apple Harvest Extravaganza!

FUN & THANKSGIVING at Harvest Time

Orton Market Hall
 3.30-5.30pm, Saturday 4th October

Free event  **Food**
Music and crafts
Prizes for most creative apple-themed desserts!
Appley fun and games for all ages!
All welcome

**Donations of tinned/dried food for the Upper
 Eden Food Bank gratefully received**

More details on the Families Together in Tebay & Orton Facebook page  Scan this QR code → with your phone's camera to book your free place or visit: cutt.ly/AppleExtra 

BINGO
ORTON MARKET HALL
FRIDAY 10th OCTOBER
ALL WELCOME
7-30pm
TEA AND COFFEE
RAFFLE
 Money raised to
RAVENSTONDALE SHOW
 And
ORTON MARKET HALL
 Forthcoming Date
 14th November
 12th December
 9th January


 **All Saints' Church**
Harvest Thanksgiving

*Gifts of food or toiletries will be given to
 Upper Eden Food Bank*
Cash Collection for Derian House Children's Hospice

Harvest Communion
Sunday 5th October, 10.30 a.m.
Harvest Supper
in the Market Hall
Monday 6th October, 7.00 p.m.

Adults: £10.00
 Under 16s: £5.00
Bring your own bottle - Raffle
 Tickets from Orton Village Store, or phone
 24410 (Mary) or 26187 (Keith)

News from orton School

Welcome to Orton School!

We are looking forward to a new School Year together.

Welcome families, staff and all friends who are new to our School Community.

During the first few days Rowan, Birch and Oak Classes came together to share their learning about Notting Hill Carnival

Notting Hill Carnival



"We made crowns for the carnival and had gems on our cheeks. So we had shaky eggs and pots upside down for banging drums. The carnival was in London. I liked the music, I liked the costumes as well. It was for celebrating. Nott hill carnival is a street festival."



Reported by Reception, Rowan Class: Rheya, Evie, Isla, Enzo, Jack, Adam



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 FELL RACE

Friends of Orton School

Saturday 27th September 2025

Fell races starting from Orton Primary School

**Junior races at 1pm (1 and 2 miles)
Senior race at 2pm (approx. 10km)**

Entry on the day

Refreshments Raffle Children's Games

**Anyone willing to help out on the day
please contact:**

**Simon Mounsey
07814604419 smounsey7@gmail.com**



Governor Vacancies x 2

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

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

No experience is necessary, full training will be given.

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

Emma the Headteacher — head@orton.cumbria.sch.uk or
Richard the Chair of Governors — richard@orton.cumbria.sch.uk
Tel: 01539 624268 <https://www.ortoncofeprimary.co.uk>

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

Orton CE Primary School

Open Morning

We would like to invite current and prospective families to an
Open Morning
Tuesday 7th October 2025
9 am – 11.30am
Come and join us for a coffee, spend some time in each class to see us in action and meet our friendly children and staff!

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



VACANCY

BREAKFAST and/or AFTER SCHOOL CLUB ASSISTANT

ORTON CE PRIMARY SCHOOL

We are looking for some extra help in our Breakfast and After School Clubs. There are opportunities to cover Friday Breakfast Club and some After School Clubs through the week. The same person doesn't need to do them all. There may be other roles in school available.

Full training will be given

To Start ASAP

HOURS:

BC 7.45-9am – Fridays
ASC 3.30pm – 5.30pm – Two to five days/ week

Pay: £12.21 per hour, Holiday Pay & Free Club for own children:

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

CONTACT: 015396 24268 or head@orton.cumbria.sch.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!



Oil Buying Syndicate

It was in February 2008 that I heard an item on the Radio 4 Today programme about villagers near Newmarket, Suffolk, who joined together to order their heating oil, which resulted in their paying lower prices, perhaps saving them up to £100 a year.

This seemed a good idea to me, and after contacting the organiser and finding out how it worked, I sent an exploratory letter to householders in Orton, to see how many people might be interested in doing something similar. The response seemed positive, and the Orton and District Oil syndicate was started.

After 17 years I now have about 100 members of the syndicate, not just in Orton, Tebay and Ravenstonedale but over a wide area, from Tirril and Burnbanks to Appleby, Winton and Stainmore.

Anyone getting low on their heating oil emails me, saying how many litres they want – minimum 500 litres; and I then send an email to the whole syndicate (using blind – BCC – copies, of course, to preserve members' privacy), asking for any further orders within about 48 hours.



After the deadline for receiving the requests I ring round the oil companies, asking for a quotation (usually totalling between 6,000 and 14,000 litres, at maybe 8 to 20 addresses). I sometimes ring back a company saying, "I've been quoted 54p – can you beat that?"

I place the order with the company with the best price, and give them the names and addresses of the members needing oil, and their phone numbers so that they can arrange payment. I email (and phone anyone not on email) those who have ordered, to tell them when it is likely to be delivered, and by which

company, and at what price. Each household then pays the oil company directly.

Annual Fee

Since the saving made by ordering through the Syndicate, rather than individually to an oil company, may range from 4p to 12p a litre (e.g. for 500 litres, a saving of between £20 and £60 per refill), I charge an annual fee of £10 for Syndicate membership.

I use this membership money to support our causes in Uganda – All Saints Church, Kasese, the church linked with All Saints, Orton, and to help some Ugandan clergy whom we know. This enables us to help them with particular church needs, or often for medical expenses for themselves, or members of their family or their congregation – there is no NHS in Uganda! Sometimes I use the funds to support other charities.

If you would like to join the syndicate or have any questions about it, please contact me by email: ccjenkin81@gmail.com, or phone 015396 24410.

Christopher Jenkin

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!



The Big Quiz Night

With the opportunity to donate to **tearfund** and support their work with 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:
scan the code: <https://cutt.ly/BQN25>
or scan this QR code with your phone:
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 Inrie

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

the WI INSPIRING WOMEN **Fun and Friendship** **the WI** INSPIRING WOMEN

Welcome Back!

It was wonderful to welcome all our children back on Wednesday 3rd September. Everyone looked very smart in their uniforms, and it was lovely to see so many happy faces. We hope that all of our families had a lovely summer break and enjoyed some quality time together.

A Special Welcome

A very warm welcome to our new starters in Reception and Nursery. They have made a fantastic start to their school journey and are already settling in beautifully. We are so proud of them!

PE Kits

We are thrilled to announce that the school has bought each child a brand new PE kit to be kept in school.

The kit includes:

- A house-coloured T-shirt
- Black shorts
- A black hoodie and joggers (all with the Tebay logo)



New Outdoor Equipment

To enhance our PE provision and make playtimes even more enjoyable we are excited to share that we now have new football posts and four new trampolines. The children have already had lots of fun bouncing on them, and they're proving to be very popular!



Waterpark Outdoor Adventure Centre

On Wednesday 10th September our Year 1 – Year 6 pupils enjoyed an exciting day at the Waterpark Outdoor Adventure Centre on Coniston Water. This trip has become a bit of

a tradition for Tebay Primary School, and it was lovely to see children building on the skills they developed last year. It was a wonderful opportunity for the children to challenge themselves, try new experiences, and work together in the great outdoors.

The Acorns took part in orienteering, tested their teamwork with rafted canoeing, and had lots of fun on the low ropes adventure park.

The Oaks and Mighty Oaks enjoyed paddling across the water in canoes, explored the low ropes, and showed great courage on



the tower climb. Wearing harnesses, they pushed themselves to climb as high as they could up the side of the wooden tower. Some even reached the very top, stood proudly on the platform, and then abseiled back down to the ground with big smiles on their faces! To round off the canoeing activity, all the children were able to jump into the lake for a refreshing swim – a real highlight of the trip. Throughout the day, pupils developed important skills such as teamwork, problem-solving, and resilience. Their behaviour was excellent, and they represented our school brilliantly.

A huge thank you goes to the Waterpark staff for leading such inspiring activities and ensuring everyone stayed safe while having fun. We look forward to visiting again next year! Don't worry Little Acorns, we will be organising a trip for Nursery and reception children very soon.



'A SMALL SCHOOL WITH A BIG HEART'

We have spaces available in our Nursery. Please contact the school if you would like any information.

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: [facebook.com/TebayPrimarySchool](https://www.facebook.com/TebayPrimarySchool)

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

Tracy Morland — School Administrator

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239



Tebay Community Meal

Meal at 12.30pm
stay until 4pm

Sunday 5th October
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!**

Events at The Old Courthouse, Shap

Sat 13th September - Sunday 12th October

'Impressions' Paintings by Frances Winder and Ceramics by John Davenport. Frances takes inspiration from the varied landscapes to be found in Cumbria. John works in craft crank clay. He explores different ways of working with slips, glazes and colours, consequently producing pots in a wide range of styles.

Sat 18th Oct - Sunday 16th Nov

'Our Fell Farming Heritage' Exhibition and Special Events'. A display of photographs, artefacts and crafts relating to local fell farming and traditions. The local farming landscape is fast changing and we would like to recognise the contribution of farming families, particularly those for whom keeping stock on the common was an integral part of their farming way of life and the viability of their farm. If you have, or know anyone who might have, photographs featuring farming families, working scenes, livestock, Shepherd's Meets etc with connections to the Crosby Ravensworth, Hardendale, Tebay, Bretherdale, Birkbeck fells and those around Shap and Bampton then please contact Janet Wood by 7th October.

Tel.01931 716273 or Email:

janet@theoldcourthouse.org

Monday 20th October 7pm Panel /Discussion evening re Fell Farming Futures chaired by Julia Aglionby, Executive Director, Foundation for Common Land. The evening will begin with the showing of 'Common Ground'* a 24 minute film, presented by Sarah Beddington. (prelude to a documentary film to be released in 2026)

Sunday 26th October 2.30pm - slide show 'Heritage of the Hills' presented by Hilary Wilson, images taken by the late J. H. Cookson illustrating farming in the Howgills and how they adapted to WarAg requirements to grow crops in the late 1930's. Hilary and the late Judy Dunford gained permission and compiled the 'Heritage of the Hills' book.

www.theoldcourthouse.org

M6 Lune Gorge update

From Monday 15 September until early December they'll be carrying out vegetation clearance along the bridges between junction 36 and 39.

This work is essential so our teams can safely reach the bridges we're repairing. The cleared areas will let us build safe access tracks, work platforms and prepare sites for bridge repair works.

The clearance will take place under existing traffic management; with the hard shoulder and lane one closed during working hours (8am–5pm).

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

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

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.





Have you got some unwanted tools, that you are wondering what to do with?

Recently I heard from a lady in Kendal who, like me, is a member of Freegle (<https://www.ilovefreegle.org/>) as she was getting rid of some old garden shears and other tools. I emailed her, suggesting if there were no takers from the Kendal Freegle group, she might consider donating them to TWAM who refurbish tools of all kinds, and send them to Africa where they are hugely appreciated. As there is a TWAM agent in Appleby, I said I would be happy to collect her tools and deliver them to him.

She was delighted to find such a good use for her ancient, rusty tools, and happily handed them over to me to deliver them to John Hall, the Appleby TWAM agent.

From the TWAM website: <https://www.twam.uk/>

Who We Are

We are a Christian charity that collects unwanted usable tools, refurbishes them, and sorts them into trade tool kits for livelihood creation.

Our Impact

Last year, we sent 22 containers, filled with 18,521 toolkits and heavy tools to four countries in Sub-Saharan Africa. We achieved this with the help of our UK-based team of 550 volunteers, including three refurbishment centres, five volunteer-formed local groups, and seven independent workshops, including Men's Sheds.

By supporting African livelihoods, we contribute to the fight against poverty and its ripple effects.

Tools sent included:

Electric Sewing machines	Drills and power tools	Builders' kits
Other Sewing machines	Computers	Carpentry kits
Knitting machines	Agricultural kits	Electricians' kits
Groundworkers' kits	Haberdashery kits	Mechanics' kits
Garage workshop kits	Plumbers' kits	Hand knitting kits

And many others.

So if you are clearing out tools and equipment of any sort – from your own home or perhaps that of a deceased relative or neighbour – consider **TWAM – Tools With A Mission**.

If you contact me, I will be happy to deliver your things to John Hall in Appleby.

Christopher Jenkin

015396 24410

ccjenkin81@gmail.com



On Wednesday Appleby Arts Society returned to welcome their members to the Market Hall for the start of the new season of interesting and fascinating lectures.

Lecturer for this meeting was Paul Chapman, who talked to us about 'Manet, the painter of Modern Life'. Edouard Manet was a French modernist painter. He was one of the first 19th-century artists to paint modern life, as well as a pivotal figure in the transition from Realism to Impressionism. Born into an upper-class household with strong political connections,



Edouard rejected the naval career his father had planned for him, and became engrossed in the world of painting.

In 1862, Manet exhibited *Music in the Tuileries*, one of his first masterpieces, causing great controversy with both critics and the Academy of Fine Arts, by portraying Manet's social circle instead of classical heroes, historical icons, or gods. The picture portrayed a vast crowd of people enjoying the outdoor leisure of contemporary Paris at the Jardin des Tuileries, which would be a lifelong subject of Manet's.

The Paris Salon gave substantial critical and public attention, however most of it was negative. Another major early work is Le Déjeuner sur l'herbe. (The Luncheon on the Grass). The painting's juxtaposition of fully dressed men and a nude woman was controversial and too much for the puritanical bourgeoisie. It was rejected for exhibition in 1863 but Manet agreed to exhibit it at the Salon des Refusés (Salon of the Rejected).

This parallel salon was initiated by

WHAT'S ON?

Coming Soon:

October sees the return of OKTOBERFEST!!

Saturday 18th October, 7:30pm until late

Beer, food, games and music with DJ Adam bringing all the fun and Oktoberfest mayhem

Tickets £15 available from Becky Morland or Direct from Tebay Club

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

Bingo fortnightly on Sunday evenings



Weds, Thurs, Fri 7pm to close

Saturday 4pm to close

Sunday 3pm to close

Big Screen TV • Sky Sports • TNT Sports

Pool table • Snooker table • Darts boards

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

Price Bingo & Cash Bingo on alternating Sundays

TEBAY SPORTS & SOCIAL CLUB



Emperor [Napoleon III](#) and gave rejected artists the opportunity to display their paintings if they chose. On opening day 7000 people went to see what all the fuss was about. In 1865 Manet exhibited *Olympia*, a nude portrayed in a style reminiscent of early studio photographs.

Apart from the blatant nudity the painting was controversial because the nude is wearing small items of clothing, such as an [orchid](#) in her hair, a bracelet, a ribbon around her neck, and mule slippers, all of which accentuated her sexuality. She defiantly looks out as her servant offers flowers from one of her male suitors. As with *Le Déjeuner sur l'herbe*, the painting raised the issue of prostitution within contemporary France and the roles of women within society.

Olympia was championed by the French avant-garde community, and the painting's significance was appreciated by artists such as [Gustave Courbet](#), [Paul Cézanne](#), [Claude Monet](#), and later [Paul Gauguin](#). These works were praised by progressive artists as the breakthrough acts to the new style, Impressionism, and are considered watershed paintings that mark the start of [modern art](#).

The last 20 years of Manet's life saw him form bonds with other great artists of the time; he developed his own simple and direct style that would be heralded as innovative and serve as a major influence for future painters.

The Society's October meeting is entitled 'There's more to life than Lowry: Painting in Northern Britain in the 20th Century' by Ed Williams.



Send us your contributions — TheLinkMagazine@outlook.com



Tebay Orchestra

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

Tuesdays 7.30-9.30pm
(during term time)



**Tebay Methodist
Church Hall
Tebay
Penrith
CA10 3XG**



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

For more information please email
events@cobweborchestra.org.uk
or visit: www.cobweborchestra.org.uk
@cobweborchestra

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

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

**Families Together in Tebay and Orton
have a
Marquee for hire
(10m x 4m, £50 per day)**

Hiring it out helps them cover the cost of other
events — get in touch with them on FB
or email them at hello@ftto.org.uk for more info.

Services in our Anglican Churches

Sunday 5 October Trinity 16 <i>Green</i> <i>Welcomer:</i> Habakkuk 1.1-4; 2.1-4 2 Timothy 1.1-14 Luke 17.5-10	Orton, 10.30am Harvest celebration <i>Chris Jenkin</i> <i>Welcomer:</i> Keith and Janet Capp <i>Prayers:</i> Andy Glanville Mary Jenkin Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am Harvest celebration <i>Team</i> David Farr David Morris
Sunday 12 October Trinity 17 <i>Green</i> <i>Welcomer:</i> 2 Kings 5.1-3, 7-15c 2 Timothy 2.8-15 Luke 17.11-19	Orton, 08.30am Holy Communion <i>Chris Jenkin</i> <i>Welcomer:</i> Mary Jenkin John Dunning <i>Prayers:</i>	Tebay, 10.30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10.00am Holy Communion <i>Fran Parkinson</i> John Newton Caroline Morris
Sunday 19 October Trinity 18 <i>Green</i> <i>Welcomer:</i> Genesis 32.22-31 2 Timothy 3.14 – 4.5 Luke 18.1-8	Orton, 10.30am Service of the Word <i>Chris Jenkin</i> <i>Welcomer:</i> Pam and Garth Blundell Elizabeth Crossley Keith Capp <i>Prayers:</i> Angela Milburn	Tebay, 10.30am Morning Worship (+ Meth) <i>Team</i>	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> Ian Torkington David Farr
Sunday 26 October Bible Sunday <i>Green</i> <i>Welcomer:</i> Isaiah 45.22-25 Romans 15.1-6 Luke 4.16-24	Three Churches at St James, Tebay; 10:30am Holy Communion <i>Fran Parkinson</i> Zoom meeting number: 894 1727 3600		



Church Contacts Anglican Church

Vicar Brendan Giblyn
017683 39168 — 07477 049576
revbgiblyn@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	OCTOBER			
	5th	12th	19th	26th
Special Sunday	Ord 27	Ord 28	Ord 29	Ord 30
Brough 10.30am 6.30pm	W Ousby	J Worsfold	Newlove	P Carter CA
	—	Cnxxn at KS	—	—
Brough Sowerby 10.30am 6.30pm	LA	D Askew HC	LA	At Brough
	—	Cnxxn at KS	—	—
C Garrett 6.30pm	Ayrton Family HF	Cnxxn at KS	D Newlove	S Radford HC
Kirkby Stephen 10.30am 6.30pm	LA	T Longworth	Shared Worship	J Betts
	---	R Watson Cnxxn	---	---
Newbiggin on Lune 10.30am 6.30pm	M Longton HF	W Ousby	LA	P Dunstan
	---	Cnxxn at KS	---	W & the W
Orton 10.30am 6.30pm	LA	M Harrison	A Dunstan	S Radford HC
	—	Cnxxn at KS	—	To N on L
Ravenstonedale 2.00pm 6.30pm	H Radford	P Carter	LA	S Radford HC
	—	Cnxxn at KS	—	To N on L
Shap 10.30am	P Carter	6.30pm Cnxxn at KS	---	6.30pm at N on L
Soulby 10.30am 6.30pm	---	T Taylor	---	LA
	—	Cnxxn at KS	—	—
Tebay 10.30am 6.30pm	J Betts U	LA	P Carter	LA
	—	Cnxxn at KS	—	at N on L
Winton 10.30am 7.00pm	A & E Lewis	M McVoy HF	S Radford	D Marston
	—	6.30pm Cnxxn at KS	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

Junior Church

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

Vineliflife Cumbria Fellowship

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

WORSHIP & THE WORD

at Newbiggin Methodist
Sun 26th Oct, 6:30pm
Steven Joel speaking

With an emphasis on singing the praises of God and the opening up of the Bible

Baptisms, Weddings and Funerals

For any **Anglican** churches, if you want to make enquiries about a baptism please contact your local Church. If you would like to ask about a wedding or funeral, please in the first instance contact the Mission Community Administrator: Joyce Keetley on 07741 327318 or applebymc@carlisle-diocese.org.uk

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

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

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 Canon Nelson Walina

23.8.25: (referring our donation to help with his son Felix's mental hospital care): The assistance has come at the right time and Melina and I have warmly received it. I know and believe that, will serve the purpose. Be blessed. Bwambale Felix has been mentally recovered.



to



From Rev. Robert Zziwa, (above) 10.9.25:

Today I have turned 44 years and am grateful to God for the grace leading and sustaining me in his world.

To keep us in your memories dear Chris and Mary! Hope you are doing well, my parents over there in the UK.

From Rev. Nelson Isebagheen, 23.8.25:

Am attending the East African Revival convention at Kabale.

This is now the fourth day.

I have felt it good to share with you this link so that you can also enjoy on what we are enjoying.

Our reply: Thank you for these links! At first I found it impossible to understand what the speaker was saying. But then I heard a bishop which I could understand (about Jairus's daughter). That was good, and he ended up asking pregnant ladies to come forward and he prayed for their babies.

Joyful and enthusiastic worship

7.9.25: Received Felix Bwambale our son from a Rehabilitation Hospital at the Mukono gardens, Kampala, yesterday.

You will see Melina the mother, my daughter Jennifer's husband Joseph, and my son and myself. Lots of happiness and joy again for our family.

Felix has been restored to his senses. We appreciate you dear Chris and Mary thank you for the support, we really wouldn't manage if you did not join us with the support.

Good enough he is at home, stable and can discuss, tell stories, eat etc. We appreciate Jennifer his sister who was always checking on him, feeding him, and receiving instructions from the Physician.



A bishop speaking, and being interpreted into another language as he spoke.

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,
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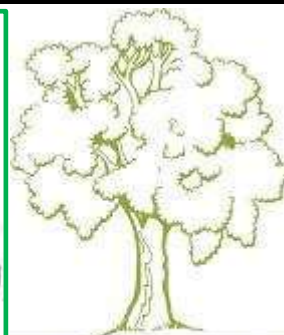
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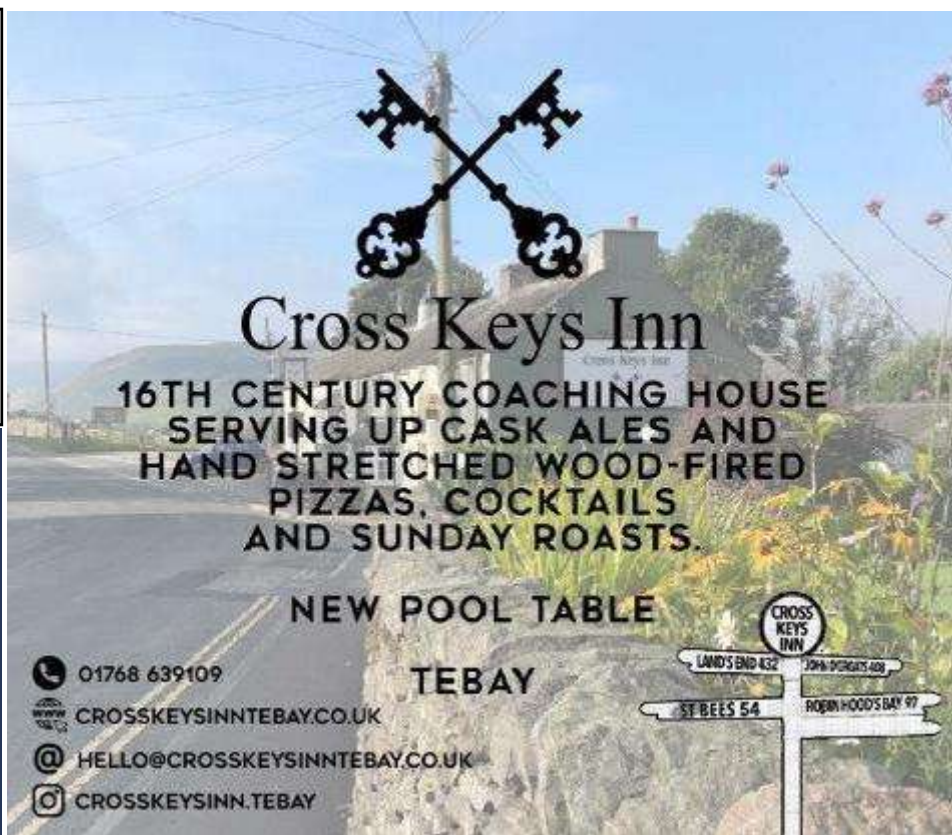
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