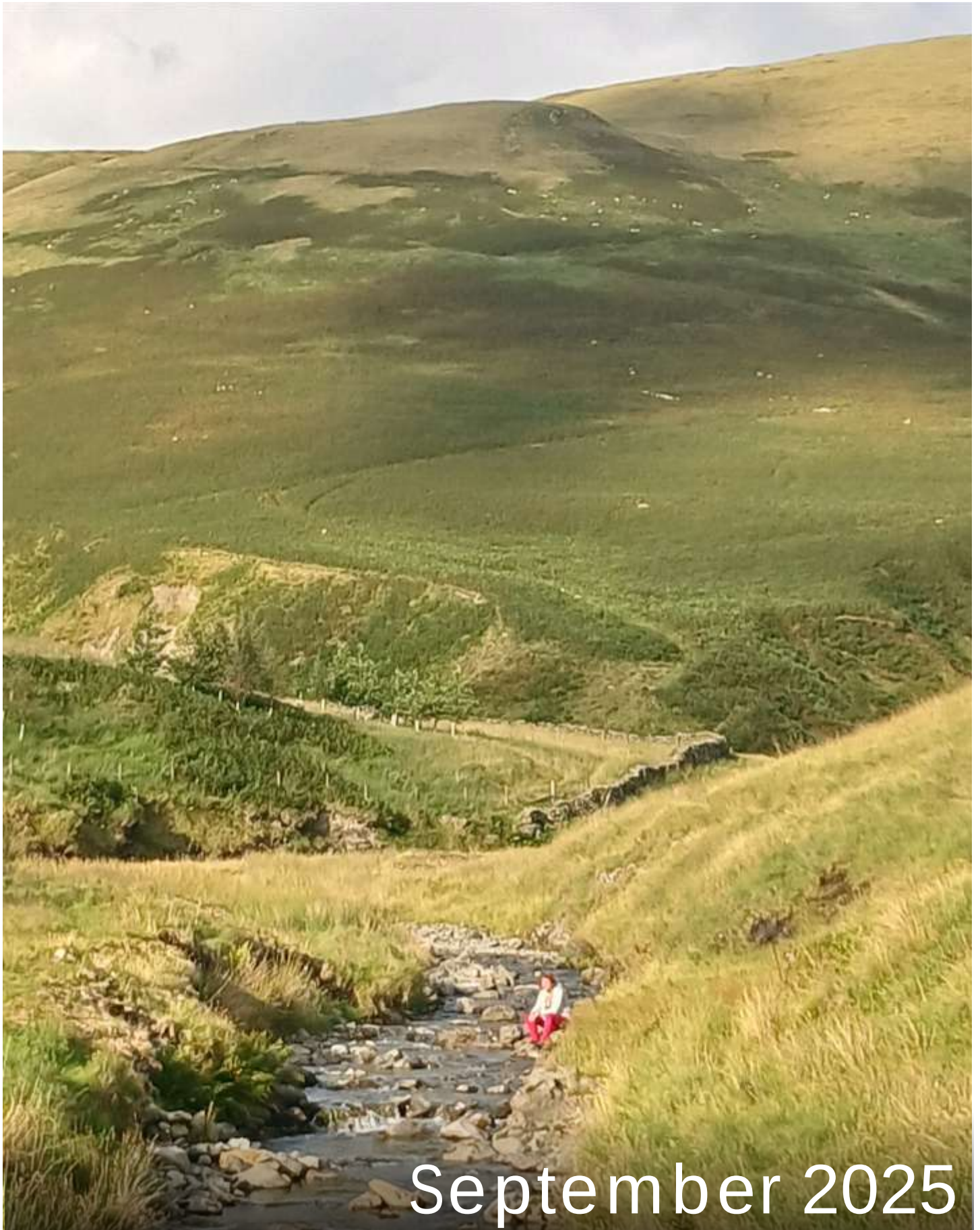


The Link

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



September 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:
Carlinggill Beck
near Tebay

*Thank you to all of you who read,
write, deliver, compose, review,
update and otherwise animate
our church and community
magazine.*

*We asked in July's issue for a bit
of feedback, and were hoping to
publish some summary of that in
this issue. However, having only
received two responses, it feels
like we should ask again...*

*So, could you share a bit of
feedback with us? The best way
for us would be if you could fill in
our survey online, by scanning the
QR code here with your mobile
phone or visiting
the web: [cutt.ly/
LinkSurvey25](http://cutt.ly/LinkSurvey25)*

If none of that



*works for you, you can drop us an
email with your thoughts (but it's
then a bit harder for us to fit those
together with those who have
answered the survey.*

*Maybe anticipating the new
school term, whether as parents
or grandparents, or those are
neither, will spur you on to send us
your thoughts?*

*We hope you enjoy this
magazine, we were a bit light on
content this month, so do please
remember to send stuff in — if
you get it to us by 13th of the
month, we'll do our best to fit it
into the following month's
magazine.*

All the best for September!

*Elizabeth, Linda,
Martin, Paula & Tristan*



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](http://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

Reflecting on creation

Dear Friends

I never cease to be grateful that I am lucky enough to be able to live in Mallerstang and see the beauty of God's creation on our doorstep. Becky and I like nothing better than to go for a walk on the Mallerstang hills with our two adorable, but rather crazy, cocker spaniels, Alfie and Barney.

Whether it is climbing up Mallerstang Edge or Wild Boar Fell the view of the Eden Valley as the River Eden begins its long winding journey to its final destination in the Solway Firth is breathtaking, with the Yorkshire Peaks of Wharfedale and Ingleborough visible to the south and the Lake District fells to the north. It truly feels like being in God's Garden of Eden – even when the weather is inclement, which it frequently is.

September marks the church's Season of Creation, or *Creationtide*, which runs from 1st September to 4th October. Creationtide was first proposed by the Orthodox Church in 1989, when they adopted 1st September as the Day of Prayer for Creation, and more recently embraced by the Church of England. Creationtide runs to 4th October, the feast day of St Francis of Assisi, the Patron Saint of Ecology and known for his love of Creation. It also links with Harvest celebrations when we thank God for the bountiful gifts of Creation.

One of my final areas of work before I retired as an actuary last year, was to examine the science of climate change. Actuaries are working closely with climate scientists on the impact of climate change, to understand the changing pattern of catastrophic weather events, including floods and wildfires.

This is partly for insurance purposes, but it's also to help governments and international agencies better understand the likelihood of future calamitous events, such as the potential melting of the Greenland ice sheet, now increasingly likely, which could see disastrous rises in sea levels and the UK facing Alaskan-style winters.

The Church's theme for Creationtide 2025 is "Peace with Creation", based on Isaiah 32:14-18. The prophet Isaiah pictured the desolated Creation without peace because of the lack of justice and the broken relationship between people and God. This description of devastated cities and wastelands reminds us of how human destructive behaviours affect our shared Earth.



The eco-system of our Earth is fragile, and human activities are increasingly devastating this beautiful world that God has made for us. The Church is committed to safeguarding the integrity of Creation (and reaching "net-zero" by 2030) and we all need to help. Across our benefice we are adopting and promoting the Eco Church scheme as part of doing our part to care for Creation. We will be sharing more details of how everyone can help and encourage our local community to become more caring of God's Creation.

We need to pray for reconciliation with Creation, but we also need to act and to change our ways.

Rev Charles Cowling

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Can't find what you want?

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

Do please send in your updates and news

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

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

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

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

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



Newbiggin-on-Lune Public Hall

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

- ☀ All bookings should be made with the Caretaker
- ☀ All payments should be made with the Treasurer

Online: facebook.com/NonLPublicHall

The Truth about Upper Eden Rotary Club



Rotary clubs have often been perceived as dining clubs for successful old men who give money to charity. A couple of years ago, I was asked if I would be interested in joining and I was somewhat sceptical as I held a similar opinion. Would it be a bit dreary? Would they have some obscure traditions and practises? Would they want a lot of money? I discovered enough at the few meetings that I attended as a guest to change my outlook.

Yes, they do meet regularly for a meal which is often followed by a presentation or a guest speaker. Yes, there are quite a lot of old men but women have been part of Rotary since 1987 and recently both the national and international presidents were women. No, there were not any obscure traditions and no specific political or religious affiliations. No, they didn't want a lot of money but there is an annual membership which is to cover several costs of being a club affiliated to a larger organisation (presently, the equivalent of about £11 a month).

More importantly, I discovered that this club is about doing things rather than just fundraising. In the last two years I have helped some of the more skilled members build much needed facilities for the charity Growing Well at Tebay services; I have helped look after some of the gardens at Christian Head; I have sold raffle tickets to give out biscuits at Christmas and helped with the Westmorland Dales Festival. We have also had events to help provide equipment and a well for a girl's school in the Nairobi slums which is having a huge impact on those children and provided medical equipment for a hospital in Ukraine. There is more but lists become boring.

So, why am I writing this article? Because, I believe there are other people out there who might enjoy and benefit from joining us. Upper Eden club is friendly, relaxed and



involved. We would like more people with the same approach.

If you are interested, please get in touch and come along to see for yourself.

Contact : Shaun Mason -

shaun.mason@upperedenrotary.org.uk

Some of the team getting busy at Growing Well at Tebay Services; Website: Rotary Club of Upper Eden

FASHION SHOW

BY KITTY BROWN BOUTIQUE

WEDNESDAY 1ST
OCTOBER 2025

7:00 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



★ FUN QUIZ NIGHT! ★

Everyone Welcome - Come Join the Fun!

NEWBIGGIN-ON-LUNE PUBLIC HALL

FRIDAY 5TH SEPTEMBER 2025
Doors open 7:00pm - Quiz starts shortly after



**TEAMS OF
UP TO 6**



**PRIZE FOR THE
WINNING TEAM**

**TICKET PRICE:
£5 PER PERSON**





**CHILLI AND
NACHOS
INCLUDED
IN TICKET PRICE
PAY BAR**

Come along for a relaxed evening of trivia,
good food, and great company!

No need to book – just turn up!

NEWBIGGIN-ON-LUNE PUBLIC HALL FOR HIRE



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

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

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

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

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



RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 17TH SEPTEMBER 2025

2.30pm

NEWBIGGIN VILLAGE HALL

MARY'S MEMORIES

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

WITH
Jackie Wedd

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

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

www.ravenstonedalehistory.org.uk

Seagull Semaphore

Where have they flown from?
How far have they come?
How did they know that hay making's begun?
Were they down by the sea, stealing chips on
the pier?
When the news arrived, they'd been waiting to
hear?
The time is now, let's fly inland,
Head to the Dales, eschew the sand.
The fields are a changing,
The grass is short,
Let's take to the wing and have some sport.
Bush telegraph?
Jungle drums?
How do they know?
That there's pickings aplenty and it's time to go.
Wheeling and dealing,
Giving locals short shrift,
Ousting the curlew,
Outmanoeuvring the swift
Tailing the tractor and mobbing the field,
Combing the stubble
To see what it will yield.
Do they signal or sign,
Is it seagull chatter?
The bird wide web,
Or an avian natter?
Seagull semaphore must be a thing,
So they know just when to take to the wing.
See them today,
But by tomorrow no more,
Back to the coast and the waves and the shore.

Catherine Newton

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*



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!

Ravenstonedale Methodist Church Harvest Festival Service

On Sunday September 21st at 2pm

Service to be led by Mr John Fox and friends
to be followed by Tea.

Collection for Church Funds.
Everyone most welcome.



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 07703061476
Diana Fothergill :diana.fothergill@upperedenrotary.org.uk 07974 716621

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



All Saints Coffee Morning
at the Farmers Market in
July raised £417.95, August raised £397.30
plus £52.50 from cards!

*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

BINGO

ORTON MARKET HALL

FRIDAY 12th SEPTEMBER

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

Money raised to

PROSTATE CANCER

And

ORTON MARKET HALL

*Forthcoming Date
10th October
14th November
12th December*



Harvest Thanksgiving Orton Methodist Chapel

Sunday, 28th September

**10.30am - All Age Harvest
Thanksgiving Service
Led by Christine Wightman**

***Lunch following the service
to which all are welcome***

*All gifts of non-perishable produce will be
given to the Upper Eden Food Bank*

A warm welcome to all

ORTON CHURCH ORGANS

The current organ (built in 1877) has been showing various signs of gradual deterioration and dysfunction for the last few years, and the problems culminated, last November, in a total inability to use the Swell manual – this meant that 50% of the instrument was unplayable. Consequently, and after discussions with several knowledgeable and competent organists, it was decided to obtain a comprehensive assessment of the instrument from a recognised and trustworthy firm of organ builders.



There were two telling, fundamental phrases in their covering letter – viz. “all aspects of the instrument require conservative restoration” and “piecemeal patching is no longer a viable option”. The figure quoted for the restoration advised by them was, at current (2025) prices, £99,407.00.

Not surprisingly, the PCC felt that this expenditure was simply not realistic, and the organ builders' important comment about “piecemeal patching” was noted.

During enquiries and discussions around the subject, it became apparent that a second-hand virtual organ was available locally. It incorporates up-to-date digital capture of sound using the very well respected Hauptwerk system, and it was being offered at what all consulted considered to be an extremely modest price. The exact figure has not yet been agreed, because some further expense will be necessary for a modified amplification system, as it would need to be converted from a small domestic environment to a much larger church building. It is anticipated that the final figure will be between £6,000 and £7,000.

At our last PCC meeting, it was agreed that we should go ahead with the purchase of this instrument, and it has now been relocated, albeit on a temporary basis, into All Saints' Church.



Public Notice

Manor of Orton CEC

Orton Manor Court

General Meeting

Monday 8th September 2025 at 7:30pm in the
Supper Room, Market Hall, Orton

*The meeting is open to all, but only Freeholders in
Orton Parish whose names are on the Westmorland
and Furness Council Register of Electors are entitled
to vote*

The Agenda will be available on the night or by email
from 25th August. If you would like an email copy of
the agenda please email:-

steward@ortonmanorcourt.co.uk

To request

ORTON BOCCIA GROUP

Boccia is a sitting down version of boules for two teams of up to six players. It is always good fun and can be quite competitive and it is a great way to spend two hours with like minded people.

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.

Dates for Autumn 2025:

September:- 4th, and 18th

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

November:- 6th and 20th

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



All Saints' Church

Harvest Thanksgiving

*Gifts of food or toiletries will be given to
Upper Eden Food Bank
Cash Collection for Water Aid*

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

**Tickets from Orton Village Store, or phone
24410 (Mary) or 26187 (Keith)**

News from Orton School

London



Our Year 5 and 6 children had a jam packed residential to London at the beginning of July! It was super exciting and we got to visit all the main attractions of London like The Houses of Parliament, The Tower of London, St

Paul's Cathedral, The Natural History and Science Museums. The weather was so hot, but the children were amazing, with lots of people commenting about their polite manners and smiley faces!



Out of this World!

Whilst the older children were on residential, the remaining children at school enjoyed a space themed week where we learnt about the planets, famous

astronauts and visited the Planetarium at Settlebeck School. It was amazing to see the stars and outer space on the ceiling of the planetarium. Very awe-inspiring for all the children.



"Moving Up" Day

We all enjoyed trying out our new classes for September where we will be splitting into four new classes, welcoming our new teacher Mr Ball who will be teaching our older children in Oak Class alongside Mrs Lamb. As we are moving to four classes, our class sizes are small and the children commented on how quiet it was in each class! We made up for it with a lively playtime in the sunshine! We can't wait for the new school year to begin now!



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



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.



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.

Orton Market Hall

Orton Market Hall is available to book for meetings, courses, parties and much more.

Facilities include main hall, supper room and kitchen, stage, oven, dishwasher, warming oven, fridge, place settings for 100, projector, hearing loop, sound system.

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

The 106 Partnership

Communities in support of our local buses

Statement to stakeholders, July 2025

Cumbria Classic Coaches has let us know that they are retiring and will be closing the business from the end of September 2025. Sadly, this means we need to find an alternative supplier for the 106 Bus route from October this year.

In reaction to this, the 106 Bus Partnership has launched a tender to find an alternative supplier for the route, we are also working closely with Westmorland and Furness Transport team to find out if there is an option to extend their current contract to include supplying a service on the 106 Bus Partnership route.

We want to take this opportunity to thank Cumbria Classic Coaches, Ali Morriss and their driver Ian for the excellent service they have provided over the past 5 years. Carrying us through the challenges of the Covid lockdown and generally being relentlessly awesome everyday without fail. We know we will never fully replace them but we're determined to keep the route running for the foreseeable future.

The change of supplier for the contract may mean some changes to our timetable but we won't know the impact of this until we get a response from our invitation to tender. In the meantime, please do not hesitate to contact us if you have any questions or concerns.

The 106 Bus Partnership Executive Committee.

Archaeology
project uncovers
Ingleborough's
hidden past
Bainbridge, 29
July 2025



YORKSHIRE DALES
National Park Authority

Findings from recent cave excavations on Ingleborough have revealed new insights into the people and animals that once roamed the Yorkshire Dales, including the remains of a Bronze Age Auroch, thought to be the wild ancestor of modern cattle.

The Ingleborough Cave Archaeology Project was part of Our Common Cause: Our Upland Commons, a 4.5 year, 25-partner project, backed by £3 million from the National Lottery Heritage Fund, helping to secure the future of upland commons in the Yorkshire Dales, Dartmoor, the Lake District and the Shropshire Hills.

The Ingleborough project involved a unique collaboration between archaeologists, cavers and volunteers. Led by the Yorkshire Dales National Park Authority Historic Environment Team and the University of Central Lancashire's Centre for Field Archaeology and Forensic Taphonomy, surveys and excavations took place around a number of Ingleborough's cave sites and sinkholes.

Archaeologists worked closely with cave explorers, revisiting discoveries from past digs to research and catalogue them to better understand the past environmental conditions and how the caves were used by those who lived and farmed in the Dales prehistory. Finds revealed that some of the caves had been used as human burial sites during the Neolithic period. One of the most significant finds was the remains of an Auroch dating back to the Early Bronze Age, making it one of the last known of its species. Domesticated cattle remains dating back to the early Stone Age shed light on when the land started to be used for agriculture.

The project highlighted the important role cavers play in uncovering underground history, with some of the chosen cave sites requiring specialist skills to access. This led to a valuable new partnership being developed between archaeologists and the Council for the Northern Caving Community.

Rick Peterson, a caving archaeologist at the University of Central Lancashire said: "The project on Ingleborough has been driven by the caving community. It's often experienced local cavers who are the first to encounter

archaeological finds such as these as they are the only ones who can access the caves. This partnership now ensures that any discoveries made during recreational caving are officially documented.

"It also goes to show the importance of common land, as without public access to our uplands, these kinds of discoveries wouldn't have been possible."

While part of the project explored the past, a big part of the project was



about looking to the future, engaging today's farmers in sustainable and adaptive land management practices.

Ingleborough remains one of the few places in England where commoning traditions endure. Thirteen farmers still graze sheep on the land, which is privately owned, under commoner's rights dating back to the Magna Carta, including a 10th-generation commoner whose practices remain recognisable across centuries. Project officer Claire Braeburn said:

"Ingleborough has a longstanding history as common land, so we wanted to see if the caves held evidence of just how long humans began farming on the fell.

"Over half of England was common land, but now it's just 3%. This project has helped us understand more about human interaction with the common and the land's longstanding biodiversity. It has shown how important preserving these ancient practices is or we risk losing them forever."

The Yorkshire Dales National Park Authority's Member Champion for Cultural Heritage, David Noland said: "Projects like this not only deepen our understanding of the past but also serve as a reminder of why it's vital to preserve what little remains of these shared landscapes for our communities and cultural identity."

Cavers are now being encouraged to report their findings to continue to reveal more about Ingleborough's history.



For more information about the Our Common Cause project and to view the Ingleborough cave findings, visit

<https://foundationforcommonland.org.uk/>

Travel with us on the Western Dales Bus

Bus services for Sedbergh, Kirkby Stephen and surrounding areas.

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

Curious about faith?

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

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



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

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

For further information or to book please phone 07751 786684



Bradley Creswick

Sat 25 Oct 2025, 7:30PM

Orton Market Hall

Cumbria

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 Methodist Church

CHURCH ANNIVERSARY SERVICE
SUNDAY SEPTEMBER 7TH AT 10-
30AM

PREACHER REV DAVID NEWLOVE
COFFEE FOLLOWING SERVICE

ALL WELCOME

TEBAY POST OFFICE

015396 24967

Monday: 9am - 1 pm & 1.30 - 5.30 pm

Wednesday: 9am - 1 pm & 1.30 -
5.30pm

Friday: 9am - 1 pm & 1.30 - 5.00 pm

Empowering Patients with Better Access to Healthcare

The NHS App is a simple and secure way for people to access a range of NHS services on their smartphone, computer or tablet, including:

Viewing their GP health record
Ordering repeat prescription
Booking and managing appointments

Checking symptoms and accessing NHS 111 online

The app helps patients take greater control of their health and care, and supports easier, faster access to NHS services, especially at a time when efficiency and accessibility are more important than ever.

AbilityNet is a pioneering UK charity transforming the lives of older and disabled people and working with organisations of all types and sizes to build a digital world that is accessible to all.

How to get free help from our tech volunteers

We have a network of more than 450 friendly tech volunteers who can help you or someone you are supporting. They can come to your home, or help you on the phone.

Volunteers are all DBS-checked and are happy to deal with any tech problems you may be having, large or small.

To request help from our tech volunteers:

call us on 0300 180 0028

email us at enquiries@abilitynet.org.uk or fill in the home visit request form on our website

Need Help with Technology?

AbilityNet Can Help — for Free!

- ✓ Want to use email or video calls?
- ✓ Struggling to order repeat prescriptions online?
- ✓ Unsure how to use your phone, tablet or laptop?
- ✓ Need help setting up the NHS App?

One-to-One Digital Support

AbilityNet offers free, friendly tech support for older people and anyone with a disability or health condition.

They help you at home, online or over the phone.

They Can Help You:

- Set up and use smartphones, tablets, laptops
- Order medications and book GP appointments online
- Stay connected with friends and family
- Access health services confidently and securely

Get Support Today:

Helpline: 0800 048 7642

Or refer online: www.abilitynet.org.uk/free-tech-support-and-info

What to do if you do not have photo ID

Each GP surgery creates an online account for patients on their local computer system.

You can use the following details from that account to prove who you are:

- the ODS code of your GP surgery
- the account ID
- a linkage key or a passphrase

Your GP surgery should give these details to you in a 'PIN document'. The linkage key or passphrase will expire 2 weeks after it is printed.

When you have the PIN document, follow these steps in the NHS App:

1. Select How to prove who you are without photo ID
2. Select Yes - I use online services
3. Select Yes - I have all 3 details
4. Enter your ODS code, account ID, and linkage key or passphrase
5. Enter your full name and date of birth

Logging in to the NHS App

1. Enter your email address and select **Continue**.
2. Enter the password you created when you registered on the app.

Help and support - For help getting set up on the NHS App visit: www.nhs.uk/nhs-app or scan here →



To download the NHS App, scan here



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Google Play and the Google Play logo are trademarks of Google LLC.

v1 07/23

Getting started with the NHS App

Step-by-step instructions for patients



Guide 2

How to register and get full use of NHS App services



Installing the app

1. Open the App Store or Google Play.
2. Search for 'NHS App'.
3. Install the app.



Registering

If you already have an NHS login account for other apps and websites you can use the same email address and password to log in.

To create an NHS login account, you must be aged 13 or over, and have an email address and phone number:

1. Enter your email address and select **Continue**.
2. Choose a password.
3. Accept the NHS login terms and conditions.

4. We will email you a security code. Enter this code in the NHS App to confirm your email address.
5. Enter your mobile phone number and select **Continue**.
6. We will send you another security code in a text message. Enter this code in the NHS App to confirm your mobile phone number.
7. If you have entered the correct codes, you can access the NHS App.

You will now have an NHS login.



Proving who you are

You will need to prove who you are to access other services like seeing your GP health record and other personal information.

Use photo ID to prove who you are

You will need a form of photo ID such as a valid UK passport or UK driving licence.

You have two options.

Option 1 - Complete a face scan

The NHS App will guide you on how to:

1. Take a photo of your ID with your mobile phone.
2. Complete an automated scan of your face using your mobile phone. This will be used to match your face with the photo ID.
3. Enter your date of birth.
4. Enter your NHS number or your name and postcode.

When you have completed these steps, your identity should be confirmed within a few hours.

Option 2 - Take a video

The NHS App will guide you on how to:

1. Take a photo of your ID with your mobile phone.
2. Record a short video of your face and say 4 randomly generated numbers (you can also use British Sign Language or write the numbers down and show them in the video).
3. Enter your date of birth.
4. Enter your NHS number or your name and postcode.

When you have completed these steps, your identity should be confirmed within a few hours.

It's been a very busy June and July: *Tuesday 10th June* we held our school sports day, the weather was perfect for an afternoon of fun with parents and friends of the school cheering on the children. On *Friday 13th June* the Year 1 and 2 children visited Growing Well at Tebay Services. On *Saturday 14th June* the children's exhibits were proudly on show at Greenholme Show. Tebay Primary School was very well represented with our talented pupils winning over 50 prizes across a wide range of categories!

A special congratulations goes to Josh and AJ, who made school history by winning our very first 'Best Children's Exhibit Award'. The boys impressed the judges with their amazing model farm, which featured a barn, tractor, bales, and trailer — all made with incredible detail and care.



The trophy is now in pride of place on our celebration display, where everyone can admire their fantastic achievement. We are beyond proud of all our pupils who took part and showcased their creativity, effort, and enthusiasm. Well done, everyone!

On *Monday 16th June* the whole school enjoyed a fabulous day out in the beautiful market town of Appleby. After a morning of learning and exploring, children and staff had a picnic lunch in the park, followed by a bug hunt and a scenic walk along the river.

Throughout the day, the children were polite, well-behaved, and an absolute credit to our school. A huge well done to everyone for making it such a memorable and successful trip!

On *Monday 23rd June* the children in Year 3, 4, 5 and 6 excitedly set off by bus to the Robin Wood Activity Centre in Alston for a fantastic three-day residential. The children threw themselves into a wide range of adventurous activities, including archery, caving, canoeing, and much more!

One of the highlights for many was taking on the team challenges, such as raft building and the thrilling crate challenge. These

activities gave everyone the chance to build teamwork, communication, and resilience. Throughout the trip, the children demonstrated incredible enthusiasm and determination, even when faced with tricky tasks. Staff at Robin Wood were full of praise for the children's positive attitude, politeness, and the kindness they showed to both adults and their peers.

A huge thank you goes to our wonderful staff—Mrs Collinson, Miss Willet, and Diane—for not only throwing themselves into the activities but also for willingly taking time away from their own families to make this experience possible for our children.

A final thank you goes to Robin Wood for providing such an enriching and memorable adventure. On *Thursday 26th June* our school winners from the Innovate Competition travelled to Whitehaven Academy to take part in the CET Grand Final.

Edward, Brooke, Freddie, and Annie did the school proud, speaking confidently and passionately about their invention—*Cleano*—a clever robot designed to make cleaning up after events at stadiums and arenas quicker, easier, and more environmentally friendly. The team were absolutely incredible, impressing the judges with their innovative idea, teamwork, and professionalism. Their efforts earned them an amazing second place out of ten schools! We are so proud of them—not only for their brilliant invention but also for the way they conducted themselves during their presentation and the thoughtful answers they gave to the judging panel's questions. On *Thursday 10th July*, CET held a celebration of students' achievement across the Trust. These prestigious awards honour those who go above and beyond – not just academically, but as leaders, change-makers, and kind-hearted members of our school communities. Each school was asked to nominate a student for the following categories:

🏆 'Respect' Champion – For those who always show care and respect to others, no matter who they are. This award was awarded to Rory.

🏆 'Responsibility' Champion – For those who

are always reliable, make good choices, and set a great example for others. This award was awarded to Brooke.

🏆 'Resilience' Champion – For those who never give up, even when things are tough, and always try their best. This award was awarded to Eden.

🏆 Student Leadership Award – For those who are positive leaders, who help and inspire others in school – in and out of the classroom. This award was awarded to Josh.

🏆 School Contribution Award – For those who go above and beyond to help make our school a better place. This award was awarded to Freddie.

🏆 Outstanding Progress Award – For those who make fantastic progress in learning through hard work and determination. This award was awarded to Lewis.

🏆 Community Contribution Award – For those who make a big difference in the local community through kindness and action. This award was awarded to Lilly.

🏆 Kindness Champion – For those who are always caring, thoughtful, and make others feel happy and included. This award was awarded to Rocco.

Children and parents enjoyed an awards ceremony in Carlisle, where the children were presented with their awards.

On *Friday 11th July* we held a 'Break the Rules Day' in school, children paid to break the rules.

On *Monday 14th and Tuesday 15th July* the whole school enjoyed 2 days swimming at Woggle Goggle in Penrith.

On *Thursday 17th July* the school held 'Tebay's Got Talent' followed by FOTS summer fair.

On *Friday 18th July* we had a visit from the ice cream van as a wonderful end of year treat.

We also held our Year 6 leavers and celebration assembly

WE WOULD LIKE TO THANK EVERYONE WHO HAS SUPPORTED OUR SCHOOL THIS ACADEMIC YEAR.

'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

Save Junction 38

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

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

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

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



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

www.wfelibdems.uk/tebay

or by scanning the QR code with your phone.



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

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

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

TEBAY COMMUNITY CHOIR

*We are a friendly group of singers
and we sing a wide range of music.*

*Our numbers are healthy but we are
always pleased to welcome
new members with any level of
singing experience - or none.*

*Our first practice in September
will be on Monday 15th September
from 7.30 until 9 pm
in Tebay Sports and Social Club.*

*If you would like further information,
please contact:*

Alison on alison@mott.me.uk or 07964 978961

CHURCHES TOGETHER IN TEBAY

HARVEST FESTIVAL SERVICE
AT THE METHODIST CHURCH

SUNDAY SEPTEMBER 21ST AT 10-30AM

PREACHER REV P DUNSTON

BRING & SHARE LUNCH

ALL WELCOME

We would like to express our heartfelt thanks
and gratitude to all who were involved in
searching for and finding Ronnie Elliott
last Thursday evening (13th August)
after she'd gone off for a wander in the nice
evening weather, but without her phone, and got
herself so confused and lost! We really are so very
grateful to everyone who helped.

Thank you, from Ronnie's children - Michael, Peter,
Simon & Louise, and her sister & brothers.

WHAT'S ON?

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

TEBAY FEST

August Bank Holiday
Sunday ~ 2pm until late.

Live music ~ Food
Drinks offers
Bouncy Castle

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

TEBAY SPORTS & SOCIAL CLUB



Opening hours
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



COMMITTED
2
ROCK
COMMITTED2ROCK
CUMBRIA'S LEADING
CONTEMPORARY
MUSIC CHOIR
Raising funds for GNAAS



Tickets from Dave Prince
secretary@upperedenrotary.co.uk
+44 7887 683831

SATURDAY 27TH SEPTEMBER

KIRKBY STEPHEN £15 with wine / soft drink

PARISH
CHURCH
7:30 PM

Rotary
Club of Upper Eden
Kirkby Stephen

Shap Medical Practice

Child Flu Vaccine Clinic – Saturday 13th September

We will offer flu vaccines to children aged 2–3 years. Eligible families will be contacted to arrange appointments. If you believe your child is eligible but haven't been contacted, please get in touch.

Why the Flu Vaccine Matters for Young Children Flu can be severe for young children and lead to complications like bronchitis or pneumonia. Children can also spread flu to vulnerable people. The nasal spray flu vaccine is quick and painless and protects both your child and the wider community. If your child is eligible, we strongly encourage you to attend.

COVID and Flu Vaccine Clinic – Saturdays 11th and 18th October

We will be holding a joint flu and COVID vaccine clinic in October for eligible patients, in line with NHS guidance. These vaccines are an important way to protect those most at risk as we head into the winter months.

Flu Vaccine Eligibility:

- All adults aged 65 and over
- People aged 18–64 with certain long-term health conditions
- Pregnant women
- Residents of care homes
- Carers
- Frontline health and social care workers
- Household contacts of people with weakened immune systems

COVID Vaccine Eligibility:

- Adults aged 75 and over
- Residents of care homes for older adults
- Individuals aged 6 months and over who are immunosuppressed due to specific health conditions or treatments

Our admin team will be contacting eligible patients to arrange appointments. If you believe you are eligible but haven't heard from us, please contact the surgery. As always, we appreciate your patience while we work through the booking process.

www.shapmedicalpractice.co.uk

01931 716230



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 7 September <i>Trinity 12</i> <i>Green</i> <i>Welcomer:</i> Keith & Janet Capp Deuteronomy 30:15 - 20 Philemon 1-21 Luke 14: 25-33 <i>Prayers:</i> Elizabeth Crossley	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Margaret Longworth Andy Glanville Elizabeth Crossley	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Martin Windle David Farr
Sunday 14 September <i>Trinity 13</i> <i>Green</i> <i>Welcomer:</i> Exodus 32: 7-14 1 Timothy 1:12-17 Luke 15.1-10 <i>Prayers:</i>	Orton, 08.30am Holy Communion <i>Brendan Giblin</i> Keith Capp	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Brendan Giblin</i> Hilary Law Diana Fothergill
Sunday 21 September <i>Trinity 14</i> <i>Green</i> <i>Welcomer:</i> Pam & Garth Blundell Amos 8: 4-7 1 Timothy 2:1-7 Luke 16: 1-13 <i>Prayers:</i>	Orton, 10.30am Café Church style service <i>Team</i> Pam & Garth Blundell	Tebay, 10.30am Service of the Word <i>Rosemary Campbell</i>	Ravenstonedale, 10.00am Morning Worship <i>Fran Parkinson</i> Richard Best John Newton
Sunday 28 September <i>Trinity 15</i> <i>Green</i> <i>Welcomer:</i> Amos 6:1a, 4-7 1 Timothy 6: 6-19 Luke 16: 19-31 <i>Prayers:</i>	Three Churches at All Saints, Orton; 10:30am Holy Communion <i>Chris Jenkin</i> Mary Jenkin Elizabeth Crossley Martin Lawson Angela Milburn		



Zoom meeting number:
894 1727 3600

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	SEPTEMBER			
	7th	14th	21st	28th
Special Sunday	Ord 23	Ord 24	Ord 25	Ord 26
Brough 10.30am 6.30pm	LA	HF H Hutchinson	S Radford HC	At Brough Sowerby
Brough Sowerby 10.30am 6.30pm	J Betts	At Brough	T Taylor	J & L Riley HF
C Garrett 6.30pm	S Radford	D Marston	LA	J Betts
Kirkby Stephen 10.30am 6.30pm	H Radford	P Dunstan HF	Shared Worship	S Radford HC
Newbiggin on Lune 10.30am 6.30pm	D Askew	P Carter	LA	AAW OA
Orton 10.30am 6.30pm	P Hilland	M Lawson	At Tebay	HF C Wightman
Ravenstonedale 2.00pm 6.30pm	S Radford	LA	J Fox & Friends HF	J Betts
Shap 10.30am	S Radford	---	---	---
Soulby 10.30am 6.30pm	---	S Radford HC	---	I Nelson HF
Tebay 10.30am 6.30pm	D Newlove CA	LA	P Dunstan HF	At Orton
Winton 10.30am 7.00pm	M Harrison	Youth Service	Andrew C & Karen B	K Boullier
	---	---	Get Together	---

St Oswald's Church with Ravenstonedale and Newbiggin Methodist Chapels

Sunday 21st Sept. 3pm

Short Service for **THE EXCHANGE OF EMBROIDERIES**

With Musical Interludes

Followed by a buffet style **AFTERNOON TEA**

Venue Ravenstonedale Heritage and Community Centre

All welcome

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

Junior Church

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

New Beginnings Church

welcomes you to visit their new venue in Castle Street Centre, Kendal at 11.15am for a time of praise, hearing God's word and prayer followed by lunch.

Contact Barry on 07437468896
or email

nbccumbria@gmail.com

Vineliflife Cumbria Fellowship

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

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



20.7.25:

We thank God. The one you prayed for, by the name Nyakato Zaketi, delivered her baby yesterday – parents are Joshua & Zaketi.

On Sunday 27th July members of Orton Church were invited to speak and share in an online fellowship meeting of the Kasese "Couples Corner Fellowship" – a group of young families who meet regularly online.

13.7.25: Rev. Nelson requested:

You will look for a Topic and Text verse for the couples, and you may look for any other couple to join you.

You will send the Bible passage to me so that I give to the selected participants. Also thanks for accepting to be with us, a good gesture of loving God and His people.

I told him I planned to speak on Psalm 23 – "The Lord is my Shepherd" - and asked Rev. Nelson, "Do you have sheep in Uganda?"

15.7.25: He replied: Yes, in Uganda, including Kasese, we tame goats, sheep, cattle, and pigs, dogs, these are domestic animals. That selected text, Psalm 23, is good related to Shepherd and Sheep.

22.7.25: *(He had asked that an Orton person should lead a time of prayer during the online meeting. These were special Prayer Requests sent in from couples:)*

1. From family of Caroline and Masereka

- Pray for God's help in constructing their house.
- Pray for good health and protection for their

children.

2. From family of Azalea and Dezanji

- Pray for God's guidance as they plan to start a family business.

3. From family of Alice and Elisa

- Pray for their son Elijah Muhindo's development, that he may be able to sit, still hard for him at 7 months.

4. From family of Samson and Rose

- Pray for a boost in their family business; to seek new and renewed contracts.
- Pray for God's provision to buy a family car.

General Prayer Requests for all Couples Corner families:

- Pray for peace, love and unity in our families.
- Pray for God's financial provision.

- Upcoming Annual Retreat (Pray for God's provision for all families financially, safe travel to and from the retreat venue. Pray for families' zealous willingness to attend in big numbers)

- National Elections; Pray for peaceful elections in 2026.

Thanksgiving and Answered prayers:

- Thank God for maintaining the Couples Corner Fellowship; blessed to have Orton Church as our partners.

- Thank God for blessing women's wombs; ability to conceive and co-create.

- Thank God for the protection and provision, recovery from sicknesses of fellowship members and their families.

After the online meeting on 27th July, Rev Nelson wrote: Today you have done us a wonderful Word of God to the Couples Corner families. May the Almighty God uphold you and your family for many years linked together.

14.7.25 (about his smallholding as he prepares for his retirement:) I am always happy to report to you my progress whenever I reach my land, where Melina supervises weekly. You can see the crops are doing well. What about the improved pigs are growing speed, also our lovely dog that she bought 3 months ago.



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

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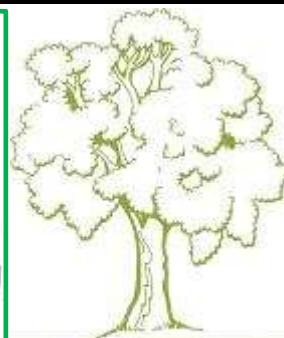
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Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garthill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal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

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.30	16.10
Shap	10.55	15.50
Orton	11.10	15.35
Mount Pleasant bus stop, Tebay	11.18	15.28
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
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Revised 25-11-21

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
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Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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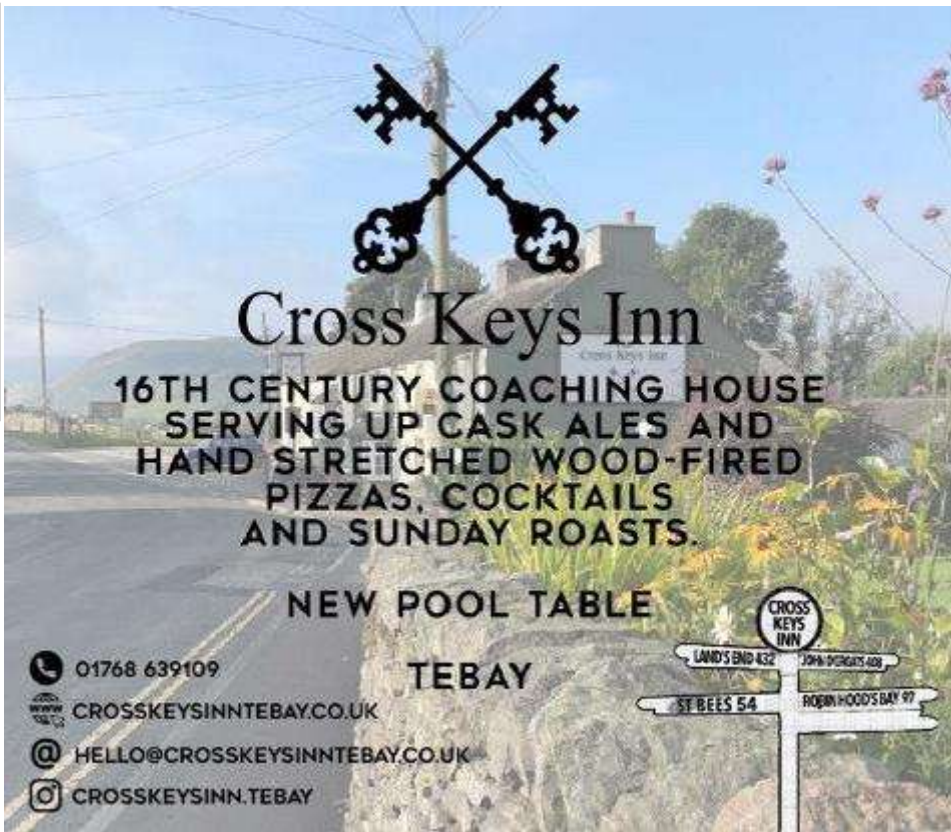
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Tebay Primary School:

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Local community websites:

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

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

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

St Oswald's: <https://www.achurchnearyou.com/church/12221/>

St James': <https://www.achurchnearyou.com/church/12223/>

Methodist: <https://www.ksaandtcircuit.org.uk/>

and on Facebook - click on, search for, or visit:

Orton: [AllSaintsOrton](https://www.facebook.com/AllSaintsOrton)

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