

The Link

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



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:
www.linkmagazine.org/signup

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:
Every Life Matters coffee morning
St. Oswald's, Ravenstonedale
Photo credit: Parkinson

**Welcome to this May edition
of The Link magazine.** There
may be a few readers just now
starting to recover from
lambing — congratulations if
that's you. For our other
readers, if you have a chance
to support our local industries,
whether its farming or
hospitality, or a local
tradesman, you can be
encouraged that your money
is going into the local
economy. For those who are
visiting — you're very
welcome to support the local
economy too!

Our communities function best
when we support each other,

so do considering entering the
Greenholme show (page 18),
or plan to get help with your
garden (several adverts,
starting from page 25)...

If you want an opportunity to
volunteer, we still need
someone to help with [our
calendar](#) — we'll drop it if we
don't get anyone coming
forwards. It might take you a
couple of hours a month?

Do enjoy the events listed
here, including the Orton
exhibition (see opposite) and
all the best for May!

*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 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

Thinking about Noah's Ark

This year's Orton Church Exhibition is "Welcome to Noah's Ark". (more details on page 12)

Most of us have enjoyed the story of Noah's Ark since childhood, with picture books, or toy models of the ark with animals to put on board. We had an "Ark" session of Charlie's Church for young children, and the youngsters found toy animals all over the churchyard which they triumphantly brought to march up the gang plank on to the model ark.

So we look forward to seeing what our amazingly talented and artistic team will produce for our Exhibition!

Most of us assume that the story of the Flood and Noah's great boat as found in the Book of Genesis is just a charming myth, with no historical basis whatsoever.

And yet... it is strange that versions of this story are found in the ancient history and literature of many nations – and not only in the Middle Eastern nations of the same culture as the Old Testament people of Israel. Very similar stories are part of the traditions of countries as diverse as India, China, Scandinavia, and even among Native peoples of North America, Mexico, South America and Australia. Many include elements like that it was a deity who sent the flood as judgement, and that a good man was chosen to build a boat. Could it possibly be that all these ancestral memories, from regions so widespread, do in fact reflect some real global catastrophe of millennia ago? Try googling "Did Noah's Flood really happen?"!

You may say "So what?" We have enough real disasters threatening us in our own lifetime - wars, climate change, the cost of living or culture wars; we can do without worrying about what may or may not have happened thousands of years ago!

I disagree – I think this ancient story has a lot to teach us today. What an amazing man Noah must have been! A man of astonishing faith, courage and persistence – despite the ridicule he and his family must have experienced from all his neighbours for this absurd, huge project he had taken on. (The ark would not have been boat-

shaped with a pointed bow - it just had to float! The word "Ark" – as in "The ark of the covenant" – just means "box"!)

This huge timber box was about 150 metres long, says the book of Genesis. I paced out this distance; it is the entire end-to-end length of All Saints churchyard, from the north end of the old churchyard to the south end of the new one.



How long did it take those builders to do it? Probably at least 75 years! Steadily, year after year, beam by beam, with the simple tools available to them; and quietly smiling at the derisive comments from people around. But they went on, just because they knew it was the right thing to do. God had told them to.

How easily we give up doing what in our hearts we know is right, when things get tough, or people mock or criticise! I pray, for us all, for Noah's spirit of stickability!

Rev Chris Jenkin

Where you can find...

Newbiggin-on-Lune Village News & Events.....	4
Ravenstonedale Village News & Events.....	6
Orton Village News & Events.....	8
Tebay Village News & Events	14
Our friends in Uganda	20
Local medical services and contact details.....	21
Local churches News & Services	22
Local Businesses & Advertisers	24
Useful Contact Numbers.....	32

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!

All Age Family Service

Sunday 31st May, 10:30am,
at Newbiggin on Lune Chapel,
tea and biscuits to follow



Junior Church

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

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 :
Charlotte Mason: 07474 442248

Email: nonlpublichall@gmail.com

Charges for a morning, afternoon or evening
session :

KITCHEN £15
HALL & KITCHEN £30
HALL, KITCHEN & PAY BAR £70

Has Newbiggin Got Talent?

A great reprieve to the talent shows of the 90's returned to the Village Hall—much fun, laughter and enjoyment— Newbiggin has indeed got talent!



And see the additional photo on page 30

Did you know there's a WhatsApp group for residents of Newbiggin-on-Lune?

Paula set up the group back in 2019 to help keep everyone connected, and it proved invaluable during COVID —helping neighbours support one another when it mattered most.

These days, it's still a great way to:

- Stay up to date with local events
- Share traffic updates
- Find new homes for unwanted items
- Track down missing parcels (we've all been there!)

If you live in Newbiggin and would like to join, just get in touch with Paula on 07951 523433.

Village Halls Week Newbiggin-on-Lune Public Hall celebrated Village Halls Week by championing the theme of health and wellbeing, focussing on the five steps to wellbeing that are recommended by the NHS.

Being active – 20 volunteers walked along the A685 from Weasedale to



Ravenstonedale for our annual litter pick. Collecting an incredible 37 bags of rubbish!

Connecting – Coffee and cake back in the hall was very welcome after the litter pick.



Keep learning – Anne Redhead set up a superb Easter craft table.

Giving – Very generous donations collected for The Food Bank.

Taking notice – Lindsay Hunt hosted a Guided Relaxation session in the hall. Thanks to everyone that attended our events during the week, your support is very much appreciated.

Ravenstonedale & Newbiggin Folk Dance Group

Newbiggin on Lune hall (Sept — Apr)
Wednesday evenings
(except the 1st Weds of the month!)
7.45pm — 10pm

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



LUNE LADIES

Wednesday 6th May
An outing to Skipton

Train Leaves Kirby Stephen at 9.20 am.
Meet at the Ticket machine on the Station.

All Welcome!

CHAPEL ANNIVERSARY WEEKEND

Saturday 2nd May, 7:30pm,
an evening with John Fox & friends from Quernmore,
Refreshments to follow.

Sunday 3rd May, 10:30am,
Service led by John Fox
(Junior Church during the service)

ALL WELCOME!



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)

Tuesday – Pilates with Fiona Woolnough (6-7pm, 7:15-8:15pm) (Clara 07900074886)

Thursday – Ravenstonedale Parish History Group (2-4pm) (Val 07798688057)

First Sunday of the month – Sound Bath with Ann Wappett (4-5pm) (07890336445)

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

Every life matters ...

On Easter Saturday we gathered at St Oswald's Church for our usual coffee morning. It was incredibly well supported and we are very grateful to everyone who came along, especially as we raised just over £400 for charity.



This year we have chosen to support Every Life Matters: A Cumbrian suicide prevention and bereavement support charity which raises awareness through training, campaigning and resources to support those bereaved and impacted by suicide. And their work is incredibly pertinent given that the statistics of suicide in Cumbria are higher than the national average with 1 person losing their life to suicide every 5 days. We may all know someone who has been affected.

According to their research, deaths by suicide are preventable and in their work they are helping to break down the stigma and challenge the myths that surround it. With this in mind they are offering free 'bitesize' training to our parish communities to raise awareness about suicide with the following learning outcomes:

- Be aware of the facts and figures about suicide.
- Understanding the signs someone may be at risk.
- Feel comfortable and confident talking and asking about suicide.
- Be aware of how we can support people with thoughts of suicide.
- Understand what resources are available locally.

The training would take place online, so is accessible, and lasts for an hour. I have completed both the Awareness and Alertness training and would highly recommend their informative and supportive approach.

If you, or someone you may know would be interested in completing the bitesize training, please register your interest by emailing me at

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



franticparki@gmail.com and we will organise times and dates in due course.

"Suicide is a preventable death and we need to help everyone see the role they can play – be it from being helpfully nosey, checking in, asking twice or helping build a more destigmatised society – suicide is everyone's business."

Rev Fran Parkinson

We raised funds for
Every life matters

St Oswald's Ravenstonedale raised an incredible
£400

To help us train more people how to recognise and support someone experiencing thoughts of suicide
Thank you!

Take action. Prevent suicide.
www.every-life-matters.org.uk

if you missed that coffee morning and still want to make a donation to Every Life Matters you can do that here: www.justgiving.com/charity/every-life-matters

Ravenstonedale Methodist Chapel
Are delighted to welcome back
Rev. Phil Dew
to lead our Chapel Anniversary Service
on Sunday 10th May at 2pm.
Tea to follow
Collection for Chapel funds
Everyone is very welcome!

Table-Top Sale
Ravenstonedale Community & Heritage Centre
Saturday 30th May, 10:00am – 1:00pm

Do you have items at home that you no longer want?
Why not **book a table for £10** and sell them at our community table-top sale.
This is a great opportunity to have a clear-out, meet local people, and give your unwanted items a new home.

Refreshments will be on sale throughout.

To book a table or for more information, contact:
Jan Hardcastle - 07876 508027

This relaxed and welcoming event is perfect for browsers, bargain-hunters, and sellers alike

THIS SPRING WE ARE LAUNCHING A
DISCUSSION GROUP
JOURNEYING TOGETHER IN OUR FAITH AND
LEARNING WHAT THE BIBLE HAS TO SAY TO US

THE FIRST MEETING WILL BE ON
TUESDAY 5TH MAY 2026
FROM 2.00PM - 3.30PM
RAMSHEAD, RAVENSTONEDALE, CA17 4NG

All are welcome, of all faiths and none, to come along for an informal discussion with refreshments! Please register your interest so we know how many to accommodate. ☺

FOR MORE INFORMATION CONTACT: FRAN @ 07500 876761
OR ROWENA @ 07968 420535

St Oswald's, Ravenstonedale

We are holding our APCM (Annual Parochial Church Meeting) on Sunday 3rd May following the morning service at 12.30pm which is a public meeting.

Please do come along to hear about the work of our church in our community.

Better still, come to our All-Age worship service beforehand and meet the church family.

Tebay Community Choir
Concert
Songs of Love and Peace
Saturday 16th May
4.30 pm
St Oswalds Church,
Ravenstonedale



**All Saints Coffee Morning
at the Farmers Market in February was
£433.80**

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

Come up to the church and join us!

Orton Litter Pick

We would like to say a huge thank you for all those who came & took part in the Orton



Parish litter pick last month.

It was a record turnout, the weather was kind to us and we achieved so much!

Thank you for your continued efforts in keeping our beautiful area clean & tidy.

The Diocese of Carlisle THE CHURCH OF ENGLAND IN CUMBRIA **To All Resident Landowners of Orton (and Tebay)**

Take notice that draft proposals are being considered regarding the ecclesiastical benefice of High Westmorland which will affect the patronage rights of the Resident Landowners of Orton.

Copies of the proposals can be viewed at any church in the parish of Orton with Tebay or are available on request from the Pastoral Officer, Diocese of Carlisle, Church House:

19-24 Friargate, Penrith, CA11 7XR, tel 01768 807764, or email pastoral@carlisediocese.org.uk

Any Resident Landowner of the ecclesiastical parish of Orton with Tebay wishing to make any representation regarding the draft proposals should submit them to the Pastoral Officer to arrive no later than Friday 12th June 2026.

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

News from Orton School

A happy place to learn, grow and thrive

Well done to our fabulous **hockey** Year 4 Team Orton. With, skill, fair play, determination, teamwork and kindness they have played their way to the final of the Quicksticks hockey competition. A fantastic achievement, well done!



Rowan Class thoroughly enjoyed their **swimming enrichment day** at Woggle Goggle.

Such good listening, effort, independence, courage, energy from everybody and a whole lot of mega fun had by all.

Year 3 and 4 set off to Keppleway for a three day **residential**....how are you feeling?

We are looking forward to hearing all about it.



Eggsellent Creativity!

Taking part in **U-Dance** has been fabulous. The event brings together primary and secondary schools and gives children a chance to express their creativity and perform in a supportive, non competitive environment.

Our awesome KS2 children came up with the ideas and built the dance together. It means everyone is included. The Buzz About Our World: "we have been thinking about nature and what it means to us, and the importance of pollinators. We considered how nature makes us feel, how we can look after our World and do our bit to care for our environment. We have been thinking how lucky we are to live in such a wonderful World"



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



PERMANENT CLEANER VACANCY

ORTON CE PRIMARY SCHOOL

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

Initially 3 hours per day 3 days per week (Mon, Tues, Wed) but to increase to 5 days on retirement of current post holder in July 2026. Hours of work can be flexible to suit candidate (before school, after school or weekend). Some school holiday working required (42 weeks a year - 38 plus 4 weeks in the holidays).

Pay: £13.45 per hour, Holiday Pay & pension.
Full training will be given.

If you are interested in this role, please get in touch with Headteacher – Emma Pomfret for an informal discussion.
Contact Telephone – 015396 24268 / head@orton.cumbria.sch.uk

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



Free Stay and Play Sessions

Our Stay and Play sessions run every Tuesday in term time
1.30pm—3.30pm

These relaxed sessions are open to **all** parents / carers and their children from birth to pre-school.

The more the merrier!

Refreshments provided.

Booking not required and there is no charge. Just turn up!

All very welcome.

(Note — You do not need to be considering Orton CE School to be able to come along)

If you would like to find out more please get in touch the
01539 624268 / admin@orton.cumbria.sch.uk

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

Shap Medical Practice & Orton Surgery—

We are looking for a Volunteer Trustee!!

Surgery Fund Committee

At Shap Medical Practice, we are fortunate to have the support of a Surgery Fund Committee, which manages generous donations from our patients and community. These funds allow us to purchase medical equipment not funded by the NHS, helping us improve the services and care we provide locally. We are currently looking for a Volunteer Trustee to join the Committee.

About the Role

As a Trustee, you will work with other committee members and the Practice staff to review and approve how donated funds are spent. Meetings are occasional, and the role is voluntary, with a small time commitment over the year.

What the Fund Supports (Recent purchases have included) :

- Asthma diagnostic equipment for improved respiratory assessments
- 24-hour ambulatory blood pressure monitor to diagnose hypertension and monitor medication
- Portable INR machine to support patients who take blood-thinning medication
- Spirometer to measure lung function
- Medical fridge to store vaccines safely, ensuring effective immunisations locally

These investments help us enhance diagnosis, monitoring, and treatment for our patients.

Who We Are Looking For

We welcome interest from patients who:

- Want to support local healthcare
- Can bring a thoughtful, community-focused perspective
- Can attend occasional committee meetings
- Want to ensure donations are used effectively for patient benefit

No specific medical knowledge is required.

Interested?

If you would like to support your local surgery and help guide how donations are used to improve patient care, we would love to hear from you. Please contact the Practice for more information about becoming a Volunteer Trustee for the Surgery Fund Committee.

www.shapmedicalpractice.co.uk

☎: 01931 716230

All Saints' Church, Orton

SATURDAY 4th JULY

MUCH ADO ABOUT MUSIC



A Concert to showcase a
wide variety of local talent

2.00 p.m.

Refreshments in the Interval

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

(School age children FREE)

In Aid of Church Funds

A FREE MUSICAL EVENING WITH THE LIDOS

Music of the 50s, 60s and beyond



AT
ORTON MARKET
HALL
FRIDAY 15TH MAY
7PM



PLUS
ANDY GLANVILLE
ADRIAN ALLEN
LILLY-GRACE
DUNNING
AND GUESTS

Cash bar

Doors open 6.15pm

FREE ADMISSION - LIMITED SEATING - FIRST COME FIRST SERVED

Reserve online before 12th May at thelidosband@gmail.com

Upcoming Events at ORTON MARKET HALL

ORTON MARKET HALL
COFFEE MORNING UPCOMING DATES

Friday April 17th
10:30am – 12:30pm

Friday May 15th
10:30am – 12:30pm

Garden Meeting
Bring along any plants, seedlings or
seeds you would like to swap or give to
people.

Friday June 19th
10:30am – 12:30pm
Our last one until September.
Coffee, Cake and Chat
Donations to Orton Market Hall

Orton Market Hall
 www.ortonmarkethall.co.uk

Upcoming Events at ORTON MARKET HALL

April	
10th	Bingo 7.30pm
11th	Farmers Market 9am-2pm
17th	Coffee Morning 10am-12.30pm
29th	Film Night: The Choral
May	
8th	Bingo 7.30pm
9th	Farmers Market 9am-2pm
15th	Coffee Morning 10am-12.30pm
15th	Music Evening with The Lidos (FREE)
30th	Pop up Restaurant: Emi & Liv's Cucina
June	
12th	Bingo 7.30pm
13th	Farmers Market 9am-2pm
19th	Coffee Morning 10am-12.30pm
July	
10th	Bingo 7.30pm
11th	Farmers Market 9am-2pm
17th	Coffee Morning 10am-12.30pm



Orton Market Hall
 www.ortonmarkethall.co.uk



**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

Last Post Collection

Monday	9 am to 1 pm	3:15 pm
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

**All Saints' Church
Orton
Exhibition**

Welcome to Noah's Ark

Saturday 23rd May - Sunday 31st May

Refreshments served in church daily 11.00am - 5.00pm

Sunday 24th and Sunday 31st May Church Services at 10.30am

Scarecrows
in Orton Village on the theme of

All Creatures Great and Small

All Saints Church CA10 3RQ

Grazing in Orton Church

The sheep grazing in Orton Church "new" churchyard is vacant. The piece of land is fenced in around the churchyard and is approximately $\frac{3}{4}$ of an acre.

The current annual rent is £100 per year but this is open to negotiation.

For further information, please contact either
Keith Capp – keithcapp@aol.com or
Mary Jenkin – maryjenkin@gmail.com

ORTON "BOCCIA" GROUP

- a sitting down version of boules

We meet in Orton Market Hall,
alternate **Thursdays**
for fun & friendship **1.30pm to 3.30pm**

Thursday, May 7th and 21st
Thursday, June 4th and 18th
£3.00 per session

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

BINGO

ORTON MARKET HALL

FRIDAY 8th MAY

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

ORTON SCHOOL
And
ORTON MARKET HALL

Forthcoming Date

12th June
10th July
14th August



**ORTON SCARECROW COMPETITION
ENTRY FORM**
THEME - ALL CREATURES GREAT AND SMALL

NAME _____

ADDRESSES _____

NAME OF SCARECROW _____
LOCATION IF NOT DISPLAYING AT HOME ADDRESS

All Scarecrows to be displayed from
SATURDAY 23rd MAY
to
SUNDAY 31st MAY.

All entries to be in by **SUNDAY 17th MAY.**

This will
give us time to prepare the maps.
Return your complete entry form to :

Orton Village Stores
Or
1 Swan Villa (front Street- outside postbox)
GOOD LUCK.

You can fill in this form online too,
at <https://cutt.ly/Scarecrows26>
or by scanning the QR code
with your mobile phone



**Orton exhibition &
Scarecrow festival**

Saturday 23rd May - Sunday 31st May

It's coming around to that time of year again when we start thinking what amazing things we can make for our scarecrow festival.

The theme for the church exhibition is Noah's Arc, so we want to keep a similar theme, we have chosen 'All Creatures Great and Small'

We would like to encourage you to take part and make this village event successful.

It will be a little different making animals rather than scarecrows but hope you embrace the new challenge. You can make your animal from any material but we are encouraging recycled materials, have a look online there are loads of ideas to help, Pinterest being particularly good.

Let's make this a really great event and encourage people to come to our lovely village.

Contact Helen Wearmouth 07377332162 for entry form




K SHOES MALE VOICE CHOIR
Musical Director, Michael Sanderson

May Day Concert

A varied programme of Male-Voice harmonies

All Saints' Church, Orton

Friday 1st May, 7.30pm
Tickets £10 (under 16's £5), refreshments available.

Available from kshoesmvc.org, on the door or via the QR code below.




'ART IN THE MART' (Kirkby Stephen)

After a very successful 1st year of artfulness in the pens!
Dates - 25th + 26th July 2026.
10am - 4pm. Both Days.
FREE ENTRY.

Everyone welcome

Please **SHARE** and spread the word.
Any artists interested please do email artfulregards@btinternet.com for info

ART IN THE MART

Same Weekend of the
WESTMORLAND DALES
FESTIVAL

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 & ORTON WI

We are very fortunate in our WI to be able to tap into a wealth of speakers in our locality. The speaker for our March meeting was no exception, as she is one of our own members.

Teresa Brown, a geologist by training, gave a wonderful presentation on her subject, focused on the geology in our area. We all recognise Shap granite, an igneous rock, and, when pointed out by Teresa, we recognised the dolerite, small cliffs of whin sill at High Cup Nick. Sedimentary rocks such as sandstone, have been used extensively to build Penrith Castle, homes in Appleby, Brough clock, and the churches of Temple Sowerby and Kirkby Stephen.

Another sedimentary rock, limestone, is very evident on Orton Scar, at Fell End and Stennerskeugh Clouds in Ravenstonedale. Brockram, a sedimentary rock composed of small pieces of other rocks and finer grains like sandstone, can be found at Stenkrith Park in Kirkby Stephen.

Teresa also showed slides of the bedding planes in the rock structure at the quarry in Raisbeck, and an example of folds in the rock structure at Shap summit.

Amongst the rocks, you can find fossils which may be body fossils such as sea urchins, shells and ammonites, or trace fossils such as dinosaur footprints.

Teresa's talk concluded with a photograph of her house, which illustrated how we use geology. The walls are sandstone, the mortar is an aggregate, the inside walls are plastered with lime and the roof is tiled with a metamorphic rock - Honister slate. We were all made aware that geology is not just under our feet, but all around us too.

A few days later, some of our WI attended the Federation Annual Council meeting. The Federation put forward a resolution for WI members to promote the use of British wool in a range of settings. Our sheep farmers know that wool has become undervalued, and its qualities of sustainability, versatility and longevity are no longer fully recognised.

Wendy Dickinson, of High Wood End farm and also a WI member, spoke on the difficulties



faced by farmers in Cumbria, particularly our hill shepherds. Environmental bodies are pushing sheep off our fells to make room for trees and 'rewilding' schemes, leaving less room for sheep, fewer shepherds, and fewer jobs in farming, and of course, less wool and less food on our tables. Her talk stimulated a good debate, and the resolution was adopted.

The Federation will be championing wool at events in the county such as 'Country Fest', where you will be able to follow the wool process from sheep shearing, through spinning to knitting squares for a blanket.

From May to September, some of our meetings will be held in the evenings on the third Wednesday of the month, and the remainder will be away from our usual meeting place at the Methodist Church in Tebay.

Felicity Lawler



What's On

SATURDAY	SUNDAY
11.00am - Egremont Town Band 11.40am - Cumbria Youth Brass Band 12.10pm - Lancashire Schools Band 12.40pm - Lancashire Youth Brass Band 2.00pm - Keswick Training Band 2.40pm - Appleby Town Band (short break) GALA PERFORMANCE- 4pm A spectacular end to the day featuring a showcase of quality music from Nova Brass Quartet and Queen Victoria's Consort. My Community Penrith Sensory Tent- 11.00am-16.00 WORKSHOPS 1.20pm - Brass Fundamentals Masterclasses with RNCM 8.10pm - Victorian Instrument workshops with Andy Kershaw and AQC	11.00am - Kirkby Stephen Silver Band 12.20pm - Penrith Intermediate Band 1.00pm - Carlisle St. Stephens Band 1.40pm - Burnside Training Band 2.20pm - Kirkby Lonsdale Band Get up and sing, play and dance at our Fiesta Finale featuring Street Beats- 3.45pm WORKSHOPS 11.40 - Brass Fundamentals Masterclasses with Phil Goodwin, Head of RNCM Engage 3.00pm - Drumming, singing and brass workshops All day - Family arts and craft workshops with Kala Arts

Cumbria's BIG BRASS Weekend

DRUM BRASS
www.drumbrass.co.uk

Brougham Hall,
 Penrith
 16th/17th May 2026

BAND IN THE BAR

TEBAY CLUB

BLACK SHEEP

SUNDAY 3RD MAY
6:00PM

GRAHAM POTTER

SUNDAY 24TH MAY
7:30PM

FREE ENTRY

#bandinthebar
#bandinthebar
#tebayclub

A unique volunteering opportunity in your local community

**Are you passionate about supporting others?
Can you give a day a week to help and learn at the same time?**

Growing Well, a mental health charity based at Tebay Services; is searching for **Support Volunteers** to help us deliver our work.

What the role entails:

- Assisting our Activity Leads to deliver supported group activity within our kitchen garden
- Helping individuals or the group as a whole to carry out tasks and activities
- Being a non-judgemental, active listener and modelling healthy, supportive human relationships

What you'll get in return:

- Being part of a diverse and inclusive social network
- Loads of horticultural experience and skills
- Mental Health and safeguarding training
- Refreshments, lunch and all equipment provided
- A total buzz from being part of something that transforms lives!

For more information please contact:
 Kate Lund, Office Coordinator
kate@growingwell.co.uk / 07512 316 564
www.growingwell.co.uk

Cultivating good mental health since 2004



People who help us

Linked with their topic this term the Little Acorn and Acorn class welcomed

Nicola a paramedic and

nurse, ex pupil Megan, a vet and Sally a PCSO into school.

Nicola explained how she helps people who are unwell or injured and showed the children some of the important equipment she uses at work. The children were very excited to explore the medical equipment and learn what each item is used for. The children asked thoughtful questions.

Megan shared photo's from her work and talked about her important role caring for animals, the children enjoyed getting hands on and trying out some of the equipment. Sally talked to the children about her role in the community, she asked them lots of questions, including when number to dial in an emergency.

Thank you to Nicola, Megan and Sally for taking the time to come into school to talk to the children.

Stars on Screen

The Mighty Oaks recently enjoyed a special visit from author Helen Haraldsen, organised in partnership with the Fell Pony Heritage Trust. The visit included a two-hour workshop combining an author experience with curriculum-linked learning across literacy, science, local history, geography, and careers education.

Highlights from the session were captured by ITV for a local news programme. A huge thank you to Helen and the Fell Pony Heritage Trust for organising such a memorable experience.

Writing Day at North Lakes School.

A group of our children from the Oaks class had a fantastic opportunity attending a Writing Day at North Lakes School. They were inspired by author Thomas Rogers, who shared his passion for storytelling and creativity. The children enjoyed developing their writing skills and exploring new ideas in a fun and engaging environment.

A wonderful experience that encouraged



imagination and confidence in writing—well done to all involved!

Thank you for having us North Lakes School.

Year 6 Celebration

As a reward for all the hard work Year 6 pupils have been putting into their preparation for the end of Key Stage 2 SATs in May,



Mrs Collinson treated them to a visit to The Cross Keys for tea. They enjoyed pizza and chips, followed by ice cream, and rounded off the treat with games of pool and darts. We are incredibly proud of all they have achieved so far and look forward to seeing them demonstrate their full potential in May. A huge thank you to our fantastic Friends of Tebay School for generously buying all of our Year 6 children their leavers' hoodies! They look absolutely fab, the children are thrilled with them. It's a lovely way to celebrate their time at school and mark their final year with us



Comic Relief

Thank you to everyone who supported Comic Relief. Children and staff came to school in their pyjamas to take part in this very worthy cause. To add a touch of fun, we asked everyone to pair their PJ's with a crazy hairstyle—there were plenty of creative styles from both pupils and staff!

We are proud to share that, as a school we raised £57 for the charity. Thank you to all our families for embracing the spirit of the event and supporting us. Do take a look at our social media platforms for photos from the day.

Easter Eggstravaganza

We were delighted to welcome parents and members of the Tebay community into school on Thursday 26th March for our Easter event, organised by our wonderful FOTS. The afternoon provided a lovely opportunity for families to enjoy a brew and a chat, enter the raffle for an Easter hamper and other prizes, and try their luck at the tombola.

A real highlight of the event was the fashion show, where all of our children took part in the Easter bonnet parade around the school playground. Thankfully, the weather stayed

dry—if a little windy—so we had to hold onto our bonnets! The bonnets were judged, with a winner chosen from each phase: Little Acorns, Acorns, Oaks, and the Mighty Oaks.



Our fantastic display of egg scenes was also judged, with winners selected from a wide range of imaginative entries. The children proudly accepted their Easter egg prizes in front of our visitors and the rest of the school. We are so grateful to all of our families for supporting this event—whether by attending, buying raffle tickets, or helping your child create a wonderful egg scene. The event raised an amazing £174.00

'A SMALL SCHOOL WITH A BIG HEART'

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

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: facebook.com/TebayPrimarySchool

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

Tracy Morland — School Administrator

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239

Junction 38 update

National Highways continues to face intense pressure over planned 4-year, partially-closed, overnight/weekend maintenance works for the M6 Junction 38 (Tebay) to replace Lune Gorge bridges, starting in 2027.

Local businesses and MP Tim Farron have petitioned against this, citing "devastating" economic impacts on Tebay Services and surrounding areas, demanding temporary slip roads.

National Highways updates

Archaeological and ground investigation

We've finished archaeological investigations near Highgill Bridge at Beckfoot. We didn't identify any significant finds.

From Monday 20 April, we'll start archaeological surveys in the field off the A685, next to Borrowbeck Viaduct.

After the surveys, we'll excavate trial trenches. This involves carefully removing soil and recording the site in detail so any information is properly preserved.

Later in April, we'll start ground investigation at this location. The results will help us plan how we build our site compound.

Borrowbeck site compound

Once we complete archaeological and ground investigations at Borrowbeck, we'll prepare the area for our temporary site compound.

This will include fencing, removing topsoil and levelling ground for our site offices.

Rock netting

We're installing rock face netting on Jeffrey's Mount, near Borrowbeck Viaduct. This will stabilise the area and stop loose rocks and debris falling onto the road.

Footpath closures

We're closing public access under Tebay bridge so we can safely seal asbestos on the underside of the bridge.

We'll put up signs on affected footpaths when they close. If we finish early, we'll reopen footpaths sooner.

For the most up-to-date information:

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



74th GREENHOLME GALA AND AGRICULTURAL SHOW

To be held in Greenholme on Saturday 13th June 2026

Cups and Prizes will be presented for Sheep, Produce and Confectionery, Handicrafts,
Photography and Children's classes.

ALL CLASSES OPEN

CLOSING DATE FOR ENTRIES

Monday 11th May

**PRESIDENT
Greg Relph**

----oOo----

Exhibits must be in place not later than **9.45am**.
Judging of all classes to commence at 10am including sheep classes

Use of field kindly donated by Mr G Mawson
SHOW GROUND OPEN for SHEEP JUDGING 10am
MARQUEE OPENS AFTER JUDGING approx. 12.30pm
CHILDRENS SPORT approx. 1.15pm
PRIZE GIVING 3.30pm approx.

REFRESHMENTS AVAILABLE

Also
'Evening-Do'
In the marquee 7.30pm
With Live Music

Secretaries:

Mrs. J.L. Taylor, Schoolmasters House, Greenholme, Tebay, Penrith.

Telephone: 07704 109033

Mrs. A. Gray, Chapel House, Greenholme, Tebay, Penrith.

greenholmeshowsecretary@gmail.com

1

For entry forms, rules and show details
please see <https://www.facebook.com/re/1HT9hRCDLY/>
or scan the QR code on the right with your phone



Tebay Community Choir Concert

7.30 pm Monday 18th May

Songs of Love and Peace

St James' Church, Tebay

Performances by children's groups



2026 Membership NOW DUE

As a members only Sports and Social Club, all patrons must be a member, or must be signed in by a current member. This helps us to keep our drinks prices low and goes towards supporting the fantastic community events we hold, often at very low cost or free, including hosting important life events such as weddings, birthday parties and funerals.

As most will be aware, we had a significant fundraising drive to sort our leaky roof last year, and are now in desperate need of a new kitchen and an upgrade of our toilet facilities.

In order to achieve this, as well as grant funding and fundraising, we have made the decision to increase membership prices to £20 this year having frozen them for the last two years.

This will allow us to continue to run the Club as a not for profit community venue and we hope that you will continue to get behind us and our events in 2026!



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)

Free Bingo & Cash Bingo on
alternating Sundays

Free WiFi

**TEBAY
SPORTS &
SOCIAL
CLUB**



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.violin.1@gmail.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.



WhatsApp messages and emails received by Rev Chris Jenkin

News from Kasese

From Archdeacon Nelson Walina: 18.3.26.

Pray for the Ministry to elderly. Today Melina and I visited the sick elderly persons of the Parish away from the Parish church - praying with them, given Holy Communion in their homes. The elderly woman you see is 96 years. They need porridge, flour, and milk. Kindly pray for this ministry, share with other friends as well.



24.3.26: See our lovely mothers at Mary's Day Celebrations (i.e. Mothering Sunday), St. Peter's Hima Parish. (Left, clip from video with singing and dancing!)

30.3.26: This lady, Florence (right), was born in 1989, and when she was 4 years old, she had two serious diseases (Measles and Polio). She couldn't stand by herself as you see in the video (see clip, right). When she was 23 years old, a man forced her in love sexually and impregnated her. She produced two children - a boy now 12 years old, now in school, Primary 5, for which fees are 60,000 shillings a Term. She also has a girl of 7 years, in Primary 1, 50,000/= a Term.



Yesterday she came to me at St. Peter's Parish,

needing the assistance for the following:

1. Her crawling artificial limbs have given out; the new ones cost 250,000/=.
2. Her two children's fees for year 2026, 330,000/=.
3. Other support for food, clothes, scholastic materials: 480,000/=.

Total needed is 1,060,000/= (UGX, Uganda shillings = £235.)

We sent by Western Union some money to help Florence with these needs; if anyone would like to make a contribution for this and similar needs, please email ccjenkin81@gmail.com.)



Left: Nelson praying for Florence.



From Rev. Christopher Syaushwa, Vicar, All Saints, Kasese: 31.3.26.

Dear brother Rev Christopher and Mary, I, Rev Christopher and Mary, wish you and your family happy Easter and all Christians of All Saints Orton U.K. How are you over there? We always remember you in our church and praying for you in All Saints Kasese, dear Rev! We thank you so much for the support you give to our church. We have received money today UGX 459,003/=. Thanks so much! We wish a happy Easter celebrations. Yours, Rev Christopher and Mary



Easter donations were also sent to other Kasese clergy:



Rev. Nelson Isebagheen (left, broadcasting on Radio Messiah), Diocesan Youth and Children Ministry Coordinator;

Rev. Robert Zziwa (right, with Anna), Lay Reader All Saints, Kasese, when we first went there in 2008, but now sub-dean of St. Paul's Cathedral, Kasese.



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 8:00am 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 11.00am.

Please ensure they are clearly labelled with name, DOB and time sample was taken.

Covid & Flu vaccinations

Spring Covid boosters will start on 16th April. Eligible patients will receive an invitation.

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.

Change of personal details

Please inform the Practice if your address, telephone or email address has changed.

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

☎: 017683 71369

Shap Medical Practice & Orton Surgery

Appointments

GP appointments are usually 10 minutes long, which allows us to help as many patients as possible each day.

If you have more than one concern, please let our reception team know when booking. We're happy to arrange a longer (double) appointment where needed.

This helps us give you the time and attention you deserve and keeps waiting times fair for everyone.

.

Dispensary

Did you know you can manage your healthcare from your phone?

The NHS App lets you:

- Order repeat prescriptions
- View test results
- Check your medical record
- Book and cancel appointments (where available)

It's a quick and secure way to access our services - without needing to call the surgery.

If you haven't used it before, ask our reception team for help getting set up.

Need an appointment outside normal hours?

We offer enhanced access appointments at times designed to fit around work, school, and other commitments.

This includes:

- Early morning blood sample taking appointments
- Evening nurse appointments

These are available throughout the week and can be booked in the usual way via reception or online.

Please ask when booking if an early or late appointment would suit you better

www.shapmedicalpractice.co.uk

☎: 01931 716230

We are extremely grateful to everyone in our community who has donated to the Surgery Fund over the years, and to the members of the Committee who generously give their time to support the Practice. Their contribution makes a real difference to the care we are able to provide for our patients.

Services in our Anglican Churches

Sunday 3 May Easter 5 <i>White</i> <i>Welcomer:</i> Pam and Garth Blundell Acts 7.55-end 1 Peter 2.2-10 John 14.1-14 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Mary Jenkin Margaret Longworth Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Caroline Morris Ian Torkington
Sunday 10 May Easter 6 <i>White</i> <i>Welcomer:</i> Acts 17.22-31 1 Peter 3.13-end John 14.15-21 <i>Prayers:</i>	Orton, 8.30am Holy Communion <i>Brendan Giblin</i> Keith Capp	Tebay, 10.30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10.00am Holy Communion <i>Fran Parkinson</i> David Farr Hilary Law
Sunday 17 May Easter 7 <i>White</i> <i>Welcomer:</i> Acts 1.6-14 1 Peter 4.12-14; 5.6-11 John 17.1-11 <i>Prayers:</i>	United Service (farewell to Brendan & Susannah), Kirkby Stephen; 10.30am <i>Charles Cowling</i>		
Sunday 24 May Pentecost <i>Red</i> <i>Welcomer:</i> Acts 2.1-21 1 Corinthians 12.3b-13 John 20.19-23 <i>Prayers:</i>	Three Churches Exhibition Service at All Saints, Orton; 10:30am <i>Chris Jenkin</i> Zoom meeting number: 894 1727 3600		
Sunday 31 May Trinity Sunday <i>White</i> <i>Welcomer:</i> Isaiah 40.12-17, 27-end 2 Corinthians 13.11-end Matthew 28.16-20 <i>Prayers:</i>	Orton, 10.30am Café Church style service <i>Team</i>	Tebay, 10.30am Service of the Word <i>Team</i>	Ravenstonedale, 10.00am Morning Worship <i>John Thompson</i> Diana Fothergill John Newton

Church Contacts

Anglican Church

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

Curate Charles Cowling

Associate Priest
Fran Parkinson 07500 876761
franticparki@gmail.com

Mission Community Admin
Sue Wigley 07741 327318
applebymc@carlisle-diocese.org.uk

Retired clergy
Sandra Ward 24213
Christopher Jenkin 24410

Orton with Tebay

Churchwardens + Deputies

Linda Garrick 24262
Keith Capp 26187
Martin Lawson 26028
Mary Jenkin 24410

Secretary

Brenda Iveson 24617
brendaiveson@btinternet.com

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@gmail.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

Services in our Methodist Churches and other churches

2026	MAY				
	3rd	10th	17th	24th	31st
Special Sunday	Easter 5	Easter 6	Easter 7	Pentecost	Trinity
Brough 10.30am	I Newton	At Soulby	at B. Sowerby	Carter	At Kirkby Stephen
6.30pm	---	At Tebay	---	---	---
Brough Sowerby 10.30am	at Brough	At Soulby	CA P & H Stobart	P Hilland	At Kirkby Stephen
6.30pm	---	At Tebay	---	---	---
C Garrett 6.30pm	D Marston HC	at Tebay	CA The Longton Family	Newlove	S Radford
Kirkby Stephen 10.30am	LA	J Worsfold	Shared Worship	Askew	S Radford
6.30pm	---	At Tebay	---	---	---
Newbiggin on Lune 10.30am	J Fox CA	L Whitfield BB	LA	W Ousby	AAW
6.30pm	---	At Tebay	---	---	---
Orton 10.30am	S Radford HC	at Tebay	A Dunstan	@PC / U	W Ousby
6.30pm	---	At Tebay	---	---	---
Ravenstonedale 2.00pm	D Marston	TBC CA	LA	Betts	S Radford
6.30pm	---	At Tebay	---	---	---
Shap 10.30am	T Longworth	---	---	---	---
6.30pm	---	At Tebay	---	---	---
Soulby 10.30am	---	Betts CA	---	OA	---
6.30pm	---	At Tebay	---	---	---
Tebay 10.30am	P Dunstan U	T Longworth	M Lawson U	Betts	at Orton
6.30pm	---	Milner Cxn	---	---	---
Winton 10.30am	Mt McVoy	AAW	M Harrison HC	Newlove	D Marston
7.00pm	—	At Tebay	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 07437 468896 or email nbccumbria@gmail.com

A Grounding Place

In the stillness of the pews, hearts find solace, A refuge from life's tumultuous flow. Church stands as an anchor, a blessed grace, Where souls seek respite and God's presence know.

For within these walls, whispers of peace thrive, Melodies of faith whispering through souls. A sanctuary where weary spirits revive, Church binds us close to our purposeful goals.

From Sunday's embrace to each week anew, Church, a grounding place guiding us through.

Catherine Pulsifer

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: Sue Wigley 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



We are excited to announce the launch of our team serving the **pastoral needs** of our communities in Orton, Tebay, Ravenstonedale and surrounding areas.

Members of the team are available to provide visits at home, visits in hospital where appropriate, and a listening service for those who need someone to talk to. If you know anyone who would appreciate a visit, please email

otr.pastoralteam@gmail.com

For anyone who would like to receive **home communion** please contact Rev. Sandra Ward on 015396 24213.



Traditional Sunday Roast

Served every Sunday 12.00-14.00

(March — October)

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

(Vegetarian Option Available)

£15.95pp

Add Starter £5.00

Add Dessert £5.00

Children's Menu Available



Shap/Cumbria/CA10 3QU

Booking advisable

Call 01931 716628 to make your reservation

PARKIN & JACKSON Monumental Sculptors

Visit our Showroom at
14 Appleby Road, Kendal, LA9 6ES
01539 722838
info@parkinandjackson.co.uk

New memorials Repaints & Renovations
2nd Inscriptions Home visits available

Contact KEVIN BATEMAN

APPLEBY WINDOWS & DOORS

GGFI FENSA

07739 005451
017683 62343
applebywindowsltd@gmail.com
Find us on Facebook

SPECIALISTS IN UPVC & ALUMINIUM PRODUCTS

TARN FARM

Part of Paragon Veterinary Group

- Competitive drug prices
- Local top-quality vet services
- Simple and fair pricing structure
- Now open to new clients

www.tarnfarmvets.co.uk
01931 716 024 / 07734 458 412

Grange Farm Office Unit 3,
39 Grange Farm Business Park,
Shap, Cumbria, CA20 3PE

GUMBRIA GRASS CUTTING

Grass cutting and general garden maintenance
Power washing patios and drives
Contact Will on 07949760406

Allens of Eden

No bus? Need a minibus to or from town, train station, airport or other days out?

Max 8 Passengers

Private Hire Taxi (Tebay)
Gordon Allen: 015396 24390
www.allensofeden.co.uk

Andy Wilson Painting Services

Reasonable rates No job too small

07813 846768

RUXTONS FISHWICKS FUNERAL SERVICE
Established 1935
Head Office: Beetham Hall Beetham
01539 722299
Independent Family Business
24hr service
www.fishwicksfunerals.co.uk

EDEN VALLEY CREMATORIUM
Established 2021
01768 555067
www.eden-valley.co.uk

AGA RAYBURN

R.T. THWAITES LTD.
Experienced Heating Engineer
Service/Repairs & fitting of stoves, oil boilers, range cooker
Tel: 07967 286790

HETAS

Yoga with Alison

Gentle yoga in Orton
Tuesdays
9am – 10.15am
10.30am - 11.30am Chair yoga
7pm – 8.15pm
Beginners welcome!
Mob: 07950 435136

Advertise your local business in The Link magazine

£6 per month for a square this size

Email for more details:
TheLinkMagazine@outlook.com

A. R. MASON
Fire Security & Electrical Contractors
NICEIC approved

Fire Alarms, Portable Appliance Testing, Emergency Lighting
Security Alarm, Re-wires (Domestic, Commercial, Agricultural)
Electrical inspection and testing

Home 01931 715319 Mobile 07879 891119

BATHROOM & KITCHEN FITTING & RECONDITIONING

WESTMORLAND HANDYMAN

Our skilled team of joiners, electricians, and decorators are dedicated to providing top-quality craftsmanship. We'll work closely with you to understand your vision and create a space that perfectly reflects your style and functionality.

www.westmorlandhandyman.com

Call Now
07979 648974
Email
thewestmorlandhandyman@gmail.com

The George Hotel - Orton

Drink - Food - Rooms

Winter Opening hours:

Mon - Friday 5pm - 10pm
Sat - Sun 12 noon - 11pm

Food Times
Mon-Friday 5:30-8pm
Sat 12-8, - Sun 12-8

Mondays - Free Drink with any Pizza

Tuesdays - Main Meals For £10

(T&Cs apply)

Sunday Roasts served from 12 every Sunday

Roasts served whilst stocks last book early to avoid missing out - (from 20th October)

Live Music - Every month!

See our website and facebook for further info events

www.georgeorton.co.uk 01539 303015



SMART SIGNAL

Aerial & Satellite Installation & Repair



Wi-Fi & Home Network

CCTV Installation



Ben Fawcett

015242 62017 - 07950028622

smartsignal@outlook.com



FELL VIEW

HAIR & BEAUTY

We offer a range of colouring and styling techniques, waxing, massage, facials, nails, holi ear candles and men's barbering, as well as our leading guest therapists.

YOUR HAPPY PLACE

Open till 9pm on
Wednesdays and Thursdays
Cecily House, Shap, CA10 3NG

01931 716910

www.fellviewhairandbeauty.co.uk



R. A. Lofthouse Roofing Services

*Traditional and Modern
Slating and Tiling*

Reliable and competent service in and around the Eden Valley

For FREE Quote contact

07557 738016 - 017683 42689

r.a.lofthouse@outlook.com



ROOFING AND SPECIALIST LEADWORK

FOR A FREE NO OBLIGATION QUOTATION

CALL 015396 24481

Email: klvenning@klvenningslaters.co.uk

Chapman's Chimney Vac Service

THE VILLAGE SWEEP

GRAHAM MOORE

Tel: 015396 20353

Now covers
Sedbergh, Ravenstonedale,
Tebay, Orton
and Newbiggin-on-Lune

Cumbria Stove Centre

Supply and installation of wood, coal and gas stoves
Flue and chimney lining services
Inglenook specialists
Fully qualified and experienced HETAS engineers

01539 821061 (day)
015396 25227 (evening)

Showroom: **34a Main Street,
Staveley, Nr Kendal**

SPAR Convenience Store

Kirkby Stephen - tel. 01768 371353

OPEN every day (except Christmas Day)

Monday-Saturday 8am - 10.30pm

Sundays 9am - 10.30pm

Great selection of groceries,
frozen foods, beers, wines & spirits
National Lottery / scratch cards
Daily Newspapers / Magazines
Photocopying B&W and colour

"SPAR" there when you need us most!

W DAWSON & SON LTD.

SEDBERGH: 015396 20210

Bulk Feed Collections

Bagged Feed

www.dawsonsofsedbergh.co.uk

Coal & Smokeless Fuels

Kiln Dried & Hardwood Logs

office@dawsonsofsedbergh.co.uk

WESTMORLAND FAMILY

**We're always looking
for colleagues to join
our growing team.**

Flexible roles available,
starting from £10.60 per hour.

- Free meal on shift
- 75% off in our Kitchens
- Free bus to work
- 25% off in our Farmshops

careers.westmorlandfamily.com



TEBAY SERVICES | J38 TRUCKSTOP | WESTMORLAND HOTEL

Paul's Property Maintenance

Mob: 07501 109348

External and Internal
Property Repairs

No job too small
40 years experience
Based in Tebay

paulhoulichan1@gmail.com

CLODHOPPER BLOOMS
FLOWER GROWER FLORIST, KIRKBY STEPHEN

*Specialist in British grown flowers &
sustainable garden style floristry*

🌿 Funeral tributes 🌿 wedding flowers
🌿 workshops 🌿 hen parties 🌿 bouquets

Tel: 017683 30364

Email: frances@clodhopperblooms.co.uk
www.clodhopperblooms.co.uk

Kurt Feller Joinery

All aspects of joinery and
maintenance undertaken

Call or text for a free quote

Kitchens
Wooden floors
Windows

07414905112

k-feller@hotmail.com

WALKERS

Family Funeral Directors

Chapel Street, Appleby CA16 6QR

017683 30321

www.walkersfunerals.co.uk

Private Chapel of Rest — Funeral Plans

— Memorials —

*Caring, Personal and Professional
24 hour Service*

Alan & Susan Smyth

Damon Steadman Dip, FD, MBIE

We are proud to offer
Golden Charter
Pre-Paid
Funeral Plans



J.J. MARTIN
FUNERAL DIRECTORS



JJ Martin are your local, independent
funeral directors based in Sedbergh
and covering the surrounding areas.

We provide free advice, pre-paid
funeral plans and a 24 hour service.

EDWARD WALLER:

07779025745 or 015396 20130

BRIAN GOAD: 015396 25334

www.jjmartinfunerals.co.uk

info@jjmartinfunerals.co.uk



**Small electrical jobs
Emergency plumbing
Gutter clearing**

One-Stop Shop for All Maintenance

**PATIO WASHING
GARAGE CLEARANCE
HEDGE TRIMMING**

CALL US TO DISCUSS

Contact Andrew

07979 648974

thewestmorlandhandyman@gmail.com
www.westmorlandhandyman.com

THE FAT LAMB



Delicious home-cooked meals, all made with local produce

THE FAT LAMB COUNTRY INN
CROSSBANK, RAVENSTONEDALE,
CUMBRIA, CA17 4LL

T: 015396 23242

E: ENQUIRIES@FATLAMB.CO.UK

WWW.FATLAMB.CO.UK

— LUNCH —

MONDAY - FRIDAYS
12 NOON - 2PM

SATURDAY - SUNDAY
12 NOON - 6PM

— DINNER —

DAILY 6PM-9PM

MULTI TRADE

**ROOFING
CONTRACTOR**

**GENERAL PROPERTY
MAINTENANCE**

**SMALL OR LARGE JOBS
OVER 40 YEARS EXPERIENCE
IN THE BUILDING TRADE**

CONTACT

DAVE TRELFA

07758880335

07538 080510

Multi.trade.no1@gmail.com

NICOL
THE TREE SPECIALIST

*Tree felling, pruning & dismantling,
stump grinding & hedge trimming.
Over 20 years' experience,
Local company, fully insured*

Call Andy Nicol, 07824 879 286 or
01768 631 771 or email
andy@nicol.work

**Advertise here for
£6 per month**

Great value — each
magazine goes to about
1,000 houses and 350
people by email

M. KIPLING

CSCS
trained

MINI DIGGER HIRE

T: 07813 526474

- Footings
- Landscaping
- Drainage
- Ditching &
- Track repairs



**WPS
SUPPLIES LTD**

**Fuel and more
for your home**

Bulk bags - Barrow bags - Nets
Logs: Kiln dried, hard wood & soft wood
Nets: Hard wood & soft wood
Woodsure ready to burn accredited
Ovoids: 50kg & 25k bags
Kindling, Firelighters, Flamers
Free local delivery

We are your local stockist

We also have building supplies:
Sand, Cement, Aggregates, Blocks, Lintels,
Tools and more

Please ring: 017683 72333
wpssupplies@btconnect.com

www.wpssupplies.co.uk

Unit 2 Station Yard
Kirkby Stephen CA17 4LA



RAVEN
Graphics

**SIGNMAKING BY
STEPHEN & ALISON MORRISS**

BOWBER HEAD
RAVENSTONEDALE
015396 23463

www.raven-graphics.co.uk

GLYN JONES

**Funeral director
24 hour personal service**

Chosen Heritage Nominated
Funeral Director
12 Battlebarrow,
Appleby-in-Westmorland

Telephone:- 01768 351569

ST & B

STABLES THOMPSON & BRISCOE

www.stb-accountants.co.uk

Formerly trading as J Noel Paul & Co.

**Chartered Accountants
& Registered Auditors**

Unit 27, Cumberland House,
Kirkby Stephen Business Park

Tel: 017683 71272

Email: kirkby@stb-accountants.co.uk



The Black Swan

Serving breakfast, lunch and dinner seven days a week

Offer for Readers

10% off Food, for a table up to 6.

Only one voucher can be used per table and it cannot be used in conjunction with any other offers or deals. Bring this advert in to redeem the offer. Drinks are excluded.

Bookings in advance are appreciated.

Monday to Saturday

Lunch: 12.00pm until 2.30pm

Dinner: 6.00pm until 8.30pm

Sunday

Lunch: 12.00pm until 7.45pm

Please call to book on **015396 23204**

Email: enquiries@blackswanhotel.com

www.blackswanhotel.com

Coffee and
Cake from
10am!



**Mike Addison FBDO CL
OPTICIAN**

'Providing eye care for all the family'

Appleby

THE SHIRE HALL

THE SANDS

APPLEBY

CAT6 6XN

T: 017683 53199

info@mikeaddisonoptician.com

Kirkby Stephen

32-34 MARKET
STREET

KIRKBY STEPHEN

CA17 4QW

T: 017683 71555

info@mikeaddisonoptician.com

Shap

SHAP MEDICAL PRACTICE

PEGGY HUT CROFT

SHAP

CA10 3LW

T: 017683 53199

info@mikeaddisonoptician.com

**Domestic Appliances, Digital TV, Aerial and Dish Installation
Sales, Repairs and Service. Home Networking and Wi-Fi**

Kew House (Just off the A65)

INGLETON - LA6 3NU



Tooby's

ELECTRICAL STORE

Serving the Link area - Tel 015242 41224 / 42095

www.toobys.com

REFLEX
orthopaedic massage

**Sports injuries
Repetitive strain
Degenerative conditions
Persistent pain**

07975 999 373

Face to face appointments are available with robust Covid-Secure precautions in place.

Contact me for appointments **07975 999373**

or find me on Facebook

@ReflexOrthoMassage.

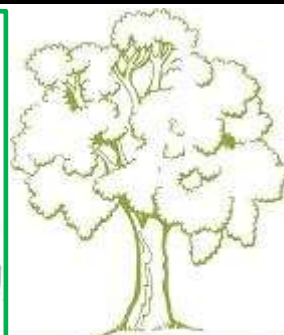
Owen's Garden Services
Friendly and Reliable

- Lawn mowing
- Hedge Trimming
- Weeding
- Garden Tidy ups
- and General Maintenance



Mobile: 07490926793

Email: Dobson77@hotmail.co.uk



**WESTMORLAND
HANDYMAN
SERVICES**

Tree surgeons - fully qualified & insured

- ✓ TREE SURGERY
- ✓ TREE REMOVAL PRUNING
- ✓ STORM DAMAGE
- ✓ POLLARDING
- ✓ TREE SAFETY REPORTS
- ✓ HEDGE TRIMMING

J N & E Capstick

INSURANCE CONSULTANTS LTD

*A local company small enough to care,
but big enough to compete*

Farm, Home and Motor Insurance

**CIR COMMERCIAL
INSURANCE
AWARDS 2017**
**BROKER CLAIMS TEAM
OF THE YEAR**

Market Square, Kirkby Stephen CA17 4QT. Tel. 017683 72285

36 Main Street, Sedbergh, LA10 5BP. Tel. 015396 20124

sales@capstickinsurance.co.uk — www.capstickinsurance.co.uk

J N & E Capstick Insurance Consultants Ltd are authorised
and regulated by the Financial Conduct Authority

Contact Andrew

07979 648974

thewestmorlandhandyman@gmail.com

www.westmorlandhandyman.com



More 'Newbiggin's got talent' - see article on page 4

DEANE CONSTRUCTION LIMITED

MAINTENANCE

All aspects of maintenance work undertaken including
plumbing, minor electrical, drains, joinery etc

Email constructiondeane@gmail.com

Mobile : Rob 07970 738 944

Company Registration 04943217

VAT Registration Not applicable

DAVID SMITH & SON LTD

Builders, damp proofing,
condensation problems,
timber treatment,
woodworm dry rot and tanking

Contact Hans Smith

015396 24859 or 07773 444765

GT's Trees and Gardens

Trees Pruned, Hedges Trimmed
Lawns Mown, High Hedges,
Brash Chipping, Spraying

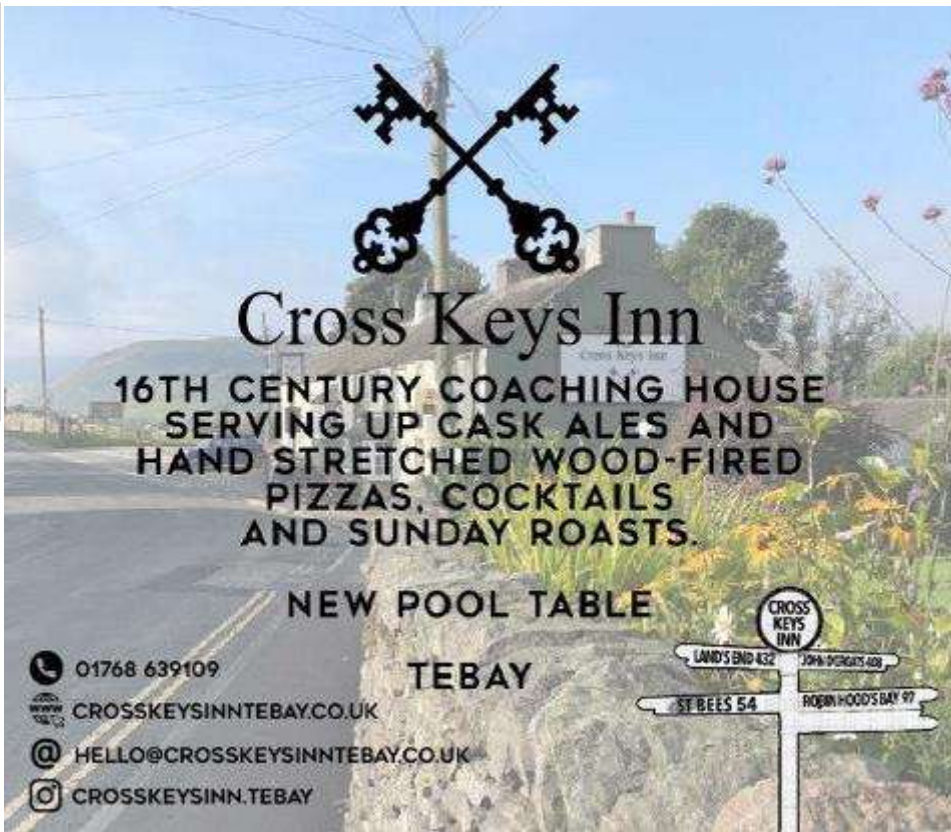
Contact: **Giles Thornley**
(Cert.Arb (RFS))
NPTC Certificates

07785 361471 or 015396 23326

K.Feller
Plumbing+Heating

07852 302816

k.fellerplumbing@gmail.com



Cross Keys Inn
16TH CENTURY COACHING HOUSE
SERVING UP CASK ALES AND
HAND STRETCHED WOOD-FIRED
PIZZAS, COCKTAILS
AND SUNDAY ROASTS.

NEW POOL TABLE

TEBAY

01768 639109
CROSSKEYSINNTEBAY.CO.UK
HELLO@CROSSKEYSINNTEBAY.CO.UK
CROSSKEYSINN.TEBAY

LANDS END 432
ST BEES 54
JOHN DORRIS 409
ROBIN HOOD'S BAY 97

WELDING & FABRICATION

Plant and Machinery
Steel Fabrication
Agricultural
Ornamental

Brian Metcalfe
07534 424795
brianmetcalfe938@gmail.com

Chris Boustead - joiner

**All joinery work undertaken
and building contractor.**

Mobile: **07875 505 976**
Email: **chris.boustead@btinternet.com**

Alison Dobson Wellness
NUTRITIONAL THERAPY

Tired of feeling tired?
Struggling with digestion?
Battling a chronic health condition?
Suffering with menopausal symptoms?
Or just wanting to feel generally healthier?

Nutritional therapy takes a holistic approach to improving health and vitality by assessing your health history, diet, lifestyle, emotional and environmental factors before providing you with an individualised nutrition plan and lifestyle recommendations.

Head to the website for further details:
www.alisondobsonwellness.co.uk
or Book your free 15-minute discovery call:
07950 435136
Dip CNM, mANP, mGNC

**WESTMORLAND
HANDYMAN
SERVICES**

Interior & Exterior Painting Team



Over 45 years of experience.
Painting, indoors, outdoor,
wallpapering.

**NEW BUILDS
RESTORATIONS
PERIOD PROPERTY
SHEDS
OUTBUILDINGS**

Contact Andrew
07979 648974

thewestmorlandhandyman@gmail.com
www.westmorlandhandyman.com

Useful Contacts

Phone STD code is 015396 unless otherwise shown. Please let us know if there are others to add here.

For little children:

Ravenstonedale: Dinky Dales Nursery Ltd:
Julie Procter and Keeley Morland: 23670

For primary age children

Orton C of E School:

Headteacher, Mrs. Emma Pomfret
Office: Vicky Percival: 24268
Friends of Orton School:
Joanna Hayward: 07837 767442,
haywardjm75@gmail.com

Tebay Primary School:

Head of School: Mrs. Helen Wright
Office: Tracey Morland: 24239
Friends of Tebay School:
Claire Penhallurick 07986 692527

Catchment Area Secondary School:

Kirkby Stephen Grammar School: 01768 371693

For older children and young people:

Scout Group – Scouts, Cubs, Beavers

Appleby Guides: Leagh Wilkinson: 07869 078977

Appleby Brownies: Sue Grainger: 07876 403895

Appleby Rainbows: Sue Grainger: 07876 403895

KS scouts david.pickersgill@edenscouts.org.uk

KS Brownies & Guides: Audrey Gray: 07889 093848

Northern Inter-Schools Christian Union (NISCU):

Ruth Evans, ruth.evans@niscu.org.uk

Families Together in Tebay and Orton:

Pam Lawson: 26028

Tebay Beginner Brass:

Julie Hoggarth: 07866 378392, julie@drumandbrass.co.uk

Miscellaneous

Tebay Parish Clerk: Margaret Longworth: 24900

Ravenstonedale Parish Clerk: clerk@rdalepc.uk Scott Thornley

Orton Parish Clerk: clerk.ortonpc@ortonpc-eden.org.uk
Sandra Timson

Upper Eden Medical Practice, Kirkby Stephen
(with Surgery in Tebay): 01768 37136

Shap Medical Practice
(with Surgery in Orton): 01931 716230

Vets:

Kirkby Stephen: 01768 371359; Appleby: 017683 51507
Shap: 01931 716024

Adult groups

Alcoholics Anonymous: Call FREE: 0800 9177 650, email:
help@aamail.org

Archaeological Society: Jan Hicks: 01931 714122

Arts Society, Appleby: Gillian Stoddart: 01768 862501

Bands: Appleby Town Band:
Chris Jenkin: 24410

Kirkby Stephen Silver Band:
Caroline Souter: 017683 72376

Bell Ringers: Julian Thorpe: 24166

Bingo: Helen Wearmouth 24066 or 07377 332 162

Boccia: Felicity Lawler: 015396 24465

Book Club: Clare Fox: clarefox59@gmail.com
Judith Cattermole: judithcattermole2@gmail.com

Bowls at Newbiggin: Stephen Dickinson: 07766 833500

Choirs:

Combined Churches Choir: Chris Jenkin: 24410

Community Choir: Alison Mott: Alison@mott.me.uk

Concerts: Kendal: www.lakelandsinfonia.org.uk

Kendal: www.kendalmiddayconcertclub.org

Folk Dance Club: Catherine 017683 41549

Greenholme Show: Keith Golding: 01931 715446

Heating Oil Syndicate: Chris Jenkin: 24410

Howgill Harriers Running Club: Admin@howgillharriers.co.uk

Local History Society, R/dale: Val Fermer: 07798 688057

Orton Market Hall Bookings :
ortonmarkethall1@gmail.com

Newbiggin-on-Lune Public Hall :

Email : nonlpublichall@gmail.com ;

Bookings: Charlotte Mason 07474 442248

Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 07939540139

Quiz Team, Orton: Louis Cotter: lfc@lfcotter.plus.com

Ravenstonedale Community & Heritage Centre:
www.ravo.uk; mail@ravo.uk

FB: Ravenstonedale Community & Heritage Centre

UpperEdenRotary.org.uk Tristan Fowler 0770306 1476

Volunteer Social Car Scheme: Dennis Humphreys: 26052

Women's Groups:

Orton: Pat Alexander: 24303

Lune Ladies: Wendy Dickinson 07766 833500

Mothers' Union: Angela Milburn: 24382

Women's Institute: Jackie Huck: 24266

Local community websites:

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

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

Tebay Parish Council: <https://tebaypc.org.uk>

Ravenstonedale village website: <https://www.ravenstonedale.org>

Ravenstonedale Parish Council: <https://www.rdalepc.uk>

Local church websites:

All Saints': <https://allsaintschurchorton.com/>

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)

Tebay: [stjamestebay](https://www.facebook.com/stjamestebay)

Ravenstonedale: [StOswaldRavenstonedale](https://www.facebook.com/StOswaldRavenstonedale)

Newbiggin: [newbigginonlunchapel/](https://www.facebook.com/newbigginonlunchapel/)