The Link

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



November 2026

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 the Pumpkin Party, organised by Families Together in Tebay and Orton

Welcome to the November edition of The Link magazine. We write this as the clocks have just gone back, and the evenings are dark. It feels like winter is approaching. As the old joke starts, with the vicar saying *"Winter drawers on, Mrs Higginbottom..."*

As we've finished up editing this edition (with particular thanks to Tristan who has pulled all this together), we're struck by the number odverts for events across our villages. If you want to read more articles about those events - you know what to do! Our email address is on every double page, and you only need to send us a paragraph or two, and maybe a photo.

The front page photogragh this month was an event organised by Families Together in Tebay and Orton, which brought children, families and others together to celebrate harvest and fruitfulness using a pumpkin theme. We'd love to have a write-up in The Link for you but no-one sent one in. However, we can tell you, about fifty people turned up and enjoyed making, learning, reflecting & eating together. They're advertising their next event, the 'Big Quiz Night' on page 17, and then an Advent Party on page 18.

Lots of other things to do as well, do have a look through the magazine, or take up one of the offers from our advertisers.

We have to give a particular thank you this month to a recent donation from the Bingo in Orton Market Hall - they've been a faithful fund raiser for The Link for several years, and have just handed over £350, which is amazing. Thanks so much!

And if you don't know that joke, and want the second line: *"Nay, I've nobbut got flannel for 'em yet, vicar!"*

Thanks again, until next time...

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

Remembering

November has a particular feel in Cumbria. The light is lower, the days are shorter, the fells can disappear into cloud, and the trees around our villages have largely already given up their leaves to the wind. It is a month that naturally turns us inwards and towards our memories.

And so, each year, we gather again around war memorials, in churches and churchyards, and on village greens to remember.

In our small rural communities, Remembrance can feel especially close to home. The names carved into wood and stone are names we still know. They belong to families who farmed the same land, walked the same lanes, worshipped in the same churches and chapels, and lived in houses that still stand today. A name on a memorial may be connected with a farm we pass regularly, a grave in the churchyard, or a story remembered by an older generation, a friend across the road, or even our own family.

Remembrance asks us to stop and pay attention.

For a few moments, the normal rhythm of life falls quiet. We remember those who died in war, those who returned carrying wounds both seen and unseen, and the families and communities changed forever by their absence.

We remember those who continue to serve, and those around the world today whose homes, livelihoods and communities are being torn apart by conflict.

For Christians of every tradition, each act of remembrance touches something at the heart of our faith: the conviction that every human life is precious to God.

Jesus said, ***"Blessed are the peacemakers."***

Peace, of course, is not easy. It requires courage, patience, truthfulness and sometimes costly forgiveness. It asks us to resist the temptation to turn disagreement into hostility, or difference into division.

That is why Remembrance is not only about looking backwards. It also asks what kind of communities we are building in the here and now. It challenges us to think and to live differently.

Our shared lives together teach us that communities are sustained by small things: checking on a neighbour, offering a lift, helping when the weather turns, sharing food, giving time, noticing when someone is struggling. Peace is built in much the same way.

It begins in ordinary places: outside the school gate, around a kitchen table, at Junction 38 Services shop, over tea in a church hall, at the surgery, in a chapel or parish church, or in a conversation where someone chooses to listen rather than condemn.

The Christian hope is that violence and death do not have the final word. The risen Christ comes to frightened friends and says, ***"Peace be with you."***

Perhaps that can be our hope and our prayer in this season of Remembrance: for those whose names are written on the memorials of our villages, for those living through war today, and for ourselves, our loved ones and our neighbours.

May we remember faithfully, and become people who make peace in the places where we live.

A local lay preacher

Where you can find…

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Can't find what you want?

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

NEWBIGGIN-ON-LUNE CHAPEL SUNDAY SERVICES

10.30am every Sunday

A Warm Welcome to Everyone

Tea and Coffee to follow after the Service

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

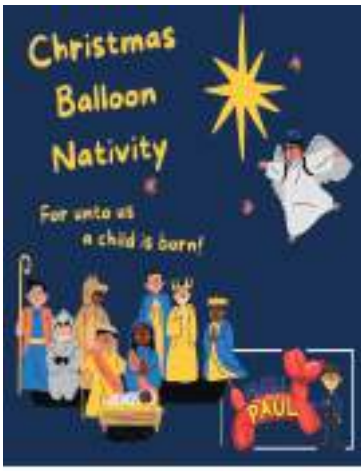
Coffee Morning, Prayer & Share, Sunday School, Bible Study, Men's Meeting, Ladies Meeting

For further information please contact:

Wilfred - on 015396 23600 or

Angela on 07980 418078





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







LUNE LADIES

Wednesday 4th November 7.30pm

A talk about Scams. How to help protect our selves from being scammed.

Meet at Newbiggin on Lune village hall

All Welcome!

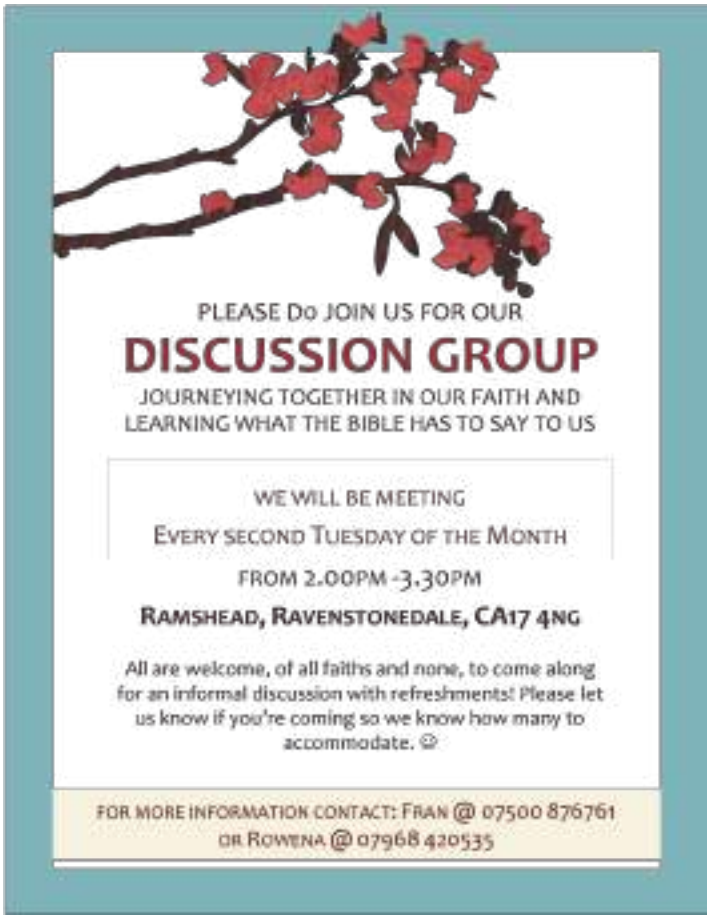

Bacon Butty
CHURCH
OUR NEXT BACON BUTTY CHURCH IS SUNDAY 8TH NOV.
BARRY EDMONTON WILL BE SHARING WITH US
@NEWBIGGIN-ON-LUNE CHAPEL, 10:30AM


MEN'S MEETINGS
7:30pm, at Newbiggin Chapel
Nov 4th Quarrying industry and explosives
Dec 2nd Biking the Great Divide
Jan 6th Travels in Russia
BREW - BISCUITS - BANTER
Contact Jonny Capstick for more info: 07792971021


All Age Family Service
Sunday 29th November, 10:30am,
at Newbiggin on Lune Chapel,
Tea and biscuits to follow


COFFEE - CHAT - COMMUNITY
Coffee morning
Every 2nd and 4th Tuesday of the month
10:30am-12
@Newbiggin Chapel


Ladies nights
OCTOBER 15 The Life of a Vet with Lesley Sanderson
NOVEMBER 19 Mt. Everest Basecamp Rachel Marston and friends will be sharing about their expedition.
DECEMBER 10 Christmas Arrangement Come and create your own Christmas table decoration led by Andi Taylor.
All held at Newbiggin Chapel, 7:30pm, all ages welcome
Contact Angela for more info: 07980418078


PLEASE DO JOIN US FOR OUR
DISCUSSION GROUP
JOURNEYING TOGETHER IN OUR FAITH AND LEARNING WHAT THE BIBLE HAS TO SAY TO US
WE WILL BE MEETING
EVERY SECOND TUESDAY OF THE MONTH
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 let us know if you're coming so we know how many to accommodate.
FOR MORE INFORMATION CONTACT: FRAN @ 07500 876761 OR ROWENA @ 07968 420535


NEW!
Starting Monday 26th Feb 2024!
NEWBIGGIN-ON-LUNE
Little Lambs
BABY & TODDLER GROUP
NEW BABY & TODDLER GROUP
AT NEWBIGGIN-ON-LUNE CHAPEL,
MONDAYS (TERM TIME), 10-11:30AM
REFRESHMENTS FOR ADULTS & CHILDREN
£2 ENTRY (PLUS 50P PER EXTRA CHILD)

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





We wish to extend HUGE congratulations to

Georgia Hunter and Hector Meanwell who were married

at St Oswald's on 5th September 2026.

We wish them every happiness in their future life together!





ST OSWALD'S - SAVE THE CHRISTMAS DATES!

A Christmas Concert by Tebay Community Choir on Sunday 12th December at 4-5pm

Golden Oldies Tea Party on Tuesday 15th December at 2pm

Carol Service on Wednesday 16th December at 7pm

Carols in the Pub (Black Swan) on Monday 21st December at 8pm

St Oswald's Parish Church



St Oswald's Church invites you to

A Service of Thanksgiving and Remembering for All Soul's

in memory of those we have known and loved
who are no longer with us.

Monday 2nd November
at 6.30pm

There will be a time to reflect, light a candle, and to offer prayers.
Light refreshments to follow.

St Oswald's Parish Church



A Christmas Biscuit Gift From Rotary For residents aged 80+ living in the CA17 postcode

Upper Eden Rotary Club would love to deliver a free gift of festive Christmas biscuits this December to residents aged 80 and over.

If you are eligible — or know someone who is — please get in touch to make sure nobody is missed.

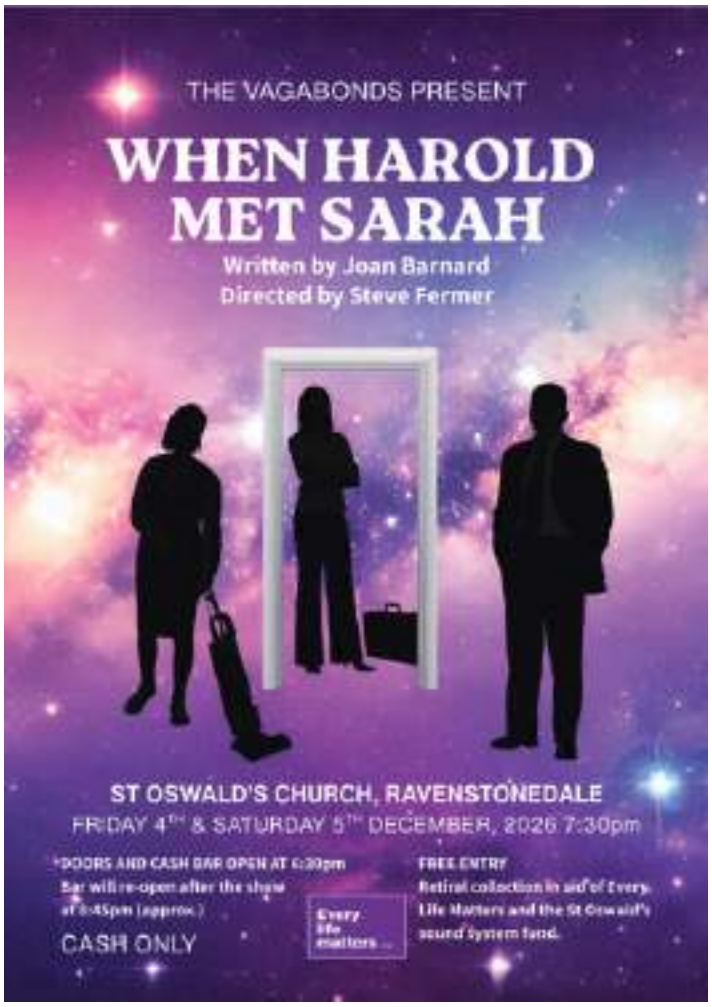
Contact: Ivor Allonby — Community Lead Email: ivor.allonby@icloud.com

Please register by 13th November 2026

A community goodwill project by The Rotary Club of Upper Eden, Kirkby Stephen



Rotary



RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 18th NOVEMBER 2026
2.30PM

NEWBIGGIN ON LUNE
VILLAGE HALL

The Making of the Stainmore Railway 200 Textile Panel

presented by Anne Taylor

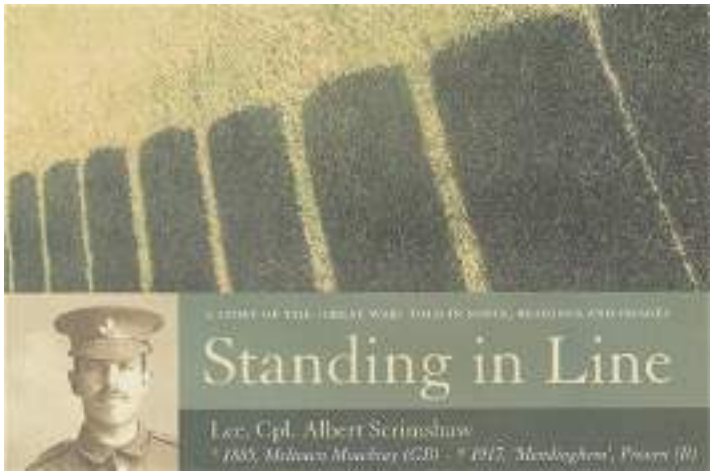
Chair of Upper Eden History Society

Anne will bring the panel for display and will be accompanied by some of the members of the Kirkby Stephen U3A crochet and creative textiles groups who also contributed to the panel.

Admission: Friends Free, Members £4.00 Visitors £6.00 including refreshments

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

www.ravenstonedalehistory.org.uk



Standing In Line is the story of the Great War, but specifically about Albert Scrimshaw, Lester Simpson's great uncle, who died at Passchendaele. The performance is centred around Lester's songs as well as songs from the time. The narration includes poems of Wilfred Owen, Siegfried Sassoon and Rudyard Kipling and is accompanied by a series of projected images for a moving, immersive experience.

Albert Scrimshaw was born in 1885 in Eastwell, Leicestershire. He worked as a butler near Oxford and married a girl from Windley, Derbyshire. He joined the "Ox and Bucks" regiment and marched off to war, never to return.

Friday 6 November, Levens Village Hall
Organised by Highlights Rural Touring Scheme

RAVENSTONDALE COMMUNITY & HERITAGE CENTRE

COFFEE & CHAT

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

Upper Eden Rotary purple illumination for World Polio Day.

Back in 1985 when Rotary initiated its End Polio Now campaign 350.000 children per year were paralyzed by wild polio across more than 125 countries. Poliomyelitis (commonly known as polio) is a highly contagious, viral infectious disease caused by the poliovirus that attacks the nervous system. In about 1 in 200 cases, the virus invades the central nervous system and destroys motor neurons, leading to irreversible muscle paralysis (usually in the legs) and in rarer cases the breathing system.

Developed vaccines have proven to be highly effective in preventing the disease and the Rotary movement over the past 40 years has played a significant part in its supply and distribution. Raising approaching $3 billion and sourcing match funding of an additional $8billion in the effort to immunize every child and thereby eradicate this debilitating and life-threatening disease, it is estimated that 20 million people are walking today who would have otherwise been paralyzed.

Today the number of cases is down by 99.9% with just a handful of incidents remaining in the difficult to access parts of the globe (Afghanistan and Pakistan). 3 polio free years have to pass before the World is declared as Polio free so the End Polio Now campaign goes on.

The Upper Eden Rotary Club as part of the International Rotary movement fully supports this initiative and makes an annual giving which has now accumulated to in excess of £30.000.

If immunization was to cease today it is estimated that in 10 years as many as 200.000 people per annum would be infected and is why maintaining awareness through activities such as World Polio Day on the 24th October is so important.



Three Public Houses...

Ravenstonedale is the home of three pubs,
How lucky are residents here?
If in need of a pint, a snack or a meal,
Or simply some warmth and good cheer.

Choices abound, decisions need taking,
Which one shall we visit today?
Do we fancy a lamb, feel more like a swan,
Or is it royalty all of the way?

Each one has its charms, its unique USP,
That thing which makes it stand out,
It might be the food, the decor, the crowd,
Or simply the lure of its stout!

The King's Head by the river has wonderful dogs,
Early doors is a good time to meet,
Play pool, eat pies and catch up with friends,
Its hospitality cannot be beat.

If you love some rosettes and are a foodie at heart,
Then The Black Swan may be for you,
Just right for occasions and family groups,
But good for a quiet pint too.

If old cars are your thing or you love a good fire,
Then the Fat Lamb is the place to drop by,Pretty garden in summer or Christmas Eve carols,
Its appeal is hard to deny.

But above all do visit, try and get to them all,
Times ain't easy for independents right now,
Spread the love, spread the cash and keep them all flush,
Then we'll keep all three pubs which is WOW!

Dog Walk Doggerel Writer

Ravenstonedale & Newbiggin

Folk Dance Group

Newbiggin on Lune hall
(Sept — Apr)

Wednesday evenings
(except the 1st Weds of the month!)

7.15pm — 9.30pm

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

We all need someone to talk to.

The Office for National Statistics has found that almost a quarter (23%) of adults reported feeling lonely 'often, always or some of the time' with younger adults, in the 16 to 29-year age group, who make up the highest proportion of that figure, followed closely by the over 70's[1]

We are fortunate here in our communities that we have many different social groups which offer various ways to engage with others. But sometimes there are people who, for whatever reason, may not feel connected. Sometimes we can actually find ourselves disconnected, whether that's through illness, loss, or a change in life circumstances.

And sometimes we may just need someone to talk to. It is often at those times when it might feel harder than ever to reach out to others.

It is for this purpose that we have launched our Pastoral Team, to offer support, a listening ear, and connection for those who need it. Our aim is to provide companionship and a caring presence, across our local communities, for people of any age.

Starting in September we are delighted to be able to host a monthly "drop-in" at the Scar Gallery in Ravenstonedale, to provide a safe space and a warm welcome with free refreshments and resources.
See the notice overleaf.

If you, or someone that you know would value support, or just someone to talk to, you can contact us via email at - otrn.pastoralcare@gmail.com

[1] www.ons.gov.uk: Public opinion and social trends. Released 20th February 2026

Monthly "drop-in" . .

ORTON & TEBAY, RAVENSTONEDALE, NEWBIGGIN-ON-LUNE
PASTORAL TEAM
A CARING PRESENCE IN YOUR COMMUNITY

When & Where.
- Every Third Tuesday
- 1:00 PM – 3:00 PM
- The Scar Gallery
- Ravenstonedale. CA17 4NQ

What Is This Space?
- Free drop-in support
- Warm, welcoming environment
- Free refreshments
- No appointment needed
- Stay for minutes or the whole two hours

Who we are
- A safe space
- Non-judgemental listening
- A friendly, local teamTrained and safer recruited



All Saints Coffee Morning at the Farmers Market

Tea, coffee, scones, cake,

Bric-a-brac

£434.80 raised at the September Coffee Morning

Come up to the Church to join us!

HIRE CHARGES

Prices from 1st July 2026

Orton Market Hall Bookings
Email: bookingsortonmarkethall.com

SESSION TYPE	WHOLE BUILDING	MAIN HALL	SUPPER ROOM
3 HOUR SESSION	£45	£29	£21
PER HOUR* (THIS OPTION IS AVAILABLE AS PART OF A 3 HOUR SESSION TOP UP ONLY)	£19	£15	£14

Short term hire available (minimum 3 hours).

* We kindly request that you book the whole building to be hired if music playing / speaking and presentations.

Price from 1st July 2026, reviewed in Spring 2027



AT THE HEART OF OUR VILLAGE
by our community, for our community

Orton Village Harvest Supper

Nearly a hundred people gathered together on Monday 5th October for the annual Harvest Supper.

This is very much a community event, but generally organised by members of All Saints Church – with added help from others too.

The tables were, as usual, laden with a delicious meal of ham with all sorts of "salady" additions and jacket potatoes followed by a wonderful selection of desserts made by volunteers.

There was a very happy atmosphere with lots of chatter and laughter. We were able to make up plates of food for those people in Orton who are now unwell or housebound who once would have been with us. We were also able to send £300 to Christian Aid from our harvest celebrations.

We are very grateful to the Westmorland Family for providing the ham for this event, as they have in previous years. *Mary Jenkin*





BINGO

ORTON MARKET HALL

FRIDAY 13th NOVEMBER

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

BREAST CANCER
And
ORTON MARKET HALL

Forthcoming Dates
11th December - Eden Valley Hospice
8th January - Growing Well
12th February - Ravenstondale Show











Orton Village Stores

The Square,
Orton, CA10 3RH
015396 24225

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

Opening Hours – Village Stores

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

Opening Hours – Orton Post Office

		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



ORTON "BOCCIA" GROUP

- a sitting down version of boules

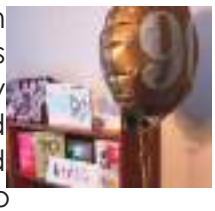
We meet in **Orton Market Hall,**
alternate **Thursdays**
for fun & friendship **1.30pm** to 3.30pm

£3.00 per session
November 12th and 26th

For more information, please contact:
Felicity Lawler 015396 24465



A Very Happy 90th Birthday



When I celebrated my 90th birthday on 8th October, I was very touched by all the many cards and expressions of good wishes from our community. I had "Happy Birthday" sung to me on no less than six occasions:

- On 3rd October, at the Families Together Pumpkin Party in Orton Market Hall
- On 5th October, at the Orton Harvest Supper
- On 7th October, at the Orton Drop In (complete with birthday cake and candles, and a helium "90" balloon
- On 7th October, when some family members popped in (another birthday cake with candles, and two huge helium balloons – "9" and "0")
- On 7th October, at Appleby Band practice
- On 8th October, the actual birthday, when all the children and teachers from Orton School suddenly turned up in our garden, totally unexpectedly (unexpected by me, though plotted by my wife Mary with the Head Teacher, Mrs. Emma Pomfret!), and sang first "The Lord's My Shepherd" (in harmony), and then – of course – "Happy Birthday to you!" – that was the moment which almost made me cry! The children also gave me an enormous birthday card, with pictures drawn by every child.

So thank you, everyone!



(I also received a WhatsApp message from Uganda, from Revd. Robert Zziwa:
SPECIAL MESSAGE TO CHRIS JENKIN ON YOUR BIRTHDAY CELEBRATION Seasons come and seasons go, but Jesus never changes (Hebrews 13:8). On this your special day dear Christopher Jenkin, Anna and I want to wish you the next journey in the new year added unto you through the grace of God. Chris, you're the absolute best! Happy birthday!Thank you for being a wonderful friend, parent and fellow minister of God's Kingdom. Happy birthday! Happy birthday, Chris! We can't imagine life without you! You deserve everything you've wished for and more. Happy birthday!)

Many thanks to all who made this such a special celebration!

Christopher Jenkin

News from Orton School

A happy place to learn, grow and thrive

We have had a lovely September at school, making new friends, playing out in the sunshine and enjoying our learning in our new year groups!

Here are some of the exciting things that have happened in the last month.

Mr Jenkin is 90!

We were thrilled to help Mr Jenkin celebrate his very special birthday by arranging a surprise singing 'mob' of his back garden to sing 'Happy Birthday' and another of his favourite songs. We hope you had a lovely day Mr Jenkin!



A week of swimming lessons!

We have had such a fabulous time at Woggle Goggle Swimming Pool.

The whole school goes every afternoon for a whole week in the autumn term where we have a swimming lesson as well as a normal lesson in the classrooms there. It is such good fun and everyone made lovey progress with their swimming skills over the week.

The Holy Trinity



We have started our year off well with some focused work on both school values and the Holy Trinity.

Andi brought her artistic flare to school on both occasions and we produced some lovely art work to support our understanding. We made lovely Celtic designs that showed us the never ending circle of God the Father, God the Son and God the Holy Spirit.

Orton Fell Race

Another very successful Fell Race was held this year raising over £1500 for our school.

'First Orton School Girl' was Merida this year, with Theo being 'First Orton School Boy' back over the finishing line.

Thank you so much to Simon and Jo for organizing along with their team of school based support, Marshals and landowners. It really is a joint effort and benefits school so much.



Get in touch by email or phone:
admin@orton.cumbria.sch.uk / 015396 24268
Follow us on Facebook: www.facebook.com/OrtonCEPrimarySchool
Keep up to date on our website: www.ortoncofeprimary.co.uk

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!

THE COBWEB ORCHESTRA

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 any queries, please contact Richard Best:
richard.violin.1@gmail.com
Tel. 07939 540139

Local veg offers a sustainable alternative to supermarket food insecurity

Home Grown Here (previously known as Vista Veg) is a co-operative of local growers and farmers who sell their wide range of crops through their own veg box scheme direct to local consumers. Based in Crosby Ravensworth, they deliver weekly veg boxes all over the Eden Valley, including to the villages of Orton, Tebay, Newbiggin-on-Lune and Ravenstonedale.



Food security is of increasing national concern in the context of a rising population, diet-related health issues, climate change and the knock-on effect of international disasters and global instability. The UK imports roughly 40% of the total food it consumes and produces just 35% of its domestic fruit and vegetable supply. With only 3-5 days of food supply available within the immediate supermarket supply chain, the need for more market gardens is definitely part of the solution.

"We offer a farm-to-fork experience for our box scheme members, and also a direct relationship with the people who produce it," says Lynn Barnes, one of the founding members of the co-op. "Eating locally grown veg means that you're keeping your spend within the community, supporting local farmers and growers, and eating more sustainably with the seasons. As a co-operative we're working together to build resilience and collaboration, including with other organisations like Growing Well, to form a robust food system that can stand up to climate change, food insecurity and the rising cost of living."



The co-operative formed back in 2010 initially to grow veg year-round for just 20 willing local families. With just three growers at the outset, the co-operative now has ten people who undertake a range of tasks from weeding to delivering, farmer's markets to social media campaigns… and from originally feeding just 20 families, it now delivers door-to-door to over 400. This type of grower-led box scheme means that the grower and consumer have a direct relationship with each other; the grower receives the full fair price for the crops they produce and the consumer knows where their food comes from and how it's produced. It's a mutually beneficial relationship, with each supporting the other.

The co-operative was recognised by Her Royal

Highness The Duchess of Edinburgh on a visit to the area recently, welcoming her to their site in Crosby Ravensworth to meet some of the growers, see how the box scheme operates, and prepare a salad mix for the local pub, The Butcher's Arms.

This was a fantastic opportunity to discuss the importance of local food and growing co-operatively, strengthening local economies and building resilience to climate change.



Home Grown Here delivers to the Orton, Tebay, Newbiggin and Ravenstonedale area every week on Thursdays.

If you're interested in supporting local food production and eating more seasonally, you can sign up to the veg box scheme at www.homegrownhere.co.uk









Tebay Primary School

School Council Elections 2026-2027

At Tebay Primary School, we are incredibly proud of all the children who recently took part in our School Council elections.

Children interested in becoming members of the School Council were invited to prepare and deliver a short speech to their classmates. They shared why they wanted the leadership position, what qualities they could bring to the role, and why they felt they should be voted for by their peers. We were delighted by the confidence, thoughtfulness and enthusiasm shown by all of the candidates.



Once every candidate had presented their speech, we held a vote across the school, following the British Value of Democracy. This provided the children with a real-life opportunity to experience how democratic processes work, ensuring that every voice was heard and every vote counted.

After the votes were carefully counted, the children receiving the highest number of votes secured their positions on the School Council for the year ahead.

We would like to congratulate all of the candidates for their courage and commitment. Standing in front of others to speak takes confidence, and every child who took part should be extremely proud of themselves. We are equally proud of all pupils for participating respectfully in the voting process and demonstrating such maturity throughout.

Our Student Leadership Groups for 2026-2027. This year, pupils will represent the school as:

- Kindness Champions
- Play Leaders
- Eco Council Members
- House Group Captains
- Librarians

These groups will work alongside our School Council and will take turns meeting with Mr Harrison to discuss items on their agendas and share ideas for further improving school life.

Each leadership group will also have the opportunity to lead an assembly each term, allowing them to showcase their work and celebrate their achievements with the rest of the school.

We look forward to hearing all of their ideas and seeing the positive impact they will make across our school community.

Macmillan Coffee Afternoon

A huge thank you to all our families and members of the local community for supporting our recent Macmillan Coffee Afternoon. Whether you joined us in person for a cuppa and a chat, gave your child money to buy cakes, or kindly donated cakes for the sale, your support was greatly appreciated.



We know how important the work of Macmillan Cancer Support is to so many families, and it was heartwarming to see our community come together for such a worthwhile cause. We had a fantastic turnout, the cakes were delicious, and there was a wonderful atmosphere throughout the afternoon.

We are delighted to share that we raised just over £119. This is a truly remarkable achievement for such a small school and is a perfect example of the generosity, kindness and community spirit that make Tebay Primary School so special. We are incredibly proud to be part of such a supportive community.

KS2 Table Tennis Taster Session

All our KS2 children enjoyed taking part in a Table Tennis Taster Session at the sports hall at Appleby Grammar School. Organised by the

Eden Sports Partnership, the event was a fantastic opportunity for the children to be introduced to the sport and to wet their appetites for table tennis.

Throughout the session, the children practised a range of basic table tennis skills, including holding the bat correctly, controlling the ball, forehand and backhand shots, serving, and rallying with a partner. Most importantly, they



had great fun whilst developing their confidence and coordination.

Both Mr Harrison and Mr Penrice were delighted with the children and praised their excellent behaviour, manners and enthusiasm throughout the afternoon. They represented our school brilliantly and were a credit to Tebay Primary School.

'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 X: @TebaySchool

Tracy Morland — School Administrator
admin@tebay.cumbria.sch.uk ;
Tebay Primary School Tel: 015396 24239

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.









Smiles, Seeds and Soil

On Sunday 18th October at Tebay Methodist Church we had a large gathering of congregations, families and children from seven local churches including Newbiggin on Lune, Orton, Ravenstonedale and Tebay

We began the morning with a very tasty Brunch for everyone present before a service was held in the Chapel. This focused on **Seeds, Soil and Smiles** - celebrating God's love, we were led by Pam, Leah and Abni with Revd Fran Parkinson explaining more of God's message for us.



A big thank you to all the children participated with great enthusiasm, describing what they had learned on a foraging expedition for crab apples and rosehips, subsequently making delicious apple jelly and pizzas. They sang songs with actions encouraging the congregation to join in too. As part of the service the children handed out pots of compost, a crocus bulb and a gift tag to tie onto the pot. It was suggested we might write a thought, prayer or a daily action on the gift tag.

The occasion was a great way to bring the community together around thankfulness.

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3 COURSES £28 PER PERSON

KIDS' PORTIONS AVAILABLE

STARTERS

Roast butternut squash, sage & chestnut soup served with focaccia

OR

Smoked salmon & cream cheese blinis

MAINS

Roast turkey ballotine, pigs in blankets, roast potatoes, sprouts with pancetta & chestnuts, creamy mash, carrot & swede, roasted roots, braised red cabbage, gravy

OR

Mushroom, Brie & cranberry wellington, roast potatoes, roasted roots, sprouts, greens, creamy mash, carrot & swede, braised red cabbage, gravy

DESSERTS

Christmas pudding & crème anglaise

OR

Christmas yule log & cream

MULLED WINE & MINCE PIE

£5 PER PORTION

Services in our Anglican churches

Sunday 1 November ***All Saints*** *White / Gold* *Welcomer:* **Revelation 7.9 – end.** **1 John 3. 1 - 3** **Matthew 5. 1 -12.** *Prayers:*	**Orton, 10.30am** **Holy Communion** *Sandra Ward* Pam and Garth Blundell Andy Glanville Margaret Longworth Angela Milburn	**Tebay, 10.30am** **Songs of Praise** **at the Methodist church**	**Ravenstonedale, 10.00am** **All Age Worship** *Team* Richard Best Caroline Morris **3pm, Exchange of embroideries** at RSD Community & Heritage Centre.
Sunday 8 November ***Remembrance*** *Red / Green* *Welcomer:* **Solomon 6. 12 - 16** **1 Thess. 4. 13 – end.** **Matthew 25. 1 – 13.** *Prayers:*	**Orton, 10.30am** **Service of Remembrance** *Sandra Ward* Keith and Janet Capp	**Tebay, 10.30am** **Service of Remembrance** *Chris Jenkin*	**Ravenstonedale, 10.00am** **Service of Remembrance** *Fran Parkinson* John Newton Hilary Law
Sunday 15 November ***2nd before Advent*** *Red / Green* *Welcomer:* **Zephaniah 1.7, 12-end** **1 Thess. 5. 1- 11.** **Matthew 25.14-30** *Prayers:*	**Orton, 10.30am** **Café Church style service** *Team* Mary Jenkin	**Tebay, 10.30am** **at the Methodist Church** *Team*	**Ravenstonedale, 10.00am** **Morning Worship** *Becca Gilbert* David Morris Suesi Windle
Sunday 22 November ***Christ the King*** *Red / White* *Welcomer:* **Ezekiel 34. 11-16,20-24** **Ephesians 1.15-end** **Matthew 25:31- end** *Prayers:*	**Three Churches Service at All Saints, Orton; 10:30am** **Holy Communion** *Becca Gilbert* Keith and Janet Capp Mary Jenkin Martin Lawson Margaret Longworth **Zoom meeting number:** **894 1727 3600**		
Sunday 29 November ***Christ the King*** *Red / White* *Welcomer:* **Isaiah 64. 1-9** **1 Corinthians 1. 3-9** **Mark 13. 24 - end** *Prayers:*	**Benefice Service at St Michael's, Brough; 10.30am** **Holy Communion** *Becca Gilbert*		

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 Benefice Administrator: Rachel Robinson on 07435 762317 or rachel.robinson@carlislediocese.org.uk

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

If it's for any other church or organisation, please make contact directly.

Services in our Methodist churches

2026	NOVEMBER				
	1st	8th	15th	22nd	29th
Special Sunday	All Saints	Ord 32 Remembrance	Ord 33	Sunday before Advent	Advent
Lectionary Year A/B	Rev. 7:9-17 Ps 34:1-10, 22 1 John 3:1-3 Matt. 5:1-12	Joshua 24: 1-3a,14-25 Ps. 78:1-7 1 Thess. 4: 13-18 Matt. 25:1-13	Judges 4:1-7 Ps. 123 1 Thess. 5: 1-11 Matt. 25:14-30	Ezek. 34:11-16, 20-24 Ps. 95:1-7a Eph. 1:15-23 Matt. 25:31-46	Isa. 64:1-9 Ps. 80:1-7, 17-19 1 Cor. 1:3-9 Mark 13:24-37
Brough 10.30am	LA	U at CofE	At Brough Sowerby	Newton	J Ousby
6.30pm	At NonL	6pm Cxn at Appleby	---	---	---
Brough Sowerby 10.30am	T Taylor	Worsfold	S Radford HC	Longworth	LA
6.30pm	At NonL	6pm Cxn at Appleby	---	---	---
C Garrett 6.30pm	Marston HC	10.30am U at St Andrew's	Hasson	S Woof	S Radford
Kirkby Stephen 10.30am	Askew	At CofE U S Radford	Shared Worship	Worsfold	LA
6.30pm	At NonL	6pm Cxn at Appleby	---	---	---
Newbiggin on Lune 10.30am	LA	BB B Edmonton	Newlove	S Radford HC	AAW
6.30pm	P Dunstan W&W	6pm Cxn at Appleby	---	---	---
Orton 10.30am	McGregor	H Radford	OA C Wightman	Stricklandgate Or NonL	S Radford HC
6.30pm	At NonL	6pm Cxn at Appleby	---	---	---
Ravenstonedale 2.00pm	J Ousby	S Radford	Betts	LA	S Radford
6.30pm	At NonL	6pm Cxn at Appleby	---	---	---
Shap 10.30am	Betts	---	---	---	---
6.30pm	At NonL	6pm Yth at Appleby	---	---	---
Soulby 10.30am	---	Hilland	---	OA	---
4.00pm	6.30pm At NonL	6pm Cxn at Appleby	---	---	---
Tebay 10.30am	S Radford HC	Longworth	OA U @St James	Stricklandgate Or NonL	Hutchinson
6.30pm	At NonL	6pm Cxn at Appleby	---	---	---
Winton 10.30am	M Harrison	At Kirkby Stephen	N Morley	A Liston	J Morley
7.00pm	6.30pm At NonL	6pm Cxn at Appleby	Get Together	---	--



To everyone who helped in some way and to all the local businesses who supported us to make the Friends of Orton School Fell Race possible this year...

TOGETHER WE RAISED OVER £1500!

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Church Contacts

Anglican Churches

Curate Charles Cowling
Associate Priest Fran Parkinson
07500 876761
franticparki@gmail.com
Mission Community Admin
Rachel Robinson
07435 762317
rachel.robinson@carlislediocese.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 minister
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 Churches

Minister Revd Stephen Radford,
017683 71202
stephen.radford@methodist.org.uk
Administrator Avril Swinbank
ksatcircuit@gmail.com

Roman Catholic Church

Fr Stuart Chapple
Church of Our Lady of Appleby
01768 86227
https://w ww.stjohnboste.org.uk/

email: stcatherine.penrith@lrcd.org.uk



WhatsApp messages and emails received by Rev Chris Jenkin

News from Kasese From Archdeacon Nelson Walina: 22.9.26



(Referring to the storm-damaged Kibuga School, mentioned in the October issue of The Link)

Just a reminder, our children are now having a hard time learning, outside and under a tree. Continue praying and mobilizing for more funds to get relieved from this situation, especially during this season of rainfall and sunshine.



(We replied, "I have not forgotten this situation. I put an appeal in The Link, our parish magazine which goes to hundreds of homes in this area. It will be published next week and I pray for a good response."

22.9.26: Thanks for your prayers and the hard work you are doing for us, myself I believe and trust that God will answer your prayers.

2.10.26: Receive good news from our family: Our beloved daughter Kabugho Jennifer delivered a baby boy on Saturday dawn 26/9/2026. It is today marking a one-week. Thanks for your Prayers and support towards our family.

Melina (Nelson's wife) is now at Kampala for 3½ weeks joining her daughter to care for the baby boy.

She will come back after 4 Weeks. Continue and continue to pray for the growth and health.

Secondly, the Bishop is going to make his Annual Episcopal Visit to our Parish on Sunday 25th October; he will confirm 124 Christians into faith, and all Christians will dine meals with him, so it is a lovely day.

He will also pray for the New Executive members whom I work with in St. Peter's Parish in Hima Archdeaconry.

(Since I the article was printed in last month's Link, I have had one generous response from a Link reader, and have sent £400 to help towards the £1,200 needed for repairs.)

13.10.26: Message well received. Thanks so much for reaching out to us in the time of need.

We wish you a healthy living and may the Almighty God uphold you and the believers of Orton Church to continue serving. Nelson and Melina.

Donations can be given to the Revd. Christopher Jenkin by cash, cheque, or make an online bank transfer (BACS) to account no. 21197968, Sort Code 77-56-10; Lloyds TSB. Mr C C & Mrs M P Jenkin account. (If reference required, make it "School"). If you use BACS please tell Christopher by email - ccjenkin81@gmail.com

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 **fiveworking 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

Autumn Flu + Covid boosters will start from 1st October. Eligible patients will receive a text email or phone invite.

To book in for your vaccination please contact reception or book online.

Saturday clinic is available on 3rd October 08:30am to 5pm

We also offer appts on weekdays if this is more convenient.

Tebay clinics will be held most Tuesdays in October.

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/

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Dispensary Update: With the weather turning colder, we are hoping to move our dispensary collection point back indoors over the next few weeks. Please note that it will not be returning to its usual room just yet, as repair work is still ongoing. The temporary location will be clearly signposted within the surgery, and our team will be happy to point you in the right direction when you visit.

You can collect your medication from the Shap Dispensary 5 working days after submitting your prescription. We'll send you a text message to confirm when your medication is ready for pickup.

Dispensary hours are:

9:00 am – 1:00 pm: Every Day

3:00 pm – 6:00 pm: Monday, Wednesday, and Friday

Equipment Calibration: We have arranged for an external company to calibrate the Practice's medical equipment and patients' blood pressure monitors on Wednesday 18th November. If you would like your blood pressure monitor checked and calibrated, please bring it to the Practice and let a member of the team know.

Chaperones at Your Appointment: At Shap Medical Practice, we routinely offer patients the option of having a chaperone present during their appointment. A chaperone is a trained member of our practice team who can be present during an examination or consultation to provide reassurance and support to both the patient and the healthcare professional. They help maintain everyone's comfort, dignity and safety, particularly during intimate or sensitive examinations. Having a chaperone is entirely your choice, and you are welcome to accept or decline the offer. If you would like a chaperone, please let a member of our team know, either when booking your appointment or when you arrive.

Keeping Well This Winter: As we head into the colder months, we would like to encourage everyone to take a few simple steps to stay well this winter. Keep warm, eat well, stay hydrated and keep up with any regular medication. Flu vaccinations offer important protection for those who are eligible, so please do take up the opportunity if invited. Remember to keep a well-stocked medicine cupboard with essentials such as paracetamol, and order repeat prescriptions in good time. If you feel unwell, your local pharmacy can offer advice and treatment for many common winter illnesses, while NHS 111 can help if you need urgent advice and are unsure where to turn. Please also look out for older or vulnerable neighbours who may need a little extra help during the colder weather. From all of us at Shap Medical Practice, we wish everyone a happy and healthy winter.

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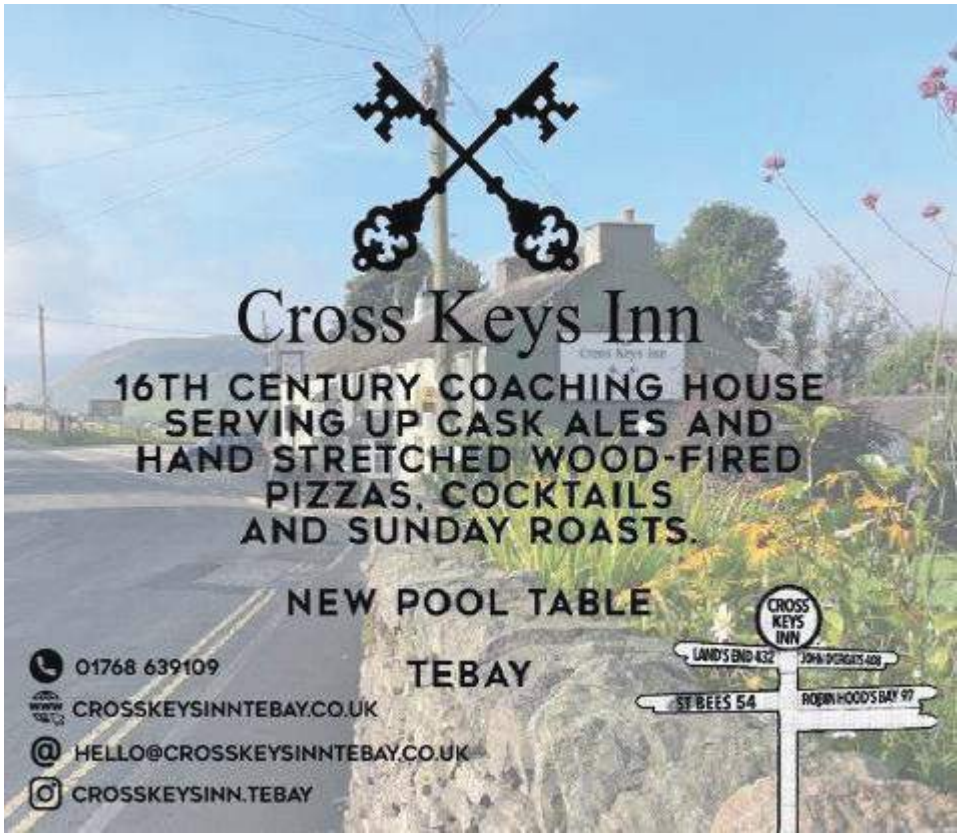
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Useful contacts

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

For pre-primary 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

Ravenstonedale / Newbiggin (catchment area primary school)

Kirkby Stephen Primary School (free transport available)
Headteacher: Mrs Alison Capstick
Office: office@ksps.cumbria.sch.uk / 017683 71387

For secondary age & other young people

Catchment area secondary school:

Kirkby Stephen Grammar School: 017683 71693

For a range of ages

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
KSBrownies &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 / hello@ftto.org.uk (or find us on Facebook)

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

Miscellaneous

Tebay Parish Clerk: [TBC]
Ravenstondale 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: 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
Tebay: stjamestebay
Ravenstonedale: StOswaldRavenstonedale
Newbiggin: newbigginonlunechapel