

May Issue 2024

North Westmorland News

Group website:

www.northwestmorlandchurches.org.uk



*To love Christ and
make Him known*

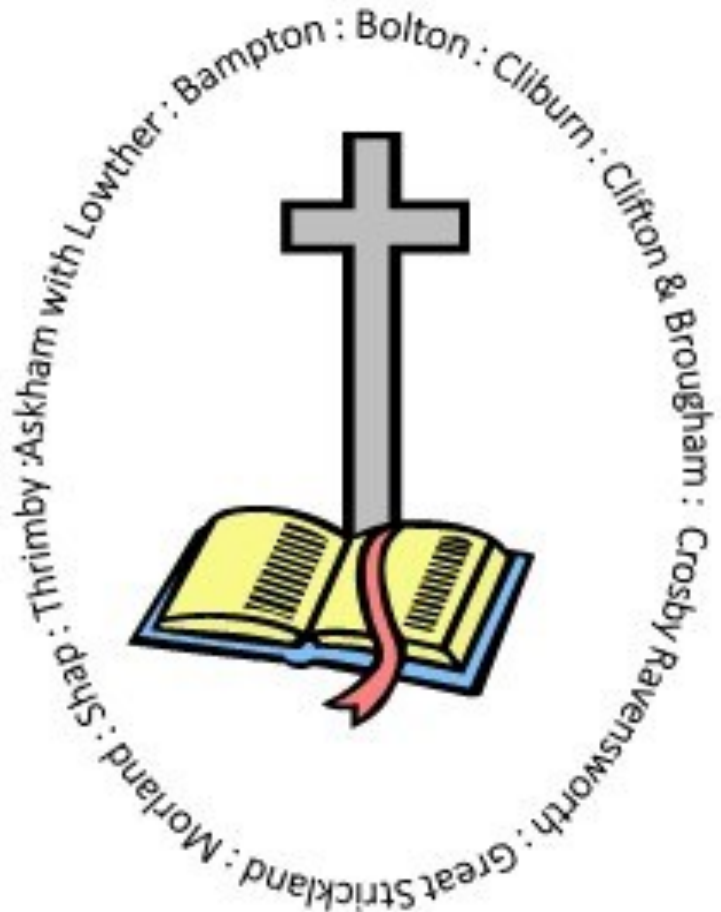
Issued monthly,
except:

July & August
(One edition)

December &
January
(One edition)

To be added to
our distribution
list, please email
the Editor

nwneditor@gmail.com



**Welcome to the May '24 issue of North
Westmorland News**

FULLY DIGITAL ISSUE

Please send copy for the June '24

Issue to: nwneditor@gmail.com

Latest date for copy:

14th day of preceding month!

From the Vicarage

When I was a child in the late 1970s, my older relatives measured time in Spring and early Summer by reference to something called ‘Whitsun’. I was never very clear what Whitsun was, and I didn’t like to look stupid by asking. I guessed that it must be something important, because it had apparently given rise to a bank holiday. (In fact, this hadn’t been the case since 1972 – but my relatives preferred the ‘old money’.)

My guess about the importance of Whitsun was right. It celebrates the foundation of the church. Christians now tend to call it by its other name, Pentecost, meaning the fiftieth day (after Easter). Being the birthday of the church, Whitsun was an occasion (or excuse) for our ancestors to indulge in all sorts of festival activities. It was one of a number of occasions on which parishes might hold a “church ale”: a fundraising event at which everyone got drunk and disorderly in the churchyard.

In his parting words to the disciples after the resurrection, Jesus explained that he would have to leave, but that God would remain with them, in the person of his Holy Spirit: “And I will ask the Father, and he will give you another comforter to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you...” (John 14:15-16).

Christians sometimes suppose that faith, and the gift of the Holy Spirit, will offer supernatural protection from anything going wrong in their lives. When bad things happen, as inevitably they do, their faith is shaken. Secular-minded types very reasonably point to the apparent absence of God, whether to be seen, or to help in a crisis. They ask what sort of God this might be.

Like all such questions, the answer is partly that we know by faith, not necessarily by sight (2 Corinthians 5:7), although many people do have very profound experiences of the Holy Spirit, or of the divine. I have not but, while studying, I spent many months researching those who have had such experiences. For me, a perfect encapsulation of the way the world is, can found in the passage from John 14 above: that God sends us a comforter, which the world cannot accept because it does not see him. The Holy Spirit remains in some senses hidden, not susceptible of proof or disproof, just like God altogether.

The teaching that the Holy Spirit is a comforter is important. The word “comfort” meaning ‘give ease’ is relatively modern. Its original meaning, which aligns better with the New Testament Greek, is drawn from the late Latin word *confortare*, meaning ‘to strengthen’.

There is a very entertaining use of this word in the Bayeux Tapestry. Bishop Odo of Bayeux, half-brother of William the Conqueror is depicted in chain mail alongside Norman soldiers, brandishing a club. Above the image are the words *HIC ODO EP [ISCOPUS] BACULU[M] TENENS CONFORTAT PUEROS*: ‘here Odo the Bishop, holding a club, encourages the boys’. Warlike Bishops are no longer a very Christian concept, but Odo is unwittingly acting something like the Holy Spirit. He is not sparing his troops the hardship of battle, but he is urging them on, supporting them. Perhaps giving them a shove with his club.

Christians are not called to a life of ease, and God does not spare us the hard work of living in the world. The Christian calling is to active service – not in a war of conquest, but in the cause of loving our neighbour as ourselves.

Stephen

WEBLINKS and EMAILS IN THE NEWSLETTER

It has been pointed out that some of the links in the Newsletter are not working as they should, and consequently I shall be spending some time identifying which links are and are not working.

If you are an advertiser or contributor, **PLEASE CHECK YOUR NOTICES** to ensure that we have the correct email and web addresses.

It would be really helpful if you could let me know if your details need to be amended as I am unable to guarantee being able to find your webpage if this has changed, and I have no way at all to find different email addresses.

Should I find any links that are not working and which I am unable to update, I shall be forced to cover or delete the links, so this is really important in order to let people contact you.

In the case of advertisers, In most cases I cannot amend your advert and would have to cover the outdated contact information with a banner, so it would probably look better to have a completely new advert.

Thank you in advance for your help in keeping the Newsletter up to date — Ed.

KEY TO SERVICES OVERLEAF

KEY to Ministers:

AJS	Rev'd Andrew Sterling (Meth.)	JWR	Rev'd Jon Russell
DGJ	David Jones	SJR	Rev Stephen Radford (Meth.)
DN	Diane Nicholson	SPC	Rev'd Sheila Clark
EA	Elaine Allison	SRP	Rev'd Sandy Pearl
JHB	Rt. Rev'd James Bell	SWT	Rev'd Stephen Tudway
DN	Diana Nicholson	NH	Neil Hughes

Midweek Holy Communion

is celebrated in Morland Church on Wednesdays at 10.00am.
This is a quiet, said service, an uplifting and refreshing break from daily duties.
Come and join us!

Services labelled "Family" are in a modernised format.

Children are welcome at all our services. Please do not worry if they are noisy!

Well behaved dogs are welcome at most of our churches - do ask!

Activities are provided at some venues.

	Askham St Peter's	Bampton St Patrick's
5th May Easter 6	11:15 Benefice Service Café Church Askham V.H. SWT	9:45 Holy Communion SWT
THURSDAY 9th May Ascension Day	Mission Community Service Details to be confirmed	
12th May Easter 7	11:15 Family Worship SRP	9:45 Café Church Team
19th May Pentecost	11:15 Holy Communion JHB	9:45 Holy Communion JHB
26th May Trinity Sunday	11:15 Holy Communion SPC	09:45 Holy Communion SSPC

	Bolton All Saints	Cliburn St Cuthbert's	Clifton & Brougham (St Cuthbert's)
5th May Easter 6	9:15 Holy Communion JHB		9:15 Holy Communion SPC
THURSDAY 9th May Ascension Day	Mission Community Service Details to be confirmed		
12th May Easter 7	9:15 Holy Communion SPC		
19th May Pentecost	9:15 Holy Communion SWT	11:00 Holy Communion SWT	
26th May Trinity Sunday	9:15 Morning Worship Lay led		

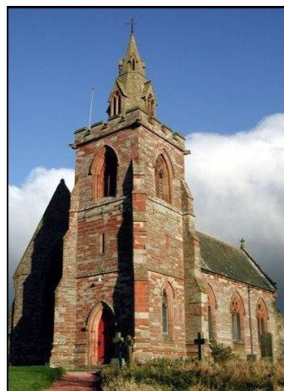
	Crosby Ravensworth St. Lawrence's	Great Strickland St Barnabas
5th May Easter 6	11:00 Holy Communion JHB	11:00 Holy Communion SPC
THURSDAY 9th May Ascension Day	Mission Community Service Details to be confirmed	
12th May Easter 7	11:00 Holy Communion SPC	
19th May Pentecost	18:00 Evening Prayer SWT	11:00 Morning Worship SPC
26th May Trinity Sunday	11:00 Morning Worship Lay Led	

	Morland St Lawrence	Shap St Michael's
5th May Easter 6	11:00 Holy Communion JWR	10:30 Methodist Service
THURSDAY 9th May Ascension Day	Mission Community Service Details to be confirmed	
12th May Easter 7	11:00 Holy Communion by Extension DGJ	10:30 Holy Communion SWT
19th May Pentecost	Service in Cliburn This month	10:30 Family Service EA
26th May Trinity Sunday	11:00 Holy Communion & Baptism by Extension SWT	10:30 Holy Communion JHB

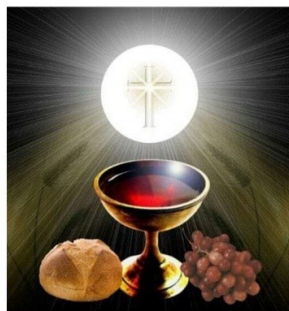
Appleby Deanery

St John's Church
Skirwith

Thursday May 30th
7.30pm



Solemn Eucharist
for
Corpus Christi



**Bishop Peter Ramsden
will Preside**
**Canon Brendan Giblin
will Preach**

Lowther Endowed School

'Stay and Play' sessions

Supervised by a member of the teaching staff

All pre-school children are welcome to attend.

Check school website



Affected by Cancer?

APPLEBY & DISTRICT CANCER SUPPORT GROUP

Invite you to

Come for Coffee

Open to all in Eden district



We meet monthly on the
3rd Monday from 10:00 to 12 noon
In our **New Location**
The Library, Low Wiend,
Appleby CA16 6QP

Chat in confidence with others
going through tough times

**Sharing your own journey could improve
your own wellbeing**

Further Info, Phone
~ **Rosie on 017683 52263** or
~ **Jackie on 017683 52277**

Tea, Coffee & Chat

Morland and Newby Village Hall

Every Thursday in term time

9:45am—11:00 am

All welcome

Come and join the chat.

Open to all ages.

Mums/Dads/Grandparents/carers/
singles -

Bring your babies and toddlers -

Come on your own -

Housebound? Ring for a lift.

01931 714238



Please come and join us.

CREATIVE CHAT GROUP

This group has started by meeting every other week in Morland, and we would welcome any newcomers interested in doing something creative while in the company of others.

To begin with we are meeting at The Craft Room at Jasmine Cottage, where Sabine Wood lives. At present there is no charge, but you could bring a contribution of biscuits, tea, or coffee, if you wish.

You can do anything you want – bring sewing, knitting, painting/drawing, clay modelling, crochet, lace-making, quilting, card-making – anything! So far we have had Drawing, Lace-making, and Knitting. Everybody does their own thing. Also, you don't have to chat if you don't want to! And you don't have to attend every time. It is entirely flexible. A table is provided.

If you would like to join us, please register your interest with Suzie Balfour on: morlandgardenflat@gmail.com I need to know how many will be coming so that I can organise a different venue if necessary. We look forward to hearing from you!

Morland Area Playgroup

All parents, carers and grandparents welcome to our friendly playgroup.

9am-11am Tuesdays (termtime only) @Morland Village Hall

First session free! Suggested contribution thereafter: £2 per child, £1 for siblings and under ones. Includes snack time and a hot drink for adults

Visit our Facebook page for more [info @morlandplaygroup](https://www.facebook.com/morlandplaygroup)



Can you swim a width? Do you want to have fun and improve your swimming technique? We meet weekly at Appleby Swimming pool during term time. On a Thursday evening starting at 6.30 – 7.00; 7.00 – 7.45 and 7.45 – 8.45, depending on your ability.

3 taster sessions are offered, and if you decide to continue, the cost is £38 per term.

Everyone is welcome including adults, who are welcome to attend the 7.45pm session to improve their stroke and stamina.

Volunteers to help on the pool side are welcomed and training is provided.

For more information come to Appleby Swimming pool on a Thursday evening or email us on, applebysclub@hotmail.co.uk telephone

In Memoriam

May God grant them eternal rest, and
may His light shine upon them for ever.

Cliburn

March 21st Christopher Butterworth
&
Josephine Jopson

Morland

March 28th Linda Davidson



Morland Area Primary School PTA



WIN up to £120.00 per month with better odds than the lottery!!

Help to raise funds to maintain and continue to improve Morland Area Primary School.

£3 a month for a ball in the draw. Possible to win 1st, 2nd or 3rd prize.

Easy to pay for with BACS or an annual cheque.

Results are announced every month through the school and newsletter

For further information email pta@morlandarea.cumbria.sch.uk or speak to
Claire Lane via the school

Full Terms & Conditions available at www.morlandarea.cumbria.sch.uk/topic/parents or can be emailed on request

Local Grants Woodhead and Pennyfeather Charity

The objective of the charity is to help people living or working in the parish of Lowther who find that they are in need, by awarding small grants or by paying for items or services to help those people.

If you are in need, or know of anyone in need please contact the charity using this email address:

woodandpenny@gmail.com

Confidentiality is ensured.

BOLTON COMMUNITY CAFÉ (Formerly known as Bolton Exchange) OPEN EVERY TUESDAY IN THE MEMORIAL HALL

On the first Tuesday of every month we open from **1pm – 3pm** for lunch –

Quiche and salad, soup and rolls (depending on season) and always delicious homemade desserts, plus coffee or tea – all for £5

On the other Tuesdays we are open from **2.30 – 4pm** serving unlimited tea or coffee, plus homemade cakes and biscuits - £2.00

There are always hand made greetings cards for sale and we are happy for people to bring along any plants, vegetables, jams or chutneys that they wish to sell or donate.

EVERYONE VERY WELCOME!

EDEN ACTIVE FIT4ALL at Shap Memorial Hall Wednesdays 1.15 - 3.15 m £3 per session All Welcome

Gentle activities designed to help you become more active in your older years in a friendly, sociable setting.

Details from the Old Courthouse, Shap

Contact website for up to date
information re Covid-19

www.theoldcourthouse.org

Tel: 01931 717539

Please continue donating to our local food banks in Appleby (Sands Methodist Church) and Penrith. (Salvation Army) Many more families are still finding it hard to manage through this difficult time.



Bolton Nursery

We are open Monday to Friday, 8am to 6pm for babies and children aged 3 months - 11 years, offering flexible hours.

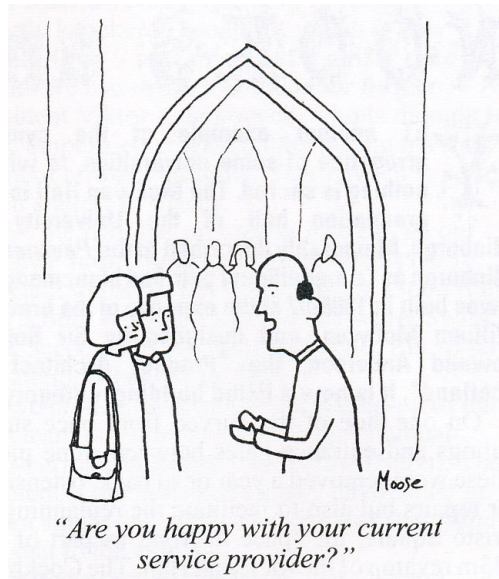
All 3 and 4 year olds are entitled to receive 15 hours of free early education per week. Families who meet the eligibility criteria will be entitled to 30 hours funded childcare from September 2017. The extended entitlement can be taken 30 hrs per week term time or 22.25 hours per week across 51 weeks of the year. Some 2-year-olds are also eligible for free funding.

We provide a **BREAKFAST/AFTERSCHOOL CLUB** during term time.

Our **HOLIDAY CLUB** will be open every week in the school holidays for primary school children within the Eden Valley. We provide holiday cover for SEN children up to 13 years old.

Our outside area is currently under renovation and when this is complete we will be having a fun filled open day for everyone – watch this space!!!

For more information telephone **017683 62468**.



There was a painter called Jack who was very interested in making a pound where he could, so he often would thin down paint to make it go a wee bit further.

As it happened, he got away with this for some time, but eventually the Presbyterian Church decided to do a big restoration job on the roof of one their biggest churches.

Jack put in a bid, and because his price was so competitive, he got the job, and so he set to, with a right good will, erecting the trestles and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with the turpentine. Well, Jack was up on the scaffolding, painting away, the job nearly done, when suddenly there was a horrendous clap of thunder, and the sky opened, and the rain poured down, washing the thin paint from all over the church and knocking him off the scaffold to land on the lawn, among the gravestones, surrounded by tell-tale puddles of the thinned and useless paint.

Jack was no fool. He knew this was a judgment from the Almighty, so he got on his knees and cried: "Oh, God! Forgive me! What should I do?" And from the thunder, a mighty voice spoke: "Repaint! Repaint and thin no more!"

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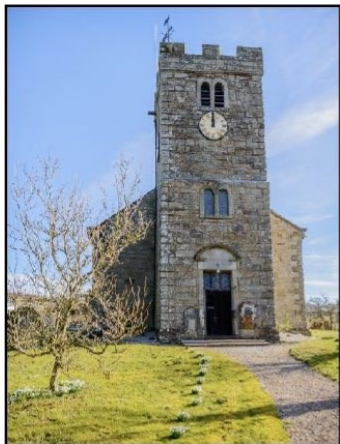
Showroom open by appointment

Call us on: **01931 585101**

enquiries@ajdchapelhow.co.uk

www.ajdchapelhow.co.uk

Have you ever considered learning to ring church bells ?



St Patrick's Church in Bampton are looking for more volunteers to help carry on the Great British tradition of Bell Ringing.

Could this be the perfect activity for you?



Why Learn to Ring? There are many reasons; contribution to church life, companionship, be part of a team and community, pleasure and fun, physical exercise and mental stimulation (burns calories, tones muscles and relieves stress) and probably many other reasons as well. Individuals, couples, sometimes whole families or groups learn to ring together from all walks of life, for all faiths and none (you don't need to be musical, mathematical or strong).

When a ringer has learned how to ring they can visit other ringing towers in the UK - a great activity at university - or any tower with bells (mostly UK) where they will find a warm welcome and immediate friendship. It is never too early or too late to start.

Come along for an initial 'have a go' session. No qualifications necessary. Bell Ringing is fun for young people (10+ yrs), adults of all ages and well within the capabilities of most people. Also counts as a DofE 'skill'. If after the initial 'have a go' session you decide bell ringing is for you, teaching sessions can be arranged over several weeks or months (depending on your availability) after which you join the tower band of ringers for Sunday Service ringing, Weekly Band Practice, Civic occasions, Special celebrations, Weddings and so on.

If you would like to find out more we would be delighted to hear from you

Please contact our Tower Captain
email@bridgetkelly.me or Telephone 01931 716822

Your advert could go here

Contact our advertising
manager for details of
rates, sizing and maxi-
mum megabytes

Meg Hancock at

01931 714 432

(meghnc@btinternet.com)

Penrith Ladies' Luncheon Club



Welcomes new members!

Meetings are the second Thursday in the month,
at the George Hotel 12.30-3.00.p.m.

The 23-24 programme begins on 14th September.
The talk will be by Karen Roberts '*how the earth
thinks*': **Entwined Worlds'**

Try one – pay later! Prior reservation is essential
and the cost of the meal will still need to be met:
£20. Contact PLLC Secretary by 12th Sept: E mail:
sueausten123@aol.com Tel: 0772 9409747

What could be more important than saving a life?

Community First Responders for Morland, Bolton, Newby, Cliburn, Kings Meaburn,
Great & Little Strickland and Surrounding Area

!!!!VOLUNTEERS URGENTLY NEEDED!!!!

Unfortunately Morland Area Community First Responders are desperately short of
volunteers.

In remote communities like ours we can literally save lives by providing first aid to
patients before the ambulance arrives.

In out of the way areas like ours it can sometimes take much longer for an ambu-
lance to reach the patient and first responders get there first to provide potentially
life saving help for the short time before the ambulance arrives.

You will receive excellent training from North West Ambulance Service and ongoing
refresher training and excellent support from existing volunteers.

This is a very rewarding and interesting volunteering opportunity and you can volun-
teer for as many hours per month as is suitable for you.

If you are just starting out on your career or thinking about changing your career
path this is an excellent addition to your CV.

- Minimum age 18
- Must hold a driving licence

If you are wondering whether this might be something that you could do then please
don't hesitate to call **Dean on 07812 773407** or **Caroline on 01931 714971** for a
chat, we can answer any questions you may have as we both have years of experi-
ence as CFR volunteers.

Offer Care and Support

Hello. I'm Hannah, your local Community Catalyst - we are running a free development programme in the Eden District - to help local people get set up working for themselves, offering help at home.

Lots of people in your local area need some extra help to live the way they want to, perhaps because they are older, disabled or have a long-term health condition. Could your new career be offering support to help people in our community to live more independently? You don't need any care or business experience, just to know what good care looks like.

Our help is free to you, as the project is funded by Westmorland and Furness Council. See www.communitycatalysts.co.uk

Please get in touch for an informal chat to find out more. Call 07435 943 901 or

communitycatalysts[®]
unlocking potential **effecting change**

THOUGHTS FOR MAY

"Many eyes go through the meadow, but few see the flowers in it."

Ralph Waldo Emerson

"The butterfly is a flying flower, the flower a tethered butterfly."

Écouchard Lebrun

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."

Jim Carrey

"If you tend to a flower, it will bloom, no matter how many weeds surround it."

Matshona Dhliwayo

"Open the bloom of your heart and become a gift of beauty to the world."

Bryant McGill

Cumbria Singers invite you to:

'Sing Around the Lake' on Friday 17th May.

A cruise on the Ullswater Steamer 'TheRaven'

'Sing Along' led by

'Jackie Knox and the Good Time Boys'

and the 'Morland Ukele' Group'

Meet at Glenridding Pier from 6.00. for 6.30. departure.

Tickets : Adults £25 U. 18's £15.

Available from www.ticketsource.co.uk (booking fee applies)

An initiative to raise money for

the Sunbeams Music Trust and Cumbria Singers .

Visit www.cumbriasingers.org.uk for further information.



What's on @ The Studio Morland

Tuesdays: Yoga with Jerri (6-7pm)

Contact Jerri to book:
infojerryderyoga@gmail.com

Thursdays: Physio Pilates with Andy Speight
Classes at 10am, 11am, 5:30pm (1hr)
Class for men at 6:30pm

Contact Andy to book:
07596957027

Tea and Chat

Every 3rd Tuesday of the month (2-4pm)

Tea and Chat is what it says on the tin - come and have a cup of tea, and a chat, or just have the tea if you don't fancy chatting. Maybe bring your knitting. The kettle will be on, it's free, it's open to all and there's no need to book.

thestudiomorland.co.uk/tuesday-tea-and-talk

Hire Our Space

The Studio Morland is available for hire. The studio is a light, creative space boasting extensive private gardens with a next door cafe. We can also provide unique 'add ons' to augment your booking from our team of practitioners in arts and wellbeing sectors.

thestudiomorland.co.uk/corporate

 thestudiomorland

 studiomorland

thestudiomorland.co.uk
thestudiomorland@gmail.com
01931 714444

The Studio Morland
Morland, Penrith
CA10 3AZ



Askham WEDDINGS to Celebrate!

Congratulations to the happy couples.

We wish them long and happy marriages.

Saturday 4th May
1:15 p.m.

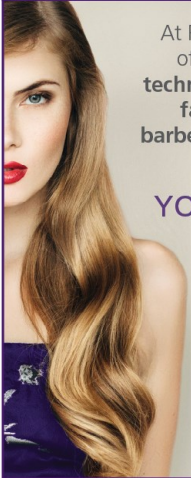
Sophie Best
Matthew Dawson

Saturday 25th May
1:30 p.m.

Helena White
Sam Sykes

FELL VIEW

HAIR & BEAUTY



At Fell View we offer a range of **colouring** and **styling** techniques, **waxing**, **massage**, **facials**, **nails** and **men's barbering**, as well as our leading **guest therapists**.

YOUR HAPPY PLACE

Open till 9pm on
Wednesdays and Thursdays
Located on the Main Street
of Shap, near the Coop



01931 716910



Mugs

MORLAND UKULELE GROUP

Meet Tuesday evenings 19:00 -21:00
at Morland Village Hall
(when available)

New members always welcome,
but please ring to check as we will
occasionally meet at an alternative
venue.

Contact Mark or Rachel
on **07885 272770**

*Cumbria Singers invite you to
Come and Sing!*

**On Saturday 8th June at Ullswater Community College, Penrith.
10.00.-5.00.**

Enjoy singing well known classical choruses
with an internationally renowned conductor, Matthew Owens.

All ages and levels of experience welcome.

Adult £25; Student FTE £15; U. 16s £10; Family: £60

Music can be downloaded or ordered in advance : £6 set.

To book EM: mr4cnr@gmail.com

for further information visit www.cumbriasingers.org

Do you care?

If so **Eden Carers** may be able to help you. We are a charity providing free support throughout Eden to unpaid Carers who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5-18 years). We provide statutory carers assessments: information and signposting; 1 to 1 support; benefit information; newsletters, support groups - including after school clubs for Young Carers; social events; training and activities.

Contact us on: 01768 890280 or enquiries@edencarers.co.uk

Pilates at Reagill Village Hall

We have a few vacancies at our early pilates session in Reagill on Mondays.

This is from 6.30 to 7.30 and is aimed at gentle, yet effective exercises to strengthen core muscles, increase general fitness and avoid back pain.

The sessions are during term time and the cost is £20 for three sessions, £8 if paying weekly.

For further information, please ring Fiona Woolnough on 7375082111.

Morland Tennis Club

The rates for membership of Morland Tennis Club are;

*Family, £20.00 per annum
Individual, £10.00 per annum
Children, £5.00 per annum*

For those wishing to join while visiting the area, the day rate is;

Adult £2.00 and children £1.00

At the moment there are no facilities for paying by card so please put your money in an envelope with your name and contact details and post through the letterbox of Shannon Brae, High Street, Morland – the bungalow below the tennis courts. You will find the key for the court in the nook to the left of the door. If you have any queries about the court or membership please knock on the door of Shannon Brae to speak to Sheila

Local Parish & Community Websites

Askham & Helton

www.askhamandhelton.co.uk

Bampton www.bamptonlakedistrict.org.uk

Bolton www.boltonvillage.org.uk

Brougham www.broughamparishcouncil.com

Cliburn www.cliburnparish.org

Clifton cliftonpc@outlook.com

Crosby Ravensworth

www.crosbyravensworthparish.org.uk

Great Strickland

www.greatstricklandparishcouncil.co.uk

Morland www.morlandparishcouncil.org

Shap shapcumbria.co.uk



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& Outdoor Events**

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possible our own Pigs**

**Show Catering, Barbecues
and Funeral Teas**

Catering Trailer available

**Lots of Menu Ideas using Homemade
& Locally Sourced Foods**

SHAP COMMUNITY BAND: WE'RE RECRUITING!



All are welcome, adults and children (7+), all abilities,
any instrument.

We're delighted to have been awarded a grant from Shap Community
Enterprise to enable our band to grow and flourish.

We rehearse on Tuesday evenings (term time) at Shap School. Beginner
brass (instruments provided, open to complete beginners) is at 6 - 6.45pm
and Main Band is from 6.45pm to 7.30. Subs: £4 a session; £2 for each
subsequent family member. Full bursaries available, just ask!

Contact Katie Hodges at bluejamarts@gmail.com



Up and About
Cumbria standing
strong against falls

Take Positive Steps to Avoid Trips and Falls

People of all ages fall. However, the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimize risk.

- **Get regular exercise** to improve strength, fitness and balance.
- **Have your eyes and hearing checked.** Vision and hearing play a vital role in balance and movement.]
- **Ask your pharmacist or GP for an annual medication review.** Some medicines or illnesses, such as poorly controlled diabetes, can make you feel faint or dizzy.
- **Look after your feet.** Painful feet and ill-fitting shoes can affect your balance and increase the risk of falling.
- **Make sure you get enough calcium and vitamin D** to keep bones strong.
- **Check your homes for trip hazards.** Some risks are obvious, but often overlooked, such as clutter or poor lighting.

Making small adjustments in your daily life doesn't mean that you have to limit your activities. In fact, it can give you greater freedom and confidence.

If you do have a fall or feel at risk of one, tell your GP

For more information or if you would like a talk or display, please contact Sara Bradley on 01228 536673 or e-mail sara.bradley@ageukcarlisleandeden.org.uk

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on behalf of Penrith Methodist Church.

MORLAND PARISH COUNCIL

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Meeting – The next meeting of Morland Parish Council will be the Annual Parish Council Meeting and will take place on Monday 13th May 2024, at 7.30pm at Morland Village Hall. Members of the press and public are welcome to attend. Agendas are available at least three working days prior to meetings, online and on village noticeboards.

Annual Parish Meeting – This is a meeting of the Parish, not the Council, and is an opportunity for Parish residents to raise any issue concerning the Parish. This will take place at 7pm on Monday 13th May 2024, at Morland Village Hall.

Neighbourhood Development Plan – The consultation period is now closed, and the plan will be submitted to Westmorland and Furness Council for external examination.

Noticeboard – The Parish Council have agreed to purchase a new noticeboard for the village hall car park.

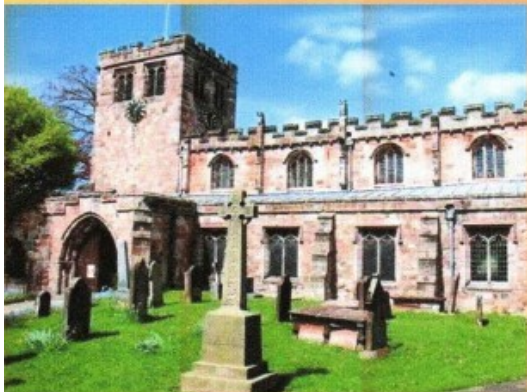
Play Area – The Council wishes to thank Dan Fitton for all his work restoring the toddler unit. Following final inspection, this should be open to use.

Halmshaws Garage – The Parish Council are aware of local concerns raised regarding the condition of the buildings, and have asked Westmorland and Furness Council to further investigate, as the responsible authority.

Grass Cutting – The Council will be awarding the contract for grass cutting in the Parish for 2024 at the May meeting. Any interested parties should contact the Parish Clerk for more details. The deadline for tenders will be 12pm on Thursday 2nd May.

Parish Clerk: Mrs Lisa Beken, clerk@morlandparishcouncil.org, 07522 939 696

Councillors: Steve Wilson (Chair), Peter Taylor (Vice-Chair),
Lesley Robson, Phil Hancock, Dan Fitton, Paul Vines, Gillian Garratt



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PLAY BRASS IN EDEN

- a project supported by Eden District Council



Eden
District Council

In the “Brass in Eden” project, Drum and Brass is working with four local bands in Eden: [Appleby Town Band](#), [Kirkby Stephen Silver Band](#), Melody Makers - Tebay and [Penrith Town Band](#) as well as music organisations including [Bjamba Horns](#) and bands elsewhere in Cumbria to secure the future of brass bands in our community.

With a grant of £8,750.00 from the Eden District Council’s Arts and Culture Development Fund the “Play Brass in Eden” team _ Julie Hoggarth, Jenny Bowes and Kath Wignall are touring schools in the area with their hands-on brass taster sessions. In these sessions, young people get to play along with the “band” and find out how they can take up playing.

It’s not only young people however, who can get involved in the joys of banding. There are also groups for adult beginners and nearly every band will welcome new players with open arms and a cuppa.

The project organiser Drum and Brass sees brass bands as central to community life. For communities, brass bands mark the seasons with music and are a must-have for e.g. Christmas Carol events and Summer Fetes.

For musicians they represent an affordable and sociable way to learn a musical instrument and they are open to all ages. And despite the many challenges of covid and cuts in music education, bands are thriving. Eden has three established bands, which meet weekly in Penrith, Appleby and Kirby Stephen, while three new brass groups between Tebay and Kirkby Stephen with collectively 30 members show there is real interest in learning.

If you want to find out where your nearest band is, and how to get involved, check out our new web page: <https://drumandbrass.co.uk/brass-bands-cumbria/> which has all the information you need to be part of this brilliant tradition.

Julie Hoggarth (julie@drumandbrass.co.uk)



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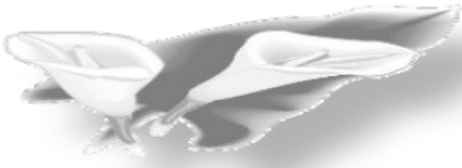
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Cuppa and Company - Fridays 2.30 - 4.30pm in the Library all welcome.



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Housing: information on housing, aids, and adaptations.

Local Services: advice on local support, groups, activities and concessions.

*Drop-in sessions held on the 3rd Wednesday of the month between 11am and midday at Eden Sight Support, The Resource Centre, Sandgate, Penrith, CA11 7TP.

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Volunteering Opportunities

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FELLRUNNER EXCURSIONS 2024

For the people living in the North Westmorland group of parishes and surrounding areas, The Fellrunner Village Bus Group have again kindly offered to provide a 16 seat bus for community use this year, and a list of the proposed trips is given below. If you would like to make a booking, please contact Mike Roulson on 01931 714457 to enquire if seats are available. Please note that for some visits there will be an entrance charge payable as well as the bus fare. November/December trips in future issues.

May 11th **Fountains Abbey and the stunning Studley Water Garden.** Britain's largest and oldest monastic ruin, now a World Heritage site. Learn what life would have been like for the monks in the 16th century. Call in the visitor centre, visit the café, gift shop and the Fountains Mill, where the grain was turned into flour. The site is managed by the National Trust and entrance charges will apply.

June 1st **Holehird Gardens, Windermere.** A 10 acre garden managed by the Lakeland Horticultural Society, and an award winning ~RHS Partner garden, in a stunning setting overlooking Windermere. Entrance by donation.

July 6th **Whitby, the well-known seaport on the east coast.** A visit to this popular seaside resort famous for its fish and chips and the home of the Whitby jet. Always a popular destination.

August 3rd **Barnard Castle, the historic market town in the Durham Dales.** Followed by an afternoon visit to Eggleston Hall gardens. The garden specialises in rare and unusual plants and the Coach House café and gift shop are nearby. Small charge for garden entry.

September 7th **Hartlepool, the seaside port on the east coast.** Here we will visit the "Trincomalee" at the Royal Navy National Museum and a chance to go on board this lovely old ship built in India at the end of the Napoleonic wars. On the waterfront, travel back in time and experience life in the 1700's. entry charges will apply.

September 21st **Grassington and the 1940's weekend.** A visit to this lovely Yorkshire town to experience life during war time Britain. Live music, vintage vehicles, displays, battle re-enactments and other entertainment.

October 5th **A visit to Whitehaven,** the historic port on the west coast of Cumbria, known for the Beacon Museum, The Rum Story; possibly take a walk round the harbour area.



PUZZLE TIMES

Brain teasers

There was a man who was born before his father, killed his mother, and married his sister. Yet, there was nothing wrong with what he had done. Why?

What is one thing that all wise men, regardless of their politics or religion, agree is between heaven and earth?

What is Greater than God, worse than evil, the poor have it, the rich require it and if you eat it you die?

Does the Christian religion allow a man to marry his widow's sister?

First is the last. Last is the first. You are in the middle. What am I?

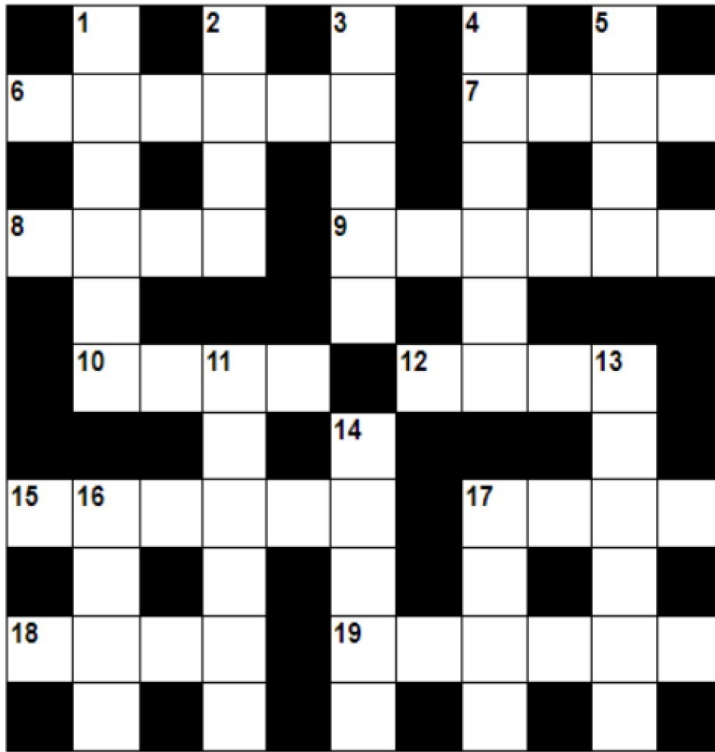
How does Moses make his coffee?

What do you call a priest riding a cycle?

SOLUTION TO LAST MONTH'S PUZZLE

¹ R	U	² C	K	³ S	A	⁴ C	K	⁵ C	⁶ O	B	⁷ S	
O		H		O		H	⁸ N		M		H	
⁹ B	R	O	T	H		¹⁰ A	V	O	C	A	D	O
O		L		O		F		D		H		U
¹¹ T	I	E	R		¹² R	E	S	O	N	A	N	T
		R		¹³ A		D		U				E
¹⁴ S	P	A	R	S	E		¹⁵ A	B	R	¹⁶ O	A	D
T				S		¹⁷ T		T		B		
¹⁸ E	X	¹⁹ E	C	U	T	O	R		²⁰ A	J	A	²¹ R
W		X		M		S		²² E		E		E
²³ A	R	T	L	E	S	S		²⁴ C	O	C	O	A
R		R		S		E		H		T		D
²⁵ D	E	A	D		²⁶ O	D	I	O	U	S	L	Y

QUICK CROSSWORD NO 1



QUICK CROSSWORD NO. 1

ACROSS

- 6. Male parent (6)
- 7. Let fall (4)
- 8. Logs (4)
- 9. Not poisonous (7)
- 10. Snooping (4)
- 12. Despatch (4)
- 15. Busy (6)
- 17. Suspended (4)
- 18. Jabber (4)
- 19/ Element Ag (6)

DOWN

- 1. Desert (6)
- 2. Muffled bang (4)
- 3. Attempts (5)
- 4. Respect (6)
- 5. Hand held device (4)
- 11. Lazy worker (6)
- 13. Moved musically (6)
- 14. Smallest amount (5)
- 16. Tribe (4)
- 17. Aura (4)

Dates For May

9 th	Ascension Day	
13 th	Come and Sing Opera Choruses	21
17 th	Sing Around the Lake	13
30 th	Corpus Christi at Skirwith	5

THE LAST WUFF!

Hello Everyone!

Well, Boss says it's Spring time, but I'm not sure that he's got it right. It seems very cold and wintry to me, especially since I had my fur cut off last week. Boss says I was a pest because Mummy was playing in the garden and I wanted to see what she was doing, so I wriggled about to look out of the kitchen window. He said he would tie me to the kitchen sink next time, but I don't think I'd like that because it's a bit wet and slippy in the sink and there isn't enough room to lie down for my tummy to be trimmed. My paws do feel a lot better now as there was quite a bit of fur between my toes and it does pick up a lot of muck when we go out for walks. Boss uses a special little thing that buzzes and cuts the fur right down between the pads. It tickles a bit but when it's done it feels nice and comfy.

Today I'm going to be going out with Mummy for a play date. She's started going to visit a lady in a funny chair with wheels on it. They play at boring things together all day, but I get to play with my new friend Skye who is a lovely little black girl who is a bit smaller than I and has quite short fur which never seems to grow long like mine. I've taught her to play head-and-bum-bash and she really enjoys it. It's good to have lots of friends to play with. Mummy and Boss say I'm a very lucky dog to have so many other dogs for company.

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If you would like your organisation included in the directory, please notify the editor with contact details and we shall be happy to include them.

The North Westmorland News welcomes items from readers and news from all ten parishes. However, we must reserve the right to edit any contribution and inclusion is subject to space being available. The views expressed are those of the contributors, and are not necessarily those of the Editor, the Newsletter or the Church.

All submissions welcome by email **ONLY** please to: nwneditor@gmail.com

***Cut off: STRICTLY 14th monthly for the following month.
Please note submissions received after this date will be
placed in the next available edition without further notice.***