

July & August 2025

North Westmorland News

Group website:

<https://northwestmorland.church>

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 Summer '25 issue of
North Westmorland News**

FULLY DIGITAL ISSUE

Please send copy for September to:

nwneditor@gmail.com

Latest date for copy:

14th day of preceding month!

From the Vicarage

It seems like a long time ago now that I moved into the area. It has been great to settle in and I'm very grateful that everyone has made me feel so welcome. Highlights over the past few months include seeing a regular visitor in the vicarage garden (a red squirrel!), seeing the abundant energy of all the children we work with in the benefice, and joining Penrith Town Band. That's without forgetting the privilege it is to join in with you all as we search to deepen our relationship with God.

It's amazing though that now thoughts are turning to the summer holidays. In the life of the church, the summer months are often quieter as people will be spending time away. It might also be that in the summer we look at undertaking those tasks that we have otherwise put off. But it is important I think to make the most of our holiday time. To spend some time existing as a human "being" as opposed to a human "doing". If you're a Christian, then we are called to do this to re-energise our relationship with God.

In Mark 6:30-32, the apostles are all excited to report back to Jesus all that they had done on their mission trip. It seems to be that instead of being too concerned with all that the apostles have done, Jesus instead invites them to "come away to a deserted place all by yourselves and rest awhile". Perhaps they were disappointed at his lack of acknowledgement at all the good things they had done. Instead, it seems to be that Jesus thinks it more important in that moment for them to come away and spend time with God.

Time and again in the gospels, Jesus gives the example of going away to a quiet place to spend time in prayer and to refresh. Here he also invites his followers to observe the same pattern.

So over the summer, let us find some time to put aside our achievements and the many things that we have done and just spend some time resting. That might include resting with family and friends, or if you are a Christian, taking some time just to be still, alone with God. You might be surprised at how such a time can change your perspective on life and mean that you are raring to go again when things start back up in September, perhaps with different priorities.

Chris



CREATIVE CHAT GROUP

This group is 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: morlandgarden-flat@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!



KEY TO SERVICES OVERLEAF

Ministers:

JWR Rev'd Jon Russell
SPC Rev'd Sheila Clark
JHB Rt. Rev'd James Bell
SWT Rev'd Stephen Tudway

RJH Ruth Hutchings
EA Elaine Allison
CPS Rev'd Chris Smith
NR Nigel Robson

Midweek Holy Communion

Is celebrated in Morland Church on
Wednesdays at 10:00 a.m.

This is a quiet, said service, followed by coffee in the Mill Yard Café

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!

	Askham St Peter's	Bampton St Patrick's
6th July Trinity 3 Proper 9	11:00 Village Hall Café Church CPS	09:30 Holy Communion CPS
13th July Trinity 4 Proper 10	11:00 Holy Communion SWT	10:00 Café Church Fellowship
20th July Trinity 5 Proper 11	11:00 Morning Worship NR	
27th July Trinity 6 Proper 12	11:00 Holy Communion JHB	09:30 Holy Communion SWT

	Bolton All Saints	Cliburn St Cuthbert's	Clifton & Brougham (St Cuthbert's)
6th July Trinity 3 Proper 9	09:15 Holy Communion JHB		09:15 Holy Communion SPC
13th July Trinity 4 Proper 10	09:15 Holy Communion JHB		
20th July Trinity 5 Proper 11	9:15 Holy Communion SWT	11:00 Holy Communion SWT	
27th July Trinity 6 Proper 12	09:15 Holy Communion JHB		

	Crosby Ravensworth St. Lawrence's	Great Strickland St Barnabas
6th July Trinity 3 Proper 9	11:00 Holy Communion JHB	11:00 Holy Communion SPC
13th July Trinity 4 Proper 10	11:00 Holy Communion JHB	
20th July Trinity 5 Proper 11	18:00 Evening Prayer SWT	11:00 Morning Worship Lay led
27th July Trinity 6 Proper 12	11:00 Morning Worship Lay led	

	Morland St Lawrence	Shap St Michael's
6th July Trinity 3 Proper 9	11:00 Holy Communion JWR	10:30 Methodist Service
13th July Trinity 4 Proper 10	11:00 Holy Communion SPC	10:30 Holy Communion with Baptism CPS
20th July Trinity 5 Proper 11	11:00 All-Age Worship SMW	10:30 Family Service RJH
27th July Trinity 6 Proper 12	11:00 Holy Communion SWT	10:30 Holy Communion SPC

FELLRUNNER EXCURSIONS 2025

For the people living in the North Westmorland Group of Parishes and surrounding areas, The Fellrunner Village Bus Company have again kindly offered to provide a 16 seater bus for community use this year. A list of the proposed trips is given below and 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.

July 5th **A visit to Haworth**, the hillside home of the Bronte family. Visit the Parsonage that echoes with the legacy of its famed sisters and walk the steep cobbled streets of the village.

August 2nd **A visit to Dumfries** in the south west area of Scotland. Walk along the river at The Sands or visit the many shops in the town. Coffee en route will be taken at Powfoot a small village near Annan on the Solway coast.

September 6th **A visit to Fleetwood** a town which had one of the largest fishing fleets in the UK, home to the “Fishermans Friend “. There is a covered market and independent shops, parks and gardens, or take a walk on the promenade.

October 4th **Raby Castle**, park and gardens ,Staindrop nr. Darlington. One of England’s finest medieval castles. Explore these wonderful surroundings at your leisure.

November 1st **Ripon in Yorkshire**. A cathedral city steeped in history and home to many magnificent historical buildings. There is a small Saturday market and independent shops ... something for everyone.

November 29th **Ulverston Dickensian Festival**. A favourite destination before Christmas to enjoy a town full of wonderful stalls, street entertainment and costume parades through the historic town streets.

December 6th **Gretna Gateway and Houghton Hall** retail outlets. A visit to popular places to top up your Christmas shopping.

St Michael's Village Show

Saturday 30th August 2025

at the Memorial Hall

Schedules will be available from mid-June

**from St Michael's Church, The Old Courthouse, Second
Chance Charity Shop, Village Store/Post Office or on the Shop
website, www.shapcumbria.co.uk - follow the What's On link
or email: wood_watersfarm@hotmail.com**

**Entries to be brought in 8.30am-9.45am on show day
Entries 20p each (max of £5) - Children's entries FREE**



Lowther Parish Hall Notice

Tennis Court Refurbishment and Volunteer Opportunities

Over the last few years Lowther Parish Council has been seeking funding for the refurbishment of Lowther Parish Hall Tennis Courts. We received funding from various sources which allowed us to carry out essential works in April. This included resurfacing the courts, external netting, new lines for tennis and other sports, small football posts and netball hoops.

We hope that you will join us in celebrating the reopening of this fantastic new recreation area in May/June. We are also looking for new committee members to help run Lowther Parish Hall. If you are interested in engaging with the community, meeting new people and improving and running our precious community resources this could be the volunteer job for you. Various roles available.

If you would like to find out more please contact Nicola Esill at:

Nicolaestill@gmail.com

Funded by: Cumbria Waste Management, Westmorland & Furness Council, Lowther Parish Hall, Lowther Parish Council, Jenkinsons, Kendal Calling and Cumbria County Council.

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.

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

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 email hannah.turner@communitycatalysts.co.uk

Do you want to work for yourself and make a difference to people's lives?

People in Eden need extra help to live the way they want to, perhaps because they are older, disabled or have a long-term health condition.

Community Catalysts is seeking people who would like to provide care and support to people on a self-employed basis. You will help people to be more independent with things, such as cleaning, cooking, or help with washing and dressing and taking trips out in the local area. And you don't need any care or business experience, just to know what good care looks like.

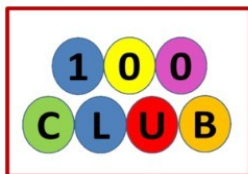
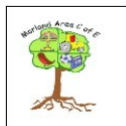
We provide clear and simple guidance to set up as self-employed, or as a community micro-enterprise as we like to call it. Running your own micro-enterprise can be flexible and fits around family life, hobbies and interests.

We can also signpost you to a start-up grant of up to £500!

Our support is free to you, as the project is funded by Westmorland and Furness Council. Please get in touch for an informal chat to find out more. Call 07435 943 901 or email hannah.turner@communitycatalysts.co.uk

communitycatalysts®
unlocking potential effecting change

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



Share the places that matter to you

We want to hear from you!

Participate in our Cumbria Connect photo research project and tell us where and why our local area is important to you.

For full details get in touch by scanning the QR code or email anja.byg@rspb.org.uk



#CommunityProject #PhotoResearch

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**.

AJ&D Chapelhow (Cliburn) Ltd

A family run business established in 1961

*"A huge thank you for being
so fabulous to deal with
both in the office and the
men who came to fit the
doors and windows
which are utterly perfect!"*

*Locally manufactured quality timber
windows & doors.*

Free quotation and measuring service

Showroom open by appointment

Call us on: **01931 585101**

enquiries@ajdchapelhow.co.uk

www.ajdchapelhow.co.uk

**Applegarth
Foods** 

**offering
Bespoke Catering**

Bereavement refreshments

**Weddings, Family parties
Corporate hot and cold menu's**

**Kathleen Twentyman, Applegarth,
Great Strickland, Penrith. T: 01931 712272
Mobile : 07711 663633
Email: info@applegarthfoods.com
www.applegarthfoods.com**

**Appleby
Swim Club**



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.

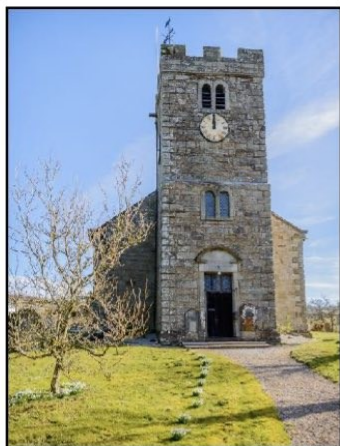
3 taster sessions are offered, and if you decide to continue, the cost is £38 per term.

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

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)



HAS MOVED! PLLC Meetings, usually on the second Thursday in the month, 12.30.-3.00.p.m., are now at the **Roundthorn Country House Hotel**

The 24-25 programme begins on 12th September. The talk will be by Ian Jack about 'Red Squirrels'. It will be followed by a delicious 2 course lunch.

We welcome new members! Try one – pay later!

Prospective new members are invited to come along to one meeting and then apply to join later. The cost of the lunch will be £24, payable on the day. Contact PLLC Secretary for further details:

suecausten123@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 ambulance 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 volunteer 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 experience as CFR volunteers.

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



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**



Homemade cakes made to order
Puddings and sweets for all occasions
Afternoon tea delivered to your
door - beautiful cake stands and china
available to display your tea

Tel. 01931 716765
Mob. 07813742867
Email. judithscakes@gmail.com

SIMON HAZELDINE

07486 002848

KITCHEN AND BATHROOM FITTING

Tiling and Flooring
Minor electrics and Plumbing
Interior and Exterior Painting
Refurbishment and general
household repairs
Pressure Washing (Paths, Drives,
Patos etc.)
If your requirements are not
listed please ring and ask.

No VAT – No job too small
2 Prospect Terrace, Kirkby Thore,
Penrith CA10 1UG

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



Mike Addison FBDO CL
OPTICIAN

Mike Addison Optician now at
SHAP HEALTH CENTRE

- Over 60's & under 16's receive FREE SIGHT TEST
- NHS and Private patients welcome
- Fully comprehensive eye examinations including Diabetics and Glaucoma sufferers
- Professional, friendly service by qualified local Opticians
- Excellent range of spectacles from economy to designer for children and adults

The Shire Hall
The Sands
Appley CA16 6XN

Shap Health Centre
Peggy Nut Croft
Shap CA10 3LW

info@mikeaddisonoptician.com

CALL 017683 53199
to make an appointment



NEWBY COURT NEWBY

Visit Britain

Four Star

Self-Catering Cottages

1, 2 and 4 Bedrooms

www.newbycourt.co.uk

01931 714521

vickers313@googlemail.com



www.fellanddalescatering.co.uk

**Catering for Weddings, Birthday Parties
& Outdoor Events**

**Hog Roasts using where
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

THE WELCOME INN!

We welcome you to join us at
St Lawrence's Church, Appleby.

For coffee, companionship and connection!

**Every Tuesday afternoon,
from 1.00 to 3.00pm.**

There will be no charge and there will also be an opportunity for prayer.

*As a church we believe that healing is not just about people being well;
it is about human flourishing and that, whatever the state of our body, mind and spirit,
all people are beloved of God.*

For further information contact Sue Mc Guinness - suzmcguinness@gmail.com



PLAY BRASS IN EDEN

- a project supported by 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)



SEASONED FIREWOOD

Dumpy bags:

Hardwood Logs - £107

Softwood Logs - £90

Kiln Dried Hardwood Logs - £114

Mixed Hardwood/Softwood - £98

For every bag of logs we sell, we make a donation towards the planting of new trees in Cumbria.

- Prices include VAT @ 5%

- FREE local delivery

Telephone: 017683 62746 www.tjewbanklogs.co.uk

WOODSURE
Ready To Burn
Accredited



WOODSURE
Assured Quality
Wood Fuel



Physiotherapy led PILATES

Wellbeing + Posture + Confidence

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

at The Old School, Morland,
The Square, Morland, Penrith CA10 3AZ

Thursdays:

10.00am

11.00am

5.30pm

6.30pm 'Mens class'

(Class via Zoom Tuesdays 6.00pm)

Classes are suitable for beginners and mixed ability

Contact: Andy Speight (Chartered
Physiotherapist) and APPI registered Pilates
Instructor on:
07596 957027

Or email: sp8physiopilates@gmail.com



HARDWOOD LOGS FOR SALE

Well seasoned

RW & SC Porter

Tel: 017683 61766
or 07716 795433

All messages answered

Morland House Gardens

In the heart of the Eden Valley

Member of the Historic Houses Association

Open daily 10am - 5pm



Entrance £5
U16s, HHA Members & Season Ticket holders free
Morland, Penrith, Cumbria CA10 3AZ
www.morlandhousegardens.com



SCAN ME



We provide a wide variety of services for those over 50 including:

Information and Advice

Financial: help with benefit entitlement checks and completing forms.

Social Care: matching the care that clients need with available services.

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.

Home Support

We offer a quality, competitively priced home support service with a person-centred approach, helping people maintain their independence in their own homes. We can help with weekly chores, support personal wellbeing and promote social inclusion.

Social Opportunities

A wide range of social opportunities are available, from walking to craft sessions, afternoon teas and much more.

Shops

We have 6 shops in the region that sell a wide range of new and preowned items.

Volunteering Opportunities

Volunteering opportunities are available across all departments, and we would love to hear from you if you would like to join our team!

Contact for details

Tel: 01228 536673

REPAIRS * FASCIAS
& SOFFITS *
FAILED UNITS

APPLEBY

WINDOWS AND DOORS

Suppliers and installers of quality
uPVC products.

Call for a FREE quotation

017683 62343

Applebywindowsanddoors@[gmail](mailto:Applebywindowsanddoors@gmail.com).com

HEARTWOOD ENTERPRISES

Everything to do with trees...

All practical tree work & woodland management

Timber – milling of local hardwood & softwood

Firewood – logs supplied to suit your needs

Tom Dutson *Chartered Forester*

www.heartwoodenterprises.co.uk

Tel: 01931 716195

Mobile: 077 69 67 65 36



PROCTER BUILDING SERVICES

- Time served tradesmen, Over 30 years experience.
- Fully Insured, CSCS Registered.
- We cover all aspects of the Building trade & Maintenance work.
- Chimneys, Roofing, Gutter work, Stonework, Blockwork, Brickwork, Plastering & Rendering.
- Extensions, Renovations, Restorations & Insurance work.
- Drone Surveys available.

Contact Mark Procter

07799576663 or answer phone 01931714033

Email:-procterbuilding@mail.com.

www.procterbuilding.co.uk

Neat Feet by Mary-Anne

**If you are finding it hard to cut your toes nails or have hard skin.
Why not give me a call me for a treatment in your home?**

Regarding COVID-19: I will come with my own mask, gloves, apron and foot protection. Also with a single use mask for clients own use during treatment, as we all need to remain safe.

I hope to be able to meet you soon.

Mary-Anne

Qualifications:

Diploma in Chiropody. WMSch

COVID-19 Infection Prevention and Control: Guild Training International

017683 53765 or 077 69 68 57 54

Lowther Endowed School

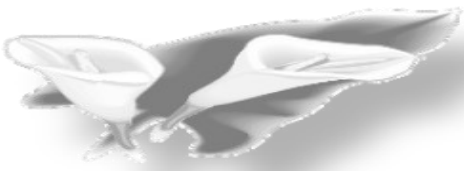
‘Stay and Play’ sessions

Supervised by a member of the teaching staff

All pre-school children are welcome to attend.

Check school website





Glyn Jones

Funeral Directors

*A Complete, Professional, Caring,
Sympathetic Service,
All Areas Covered,
Private Chapel of Rest*

*12 Battlebarrow,
Appleby-in-Westmorland,
Cumbria. CA16 6XS
Tel: 017683 51569
Hugh Jones
Glyn Jones*

**Bespoke Home visits to
help you Move More**



**"Having Pauline come visit
my home every week,
motivated me to strengthen
my muscles in preparation for
my hip operation".**

**Do your health
conditions prevent you
from been as active as
you would like?**

**Would you like help with
your strength, Balance,
Mobility & Overall
wellbeing ?**

**Book a qualified exercise
referral specialist to visit you at
home**

**Have a chat with Pauline 07788979640
pauline.ireland@moveitorloseit.co.uk**

A NEW EXPERIENCE FOR THE DENTURE WEARER

**Do you have denture problems?
Perhaps they are uncomfortable, or you are
unable to eat the food you like?**



Our Clinical Denture Technician, Rob Taggart, can help. Rob can create all types of comfortable, secure and natural-looking dentures that will restore your smile and transform your denture experience.

If you would like to meet Rob and have a chat about your concerns, call to arrange a FREE assessment appointment.

Come along and see what he can do for you



01768 862291



reception@ghyllmountdental.co.uk

CREATIVE CHAT GROUP

This group is 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!

MIDTOWN CATTERY

Loving care,
spacious, modern &
heated cat
accommodation.

For more information
and bookings please call:

Julie Fisher:
01931715246

LOWTHER CASTLE & GARDENS

VOLUNTEERS SOUGHT

Join our friendly and convivial team, improve your horticultural skills, expand your local historical knowledge and play a part in the development of one of the Lake District's most exciting visitor attractions.

Good benefits, wonderful setting.

If you are interested, please email
info@lowthercastle.org



PARKIN & JACKSON Monumental Masons

Manufacture, lettering and
installation of new
memorials
Additional inscriptions
Renovations
Cleaning and repainting

Free Estimates
Visit our showroom at
14 Appleby Road
Kendal, Cumbria LA9 6ES

Tel: 01539 722838
or e.mail:
parkinandjackson@btinternet.com
web:www.parkinandjackson.com



The Eden Workshop at


The Appleby Hub

Craft Workshops & Courses at Appleby in the The Eden Valley. Located in a vibrant community hub in a bustling market town. Easy access from M6 & A66

Craft Workshops & Courses at Appleby in the The Eden Valley. Located in a vibrant community hub in a bustling market town. Easy access from M6 & A66

www.theedenworkshop.co.uk

Richardsons Funeral Directors



est. 1852

*Funeral arrangements with
a professional, friendly service*

24 Hours a day

Tel: 01768 891189

www.funeraldirectorspenrith.co.uk

**Specialist wills, tax & probate
solicitor**

One of the few true specialists with
over 30 yrs experience & additional
specialist qualifications - large city
firm experience without the high
prices - has saved millions of £
Inheritance Tax –

**Lynn Emery LLB(Hons) Solicitor
(TEP)**

01697 478303 | 07901

229218 | lynn@lynnemery.co.uk

IGK

GROUNDWORKS

NO JOB TOO SMALL

Over 30 years experience
in all aspects of groundworks.

Small to large jobs undertaken
including drives, patios,
fencing, hard landscaping
drainage and foundations.

**COMPETITIVE
RELIABLE
GROUNDWORK SOLUTIONS**

Contact Ian on 07751 661293



Great Nails Don't Happen By Chance
They Happen By Appointment

Gel Polish
Nail Enhancements
Pedicure

For information and to book an appointment
please contact Mel on 07983472249

Email: melheritage6@yahoo.co.uk



Melanie Heritage Nail Technician

the **guild**
of Nail Technicians



ALL ASPECTS OF PLUMBING AND JOINERY COVERED

PLEASE CONTACT US FOR MORE INFORMATION



07384 479720

hannah.heaton1@outlook.com



07708 217521

jonnyrhall67@gmail.com

WALKERS

Family Funeral Directors

— Est 1945 —

Tynefield House
Penrith
CA11 8HY
01768 892211

Chapel Street
Appleby
CA16 6QR
017683 30321

www.walkersfunerals.co.uk

Private Chapel of Rest—Funeral Plans—Memorials
Caring, Personal and Professional 24hr Service

Eileen Messenger, Alan & Susan Smyth, Gary Strong, Damon Steadman



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

Golden Charter
Funeral Plans



Groundworks 07968101211

All types of groundworks undertaken including:-

- Site Clearance
- Foundations
- Post knocker
- Draining/ditching
- Septic tanks
- Concrete breaker

Digger and dumper available
Ring 07968101211 or
017683 42059

Find me on facebook



ASKHAM
HALL

A Stunning grade 1 listed Pele Tower, Askham Hall has a Michelin starred/4AA Rosette restaurant luxury accommodation with beautiful gardens, an outdoor heated pool and hot tub.

We grow and rear much of our own produce, at Askham Hall itself and on the 800 year old Lowther Estate.

Sister establishment of the Queen's Head Askham and the George and Dragon in nearby Clifton.

Askham Hall, Askham, Penrith, Cumbria.
CA10 2PF. 01931 712350
enquiries: hello@askhamhall.co.uk
<http://www.cielhotels.co.uk>

Do you need help with small jobs around your home?

Westmorland and Furness Council operates a **Handyperson Scheme**, offering eligible residents help with things like:

- Changing a lightbulb
- Putting up shelving
- Hanging curtains
- Installing handrails
- Small repairs, such as unblocking sinks or replacing a washer on a tap
- Fitting of minor security measures such as door and window locks

All work is carried out **free of charge** – you just provide the materials.

Assistance is available to over-65s, people who have a disability or are vulnerable who meet the eligibility criteria.

For more details about eligibility and how to request a job, scan the QR code or visit the website:

www.westmorlandandfurness.gov.uk/housing/handy-person-scheme

You can also call the **Housing Standards Team** on 0300 373 3300, email housingstandards@westmorlandandfurness.gov.uk, or write to:

Housing Standards Team, Westmorland and Furness Council, South Lakeland House
Lowther Street, Kendal LA9 4DQ





The Old Courthouse Main Street Shap Cumbria CA10 3NL

Tel: 01931 717539

Mob: 07555 021 295

www.theoldcourthouse.org

Shap Farmers' and Makers' Market

9 am—1 pm

Food/Art/Craft/Plant stalls

Plus much more—indoors and outdoors

Saturday 28th June

Cumbria Retired Police Dogs Benevolent Fund stand

Music on the Terrace 10.30am - 12.30pm

Morland Ukulele Group

Tirril Art Group exhibition inside The Old Courthouse

also meet some of the artists

Saturday 26th July

Penrith Mountain Rescue stand

Music on the Terrace 10.30am - 12.30pm

'Skinny Lincoln'



The Old Courthouse, Shap

visit www.theoldcourthouse.org for details of events

Opening Times: Sun 2-5, Mon 10 -1, Tue 2-5, Thu 2-5, Fri 2-5, Sat 10 -12

Open as usual on Bank Holidays

The Library at The Old Courthouse is a warm place for reading, working, computers with FREE WIFI,

drinks available do feel that you can drop-in for a while whenever it is open.

It's a lovely cool space in hot weather!

Knit and Natter - Thursdays 2.30 - 4.30pm in the Library all welcome.

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

MORLAND PARISH COUNCIL

Working for you since 1894

morlandparishcouncil.org

Find us on  facebook.com/MorlandParish

Councillor Phil Hancock, 1.9.1945-10.5.2025



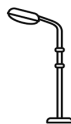
Phil was a dedicated parish councillor for over 20 years who did so much for the village, including quietly maintaining areas **around the village hall with planting for everyone's enjoyment** and completing major works some years ago managing the water flow at the ford and weir, which was a significant undertaking. He will be very much missed. Our thoughts are with his wife and family.

At the Annual Parish Council Meeting, held on 12th May 2025, Councillor Steven Wilson was unanimously re-elected as Chair, alongside Councillor Peter Taylor as Vice-Chair.

Councillors conducted a review of assets owned by the Parish Council, and identified areas that required work. It was agreed that the bench at Lowergate was in a state of disrepair, and that a notice would be placed to inform residents that it would be removed. Work will be required to improve the noticeboard and Studio. The Council agreed to take on grass cutting at Jackson Croft.



Following a change of policy at Westmorland and Furness Council, the Parish Council agreed that all footway lighting previously adopted from Eden District Council would be returned to the Unity authority. The Parish Council would ensure that any agreement would include an obligation to consult the Parish Council if the lights are considered for decommissioning in the future, to enable them to act appropriately.



Work is continuing on an Emergency Plan for the Parish, with stakeholders to be identified and consulted.



The next meeting of the Parish Council will be held on
Monday 14th July 2025 at 7.30pm
at Morland Village Hall.

AT THE BEACH



Word Bank

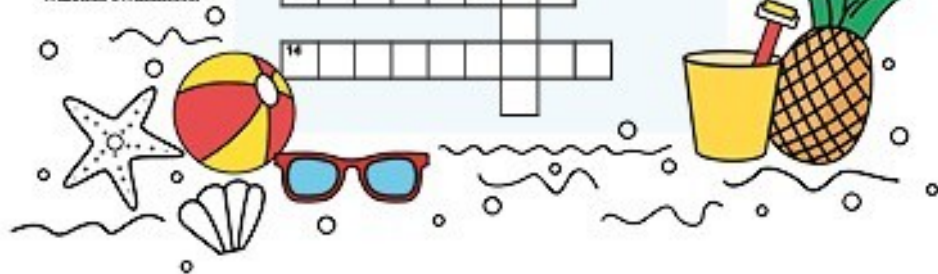
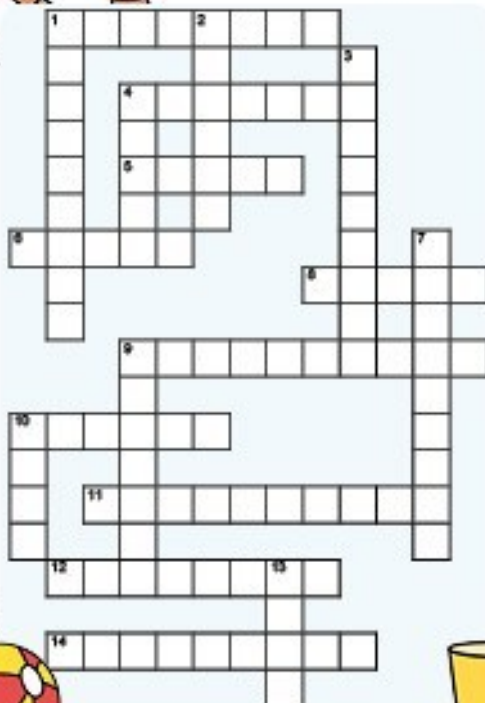
CRAB	PICNIC	SUNBURN
FLIP FLOPS	SANDCASTLE	SUNGLASSES
JELLYFISH	SHORE	SURFBOARD
LIFEGUARD	SHOVEL	SWIMSUIT
OCEAN	SNORKEL	TOWEL
PAIL	SUNBLOCK	WAVES

Across

- What most people wear on the beach.
- Allows you to breath underwater.
- It's right next to the beach.
- They wash in at the seaside.
- Use this to dry off.
- You might build this on the beach.
- Lunch on the beach.
- Helps you to see on a sunny day.
- Protects your skin from the sun.
- He or she watches swimmers.

Down

- Use this to ride the waves.
- Used for digging.
- Shoes for the beach.
- The edge of the water.
- Sea animal that stings.
- Watch out! If you turn red, you have this.
- Use this to collect sand, water, or shells.
- Little animal with pinchers.



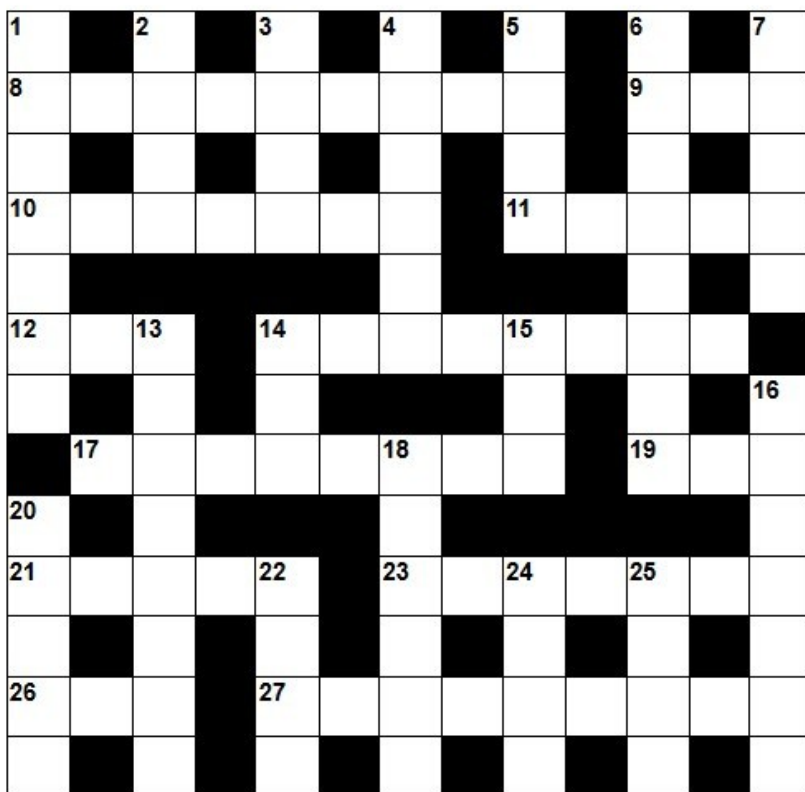
Summertime

THUNDERSTORM
WATERMELON
SANDCASTLE
PLAYGROUND
SUNSCREEN
LIGHTNING
FLIPFLOPS
FIREWORKS
POPSICLE
OUTDOORS
LEMONADE
ICECREAM
BASEBALL
BAREFOOT
BARBEQUE
SANDALS
FRISBEE
FLOWERS
FISHING
CAMPING
BERRIES
SUMMER
SHORTS
PICNIC
HIKING
GARDEN
GRASS
CANOE
BEACH
SWIM
PARK
HEAT
BOAT
SUN



J	S	D	L	Q	P	L	E	M	O	N	A	D	E	T	H	H	S	Q	R	U	Z	F	M
P	T	S	H	R	Z	D	P	C	O	O	I	K	P	Q	P	T	S	H	O	R	T	S	Q
O	F	X	F	O	U	T	D	O	O	R	S	K	N	L	G	I	A	B	R	T	A	A	B
E	N	J	T	E	G	H	E	S	Z	L	D	A	G	T	L	H	O	Z	B	W	H	F	
V	U	U	U	W	N	T	U	O	Q	K	Z	Y	X	A	E	V	S	X	B	E	F	H	F
C	L	P	S	A	I	C	H	N	R	N	G	P	M	R	T	E	V	P	D	A	R	U	Q
S	S	Q	Y	T	K	S	J	A	S	R	N	O	M	D	L	F	P	O	K	C	I	B	G
F	O	S	N	E	I	Q	E	C	O	Z	F	C	A	E	V	P	J	P	Z	H	S	A	K
R	Y	Q	O	R	H	Q	D	U	Z	O	B	Y	V	N	E	V	E	S	S	G	B	S	P
T	H	C	O	M	Q	S	N	W	S	U	N	S	C	R	E	E	N	I	H	T	E	E	M
V	Y	J	N	E	W	D	A	S	I	I	S	X	M	R	D	K	T	C	A	H	E	B	V
F	F	H	Y	L	T	E	H	N	S	K	R	O	W	E	R	I	F	L	M	X	D	A	Q
I	C	L	T	O	E	H	U	H	D	D	K	R	T	U	W	Q	X	E	T	R	Q	L	Z
S	H	G	O	N	L	D	U	Q	G	C	I	P	P	Y	D	C	M	I	W	S	N	L	G
H	T	R	N	W	I	R	K	N	E	W	A	Q	S	N	L	G	C	U	C	M	M	H	L
I	T	O	Z	I	E	C	U	U	D	B	W	S	L	Y	J	Y	I	S	K	V	Z	E	E
N	P	S	O	V	N	R	E	C	B	E	R	R	T	D	B	K	N	S	L	A	Q	A	M
G	V	B	S	F	U	T	S	C	U	K	R	A	U	L	Q	U	C	A	B	S	T	T	P
J	Z	E	Z	A	E	Q	H	Z	R	A	R	S	B	Y	E	L	I	R	U	D	B	V	S
K	Q	R	Y	W	N	R	Q	G	E	E	U	A	T	M	S	J	P	G	I	G	S	E	Z
B	W	R	F	D	Q	D	A	O	I	B	A	S	P	O	S	U	M	M	E	R	L	Z	Q
Z	P	I	Y	H	T	T	A	B	J	L	F	M	Z	C	R	M	M	V	Q	D	T	R	I
N	K	E	W	S	S	P	O	L	F	P	I	L	F	H	F	M	D	W	N	E	P	C	I
P	U	S	G	R	O	R	G	W	S	I	L	W	K	M	G	N	I	P	M	A	C	V	X

Create your own puzzle at WordMint.com or print one of our 500,000+ pre-made word searches, crosswords, and more.



ACROSS

8) His customers are needed at evening display - it's awful! (9)

9) Label in middle of stage (3)

10) On a long walk with PM I leave (9)

11) Break open sculpture right in the middle (5)

12) Lightly touch water source (3)

14) Gives out wrong name and data (8)

17) Heat resistant substance most excellent during a distress call (8)

19) Having been victorious, returned immediately (3)

21) Surpass number program (5)

23) About a hundred finally queue (7)

26) Hair cut off head in breeze (3)

27) Benefit from a point scored in tennis match? (9)

DOWN

1) Law figure, perhaps bust, includes first of tenors (7)

DOWN

2) A pig's home before evening starts can be painful (4)

3) Sway to the music in a had place? (4)

4) Old car from ford to mountain range in Spain (6)

5) Knife nocturnal creatures on the way back (4)

6) Theatre worker eats last of wet fish (8)

7) Gemstone forms garden entrance (5)

13) Something to do before birthday for holiday notice, perhaps (8)

14) Animal you hear (3)

15) Every other card is for commercials (3)

16) Add sugar having tiny figure (7)

18) Hire TV out and do well (6)

20) Hoped a lathe included lever (6)

22) Baker could make one idle (4)

24) Motorway feature a hundred and one (4)

25) Russian vehicle behind one (4)

Dates For July & August 2025

July

5th Fellrunner trip to Haworth 5

August

2nd Fellrunner trip to Dumfries 5

30th Shap Village Show 5

Solution to May
Crossword

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

THE LAST WUFF!

Hello Everyone! ... I've met them! Olive let me see her babies! Boss says I can be their foster Dad! They are soft and lovely and they smell really nice but they are so tiny I had to be very gentle and just lick them carefully. I do think Olive is clever! Mummy says they aren't going to be living next door very long because they have to go and find humans to look after soon. I hope I get to play with them some more before they go. I've been having such a fantastic summer! My big brother Jamie came up from Kent with all his family and their dogs Archie, Albie, Minnie and Lula. Lula is a Cava Pooh and the other three are something I'm not allowed to say but it ends with Zoo. Boss and Mummy took me to play with them every day! There was a HUGE garden and we all ran around and had a lovely time. Then one day we went out for a long drive in the car to somewhere called Windy Mere and we got on a great big boat and went out on a great big puddle. I liked sitting on Boss's lap and looking down at the water. It was all sparkly and pretty and there were geese in the water. They must have very long legs because the water only just touched their tummies. I don't like it when the water touches my tummy because it's too cold. I don't know if Tufftee likes the water. I must go and ask her.....

INDEX

AJ & D Chapelhow	10	Judith's Cakes	13
Age UK	20	Lowther Castle & Gardens	25
Appleby Windows & Doors	21	Lowther Endowed School	22
Appleby Swim Club	10	Lyn Emery Solicitor	26
Applegarth Foods	10	Melanie Heritage	27
Askham Hall	28	Midtown Cattery	25
Bell Ringing	11	Mike Addison Optician	14
Bespoke Home Visits	23	Morland Playgroup	6
Bolton Nursery	10	Morland House	19
Church Services	3 - 4	Morland Parish Council	31
Community Catalysts	7	Morland Tennis Club	14
Community First Responders	12	Morland Ukelele Group	13
Creative Chat Group	25	Neat Feet	22
Cumbria Adult Services — Trips & Falls	16	Newby Court	15
Cumbria Connect	8	Play Brass in Eden	18
Diary Dates	35	Parkin & Jackson	25
Eden Carers	14	Penrith Ladies' Luncheon Club	12
Eden Active Fit 4 All	9	Pilates at Reagill Village Hall	14
Eden Workshop Appleby Hub	26	Procter Building Services	21
Fell & Dales Catering	15	Richard Dinsdale Groundworks	28
Fell View Hair & Beauty	13	Richardsons Funeral Directors	26
Fellrunner Excursions	5	R W Porter Logs	19
Ghyllmount Dental	24	Shap Community Band	15
Glyn Jones Funeral Directors	23	Shap News	30
Handyman Service Westmorland Council	29	Simon Hazeldine	13
Heartwood Enterprises	21	SP8 Physiotherapy led Pilates	19
Heaton Hall Bathrooms	27	Thomas Ewbank Firewood	19
IGK Groundworks	27	Walkers Funeral Directors	28

Useful Contacts

PRIEST IN CHARGE Rev'd Stephen Tudway 01931 719 210
stephen@northwestmorland.church

ASSISTANT PRIEST Rev'd Sheila Clark 01931 714 238

CURATE Rev'd Chris Smith
chris@northwestmorland.church

CHILDREN, YOUTH, FAMILIES MINISTER Ruth Hutchings
ruth@northwestmorland.church

NORTH WESTMORLAND NEWS

Editor Alex Paris
nwneditor@gmail.com

Advertising Manager Meg Hancock 01931 714 432
meghnc@btinternet.com

Find Our Churches	what 3 words	Post Code
Askham St Peter's	liquid went galloped	CA10 2PF
Bampton St Patrick's	gurgling locator rapport	CA10 2QR
Bolton All Saints	limo factually savings	CA16 6AL
Cliburn St Cuthbert's	resonated prominent buns	CA10 3AL
Clifton St Cuthbert's	newsreel alongside used	CA10 2EA
Crosby Ravensworth		
St Lawrence's	clinchier pancakes dynamic	CA10 3JA
Great Strickland		
St Barnabas	examiner pinging catchers	CA10 3DR
Morland St Lawrence's	diplomas fragments stray	CA10 3AX
Shap St Michael's	fork bottom directors	CA10 3LA

The North Westmorland News welcomes items from readers and news from all the parishes it covers, 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.***