

# SHAP TODAY

April/May 2024

Photograph by Patrick Neaves



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## VILLAGE CONTACTS

### CLERGY

<b>Church of England</b>	<b>The Rev. Stephen Tudway,</b> Morland Vicarage stephen@northwestmorlandchurches.org.uk	01931 719210
	<b>Elaine Allison,</b> Lay Minister	01931 716771
	<b>Elizabeth Grose,</b> Churchwarden	01931 716119
	<b>Derrick Newsome,</b> Churchwarden	01931 716795
<b>Roman Catholic</b>	<b>Father John Winstanley,</b> St. Catherine's Rectory, Drover's Lane, Penrith	01768 862273
<b>Methodist</b>	<b>The Rev. Stephen Radford</b>	01768 371202

### C OF E SCHOOL

<b>Headteacher</b>	<b>Katie Chappell</b>	716274
<b>Friends of Shap School (FoSS)</b>	<b>Rachael Brough</b> friendsofshapschool@hotmail.com	
<b>Playgroup Leader</b>	<b>Glenis Furness,</b> The Courthouse	716484
<b>Mothers Union</b>	<b>J. Wood,</b> Waters Farm	716273
<b>Parish Council</b>	<b>George Grace</b> parishcouncil@shapcumbria.co.uk	716743
<b>Brownies (Lowther)</b>	<b>Kath Pearce,</b> 3 Cooper's Place, Askham	712635
<b>Beaver Scouts (Boys &amp; Girls 6-8 yrs)</b>	<b>Emma Pattinson</b>	07730 097509
<b>Cub Scouts</b>	<b>Mike Freeman</b> dc@edenscouts.org.uk	03333 393710
<b>Junior Youth Club</b>	<b>Kim Lightburn</b> <b>Vanessa Yerbes Ballesteros</b>	07743 285652 716359
<b>Bell Ringing</b>	<b>J. Labram,</b> Spout House, Keld	716311
<b>Wasdale Flats</b>	Office	716425
<b>Bowling Club</b>	<b>Jenny Smith (Secretary)</b>	716958
<b>Memorial Hall</b>	<b>Jean Jackson</b>	07483 233666
<b>Shap Local History Soc.</b>	<b>Jean Jackson</b>	716671
<b>Eden Adult Learning</b>	edenadultlearning@cumbria.gov.uk	07468 709606
<b>The Old Courthouse</b>	admin@theoldcourthouse.org	07555 021295
<b>Shap Swimming Pool</b>	info@shapswimmingpool.co.uk	07512 466172

Articles/information for future issues of the magazine can be left at **The Old Courthouse Reception** or emailed to [cdc@shap.cumbria.sch.uk](mailto:cdc@shap.cumbria.sch.uk).

**Closing date for June/July 2024 - 15th May**

### Shap Village Stores

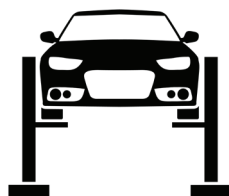


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# SHAP OUTDOOR '24 FESTIVAL

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27th April - 26th May

[www.theoldcourthouse.org](http://www.theoldcourthouse.org)

## Talks at The Old Courthouse

## Walks & Events

### April

Tues 30th - Bringing ratty back to Cumbria

### May

Wed 1st - 'Cumbrian Red' Film

Tues 7th - Cumbria's Ancient Woodlands

Wed 8th - For the Love of Badgers

Tues 14th - What Nature Crisis?

Wed 15th - A Coast to Coast Nature Walk

Tues 21st - Zero Carbon Cumbria 2037

Wed 22nd - Lichens: Looking at small things

### April

Sun 28th - Nature Doodling Workshop

### May

Sat 4th - Red Squirrel Walk & Watch

Sun 5th - Water voles in the Lowther Valley

Wed 8th - River Restoration at Wasdale

Thurs 9th - Not Quite the Dawn Chorus walk

Sat 11th - Landscape & Heritage walk

Wed 15th - Ancient Woodlands walk

Sun 19th - Lost Words Wander

Thurs 23rd - Conservation Grazing

Sun 26th - Lichen walk at Naddle



Come along to the **Shap Farmers' & Makers' Markets** on 27th April & 25th May and meet the teams from **Cumbria Connect, Cumbria Wildlife Trust, RSPB at Wild Haweswater, Penrith Red Squirrel Group, Eden Rivers Trust, Friends of The Lake District, Cumbria Woodlands** and the **Cumbria Badger Vaccination Project**.



Wed 1st May

7pm

Tickets - £6

### "Cumbrian Red"

An evening with multi-award winning filmmaker Terry Abraham



Book online and for more info on all our events - [www.theoldcourthouse.org](http://www.theoldcourthouse.org)





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- \*Cupcakes
- \*Wedding Cakes



Please contact me either by:  
Facebook my page is  
CakealiciousShap  
Or call Teresa on 0751 7673361



As I write this our churches are about to celebrate Easter, the most important feast in the church calendar. From Good Friday walks of witness at Shap, to dawn services at the Millenium Stone, Christians in the area have been celebrating the death and life of Jesus.

Students of GCSE RE will know that Christians believe that Jesus' death resolved a problem: the problem of sin. His death is believed to be an atonement for the sins of everyone: past, present and future. Sin is one of those words that has accumulated a lot of unhelpful baggage. At its root, sin refers to choices we make that separate us from the divine purpose: what God wishes, if you like. Christians believe that we can't fully know the mind of God, so beware of anyone who claims to have a complete and certain knowledge of what is, and isn't, sinful!

At the heart of Christian faith is the recognition that we cannot avoid sin. Because of the atonement, that fact neither drives us to despondency, nor stops us from striving to do better. For Christians, Jesus' atoning death on the first Good Friday is crucial, but understanding how it works is one of the great problems of theology. So, again, beware of anyone who says that they have all the answers. Christians are confident of what God is offering, but they struggle (in a good way) to explain the mechanism.

The Revd Nicky Gumbel (of Alpha Course fame) tells the story of two close school friends, separated for many years, who meet each other again in court. One, it turns out, has become a judge. The other, unfortunately, is the defendant, justly charged with a crime for which the penalty is a hefty fine. The law requires that the defendant be found guilty and punished with the prescribed fine. The judge passes sentence, but then descends from the bench, and writes a cheque, paying the fine for his old friend. The needs of both justice and mercy are served. This analogy isn't perfect, but it offers us a concrete place to start. You might wonder, for example, why an all-powerful God doesn't just change the law? Or why the victim of the crime doesn't have a say in the punishment? These are interesting questions for lawyers and theologians alike (and I've been both).

What is really celebrated at Easter is forgiveness: refreshment for the injured party, the perpetrator and the community, which frees us to live life in all its fullness. Jesus talked about forgiveness a lot. The story of the prodigal son (Luke 15) is a key narrative: the son wrongs and abandons his father and defiles himself by the standards of his own culture. When he realises the error of his ways and returns home, he is received unhesitatingly and unconditionally by his father. (His brother, interestingly, is distinctly grudging about it all.)

Forgiveness is rather like God sending us a cheque which will enable us to pay the fines we owe him for our shortcomings. If we are people of good will and conscience, our shortcomings weigh us down, whether we think that we should be punished for them, or not. There is freedom in paying our dues and putting our inadequacies aside. In order to do that, we have to accept the cheque, cash it, and pay the fines. Doing that can be hard: we might feel unworthy of forgiveness, or unrepentant about what we have done. It often takes grace to accept forgiveness, but receiving it is as important as offering it. Forgiveness is freedom for all, and accepting forgiveness is a sure way to becoming someone who forgives.

**Rev Stephen Tudway**

## Claiming Dates

2nd September Village show in the Memorial Hall

9th December St Michael's Christmas Coffee Morning

### Shap Memorial Hall

Meeting to form a new committee  
in the Green Room **8th April 7pm**

Please come if you can be involved in the future of this very important  
community facility.



### SHAP FARMERS' & MAKERS' MARKET

**9am - 1pm**

Food/Art/Craft/Plant stalls

plus much more - indoors and outdoors

Shap Outdoor Festival exhibition- organisation stands,  
activities

Saturday 27th April

**Music on the Terrace 10.30am - 12.30pm**

**Shap Community Band BJamba Streetbeats**

Saturday 25th May

**Music on the Terrace, 10.30am - 12.30pm**

**Morland Ukelele Group**

### FIT4ALL—a partnership between Westmorland and Furness Council and Eden Primary care Trust

Come and enjoy a range of activities designed to help you become more active  
and healthy in a friendly, sociable setting, in your local community within the  
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medical conditions and the ability to link in with our NHS community care team  
and GP practices.

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the 4S' (Stamina, Strength, suppleness & Skill) whilst also having a laugh (the  
most important bit).

What to bring:

Appropriate clothes/footwear, a bottle of water, good vibes, £3

**Wednesday at 1.30pm in Shap Memorial Hall  
(NO CLASS on the 6th April)**

For more information contact [roobannister@outlook.com](mailto:roobannister@outlook.com)



## FELL GARAGE

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## SPRING COFFEE MORNING

### SATURDAY

### 6th APRIL 2024

9.00 to 12.00



Raffle  
Cakes & preserves  
Bric a brac

## SHAP BOWLING CLUB

The Bower, Memorial Park, Shap

### Adult Learning

Look out for our  
Summer term courses!  
Available from the  
3rd April 2024

All our courses and more information will be available on our website, however if you would like to chat to one of us, please feel free call on the number below.

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For full details get in touch by scanning the QR code or email [anja.byg@rspb.org.uk](mailto:anja.byg@rspb.org.uk)



#CommunityProject #PhotoResearch

## Long Haul Run, Sunday 14th April



Around 40 vintage commercial vehicles will travel north over Shap Fell pausing at the Shap Fell Memorial to mark the 30th anniversary of its unveiling. The vehicles will then travel down into Shap where they will park up whilst the drivers have lunch in the Memorial hall.

Look out for posters.

Come and see these beautiful old lorries and enjoy a bit of nostalgia. The transport archives will be open in the Market Cross.

This event is being hosted by Shap Memorial Trustees.

Enquiries - Jean Scott-Smith  
tel. 01931 716386

**Customs and Weather for April and May** by Jean Scott-Smith

**April Fool's Day 1st April**

The day for playing tricks on one another – but only until noon.

**April showers bring May flowers**

**A cold April and a full barn**

**April weather – rain and sunshine both together**

**St George's Day 23rd April**

St George is the patron saint of England. With the exception of the odd St George's flag flying from a municipal building or church, the day is sadly ignored.

**MAY**

**'Ne'er cast a clout till May is out'**, is advice given concerning the uncertainty of weather in springtime. Some believe this to refer to may blossom rather than the month. **Shear yer sheep i' May an' shear them aw away.**

**May Day 1st May**

Another opportunity to play tricks on others and calling them 'May Gezlin'. This was the time of May Day celebrations with Maypoles and a May Queen.

**Shakin' Bottle Sunday 3rd Sunday in May**

Originally folk would drink water from their local holy well mixed with sugar or honey. Shakin' Bottles or Spanish Watter will be remembered by older folk. Hard black Spanish was broken up and put into a little glass bottle. The mixture was shaken and the froth sucked off the top – with dire consequences for over-indulgence!

**Whitsunday (19th May this year)**

Like Easter this is a moveable feast 50 days after Easter. Sometimes referred to a Pentecost. It was one of the traditional days for baptisms to be held. This was one the traditional times for Hiring Fairs, when all those seeking labour stood in the market place of their nearest town. Finally a shilling or luck penny was given to the hired person, a binding agreement for a half years service.

**Yak Bob Day – 29th May**



**Shap Local History Society**

**Monday 27th May 7.30pm**

**Alan McViety - The history of the role of High Sheriff**

**Members £1.50 Visitors £3.00**

**Venue tbc ( see posters)**

**The Old Courthouse, Shap**

visit [www.theoldcourthouse.org](http://www.theoldcourthouse.org) for details of events



**Summer Opening Times from Sunday 24th March**

**Tue/Thu/Fri 2-5pm Mon 10-1 Sat 10-12**

**Bank Holidays open as usual**

The Library at The Old Courthouse is a warm place for reading, working, computers with FREE WIFI, hot drinks available or just to drop in for some company. All welcome.

- **Knit and Natter - Thursday afternoons**
- **Cuppa and Company – Friday afternoons**
- **Writing Group – Saturdays, monthly 10am - noon**

email [Victoria@theoldcourthouse.org](mailto:Victoria@theoldcourthouse.org) for further information.

**Zero Carbon Shap , Environmental Reading Group,**  
**Tuesdays 7pm 20th February, 19th March All Welcome.**

**Exhibitions**

**23rd March - 21st April Mark Bradley** is a watercolour painter and sculptor. He works out of Brougham Hall, Eamont Bridge. He mainly paints landscapes due to living in Cumbria and spending time in Scotland. He tends to be representational, but aspires to being impressionistic. Mark throws pots and creates animal and bird sculptures aiming to give his subjects a feeling of movement.

**27th April - 26th May Shap Outdoor Festival**

See back cover for all the events taking place.

**Coming up - An Introduction to Mindfulness**, a 2 hour introduction covering the basic theoretical concepts and incorporating practical exercises. Day/time yet to be arranged. Please email: [info@theoldcourthouse.org](mailto:info@theoldcourthouse.org) to register an interest.

**Free support for home care businesses**



*New Year, new career? Would you prefer to work flexibly around your own family commitments? Work for yourself offering care and support to older and disabled people here in Eden. Community Catalysts offer a **free** development programme, funded by Westmorland and Furness Council, which will help you get set up working for yourself.*

*Lots of local people 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. See <https://www.communitycatalysts.co.uk/project/south-lakes-and-eden-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](mailto:hannah.turner@communitycatalysts.co.uk)*

## SHAP MEDICAL PRACTICE

Peggy Nut Croft, Shap, Penrith Cumbria CA10 3LW

Tel: 01931 716230 Fax 01931 716231

### Appointment System

Since June 2023, patients can pre-book a Doctor's appointments up to two weeks in advance and there will be no more telephone triages. These appointments will be available for both face to face and telephone consultations. Our friendly Receptionists will assist you in determining the most suitable appointment for your medical concern.

For medical issues that require immediate attention, we offer same-day appointments. If you genuinely need one of these appointments, please call us early in the day.

### Dispensary

You can collect your medication from the Shap Dispensary **4 working days** after submitting your prescription. We'll send you a text message to confirm when your medication is ready for pickup.

### **Please note new Dispensary hours:**

**Monday, Wednesday, and Friday: 9:00 am – 1:00 pm, 3:00 pm – 6:00 pm**

**Tuesday and Thursday: 9:00 am – 1:00 pm**

### Orton Surgery

Medication is available for collection every Tuesday between 10am and 11am.

### Equipment on Loan

May we politely ask that if you have any equipment that belongs to the Practice at home, please return it to us at the earliest possible opportunity. In particular, we currently have a list of blood pressure machines that have not been returned to us and we have a list of patients waiting to loan a machine.

### COVID Spring Vaccinations

We will be offering COVID vaccinations for all patients who are either over 75 years old or are immunosuppressed. We will be holding a clinic on Saturday 18th May and bookings will be made available in due course.

### Change of Personal Details

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

### Surgery Patient Participant Group Coffee Morning

On **Saturday 20th April the Surgery** will be open to all our patients for a coffee morning between **9.30am – 11am**. We will have current members of the PPG in attendance along with Practice Manager, GP and Nurse to talk about the developments of the Surgery and PPG, and will demonstrate equipment that has been purchased through the equipment fund. Refreshments are free to all our patients.

### Shap Community CIO - Land at the rear of The Old Courthouse

The Trustees are in the early stages of considering appropriate use of the land at the rear (site of the former sports hall). Any development would have to contribute to the sustainability of The Old Courthouse but we hope would also be beneficial to the health and wellbeing of the community.

We have begun a 'Needs and Options' review with Rod Hughes, architect, which will in due course involve an open consultation event. All those whose property adjoins the site will be notified and posters will be displayed on our noticeboard and on the Public Notice board.

Any progress regarding this is very much dependant on volunteer capacity and with this in mind we will be looking for a volunteer with good administration and communication skills who would be prepared to work with us on this project. If you feel this is a community project that you could contribute to then please get in touch with us as soon as possible.

Email: [janet@theoldcourthouse.org](mailto:janet@theoldcourthouse.org)

### **Shap Parish Council - Dog Fouling**

Dog fouling continues to be an issue in various locations in the village. Signs designed by pupils at Shap Primary School have been posted in problem areas to remind owners to clean up after their dogs. We would like to remind dog owners that dogs exercising on the Memorial Park are expected to be on a lead and it is imperative that you clean up after them. Please consider exercising dogs around the periphery of the park away from the play area and football pitches.

To report dog fouling or a dog owner who does not pick up after their dog, please use the website <https://www.eden.gov.uk/environment/dogs/>.

### **Shap Ramblers**

*If you enjoy going for a walk and perhaps not sure where to go or would like to explore new paths or would prefer to walk with others, then do come along! We meet every week from the end of March to the end of September. The walks are about 3 to 4 miles in length and are within 10 miles of Shap. We avoid steep hills! **We meet at Shap main car park on Tuesdays at 6.15 pm.** For most walks we car share to the start of the walk. We are an informal group of folk and not affiliated to the Ramblers Association. We all decide at the end of each week where to go the following week and there are posters around the village each week.*

**Tuesday, 2nd April** we will car share up to Oddendale. As this is Easter Tuesday, we will roll pasche eggs down the hill at the start of the walk. So if you would like to make one and roll one that would be great. If you don't fancy making one, join the judging panel! If you would like further information, call Sarah on 01931 716188 or email [sarah@brackenber.plus.com](mailto:sarah@brackenber.plus.com).



## CHURCH NEWS

### St Michael's Church, Shap with Swindale

Services will take place at St Michael's, Shap as listed below.

29th March	12 -3	Good Friday Walk of Witness, St Michael's to Shap Abbey and return
30th March	10 - 1130am	Coffee Moring in Church
31st March	10.30am	Easter Sunday Communion
7th April	10.30am	Methodist Service
14th April	10.30am	Communion by extension
21st April	10.30am	Family Service
28th April	10.30am	Holy Communion
5th May	10.30am	Methodist Service
12th May	10.30am	Holy Communion
19th May	10.30am	Family Service
26th May	10.30am	Holy Communion

The church is open from 9.00am during daylight hours for private prayer and visitors.

**Wasdale Services 2pm on the fourth Tuesday of the month**

For more details of services and events taking place in other North Westmorland Parishes, visit: <https://northwestmorland.church/>

### Baptisms, Weddings and Funerals

To make enquiries about a **baptism** at any of the Anglican churches of the benefice, please contact the **Rev. Stephen Tudway**  
tel. 01931 719210 [stephen@northwestmorlandchurches.org.uk](mailto:stephen@northwestmorlandchurches.org.uk)

If you would like to ask about a **wedding** or **funeral**, please in the first instance contact the **Mission Community Administrator, Joyce Keetley**, on 07741 327318 or [applebymc@carlisle-diocese.org.uk](mailto:applebymc@carlisle-diocese.org.uk). Joyce will speak to you about arrangements and discuss your options with you.

In March, a few young people from our after-school club attended a weekend away at Knock Christian Centre. We joined with youth groups around the Eden Valley, and from Furness, to make this possible. It was great fun, and our young people acquitted themselves exceptionally well, considering that they were among the youngest present. We look forward to more days or weekends away very soon. Thanks to Rachel Milburn (Eden Network Youth Church), Ruth Hutchings (Furness Network Youth Church) and others for organising such a great programme.

*Stephen*

### Zero Carbon Environmental Reading Group

February's meeting saw seven members heading for Watermillock Village Hall to hear Helen Rebanks talk about her recently published book "The Farmer's Wife", driving there in an electric vehicle seemed appropriate for a group hoping for a Zero Carbon World.

Helen spoke eloquently about the many facets of writing her book: bucking the trend in their new approach to hill farming; the opportunity to share and inspire others through writing and other publicity and the challenges of being a farmer, mother, wife and writer. She shared aspects of her life growing up on an Eden Valley farm and the influence of her family. Interestingly, she admitted that her grandmother would have implicitly understood their approach to hill farming, choosing animals hardy enough to withstand outdoor wintering and not worrying about losing good hay grass to trampling, trumping tidiness and bigger, newer tractors.

The Rebanks' farm in Matterdale has become well known globally following publication of husband James' two books about it and their attempts to balance the farm's economy with its ecology. This has been done through 'mob' grazing, dividing fields into one days worth of grazing strips using electric fencing only allowing the flock time enough to eat one third of the available grass, leaving two thirds trampled or left, before moving them on. This gives the soil shelter, leaving a viable plant ready to start photosynthesizing, restoring fertility, improving soil structure and vitality and reducing the need for artificial feeds and fertilizers.

Helen mentioned the courage needed to stick one's head above the parapet in the very conservative world of livestock farming, remarking that George Monbiot was an avid reader and commentator of James' tweets.

We meet on the third Tuesday each month, 7pm, The Old Courthouse, Shap. For more information contact Dave on 07484632210 or Peter 07837816795. Our next meetings are **April 16th** and **May 21st** when we shall host a speaker from Zero Carbon Cumbria.



Cumbria-Westmorland Federation of WIs

## The Northern Show

Theme: **A Riot of Colours**

**The Memorial Hall Shap CA10 3NL**

**Saturday 13th April 2024**

**Coffee Morning from 9 o'clock**



**Show opens at 12 o'clock Entry £1.00**

**Refreshments will be available all day**

## **Sustainable Shap – Allotment News April/May 2024**

The last few weeks (months?) have been so wet that visits to our allotments have been reluctantly undertaken.

Traditionally, maincrop potatoes go in around Easter time. In a book called 'Healing Threads' about traditional medicine of the Highlands and Islands, by author Mary Beith, the humble potato was believed to cure rheumatism if you carried a slice of one about in your pocket. I've never tested this theory.

Our lovely rhubarb plants are emerging out of the soil, in spite of the wet weather. Another use (according to Mary Beith's book) for rhubarb, (apart from crumble and custard), it was said to cure "itchiness of the flesh" but you had to have seven doses of stewed rhubarb before it became effective!

There are numerous slugs lurking on the allotment, loving this damp weather. I recently heard a radio programme about how we should learn to love our slug population. I have tried to embrace the idea, but am struggling to be honest. In Uist in Scotland they apparently found a use for the creatures, it sounds rather disgusting – if the patient suffered with cold sores on their legs, they would rub a slug up and down on their skin. Ugh.

When we initially took on our allotment there were numerous perennial weeds, mainly docks, thistles and nettles. During the brief periods of dry weather I've been at the allotment pulling up weeds. Some of the docks have very long tap roots and have an annoying habit of snapping in half before you can pull them out of the soil. In Badenoch in Scotland (according to Mary Beith's book), if you clean and peel the thick root, then crush the fibrous tissue and make it into a poultice, it will help alleviate bee or nettle stings. (If you wish to try this I can provide you with handfuls of dock roots). *Victoria* victoriablueroses88@gmail.com



### **SHAP GARDENING GROUP The Old Courthouse, Shap 7pm**

Please come along and join us  
**£2 Entry**, refreshments available

#### **Thursday 25th April 2024**

How to ....? Sowing seeds, Potting up, Taking cuttings, Making garden posies

#### **Thursday 30th May 2024**

Celebrating Gardening, Flowers, hats and frocks tea party  
Check posters for finalised details

**For more information about the group or if you have any gardening queries, please contact Vera Turnbull, email vturnbull@talk21.com**



## **Open the Book**

Some people may be aware of Open the Book; some may not. We are a team of adults who go into to three local schools, Orton, Tebay and Shap, on a fortnightly basis to narrate and dramatise Bible stories.

We wear very basic costume, and take it in turns to narrate or act according to our personal preference.

We have been doing this since May 2011, and all three schools continue to make us very welcome; the children are often quite excited to see us arrive! For various reasons we have lost a few team members over the last couple of years and we are looking for new people - men or women - to join us.

The more there are of us the less often each individual needs to take part. It is quite a commitment, with alternate Mondays in term time for the presentations at each school, and a short rehearsal on the previous Wednesday. Some parts have words to speak - which most of us do not learn but have hidden crib sheets! Some parts are non-speaking, but just as important. Because these presentations take place during the school day we tend to be a group of pensioners, but you do not have to be!

We come from various areas locally. If you feel you would like to know more about this, with a possible view to joining us, please contact me at

[marypienkin@gmail.com](mailto:marypienkin@gmail.com) or phone 015396 24410.



## **ANNUAL PAROCHIAL MEETING**

will be held on **20th May 2pm in St Michael's Church**  
Nomination forms for churchwarden and PCC members are also available from the secretary  
Please contact Elizabeth Grose for details

### **CATHOLIC CHURCH IN EDEN VALLEY, St. Catherine's Penrith**

Sunday Mass 8.30 am and 10.30 am. Our Lady of Appleby Sunday Mass 4 pm. Easter Triduum: April 6th Maundy Thursday 7 pm Mass of the Lord's Supper at St Catherine's  
April 7th Good Friday 10 am Stations of the Cross at St Catherine's 3 pm Liturgy of the Passion at St Catherine's 3 pm Liturgy of the Passion at Appleby April 8th Holy Saturday 7 pm Easter Vigil Mass at St Catherine's Easter Sunday Mass: 8.30 am and 10.30 am at St Catherine's 4.0 pm at Appleby

**For information about all services and events see parish website - updated weekly - [www.stcatherinepenrith.org.uk](http://www.stcatherinepenrith.org.uk)**

## Shap CE Endowed Primary School



Easter is nearly upon us, and we have had a jam packed Spring term with many highlights to share.

We enjoyed taking part in World Book Day and Comic Relief again this year. World Book day had a relaxed feel to it, with a PJ day, and cosy reading both indoors and outside in our dens the children had made (yes, we braved the weather!).

Comic Relief was just the opposite, with the theme being 'do something silly for money' which encouraged some amazing oddities for costumes, and the chance to take part in our whole school joke show - we definitely have some comedians amongst us, however the staff jokes weren't rated highly for some reason.

Children from our Blencathra class, took part in the U-Dance at The Crown and Mitre in Carlisle. We had to choreograph a 3 minute dance from scratch with the help of a visiting dance artist. We were fortunate enough to have Kelly McClelland, street dance and Zumba teacher from Eden Dance to work with our children. The children, with the help of Mrs Capstick, designed a dance linked to Inclusion and Diversity, based on the book 'In Every House, On Every Street' by Jess Hitchman. The children rehearsed, alongside other primary and secondary schools, then performed to an audience of 100's... and they were stunning. In their dance and through the words of the book, they demonstrated how everyone is different but despite this, we can all be included and treated as equal. We were very proud of Blencathra children, and Mrs Capstick for leading this enrichment opportunity.

We were very fortunate to have Doug Duckett from [#skateboardgb](#) to work with our children this term. Mr Duckett taught the children the SKATE principles of how to skate in a safe and fun way in order for them to achieve their "cruiser award". Children learnt how to wear helmets and wrist guards. They then learnt how to balance and stand correctly on the board, travel on the board and begin to turn. We were so impressed by how well the children focused and how many excellent skaters we have in school. Now the children have achieved their "cruiser award" and know the basics of how to skateboard safely, we hope this has inspired them to use the skate park in their own time.

If you would like to keep up with our learning activities and news at school, we produce a weekly newsletter, these can be viewed by clicking the newsletter tab on our website homepage here: [www.shap.cumbria.sch.uk](http://www.shap.cumbria.sch.uk)

Katie Chappell - Headteacher

**WE'VE LAUNCHED A LOTTERY**

Tickets cost just **£1**  
Play now to boost our fundraising!

YOUR SCHOOL LOTTERY

Contact Julie on 01931716274 for more information on how to join!

A big "THANK YOU" to all who supported the Model Truck Show on Sunday 24th March. We raised **£1805.33** for Muscular Dystrophy

### UPDATE FROM SHAP COMMUNITY ENTERPRISE

Latest grant awards -

#### February

Wasdale Residents Association £780 to continue the free community craft sessions.

Shap School £600 towards the cost of the year 6 residential to Edinburgh.

Total grants given to date £168,287 to Shap organisations.

**Next trustees meeting 14th May - Closing date for applications April 30th.**

### IMPORTANT INFORMATION

As we have been unable to recruit a volunteer manager for the Monday lunches - to do the ordering, shopping and preparation - we regret that they cannot be continued after the Easter Holidays. From Easter until Christmas, we will continue with soup, sandwiches, desserts and cakes.

The Second Chance Charity shop continues to operate as usual.

Grateful thanks to all our hardworking volunteers and valued customers.



### SHAP PLAYGROUP at The Old Courthouse (around the back)



Mon/Tue/Wed 9.45 - 11.15am

0-1 year £1.50 1-5yrs £3 per child

This includes a drink & snack Tea/Coffee £1 You are welcome any day. Come along & join us - we do playing, crafting & singing!

If you need any information, please ring Glenis Furness on 07519 701675

Thanks to all who supported Shap Playgroup Coffee Morning  
We raised **£294.21!**

### SHAP YOUNG PEOPLE'S LOTTERY

#### Playgroup/Swimming Pool

2nd Feb £60 Paul Walker £20 Suzanne Hutchinson

1st Mar £60 Hazel Millican £20 Stuart Lewis

You've got to be in it to win it!

Contact Glenis if you would like to join telephone: 07519701675