

# *The Link*

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



June 2024

# The Link

Published by the  
churches and communities in  
Newbiggin-on-Lune,  
Ravenstonedale,  
Orton & Tebay

*The Link* is put together by a group of willing volunteers in our villages, drawing on contributions from across our villages. It is funded by a mix of subscriptions and donations from individuals and organisations, as well as advertising from local businesses.

We would love to hear from you about **what is happening, what you've been** doing, and what you might like to see in YOUR magazine.

Please email us with

\*your ideas,

\*your photos,

\*your news and

\*notices of your events

to: [TheLinkMagazine@outlook.com](mailto:TheLinkMagazine@outlook.com)

Please do get in touch with any comments or questions you may have and one of us will answer:

Many thanks ,

*Elizabeth, Linda,  
Martin and Paula.*

If you want to sign up to receive The Link electronically, you can do so using this web page link:  
[cutt.ly/TheLinkSignup](http://cutt.ly/TheLinkSignup)

**Views expressed in 'The Link'** are not necessarily those of the publishers or editors.

Front page photo:  
Planting seeds at Intake Farm, Gaisgill  
during a Families Together event  
Photo credit: Pam Lawson

This is a slightly shorter edition of The Link (28 pages instead of 32) - do remember to send us your news, events, write-ups and other things you'd like to see in The Link. We'll do our best to include them. If we don't manage one month, we'll try again another month.

We asked you in the last issue what you thought about The Link. So far we've had replies from 22 people — we're hoping a few more of you might reply (in 2022 when we asked we got 119 responses!). You can do that online by completing the form here:

<https://cutt.ly/LinkFeedback24>

or by scanning this QR code with your camera, or by writing to us at:



The Link c/o

The Old Post House, Mount Pleasant, Tebay, CA10 3TH

However, what we've heard so far is that you like the local pages focused on your village or area, and that you like to have the info about upcoming events.

There was more of a spread of

opinion on previous reports, adverts and school pages. Hardly anyone is doing anything much with the 'kids corner' page.

Several of you said you wouldn't change anything about The Link, but there were some useful suggestions for changes as well, which the team will be discussing when we next meet. So, **if you've** not responded yet, please do!

We'll plan to do a fuller write-up on what you think next time, unless more exciting content comes in!

To those asking whether we can have recipes, or local climate responses, or seasonal pictures—the answer is in your hands: we'll work to publish it if you send it to us!

Thank you to the couple of folk who've offered to help as well — we'd still love to have a bigger team, with people really playing to their strengths so do email us if you've got something to offer.

*Elizabeth, Linda,  
Martin & Paula*

## Supporting The Link

There are lots of ways you can support The Link — first and foremost, do please send us your news, articles, updates, photos, poems, etc. Email them to [TheLinkMagazine@outlook.com](mailto:TheLinkMagazine@outlook.com)

If you want to advertise, (which is how we pay for much of the printing costs of the magazine), do please get in touch — it currently only costs £6 per smallest 'square' of advertising per month (email as above if you want to know more).

If you want to support us financially, visit this link: [cutt.ly/LinkDonate](http://cutt.ly/LinkDonate) or scan the QR code on the right with your phone, or get in touch if you need another way to do so.

**Thank you again for all your support!**



**THE DEADLINE IS THE 13<sup>TH</sup> OF THE MONTH FOR THE NEXT ISSUE**

Please send all copy (ideally not PDF format) including advertising to:

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Linda Garrick, 015396 24262 / [finance@linkmagazine.org](mailto:finance@linkmagazine.org)

This is the title and theme of the 2024 Orton Church Exhibition. By the time you read this letter, you may have had a chance to look around the Exhibition – it is open in All Saints' Church from Saturday 25th May to Sunday 2nd June. If you haven't seen it yet – and if you are reading this issue of The Link before the end of Sunday 2nd June – do pop along and have a look round.

Mind you, I am writing this two weeks before the Exhibition opens, so – to quote Manuel from Faulty Towers – "I know nothing!" But just judging from experience of the amazing imagination, creativity and skill shown by the team in previous years, I am absolutely certain that in 2024 too people will exclaim with pleasure and amazement when they see what has been achieved.

This Exhibition has been put on every year for over 25 years. I am told that the origin of it goes back to when the Revd. Colin Levey was the vicar, and every year there was a Church Gift Day. He inherited this pattern from previous clergy, and obediently sat in church all day on the Gift Day to receive the gifts of money – presumably in gift envelopes – that people brought in for the work of the church. But he grew less and less happy about this procedure, and finally rebelled, and said "I am not going to do this any more! If we are going to invite parishioners to come into their church with gifts, we must give them something worth coming to!" And so the idea of an annual Exhibition over the Whitsun weekend came about.

For many years, it was largely a team of church members who created these annual displays, but a few years ago, they felt they just couldn't do it any more. And so a new, younger, team was formed, of local parishioners. They planned and created each annual Exhibition over many months each year, and astonishing things were displayed – and it was felt, with all the many, many hours of work that had gone into it, a weekend Exhibition was not enough – and the present nine-day pattern started.

The refreshment team – again, a mixture of church members and other well-wishers – still felt that coffee and cakes must be served to visitors, for nine days now, rather than three. So this part of the work went on too, with people baking at home, and bringing their cakes and scones, and other people serving it over the six hours of each day when the Exhibition was open.

It has been a large and very significant proportion of the church's income each year, hugely valued by the church leadership – it is probably true to say that All Saints' Church could not have continued to 2024 without the money brought in by these events, as it would be beyond the resources of the weekly congregation – almost entirely composed of pensioners – upon whose weekly giving the church finances would otherwise have entirely depended.

Why do so many parishioners who seldom or never attend weekly services undertake this work and donate so many hours of their time to support their local church?

Different people would probably give different answers. But, one way or another, they feel that they value their local parish church – the building, yes, of course; but surely they recognise that "the Church" is more than an ancient, sacred and historic building. It is a faithful, worshipping, serving Christian community, who quietly get on with making a valuable contribution to local village life, in all sorts of ways. But these worshippers appreciate enormously the wonderful contribution that so many local people, whether Christian believers or not, make in many ways – some little, some large! – to support the work and ministry of their local church.

I am sure they would want to say, "Do come in and join us on Sunday sometimes! Because God loves you too, even if you have doubts about that."

*Christopher Jenkin*

## Where you can find...

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## Can't find what you want?

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

Do please send in your updates and news



## Newbiggin-on-Lune Village News & Events

NEWBIGGIN-ON-LUNE CHAPEL  
SUNDAY SERVICES  
10.30am every Sunday

Tea and Coffee to follow after the Service.  
A Warm Welcome to Everyone

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

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

For further information please contact:  
Wilfred - on 015396 23600 or  
Angela on 07980 418078



### MIDSUMMER FAMILY BBQ + DISCO

Saturday 22<sup>nd</sup> June from 6:30pm  
Newbiggin on Lune Public Hall  
Adults £10, Children £5  
Raffle/Pay bar

### TICKETS LIMITED - PLEASE BOOK

When booking, please make us aware  
of any dietary requirements.

Ian Clayton - 015396 23226  
Anne Brownrigg - 015396 23594  
Laura Fowler - 07913 676302

### Newbiggin-on-Lune Public Hall

|           |                 |              |
|-----------|-----------------|--------------|
| Chair     | Ian Clayton     | 015396 23226 |
| Secretary | Laura Fowler    | 07913 676302 |
| Treasurer | Carl McLaughlin | 015396 23674 |
| Caretaker | Anne Brownrigg  | 015396 23594 |

- ☼ All bookings should be made with the Caretaker
- ☼ All payments should be made with the Treasurer

Online: [facebook.com/NonLPublicHall](https://facebook.com/NonLPublicHall)



## Open Air Service

**Sun 7th July, 10:30am  
on the Village Green**

**John Gorst speaking followed by bring  
your own picnic lunch**



## SAFARI SUPPER

**Saturday 27th July**

start serving from 7pm

Main course at High Lane Farm,  
Dessert at Newbiggin Chapel,

Donations to raise money for Chapel  
car park funds.

PLEASE BOOK YOUR TICKETS BY CONTACTING  
JOYCE (07528133700) OR  
ANNE (07946747110)



**NEW!**

Starting Monday 26th Feb 2024

NEWBIGGIN-ON-LUNE

**Little  
Lambs**

**BABY & TODDLER  
GROUP**

**NEW BABY & TODDLER GROUP  
AT NEWBIGGIN-ON-LUNE CHAPEL,  
MONDAYS (TERM TIME), 10-11:30AM  
REFRESHMENTS FOR ADULTS & CHILDREN  
£2 ENTRY (PLUS 50P PER EXTRA CHILD)**



### Commons stories told at Hawes museum

Written and photographic portraits of the farmers, gamekeepers and conservationists who work on Ingleborough Common, Grassington Common and Brant Fell Common near Sedbergh are being exhibited at the Dales Countryside Museum in Hawes.

'Labour of Love' is a new exhibition by photographer Rob Fraser and writer Harriet Fraser. They run an environmental art and research practice from near Kendal.

The exhibition presents stories they have gathered during two years of meeting people who farm and manage commons in the Yorkshire Dales National Park, Dartmoor, the Lake District and the Shropshire Hills.

'Labour of Love' is at the Dales Countryside Museum (open daily, 10-5pm) and will run until 8 September. As well as Rob and Harriet Fraser's work, there are wild boar bones from Ingleborough and items from the museum's permanent collection to see.

### Ravenstonedale Folk Dance Group

Our local club meets weekly  
Newbiggin on Lune hall (Sept — Apr)  
Church Brough hall (May — Aug)

Thursday evenings  
7.45pm — 10pm

Singles and couples all very welcome  
All dances are walked through & called  
Beginners especially welcome!

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



### RAVENSTONDALE COMMUNITY & HERITAGE CENTRE



#### C o f f e e & C h a t

Held on 1st Monday of the month  
10.30am to 12 noon

**All Welcome**  
**We would love to see you!**

*\* No fixed charge but donations towards  
the Centre running costs are very welcome*

*Book Swap / Borrow  
available*



### RAVENSTONDALE COMMUNITY AND HERITAGE CENTRE

#### REGULAR SESSIONS AND MEETINGS:

**Monday** – Circuits with Jan Hardcastle for Men  
5-6pm) (07876508027)

**Monday** – Circuits with Jan Hardcastle for Women  
(6-7pm) (07876508027)

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

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

**First Sunday of the month** – Sound Bath  
with Ann Wappett (4-5pm) (07890 336445)

**First Monday of the month** – Community Coffee  
Morning (10-12pm)

**Monthly** – Saturday Sewing Workshop with Jan  
Hardcastle (07876508027)

*For more details or if you would like to join our  
creative hub, please get in touch.*



# next market

## Saturday 8th June

Leanne | Market Coordinator  
07969 335598 — [info@ortonfarmers.co.uk](mailto:info@ortonfarmers.co.uk)  
[www.ortonfarmers.co.uk](http://www.ortonfarmers.co.uk)

**ORTON**  
FARMERS' MARKET  
held 2nd Saturday of every month

All Saints Coffee Morning  
at the Farmers Market  
last month raised £511.22

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



After what feels like a long, cold wet spring it finally feels as though summer may be here.

The Orton Fells Farm Cluster have been planning their summer knowledge sharing events, visits and talks. Looking ahead we will be working with veterinary expert Ben Strugnell to learn more about what post mortems can teach us as farmers, understanding more about dung beetles with expert vet Dr Claire Whittle and the Eden Rivers Trust, learning how to farm with nature, working with, benefiting from and improving our soil health with the Farmer Network and soil farmer of the year Stuart Johnson. We'll also be hosting a visit from a farm cluster in Ribblesdale and visiting a local dairy farmer.

Alongside the farming events, some of our members have established OWLS - the Orton Wildlife and Landscape Society - which is a fantastic initiative bringing together volunteers and offering opportunities to learn more about this wonderfully special area in which we live.

All are welcome to join us for our summer events programme or get in touch to find out more at [owl.group.admin@icloud.com](mailto:owl.group.admin@icloud.com)

Monday 3rd June, Location tbc.

This is an all day event and a chance to shadow the Cumbria Flora recording Group as they spend the day collecting flora data. A chance to learn from the experts!

Thursday 6th June, 7.30pm,  
Orton Market Hall

Giving Wild Trout a Shout. A talk from Lancaster University's Professor Jonny Grey talking about the importance of wild trout in our rivers.

Thursday 20th June, 7pm, Tebay

A visit to a woodland pasture owned by a member of the Orton Fells Farm Cluster offers an insight into how local farmers are enhancing the environment alongside delivering high quality food. An opportunity to explore and discuss the farmed landscape, including habitat creation,



**The Square,  
Orton, CA10 3RH  
015396 24225**

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

### Opening Hours – Village Stores

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

### Opening Hours – Orton Post Office

*(opening hours dovetailing with Tebay Post Office  
to provide a services from Monday to Saturday)*

|          |              |          |
|----------|--------------|----------|
| Tuesday  | 9 am to 5 pm | 3:45 pm  |
| Thursday | 9 am to 5 pm | 3:45 pm  |
| Saturday | 9 am to 4 pm | 11:20 am |

**We hope to see you soon.**

**Jayne and Neville Grove**  
[orton.village.stores@btinternet.com](mailto:orton.village.stores@btinternet.com)

peatland restoration, soil health and wildlife identification.

Sunday 7th July, afternoon Raisbeck.

Join us to learn more about the meadows and verges of Raisbeck.

Thursday 1st August, evening.

An opportunity to spend an evening with the Lune Rivers Trust learning more about E-fishing.

There are no charges for these events and it's a great opportunity to learn more about our area. There will also be opportunities to get involved in hay meadow restoration, plug planting and tree planting.

The cluster will also have a stand at the Greenholme Show on Saturday 8th June and members will be on the stand during the show.

## Finally...

If any farmers, landowners, individuals or organisations would like to learn more then follow us on Twitter / X [@FellsOrton](#) or visit our website for more details of our work upcoming events [www.ortonfellsfarmcluster.co.uk](http://www.ortonfellsfarmcluster.co.uk)

You can contact us directly via our website or e-mail [jemma@lunerivertrust.org.uk](mailto:jemma@lunerivertrust.org.uk)



A leaky dam — Tebay Gill

## ORTON WILDLIFE LANDSCAPES Upcoming Events

### Thursday 6th June

7 pm, Orton Market Hall

### Giving Wild Trout a Shout

Join us for a talk from academic heavyweight Prof. Jonny Grey. As well as being involved in active research at Lancaster University, he is also a conservation officer, working hard to make life better for our wild trout with the Wild Trout Trust.

### Thursday 20th June

7 pm, Dyke Farm, Tebay

Grid ref: NY 60403 04556 What3words: ///couriers.regulator.cheat

### Nature Friendly Farm Visit

This visit to a woodland pasture owned by a member of the Orton Fells Farm Cluster offers an insight into how local farmers are preserving the environment, enhancing it, and delivering top-notch food. It is also a great opportunity to explore and discuss the farmed landscape, including habitat creation, peatland restoration, soil health and wildlife identification.

### Sunday 7th July

Start times at 2 pm & 3 pm, Tarn Sike Meadows

Grid ref: NY 6651 0730 What3words: ///camp.warns.airstrip

### Guided Meadows Walk

Come and join us at Tarn Sike Meadows in Raisbeck, Orton, to celebrate the beauty of our hay meadows at their midsummer peak. There will be two guided walks to discover this disappearing habitat, commencing at 2 pm and 3 pm. There's no need to reserve a spot, but feel free to reach out to us if you have any questions.

[owl.group.admin@icloud.com](mailto:owl.group.admin@icloud.com)

## Orton Market Hall

**Orton Market Hall is available to book for meetings, courses, parties and much more.**

Facilities include main hall, supper room and kitchen, stage, oven, dishwasher, warming oven, fridge, place settings for 100, projector, hearing loop, sound system.

| Day      | Activity                                                                                                                                                                                 |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday   | <b>Pilates</b> 9:30-11:00am and 11:30-1:00pm                                                                                                                                             |
| Tuesday  | <b>Shap Medical Practice prescriptions collection</b><br>10:00-11:00am<br><br><b>Yoga</b> 7:00-8:15pm |
| Thursday | <b>Boccia</b> 1:30-3:30pm (fortnightly)                                                                                                                                                  |
| Friday   | <b>Bingo</b> – 2 <sup>nd</sup> Friday of the month 7:30-9:00pm                                                                                                                           |
| Saturday | <b>Orton Farmer's Market</b> – 2 <sup>nd</sup> Saturday of the month<br>9:00-2:00pm                                                                                                      |
| Sunday   | <b>Vinlife Cumbria</b> 10.30am - 12.30pm<br><b>Yoga</b> 7:00-8:30pm (last Sunday of the month)                                                                                           |

**Boccia** 015396 24465, **New Beginnings** 015396 24253,  
**Pilates** 07375082111, **Yoga** 07950435136

**Bookings:** phone 015396 24140 or book through our website [bookingsortonmarkethall@gmail.com](mailto:bookingsortonmarkethall@gmail.com)

## TREBLE-ALTO DUO



1<sup>st</sup> & 2<sup>nd</sup> June 2024 - 15:30 & 19:30

Appleby - Kendal - Orton



Licensed Bar Available

An exciting and diverse hour of musical entertainment by Mike Gerrard, and Iona Brown, the talented treble-alto duo, principal players from RNS.



### Saturday 1<sup>st</sup> June 2024 - 19:30

Appleby-in-Westmorland - The Appleby Hub CA18 6QR

### Sunday 2<sup>nd</sup> June 2024 - 15:30

Kendal - Castle Street Community Centre LA9 7AD

### Sunday 2<sup>nd</sup> June 2024 - 19:30

Orton - Market Hall CA10 3RL

### Music to Include:

- J. S. Bach
- Wolfgang Mozart
- Bartok Romanian Folk Dances



Scan to see online

**Tickets available at:**  
Appleby Tourist Information Centre  
Orton Village Store  
On The Door

**£8**  
Children free accompanied by paying adult



**REMI HARRIS & TOM MOORE**

*"an incredible guitarist"*  
JAMIE CULLUM, BBC RADIO 2

*"Brilliant"*  
MARTIN TAYLOR MBE

*"astounding stuff"*  
CERYS MATTHEWS, BBC RADIO 6 MUSIC

**JAZZ & BLUES**

**Orton Market Hall, Cumbria, CA10 3RG**  
**13th June 7:30pm**  
 Bar available    Tickets £15, £7.50 under 16s  
 For sale at [ticketsource.co.uk/ortonmarkethall](http://ticketsource.co.uk/ortonmarkethall)  
 & at Orton Village Stores 01539624140

WWW.REMIHARRIS.COM



Crafting at the Families on the Farm event at Intake Farm, Gaisgill, 19th May

## BOCCIA

Come and join us every fortnight for some fun and Boccia on alternate Thursday afternoons from 1.30pm to 3.30pm in

ORTON MARKET HALL  
June 6th and 20th

Boccia will resume after the summer in September

No need to book, just turn up, but if you would like more information please contact  
Felicity Lawler - [fglawler@gmail.com](mailto:fglawler@gmail.com)

## Orton & Tebay Parish Magazine March 1885

On Saturday evening, 31st of January the Rev C Whitaker of Natlands gave a lecture, illustrated by Dissolving Views in the Temperance Hall; he told us many interesting facts connected with a Home he has established for Waifs and Strays in Natlands, a collection was made after the lecture which amounted to £1 4s, this with a collection of £4 10s 2d, made after a sermon preached the next day by Mr Whitaker in the Parish Church and a subscription of 4s makes £5 18s 2d which has been handed over to the fund established for the support of the home.

*(this is 139 years ago which was probably a lot of money in those days)*

We are sorry to report the loss of one of our Greenholme Sunday School teachers, Miss Atkinson of Eskew Beck, who with her sisters and brothers has gone to America. Before leaving a handsome sum was subscribed by the Sunday School children and their friends, with which a very pretty watch was bought: This was presented to her with the hearty wish that God's blessing may be with her and her friends in their new home.

The following subscriptions have been received for the School Desk Fund – Mr G Holme of Kendal, £3 3s; Miss Holme 10s., Mr G Gillman £1 Miss Gillman £1, G Home Esq of Kendal £1.

The work of enlarging the School House at Greenholme has been commenced and Mrs B Wharton has contributed £50 towards the building fund.

### Parish Registers – Burials

February 4: Thomas Dodd of Gibson Hill aged 74 years

February 19: Thomas Garnell of Bretherdale aged 76 years

The Vicarage, Orton, Edward Holme

### Tebay

On Sunday 1 February two sermons were preached by the Rev C Whitaker in aid of funds for St Mark's Home for orphans at Natland. The offertories amounted to £1 10s 9d. On the following evening Mr Whitaker gave a lecture illustrated by Dissolving Views, also in aid of the Institution. The audience was much interested by the descriptions of the various slides and afterwards a collection was made, which realized £1 0s 4d.



On Thursday 12 February the Drum and Fife band gave a concert in the Market House, in aid of their funds. The Concert was followed by a Potato Pie Supper, which was well attended. An effort is to be made to purchase a different class of instruments, which will add much to the efficiency of the band.

On Tuesday 17 February the choir were entertained by Mr & Mrs Blackett for the 10th year in succession. After supper a vote of thanks was passed for their kindness and the interest they take in the welfare of the Church. The party did not separate until a late hour, thoroughly enjoying amusements of various kinds.

I have several copies of Church Hymns with tunes, which I shall be glad to dispose of: the price is 1s 6d.

We are now without a musical instrument in the vestry, the one that was lent to us by the Reading Room having been sold. The C.E.T.S. has kindly made a grant towards the purchase of an American Organ. Subscriptions in further aid of the Fund will be gladly received, even if they only consist of pennies, and may be sent to me or Mr Farrer. The total cost will be about £1010s.

The Vicarage, Tebay, Edward Oerton

*The rest of the magazine is taken up with articles about Dalmatians, or coach dogs, a pastoral appeal from a London vicar, Countess Helena who lived in one of the Rhine castles, St Wenceslaus, Barabbas (4 pages long), three poems and finally a short sermon for Ash Wednesday, and four whole pages of pictures – dalmatians, Rhine castle, Barabbas and Christ being presented to the people by Pilate.*



Abbi Lawson gave an evening talk at Orton Market Hall on her experiences of being on the Great British Bake-Off, her love of foraging and her passion for sustainable, local food. She also gave a live demonstration of making an elderflower and gooseberry cheesecake, along with lilac lemonade - which we enjoyed eating and drinking at the end of a very informative and enjoyable evening!

## ORTON METHODIST CHAPEL

Saturday 8<sup>th</sup> June at 7pm

A programme by

**ORTON MALE  
VOICE CHOIR**

with Rev Edward Watson as guest  
– sharing his memories  
of the early choir days



Refreshments to follow

**All are most welcome**

## BINGO

ORTON MARKET HALL

FRIDAY 14<sup>th</sup> JUNE

ALL WELCOME  
7-30pm

TEA AND COFFEE  
RAFFLE

Money raised to

**SCOUTS  
AND  
ORTON MARKET HALL**

Forthcoming Dates

12<sup>th</sup> JULY  
9<sup>th</sup> AUGUST  
13<sup>th</sup> SEPTEMBER



# News from rton School

Reported by Class 3 children

## KS1 – Shap Action Ants

First, Class 2 started off with a warm up race. If you were the first 3 people back you would get a medal. Everyone did a brilliant job, Lars got a second medal. One of the challenges you had to go under a net and bring a bat with you. Then you needed to collect a cone and put it on a pile of cones, girls had orange and boys had yellow. After that, you had to give the bat to the next person. Next, Class 2 tried doing bows and arrows. They were really good at it. Finally they did a little course and Class 2 could have a choice of going across a rope bridge or stepping stones.

by Sydney-Lola and Anna

## Settlebeck School

Class 4 went to Settlebeck School and they made yummy scones for their families. Then they had a rocket competition. Next they had a dressing up race. Then they made UV bracelets. Finally they looked at the sun with eclipse glasses.

By Henry and Jonah

## Class 1 quotes about

### school

'Playing kings with Edie' Adam

'Mix red and blue to make purple' Edie

'The blocks and my choosing board' Eric

'Something fun, learning and playing' Albert

'Oliver and Harrison and Jonah, Zeke and Mum

and Dad come to school' Zeke

'I like riding on the balance bikes' Myla

By Aoife and Lucy

## Tag Rugby

Class 3 and 4 have been playing tag rugby this term. We went to Frenchfield to play in a festival. First we got on the bus to go to Penrith, it was a long journey. We were sorted into teams of 7 but only 6 played and 1 sat out.

By Freddie and Theo

## VAISAKHI

In RE we have been learning about a Sikh festival called Vaisakhi. At dinner-time we showed the other classes what we had done. Class 1 had made scarves and flower strings, Class 2 made flags, lions and greggers and KS2 told everybody about the 5 K's of Sikhism (kesh, kara, kachera, kangha and kirpan).

By James

One Tuesday afternoon we went to Hunter Hall in Penrith to do a running race called cross country. There was a race for Classes two and three. The boys went first the girls went last it went youngest to oldest. We had hot chocolate and chocolate brownie biscuit.

By Lily and Heidi

## Wheelchair Basketball with Nat

At wheelchair basketball we played wheelchair bulldogs it was fun. When we played a match we scored lots of goals. There was lots of crashing and Eva fell off! It was lots of fun.



Get in touch by email or phone:  
[admin@orton.cumbria.sch.uk](mailto:admin@orton.cumbria.sch.uk) / 01539624268

Follow us on Facebook: [www.facebook.com/OrtonCEPrimarySchool](https://www.facebook.com/OrtonCEPrimarySchool)

Keep up to date on our website: [www.ortoncofeprimary.co.uk](http://www.ortoncofeprimary.co.uk)



# Awesome Orton Superstars

**At Orton C of E school we  
will be having a  
community bingo  
and games night.**

**On the 13th of June 2024  
at 6:00pm.**

**There will also be  
refreshments and a craft  
stall.**

**Everyone welcome**

*The children of Orton CE School are running this event as a social enterprise business. They would love to invite everyone from all generations in the community whether you have connections with school or not.*



## Full-Time Nursery Places Available

Did you know that Orton CE Primary School offers Part-Time, Flexible or Full-Time Nursery Places for children from their 3rd Birthday?

Nursery care is offered from 8am—5.30pm  
Monday to Friday during term time.

Orton CE Primary School is a really happy and caring setting where experienced staff work hard to meet the needs of each individual child.

We accept Nursery vouchers and can support you with applying for any Nursery funding that you may be entitled to.

If you would like to find out more or arrange a visit please get in touch with either Vicky or Emma at the school

telephone: 015396 24268

email: [head@orton.cumbria.sch.uk](mailto:head@orton.cumbria.sch.uk)

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

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

**Just for Kids**  
**Join**  
**EDEN CRAFTY WORKSHOPS**  
**June 1st 10am - 1pm**  
**Orton Village Hall**  
Join us on June 1st at Orton Village Hall  
between 10am and 1pm  
Children's Crafty Day  
£5 per child - Booking preferred  
**Stop Dreaming and Start Doing**  
Childrens refreshments available



## Free Stay and Play Sessions

Our Stay and Play sessions are open to all parents / carers and their children from birth to pre-school. The more the merrier!

These are on Tuesday's  
from 9.30am—11.30am.

Refreshments are provided.

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

All very welcome.

If you would like to find out more please get in touch the school office on

telephone: 015396 24268

email: [head@orton.cumbria.sch.uk](mailto:head@orton.cumbria.sch.uk)

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

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

## THE HUB



Tebay Community  
Library & Drop In  
in the Hub

**St. James' Church, Tebay**

Every Monday morning  
10.30am - 12.30pm

Refreshments

Books to borrow and buy

All ages welcome

Do YOU have  
any spare time on  
Tuesday afternoons?

Come and join us at  
TEBAY METHODIST SCHOOL ROOM  
from 1.30pm — 3.30pm

for games & crafts,  
a cup of tea & a natter.

**You will be very welcome!**

## Families Together on the Farm

On 18th May, about 40 people of all ages from 0 to 86 gathered at Intake Farm for a wonderful afternoon together.

Ian Carradice gave tours of the farm and the children were able to pet the lambs, kids and newly-hatched chicks. They also crafted with Ines Carradice and Dee Dunkinson to make the cutest baby owls, as well as planting seedlings with Mary Jenkin.

A delicious sausage BBQ was provided, we shared cake together and reflected on all that we are given. We also had a special celebration with Alan Akrigg for his 86th birthday!

This was a very special afternoon, in a stunning location on a beautiful day, celebrating the fact that we are all loved and we are all family. Ines commented:

*It was great! It was like a ballet. When the stage cleared I thought: that was a beautiful dance. Intake still resonates with it. Thank you all!*

Do join us for future events.

Find out more on our Facebook page: [FamiliesTogetherTebayOrton](https://www.facebook.com/FamiliesTogetherTebayOrton) or by emailing us: [hello@ftto.org.uk](mailto:hello@ftto.org.uk) or just come to one of our next events and join in — whatever age you are.

*Front cover picture is from the event*





## The Divine Sunflower in Art and Culture

At Appleby Arts Society's May lecture members were fascinated to learn the history of the sunflower. Lecturer Twigs Way led us from their home in their native America and the New World where sunflowers were revered by the Aztecs and known as shield flower, and traced their history in the art and culture of east and west. The Latin name is *helianthus*, from Helios the sun god, and today, Ukraine, USA and Russia grow the most of the world's sunflowers. The flowers often appear to follow the passage of the sun, usually west to the setting sun.

Early Spanish-conquest priests were crowned with sunflowers, which were presented to them by the Aztecs as symbols of alliance and peace. The Spanish coveted the flower and took it back to Europe, with maize and chocolate.

Arriving in England about 1597, they were also known as the marigold of Peru, the Indian sun or golden flower of Peru. After 1612 the flower was included in the florilegiums of the Americas. Although often attaining about 18', there were claims of the plant growing up to 40'.

Jan Breughel the Elder in 1621-3 painted sunflowers, and at the court of Louis XIV, where the king dressed as Apollo the Sun God, the plant symbolising the sun was famously reproduced everywhere - carpets, furniture, wallpaper, and especially embroidered clothes. In Anthony van Dyck's self-portrait of 1632-33, the recently knighted artist is almost overwhelmed by a massive head of yellow-gold petals, representing both Charles I and the artist's faithfulness to his monarch. With one hand van Dyck points to the flower, while the other holds a gold chain from the king.

Of course we are all familiar with Vincent van Gogh's sunflower paintings from the late 19th century, masterpieces of art. The sunflower as a symbol of love, hope and happiness is one of the most recognizable works of modern art. Van Gogh produced over 2000 pictures of



Continues on page 14

### Did you know?

## Tebay Primary School offers...

- Flexible nursery provision from 3 years of age for the full 30 hours.
- Nursery provision from 9.00 until 3.30 Monday-Friday.
- Breakfast club from 8.00am.
- After School Club until 5.00pm.
- Small class sizes; all needs are catered for.
- Outstanding outdoor provision.
- Fresh school meals cooked on site.
- Support from Cumbria Education Trust.
- Excellent links with various secondary schools.
- Excellent support for SEND pupils.
- A tailored curriculum enhanced by trips, residential and experiences.

Discover a flourishing environment in the heart of our community.  
A small school full of BIG opportunities.




We would be happy to show you around and discuss your child's individual needs

For more details or to arrange a visit, contact Tracy Morland on 015396 24239 or email [admin@tebay.cumbria.sch.uk](mailto:admin@tebay.cumbria.sch.uk)

Website: [www.tebay.cumbria.sch.uk](http://www.tebay.cumbria.sch.uk)  
Facebook: [www.facebook.com/TebayPrimarySchool](https://www.facebook.com/TebayPrimarySchool)

### WE NEED YOU!



**Did you know that Tebay Club is largely run by volunteers?**

**Did you know that all the events that are put on are planned and run by a small group of people?**

**If you can spare an hour or two occasionally to:**

- help on the bar?
- make and serve food
- plan and set up events

**we would love to hear from you.**



**Things won't happen without the people to run it, but we have a lot of fun, a few drinks whilst we're at it, and are always up for a giggle!**

**If you fancy joining us, please contact Kate Kilpatrick via email at [tebayclub@yahoo.co.uk](mailto:tebayclub@yahoo.co.uk) or any of the Team at Tebay Club**

sunflowers. With his friend Gauguin he moved to Arles in 1888, for the sun and to paint sunflowers. Sadly, as we know, he shot himself in 1870.

Many of the Impressionist painters were fascinated by sunflowers, including Gustave Caillebotte and Claude Monet, both at Giverny. Monet's gardens were lined with tall sunflowers which he took from house to house when he moved, reminding him of his garden at Vétheuil, where they lined the path in blue and white ceramic pots. Sunflowers still inhabit Monet's gardens at Giverny. 20 years later Gustav Klimt added a solitary sunflower to his wonderful painting 'The Kiss', and Diego Rivera (1886-1957) often painted the bright golden sunflower as an evocation of his native Mexico, bringing us back to the Aztecs and the cultural home of the sunflower.

In the late 19th century, Oscar Wilde (1854 – 1900) adopted the sunflower as his emblem and stage prop. The sunflower emblem often tastefully decorated the beautiful handiwork of the Arts and Crafts Movement. In 1945 British war artist Paul Nash painted a series of sunflowers to demonstrate cycles of life and death, heaven and earth, divine and mortal, themes of today's talk.

In September 2024 – January 2025 the National Gallery in London will present Van Gogh: Poets and Lovers, including the museum's 'Sunflowers' (1888).

Appleby Arts Society is taking a summer break and our next lecture will be in September. Look out for our posters!



## Future Landscapes Workshops

We are inviting the community to attend our series of drop-in workshops and share your views and opinions about the changes facing our local landscape. We want to hear what you value about it and your thoughts on creating a nature-rich future for our countryside where people live and work.

Each of us value the character and qualities of places for various reasons. Whether it's for wildlife, heritage features, farming or simply a beautiful view, we're interested in what makes this area special to you. Do you cherish places for family connections, farming traditions, the opportunity to experience nature, for recreation or for the sense of tranquillity? If you do, we would love to hear from you. This is an opportunity to find out more and have your say.

The information we gather from these workshops will help us to build a picture about what you value and help us work together to shape projects whilst supporting you, your businesses and our community. Tea, coffee and cake will be provided.

Shap Old Court House.

Tuesday 25th June. 3:00pm -8:00pm

Orton Market Hall.

Thursday 27th June. 3:00pm – 8:00pm

Bampton Village Hall.

Tuesday 2nd July. 3:00pm – 8:00pm

Askham Village Hall

Thursday 4th July. 3:00pm - 8:00pm

Please contact Nicola Estill for further information: [Nicola.estill@rspb.org.uk](mailto:Nicola.estill@rspb.org.uk)

[www.connectfornature.org.uk](http://www.connectfornature.org.uk)



**wild Wanderings**

**Sunday 16<sup>th</sup> June**  
**4pm – 5pm walk**  
**5pm Shared tea**  
**Meet at Tebay Chapel**

Come and join us  
to **connect** with each other & the divine in creation  
to **reflect** on where we are & who we are called to be  
to **act** together to create the change we want to see

Walk with us,  
or join us later for  
food and a drink.

A gathering for our community, for people of any age and background  
Local walk – a couple of miles, whatever the weather – meet at the chapel, dressed appropriately!  
Please bring some finger food to share.  
*For further details, please contact Pat on 01532 405280*

**TEBAY**  
**POST OFFICE**  
**015396 24967**

**Monday:**  
9am - 1 pm & 1.30 - 5.30 pm

**Wednesday:**  
9am - 1 pm & 1.30 - 5.30pm

**Friday:**  
9am - 1 pm & 1.30 - 5.00 pm





## TAG rugby festival

The Marvellous Mules class were invited to take part in a TAG rugby festival at Upper Eden Rugby Club on Thursday 18th April organised by Eden Valley Sports Partnership. The children all participated brilliantly and lots of tries were scored. Thanks to all the organisers.



## Class 2 visit to Gujarat Hindu Temple

The Super Swaledales had a great time during their visit to the Gujarat Hindu Society Preston Hindu Temple on Tuesday 23rd April. They saw the statues of the gods they have been learning about in RE. They learnt that musical instruments are used in the Hindu religion and even had a little go themselves.

## Class 3 visit to Manjushri Kadampa Meditation Centre & Temple

To enhance their religious education curriculum, the Marvellous Mules spent the day at Manjushri Kadampa Meditation Centre & Temple on Monday 29th April. They had a guided tour of the temple, practised meditation and asked lots of fantastic questions.

A fantastic opportunity that really gave our R.E lessons more context. The behaviour of the children on this trip was 'outstanding'.



## Class 1 EGG-stra special visitors!

The children in Happy Herdies class had some very special visitors, Miss Fisher brought in six chicks!.

The children wrote and asked questions, learnt how to take proper care of them and learnt some interesting facts!

Did you know that chickens have dreams when they sleep, just like us!



## Year 5 visit to Settlebeck High School.

The Year 5 children were invited to Settlebeck High School on Tuesday 23rd April to take part in a STEM (Science, Technology, Engineering and Maths) activity day. The children baked scones, launched rockets, tested clothes in PE, investigated the sun and ultraviolet rays in Science. We would like to thank Settlebeck High School for giving the children this wonderful opportunity.

## Friends of Tebay School

FOTs were asked once again to provide refreshments at the local Helm Hill runners event. They raised a fantastic £493.62. We would like to thank everyone who sent in cakes and traybakes and to the people who ran this event.



We cannot thank the Tebay Community enough for the support you have given us! This is an **outstanding amount and we wouldn't have been** able to achieve this without you!

Thank you to the amazing ladies that showed up and supported with this event.

*From Friends of Tebay School committee.*

If anyone would like to come and have a look round the school, please contact the school office and we would be delighted to show you around..... 'A SMALL SCHOOL WITH A BIG HEART' Spaces available in our nursery — do get in touch!

Visit — by arrangement with the school

Online: [www.tebay.cumbria.sch.uk](http://www.tebay.cumbria.sch.uk)

On FB: [facebook.com/TebayPrimarySchool](https://www.facebook.com/TebayPrimarySchool)

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

*Tracy Morland* — School Administrator

[admin@tebay.cumbria.sch.uk](mailto:admin@tebay.cumbria.sch.uk)

Tebay Primary School Tel: 015396 24239

## Services in our Anglican Churches

|                                                                                                                                                                                                 |                                                                                                                                                                                                                                 |                                                              |                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Sunday 2 June</b><br><i>Trinity 1</i><br><i>Green</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Deuteronomy 5.12-15<br>2 Corinthians 4.5-12<br>Mark 2.23 – 3.6 <i>Prayers:</i>   | Orton, 10.30am<br>Holy Communion<br><i>Sandra Ward</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Keith and Janet Capp<br>Elizabeth Crossley<br>Mary Jenkin<br><i>Prayers:</i> Margaret Longworth                    | Tebay, 10.30am<br>Songs of Praise<br>at the Methodist church | Ravenstonedale, 10.00am<br>All Age Worship<br><i>Team</i><br><br>Diana Fothergill<br>Martin Lovell           |
| <b>Sunday 9 June</b><br><i>Trinity 2</i><br><i>Green</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Genesis 3.8-15<br>2 Corinthians 4.13 – 5.1<br>Mark 3.20-35 <i>Prayers:</i>       | Orton, 8.30am<br>Holy Communion<br><i>Brendan Giblin</i><br><br>John Dunning<br><i>Prayers:</i>                                                                                                                                 | Tebay, 10.30am<br>Holy Communion<br><i>Chris Jenkin</i>      | Ravenstonedale, 10.00am<br>Holy Communion<br><i>Brendan Giblin</i><br><br>Ian Torkington<br>Catherine Newton |
| <b>Sunday 16 June</b><br><i>Trinity 3</i><br><i>Green</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Ezekiel 17.22-24<br>2 Cor. 5.6-10 [11-13] 14-17<br>Mark 4.26-34 <i>Prayers:</i> | Orton, 10.30am<br>Café Church style service<br><i>Team</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Mary Jenkin<br><i>Prayers:</i>                                                                                 | Tebay, 10.30am<br>Morning Worship<br><i>Team</i>             | Ravenstonedale, 10.00am<br>Morning Worship<br><i>Carole Marsden</i><br><br>Richard Best<br>John Newton       |
| <b>Sunday 23 June</b><br><i>Trinity 4</i><br><i>Green</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Job 38.1-11<br>2 Corinthians 6:1-13<br>Mark 4:35-end <i>Prayers:</i>            | United Service at Tebay; 10:30am<br>Holy Communion<br><i>Brendan Giblin</i><br><br>Zoom meeting number:      Sarah Lovell<br>894 1727 3600      Suesi Windle                                                                    |                                                              |                                                                                                              |
| <b>Saturday 29th June</b>                                                                                                                                                                       | Charles' ordination as Priest, Kirkby Stephen Parish Church, 4pm                                                                                                                                                                |                                                              |                                                                                                              |
| <b>Sunday 30 June</b><br><i>Trinity 5</i><br><i>Green</i><br><p style="text-align: right;"><i>Welcomer:</i></p> Lamentations 3.22-33<br>2 Corinthians 8.7-15<br>Mark 5.21-43 <i>Prayers:</i>    | Whole Benefice United Service at All Saints; 10:30am<br>Holy Communion<br><i>Charles Cowling</i><br><br>Zoom meeting number:      Keith and Janet Capp<br>894 1727 3600      Margaret Longworth<br>Keith Capp<br>Angela Milburn |                                                              |                                                                                                              |

### Church Contacts

#### Anglican Church

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

Curate      Charles Cowling

Mission Community  
Administrator  
Joyce Keetley      07741 327318  
applebymc@carlisle-diocese.org.uk

Retired clergy  
Sandra Ward      24213  
*(Penrith & Keswick Hospital Chaplain)*  
Christopher Jenkin      24410

#### Orton with Tebay

Churchwardens  
Linda Garrick      24262  
Martin Lawson      26028

Secretary  
[vacant]

Treasurer  
Bill Lawler      24465

Local lay ministers  
Rosemary Campbell      24837

Ravenstonedale with  
Newbiggin-on-Lune

Churchwardens  
Ann Brownrigg      23594  
Martin Windle      07899 907958  
Tim Parkinson      23353

Secretary  
Suesi Windle  
suesi.windle@googlemail.com

Treasurer  
Tim Parkinson      23353

#### Methodist Church

Minister Revd Stephen Radford,  
017683 71202  
stephen.radford@methodist.org.uk

Administrator Avril Swinbank  
ksatcircuit@gmail.com

#### Roman Catholic Church

Fr John Winstanley  
Church of Our Lady of Appleby  
01768 862273



## Services in our Methodist Churches

|                                                                      | 2024  | 2 <sup>nd</sup> June      | 9 <sup>th</sup> June                        | 16 <sup>th</sup> June  | 23 <sup>rd</sup> June | 30 <sup>th</sup> June |
|----------------------------------------------------------------------|-------|---------------------------|---------------------------------------------|------------------------|-----------------------|-----------------------|
|                                                                      |       |                           | Methodist Homes Sunday                      |                        |                       | Conference Sunday     |
| <b>*Tebay</b><br>M P 1-1300<br>M H B                                 | 10.30 | LA OA<br>US               | A Burton                                    | US at PC               | P Hilland             | S Edwards             |
|                                                                      | 6.30  |                           | Cnrxn Svce<br>Easter Offng<br>at KS         |                        |                       |                       |
| <b>Shap</b><br>(Class of Tebay)                                      | 10.30 | J Betts                   | 6.30<br>Cnrxn Svce<br>Easter Offng<br>at KS |                        |                       |                       |
|                                                                      |       |                           |                                             |                        |                       |                       |
| <b>Orton</b><br>M P Complete<br>M H B<br>PB<br>EW                    | 10.30 | A Dunstan<br>OA           | A Rowell                                    | J Betts                | LA                    | S & K Joel<br>OA      |
|                                                                      | 6.30  |                           | Cnrxn Svce<br>Easter Offng<br>at KS         |                        |                       |                       |
| <b>#Newbiggin on Lune</b><br>M P 1-1250<br>+ More on screen<br>M H B | 10.30 | J & L Riley<br>Jnr Church | TP<br>OA                                    | TP<br>OA<br>Jnr Church | TP<br>OA              | TP<br>OA              |
|                                                                      | 6.30  | Prayer &<br>Share         | Cnrxn Svce<br>Easter Offng<br>at KS         | Prayer &<br>Share      |                       | Prayer &<br>Share     |
| <b>*Ravenstonedale</b><br>M P 1-1144<br>M H B<br>H & P               | 2.00  | S Radford                 | A Sterling                                  | S Radford<br>HC        | D Marston             | LA                    |
|                                                                      | 6.30  |                           | Cnrxn Svce<br>Easter Offng<br>at KS         |                        |                       |                       |

### New Beginnings Church

CAP Life Skills equips people with the confidence, decision making ability and practical skills needed to live on a low income.

This free 8- week course starts 22 Jan 12-2pm in Castle Street Centre, Kendal. Lunch is provided. Contact 07864341102 or [marymcfarlane@caplifeskills.org](mailto:marymcfarlane@caplifeskills.org) for more details.

New Beginning Church welcomes you to visit their new venue in Castle Street Centre, Kendal at 11.15am for a time of praise, hearing God's word and prayer followed by lunch.

Contact Barry on 07437468896 or email [nbccumbria@gmail.com](mailto:nbccumbria@gmail.com)

### The Filling Station

*For high quality speakers, sung worship, prayer ministry and personal testimonies.*

*We meet on 2nd Thursday of the month.*

*7pm for 7.30pm,  
at the Appleby Hub,  
Chapel Street, Appleby*

### The Ordination of the Reverend Charles Cowling 4.00pm Saturday 29 June at Kirkby Stephen Parish Church

Please do join us as we celebrate Charles' ordination as priest. This special service will be presided over by Bishop Rob. Charles will be ordained into priestly ministry, which among other things, releases him in the name of Christ to bless, absolve and celebrate Holy Communion.

Charles' ministry has already been a source of huge blessing amongst us, please do join with us all to pray for Charles and this next phase of his ministry. Refreshments will be served afterwards.

The United Benefice Choir, with members from almost all the Anglican churches in the Upper Eden and Upper Lune benefice, will sing at the Ordination Service, leading the congregation in hymns and also singing a number of other anthems, chosen by Charles Cowling, and again the following day at the United Benefice service at All Saints' Orton.

If you would like to sing in either of these services please get in touch with Suesi ([suesi.windle@gmail.com](mailto:suesi.windle@gmail.com)) or Chris ([ccjenkin81@gmail.com](mailto:ccjenkin81@gmail.com))

### Vineliflife Cumbria Fellowship

Every Sunday in  
Orton Market Hall,  
10.30 a.m — 12.30pm

### Baptisms, Weddings and Funerals

For any Anglican churches, if you want to make enquiries about a baptism please contact your local Church. If you would like to ask about a wedding or funeral, please in the first instance contact the Mission Community Administrator: Joyce Keetley on 07741 327318 or [applebymc@carlisle-diocese.org.uk](mailto:applebymc@carlisle-diocese.org.uk)

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

## News from All Saints' Church, Kasese, Uganda

*parish linked  
with All Saints', Orton*



WhatsApp messages and emails received

### All Saints, Kasese

*From Rev. Nelson Isebagheen, youth and children minister, 9th May*



Here in Kasese, Uganda, we are again hit by another disaster of landslides and river flooding. Landslides have killed people and destroyed buildings and crops, the same as rivers. Affected families are displaced now camping at schools and churches in different locations.

As youth and children ministry in South Rwenzori Diocese, we are appealing to all our friends, all people and well-wishers with the heart of helping, to stand with us and give support of any kind to help our people in problem. As a church, we see it right to stand with our people who are in problem.



Kindly share this message with your friends. God bless you.

Same day: DISASTER ALERT

Area: Mapatha village and Mulehe village in Katooke Parish, Bugoye Subcounty, Kasese District.

Incident: Landslides. 30 households affected: houses, crops, gardens, latrines.

Number of deaths: 3. Two houses fully destroyed, six houses partially destroyed.

Total population affected: 148

Needs: Temporary relocation of the affected households, relief in terms of food and non-food items like sanitary towels, soap, Jerrycans and other useful items.



Some of the displaced families sheltering in a school

*From Rev. Nelson Walina, South Rwenzori diocesan secretary:*



This happened today morning hours after a heavy rainfall. So far 3 lives have reported died in the water overflowing. Our Christians' family crops have been swept away. Pray seriously.

The picture below is a prayer meeting in the Cathedral to pray for the disastrous situation caused by the landslides and floods. Kindly continue to join us in Prayers.



Five people in Orton, Tebay and Ravenstonedale sent donations to help, and so far £250 has been sent out. Further donations welcome – contact [ccjenkin81@gmail.com](mailto:ccjenkin81@gmail.com)

### Bereavement Journey course

The course, mentioned in the May edition of The Link, has been postponed until sometime in September - date to be advised, while we continue to sign people up for this course.

For anyone interested in the Bereavement Journey course, please contact Andy Glanville on 07803 424624 or [andyvglanville@outlook.com](mailto:andyvglanville@outlook.com) to find out more, or to have a chat.



## Upper Eden Medical Practice & Tebay surgery

### Appointments

We are continuing to operate an initial telephone triage system. If it is urgent for the day please contact the Surgery at 8:30am to arrange a telephone triage call. If a face to face appointment is necessary the Doctor will book you an appropriate appointment.

Routine appointments can be arranged via the e-consult link below, and on our website:

<https://florey accurx.com/p/A82013>

### Dispensary

Medication can be collected from Kirkby Stephen surgery from 9am to 6pm Monday to Friday and from our Tebay Surgery from 9am to 12:30 on Tuesdays and 3pm to 6pm on Thursdays. Please allow 3 working days for your prescription to be ready.

### Samples

Please note that samples can be dropped at the Surgery Monday to Friday – but on Fridays they must arrive before 10.30am.

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

### Protected Learning Time dates

Thursday 16th May 2024

Wednesday 19th June 2024

Thursday 11th July 2024

Wednesday 11th September 2024

Thursday 10th October 2024

Wednesday 13th November 2024

On the above dates the Surgery will be closed for staff training from 1pm. Please bear the Thursday dates in mind if you collect your prescriptions from Tebay Surgery.

### Covid Spring boosters

We will be vaccinating our Care Home and housebound patients from mid April 2024. Please contact the Surgery if you need a home visit.

### Change of personal details:

Please can you inform the practice if your address, telephone or mobile number has changed.

### Health Visitor & District Nurse

Eden Health Visiting Team can be contacted on 017683 54964

Our District Nurses are able to support you with nursing care at home 01946 853333.

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

☎: 017683 71369

## Shap Medical Practice & Orton Surgery

### Welcome to the team

On Tuesday 7th May we welcomed Dr Rachel Garth to join Drs Judson and McCabe at the Practice. Dr Garth is *"really excited to be joining Shap Medical Practice as the new GP Partner. I'll be working 3 days a week at the surgery. I've just moved from a practice in Carlisle, and I also work for the local GP Training Programme. In my spare time I like hiking and swimming in the fells and lakes as well as being a Scout Leader in Penrith."*

### 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

Medication can be collect 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. **Please note there will be no collection on Tuesday 28th May due to the Bank Holiday.**

### Protected Learning Dates

Shap Surgery and Dispensary will be closed for training from 1pm on the following dates:

Wednesday 19th June 2024

Thursday 11th July 2024

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|                                     | OUTWARD | RETURN         |
|-------------------------------------|---------|----------------|
| Brough Clock                        | 10.35   | 16.15          |
| Kirkby Stephen                      | 10.50   | 16.00          |
| Kirkby Stephen West Station         | 10.55   | 15.53          |
| Ravenstonedale School               | 11.00   | 15.45 Garthill |
| Newbiggin on Lune village hall      | 11.05   | 15.40 on A685  |
| Mount Pleasant bus stop, Tebay      | 11.18   | 15.29          |
| Barnaby Rudge bus stop, Tebay       | 11.20   | 15.27          |
| Kendal Morrisons bus stop           | 11.45   | 15.00          |
| Stricklandgate                      | 11.51   |                |
| Blackhall Road                      | 11.55   | 14.55          |
| Morrisons layover 1.30 hours depart | 13.15   |                |
| Blackhall Road layover 1.45 hours   |         |                |

### THURSDAY ROUTE 570: Shap to Kendal

|                                     | OUTWARD | RETURN |
|-------------------------------------|---------|--------|
| Ravenstonedale School               | 10.30   | 16.10  |
| Shap                                | 10.55   | 15.50  |
| Orton                               | 11.10   | 15.35  |
| Mount Pleasant bus stop, Tebay      | 11.18   | 15.28  |
| Barnaby Rudge bus stop, Tebay       | 11.20   | 15.27  |
| Kendal Morrisons bus stop           | 11.45   | 15.00  |
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Revised 25-11-21

### WEDNESDAY ROUTE 572:

**Kirkby Stephen to Barnard Castle**

|                        | OUTWARD | RETURN |
|------------------------|---------|--------|
| Bus Depot              | 10.00   | 15.50  |
| Ravenstonedale School  | 10.10   | 15.40  |
| Kirkby Stephen Station | 10.20   | 15.30  |
| Kirkby Stephen Square  | 10.30   | 15.20  |
| Brough Clock           | 10.40   | 15.05  |
| Barnard Castle         | 11.20   | 14.30  |

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| Tebay Mt Pt | 09.32      | 13.28/12.58           | 16.02      |
| Orton       | 09.40      | 13.20/12.50           | 16.10      |
| Shap V Hall | 09.55      | 13.10/12.40           | 16.25      |
| Clifton     | 10.14      | 12.49/12.19           | 16.44      |
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### For older children and young people:

#### Scout Group – Scouts, Cubs, Beavers

Shap area: Jackie Wright: 01931 716490  
Kirkby Stephen: Lois Wiseman: 01768 341107

Appleby Guides: Leagh Wilkinson: 07869 078977

Appleby Brownies: Sue Grainger: 07876 403895

Appleby Rainbows: Sue Grainger: 07876 403895

Kirkby Stephen Brownies & Guides:

Audrey Gray: 07889 093848

Northern Inter-Schools Christian Union (NISCU):

Ruth Evans, [ruth.evans@niscu.org.uk](mailto:ruth.evans@niscu.org.uk)

Families Together in Tebay and Orton:

Pam Lawson: 26028

Tebay Beginner Brass:

Julie Hoggarth: 07866 378392, [julie@drumandbrass.co.uk](mailto:julie@drumandbrass.co.uk)

### Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900

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

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

#### Vets:

Kirkby Stephen: 01768 371359

Appleby: 017683 51507

Shap: 01931 716024

### Adult groups

Alcoholics Anonymous

Call FREE: 0800 9177 650, email: [help@aamail.org](mailto:help@aamail.org)

Archaeological Society: Jan Hicks: 01931 714122

Arts Society, Appleby: Gillian Stoddart: 01768 862501

Badminton: Richard Percival: 24352

#### Bands:

Appleby Town Band:

Chris Jenkin: 24410

Kirkby Stephen Silver Band:

Caroline Souter: 017683 72376

Bell Ringers: Julian Thorpe: 24166

Bingo: Jillian Hewitt: 01931 715000

Boccia: Felicity Lawler: 015396 24465

Book Club: Clare Fox: [clarefox59@gmail.com](mailto:clarefox59@gmail.com)

Judith Cattermole: [judithcattermole2@gmail.com](mailto:judithcattermole2@gmail.com)

Bowls at Newbiggin: Stephen Dickinson: 07766 833500

#### Choirs:

Combined Churches Choir: Chris Jenkin: 24410

Community Choir: Alison Mott: [Alison@mott.me.uk](mailto:Alison@mott.me.uk)

#### Concerts:

Appleby: North Westmorland Arts: 017684 83777

Kendal: [www.lakelandsinfonia.org.uk](http://www.lakelandsinfonia.org.uk)

Kendal: [www.kendalmiddayconcertclub.org](http://www.kendalmiddayconcertclub.org)

Folk Dance Club: Catherine 017683 41549

Greenholme Show: Keith Golding: 01931 715446

Heating Oil Syndicate: Chris Jenkin: 24410

Howgill Harriers Running Club:

[Admin@howgillharriers.co.uk](mailto:Admin@howgillharriers.co.uk)

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

Orton Market Hall Bookings:

01539624140, [bookingsortonmarkethall@gmail.com](mailto:bookingsortonmarkethall@gmail.com)

Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 23470

Quiz Team, Orton: Louis Cotter: [lfc@lfcotter.plus.com](mailto:lfc@lfcotter.plus.com)

Sew and Sews, Orton: Gillian: 23653

Volunteer Social Car Scheme: Dennis Humphreys: 26052

#### Women's Groups:

Orton: Pat Alexander: 24303

Lune Ladies: Wendy Dickinson 07766 833500

Mothers' Union: Angela Milburn: 24382

Women's Institute: Jackie Huck: 24266

### Local community websites:

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

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

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

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

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

### Local church websites:

All Saints': <https://www.achurchnearyou.com/church/12220/>

St Oswald's: <https://www.achurchnearyou.com/church/12221/>

St James': <https://www.achurchnearyou.com/church/12223/>

Methodist: <https://www.ksaandtcircuit.org.uk/>

and on Facebook - click on, search for, or visit:

Orton: [AllSaintsOrton](https://www.facebook.com/AllSaintsOrton)

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

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

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