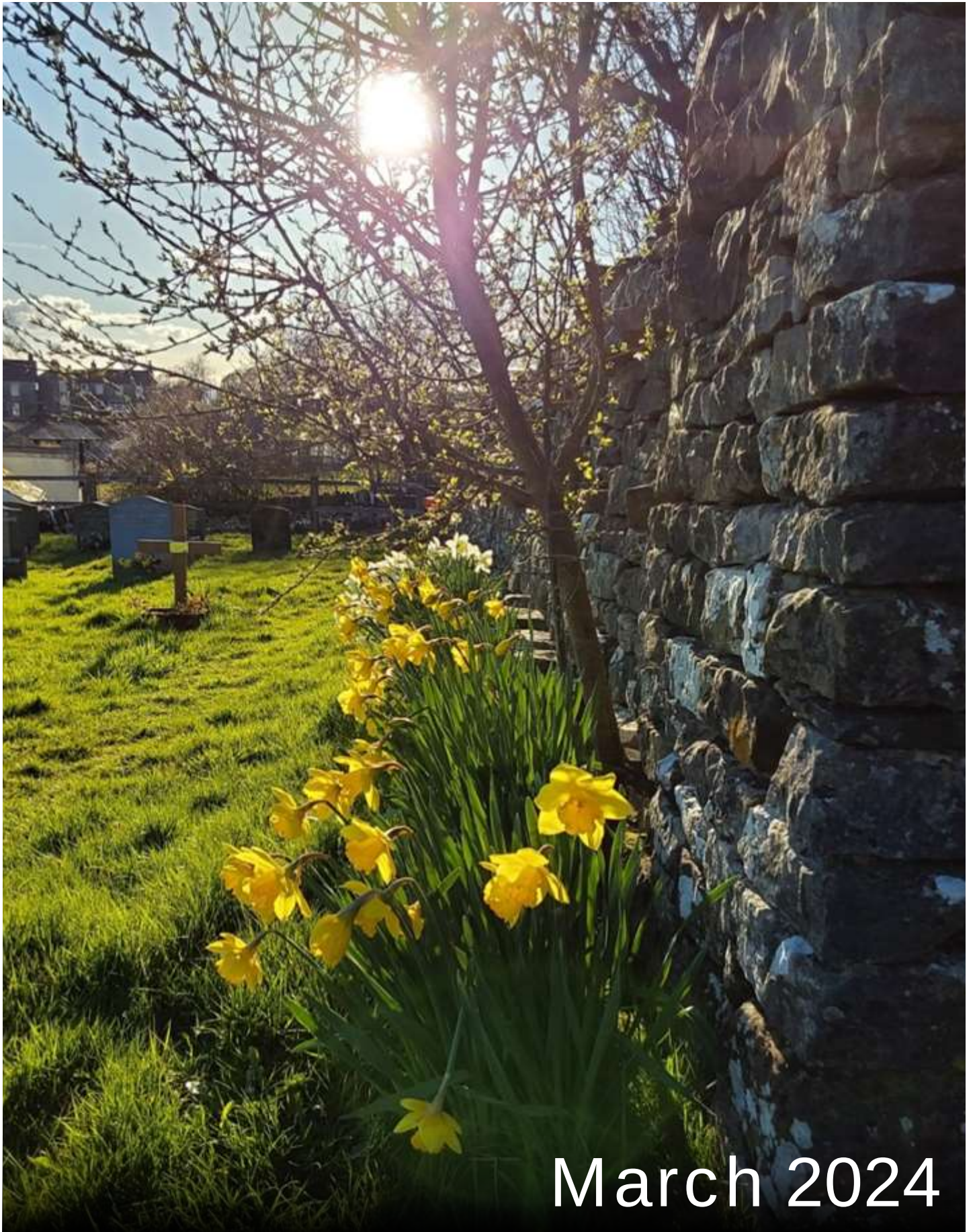


The Link

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



March 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

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

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

*Front page photo:
'All Saints' Parish Church, Orton'
Anne Eastwood*

There's a lot packed into *The Link* this month — so much so that we've have to hold some things over for next month.

We're so pleased people send in their news, photos, articles, poems, events. Thank you! Do keep them coming.

This is also the month that we

remind people they might like to support the costs of this volunteer-run magazine. See below, or on the paper slip included with this magazine.

Hoping you all have a very happy Easter!

*Elizabeth, Linda,
Martin & Paula*

Could we ask for YOUR support?

It costs somewhere between £600 and £800 to print one issue of *The Link* magazine (all the work of putting it together, and distributing it is done by volunteers).

At present we still believe that sending a copy to every house in our parishes, as much as we can, is the best way to communicate with our communities. However, we are also sending it out electronically to *several hundred* of our readers.

Income from our advertisers does not cover the entire cost of *The Link* — we rely on contributions from individuals and organisations as well.

*Please could we ask you to help us
to cover the cost of your copy of THE LINK ?*

One copy costs about 75p — which would be £7.50 for the ten issues we produce each year. If you are able to contribute this (or more, or less) you can do that in one of several ways:

Make a bank transfer to:

'Orton Tebay and Ravenstonedale Link Account'

Sort code: 40-26-18 Account number: 71021036

Drop off a marked envelope to Orton Village Shop

Cheques can use the same account name as above

or give a marked envelope to a member of a local church

Use [this link](#) or scan the QR code on the right to set up an electronic payment.



*Or contact us by email if you would like us
to send more information on how else you
might give or get involved.*

We just wouldn't be here without you!

Thank you so much everyone

THE DEADLINE IS THE 13TH OF THE MONTH FOR THE NEXT ISSUE

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

TheLinkMagazine@outlook.com

Payment for advertising or remittance advice to:

Linda Garrick, 015396 24262 / finance@linkmagazine.org

Remembering and Living Life

During a Covid lockdown, I went for a walk near Flakebridge with the family. As we rambled along the footpath, we came to a field full of cows that had calved. I am always wary when this situation arises, but we decided to walk calmly through the field, being careful to not disturb any of the cows.

As we came to the gate to get out, there was a cow leant up against it, clearly not wanting to move. In a corner of the field I saw a tree stump which was high enough to climb on and get over the fence. We made our way over to the tree stump and I climbed up onto it. I prepared to do the jump. As I pushed off the rotten stump it gave way and I fell into a patch of nettles.



The family were in stitches of laughter, while I felt sorry for myself nursing my stings. As we walked back they kept recalling the story while I got more riled up that they weren't more sympathetic. It had already become an infamous memory for them, while I was still feeling it.

As I write this we have just entered Lent. There are many things associated with this time of year (particularly pancakes).

Lent's main message has been one of remembering Jesus' 40 days in the desert. The aim seems however to not just read the story, but instead participate in it.

Now I must admit that as a Methodist, we may not be particularly observant of these times of year, but that doesn't take away the importance of this liturgical tradition.

The Story of Jesus has never just been a story for Christians, but it is a life in which we are all invited into and participate in now.

There is a reality to this story for Christians that we live out, which is maybe no more explicit in Communion.

Now what you will see in churches is some sort of bread and wine being consumed, following Jesus instructions in the last supper.

For Jesus, this act went much deeper. In the book of John, Jesus says 'the one who eats my flesh and drinks my blood has eternal life'.

You could be forgiven for thinking this sounds cannibalistic, indeed the early church were accused of such. The complexities of this have been argued by the church through the centuries, but the point is that this story is a reality for some of us even today.

We aren't just supposed to just see it as a memory but we are supposed to make it a part of us in some way today. This memory calls us to experience the joy and the suffering of Christ.

When we understand Christ's life in this reality so intimately, we realise Christ also understands our reality, and all the laughter and the bruises (and the stings!) we have picked up along our way.

Let's be ready to share that reality with Him and with others as we live life to the full. Wishing you a blessed Easter and a meeting with the risen Christ as you continue your journey.

Rev Andrew Sterling

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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

Indoor Bowls

Come and join us!

Friday night is Indoor Bowls night
at Newbiggin-on-Lune

Starts at 7.30pm
costs £2, (*first night free*)

you don't need a partner, just turn up!

More information from 07880 706485

- see you there!

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://www.facebook.com/NonLPublicHall)



Newbiggin-on-Lune Litter pick

Ravenstonedale to Weasdale
along the verges of the A685

Saturday 2nd March 2024, 10:30am

Meet at Newbiggin-on-Lune Public Hall



FOLK DANCE CLUB

Our local club meets weekly in
Newbiggin-on-Lune Village Hall

On Thursday evenings,
7.45pm to 10pm

Singles & Couples all very welcome
All dances are walked through & called
Beginners welcome

For further details please

ring Catherine: 017683 41549 or
email: trimmers@coldkeld.com

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



community catalysts
unlocking potential
affording change

inc. 2009

COMMUNITIES
GAVE

COMMUNITY
PARTNERSHIP
COUNCIL

smallgoodstuff!

local area
coordination

You are invited to
Junior Church

1st and 3rd
sunday of every
month at
Newbiggin
Chapel

During the
Sunday service
starting at
10:30am

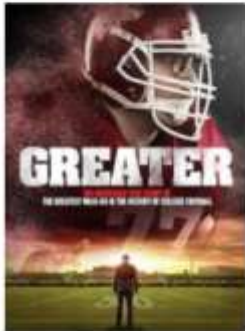
Illustration of a girl with glasses reading a book.



NEWBIGGIN-ON-LUNE CHURCH

Ladies Film Night

THURSDAY 28th MARCH AT 7:30PM



The true story of Brandon Burlsworth, told he wasn't good enough to play Division I football, he took a risk and became the most respected player.

An informal, fun night with refreshments (Popcorn, drinks and snacks) provided.

All ladies welcome, young and old.

FOR MORE DETAILS CONTACT ANGELA ON
07980418078



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)**

Illustration of children playing under a rainbow.



MEN'S MEETING

**IAN JACKS; RED SQUIRREL
CONSERVATIONIST**

**Wed 6th March, 7:30pm
at Newbiggin-On-Lune
Chapel**

BREW - BISCUITS - BANTER

Illustration of a squirrel.

Easter Saturday

Coffee Morning at St Oswald's

Will take place in Church
on Saturday 30th March 2024
between 10.30am and 12.00 noon.

Selection of refreshments with
homemade cakes and scones.

All are most welcome to come and join us.

No tickets necessary, just turn up !

Donations to Growing Well at Tebay Services

YET ANOTHER BIT OF A DO!



7pm Saturday, 6th April, 2024

At Ravenstonedale Community and Heritage Centre

WELCOME DRINK

CHEESE AND SAVOURY BUFFET

ENTERTAINMENT BY THE VAGABONDS

DRINKS & DANCING

Cash bar. Last orders 11:00pm

Tickets £10.00

To book, asquith_anne@hotmail.com (preferred) or 07974 151390
Numbers strictly limited. Book early and no later than 22nd March

All proceeds to Ravenstonedale Community and Heritage Centre

Alices in Neverwonderland

was the 2023 Vagabonds play, written and directed by Joan Barnard and performed at St Oswald's on 8th and 9th December.

It began with Alice in her home, boxing everything up, including books of Fairy Stories which are destined for a Charity Shop. She is moving to a one bedroom flat. Her grown up daughter Wendy is reluctantly helping her. Alice was named Alice after Alice in Wonderland and she called her daughter Wendy after Wendy in Peter Pan.

Alice wants to move somewhere smaller so that

her daughter and her 'four tearaway grandchildren' can't go thundering around the house. It's obvious that Alice hasn't read a Fairy Story in a very long time and probably never to her grandchildren.

The lights go out!

When they come on again Alice is greeted by Alice in Wonderland. Alice who fell down the rabbit hole rudely comments to Alice in Wonderland how old she looks, to which she replied, 'wait till you see Peter Pan'. Alice tells Alice in Wonderland (Alice in W) that she fell down a rabbit hole and Alice in W said that that was ridiculous.

Wendy and Tinkerbell, who is now too old to fly, appear next. They are arguing about whose turn it is to do the washing up. As Tink has made Sticky Toffee Pudding it should be Wendy's turn.

Christopher Robin soon joins them, sad that he no longer has Poo or Piglet as their stuffing fell out. He has just had a game of tennis with Julian from the Famous Five. They're all here but sadly not Tim the dog who sadly passed away.

Jack is next carrying the vegetables for dinner. After his success with his Bean Stalk he now has an allotment and grows 23 different vegetables and salads in the greenhouse.

Next Cinderella appears and Tink, who although quite old still looks good in her fairy frock and teases Cinderella about her rags.

Rapunzel spouts poetry from the pulpit, inspiring Alice in W to sing, joined by Peter and Cinderella. They wake Sleeping Beauty up and she asks if dinner is ready, but is told 'no' and sent back to bed.

Alice begins to wonder if they're old because a wicked witch has cast a spell on them but they tell her that it's her fault because she stopped reading Fairy Stories, but as she is their guest they politely invite her to dinner anyway.

By now, Alice is desperate to get home so that she can start reading Fairy Stories and make them all young again, but none of them can help. They have all lost their magic.

Then they remember Merlin. He might still have some magic. He lives in a cave somewhere in the hills but it keeps moving. They warn Alice that Merlin can be very difficult, you won't find him unless he wants to be found. They tell her not to mention Gandalf or Dumbledore to

Merlin. He gets very annoyed that they get all the attention nowadays.

Peter and Alice in W manage to find him and Alice explains that she's not the 'real' Alice, just someone who fell down a rabbit hole and wants to get home. He tells her that she can get back home if she really wants to, and then he disappears.

Peter and Wendy leave her alone to think about it but before they go she realises that if she does go home she'll never see them again. They assure her that that she will see them again when she starts reading Fairy Stories and, more importantly, they will both be able to fly again.

The lights go off and on again and Alice is back in her own home, unpacking Christmas decorations, when her daughter Wendy appears to help with the packing everything for her move. Alice is busy putting all the books back in the bookcases, telling her bemused daughter all about the wonderful people in them and how she is looking forward to having her and her husband and children for Christmas. She's not moving after all. And, in the best tradition, 'They all lived happily ever after'.

We in the audience breathed a sigh of relief for Alice, that she had realised how lucky she was to have a lovely home and family.

It was a thoroughly enjoyable evening. The cast was 18 strong with about six crew and all except one lives no more than a few minutes walk from St Oswald's. The costumes were many and excellent, most made by the actors themselves.

There will no doubt be another Vagabonds production at the end of this year as there has been for many years but it's no good asking Joan what it will be. Before she can even begin writing the script she has to find out who will be available for rehearsals and performances but whatever it is, don't miss it.

Kathy Trimmer



RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 20TH MARCH 2024 - 7.30PM

NEWBIGGIN VILLAGE HALL

WEST SIDE STORY

The History of the Darlington to Tebay &
Penrith section of the Stockton &
Darlington Railway from 1861

*plus an overview of the 2025 200th
anniversary project (S&DR 200)*

with

Mike Thompson

Project Manager, Stainmore Railway Company

Admission: Members £2.00 Visitors £3.00
including refreshments

For more information contact Val Fermer on 07798 688057
or leave a message on www.ravenstonedalehistory.org.uk

RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

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

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

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

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

First Sunday of the month – Sound Bath
with Ann Wappett (4-5pm) (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 9th March

Leanne | Market Coordinator
07969 335598 — info@ortonfarmers.co.uk
www.ortonfarmers.co.uk

ORTON
FARMERS' MARKET
held 2nd Saturday of every month

All Saints Coffee Morning
at the Farmers Market
in February raised £297.30

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

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 in 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! But 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, but at present we have no-one from Tebay on our team so it would be good to have a representative from there.

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 or phone 015396 24410.



Geoffrey Hayward



**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

Easter Day
SONRISE SERVICE
6.45am



Once again the local churches between Shap, Tebay, Orton, Ravenstonedale and Appleby are sharing in a short open-air service to greet the risen Lord Jesus on Easter Sunday morning.

So set your alarm! Easter Day is Sunday 31st March, the service is at 6.45 a.m. and the sun will rise over Cumbria at 6.44 a.m.!

Wrap up warm, and come out to Raise Howe on the east side of Orton Scar (just above the cattle grid on the way down to Appleby). And pass the word around to Christians in all the churches.

Appleby Town Band will be there to accompany the hymns; the speaker will be an Anglican, the Rev Ken Boullier, who is a retired priest who recently moved to Appleby; and the service is to be led by a Methodist, the Rev Stephen Radford.

You can find the exact spot using What3Words by searching [songbook.option.august](https://www.what3words.com/songbook.option.august)

Rest Now

for Geoffrey Hayward 1922 - 2024

Rest now, brave soldier,
Sleep peacefully in poppies
With friends, allies, their enemies too
You were all someone's son
May your Mary come to meet you
Lie with her once more
Facing the seas that swept you together
As your body embraces the earth
May your atoms rise and roam the fells
Free as the wind, free of pain
The love we all know, you gave us
With our love, you will live on.

Joanna Hayward

Orton Methodist Chapel

Anniversary Service
will be on
Sunday, 24th March 2024
at 10.30am
led by Rev David Wood



The service will be followed by lunch
to which everyone is welcome

Contact Rachel Woof – 24372
for further details

Orton Methodist Chapel



Join us on Easter Day -
Sunday, 31st March 2024
at 10.30am

A service for all ages
Led by Rev Paul Dunstan

*Egg hunt and pasche egg rolling
for the children afterwards*



Coffee and refreshments served

All are most welcome

For any further information
tel Rachel Woof 24372
or Ruth Bainbridge 24278

BOCCIA...

...is a sitting down game of boules. The most physical activity it entails is getting up from one's chair to retrieve the ball at the end of the game. One just needs to throw, fairly accurately, if possible, but there are tactics involved.

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

February 8th and 23rd;
March 7th and 21st.

No need to book, just turn up, but if you would like more information please contact Felicity Lawler - 07703318826 Cost - £3.00 per session.

Market Hall Thanks

A very big thank you to everyone who helped on the night of the Fundraising Ceilidh for Orton Market Hall on Saturday 10th February.

Also, thanks to all who came along to join & share in the fun of the evening. The evening with the JACK 'O DANDY Band was a great success & raised over £400 pounds for Hall funds.

Thank you from the Hall Committee.

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	Pilates 9:30-11:00am and 11:30-1:00pm
Tuesday	Shap Medical Practice prescriptions collection 10:00-11:00am Yoga 7:00-8:15pm
Thursday	Boccia 1:30-3:30pm (fortnightly)
Friday	Bingo – 2 nd Friday of the month 7:30-9:00pm
Saturday	Orton Farmer's Market – 2 nd Saturday of the month 9:00-2:00pm
Sunday	New Beginnings Church 10:30am-12:30pm Yoga 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

Many people will remember Mick and Celia Frost who owned The Toy Factory at Kelleth. Sadly, Mick died in November, and is now buried in Orton graveyard.

At the funeral his grandson George read this lovely, quite entertaining tribute. Anyone who knew Mick would know he wouldn't want a gloomy funeral.

Grandad's Workshop

The smell of sawdust, and the paint's, thick, perfume. Take me back to his workshop, full of mystery, in the gloom. That good piece of oak, waiting, for its moment to shine. To be turned into a bed, or a chair, but all in good time.

Grandad's trains were his life, his wall art was the proof. Those sawdust covered train pictures, went from floor to ceiling. He made trains by the dozen, they were heaped in great stacks. With Grandma's painted trains next door, drying on their racks.

Grandad once, made a train with me. I spent the weekend "helping". I wasn't really any help, but I was happy to be watching, and learning. I used machines that looked like monsters, they rumbled, and they roared. The lathe was my favourite, and the drill press, I adored.

But, the bandsaw, that was scary. It made me feel quite unsteady. Though I felt safe with Grandad there, and I was wearing my pinny! We finished the train, and to this day, it sits on my shelf. Reminding me, of that time, when I had Grandad to myself.

Their farm for us was a place of wonder, we were often cold and missed the TV. But the games we played were like no other, Pooh sticks in the river and smoky fireside Monopoly. Hide and Seek was another favourite, with many places to hide. Behind the Playhouse or in the tractor shed, with a sheep by your side.

In those days we were children, but that couldn't last. And happy days, on the farm, are now in the past. We had grown up and they, were suddenly old. They couldn't stay on the farm, so came in from the cold.

The fun was over, and for Grandad the sun, went, out. But the train that Grandad made me, leaves me in no doubt. That he loved his grandchildren, as much as his toys. Which, might, not sound like much. But it was a lot for this old boy!

Written by Rupert, Peta, George, and Isaac Frost, the "Dunton Frosts"

Orton Scarecrow Festival

25th May - 2nd June

*Our Theme this year for the
Scarecrow Festival is*

TV CHARACTERS

*(The church exhibition theme
is Little and Large)*

*lots of scope to make a fabulous scarecrow,
from films, soaps or cartoon characters*

*Forms will be available from Orton Shop, but
we will be doing a leaflet drop around the village, please
fill them in ASAP, so we can get
the map put together for printing!*

*Please help make 2024 another fabulous event, it brings
so many people to the village!*

The Scarecrow Team

Public Notice

Orton Manor Court

Tenders are requested for the following

Annual Grass Lettings

May 1st 2024—April 1st 2025

Lot 1.

Howes Quarry—Approximately 4½ Acres

Lot 2.

Small Parcel of Land at Field Head, Park Lane

Details available from :-

The Steward, Manor of Orton CIC, Rayne, Gaisgill,
PENRITH, CA10 3UD

or steward@ortonmanorcourt.co.uk

Sealed bids to be received by 5th April 2024

BINGO

ORTON MARKET HALL

FRIDAY 8th MARCH

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

The
Link

AND
ORTON MARKET HALL

Forthcoming Dates
12th APRIL
8th MAY
14th JUNE



Suzanne and Lucy's coffee morning!

Fundraising for international
scout and guide trips



16th March
Orton village hall
10 - 12am

Cakes
Plants
Gifts
Tea
Coffee

News from rton School

Reported by Class 2 children

Circus Day

A performer called Steve came to show us his circus skills. Merida enjoyed spinning plates. Jacob was very good at spinning the umbrella. We all had fun juggling. He climbed into a massive yellow balloon and it was so funny!



Amazing Cross Country Running



James and Alice went to Hunter Hall school to take part in the Cumbria Cross Country championships. James came 56th out of many boys. Alice came 54th out of many girls.



We are very proud of them for running so well for Orton School. James said "Yes, I did enjoy it"

We have said Goodbye to Mrs Green



Mrs Green has retired from teaching at our school. It was a very sad day when we had to say goodbye to Mrs Green as she has been working at our school for 33 years, but we wish her a very happy retirement! We gave her an Umbrella, lots of flowers, a vase and many other gifts! We also made a scrap book of special photos and cards for her to keep and remember us all with.

Eva said "She always gave us sweets". Theo said "She always helped me". Jonah said "She was always kind".

Class 1 fun

The children in Class 1 are learning about Chinese dragons. They are celebrating Chinese New Year by eating noodles with chop sticks! We watched them eating and they were doing well with the chop sticks as it is quite difficult!

Valentines Disco

We had a superb Valentines Disco at school on Wednesday 7th February. We all wore sparkly clothes or party clothes. We had fun dancing, playing games and eating sweets and hotdogs!



Get in touch by email or phone:
admin@orton.cumbria.sch.uk / 01539624268

Follow us on Facebook: www.facebook.com/OrtonCEPrimarySchool

Keep up to date on our website: www.ortoncofeprimary.co.uk

Extracts from Orton Parish Magazine

April 1883 – printed by J Whitehead & Son of Bridge Street, Appleby.

Mr Tremenheere and his Assistant have made their annual visit of their Inspection and Examination of the schools in the Parish. The following are the results of the examination:

School	Average attendance	Number present	Reading	Passes in Writing	Arithmetic
Orton	77	65	65	63	57
Tebay	132	110	99	77	74
Greenholme	?	58	53	41	47
Langdale	29	32	32	30	32

"These results are very satisfactory, and great praise is due to both teachers for the pains they have taken to bring them about.

On the afternoon of Sunday 4th April, being Mid Lent Sunday, I preached (E Holme) by the request of the Bishop of the Diocese on the subject of Temperance, and a collection was made for the funds of the Diocesan Church of England Temperance Society which amounted to £2 2s 1d.

Having found that a very great number of our children do not attend Public Worship on Sunday mornings I have commenced a morning Sunday school, and hope by this means to teach those who attend, to use the earliest and best part of Sunday for God's honour and glory, and not be content with serving him only in the afternoon of His own day.

I feel too that in these days when so much is thought of secular education, we cannot be too zealous and active in teaching the young the elements of the Christian religion. In our day schools religious knowledge is carefully taught but there is need for further teaching and for this purpose it is surely well to use the best part of Sunday."

There is a poem re the gathering of snowdrops, The Emigrant Ship which sailed from Glasgow with many poor, ill and older Germans and Scots people to New York. This was followed by extracts from the Old testament from the Chronicles of Ezra, Nehemiah and Esther. There was a village dialogue between John Brook, his wife and Mrs Harris and finally an article about Lynmouth, Hastings church and First Aid to the Sick (3 pages long) . There was also a short sermon re Holy Matrimony.

So very different from our present day
Link magazine!



URGENT HELP NEEDED

AFTER SCHOOL CLUB ASSISTANT

ORTON CE PRIMARY SCHOOL

We are looking for someone to be an After School Club Assistant three to five afternoons a week. There may also be the opportunity to do some Breakfast Clubs and take on other roles in school.

Full training will be given

To Start ASAP

HOURS 3.30pm – 5.30pm – Three to five days/ week

Pay: £12 per hour, Holiday Pay & Free Club for own children.

If you are interested, please get in touch with Headteacher – Emma Pomfret for an informal discussion.

Contact Telephone – 015396 24268 / head@orton.cumbria.sch.uk

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



Free Stay and Play Sessions

We are excited to let you know that we are running weekly

Stay and Play Sessions in school.

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. All welcome.

If you would like to find out more please get in touch the school office on 015396 24268

email - admin@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!



Tebay Community Meal
Meal at 12.30pm, stay until 4pm
Sunday 3rd March

We meet every month during the winter to share a meal and a chance to chat, play games, drink tea, do jigsaw puzzles, etc. etc.

Do come and join us — the meal is free, supported by local organisations and individual donations. All welcome!

CLOSURE OF TEBAY & ORTON WI

After 82 years, Wednesday 20th March will be the final meeting of Tebay WI. Founded in 1942 during WWII it has a rich history, and has brought happiness and friendship to its many members over the years. Orton WI closed in January 2003, and we changed our name to Tebay & Orton WI in 2010, in recognition of those members living in Orton.

On June 18th 7pm 1942, 42 ladies met in the Council School. Mrs May Nelson founder and first President took the chair, and Mrs Sewell was the first secretary. Mrs. Bates of Kirkby Stephen came to demonstrate knitting, a social half hour was enjoyed and refreshments served.

Over the years the membership grew to around 60. As the war continued their speakers and demonstrators reflected the times. They discovered the recipe for 'war-time cream' for a sandwich cake, a substitute for almond icing, how to make curtains and shopping bags from string, and an economical way to reproof silk and woollen stockings. They made rugs with dish cloth cotton, learned how to repair their shoes and made articles from waste paper. They also raised money for 'Wings for Victory' 'Salute a Soldier' 'Mrs Churchill's YMCA War Time Work' and The Red Cross.

Over the years Tebay WI has lobbied various local bodies about bus services and bus shelters, litter bins, the Library Bus and in 1948 stressed the need for more houses in Tebay, leading to 12 new Council Houses being built. They formed a Drama Group, Choir and Coral group, and a number of members were part of the famous 'Tebay Follies'.

Every June they either had a 'birthday party' or a day trip some of the destinations were Llandudno, Liverpool, York, Edinburgh, Colwyn Bay, Rhyl and Chester. Members attended local Group and County meetings, National meetings at The Royal Albert Hall and other venues, and The Queen's Garden Party at Buckingham Palace.

The members have planted trees, cared for the Tebay garden and for many years gave chocolates to villagers over 80 each Christmas. In 1977 we had a float 'On our way to Appleby Fair' in the Jubilee Procession, and have witnessed the death of two monarchs and celebrated two Coronations.

In recent years treading in the footsteps of those early members we have won cups and certificates for Home Nursing and Drama, taken part in County Speaking contests, Carol Concerts, and had success in The County Show winning many prizes. A few years ago, carrying off 5 cups, quite an achievement for what had become a small Institute. We also won The Lowther Cup at the Northern Show in 2022.

We've been of service to both villages by providing refreshments at Tebay Annual Sports day, giving a financial contribution to the Tebay Hub, and for a number of years running the café at Orton Farmers Market. We lay a poppy wreath each year on Remembrance Day, and have contributed to the annual exhibitions at both Tebay & Orton churches, recently taking part in Orton Christmas Tree Festival.

We've visited the Coronation Street Set, seen 'Mrs and Mrs' being recorded in Carlisle, taken courses at Denman College, attended the National Garden Festival in Gateshead, cruised on Coniston and taken part in WI County Exhibitions.

Yes – Tebay WI have been busy and active in so many ways, but we've also had fun, and made life-long friendships. We have hundreds of treasured memories of past members and all the joy we have shared.

We'd like to thank everyone who has supported our fund raising events over the years, and hope that the WI has contributed successfully to Tebay and lately to Orton village life.

Jackie Huck, Secretary
on behalf of the members of
Tebay & Orton WI

Tebay Anglers Annual AGM

With Buffet and Auction
Saturday 2nd March 7pm
Tebay Club

New Members Welcome

www.tebayanglers.com



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

Website: www.tebay.cumbria.sch.uk
Facebook: www.facebook.com/TebayPrimarySchool

Cumbria Education Trust

WHAT'S ON?

BINGO:

Sunday March 3rd, 17th & Saturday March 30th
Saturday 9th March - Bingo for Amanda James
Proceeds to Tebay School
Saturday 16th March - St Patrick's Day Celebration
Friday 29th March - Over 60's Soup & Sandwich
Saturday 30th March - Easter Bingo
Sunday 31st March - Band in the Bar; Graham Potter

Watch our Facebook page for information about our new ladies night - Yew's, Cow's & Sow's coming soon!

Plus Six Nations Rugby, Premier League and EFL Football, Darts and more LIVE on the BIG SCREEN

Book our function room by asking at the bar, emailing tebayclub@yahoo.co.uk or contact us via our Facebook or Instagram pages to find out more!



Opening hours:

Weds, Thurs, Fri 7pm to close
Saturday 4pm to close
Sunday 3pm to close

Big Screen TV * Sky Sports
BT Sports * Pool table
Snooker table * Darts boards

Function room & kitchen for hire
(free to hire for members)

Prize Bingo & Cash Bingo
on alternating Sundays

Free WiFi

TEBAY SPORTS & SOCIAL CLUB





Churches Together in Tebay Easter Cream Teas

Tebay Methodist Church Hall

Saturday 30th March

3pm — 4.30pm

£6

Come and enjoy

Raffle

Tebay Community Quilt

Thank you to everyone who has given me their panels for the quilt! There is still time to make your panels.

I would like to invite sewers of all ages and abilities to make a panel (or multiple panels) that represents part of our village, past or present, which will be sewn together to create a quilt of our community.



Some ideas could include the railway and the village's history, the landscape and local wildlife, the people and houses, community activities and events, anything you feel represents our village. When it is finished it will be displayed for the whole village to see.

The size of the panels will be 10cm x 10cm with a seam allowance of 2cm. This means the 10 x 10 square will have a 2cm border all the way round so you will cut the fabric to be 14cm by 14cm. Please only sew in the 10 x 10 square and leave the 2cm border empty for me to use to attach the panels together to make the quilt.

The panels could be bigger but will need to be in multiples of 10cm. If you are doing a bigger panel the seam allowance only needs to be added around the edge.

When completed please hand in your panels to The Old School by 31st March 2024 so I have time to sew them together before the finished quilt will be revealed in April.

I would love for as many people to get involved in this as possible regardless of sewing ability (glue is allowed!). If you have multiple ideas you are more than welcome to make more than one panel. The more panels the better! We will be running afterschool sessions for the children to get involved and will offer materials and time during the warm welcome sessions for people to sew together.

If you have any questions about any part of this project, please contact me by email at deannedunkinson@gmail.com

We invite you to enjoy a tasty

Soup & Sandwich



11am-1pm

Tebay Primary School
Saturday 16th March 2024

Homemade soup,
Sausage or bacon roll,
Cakes & Raffle

£5 Adult £2.50 child
Family Deal Available



Remembering their loss 20 years ago in the railway crash:
Chris Waters - Colin Buckley - Darren Burgess - Gary Tindall

Happy Herwick's class:

The topic this half term has been 'People Who Help Us'. The children have had visits from all sorts of people.

Mrs Turner showed the children lots of different equipment that helps her do her job as a nurse. Children all learnt that the number to call in an emergency is 999 and what they needed to say to the operator. The children took each other's temperature, tested their blood pressure, listened to their heart, lungs and stomachs, and checked their oxygen saturation.

We then had a visit from Eden Police. The children tried on their uniforms, learnt how to stay safe when crossing the road and even got arrested!!



Next to visit was The Happy Herdwick's was one of the vet nurses from [Frame & Swift Limited](#) in Penrith. The children learnt what happens in a consultation, theatre and how to bandage the animal. The children asked lots of questions and discovered that Kim has been a vet nurse for 22 years, she's treated a skunk before, and she helps dogs have their puppies.

On Thursday 8th February the children travelled to Penrith to the Fire Station. The children were welcomed by the whole team and started by listening to a story all about what to do when the fire alarm goes off at home. They then went and watched the firemen slide down the pole! After this, the children saw where they kept all of their uniform and watched to see how quickly they could get dressed! (30 seconds!). After this, the children learnt that firemen could clip together, hold on to each other or follow a rope so they don't get lost. The children

worked their way through a small course. The children saw Roy try on the oxygen kit to help him breathe and learnt about what the different parts of his uniform do. Then the children went outside and saw real smoke from a training fire. The children got to use the hose and pretended to put a fire out on a building. Finally, they went inside and got to go inside the fire engine!

We would like to thank all the people that have come into Class 1 this half term to talk about what they do and how they help people.

Year 6 Maths Challenge Day:

On Friday 26th January four of our Year 6 pupils attended Workington Academy for the Cumbria Education Trust Maths Challenge!



76 Year 6 pupils worked in teams of 4, battling it out across rounds of maths challenges in the effort to be crowned ultimate CET Maths Champions!

The children worked extremely hard and showed



fantastic respect, responsibility and resilience. Well done Team Tebay.

SAFER INTERNET DAY

Across the school, the children have taken part in Safer Internet Day. All of the classrooms have raised awareness, made posters and looked at books. Year 5 and 6 took part in a Cumbria Education Trust online quiz with all of the other primary schools.

Spaces available — do get in touch!

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: facebook.com/TebayPrimarySchool

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

Tracy Morland — School Administrator

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239



SATURDAY 9th MARCH TO REMEMBER AMANDA JAMES
BINGO NIGHT
7:30pm **TEBAY CLUB**
GAMES*PRIZES



All proceeds to
 Tebay Primary School
 in memory of our friend
 Amanda James

Mothers Day Family Celebration

Come and join us on
Sunday 10th March
 from 10.00am at the Club for a
 sausage sandwich and then at
 10.45am for a short, family-friendly
 service of thanksgiving with
 Tebay Kids Choir



Churches Together in Tebay
 St James Tebay and Tebay Methodist Church



Saturday 23rd March
 All Saints Church, Orton
FAMILIES Together
 invites you to come and
 Discover and engage with
 the events of the first Easter
EXperience Easter

Come any time between 2 & 4.30pm
 for your Easter experience!
 (You'll probably need to allow an hour or so)

Refreshments
 provided

Hands-on
 activities for
 all ages



Book your place here:
<https://cutt.ly/FTT0ee24>



Gathering Snowdrops
(Orton Parish Magazine, May 1883)

Now past is wintry night,
Comes back again the sunshine bright,
The golden flow of ruddy light
And birds are on the wing.
The breaking buds are glowing red,
And purple turns the violet bed,
The yellow primrose shows its head,
In bright and early spring.

Keen is the air, the pond's still freeze,
The tangled branches on the trees
Still bare to shudder 'neath the breeze,
Though merry mortals sing.
Whilst foremost in the floral race
The modest Snowdrop shows its face,
And purely, sweetly takes its place
As first born child of spring.

Then bright-eyed maidens, young and fair,
The snowy blossoms cull with care,
To twine them in their jetty hair,
Whilst merry voices ring!
For what think they of care or grief,
Of winter's chill or autumn's leaf,
That life is sometimes sad and brief -
With them 'tis ever spring!

Though seasons quickly come and go,
Great joys are theirs, few cares they know,
And heed not - it were better so -
What summer days may bring.
Laugh on, fair girls! And often stay
To pluck sweet blossoms on your way,
And gather snowdrops while you may
For 'tis not always spring.



Sunday March 3rd
Sunday March 17th
Saturday March 30th
(Easter Family Bingo)

Join us at
Tebay Sports & Social Club
Eyes Down 7:30pm

Prizes & Family Fun

Over 60's Soup & Sandwich & entertainment

We would like to invite the members of our community
who are aged 60 and over to enjoy
Soup and a Sandwich
at Tebay Sports and Social Club
on Good Friday
Friday 29th March 2024
2pm onwards

Soup, Sandwiches and Easter entertainment
Book your place by texting 07545 086896
Please bring a dessert to share with others



EASTER SUNDAY

31st March 2024

Band in the Bar



TEBAY
CLUB

Graham Potter

8 till LATE

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

Rev. Christopher Syauswa, vicar of All Saints, Kasese, sent some pictures of the church Youth Conference in January 2024.



Rev. Christopher preaching to the young people:



Young people queuing to kneel at the altar rail:



Rev. Nelson Walina writes (Feb. 9th):
Today I spent the whole day with expectant mothers at All Saints Town Church for healing, deliverance & fellowship.



World Day of Prayer 2024

Friday 1st March

'I beg you, bear with one another in love'

Service prepared by
the Christian women of Palestine

ST MICHAEL'S CHURCH, SHAP

2.00PM

All welcome!

Lakes
**GOSPEL
CHOIR**
www.lakesgospelchoir.co.uk
Charity No: 9117440

An inspirational evening
of music, worship and
celebration featuring the
Lakes Gospel Choir

A concert in aid of
Lakes Gospel Choir

to be held at
St Mary's Church,
Ambleside Road

Tickets £10

Tickets available on the door
or

tel: 07967054990

or at

Mission Cafe, Park Road,
Windermere LA23 2BG

(Children under 16 free)

Saturday 9th March 2024 at 7pm
(doors open 6.15pm)

**Wild
Wanderings**

Sunday 17th March
4pm – 5pm walk
5pm Shared tea
Meet at Tebay Chapel

Come and join us
to **connect** with each other & the divine presence
to **reflect** on where we are & where 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 Helen on 01267 250000

Services in our Anglican Churches

Sunday 3 March <i>Lent 3</i> <i>Purple</i> Welcomer: Exodus 20.1-17 1 Corinthians 1.18-25 John 2.13-22 Prayers:	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Mary Jenkin Keith Capp Margaret Longworth Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> John Newton Diana Fothergill
Sunday 10 March <i>Mothering Sunday</i> <i>Purple</i> Welcomer: Exodus 2.1-10 Colossians 3.12-17 Luke 2.33-35 Prayers:	Orton, 10.30am Holy Communion (+ Meth) <i>Chris Jenkin</i> Keith and Janet Capp Mary Jenkin Andy Glanville Mary Jenkin	Tebay, 10.45am All Age Worship <i>Pam Lawson</i> Brunch at the Club from 10am! Family friendly activities more info on page 18 of The Link	Ravenstonedale, 10.00am Morning Worship <i>Charles Cowling</i> Richard Best Catherine Newton
Sunday 17 March <i>Passion Sunday</i> <i>Purple</i> Welcomer: Jeremiah 31.31-34 Hebrews 5.5-10 John 12.20-33 Prayers:	Orton, 10.30am Café Church style service <i>Keith Capp</i> Janet Capp	Tebay, 10.30am Holy Communion <i>Carole Marsden</i>	Ravenstonedale, 10.00am Holy Communion <i>Sandra Ward</i> Hilary Law Martin Lovell
Sunday 24 March <i>Palm Sunday</i> <i>Red</i> Welcomer: Mark 11.1-11 Prayers:	United Service PROBABLY at Orton, TBC ; 10:30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600		
Maundy Thursday	<i>The Last Supper, Kirkby Stephen Parish Church, 7pm</i>		
Good Friday	Orton, joint with Tebay, 3.30pm A service of shadows <i>Tebay Methodist Church</i>		Ravenstonedale, 2pm Hour at the Cross <i>Charles Cowling</i>
Sunday 31 March Welcomer: Isaiah 25.6-9 Acts 10.34-43 John 20.1-18 Prayers:	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith and Janet Capp Keith Capp Andy Glanville Margaret Longworth	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Carole Marsden</i> Tim Parkinson Suesi Windle

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

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

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*

Services in our Methodist Churches

	2024	3 rd March	10 th March	17 th March	24 th March	31 st March	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 for more details. New Beginnings 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
		3 rd Sunday in Lent	Mothering Sunday	5 th Sunday in Lent	Palm Sunday	Easter Sunday	
*Tebay M P 1-1300 M H B	10.30	C Jenkin US OA	US at PC	H Radford OA	T Longworth	US at PC	
	6.30		Cnnxn Svce at K Stephen				
Shap (Class of Tebay)	10.30	P Hilland	6.30 Cnnxn Svce at K Stephen				
Orton M P Complete M H B PB EW	10.30	S Radford B	US at PC	LA	D Wood CA OA	P Dunstan OA	
	6.30		Cnnxn Svce at K Stephen				
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	TP OA Junior Ch	N Klein TP OA	TP OA Junior Ch	TP OA	TP OA	
	6.30	Prayer & Share	Cnnxn Svce at K Stephen	Prayer & Share			
*Ravenstonedale M P 1-1144 M H B H & P	2.00	S Radford	A Sterling	B Staley	H Hutchinson	S Radford HC	
	6.30		Cnnxn Svce at K Stephen				

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

PCC Secretary
Margaret Longworth
bjarm21@gmail.com

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

Vinlife Cumbria Fellowship

Every Sunday in
Orton Market Hall, 10.30 a.m.

Upper Eden Medical Practice

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.

Protected Learning time surgery closures:

The surgery will be closed from 1pm on:

- Thursday 12th October 2023
- Wednesday 15th November 2023

Flu Vaccinations

Appointments are now available please contact the Surgery to arrange an appointment.

Change of personal details:

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

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.

Covid Spring boosters:

Eligible patients: Adults aged 75 years and over • residents in a care home for older adults • individuals aged 5 years and over who are immunosuppressed. We are putting plans in place to vaccinate our care home and eligible housebound patients. All other eligible patients should book via a local vaccination centre.

Shingles:

You are eligible for the shingles vaccine if you are aged 70 to 79.

<https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b>

☎: 017683 74015

Orton Surgery and Shap Medical Practice

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 2nd April due to the Easter Bank Holidays.

Protected Learning Dates

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

Thursday 14th March 2024

Change of Personal Details

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

MMR Vaccinations

With confirmed cases of Measles on the rise it is increasingly more important to ensure vaccinations are up to date. A campaign is currently being rolled out by the NHS to ensure everybody has the opportunity to avail of these vaccines. Further up to date information can be found on the Public Health Website, (<https://www.publichealth.hscni.net/news/confirmed-case-measles-timely-reminder-get-mmr-vaccine>). If you have any concerns or queries please contact the Practice and we will help or point you in the right direction.

www.shapmedicalpractice.co.uk

01931 716230

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delivered direct to your door



Home Grown Here is a veg box scheme
based right here in the Eden Valley,
bringing you seasonal and responsibly
grown fruit and veg throughout the year.



visit homegrownhere.co.uk
call 07376 726889 or email
info@homegrownhere.co.uk to find
out more and sign up for a weekly or
fortnightly veg bag!

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magazine.

It makes a real difference to
the finances of the
magazine, and to local
businesses, if you are able
to use them for your jobs.



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- Simple and fair pricing structure
- Now open to new clients

www.tarnfarmvets.co.uk
01931 716 024 / 07734 458 412

Ground Floor Office Unit 3,
399 Green Farm Business Park,
Shipbourne, Canterbury, Kent CT10 3PE



Many thanks to our printers:



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Need help with your garden?

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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	
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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

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
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Local church websites:

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