

The Link

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



May 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:
Foraging by the Lune,
Charlotte Iniff

It does now feel, at least on sunny days, like Spring has sprung — hooray!

As we look ahead to some of the things that are coming up, don't forget to get your entries in for the Greenholme show (page 19), or book your tickets for the Newbiggin-on-Lune family barbeque & disco (p.7), or plan to go to hear an amazing organ recital in Ravenstonedale (p.6), or maybe even find out more about where you can find a national park in a capital city (p.16).

Whatever you choose to do, if you feel inspired to write it up, do send it in to us, and we'll do our best to publish it.

If you're one of the organisers of an event, even more reason to tell us all about it — we don't charge for you to advertise community events.

Whatever you're up to in the next month, we hope you enjoy our local community and the better weather as we emerge from the rain (?).

*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

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 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*



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

How are we doing?

We normally have a 'lead' article here — but this month we're asking for your input, and giving you a quick update on how we're doing. Back to regular leaders next month, unless you tell us different!

The Link magazine is a volunteer run church and community magazine. It started its life as an Anglican church parish magazine (see page 8 for how it used to read) and has re-focused gradually to be a bit broader in both church and community terms.

Those of us who are involved each month in putting it together, or distributing it to your door, only do it because we believe that the magazine is a helpful tool to share our news, encourage participation in our events, and build our communities across our villages.

However, we would love to hear more about what you think — you can do that in several ways. Simplest for us would be if you fill in this online form — either scan the QR code with you phone, or enter this into your web browser: cutt.ly/LinkFeedback24



If that doesn't work for you, you could drop us an email at TheLinkMagazine@outlook.com or even write us a letter and send it to: The Link Magazine c/o The Old Post House, Mount Pleasant, Tebay CA10 3TH.

We wouldn't exist without our advertisers, and they won't exist if you don't use them — so do please keep using the adverts



Find out what Steve Farmer was up to on page 7

to find local trades, and tell them you saw their advert in The Link (and tell us if you spot anything out of date so we can correct it).

We thought we'd share a few numbers in this issue as well — here's a summary of 2023:

Advertising (all invoiced)	£6,141
Advertising not yet paid	-£420
Regular donations	£1,285
Larger donations	£1,435
Total income	£8,440

Printing costs	-£7,038
Writing off bad debts	-£1,190
Software + services	-£136
Bank charges, etc.	-£69
Total expenses	-£8,433

Surplus	£7
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Headlines from that — we still have advertisers who haven't paid us yet, but who we think will... you know who you are! We've also had to 'write off' over a £1000 of unpaid old debts from advertisers who stopped trading, or who have never responded to chases (some from 2022).

However, you can see just how important donors large and small are — thank you all!

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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

12th – 18th
May 2024

**Christian Aid
Week 2024**

Will you help someone push back against
poverty this Christian Aid Week?

Poverty pushed Aline to the brink of survival. She
was abused, homeless and hungry. But Aline
pushed back harder. Driven by hope, faith and
the love of her children, Aline was able to fight
against the inhumanity of poverty and build
herself a new life.



Life in Burundi

In Burundi, where
malnourishment and
poverty affect more
than 70% of the
population, making
survival a daily struggle.
Jobs and food are hard
to come by, and those
who have homes often
have no electricity or
running water.

For Aline, life was a constant struggle. She was
married young and gave birth to her eldest son,
Fisto, when she was just 14 years old. Aline
experienced constant abuse at the hands of
her violent husband.

A few years later, Aline faced even more
devastation. Her husband married another
woman, forcing Aline to flee. He prevented her
from taking their children with her, and in a
further act of cruelty, told the local community
that Aline was mentally ill and unable to care
for her children.

How Christian Aid stepped in

Hungry, scorned and alone, Aline took her first
step towards her new life. She started by
participating in a transformative three-day
community workshop, funded by Christian
Aid. *'I came out with amazing knowledge and
skills. The trainer restored a sense of hope and
energy in me'*, says Aline.

She was taught how to form a Village Savings
and Loans Association and establish a steady
income. With all she had learned, Aline's dream
of getting her children back finally felt possible.

VILLAGE AUCTION

SATURDAY 18th May 2024

VIEWING 6 PM - AUCTION STARTS 7PM

Newbiggin-on-Lune Public Hall

DONATIONS WELCOME

SMALL HOUSEHOLD ITEMS, TOYS,
BOOKS, BRIC A BRAC, TOOLS

Please bring to Hall between 12pm and 4pm on 18th May 24

Large furniture - please send a
photograph by 11th May to email below.

Please do not bring to Hall. Buyer to
collect from seller's home

**Sorry but we are unable to accept
electrical items**

Entry £1 includes tea/coffee and biscuits

Enquiries – Ian Clayton (015396 23226)

l.orange@btinternet.com

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

Building a business

With a small start-up loan, Aline started trading avocados and peanuts locally. With her profits, she bought a bicycle so she could transport greater quantities of goods to markets further afield. Eventually, her hard work had finally paid off, and she had earned the money she needed to rent a house.

Once Aline secured a home for herself, her three eldest sons were able to escape their father and join her. They told Aline that their father had abused them and sent their three young siblings to live with different members of his family. Aline still hopes that she'll be reunited with her youngest children in time.

Today, Aline lives peacefully on her own plot of land in a remote village in the Kayogoro Commune in Makamba Province. She's baked her own bricks and is building a strong home for her and her children in every sense.

Now Aline can afford food, clothes and essential healthcare for her family. She's also purchased solar panels so her children can do their evening homework by electric light. *"I like to feed my family with the produce that I grow, such as beans, vegetables and corn. I am so happy that we are together. Now my children feel supported as they have a parent who can meet their needs."* - Aline.

You can help people like Aline by putting your gift in a Christian Aid Week envelope, and returning it to your local church or else handing it in to Orton Village Store, or scanning the QR code with your phone and giving online.



MIDSUMMER FAMILY BBQ + DISCO

Saturday 22nd 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



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*



Chapel Anniversary
Ravenstonedale Methodist Church

Saturday 11th May at 7-30pm

Singing with the Orton Male Voice Choir,
with supper to follow.

Sunday 12th May at 2pm
Service will be led by Mr Keith Hewitson
of Kirkby Stephen, followed by tea.

All are very welcome

In January a consultation was launched in which the public was asked to rank their top six priorities for organisations working in the National Park.

More than 500 local people took part in the survey. Their top three priorities were nature recovery, helping younger people to live/work in the National Park, and reducing the impact of second homes and holiday lets.

CHURCH of ST OSWALD,
RAVENSTONEDALE

**Concert of
Music for Organ**

by
CHARLES EDMONDSON



Saturday, 1st June 2024, at 5 pm

Charles Edmondson was born in Yorkshire and now lives in Kendal, Cumbria. A music graduate of Trinity College, University of Dublin, he is a Fellow of the Royal College of Organists and holds the Archbishop of Canterbury's Diploma in Church Music. He is a Licentiate of the Royal Academy of Music.

He pursued a career in music education, as a teacher, lecturer, adviser and inspector, working in several counties throughout England. For over twenty years he was a music adviser for Humberside County Council's Education Authority and conducted over a hundred concerts with the North Lincolnshire Youth Orchestra including ones in Germany, Austria and France as well as at the Edinburgh International Festival fringe events.

Since 1957, he has given nearly 400 organ recitals throughout Britain. Venues have included the cathedral churches in Bradford, Blackburn, Bury St Edmunds, Carlisle, Newcastle and Ripon, the priory churches in Bolton Abbey, Bridlington and Cartmel and the minster churches in Grimsby, Halifax and King's Lynn. He has also given several recitals in the City Hall, Sheffield, the Ashton Hall, Lancaster and the Kelvin Art Gallery and Museum in Glasgow.

Now retired, he lives in Kendal and is currently the Director of Music at St Paul's Church, Grange-over-Sands.

Yet Another Bit of a Do

Saturday 6th April

The Vagabonds gave us another wonderful entertaining evening at Ravenstonedale Community & Heritage Centre and also raised £804 funds for the centre.

The first part of the evening was about love and family: songs, poems and even a sonnet. The second half was lots more music and poems, some very familiar ones we all learned as children and also lots of humour. Almost all of the Vagabonds live within the parish. We are so fortunate to have so much talent locally.

It was full to capacity and those of us who were lucky enough to get tickets had a wonderful evening. There was a break for a very generous cheese and pate buffet and we were all invited to go back for more. At £10 for a ticket including a glass of wine it was also excellent value.

It was organised by Bev Brummitt Hilary Law, Anne Askwith and Joan Barnard who was also the director.

Steve Fermer was 'MC' and turned it into something resembling an Old Time Music Hall. Pianist was Andy Glanville and Tim Parkinson provided the sound system.



Performers were Anne Asquith, Joan Barnard, Peter Brumitt, Diana Fothergill, Hilary Law, Fran & Tim Parkinson, Sue Richardson, Richard & Judith Todd and Suesi Windle.

The next Vagabonds production will be
at St Oswald's Church on
Friday 29th and Saturday 30th November.

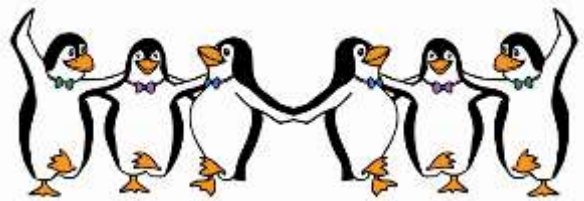
Ravenstonedale Folk Dance Group

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



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 11th May

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 £458.87

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

Orton Parish Magazine

November 1883

In the last number of the Magazine, I promised I proposed to have a Harvest Thanksgiving Service for the whole Parish, in the Parish Church; this was held on the 16th October, when the Dean of Carlisle preached an excellent sermon, after which a collection was made, a sum of £4 13s 6d was gathered for the funds of St Marks Home for Orphan Boys at Natland.

The church was very nicely decorated for the occasion, and I here give my hearty thanks to those kind friends who sent offerings of corn and flowers, etc. for the purpose of decoration. and also those other kind friends who worked hard in the actual work of beautifying God's House: and I feel sure the offerings were not sent in, nor the work done, simply because it is a now-a-days (as it has been said) the fashion to decorate our churches at such times, but because of this means a slight outward expression of gratitude can be made to Almighty God for His bounteous mercies to us. I must also thank our organist and the members of the choir, who for some weeks worked very hard to learn a service, somewhat worthy of the happy occasion, and who really rendered the service really well. I am pleased to record many members of the Tebay Church Choir, for withstanding the very stormy weather, came and helped us, and so evidenced a truly kindly spirit, which should exist amongst members of a Christian church. The tempestuous weather prevented many worshippers from coming to the service, and yet we had a nice assemblage, who met together, and I trust, with heart and soul, as well as with their voices offered up a sacrifice of praise and thanksgiving to Almighty God, the giver of all good gifts.

After the service in Church there was a Public Tea in the Temperance Hall, the attendance at this was materially affected by the storm, and yet a goodly company sat down to an excellent tea, which had been provided by kind lady friends, whom I now take the opportunity of thanking for their labours.

In the evening there was an Entertainment in the Temperance Hall, when some excellent pianoforte was played and some songs and glees were sung. At the commencement of the entertainment the Dean of Carlisle made an excellent speech in which he gave us all some



**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

very good advice, particularly with regard to our newly established Reading and Recreation Rooms. The proceeds of the tea and Entertainment were given to the Reading Room Fund.

The Reading and Recreation Rooms are now established and appear to be duly appreciated. The papers are regularly read by many members and the means of recreation are much used; the billiard table so far is a great success, and affords much amusement to both good and indifferent players, and to onlookers. The supply of books is not as yet all it should be, however we hope this will soon be remedied – if members will kindly write down in the order book kept for this purpose, the titles of such books they would like to be purchased, the Committee will do what they can to obtain them

At a meeting, held in the Vestry on the 10th October, of the Feoffees and Patrons of the Vicarage of Orton, the following resolutions were unanimously passed,

1. That the consent of the Patrons of the Vicarage be given for the purpose of making the Township of Tebay into a separate Ecclesiastical District.
2. The the patronage of the New District, when formed, shall be in the gift of the Vicar of Orton.

It is decidedly understood that this shall be in no wise lessen the value of the living, nor shall the rights of the Parishioners be interfered with.

Rev. E Holme (vicar)

TEBAY

We acknowledge with gratitude the following sums collected for the Church Endowment Fund: J Binks — 16s 7d, C Blaymire — 7s 6d.

The Harvest Thanksgiving was repeated in Tebay Church on Sunday evening when a sermon was preached by the Rev T Fenton, the vicar of Ings. The sermon was most impressive, the church clothed in festive garb, and the congregation filled the church. The Choir was augmented by Orton Choir. The collection, which is to be given to the fund for the Reredos, amounted to £1 14s.

I would add a word of earnest entreaty with regard to the Bible classes, and the Wednesday Evening Services, none of which seem to be appreciated or available for the good of the Parishioners. Opportunities lost will have to be accounted for and if we show little desire for the means of grace, and assistance, it bespeaks weak faith, with regard to God's promise of final reward.

A J Wright

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	Vinlife Cumbria 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

TREBLE-ALTO DUO

1st & 2nd 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.

Royal Northern Sinfonia

Saturday 1st June 2024 - 19:30
Appleby-in-Westmorland - The Appleby Hub CA18 6QR

Sunday 2nd June 2024 - 15:30
Kendal - Castle Street Community Centre LA9 7AD

Sunday 2nd June 2024 - 19:30
Orton - Market Hall CA10 3RL

Music to Include:

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

£8
Children free accompanied by paying adult

Scan to see online

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

BINGO

ORTON MARKET HALL

FRIDAY 10th May

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

Money raised to

**ANKOMA OUTREACH
AND
ORTON MARKET HALL**

Forthcoming Dates

**14th JUNE
12th JULY
9th AUGUST**



Appleby Arts Society: Christopher Wren and the Baroque

Just what is the Baroque, when was it and what are its features? The answer to these questions was supplied with examples by Barbara Peacock, an expert in the period, in a terrific lecture to Appleby Arts Society at April's meeting. The two words she chose to depict the Baroque were Monumental and Grandeur.

The Baroque Period of architecture spanned just under a century and a half from about 1600 to 1745. In Europe, rich Catholic Kings, nobles and the Church built big and very grand in order to express their power, wealth and authority after the Protestant Reformation. The Schonbrunn Palace in Vienna, the Abbey in Melk and the Palace at Versailles are fine examples of the period. In this country the slightly less monumental Castle Howard, St Paul's Cathedral and Blenheim Palace are good examples of that time.

The buildings we had prior to this period were of the Classical style looking back to ancient Greece and Rome. This style has simple pillars soaring upwards to be topped with elegant triangular pediments all showing quiet harmony and serenity. The Baroque uses this Classical style in new ways. The pillars become pilasters—huge vertical pieces of stone from the base of the building to the top. All is enlarged, and multiple domes become a feature of the extended wings of these enormous Palaces and Houses. There are some lovely features too, enabled by the complexity and size. For instance, in the complex rhythms of alternating concave and convex walls and in the Cupolas and many twisted columns. Inside, the architecture is theatrical too as the painted ceilings and cupolas make rooms appear as if they were open to the sky. There are other visual effects too -trompe l'oeil painting tricking the eye into imagining the painted figures are falling to the ground. Everywhere there is exquisite carving too. Rich folk vied with one another to produce the most ornate interiors to the extent of vulgarity almost.

Christopher Wren (1632-1723) was more trained scientist than architect. His experience of the Baroque was confined to just one visit abroad to Paris in 1665 where he met and studied with the great Italian sculptor Bernini. On his return to London he made his first design for St Paul's. A week later the great fire of London destroyed two thirds of the city and Wren submitted plans for the rebuilding of the City to Charles 11.



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

April 11th and 25th
May 9th and 23rd
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

Influenced in part by Paris, the plans are ground breaking though were never adopted unfortunately. However, he was given charge of rebuilding many of the churches. Some of them were rebuilt quickly by the different parishes and Wren's inventive influence is seen externally in the many different forms of Spire and Dome, and galleried interiors to serve an increased population. During this time there were master craftsmen from all over the country, like Grinling Gibbons, working in London repairing the churches-carving benches, altars, pulpits and columns. This activity marked the start of an active training ground for craftsmen which survived for many years in the city.

Wren's plan for St Paul's was never fully realised, but his design of the dome, with a double cupola and cleverly concealed buttresses within a secondary roof was the largest in Europe and influenced the construction of the Pantheon in Paris. His influence also extended through his trained successors Nicholas Hawksmoor and Vanburgh who completed the designs of Blenheim and Castle Howard.



The next lecture on May 8th is 'The Divine Sunflower in Art and Culture'

For more information go to
taswestmorland.org.uk

Refreshments for Church Exhibition

Offers of help with baking for the Exhibition would be much appreciated.

Catering is a very important part of The Exhibition week and visitors look forward to Coffees and Cream Teas.

If you can help in any way we look forward to hearing from you. Please contact:

Betty: 015396 24244 or
 Marion: 015396 24384

Orton Scarecrow Festival

25th May - 2nd June

Our Theme this year for the Scarecrow Festival is

TV CHARACTERS

(Church exhibition theme Little and Large)

lots of scope to make a fabulous scarecrow, from Films, soaps or cartoon characters!

*Forms are available from Orton Shop.
 Open your all the parish and all children at Orton School*

Entries in by 19th May so we can get the map put together for printing!

*All scarecrows to be put in place by
 Friday 25th May - Sunday 2nd June
Cash prizes for 1st, 2nd, and 3rd
 Extra prizes for hidden letters at some of the scarecrows, which will reveal a hidden T.V character*

Maps will be available for £1 from Orton shop, the Church, Chocolate Factory and Orton Scar Cafe.

**Last date to vote
 Sunday 2nd June!**

*Please help make 2024 another fabulous event!
 it brings so many people to the village!
 The scarecrow Team For more information contact Helen Wearmouth
 01539624066*

All Saints' Church Orton Exhibition Little and Large



Saturday 25th May - Sunday 2nd June

Refreshments served in church daily

Monday - Saturday 11 am - 5pm

Sunday 1pm - 5pm

Sunday Church Services at 10.30am

Scarecrows in Orton Village on the theme of TV Characters

For more information call 015396 24617
 All Saints Church CA10 3RQ

News from rton School

Reported by Class 4 children

At the end of term, the whole school had an Easter egg hunt! We raced around the school and collected little eggs hidden in the playground. We also had an Easter Egg decorating competition, well done to the winners!



We waved class 3 off on their residential to the Lake District. We hope they had lots of fun and adventure. The school has been quiet without them!



On 21st March, key stage 2 went to the U dance festival at the Crown and Mitre hotel in Carlisle. We performed a danced based on our learning about extreme earth, including: volcanoes, tsunamis and tornadoes — we did brilliantly! It was really fun, and all the schools involved danced really well.



Class 4 had a workshop about learning financial skills. Kiera from Everfi came to teach us about managing our money as we get older. We learnt about prioritising our spending and the importance of saving. We played games on a fun website.



The whole school looked at the Jewish festival of Purim. We made masks and greggers, just as Jewish people would when celebrating the festival. The festival celebrates the story of Queen Esther, saving the Jewish people from Haman.



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

Bereavement Journey

This seven week course starts Thursday 2nd May, 7.30pm at St. Thomas's church Kendal (starting 9th May also possible).

It is well worth attending by anyone who has suffered a bereavement, recently or longer ago, and explores ways of working through grief. How we deal with grief affects our mental and physical well being now and in the future.

Andy Glanville is helping to lead the course, and is more than happy to talk to anyone who feels they could benefit from this course, and explain more about it.

Anyone wanting to learn more can email him at andyvglanville@outlook.com and he can then make contact and explain more.



New land art for the Lune Gorge? p22 for more...



Send us your contributions — TheLinkMagazine@outlook.com



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

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

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



VACANCIES

ORTON CE PRIMARY SCHOOL

We have three part-time vacancies in our happy school we are looking to fill. The three roles can be covered separately or combined to be covered by the same person.

Breakfast Club Leader – Fridays 7.45 – 9am term time to start ASAP Pay: £12.39 per hour, Holiday Pay & Free Breakfast Club for own children.

After School Club Assistant – 3.30-5.30pm 3-5 afternoons a week term time to start ASAP Pay: £12 per hour, Holiday Pay & Free After School Club for own children

Cleaner – Initially 3 hours per day 2 days per week but potential to increase to 5 days on retirement of current post holder. Hours of work can be flexible to suit candidate (before school, after school or weekend). Some school holiday working required (42 weeks a year - 38 plus 4 weeks in the holidays).

Pay: £12 per hour, Holiday Pay & pension.

Full training will be given.

If you are interested in any or all of these roles, please get in touch with Headteacher – Emma Pomfret for an informal discussion.

Telephone: 015396 24268

email: head@orton.cumbria.sch.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 POST OFFICE

015396 24967

MON: 9am - 1 pm & 1.30 - 5.30 pm

WED: 9am - 1 pm & 1.30 - 5.30pm

FRI: 9am - 1 pm & 1.30 - 5.00 pm



Tebay Community Meal

Meal at 12.30pm,
stay until 4pm

Sunday 5th May

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!

Tebay Creatives Food Glorious Food Sleepover!

Nine children with their adult helpers got together for our latest Tebay Creatives Extravaganza! Based at Tebay Chapel, we creatively explored ideas about food and sustainability. We learned about careful and respectful foraging with Abbi Lawson who lives in our village and recently starred on the Great British Bake-Off.



She helped us make our foraged food into pesto for our pasta dinner, delicious garlic pizzas, and savoury crackers...plus we made some yummy tiffin for our pudding!

We learned a song about food waste (did you know that over 7 MILLION TONS of food is thrown away EVERY YEAR in the UK – most of it in our homes?!), and choreographed the song Food Glorious Food from Oliver. And we made up our own rap about the journey of our breakfast!

After all our hard work, we had a disco, watched a movie and slept over in the Chapel. In the morning we shared what we'd done with those who came to the Sunday service. Hopefully we will take away some of the ideas we learned about how to reduce food waste, and make a difference!

Find us on Facebook: [tebaycreatives](https://www.facebook.com/tebaycreatives)



Tebay Community Choir Concert

Monday 20th May, 7.30 pm
St James' Church, Tebay

Performances by Melody Makers and Kids' Choir

*Cash collection at the door.
Proceeds will be shared between
the British Red Cross and
Growing Well at Tebay Services*



The Tebay Senior Citizen Committee

Would like to invite
past & present committee members
and Tebay parishioners of 60yrs plus
to an

Afternoon Tea
on Saturday 18th May 2024 at
Tebay Methodist Chapel Hall
3-5pm

Please RSVP to Pam
in Tebay Post Office (Tel.24967)
by Friday 3rd May

If anyone is in contact with or knows
how to get in touch with past
committee members that have moved
out of the area, do please let us know,
we'd love to invite them too.

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

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
or any of the Team at Tebay Club**





Pam Lawson's Visit to Kenya

During the Easter holidays, I had the privilege of travelling to Kenya with two colleagues from my school in Kendal to visit our partner school in the Rift Valley.

The school is run by a charity (www.standby.me) and is also a home to about 100 orphaned and abandoned children. The children, aged between about 5 and 16 years old, live in families of 16-18 of them cared for by Kenyan couples – and they all work together to do their daily chores and look after each other!

During Easter weekend we worked with these children and had a lot of fun doing Easter activities with them. We prepared some songs and dances which they performed in the Easter service at the church on their compound. We also made simple crosses from twigs and wool, Easter gardens, and Easter nature !

The following week we were teaching in the school, which serves a further 200 children from the surrounding community. I had the privilege of working with the Music teacher and we had fun preparing a class music ensemble with the Grade 5 children (49 of them in the class!), which they performed in assembly. We also shared songs and greetings from our school here in Cumbria – I hope we can help other local schools make global links through music.

Stand By Me works with local families to lift them out of poverty. If a child is sponsored to attend the school, the parent also commits to membership of a local savings project which enables them to take out interest-free loans to build their own business. In this way, the parents gain more control over their own situation and are enabled to build a better life for their family. It was great to see this wonderful community empowerment work, and meet people whose lives have been changed through this work.

Our time in Kenya ended with a short stay with Kenyan friends in Nairobi before a fantastic safari on the last day. It was great to see a huge variety of animals in the only National Park in the world that is inside a capital city!

If you would like to hear more about my visit, or see some of the photos, do please come along to Tebay Club on Weds 1st May at 7.30pm, when I will give a presentation about my trip, with time for questions.

If you are interested in sponsorship through the project, you can find out more on the Stand by Me website: www.standby.me/sponsor-a-child

Happy Herdies class visit Lowther Castle

As part of their topic learning about castles, Class 1 visited Lowther Castle and Gardens. Accompanied by school staff the children travelled by minibus and enjoyed a fabulous day learning and exploring. They finished the day off with a Easter egg hunt inside the castle.



Litter picking

The Marvellous Mules class spent 3 hours litter picking around Tebay and the local community. They were investigating how littered our environment is, recording data as they went along. The children have done a great job tidying up Tebay.



Sausage making

Dave Morland head of Butchery at Westmorland Services came into school to show the children in Class 3 how to make sausages. The sausages the children made were used at Friends of Tebay School's fundraising event 'Soup and Sany' held in school on Saturday 16th March. Delicious home made soup and cakes along with the sausage sandwiches were enjoyed by parents and friends of the school.



We would like to thank Westmorland Services and anyone who helped and supported this fundraiser in any way.

House Groups

After holding a whole school shield competition, four final designs were chosen by staff to represent each House Group. Our House Groups are: Fire, Water, Earth and Air.

All of the children in school have been allocated a House Group. For each of these, Two Year 6's have become House Captains. The children can receive house point tokens from

every member of staff for showing respect, responsibility and resilience. Termly, the tokens are added up and the House Captains select a special treat for all of the children in their House Group.

On Monday 25th March the house captains counted the total number of house points achieved this term.

After a final count, the winners were: EARTH!

Earth House Group enjoyed watching Toy Story 3 (chosed by the house captains) with a popcorn treat!

A very well done!



Internet Safety Day

Following our Cumbria Education Trust Primary Internet Safety Day, The Podcast Platinum Award went to the fabulous [Tebay Primary School](http://www.tebay.cumbria.sch.uk). The panel particularly enjoyed the way they conveyed their safety tips using the acronym SMART. Great job!



Thank you!

We would like to say a huge thank you to Tebay resident and friend of the school Alison Wass, who very kindly hand made each child at school an Easter gift bag. We would also like to thank Cash4kids who donated each child at school an Easter egg.

Thanks also to everyone who has supported the school this term.

Spaces available — do get in touch!

Visit — by arrangement with the school

Online: 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

Tebay Primary School Tel: 015396 24239



Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here.

Mistakes



Read these verses from the Bible:

Acts 3 v 12-19

Peter had let Jesus down by saying he didn't know him. But when he healed a man who couldn't walk, he put his past behind him and explained it was Jesus who had helped him to do so.

You can find an online Bible here:

<https://www.biblegateway.com/>

We suggest you choose the Message translation.



We are loved even when we make a mistake.



The children have made a big mistake! Draw what they should do now!



Find your way to the prize at the centre of the maze.



How many words can you make from the letters in the word 'mistake'? You can use the letters more than once!



Score

5 fair

10 good

15 great

20+ excellent

GREENHOLME SHOW – Saturday 8th June 2024

All Classes Open : Closing Date for Entries : 12th May

Including Classes for ROUGH FELL, AOB Lowland and AOB Hill

HOME PRODUCE

36. 3 Brown Eggs
37. 3 White eggs
38. Best 3 sticks of Rhubarb
39. Handmade Loaf of brown bread
40. Handmade Loaf of white bread
41. 3 Yorkshire Puddings
42. A Scotch Egg
43. 3 Sausage Rolls
44. Jar of chutney
45. Jar of Lemon Curd
46. Jar Strawberry jam
47. 3 Cherry Scones
48. 3 pieces tray bake - cooked
49. 3 pieces tray bake - uncooked
50. 3 Butterfly buns
51. 3 Chocolate Brownies
52. 3 Ginger biscuits
53. 3 Jam Tarts
54. 3 Shortbread biscuits
55. 3 Berry Muffins
56. 3 pieces of Flapjack
57. Banana loaf
58. Rich fruit cake
59. Ginger bread
60. Tea Bread
61. Vegan Carrot Cake
62. Showstopper Cake
63. Orange Cake - decorated
64. Lemon Drizzle cake
65. Best Chocolate cake [unfilled, undecorated and made in one tin]
66. Easy Caramel Cake – to set recipe - see end of schedule
67. Individual Cheesecake
68. Damson/Sloe Gin or any Liqueur [in clear glass bottle, labelled]
69. Men's Baking - Marble Cake

HANDICRAFTS

Made since the 2023 show

70. Homemade Jewellery
71. Christmas Craft Item
72. Homemade Doorstop
73. Teapot
74. Painting - any medium
75. Gift-wrapped parcel
76. Decorated Wreath
77. Favourite Apron

78. Item of Crochet or Knitting
79. Article - hand or machine sewn
80. Needlecraft - inc cross stitch
81. Homemade Cushion
82. Homemade felt article
83. Homemade patchwork
84. Homemade Mythical Creature – any medium
85. Homemade Wood/Metal/Pottery item
86. Something upcycled
87. Famous Person out of a vegetable (please name)
88. Gift under £5
89. Best pot plant
90. Garden on a plate (not more than 12" diameter/width)
91. An Olympic related Limerick
92. Any other handicraft

---oOo---

PHOTOGRAPHS

93. Any Photo – An amusing sign
94. Any View - Orton Stores Cup
95. Any Photo of Child/Children
96. Any Photo of Animal/Animals
97. Any Photo of a Cat – *kindly sponsored by Jackie Huck*
98. Any other Photo
99. Any other Photo - with a caption
100. A Collection of 2 Photographs - Before and After
101. Any Photo of 'Nature in Close Up'
102. Action Photo
103. Photo – Agricultural Show
104. Selfie
105. Black and White photo

---oOo---

CHILDREN'S CLASSES

No entry fee

106. PRE-SCHOOL only - A Picture - any medium
107. Pizza - base can be bought
108. Picture – Any Medium
109. 3 Rice Crispie Cakes

110. 3 Decorated Sponge Buns
111. Lego model – own design – to sit on A4 Sheet.
112. Photo (primary school age)
113. Farm on a plate
114. Pasta Picture
115. Olympic Medal
116. Bunting
117. Homemade Book Mark
118. Handwriting – Nursery Rhyme
119. Painted Stone
120. Model from Recycled material
121. Homemade Birds nest - any medium
122. Any handicraft

Secondary school age

123. Decorated Pizza – base can be bought
124. 3 Choc chip cookies
125. 3 Muffins
126. Any other handicraft
126. Favourite Sox
127. Photo
128. Animal made of vegetables
129. Picture – any medium

Please see full schedule for Rules and Entry form.

Available on our Facebook page 'Greenholme Agricultural Show & Gala; or from greenholmeshowsecretary@gmail.com

LOOKING FORWARD TO SEEING YOU ALL AGAIN
Many thanks to all our sponsors.



Services in our Anglican Churches

Sunday 5 May <i>Easter 6</i> <i>White</i> <i>Welcomer:</i> Acts 10.44-48 1 John 5.1-6 John 15.9-17 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith & Janet Capp Elizabeth Crossley Margaret Longworth Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Hilary Law John Newton
Sunday 12 May <i>Easter 7</i> <i>White</i> <i>Welcomer:</i> Acts 1.15-17, 21-26 1 John 5.9-13 John 17.6-19 <i>Prayers:</i>	Orton, 8.30am Holy Communion <i>Chris Jenkin</i> Keith Capp	Tebay, 10.30am Service of the Word <i>Team</i>	Ravenstonedale, 10.00am Holy Communion <i>Sandra Ward</i> Diana Fothergill Catherine Newtwn
Sunday 19 May <i>Pentecost</i> <i>Red</i> <i>Welcomer:</i> Ezekiel 37.1-14 Acts 2.1-21 John 15.26-27; 16.4b-15	Orton, 10.30am <i>Joint with Tebay</i> <i>Followed by the APCM in the club, 11.45am and then a bring and share lunch</i>	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> Martin Lovell Richard Best
Sunday 26 May <i>Trinity Sunday</i> <i>White</i> <i>Welcomer:</i> Isaiah 6.1-8 Romans 8.12-17 John 3.1-17 <i>Prayers:</i>	United Service at All Saints; 10:30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600 		

Ascension Day Service
7.00pm Thursday 9 May
Sands Methodist Church

+James Bell presiding
All are welcome
Lifts can be provided
please contact Brenda

Ordination of Charles Cowling

4.00pm Saturday 29 June, Kirkby Stephen Parish Church

Please do join us as we celebrate the ordination of the Reverend Charles Cowling 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.

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
<i>(Penrith & Keswick Hospital Chaplain)</i>	
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

Services in our Methodist Churches

	2024	5 th May	12 th May	19 th May	26 th May
		Vocations Sunday		Pentecost	Aldersgate Sunday
*Tebay M P 1-1300 M H B	10.30	J Betts US OA	P Hilland	US at PC	M Harrison
	6.30	Cnnxn Svce at N on Lune			
Shap (Class of Tebay)	10.30	S Radford HC 6.30 Cnnxn Svce at N on Lune			
Orton M P Complete M H B PB EW	10.30	J Tebbutt HC	C Wightman OA	P & H Stobart OA	US at PC
	6.30	Cnnxn Svce at N on Lune			
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	D Lawson CA OA Junior Ch	D Gorst Bacon Butty Service OA	S Joel OA Junior Ch	J Ousby
	6.30	Connxn Svce		Prayer & Share	
*Ravenstonedale M P 1-1144 M H B H & P	2.00	W Ousby	A Burton	A Sterling	J & L Riley
	6.30	Cnnxn Svce at N on Lune			

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 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

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*

Wild Wanderings

Sunday 19th May
4pm – 5pm walk
5pm Shared tea
Meet at Tebay Chapel

Come and join us
to **connect** with each other & the environment
to **reflect** on where we are & where we are going 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.



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

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

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

The Way of the Cross demonstrated by the Christians of South Rwenzori Diocese. The congregation marched from the Cathedral through the town of Kasese up to the prayer mountain.



From Rev. Robert Zziwa



I also joined the team as we walked in the Way of the Cross with other members all through Kasese town and we ended at Mt. Tabor prayer mountain where we learnt much about the "power of the cross".



From Rev. Nelson Walina

That very old woman is supported by the stick to walk to the Church.

She comes twice a year (Easter & Christmas). She stays alone, cared for by her granddaughter. Aged more than 90.



Epona The Wild Pony of the North

From Saturday 20th April a huge display at Rheged will open outlining an ambitious new proposal to create a large-scale piece of land art in the Lune Gorge depicting the native semi-feral Fell pony. The display at Rheged will showcase the concept behind the project and the work carried out to date with local communities in schools.

Creating a large-scale piece of land art in the form of a pony, they will seek to build on the ancient tradition of chalk horses in the south of England, at the same time raising awareness of Cumbria's native Fell pony and the plight of the last semi-feral herds in the north of England.

The concept is of a giant Fell pony on the side of Blease Fell in the Tebay Gorge area as well as the Epona Community Engagement Project; a new cultural programme exploring Eden's environmental and cultural heritage that aims to engage the participation of young people and community groups.

Find out more online at:

www.edenarts.co.uk/projects/epona



White leghorn fowl with
early chicks... survived despite
the poor seasonal weather
Greenholme , Emily Postlethwaite

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.

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

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.

Protected Learning Dates

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

Thursday 16th May
Wednesday 19th June

Change of Personal Details

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

COVID Spring Vaccinations

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

www.shapmedicalpractice.co.uk

☎: 01931 716230

HOME GROWN HERE

Fresh, locally grown produce 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!

Eden Waggy Wanderers

I am based round the Kirkby Stephen area and currently have a few slots available for both dog walking and day care.

- fully insured.
- 5* licence from the local council.



Contact Teresa for more details on
Mobile: 07943264147

Email: edenwaggywanderers@gmail.com



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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
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

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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Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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Local community websites:

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

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

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Local church websites:

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