

The Link

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



The Link

Published by the
churches and communities in
and around 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:

View from the Smardale railway to
Ward's Country Bridge
(Photo credit: Diana Fothergill)

Unusually this month, we've had to do a bit of ferreting around to find articles to put into **The Link** magazine.

Maybe it's that we reflect nature in hunkering down to survive the cold, and folk are not yet thinking ahead to future events & warmer days.

So, if you spot something that makes you think 'we don't normally see that in *The Link*', it should be a spur to sending in your own articles, news, photos, write-ups, poems and comments. Our email address is at the bottom of every other page...

As you read through, do look out for a few final updates on Christmas and the New Year, as well as plans for the months

to come. For those following the seasons of the church, Lent (the forty days of preparation for Easter) will start in early March, and we've included information on one lent course (open to anyone) on page 10.

If you're just waiting to get your dancing shoes on to dance away those winter blues, you can do that at the Tebay Sports & Social Club — advert on page 16.

As we start a new season, we'll be sending out invoices to advertisers — do remember to use them, income from them is the biggest part of financing **The Link** magazine.

*Elizabeth, Linda,
Martin & Paula*



Walking up Orton Scar

Engaging with The Link magazine

There are lots of ways you can engage with **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 again for all your support!



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

Will you be my Valentine?

February 14th is St. Valentine's Day, a day in popular culture set apart for celebrations of romantic love.

The origins of this holiday are somewhat obscure. Several men named "Valentine" (Valentinus) were recognized as martyred saints by the church.

One of these was buried near Rome on February 14. Medieval tradition held that this particular Valentine, a priest, was marrying Christian couples in a time when the Roman emperor prohibited young men from marrying. For this crime, he was arrested and killed by the Roman government. In recent times, an addition to this story claims that Valentine, before his death, sent a love note to a young girl whom he loved, signing it, "From your Valentine."

Unfortunately, there is little reason to believe that any of the historical saints named Valentine actually did any of these actions that might be associated with romantic love. Apparently, the connection between St. Valentine and romance was popularized by Geoffrey Chaucer, the 14th-century English writer and poet. Later, writers on the saints embellished Chaucer's story, leaving us with the Christian saint who honoured marriage and sent the first Valentine's Day card.

For many of us February 14th is simply a day when we do special things to express affection for our special friends and partners. Some of us will remember the "big event" which happened at school, when we would exchange valentines with our classmates.

So, what does any of this have to do with Jesus' call to love. Our Valentine's Day traditions seem to be completely disconnected from what we read in Luke 6:32: **"If you love only those who love you, why should you get credit for that? Even sinners love those who love them."**

Yet, in a way, our childhood Valentine's Day practices did express love like that of Jesus. You see, the way many of us

didn't only give valentines to the ones we hoped would like us in a special way.

Rather, many of us will have been in a position where we were expected to give valentines to every person in the class, including those whom we didn't care for, those whom we judged to be "weird," and those we might have considered to be our "enemies" on the playground. Some of us even gave cards to the children who did not reciprocate.

Ironically, that sort of valentine exchange is more a reflection of the kind of love Jesus commends in Luke 6 than it was a celebration of exclusive, romantic love.

If Valentine's Day encourages partners to say "I love you" to each other and friends to commemorate their friendship, that's great.

Jesus encourages us to love, not just those who love us back, but also those who do not reciprocate. All of us have such people in our lives, at work, in the local shops, perhaps even in our families or our church.

If we're followers of Jesus, our calling is to love them and do good to them, not in order that they might respond, but so that we might live each day as beloved, faithful children of our Heavenly Father.

from the Theology of Work project

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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 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

LUNE LADIES

Wednesday 5th February
at 7.30 pm

Newbiggin-on-Lune Village Hall

Pickleball with Anne Cradock

Wednesday 5th March
at 7.30 pm

Woodturning demonstration

All Welcome

Junior Church

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



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

A winter poem

My shadow long in slanting sun,
Casting forth before me;
Shadows left behind of different suns.
I foray forward
Over ankle-turning fospel holes
Once carved, now frozen,
Filled and covered over
With insubstantial individual
Crystal fingerprints.
I fly on dragon wings
My body hot from walking
Melting snowflakes as they land
As I survey my treasure,
Tread the boundaries of ice,
Plant the first of many footsteps for this year.
Ice-held secrets,
Busy transfiguring
Into foundlings,
Sentry guards of spiky frozen fur on lifelines
Given to support this new world.
There is stillness and calm as the snow falls
And the only sound my crunch of boot
In a quiet world.

Susan Cartwright-Smith
Writer in Residence
Cumbria Wildlife Trust

Tattie Pie Supper and Dominoes



Saturday 15th February 2025, 7:30pm

Newbiggin-on-Lune Public Hall

Adults £10, Children £5

Booking essential

Tattie Pie, Pudding, Tea and Coffee
Prize Dominoes competition and Raffle

Please contact for tickets:

Ian Clayton - 015396 23226

NEWBIGGIN-ON-LUNE CHURCH

Ladies Quiz Night

Thursday 30th Jan at 7:30pm



Teams of 4 but we can
make teams on the
night so please just
come along!

An informal, fun night
with refreshments.

All ladies welcome, young and old.

FOR MORE DETAILS CONTACT ANGELA ON
07980418078



Smardale Gill Railway

Exhibition: A landscape embedded in People & History

by Jill Brown Art

16 JANUARY - 1 MARCH 2025



9 AM - 5 PM

THURSDAY, FRIDAY & SATURDAY

FREE ENTRY (DONATION WELCOME) TO THE PEOPLE'S GALLERY

NB: Step access to gallery space

STATION ROAD

KENDAL LA9 6BT

01539 814700

MENS MEETING

TREKKING ACROSS PAKISTAN & CHINA

WITH PETE OSBORN FROM CROSBY
GARRETT

WEDNESDAY 5TH FEB, 7:30PM
AT NEWBIGGIN-ON-LUNE CHAPEL

Brew ~ Biscuits ~ Banter



Bacon Butty CHURCH



OUR NEXT BACON
BUTTY CHURCH IS
SUNDAY 9TH FEB,
ANDREW BROWN WILL
BE SHARING

@NEWBIGGIN-ON-LUNE
CHAPEL, 10:30AM

**RAVENSTONEDALE PARISH
HISTORY GROUP
WEDNESDAY 19th FEBRUARY 2025
2.30PM**

at

NEW BIGGIN VILLAGE HALL

**"RAVENSTONEDALE PARISH
IN THE COUNTY ARCHIVES"**

with

Anthony Hughes
an Archivist from County Archives, Kendal

There will be a brief introduction to the
County Archive Service and he will show & explain
different documents relating to the Parish

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

Sunny Bank Kitchen Garden

Home Grown Here, one of our advertisers, and the local co-operative growing scheme based at Crosby Ravensworth, and delivering weekly or fortnightly veg bags throughout our area, and across the Eden Valley, is continuing to grow.



Charlotte, one of the growers, is starting up Sunny Bank Kitchen Garden at Killington, Sedburgh where she and others will be working as part of the Home Grown Here Co-operative to create a new two-acre market garden.

They're going to be growing a diverse range of organically-grown vegetables and fruit using regenerative, no-till practices which are kind to both people and planet.

The market garden aims to also be a focal point for the local community, not only through the process of growing but also by providing training and educational opportunities for new entrant growers, local schools and community groups, and by hosting social events such as farm-to-fork evenings throughout the year.

The photo above is the field in January... too frozen to start on the groundwork but they've been busy doing lots of preparation - working on their crop plan and seed order.

If you want to find out more about getting your own veg box, where crops are picked and packed according to seasonal availability which means you're eating in harmony with nature year-round, then do get in touch with Home Grown Here to find out more:

www.homegrownhere.co.uk

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***



Ravenstonedale & Newbiggin Folk Dance Group was formed more than 40 years ago, first meeting in the upstairs room at the old school in Ravenstonedale and eventually moving to Newbiggin Village Hall.

We've now changed our meetings to WEDNESDAY EVENING.

Dancing is very good for you, both mentally and physically. It's a good night out and only costs £2.50, which includes a drink and a biscuit. There's no need to come with a partner and there's no age limit.

You don't need to be an expert. Beginners are very welcome and we will explain everything as we go along.

If you have any questions or want to know more about what we do e-mail Kathy trimmers@coldkeld.com or call Catherine on 017683 41549.

We are a friendly group and always happy to have new people come along, so even if you've never danced before, why not give it a try?

Holy Island Retreat - Heaven Touching Earth

Time together, time alone, time to encounter God

[Marygate House](#) (Provisional dates Friday 19th September - the evening of Sunday 21st September)

The Holy Island of Lindisfarne is a special place. It is visited by 100,000s of tourists each and every year. Among the tourists are pilgrims who come to engage with the history of the saints of the Island - Aidan and Cuthbert, whose ministries were instrumental in the conversion of the north of England to Christianity. Holy Island is often described as a 'thin place'. It is somewhere to come aside, reconnect with ourselves and be encountered by God. The island is an oasis for historians, naturalists (in particular bird watchers) and those who just want to get away and experience the quiet of a tidal island.

Space is very limited (a maximum of 18 people). Cost would be about £200 donation per person. (If some were able to give more it would mean that those who might be stretched to meet this, could go for less. I am keen that cost is not a barrier.) Transport can be shared.

If you would like to know more please contact Rev Brendan on 017683 39168 ASAP

Ravenstonedale & Newbiggin Folk Dance Group

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

Wednesday evenings
(except the 1st Weds of the month!)
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)

Monday – Yoga for all with Suzie Metcalfe
(7:15-8pm) (07940185471) *

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

Thursday – Yoga for all with Suzie Metcalfe
(9:30-10:30am) (07940185471) *

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

First Sunday of the month – Sound Bath with Ann
Wappett (4-5pm) (07890226445)

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.

* suzie@suziemetcalfe.com



All Saints Coffee Morning at the Farmers Market in December raised £1,115.05

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

Come up to the church and join us!



***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

Many Thanks!

Christmas Collections

Thank you to all those who gave so generously to our collections over the Christmas period.

Christingle: A cheque for £638.83 has been sent to the Children's Society as a result of:

- the Christingle Service at St. James', Tebay
- the Christingle Service at All Saints, Orton,
- the collection from the Orton C of E School Christmas Show (each year the children decide where the collections should go)
- the Carol Singing by the Orton Village Christmas Tree on Christmas Eve, and
- some private donations.

Carols by Candlelight: A cheque for £310 was sent to the Springfield Centre for Domestic Abuse Support in Kendal as a result of the collection taken at the Carols by Candlelight Service in Orton.



Christmas Tree Festival: We want to express our thanks to all who gave and decorated Christmas Trees for the Christmas Tree Festival in Orton Church. There were some amazing,

imaginative and creative arrangements, involving a lot of time and hard work, and they brought a lot of pleasure to all who visited our church over the Christmas period.

We also want to thank the numerous people who help in various ways at both the churches in our parish. There are so many who day by day and week by week give their time and skills to keep things going. Thank you all! You know who you are, and we want you to know that your service in these ways is enormously appreciated!

Churchwardens and deputy wardens
Orton and Tebay Anglican churches

Numbers in St James & All Saints over Christmas:

It may be of interest to report the numbers in Tebay and Orton churches over the Christmas period.

Tebay Christingle: 18 children and 32 adults

Orton Christingle: 22 children and 60 adults

Orton Carols by Candlelight: 8 children and
94 adults

Orton Midnight Communion: 16 adults

THE 66

Can we make a sustainable plan from coast to coast along the A66?

The Sixty Six project is a major consultation project led by Eden Arts and funded by Arts Council England and five local authorities to address the needs and propose changes to the area defined by the A66.

It is about making a coherent argument supported by action proposals for partnership working across the region, bringing together Cumbria and Tees Valley to combine the thinking and seek mutual strategies for them as a 'region' of 1.3m people. It is about working together to achieve the betterment of all.

The Sixty Six has become about thinking about these places jointly as a new 'region' or identity to enable economies of scale; a strengthened voice; a knowledge exchange to bring about increased liveability for young(er) people; a perception shift; an exemplar in sustainable living and tourism; whilst also maximising the opportunities digital technology can offer.

More information from [Eden Arts](#)

ORTON SCARECROW FESTIVAL AND CHURCH EXHIBITION

Saturday 24th May — Sunday 1st June

The theme this year is :
Celebrations of the Church Year

Offers of help would be most appreciated.
Brenda 24617
Susan 24166

The Scarecrows will be Celebrations
in general so get your thinking caps on,
the possibilities are endless.

For more info contact Helen 24066

Boccia in Orton Market Hall **Alternate Thursdays** **Feb 13th, 27th; Mar 13th, 27th**

No need to book, just turn up, but if you would like
more information please contact Felicity Lawler -
07703 318826 Cost - £3.00 per session.

Public Notice

Orton Manor Court

**Tenders are requested for the
following Annual Grass Lettings
(Sheep/Goats only)
May 1st 2025—April 1st 2026**

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 2025

BINGO

ORTON MARKET HALL

FRIDAY 14th February

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

ASBY SCHOOL
And
ORTON MARKET HALL

Forthcoming Dates
14th March
11th April
9th May



Orton Market Hall

New Activities

We have availability for bookings on Wednesdays, Fridays, Saturdays and Sundays. Would you like to start a new group or run an event?

For example, set up:

- A warm space meeting group
- A dementia group
- Lunch club
- Pie and pudding night/lunch
- Youth group
- Coffee morning
- Craft and chat group
- Circle dancing
- Exercise class

We can support you with information about funding, health and safety etc. to get you started.

Parties and Events

We have availability for bookings on Wednesdays, Fridays, Saturdays and Sundays.

Trustees and Volunteers

We are always looking for new trustees and volunteers with different skills to help us to run the hall and events within it.

Our Trustees/ Volunteer roles include

- Chair
- Secretary
- Bookings and treasurer
- Social Media
- Health and safety
- Utilities
- Renovations
- Heating
- Grants and funding



We would be interested in hearing from you if you would like to get involved. Contact us at ortonmarkethall1@gmail.com or come along to our coffee morning **Friday 8th November 10-12pm.**

How to hear God

— **a Simple Guide for Normal People** is a course running during lent, and open to everyone (whether or not you're a regular in one of the churches). It is being run by Rev. Brendan in his vicarage (Kirkby Stephen).

7.00pm - 9.00pm Wednesday evenings.

Please phone 017683 39168 to book a place.

In a busy and noisy world, hearing God can be difficult. And then, when we think we may have heard God, how do we know it is God we have heard? In this simple course we will learn that hearing God is not that difficult, and indeed can be part of everyday life.

The sessions are:

12 March Introducing Lectio Divina

In this session, we'll explore what Lectio Divina is, and how we can start to hear God's voice through this ancient practice.

19 March Read: Hearing God in the Bible

In this session, we'll explore the first step of Lectio Divina, by reading the Bible slowly, prayerfully and reverently.

26 March Meditate: Hearing the Holy Spirit in our thoughts

In this session, we'll explore the second step of Lectio Divina, moving from reading the text to meditating on it.

2 April Pray: Responding to God in prayer and prophecy

In this session, we'll explore the third step of Lectio Divina, prayer and prophecy, turning our inward meditation upwards into conversation with God, and outwards in declaration of God's word to the world.

9 April Contemplate: Hearing God in the whole world

In this session, we'll explore moving from meditation and conversation to contemplation, encountering God beyond the text in the whole of life.



ORTON MARKET HALL COFFEE MORNING DROP IN

Friday 14th February
Between 11 am & 1 pm

If you are interested in being a volunteer or just want to help at events in the Market hall please come and have a brew and a chat.

Or just come and chat.

Come along and Fall in Love with your Market Hall



The desperately sad and unexpected death of free range poultry farmer David Knipe from Heartwood Poultry, High Carlingill Farm, Tebay, was remembered by many at the Orton Farmers' Market in December.

'Knipey' was a well loved and important part of Orton Farmers Market, contributing everything from his ready wit, and cheery exchanges, to high quality produce, and storage of the market stalls at his farm. He was also an important part of the local Cumbrian food community, and part of organising several other farmers' markets in the area.

Many came and signed the book of condolences, and remembered him, ahead of his funeral at Levens in early January. Our condolences to Christine and the family.

Orton Craft workshop

Creative Highlights – Illuminated Felt Bowls

Teesdale Felt



Sat 15 Mar 2025 – 10:00 am [Orton Market Hall](#)

Adult £35

Whether you are a beginner or a more experienced felter, you will enjoy this illuminated felt bowl workshop run by Claire Priestley. Using merino wool and a variety of fibres including silks and bamboo, you will create a delicate bowl. When lit from within using micro string lights, the fibres are enhanced as beautiful silhouettes. To make the bowls we will use a wet felt resist technique.

All materials are provided.

Workshop length: Approx 3 hours including a break

Booking: www.ticketsource.co.uk/highlights

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 Church 10:30am-12:30pm Yoga 7:00-8:30pm (last Sunday of the month)

Boccia 015396 24465, Vinlife Church 015396 24253,
Pilates 07375082111, Yoga 07950435136

Bookings: phone 015396 24140 or book through our website bookingsortonmarkethall@gmail.com

News from rton School

Happy New Year From Orton CE School

We were so happy to be back at school with all our friends, ready to learn, grow and thrive! We have lots to look forward to this term including: A visit from our MP, sports competitions, new activities at After School Club, lots of new learning and so much more!

Lily, from Oak Class, has been thinking about the new year ahead.

"I am looking forward to my holiday to Turkey with my family. I like playing in the pool in the sunshine."

"This year, I am going to work really hard to get better at maths." Well done Lily!



Xander, from Birch Class, has been thinking about the new year ahead.

"On my holiday this year, I am going to go swimming with turtles! Baby turtles are really cute."

"This year, I want to get better at playing games on my computer." Well done Xander!



The children in Rowan Class have been thinking about the new year ahead. They are looking forward to their holidays, Isaac likes going to Wales and Edie is going on an aeroplane with her mum. They are going to work really hard to be fantastic swimmers. Well done Rowan Class



On Thursday mornings, we have been starting our day in an exciting new way: cheerleading! Children have been learning cheers and stunts, and having so much fun at breakfast club.



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



Cumbria-Westmorland Federation of WIs

Tebay and Orton WI

To find out more, come along to one of our meetings,
we meet on the 3rd Wednesday of the month

7pm, April – September

12 noon, October - March

In the Methodist Chapel Hall, Tebay

Visitors welcome, £4 entry includes refreshments

Autumn/Winter Programme

16 OCTOBER

Talk - 'Walking the West Highland Way'

20 NOVEMBER

Talk - 'Squirrels'

18 DECEMBER

Christmas Party

15 JANUARY 2025

Annual Show

19 FEBRUARY

Talk by Jackie Huck

19 MARCH

Annual Meeting

theWI
INSPIRING WOMEN

Fun and Friendship

theWI
INSPIRING WOMEN



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 no
obligation visit please get in touch with either Vicky
or Emma at the school on 015396 24268 /
admin@orton.cumbria.sch.uk

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

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

Harm or Heal?

Food, Us, Ecology and the Planet

a free talk by Kate Roberts of
How the Earth Thinks



The importance of restoring natural systems in our
food production, and our role as consumers.



Thursday 6th February 2025
7pm | Orton Market Hall

No need to book! For more info email owl.group.admin@icloud.com



Free Stay and Play Sessions

Our Stay and Play sessions are starting
again from Tuesday 10th September
at the new time of 1.30pm—3.30pm.
These relaxed sessions are open to all
parents / carers and their children
from birth to pre-school.

The more the merrier!

Refreshments provided.

Booking not required and there is no
charge. Just turn up! All very welcome.
(Note — You do not need to be considering
Orton CE School to be able to come along)

If you would like to find out more please
get in touch the 01539 624268 /
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 2nd February
Tebay Methodist Hall**

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!**

Community Choir Concert

The Tebay Community Choir Christmas Concert
in St James's Church saw our biggest audience
yet!

The concert was opened by children from
Melody Makers and Tebay Kids' Choir who did a
great job of entertaining us with their singing
and playing.



We are very glad to see our children's musical
interest beginning at a young age!



If you would like to know more about either of
these groups please contact:

Melody Makers (Brass group):
Julie Hoggarth
julie@drumandbrass.co.uk
07866 378392

Tebay Kids' Choir (Singing):
Pam Lawson
pam@lawsons.org.uk

Thank you!!

We would like to say thank you to local resident Alison who very kindly made the school an Advent calendar. Also a big thank you to Tebay Club for donating this year's Christmas tree, every year children bring in a bauble from home to decorate the tree.



Christmas activities:

On Thursday 5th December the whole school travelled to the Theatre by the Lake, Keswick to see their production of 'The Jungle Book'. Thank you to Friends of Tebay School for funding the whole visit, it really was a lovely Christmas treat.

Children and staff were treated to a delicious Christmas dinner on Wednesday 11th December made by kitchen team leader Julia. Everyone tucked into roast turkey and all the trimmings followed by a snowey brownie all dressed in their lovely Christmas jumpers.

This years Christmas play was 'Simply the Nativity'. After lots of practising and rehearsals the children performed to a packed Chapel on Thursday 12th December.



Friends of Tebay School held a Christmas disco for all the children on Friday 13th December in the school hall. Children popped on their party clothes and enjoyed games and dancing.

On Tuesday 17th December children from the Mighty Oaks class went to the local games club held at the Methodist Chapel to sing them some Christmas songs.

The children had a very special visitor on Thursday 19th December. Santa gave each child a present.



'A SMALL SCHOOL WITH A BIG HEART'

We have spaces available in our Nursery. Please contact the school if you would like any information.

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: 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

TEBAY POST OFFICE

015396 24967

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

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

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

TEBAY COMMUNITY CHOIR

A big thank you to all those who came to our Christmas concert and for your donations at the door and to the raffle.

£300 was raised for
Springfield Domestic Abuse Support.

The choir is always pleased
to welcome new members.

**We usually meet on Monday evenings
from 7.30 pm until 9 pm in Tebay Sports
and Social Club.**

To check the date of the next rehearsal
and for any further information,
please contact Alison
on alison@mott.me.uk
or 07964 978961.



Skin Deep: the Beastly Art of Beauty by Amanda Herries

Appleby Arts Society were very pleased to welcome a goodly number of members who had managed to get through the wintry conditions to the Market Hall for the monthly lecture. This was an engaging and thought-provoking start to the year as our lecturer Amanda Herries entertained us with a fascinating history of what our ancestors went through in their pursuit of beauty in the 18th century.

Think toxic potions and outrageous clothing - from body shapes to lotions, the pursuit of beauty has a long and fascinating history, but in the 18th century, it reached astonishing extremes. As early as the 16th and 17th centuries there was a huge industry in hair dyes, cosmetics and perfumes. Hair was dyed with rhubarb, honey and alum, the face powdered and painted with alabaster and grease, some harmless and some not. However as we know today, keeping up with the latest fashion is fun and must be done!

In the early 18th century the clergy preached against cosmetics, and of course for caricaturists such as Boucher and Gainsborough nothing was safe or private. We know patches were used on the skin for concealing spots, but they were also used for decoration. Different designs in certain places on the face could indicate that the woman was feeling dignified or flirty, vivacious or tarty, or that she was someone's mistress. In 2021 a picture showing a black girl with white patches and a white girl with black patches was sold for over £250,000. It was later bought for the country and can now be seen at Compton Verney in Warwickshire.

Men took part in this fashion vogue, and caught up with strange hairstyles. Hair got longer and longer and wigs became popular from the 16th and 17th centuries to disguise poor hair. The shorter periwigs and perukes, worn on a shaved head, were used by all classes and very expensive. The wig was taken off at home and changed for a cap and a dressing gown or





indoor coat. Professional classes, such as lawyers and doctors still wore big wigs – hence the term 'bigwigs' today? – but the average man wore a short wig tied at the back with a ribbon, to keep the dust and grease off their coats. I should add that none of these wigs and hairpieces were ever washed, and became incredibly smelly! Very few people washed or took off their underclothes at all. Soap was heavily taxed and ladies often had dirty hands and feet. Cosmetics

were perfumed with musk, civet and jasmine, a greasy paste, some containing mercury, arsenic and lead all made into a fine white powder which was put all over the face and exposed chest.

The second half of the 18th century was a golden age for women's hair which became more and more exaggerated until they couldn't pass through a door. These huge hairstyles were held together with pomade, pomatum, bear grease, lard and sheep or beef suet, then powdered. Hairdressers were booked for weeks ahead, so you might have your high hairdo for three months or more, also having to sleep propped up. Male popinjays, also had hair of excessive heights and were often called 'the Macaroni' (a boorish fool) a club for super ultra fashion. They wore bright colours, and high-heeled shoes and were dandies, with tight breeches, waistcoats and trousers, all on top of a corset.

In 1795 William Pitt put a guinea tax on hair powder, which discouraged the sale of these cosmetics. Fashion moved on to more comfortable loose-fitting gowns, which was surely a relief, and face paints became more natural-coloured.

Our next meeting will be on Wednesday 12th February at Appleby Market Hall.

Wild Wanderings

is about making the time and space to both WANDER and WONDER together - celebrating the beauty of the place we live, and deepening our relationships.

We currently meet on the third Sunday of each month, at 4pm, at Tebay chapel to walk together and then eat, aiming to:

connect

with each other ∴ with nature and our surroundings
∴ with the One who underpins it all

reflect

on our own lives ∴ on what gives us purpose ∴ on the deeper meaning of life

act

finding creative ways to act for the good of our local community ∴ engaging in small ways to make a difference in the global challenges we face as a planet.

See the advert on page 21 for the next walk!

WHAT'S ON?

2025 Membership

£15 now due

Did you know that Tebay Sports and Social Club is a members only club and all patrons must be a member, or must be signed in by a current member?

All under 18's must be accompanied by a parent or guardian who is a member.

We have so many exciting events planned for 2025, including the return of the Hoedown and our very own Tebay Fest!

Follow our Facebook page 'Tebay Sports and Social Club' for more information and be the first to hear about our events!

Darts and pool teams playing every Wednesday, Thursday and Friday along with LIVE Premier League and EFL Football action on our BIG SCREEN Bingo fortnightly on Sunday evenings



Opening hours

Weds, Thurs, Fri 7pm to close

Saturday 4pm to close

Sunday 3pm to close

Big Screen TV * Sky Sports
TNT 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





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

God cares for the world



Read these verses from the Bible:

Job 38 v 1-7, 34-

41

In hard times and in a suffering world, God is still in charge. As creator, God is in control and cares deeply for the world.

You can find an online Bible here:

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

We suggest you choose the Message translation.



God cares for the world. Add the baby birds and lion cubs to the picture, that are



Write

Crack the code to find out more about who God is.

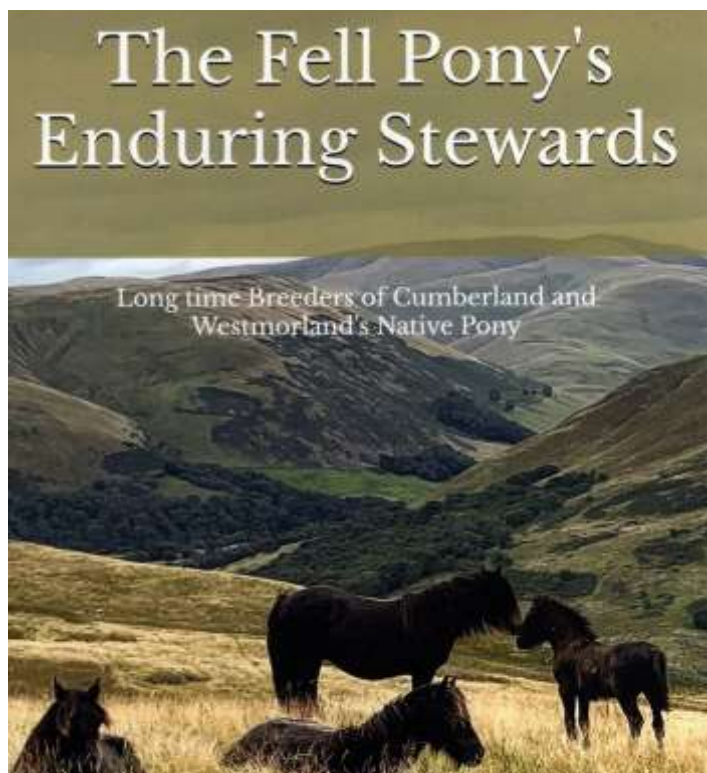
Do you know who I am?	a	b	c	d	e	f	g	h	i	j	k	l	m
	n	o	p	q	r	s	t	u	v	w	x	y	z

???????

Puzzle

What words can you find that tell you more about who God is? Are there any other words you would add?





A new book published in November 2024, the result of a fruitful collaboration between FPHT and FPSNA.

As many of our readers will know, the Fell Pony is the native British pony of the historic counties of Cumberland and Westmorland. It is said to have run on the northern hills for centuries.

Yet far from being completely wild, these ponies have been stewarded over the years by dedicated breeders, with some being with the breed for as many as six generations. Since the formalization of the breed in 1898, and possibly as far back as the Romans, the breed has been stewarded both by hill breeders – those that keep them on their native fell – and lowland breeders. Each of the enduring stewards featured in this book, whether upland or lowland, has their own unique focus. Together, they provide a fascinating and realistic portrait of what sets Fell Ponies apart. It is hard not to be left with a feeling of gratitude for the enduring legacy of these breeders.

The Fell Pony Society of North America began telling the stories of long time breeders of Fell Ponies in 2007 in its newsletter: The Fell Pony Express.

This book, a collaboration with the Fell Pony Heritage Trust, makes the stories of these enduring breeders available to a broader audience for the first time.

To purchase a copy of the book and to read more please visit the books page on the FPHT website - www.fpht.co.uk/books

farfieldmill

Free drop-in taster sessions

Farfield Mill are offering free drop-in taster sessions thanks to funding from Westmorland and Furness Council and the UK Government to run free drop-in taster sessions, these have been made possible through support by UK Shared Prosperity Fund (UKSPF) & Rural England Prosperity Fund (REPF) – Thrive with Arts, Culture and Heritage Programme.



Gel-Plate Printing Taster Session with Wendy Ann Stanger

Saturday 15 February
Level 2 Learning Studio

Drop-in between 11-3pm. Learn how to gel-plate print with studio artist Wendy Ann Stanger. No need to book just turn up on the day. Suitable for all ages. Children must be accompanied by an adult at all times.



Hand Stitch Decoration Taster Session with Helen Walsh

Saturday 22 February
Level 2 Learning Studio

Drop-in between 11-3pm. Learn how to make your own handstitched felt decoration with Helen. You can experiment with different stitches and shapes to make a unique piece or use Helen's templates. No need to book just turn up on the day. Suitable for all ages. Children must be accompanied by an adult at all times.

Services in our Anglican Churches

Sunday 2 February Candlemas <i>White</i> <i>Welcomer:</i> Malachi 3.1–5 Hebrews 2.14–18 Luke 2.22–40 <i>Prayers:</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Keith and Janet Capp Margaret Longworth Elizabeth Crossley Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Diana Fothergill Ian Torkington
Sunday 9 February Fourth before Lent <i>Green</i> <i>Welcomer:</i> Isaiah 6.1-8 1 Corinthians 15.1-11 Luke 5.1-11 <i>Prayers:</i>	Orton, 8:30am Holy Communion <i>Brendan Giblin</i> John Dunning	Tebay, 10.30am Holy Communion <i>Chris Jenkin</i>	Ravenstonedale, 10.00am Holy Communion <i>Charles Cowling</i> Martin Lovell Hilary Law
Sunday 16 February Third before Lent <i>Green</i> <i>Welcomer:</i> Jeremiah 17.5-10 1 Corinthians 15.12-20 Luke 6.17-26 <i>Prayers:</i>	Orton, 10.30am Café Church style service <i>Team</i> Mary Jenkin	Tebay, 10.30am Morning Worship at the Methodist church	Ravenstonedale, 10.00am Morning Worship <i>Rosemary Campbell</i> David Farr Sarah Lovell
Sunday 23 February Second before Lent <i>Green</i> <i>Welcomer:</i> Genesis 2.4b-9, 15-end Revelation 4 Luke 8.22-25 <i>Prayers:</i>	Three Churches Services at St Oswald's, Ravenstonedale; 10:30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600 John Newton Richard Best		
Sunday 2 March First before Lent <i>Green</i> <i>Welcomer:</i> Exodus 34: 29-35 2 Corinthians 3:12-42 Luke 9: 28-36 (37) <i>Prayers:</i>	Orton, 10.30am Songs of Praise at the Methodist church	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>

Church Contacts

Anglican Church

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

Curate Charles Cowling

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

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

Orton with Tebay

Churchwardens
 Linda Garrick 24262
 Martin Lawson 26028

Secretary
 [vacant]

Treasurer
 Bill Lawler 24465

Local lay ministers
 Rosemary Campbell 24837

Ravenstonedale with Newbiggin-on-Lune

Churchwardens
 Ann Brownrigg 23594
 Martin Windle 07899 907958
 Tim Parkinson 23353

Secretary

Suesi Windle
 suesi.windle@googlemail.com

Treasurer

Tim Parkinson 23353

Methodist Church

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

Administrator Avril Swinbank
 ksatcircuit@gmail.com

Roman Catholic Church

Fr John Winstanley
 Church of Our Lady of Appleby
 01768 862273

Services in our Methodist Churches and other churches

	2024/ 2025	2 nd February	9 th February	16 th February	23 rd February
			Racial Justice Sunday		
*Tebay M P 1-1300 M H B	10.30	M Harrison US OA	J Betts	LA OA	H Hutchinson
	6.30		Cnrxn Svce at C Garrett		
Shap (Class of Tebay)	10.30	S Radford Cov			
Orton M P Complete M H B PB EW	10.30	LA	D Wood OA	T Taylor	S Radford
	6.30		Cnrxn Svce at C Garrett		
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	TP OA	Bacon Butty Service OA	TP OA	TP OA
	6.30		Cnrxn Svce at C Garrett		
*Ravenstonedale M P 1-1144 M H B H & P	2.00	J Betts	J Worsfold	A Sterling	S Radford
	6.30		Cnrxn Svce at C Garrett		

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of autumn." John Muir



Sunday 16th February
4pm – 5pm walk
5pm Shared tea
Meet at Tebay Chapel

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

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

A gathering for our community, for people of any age and background
Local walk – a couple of miles, whatever the weather – meet at the chapel, dressed appropriately!
Please bring some finger food to share.

For further details, please contact Pam Cox - 07552 402500

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

Vinelife Cumbria Fellowship

Every Sunday in
Orton Market Hall,
10.30 am — 12.30pm

For anyone wanting to receive **home communion** or in need of **pastoral support**, please contact:
Rev. Sandra Ward on 015396 24213 or 07946 633334. Please leave a message and she will get back to you ASAP.
(If your need is urgent please contact Rev. Brendan Giblin, on 017683 39168)

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

News from Kasese

From Rev. Robert Zziwa (from 1st January 25 appointed a Sub-Dean of St. Paul's Cathedral, South Rwenzori Diocese.

We wrote, "We are delighted to hear this news and will be praying for you as you take up this new position. I hope it will have more pastoral and teaching ministry and less administrative work than your current situation!")

17.12.24: In this new role I will be a supervisor of other two priests under me. One will be in charge of pastoral ministry and the other will be in charge of Children, youth and Mission work (my current position). So, I need the grace of God to fulfil this call and responsibility entrusted to me. Just keep us in your prayers as you have been doing always.

1.1.25: I was so passionate for the youth ministry. This was our 29th December 2024 Worship Night at the Diocesan convention ground. It brought over 2,000 youth.



2.1.25: Being welcomed as new staff in the Cathedral yesterday. Annah and I, Rev.



Greyson and wife, and our new Lay reader Peter. The lady welcomer in the presence of the congregants is Anna, the Cathedral Head

of Laity.

From Rev. Nelson Isebagheen: 4.12.24



20.12.24:

This is part of my family setting off for church service.

I'm guessing there won't be many of our readers who have ridden five people to one motorbike on the way to church...

Editor



From Canon Nelson Walina: 30.12.24:



Melina, Aziriel and Abigail the grand daughter in the moods of Christmas season and Prosperous New Year 2025.

Thanks for your daily prayers.

Continue praying so that we safely reach or crossover to 2025. And we shall sing Ebenezer! ("Hitherto the Lord has helped us")

Send our lovely greetings to other friends at Orton Church!

Families Together in Tebay and Orton have a Marquee for hire (10m x 4m, £50 per day)

Hiring it out (maybe when the weather gets better) helps them cover the cost of other events — get in touch with them on FB or email them at hello@ftto.org for more info.

Upper Eden Medical Practice & Tebay surgery

Appointments

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

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

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

Dispensary

Medication can be collected from Kirkby Stephen surgery from 9am to 6pm Monday to Friday and from our Tebay Surgery from 9am to 12:30 on Tuesdays and 3pm to 6pm on Thursdays. Please allow **five 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

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 & Flu vaccinations

Covid vaccinations will be offered to all eligible patients. We are currently awaiting delivery dates.

Flu clinics for those aged 65+ OR under 65 if you have a chronic disease, and children aged 2-3. To book in for your vaccination please contact Reception or book online. Saturday morning clinics are available on 5th & 19th October. We also offer appointments on weekdays if this is more convenient.

Health Visitor & District Nurse

Eden Health Visiting Team can be contacted on 017683 54964

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

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

☎: 017683 71369

Shap Medical Practice & Orton Surgery

Welcome to the team

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

Appointment System

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

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

Dispensary

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

Please note new Dispensary hours:

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

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

Orton Surgery

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

Protected Learning Dates

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

Wednesday 19th June 2024
Thursday 11th July 2024

Change of Personal Details

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

www.shapmedicalpractice.co.uk

☎: 01931 716230



1st Sunday of the Month

SUNDAY CARVERY

A choice of locally sourced home-roasted meats along with vegetarian options, a selection of fresh seasonal vegetables, Yorkshire puddings & crispy roast potatoes topped off with our delicious gravy.

Finished off with a treat from the dessert table.

3 COURSES

£28.50 per adult

2 COURSES

£25.00 per adult

£15.00 per child 3-16

Children under 3 go free

2-hour sittings available at: 12.30 - 13.00 - 13.30



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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.
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Contact Teresa for more details on
Mobile: 07943264147

Email: edenwaggywanderers@gmail.com



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Email: colinprescott66@gmail.com

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MONDAY ROUTE 571: Brough to Kendal

	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		

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
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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Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
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For primary age children

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Office: Vicky Percival: 24268
Friends of Orton School:
Joanna Hayward: 07837 767442,
haywardjm75@gmail.com

Tebay Primary School:

Head of School: Mrs. Helen Wright
Office: Tracey Morland: 24239
Friends of Tebay School:
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Catchment Area Secondary School:

Kirkby Stephen Grammar School: 01768 371693

For older children and young people:

Scout Group – Scouts, Cubs, Beavers

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

Appleby Guides: Leagh Wilkinson: 07869 078977

Appleby Brownies: Sue Grainger: 07876 403895

Appleby Rainbows: Sue Grainger: 07876 403895

Kirkby Stephen Brownies & Guides:

Audrey Gray: 07889 093848

Northern Inter-Schools Christian Union (NISCU):

Ruth Evans, ruth.evans@niscu.org.uk

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Tebay Beginner Brass:

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Miscellaneous

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Bands:

Appleby Town Band:

Chris Jenkin: 24410

Kirkby Stephen Silver Band:

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Bell Ringers: Julian Thorpe: 24166

Bingo: Helen Wearmouth 24066 or 07377 332 162

Boccia: Felicity Lawler: 015396 24465

Book Club: Clare Fox: clarefox59@gmail.com

Judith Cattermole: judithcattermole2@gmail.com

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Kendal: www.kendalmiddayconcertclub.org

Folk Dance Club: Catherine 017683 41549

Greenholme Show: Keith Golding: 01931 715446

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Howgill Harriers Running Club:

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

Orton Market Hall Bookings:

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Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 23470

Quiz Team, Orton: Louis Cotter: lfc@lfcotter.plus.com

Sew and Sews, Orton: Gillian:

UpperEdenRotary.org.uk Roger Frank 24326

Volunteer Social Car Scheme: Dennis Humphreys: 26052

Women's Groups:

Orton: Pat Alexander: 24303

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Mothers' Union: Angela Milburn: 24382

Women's Institute: Jackie Huck: 24266

Local community websites:

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

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

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

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

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

Local church websites:

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

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

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