

# *The Link*

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



May 2025

# The Link

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

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

The Link magazine 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.

The magazine doesn't have a strong  
editorial policy or position, trying to  
share almost everything we're sent  
from individuals and organisations in  
our communities, but the editorial  
team do reserve the right to choose  
what to publish in the magazine.  
Views expressed in The Link are not  
necessarily those of the editorial  
team, and we reserve the right to  
amend material submitted prior to  
publication.

Do please get in touch with us if you  
have any questions, concerns, ideas  
or want to volunteer. The simplest  
way to do that is by email at  
[TheLinkMagazine@outlook.com](mailto:TheLinkMagazine@outlook.com)

Thanks again for reading, sharing &  
submitting your news and events.

Elizabeth, Linda, Martin, Paula & Tristan

We're always looking for photos and  
write-ups of local events. If you have  
a photo which could be on the front  
cover, ideally of local people at a  
local event, then do please send it in.

**This month's front page photo is:**  
Ceilidh at Orton Market Hall  
Photo by Paula Hillcroft

*You know how sometimes you  
have to hold your breath, just to  
make sure that something's really  
working out...?*

Well, we've been doing a bit of  
that in our small editorial team for  
The Link magazine. As regular  
readers should know, we've been  
looking for volunteers, particularly  
those with some computer skills  
and some time, for a while now.

In the last couple of months,  
Tristan has joined our small team,  
and has put this copy of the Link,  
and the previous month's one,  
together for us. It takes a huge  
amount of wrangling of write-ups  
and positioning of photos,  
alongside all the chasing of  
content to put the magazine  
together, and Tristan has picked  
up the pen (or computer mouse)  
and done that brilliantly. It will  
just gives us all a little bit more

time to work out how to develop  
things further.

We're really grateful to him, but  
we're also really grateful to all  
those who have responded to  
our appeal for support last month  
— monies are still coming in, but  
we've received nearly £1,100 we  
think there will be a bit more to  
come, (last year it totalled about  
£1,400).

If you meant to give, but have  
lost the slip from last month's  
magazine, or forgot, the details  
are in the box below.

Thank you to you all!

Do also tell our advertisers that  
you've found them in The Link —  
its how we pay the £700 or so  
each month for printing!

Elizabeth, Linda,  
Martin, Paula & Tristan



## 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](mailto:TheLinkMagazine@outlook.com)

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

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

Thank you again for all your support!



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

Please send all copy (ideally not PDF format) including advertising to:  
[TheLinkMagazine@outlook.com](mailto:TheLinkMagazine@outlook.com)

Payment for advertising or remittance advice to:  
Linda Garrick, 015396 24262 / [finance@linkmagazine.org](mailto:finance@linkmagazine.org)



## Who would have believed the women?

I love stories with amazing twists or endings. When I was young, I read many Agatha Christie crime novels and was always gripped with great anticipation at the end when the whodunnit was revealed and explained. But no story ever written or told has quite the same amazing reveal as the Easter story.

This year both Methodist and Anglican churches were reading the Easter story from Luke's narrative. Luke provides a unique perspective on the life and ministry of Jesus, emphasizing His compassion for the marginalized, His divine nature, and the historical context of His mission. The climax of Luke's gospel is chapter 24 with its great reveal of the resurrection. The first verses of this climactic chapter succinctly capture not only the amazing turn of events in the Easter story but tell us so much about those involved and what it means for us today.

The chapter starts very early on Easter Sunday morning when the women who saw Jesus put in the tomb return to tend to his body.

*On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus.*

It is the women who want to do something - to ensure that Jesus receives a proper burial. The men are nowhere to be seen. They have run scared and are in hiding. That women are the initial witnesses to the empty tomb is significant. Women in those days had low status. Their testimony was not admissible evidence in court. If you're making up a story - a legend about the resurrection of Jesus Christ - you wouldn't put women in there as the first eyewitnesses. The only reason Luke could possibly have for doing this, is if they really were the eyewitnesses.

*While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, 'Why do you look for the living among the dead? He is not here; He has risen! Remember how He told you, while He was still with you in Galilee: "The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again."' Then they remembered His words.*

The women are frightened and don't understand what has happened. There is certainly no expectation of the amazing reality of the resurrection.

The announcement of Jesus's birth was made to a few humble shepherds. His resurrection, also announced by angels, was to a few women. After all the dreadful events that have happened, the very first notes of hope are sounded in the hearts of women when they remember His words.

*When they came back from the tomb, they told all these things to the Eleven and to all the others. It was Mary Magdalene, Joanna, Mary the mother*

*of James, and the others with them who told this to the apostles. But they did not believe the women, because their words seemed to them like nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.*

It was women who were the first to proclaim the Good News – Jesus is alive, He has risen from the dead. This news means so much more than knowing that Jesus is a survivor; it means He has conquered death and is everything they had hoped for and more.

The male disciples are sceptical. It takes them time to work out the amazing enormity of what has happened.

Like Peter and these disciples, we too know that Jesus rose from the dead. But this amazing reality only makes sense alongside the life and teachings of Jesus. These give us the same hope experienced by the women when they remembered His words on that first Easter morning.

The resurrection means the payment that Jesus offered on the cross was perfect and complete (the empty tomb is the receipt). God's love has overcome all our hate on the cross. Now death has no hold on our redemption. Jesus was raised from the dead. We too can be resurrected in Him.

As we celebrated Easter, our prayer was — and is — that we may never lose hope in the coming of God's Kingdom and that we may love one another as Jesus loved us, now and always. Amen

Rev. Charles Cowling



### Where you can find...

|                                              |    |
|----------------------------------------------|----|
| Newbiggin-on-Lune Village News & Events..... | 4  |
| Ravenstonedale Village News & Events.....    | 6  |
| Orton Village News & Events.....             | 8  |
| Tebay Village News & Events.....             | 15 |
| Local Churches News & Services .....         | 20 |
| News from our friends in Uganda .....        | 22 |
| Local Medical Information .....              | 23 |
| Local Businesses & Advertisers.....          | 24 |
| Useful Contact Numbers.....                  | 32 |

### 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



## Newbiggin-on-Lune Public Hall

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

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

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

## Litter Pick



On 22nd March over a dozen volunteers litter picked along the A685 from Weasedale to Ravenstonedale.

30 bags of rubbish and various other random items were collected! Thank you to all who helped

## 1925 AND ALL NOL THAT

As I said to my husband as we got out of the car 'that was a really good evening'. We'd just watched The Vagabonds latest production which is always a good evening.

This one was celebrating the 100th anniversary of Newbiggin-on-Lune Hall. It began with a couple of locals wondering in, one complaining that it was just photographs and someone who was there at the opening should be there to talk about it; impossible of course, until the wife of the person who had the grocery shop in 1925 appeared to tell them how it happened.

Her husband and the local tailor were worried about what the soldiers who were returning from fighting in The War in 1918, would find for entertainment. Of course. This was WW1 but the Second World War hadn't happened then so it was just 'The War'. There was no television but there were gramophones and broadcasts by the newly formed BBC.

They could buy a wooden hut for £60 but when they started collecting donations everyone wanted something better and they collected £700. The hall was eventually built for £1200 and included a billiard table and a projection room upstairs.

Well, that's the story but a lot of extra entertainment was provided by 'The Flappers', one of which had taken the theatrical expression 'break a leg' literally but it didn't distract from their performance. They were accompanied by Andy Glanville on the keyboard who The Vagabonds are threatening to adopt.

It was written by Joan Barnard who refused to take any credit for the production, claiming she had written it and then gone away, leaving the cast to sort it out themselves but it really couldn't have happened without script.

We look forward to another really good evening when The Vagabonds do their next production at St Oswald on 28th and 29th November. Joan has no idea what it will be but it's worth putting the date in your diary now.

*Kathy Trimmer*





## NEWBIGGIN-ON-LUNE

### PUBLIC HALL

### STREET PARTY

CELEBRATE OUR CENTENARY WITH US!  
1925 - 2025

**SATURDAY 24<sup>TH</sup> MAY 2025 - 2PM**

Weather permitting, we will be on the village green. The hall will be open if the weather isn't kind to us.

**BRING AND SHARE FOOD**

**BRING YOUR OWN DRINKS**

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

## LUNE LADIES

**Wednesday 7th May**  
at 10.00 am  
An outing to Boundary Mill

**Wednesday 4th June**  
at 10.00 am  
An outing to Barton Grange

**Meet at Newbiggin on Lune**  
village hall  
All Welcome



# Bacon Butty Church

OUR NEXT BACON BUTTY CHURCH IS SUNDAY 11TH MAY.

SHORT WORD FROM OLI JACKSON

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

## STAINMORE RAILWAY

STOCKTON 200 DARLINGTON

### WEST SIDE STORY PHOTOGRAPHIC EXHIBITION

telling the story of the key role played by the Stockton & Darlington Railway, and its successors, in North-West England



|                                                                                  |                                                                              |                                                                                              |                                                                                    |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Appleby Tourist Information Centre:<br>19 <sup>th</sup> - 30 <sup>th</sup> April | Darlington Library:<br>14 <sup>th</sup> - 21 <sup>st</sup> July              | The Wilham Barnard Castle:<br>14 <sup>th</sup> - 20 <sup>th</sup> September                  | Ex-S&DR Loco Shed Darlington:<br>21 <sup>st</sup> - 23 <sup>rd</sup> November      |
| Penrith Library:<br>6 <sup>th</sup> - 30 <sup>th</sup> May                       | Newbiggin-on-Lune Public Hall:<br>1 <sup>st</sup> - 10 <sup>th</sup> August  | Sunday School Building Locomotion Shildon:<br>6 <sup>th</sup> - 24 <sup>th</sup> October     | Richmond Station:<br>4 <sup>th</sup> December 2025 - 14 <sup>th</sup> January 2026 |
| Cockermouth Kirkgate Centre:<br>2 <sup>nd</sup> - 15 <sup>th</sup> June          | Tebay Methodist Hall:<br>11 <sup>th</sup> - 20 <sup>th</sup> August          | Cumbrian Railways Association Meeting North Lakes Hotel Penrith:<br>8 <sup>th</sup> November |                                                                                    |
| Stockton Library:<br>18 <sup>th</sup> - 28 <sup>th</sup> June                    | Kirkby Stephen Methodist Hall:<br>21 <sup>st</sup> - 27 <sup>th</sup> August |                                                                                              |                                                                                    |

Comprising of material from the archives of the JW Armstrong Railway Photographic Trust, Cumbrian Railways Association, North Eastern Railway Association, Stainmore Railway Company and a number of private collections.

For more information, please see: [www.facebook.com/stocktondarlington200](http://www.facebook.com/stocktondarlington200)  
[www.stocktondarlington200.co.uk](http://www.stocktondarlington200.co.uk)

## Open Air Service

**Sun 6th July, 10:30am**  
**on the Village Green**

**John Bainbridge will be speaking**  
**followed by bring your own picnic lunch**





Club of Upper  
Eden



INVITE YOU TO JOIN US FOR

## Aperol spritz and strawberries

in beautiful Winton Park Gardens CA17 4PG

By kind permission of Anthony and Janet Kilvington

## Auction of Promises

Raising funds for a water borehole in Kibera Girls School Kenya



**SATURDAY MAY 17<sup>TH</sup>**

**3-6PM**

**TICKETS £15**

Available from any Rotarian or  
John Andrew Accountants

(17-19 Market St Kirkby Stephen)  
or email [john@johnandrew.co.uk](mailto:john@johnandrew.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*



## Anniversary Ravenstonedale Methodist Chapel

Sunday May 11th at 2 pm

To be led by Mr Donald Marston

Singing by Mr John  
Bainbridge

Collection for Chapel funds

Tea to follow

Everyone most welcome

## Farming grants programme extended

The Farming in Protected Landscapes grants programme, which began in 2021 and was due to close at the end of last month, had been extended for one year until March 2026. Interested farmers need to demonstrate their projects will provide value for money and result in good outcomes for "climate, nature, people or place".

Kevin and Lizzie Batty, from Dryevers Farm near Maulds Meaburn in the Westmorland Dales, are among the latest farmers to receive a Farming in Protected Landscapes grant. They have diversified their traditional sheep and cattle enterprise by adding visitor accommodation, in the shape of three shepherd's huts. Their Farming in Protected Landscape grant also helped fund an expansion of a nature reserve on the farm, and the construction of three "scrapes", or small ponds, to provide better habitat for birds such as curlew and snipe.

Kevin Batty said: "The farm was very reliant on the Basic Payment Scheme and a Countryside Stewardship mid-tier agri-environment agreement. We need a way to broaden our income streams. And it's good to showcase this area to the general public.

More information on the Farming in Protected Landscapes [webpage](#).



# SUMMER CONCERT

**K Shoes Male Voice Choir**



(DIRECTOR OF MUSIC: MICHAEL SANDERSON)

ST. OSWALD'S CHURCH

## RAVENSTONEDALE

**FRIDAY 27<sup>TH</sup> JUNE 7.30 P.M.**

AN EVENING OF VARIED MALE VOICE MUSIC

PLUS GUEST SOLOIST - SUZIE WINTBLE

REFRESHMENTS AVAILABLE

RAFFLE

TICKETS £10 From [www.kshoesmvc.org](http://www.kshoesmvc.org), Choir Members,  
via QR code below or on the door.



## 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](mailto:trimmers@coldkeld.com)



## Greenholme Show

Saturday

14th June

Schedules out now

Closing Date for Entries 12th May

Facebook :

Greenholme Agricultural Show and Gala

Email: [greenholmeshowsecretary@gmail.com](mailto:greenholmeshowsecretary@gmail.com)

Evening Do : 7pm Music, Food and Chill

Contact : Calum Stott

## 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](mailto:suzie@suziemetcalfe.com)

## Orton Village News & Events



### All Saints Coffee Morning at the Farmers Market in April raised £465.20

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

*Come up to the church and join us!*

### KL Vennings Slaters

We are immensely proud to share with you that one of our slating projects has been shortlisted for the National Federation of Roofing Contractors Slating award 2025.



We completed the Round House roof at Raby Castle Estate during 2024 and are elated that this roof, our first ever entry, has been shortlisted. The Round House has a curved roof and a lead cupola on the top, it is now being used for a ticket office/information centre within the Raby Castle Estate.

Results will be announced at the Awards Ceremony in May, but in the interim we would really appreciate online votes for our project please. We are up against three other finalists in the roof slating category so your vote really would count!

Votes can be placed at the following link:  
<https://nfrcawardsplatform.com/entry/vote/vqqenjOb?category=183474>



**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)*

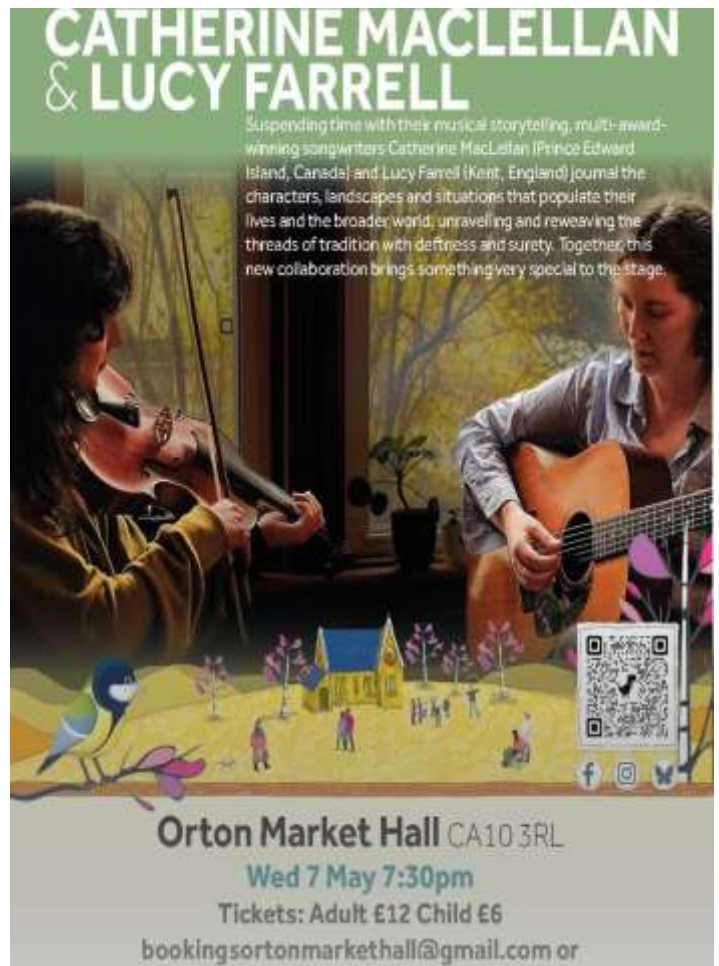
**Last Post Collection**

|          |              |          |
|----------|--------------|----------|
| Tuesday  | 9 am to 5 pm | 3:15 pm  |
| Thursday | 9 am to 5 pm | 3:15 pm  |
| Saturday | 9 am to 4 pm | 11:10 am |

**We hope to see you soon.**

**Jayne and Neville Grove**

**[orton.village.stores@btinternet.com](mailto:orton.village.stores@btinternet.com)**







**Weddings**  
 at All Saints, Orton

Could anyone with wedding photos from their marriage at All Saints, please send them to [helenwearmouth12@gmail.com](mailto:helenwearmouth12@gmail.com) for use in the church exhibition,





## Orton Market Hall

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

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

| Day      | Activity                                                                                                                                                                            |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday   | <b>Pilates</b> 9:30-11:00am and 11:30-1:00pm                                                                                                                                        |
| Tuesday  | <b>Shap Medical Practice</b> prescriptions collection 10:00-11:00am<br><br><b>Yoga</b> 7:00-8:15pm |
| Thursday | <b>Boccia</b> 1:30-3:30pm (fortnightly)                                                                                                                                             |
| Friday   | <b>Bingo</b> – 2 <sup>nd</sup> Friday of the month 7:30-9:00pm                                                                                                                      |
| Saturday | <b>Orton Farmer's Market</b> – 2 <sup>nd</sup> Saturday of the month 9:00-2:00pm                                                                                                    |
| Sunday   | <b>Vinelif Church</b> 10:30am-12:30pm<br><b>Yoga</b> 7:00-8:30pm (last Sunday of the month)                                                                                         |

**Boccia** 015396 24465, **Vinelif Church** 015396 24253,  
**Pilates** 07375082111, **Yoga** 07950435136

**Bookings:** book through our website:  
[ortonmarkethall.co.uk](http://ortonmarkethall.co.uk)

## Dancing into Spring at Orton M.H.

On 22<sup>nd</sup> of March, a good crowd of all ages gathered at Orton Market Hall to dance to the music of the CEILIDH CREW band.

The event had been organised by a group of friends in the village with a "Bring & Share Supper" & raffle. The dancers enjoyed the Circassian Circle, Snowball, Cumberland long 8, Barn Dance & Gay Gordons along with many others.

The event raised £300 which will go to All Saints Church, Orton.

A very big thank you to everyone who worked so hard with all the advance planning & also with organising everything on the night.

The Ceilidh Crew Band are a fairly new combination of very gifted musicians who have been brought together by Accordion player Jim Walker from Appleby.

The band are available for community & private functions by contacting Jim on 07803 183615.

Chris Bland

## All Saints' Church, Orton

**SATURDAY 5<sup>th</sup> JULY**

*We are planning another*

**Concert to showcase a wide variety of local talent**

**MUCH ADO ABOUT**



*(Like the one in September 2024, but even better!)*

**Would you like to take part – as a solo or with others? Or can you suggest someone who might?**

Please get in touch with Andy Glanville,  
[andyvglanville@outlook.com](mailto:andyvglanville@outlook.com): 07803 424624)

## WEDDINGS

As part of the Church exhibition, 'celebrations throughout the church year' I am doing Weddings, if you were married in Orton Church I would love some photos to display in the church, this will be on a digital photo frame so there is no worry of your photos being touched.

If your happy to do this please drop me a message.

Many Thanks  
Helen Wearmouth  
015396 24066  
07377332162

*Travel with us on the*

**Western Dales Bus**

Bus services for Sedbergh, Kirkby Stephen and surrounding areas.

Kirkby Stephen shopper, via Ravenstonedale, Newbiggin, Tebay to Kendal and back.

[www.westerndalesbus.co.uk](http://www.westerndalesbus.co.uk)



---

# **All Saints' Church Exhibition Orton**

## *Celebrations*

**of the church year**

**Saturday 24th May - Sunday 1st June**



**Refreshments served in church daily**

**Monday - Saturday 11 am - 5pm**

**Sunday 1pm - 5pm**

**Sunday Church Services**

**Sunday 24<sup>th</sup> May 10.30am & Sunday 1<sup>st</sup> June 8.30am**



## **scarecrows**

**In Orton village on the theme of**

## *Celebrations*

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

# News from rton School

Three fabulous enrichment experiences have happened with Orton School recently!  
Here is a little taster of some of the activities that have provided exciting and powerful learning opportunities outside of the classroom.  
Water Confidence (EYFS), Life Saving Skills (Y5/6) at Woggle Goggle,  
and a three day residential at Hawes End (Y3/4)



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

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

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



## TEBAY AND ORTON WI



"Bystanders can be lifesavers" is one of the National Federation of WI's proposed resolutions for this year. With that in mind, for our March meeting we arranged to have a training session in resuscitation techniques. It is six years since our last training session, and we learnt that two techniques have been simplified to help the bystander. Steve Dunkinson of Orton with Tebay First Responders and Stuart Cheeseman, a trainee paramedic, came to guide us through the protocols for dealing with an unconscious person having had a possible heart attack. With a defibrillator and a dummy they demonstrated how to perform chest compressions and how a defibrillator is used to restart the heart. We also learnt how a person can easily be placed into the recovery position. It maybe difficult for some of our WI members to get down on our knees to perform chest compressions, but we learnt where the defibrillators are situated around our villages, what happens when the emergency services are called, and how we can assist generally. We all felt that the training was worthwhile, and that we had learnt something from it - so much so that we are planning a demonstration and training session in resuscitation at a coffee morning on May 31st to which everyone is welcome.

The March meeting was the last of our winter lunchtime meetings and a splendid lunch was provided by our Treasurer, Sarah Middleton, and our Secretary, Lin Stretton. Our meetings in May, September and October will be held in the Methodist Church at Tebay, starting at 7pm. For the June, July and August meetings we have planned a visit to Farfield Mill and Dent Heritage Centre, a garden party and a visit to Theatre By The Lake respectively.

At the recent Annual Meeting of the Cumbria Westmorland Federation of WIs, Muriel Thornborrow was presented with a certificate in recognition of her 70 years membership of Tebay and Orton WI. Muriel joined the WI soon after coming to live in Tebay after her marriage to Bernard in 1952. She held the office of treasurer for many years, and she continues to be an active and valuable member of our WI.



Karen Hanks, Chairman of Cumbria Westmorland Federation of WI's presenting Mrs Muriel Thornborrow with her long service certificate.

For details of how to become a WI member please contact our secretary, Lin Stretton by email: [lin.stretton@btinternet.com](mailto:lin.stretton@btinternet.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 no obligation visit please get in touch with either Vicky or Emma at the school on 015396 24268 / [admin@orton.cumbria.sch.uk](mailto:admin@orton.cumbria.sch.uk)

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

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



### Free Stay and Play Sessions

Our Stay and Play sessions are 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](mailto:admin@orton.cumbria.sch.uk)  
<https://www.ortoncofeprimary.co.uk/>

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



Christian Aid Week in 2025 will be held from May 11th to 17th. This year's focus is on poverty in Burundi, where over 70% of the

population faces daily hunger and poverty. The week aims to raise awareness and funds to support Christian Aid's work in addressing these challenges.

<https://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week>

Christian Aid Week envelopes for Orton: These would normally have been in Orton copies of the April issue of The Link, since the May issue delivered to Orton will have Gift Envelopes for the Church Exhibition, which is from 24th May to 1st June.

But for various reasons the Christian Aid envelopes were not acquired in time, so even though the Week is 10th-16th May, Orton people will not receive their envelopes until June.

However – no matter! The hugely valuable and important work of Christian Aid will continue and gifts donated a little late will still be used for their ongoing work in Burundi and around the world.

You can also donate online, using this link:

<https://give.christianaid.org.uk/donate/CAM-009429>

or by scanning the QR code:



**Public Notice**

**Manor of Orton CJC**

Orton Manor Court

**Annual General Meeting**

**Monday 12th May 2025 at 7:30pm in the**  
**Market Hall, Orton**

*The meeting is open to all, but only Freeholders in Orton Parish whose names are on the Westmorland and Furness Council Register of Electors are entitled to vote*

The Agenda will be available on the night or by email from 28th April. If you would like an email copy of the agenda please email:-

[steward@ortonmanorcourt.co.uk](mailto:steward@ortonmanorcourt.co.uk)

To request



## 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

Thanks to all who have joined us  
for our Warm Welcome meals  
over the winter — we're taking a  
break now until October.

We hope that you find opportunity to stay  
connected to each other (and stay warm)  
over the summer. The costs of the community  
meal, hall rental, heating, etc. have all be  
covered by a mix of donations (thank you all),  
grants and volunteering.

Particular thanks to Steve and Jo, to Bernard,  
and to Pam

### 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



Cumbria-Westmorland Federation of WIs

### BYSTANDERS CAN BE LIFESAVERS

#### TEBAY AND ORTON WI

invite you to a **COFFEE MORNING** and  
demonstration of training in the delivery of CPR (cardio pulmonary resuscitation)  
The training will be run by trained personnel and paramedics.



**Saturday 31<sup>st</sup> May 2025**

**10:00am – 12 noon**

**at Tebay Methodist Church**

**Entry £4.00 to include refreshments  
Raffle and homemade Cakes Stall**

Every year there are over 30,000 out-of-hospital cardiac arrests in the UK. The  
Resuscitation Council states the chance of survival can increase by **two or  
threefold** when bystander CPR is used.

theWI  
INSPIRING WOMEN

theWI  
INSPIRING WOMEN



## Road Safety:

Sarah, from Pyjama Drama, came in to school to work with the Acorns to highlight how to keep yourself safe on and near roads. Using drama and story-telling techniques, Sarah taught the children the importance of always choosing a safe place to cross the road, always look and listen as well as the importance of wearing light, bright clothing to be seen by drivers. It was a fun session which taught a very important lesson. Thank you Sarah. We look forward to your visit next year.



## Multi Sports Festival

The Year 2 children were invited to join other Year 2 children from Cumbria Education Trust schools to take part in a multi sports festival at Workington Academy. The children took part in lots of different games including trampolining, athletics and dancing. They all showed great resilience, great teamwork and fantastic behaviour.



## Cricket sessions:

The school has been taking part in a cricket program delivered by Adam Hornby from Cumbria Cricket, the children have really enjoyed all the sessions and learnt so much from Adam's expertise. Thank you Adam for delivering the sessions.



## World Maths Day:

It was World Maths Day on Wednesday 26<sup>th</sup> March, to celebrate the Oaks class took part in an online global Mathematics challenge. The children enjoyed the activities and displayed

rapid fire maths knowledge. We can certainly see the progress the children have made in rapid recall of maths knowledge and key facts.

## Year 6 children:

In May, Year 6 children from all around the country will be sitting their end of key stage 2 tests, SATS. Over the year, we prepare our children so when the real tests are administered, they feel as confident and comfortable as possible. Part of that preparation is to provide opportunities to practise completing papers under the exact conditions that will be required on the day. The Year 6 children took part in mock SATS week in March. The children showed determination, resilience and good humour throughout the week. As a reward for their positive attitude and their continued commitment to doing their very best, Mrs Collinson took the Year 6 pupils to the Cross Keys pub in Tebay and treated them to a meal followed by an ice-cream. They all had a turn playing pool followed by time to play on the adventure equipment outside. Well done Year 6 – we are so proud of you!

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

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

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

Tracy Morland — School Administrator

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

Tebay Primary School Tel: 015396 24239



## What is "Thy Kingdom Come"?



Apart from being a familiar phrase from the Lord's Prayer (the "Our Father" prayer that Jesus taught his disciples), Thy Kingdom Come is a global ecumenical prayer movement that invites Christians around the

world to pray, from Ascension Day to Pentecost, for more people to come to know Jesus. What started in 2016 as an invitation from the Archbishops of Canterbury and York to the Church of England has grown into an international and ecumenical call to prayer.

<https://www.thykingdomcome.global/>

Prayer Walk: in 2016, the year "Thy Kingdom Come" was started, here in Tebay and Orton we took up one of the suggestions made on the website – to have a Prayer Walk; and members of all our churches, Church of England and Methodist, joined by some from the Vinelife Fellowship who meet in Orton Market Hall, walked around Tebay and Orton villages, stopping at various spots to pray – silently or out loud – for the community around us. We finished at the cairn at the top of the hill above Orton, where we prayed as we gazed over the fells and farmland around both villages. It was a memorable experience!



Prayer Walk 2025: On Saturday 7th June 2025, the day before Pentecost (Whit Sunday), we are planning to do it again! The itinerary will be slightly different from nine years ago, and full details will be published in the June issue of The Link. But put the date in your diary now!



## Westmorland Dales walks

The first of this year's Westmorland Dales walks in April (see image right) explored the Lune Gorge from sunny Tebay. Walks to follow include Bowber Head from Ravenstonedale, Great Asby Scar from Knott Lane and Asby Gill from Great Asby. Further details on the Friends of the Lake District website.

### Tebay Orchestra

Do you play a musical instrument?  
Would you like to play music with other people?  
No entry requirements, no auditions,  
everyone is welcome  
(Don't forget your music stand!)

**Tuesdays 7.30-9.30pm**  
(during term time)



Tebay Methodist  
Church Hall  
Tebay  
Penrith  
CA10 3XG

Weekly £6 for members, £8 for non-members,  
(discounts for students and termly payments)

For more information please email  
[events@cobweborchestra.org.uk](mailto:events@cobweborchestra.org.uk)  
or visit: [www.cobweborchestra.org.uk](http://www.cobweborchestra.org.uk)  
@cobweborchestra

*Registered charity, no 111875. A company  
limited by guarantee: no. 6057812, England*

For any queries, please contact Richard  
Best: [richard@lowspot.ndonet.com](mailto:richard@lowspot.ndonet.com)





**TO THOSE WHO GAVE SO MUCH,  
WE THANK YOU**

**VE DAY 80 IN TEBAY**

MAY BANK HOLIDAY WEEKEND, DECORATE THE VILLAGE  
RED, WHITE AND BLUE BY THURSDAY 6TH - VE DAY

A CHILDREN'S 'FIND THE POPPY' AROUND THE VILLAGE.

SUNDAY 11TH MAY, 10.30 SERVICE AT ST JAMES CHURCH,  
FOLLOWED BY A VILLAGE BRING AND SHARE  
LUNCH AT THE CLUB

**JOIN US**

# WHAT'S ON?

**Coming Soon:**

Saturday April 12th - Amanda's Bingo supporting Tebay Primary School

Friday April 18th - over 40's Easter Meal, soup & sandwich followed by entertainment

Sunday 20th - 'band in the bar' lynchpin playing your rock classics

Sunday 11th May - VE day 80 Bring and Share lunch

Sunday 25th May - the return of the Hoedown!

Darts and pool teams playing every Wednesday, Thursday and Friday along with **UVE** Premier League and EFL Football action on our **BIG SCREEN**

Bingo fortnightly on Sunday evenings

**TEBAY**  
SPORTS & SOCIAL  
CLUB

**TEBAY**  
SPORTS & SOCIAL  
CLUB

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)

Pixie Bingo & Cash Bingo on alternating Sundays

Free WiFi



## Flagging on the coast-to-coast!

Rangers oversaw the delivery of more than 500 tonnes of flagstones to the top of a hill in Birkdale recently, with the help of a quarry firm in nearby Kirkby Stephen.

Work to create a three-kilometre-long flagged path over sensitive peatland on the route of the Coast to Coast Path National Trail has paused for the ground-nesting bird breeding season, but not before the logistical challenge of leading material from Lancashire stone reclamation yards was overcome.

A total of 300 pallets of flagstones were dropped off at Hartley Quarry, with permission of quarry owner Breedon Group plc, then hauled in small loads by McWhirter's of Nateby to a layby on Tailbridge Hill on the road through Birkdale, before being airlifted to the line of path.

Creating the stone-flagged path is the biggest single project ever undertaken by the Yorkshire Dales National Park Authority's ranger service. In phase one, which began last August, 940 metres was laid. A team of three rangers typically laid about 35 metres a day. Later this year work will begin again to complete the remaining two kilometres.

The 197-mile Coast to Coast Path designated route – stretching across northern England from St Bees Head on the west coast to Robin Hood's Bay on the east – is thought to be the most popular long distance walking trail in England. In 2022 the government decided to make it a National Trail.

The trail first enters the Yorkshire Dales National Park north of Orton, ducking out a mile or so west of Kirkby Stephen before entering again on moorland between Nine Standards Rigg and White Mossy Hill. It exits the National Park more than 20 miles to the east, near the town of Richmond.





The Parishes of the Upper Eden and Upper Lune

## Vicarage Tea

2.00pm - 4.00pm  
Saturday 28th June 2025



Suzannah and Brendan warmly invite you to the Vicarage for a cup of tea and slice of cake.  
Please pop in anytime between  
2.00pm - 4.00pm Saturday 28th June 2025.

*It would be lovely to see you.*

The Vicarage,  
Vicarage Lane,  
Kirkby Stephen CA17 4QX

## Tebay Community Choir Concert with Melody Makers and Kids' Choir

Please join us on  
Monday 19th May  
at 7.30 pm  
in St James' Church  
for our concert featuring

Songs from  
Musicals and Movies

Collection in aid of  
Every Life Matters



**Tebay COMMUNITY Sports Day**  
**Saturday 21st JUNE**      **1pm - 3.30pm**

**Cakes & teas**      **Tebay Recreation Ground**

**Face painting**      **Pizza**      **Music & Crafts**

**Penalty Shoot-out**      **Races**      **Helter-skelter!**      **Games & Prizes**

Organised by Families Together in Tebay & Orton - along with many friends and helpers.

 FamiliesTogetherTebayOrton

## Services in our Anglican Churches

|                                                                                                                                                                                                                |                                                                                                                                           |                                                              |                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Sunday 4 May</b><br><i>3rd Sunday of Easter</i><br><i>White</i><br><i>Welcomer:</i> Pam and Garth Blundell<br>Acts 9: 1-6 (7-20)<br>Revelations 5: 11-14<br>John 21: 1-19<br><i>Prayers:</i> Angela Milburn | Orton, 10.30am<br>Holy Communion<br><i>Sandra Ward</i><br>Keith Capp<br>Margaret Longworth                                                | Tebay, 10.30am<br>Songs of Praise<br>at the Methodist church | Ravenstonedale, 10.00am<br>All Age Worship<br><i>Team</i><br>Diana Fothergill<br>David Farr           |
| <b>Sunday 11 May</b><br><i>4th Sunday of Easter</i><br><i>White</i><br><i>Welcomer:</i> Keith and Janet Capp<br>Psalm 23<br>Acts 9: 36-43<br>John 10: 22-30<br><i>Prayers:</i>                                 | Orton, 8:30am<br>Holy Communion<br><i>Brendan Giblin</i><br>Keith and Janet Capp                                                          | Tebay, 10.30am<br>Holy Communion<br><i>Chris Jenkin</i>      | Ravenstonedale, 10.00am<br>Holy Communion<br><i>Carole Marsden</i><br>Hilary Law<br>Ian Torkington    |
| <b>Sunday 18 May</b><br><i>5th Sunday of Easter</i><br><i>White</i><br><i>Welcomer:</i><br>Acts 11: 1-18<br>Revelations 21: 1-6<br>John 13: 31-35<br><i>Prayers:</i>                                           | Orton, 10.30am<br>Morning Worship, joint at St James, Tebay<br><i>Brendan Giblin</i><br><i>Followed by APCM, at 11.45am</i>               | Tebay, 10.30am                                               | Ravenstonedale, 10.00am<br>Morning Worship<br><i>Rosemary Campbell</i><br>John Newton<br>Richard Best |
| <b>Sunday 25 May</b><br><i>6th Sunday of Easter</i><br><i>White</i><br><i>Welcomer:</i> Mary Jenkin<br>Acts 16: 9-15<br>Revelations 21: 10, 22-22.5<br>John 14: 23-29<br><i>Prayers:</i> Margaret Longworth    | Three Churches Services at All Saints, Orton; 10:30am<br>Holy Communion<br><i>Brendan Giblin</i><br>Zoom meeting number:<br>894 1727 3600 |                                                              |                                                                                                       |

Confirmation can mark a significant milestone in a person's Christian journey. It is a time when people - young, and increasingly older, can, explore for themselves, the meaning of the Christian faith.

Bishop James Bell will be leading a Confirmation service at 10.30am on Sunday 3 August at Kirkby Stephen Parish Church. During the confirmation service Bishop James will say to all being confirmed "God has called you by name and made you his own." If these words are true, and we believe they are, how wonderful to know that you are special to God. This is life-changing. So if you would like to consider confirmation please be in touch with me. I look forward to hearing from you. Brendan 017683 39168, revbgiblin@gmail.com

|                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Church Contacts</b><br><b>Anglican Church</b><br>Vicar      Brendan Giblin<br>017683 39168 — 07477 049576<br>revbgiblin@gmail.com<br>Curate      Charles Cowling<br>Mission Community<br>Administrator<br>Joyce Keetley      07741 327318<br>applebymc@carlisedioocese.org.uk<br>Retired clergy<br>Sandra Ward      24213<br><i>(Penrith &amp; Keswick Hospital Chaplain)</i><br>Christopher Jenkin      24410 | <b>Orton with Tebay</b><br>Churchwardens<br>Linda Garrick      24262<br>Martin Lawson      26028<br>Secretary<br>[vacant]<br>Treasurer<br>Bill Lawler      24465<br>Local lay ministers<br>Rosemary Campbell      24837<br>Ravenstonedale with<br>Newbiggin-on-Lune<br>Churchwardens<br>Ann Brownrigg      23594<br>Martin Windle      07899 907958<br>Tim Parkinson      23353 | Secretary<br>Suesi Windle<br>suesi.windle@googlemail.com<br>Treasurer<br>Tim Parkinson      23353<br><b>Methodist Church</b><br>Minister Revd Stephen Radford,<br>017683 71202<br>stephen.radford@methodist.org.uk<br>Administrator Avril Swinbank<br>ksatcircuit@gmail.com<br><b>Roman Catholic Church</b><br>Fr John Winstanley<br>Church of Our Lady of Appleby<br>01768 862273 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



## Services in our Methodist Churches and other churches

|                                                                          | 2025  | 4 <sup>th</sup><br>May | 11 <sup>th</sup><br>May                        | 18 <sup>th</sup><br>May        | 25 <sup>th</sup><br>May  |
|--------------------------------------------------------------------------|-------|------------------------|------------------------------------------------|--------------------------------|--------------------------|
|                                                                          |       | Vocations<br>Sunday    |                                                |                                | Aldersgate<br>Sunday     |
| <b>*Tebay</b><br>M P 1-1300<br>M H B                                     | 10.30 | A Dunstan<br>US<br>OA  | J Betts<br>HC                                  | LA                             | To N on L<br>SS          |
|                                                                          | 6.30  |                        | Easter<br>Offering<br>Svce<br>at Appleby       |                                |                          |
| <b>Shap</b><br>(Class of Tebay)                                          | 10.30 | T Longworth            | 6.30 p.m.<br>Easter Offg<br>Svce<br>at Appleby |                                |                          |
| <b>Orton</b><br>M P Complete<br>M H B<br>PB<br>EW                        | 10.30 | S Radford<br>HC        | LA                                             | W Ousby                        | US at PC                 |
|                                                                          | 6.30  |                        | Easter<br>Offering<br>Svce<br>at Appleby       |                                |                          |
| <b>#Newbiggin on<br/>Lune</b><br>M P 1-1250<br>+ More on screen<br>M H B | 10.30 | D Bennett<br>CA        | Bacon Butty<br>Service<br>OA                   | Lund Youth<br>Fellowship<br>OA | J & L Riley<br>SS        |
|                                                                          | 6.30  | D Bennett<br>CA        | Easter<br>Offering<br>Svce<br>at Appleby       |                                |                          |
| <b>*Ravenstonedale</b><br>M P 1-1144<br>M H B<br>H & P                   | 2.00  | J Betts                | D Marston<br>CA                                | T Taylor                       | 10.30<br>To N on L<br>SS |
|                                                                          | 6.30  |                        | Easter<br>Offering<br>Svce<br>at Appleby       |                                |                          |

### 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](mailto:nbccumbria@gmail.com)

### Vineliflife Cumbria Fellowship

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

### Baptisms, Weddings and Funerals

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

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

# Wild Wanderings

**Sunday 18<sup>th</sup> May**  
**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 on 07552 405500

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)

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

*parish linked  
with All Saints', Orton*



### WhatsApp messages and emails received



From Canon Nelson Walina:  
21.2.25: "From grass to  
grace" - God's mercy and  
Blessings upon His people  
who are faithful. After this  
year 2025, I will remain with  
only 2 years to retire, which  
means by 31st December  
2028, I shall be traveling to

my home village for retirement. In Uganda  
for Church leaders retirement period is the  
most difficult time, if not planned well. So we  
are planning our support with crops and  
pigs.

Pray for Melina and me; the Veterinarian  
Health Inspectors have  
instructed us to move the 7  
pigs from the upper shelter  
to the ground shelter. So  
there is immediate  
reconstruction of the  
ground level shelters to be  
safe with health vet  
inspectors. Kindly pray with  
us to able to complete this  
so that they shouldn't stop  
us from this project. We trust  
the Lord will provide.



We replied: I have never  
had many dealings with pigs! We had  
chickens when I was a child. And now we  
live in an area where there are many sheep,  
but few pigs!

Nelson answered: Here in Uganda pigs are  
more profitable than chickens but it takes  
longer. Chicken's feed is more expensive

than of pigs. That is why  
we deal with pigs first,  
but also we have local  
chickens and are  
doing well.

5.4.25: In Uganda  
many parts are  
receiving rainfall and  
we are almost  
completing sowing  
and planting beans,  
maize, ground nuts and some cash crops  
like coffee, cotton, banana stems, cocoa  
etc.



Convey our family and office Christian  
Greetings to beloved, Ronnie, Brendan,  
Fran, Suzannah, Ines and others from All  
Saints Orton Church, UK.

From Rev. Robert Zziwa,  
cathedral sub-dean, 13.4.25:  
Have a blessed Holy Week  
and Easter celebrations too.  
Hope your Palm Sunday has  
been wonderfully celebrated.



My family and I are doing well by the grace  
of God.

From the Rev. Christopher Syauswa, vicar of  
All Saints, Kasese: 13.4.25:

Receive our warm  
greetings from All Saints  
Kasese. How is our Christian  
friends from All Saints  
Orton? We wish them a  
nice Holy Week, a Happy  
Easter. Today Palm Sunday I preached in  
three services and on Thursday next week  
we shall have the Agape meal; then on  
Good Friday we shall also have a service at  
3 pm. Pray for us as shall also pray for you!  
May the good Lord bless you - our God  
Reigns! Rev Christopher Syauswa and Mary.



Families Together in Tebay and Orton have a  
Marquee for hire (10m x 4m, £50 per day)  
Hiring it out helps them cover the cost of other  
events — get in touch with them on FB  
or email them at [hello@ftto.org](mailto: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

### Surgery Coffee Morning

On Saturday 26th April the Surgery at Shap will be open to all our patients for a coffee morning between 10am – 11.30am. We will have current members of the PPG in attendance along with Practice Manager, GPs and Nurse to talk about the developments of the Surgeries and PPG. We will be demonstrating equipment that has been purchased through the equipment fund. Refreshments are free to all our patients.

### Appointment System

When you contact us, our reception team will ask for a brief reason for your appointment. Based on this, they will offer you the most appropriate appointment type and timescale. This may be a telephone or face-to-face appointment with a GP, a nurse, or our local First Contact Physio.

For GP appointments, you will be offered one of three categories: Red, Amber, or Green. Red appointments are for same-day emergencies, where it is clinically important that you are seen immediately. Please ring as early as possible if you need to be seen that day, to help our receptionists and doctors manage your care effectively. For pre-bookable Amber and Green appointments, you can ring at any time during the day. You may be offered an appointment within the next few days or a routine appointment up to two weeks ahead. Pre-booking mean you can request your preferred GP.

### 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.

### Equipment on Loan

May we politely ask that if you have any equipment that belongs to the Practice at home, please return it us at the earliest possible opportunity.

### Change of Personal Details

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

[www.shapmedicalpractice.co.uk](http://www.shapmedicalpractice.co.uk)

**☎: 01931 716230**



# **Traditional Sunday Roast**

**Served every Sunday 12.00-14.00**

**(March — October)**

**Choose from a choice of roast meats,  
served with Yorkshire pudding,  
seasonal vegetables, crisp roast  
potatoes & rich gravy**

**(Vegetarian Option Available)**

**£15.95pp**

**Add Starter £5.00**

**Add Dessert £5.00**

**Children's Menu Available**



**Shap/Cumbria/CA10 3QU**

**Booking advisable**

**Call 01931 716628 to make your reservation**



**PARKIN & JACKSON** Monumental Sculptors

Visit our Showroom at  
14 Appleby Road, Kendal, LA9 6ES  
01539 722838  
info@parkinandjackson.co.uk

New memorials Repaints & Renovations  
2nd Inscriptions Home visits available

**Contact KEVIN BATEMAN**

**APPLEBY WINDOWS & DOORS**

GGFI FENSA

07739 005451  
017683 62343  
applebywindowsltd@gmail.com  
Find us on Facebook

**SPECIALISTS IN UPVC & ALUMINIUM PRODUCTS**

**TARN FARM VETS**

Part of Paragon Veterinary Group

- Competitive drug prices
- Local top-quality vet services
- Simple and fair pricing structure
- Now open to new clients

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

Grange Farm Office Unit 3,  
39 Grange Farm Business Park,  
Shap, Cumbria, CA20 3PE

**CUMBRIA GRASS CUTTING**

Grass cutting, Hedge Cutting and Weeding.  
No job to small  
Contact Will on 07949 760406

**Allens of Eden**

No bus? Need a minibus to or from town, train station, airport or other days out?

Max 8 Passengers

Private Hire Taxi (Tebay)  
**Gordon Allen: 015396 24390**  
[www.allensofeden.co.uk](http://www.allensofeden.co.uk)

Many thanks to our printers:



Free no obligation quotes  
Domestic & Commercial Clients

**NORTHERN ARB**

CHAS

Telephone: 01539 292 259  
Email: [contact@northernarb.co.uk](mailto:contact@northernarb.co.uk)  
Website: [www.northernarb.co.uk](http://www.northernarb.co.uk)

All aspects of tree work  
Tree surveys  
Hedge/Tree planting  
Hedge trimming  
Grass cutting  
Fencing  
Stump grinding  
Site clearances  
Emergency call outs  
22m tracked cherry picker

**AGA RAYBURN**

**R.T. THWAITES LTD.**  
Experienced Heating Engineer  
Service/Repairs  
& fitting of stoves,  
oil boilers, range cooker  
Tel: 07967 286790

HETAS

**LOWIS BROTHERS BUILDING CONTRACTORS**

Harvann, Mount Pleasant, Tebay  
Tel: 015396 24463  
or 07940 209056

FEDERATION OF MASTER BUILDERS  
NHBC

**RUXTONS FISHWICKS FUNERAL SERVICE**  
Established 1935  
Head Office: Beetham Hall Beetham  
01539 722299  
Independent Family Business  
24hr service  
[www.fishwicksfunerals.co.uk](http://www.fishwicksfunerals.co.uk)

**EDEN VALLEY CREMATORIUM**  
Established 2021  
01768 555067  
[www.eden-valley.co.uk](http://www.eden-valley.co.uk)

**BATHROOM & KITCHEN FITTING & RECONDITIONING**

**WESTMORLAND HANDYMAN**

Our skilled team of joiners, electricians, and decorators are dedicated to providing top-quality craftsmanship. We'll work closely with you to understand your vision and create a space that perfectly reflects your style and functionality.

[www.westmorlandhandyman.com](http://www.westmorlandhandyman.com)

**A. R. MASON**  
Fire Security & Electrical Contractors  
NICEIC approved

Fire Alarms, Portable Appliance Testing, Emergency Lighting  
Security Alarm, Re-wires (Domestic, Commercial, Agricultural)  
Electrical inspection and testing

Home 01931 715319 Mobile 07879 891119

Call Now  
07979 648974  
Email  
[thewestmorlandhandyman@gmail.com](mailto:thewestmorlandhandyman@gmail.com)

## The George Hotel - Orton

Drink - Food - Rooms

### Winter Opening hours:

Mon - Friday 5pm - 11pm  
Sat - Sun 12 noon - 11pm

### Food Times

Mon-Friday 5:30-8pm  
Sat 12-8 - Sun 12-8

**Mondays - Free Drink with any Pizza**

**Tuesdays- Main Meals For £10**

(T&Cs apply)

**Sunday Roasts** served from 12 every Sunday

Roasts served whilst stocks last book early to avoid missing out - (from 20<sup>th</sup> October)

**Live Music - Every month!**

See our website and facebook for further info events

[www.georgeorton.co.uk](http://www.georgeorton.co.uk) 01539 303015



# SMART SIGNAL

Aerial & Satellite Installation & Repair



Wi-Fi & Home Network

CCTV Installation



Ben Fawcett

015242 62017 - 07950028622

[smartsignal@outlook.com](mailto:smartsignal@outlook.com)

**Get in touch to advertise here!**

The Link goes monthly to around 1000 homes  
and an email list of 350 people

**£6 per month per 'square' of advertising**

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

## FELL VIEW

HAIR & BEAUTY

We offer a range of colouring  
and styling techniques,  
waxing, massage, facials, nails,  
hopi ear candles and men's  
barbering, as well as our leading  
guest therapists.

**YOUR HAPPY PLACE**

Open till 9pm on  
Wednesdays and Thursdays  
Cecily House, Shap, CA10 3NG

01931 716910

[www.fellviewhairandbeauty.co.uk](http://www.fellviewhairandbeauty.co.uk)



## R. A. Lofthouse Roofing Services

*Traditional and Modern  
Slating and Tiling*

Reliable and competent service in and  
around the Eden Valley

**For FREE Quote contact**

**07557 738016 - 017683 42689**

[r.a.lofthouse@outlook.com](mailto:r.a.lofthouse@outlook.com)



## ROOFING AND SPECIALIST LEADWORK

**FOR A FREE NO OBLIGATION QUOTATION**

**CALL 015396 24481**

**Email: [klvenning@klvenningslaters.co.uk](mailto:klvenning@klvenningslaters.co.uk)**

## Historical Research

Genealogy, property history, and more

[josephsaundershistory.co.uk](http://josephsaundershistory.co.uk)

## Cumbria Stove Centre

Supply and installation of wood,  
coal and gas stoves

Flue and chimney lining services

Inglenook specialists

Fully qualified and experienced  
HETAS engineers

01539 821061 (day)

015396 25227 (evening)

Showroom: **34a Main Street,  
Staveley, Nr Kendal**

## SPAR Convenience Store

Kirkby Stephen - tel. 01768 371353

**OPEN every day (except Christmas Day)**

**Monday-Saturday 8am - 10.30pm**

**Sundays 9am - 10.30pm**

Great selection of groceries,  
frozen foods, beers, wines & spirits

National Lottery / scratch cards

Daily Newspapers / Magazines

Photocopying B&W and colour

**"SPAR" there when you need us most!**

# W DAWSON & SON LTD.

**SEDBERGH: 015396 20210**

**Bulk Feed Collections**

**Bagged Feed**

[www.dawsonsofsedbergh.co.uk](http://www.dawsonsofsedbergh.co.uk)

**Coal & Smokeless Fuels**

**Kiln Dried & Hardwood Logs**

[office@dawsonsofsedbergh.co.uk](mailto:office@dawsonsofsedbergh.co.uk)



WESTMORLAND FAMILY

**We're always looking  
for colleagues to join  
our growing team.**

Flexible roles available,  
*starting from £10.60 per hour.*

- Free meal on shift
- 75% off in our Kitchens
- Free bus to work
- 25% off in our Farmshops

[careers.westmorlandfamily.com](http://careers.westmorlandfamily.com)



TEBAY SERVICES | J38 TRUCKSTOP | WESTMORLAND HOTEL

*Andy Wilson*  
**Painting Services**

Reasonable rates      No job too small

**07813 846768**

**Kevina Singleton Counselling**

Eden Valley, Cumbria

**Talking Can Help**

07918 407148

[contact@kevinasingletoncounselling.com](mailto:contact@kevinasingletoncounselling.com)  
[www.kevinasingletoncounselling.com](http://www.kevinasingletoncounselling.com)



**YOGA WITH ALISON**



CLASSES AND 1:1 SESSIONS  
RELAX, REWIND, REJUVENATE  
FOR MORE INFORMATION  
MOB: 07950435136

**WALKERS**

Family Funeral Directors

Chapel Street, Appleby CA16 6QR

**017683 30321**

[www.walkersfunerals.co.uk](http://www.walkersfunerals.co.uk)

*Private Chapel of Rest — Funeral Plans*

*— Memorials —*

*Caring, Personal and Professional  
24 hour Service*

Alan & Susan Smyth

Damon Steadman Dip, FD, MBIE

We are proud to offer  
Golden Charter  
Pre-Paid  
Funeral Plans



**J.J. MARTIN**  
FUNERAL DIRECTORS



JJ Martin are your local, independent  
funeral directors based in Sedbergh  
and covering the surrounding areas.

We provide free advice, pre-paid  
funeral plans and a 24 hour service.

**EDWARD WALLER:**

07779025745 or 015396 20130

**BRIAN GOAD: 015396 25334**

[www.jjmartinfunerals.co.uk](http://www.jjmartinfunerals.co.uk)

[info@jjmartinfunerals.co.uk](mailto:info@jjmartinfunerals.co.uk)



**Small electrical jobs  
Emergency plumbing  
Gutter clearing**

*One-Stop Shop for All Maintenance*

**PATIO WASHING  
GARAGE CLEARANCE  
HEDGE TRIMMING**

**CALL US TO DISCUSS**

Contact Andrew

**07979 648974**

[thewestmorlandhandyman@gmail.com](mailto:thewestmorlandhandyman@gmail.com)  
[www.westmorlandhandyman.com](http://www.westmorlandhandyman.com)

# THE FAT LAMB



**Delicious home-cooked  
meals, all made with  
local produce**

THE FAT LAMB COUNTRY INN  
CROSSBANK, RAVENSTONEDALE,  
CUMBRIA, CA17 4LL

T: 015396 23242

E: ENQUIRIES@FATLAMB.CO.UK

**WWW.FATLAMB.CO.UK**

— LUNCH —

MONDAY - FRIDAYS  
12 NOON - 2PM

SATURDAY - SUNDAY  
12 NOON - 6PM

— DINNER —

DAILY 6PM-9PM

## MULTI TRADE

**GENERAL PROPERTY  
MAINTENANCE**

**SMALL OR LARGE JOBS**

**OVER 40 YEARS EXPERIENCE  
IN THE BUILDING TRADE**

**CONTACT**

**DAVE TRELFA**

**01539 626087**

**07538 080510**

**[Multi.trade.no1@gmail.com](mailto:Multi.trade.no1@gmail.com)**

**NICOL**  
LANDSCAPES LTD

*Tree felling, pruning & dismantling,  
stump grinding & hedge trimming.  
Over 20 years' experience,  
Local company, fully insured*

**Call Andy Nicol, 07824 879 286 or  
01768 631 771 or email**

### Midtown Cattery

Loving care, spacious, modern &  
heated accommodation. Also  
offering horse DIY livery  
opportunities with accessible  
bridleways leading onto Crosby  
Ravensworth Fell. Tack room also  
included and haylage available. For  
more information and bookings call:  
Julie Fisher 01931 715246.

**M. KIPLING**  
**MINI DIGGER HIRE**  
**T: 07813 526474**

CSCS  
trained

- Footings
- Landscaping
- Drainage
- Ditching &
- Track repairs



**WPS**  
SUPPLIES LTD

**Fuel and more  
for your home**

Bulk bags - Barrow bags - Nets  
Logs: Kiln dried, hard wood & soft wood  
Nets: Hard wood & soft wood  
Woodsure ready to burn accredited

Ovoids: 50kg & 25k bags

Kindling, Firelighters, Flamers

Free local delivery

We are your local stockist

We also have building supplies:  
Sand, Cement, Aggregates, Blocks, Lintels,  
Tools and more

Please ring: 017683 72333  
wpssupplies@btconnect.com

**[www.wpssupplies.co.uk](http://www.wpssupplies.co.uk)**

Unit 2 Station Yard  
Kirkby Stephen CA17 4LA



**RAVEN**  
Graphics

**SIGNMAKING BY  
STEPHEN & ALISON MORRISS**

BOWBER HEAD  
RAVENSTONEDALE  
**015396 23463**

**[www.raven-graphics.co.uk](http://www.raven-graphics.co.uk)**

## **GLYN JONES**

**Funeral director**

**24 hour personal service**

Chosen Heritage Nominated

Funeral Director

12 Battlebarrow,

Appleby-in-Westmorland

**Telephone:- 01768 351569**



# ST & B

STABLES THOMPSON & BRISCOE

Formerly trading as J Noel Paul & Co.

Chartered Accountants  
& Registered Auditors

[www.stb-accountants.co.uk](http://www.stb-accountants.co.uk)

Tel: 017863 71272

Unit 27, Cumberland House,  
Kirkby Stephen Business Park



Mike Addison FBDO CL  
**OPTICIAN**

"Providing eye care for all the family"

**Appleby**

**Kirkby  
Stephen**

**Shap**

THE SHIRE HALL

32-34 MARKET  
STREET

SHAP MEDICAL PRACTICE

THE SANDS

PEGGY NUT CROFT

APPLEBY

KIRKBY STEPHEN

SHAP

CA18 6XN

CA17 4QW

CA18 3LW

T: 017683 53199 T: 017683 71555 T: 017683 53199

[info@mikeaddisonoptician.com](mailto:info@mikeaddisonoptician.com)

[info@mikeaddisonoptician.com](mailto:info@mikeaddisonoptician.com)



# The Black Swan



Serving breakfast, lunch and dinner seven days a week.

**Offer for Link Readers**

**15% off Food**, for a table up to 6.

Only one voucher can be used per table and it cannot be used in conjunction with any other offers or deals. Bring this advert in to redeem the offer. Drinks are excluded.

Bookings in advance are appreciated.

Offer ends April 30th 2025 (excludes April 18th - 21st 2025)

**Monday to Saturday**

Lunch: 12.00pm until 2.30pm

Dinner: 6.00pm until 8.30pm

**Sunday**

Lunch: 12.00pm until 7.45pm

Please call to book on **015396 23204**

Email: [enquiries@blackswanhotel.com](mailto:enquiries@blackswanhotel.com)

[www.blackswanhotel.com](http://www.blackswanhotel.com)



**Domestic Appliances, Digital TV, Aerial and Dish Installation  
Sales, Repairs and Service. Home Networking and Wi-Fi**

Kew House (Just off the A65)  
INGLETON - LA6 3NU



# Tooby's

## ELECTRICAL STORE

**Serving the Link area - Tel 015242 41224 / 42095**

[www.toobys.com](http://www.toobys.com)

## Ian Hutchinson

Wood Finishing  
Restoration Painter  
and Decorator

Restore wood & painted kitchens,  
Tables, Doors, Furniture etc

Tel: 017683 71008  
07966 948496

\* Excellent references \*

Owen's Garden Services  
Friendly and Reliable

- Lawn mowing
- Hedge Trimming
- Weeding
- Garden Tidy ups
- and General Maintenance



Mobile: 07490926793

Email: [Dobson77@hotmail.co.uk](mailto:Dobson77@hotmail.co.uk)



**WESTMORLAND  
HANDYMAN  
SERVICES**

**Tree surgeons - fully qualified & insured**

## J N & E Capstick

INSURANCE CONSULTANTS LTD

A local company small enough to care,  
but big enough to compete

Farm, Home and Motor Insurance

**CIR WINNER**  
**COMMERCIAL  
INSURANCE  
AWARDS 2017**  
**BROKER CLAIMS TEAM  
OF THE YEAR**

Market Square, Kirkby Stephen CA17 4QT. Tel. 017683 72285

36 Main Street, Sedbergh, LA10 5BP. Tel. 015396 20124

[sales@capstickinsurance.co.uk](mailto:sales@capstickinsurance.co.uk) — [www.capstickinsurance.co.uk](http://www.capstickinsurance.co.uk)

J N & E Capstick Insurance Consultants Ltd are authorised  
and regulated by the Financial Conduct Authority

- ✓ TREE SURGERY
- ✓ TREE REMOVAL PRUNING
- ✓ STORM DAMAGE
- ✓ POLLARDING
- ✓ TREE SAFETY REPORTS
- ✓ HEDGE TRIMMING

Contact Andrew

07979 648974

[thewestmorlandhandyman@gmail.com](mailto:thewestmorlandhandyman@gmail.com)  
[www.westmorlandhandyman.com](http://www.westmorlandhandyman.com)



**GIRLLMOUNT**

**A NEW EXPERIENCE FOR THE DENTURE WEARER**  
Do you have denture problems?  
Perhaps they are uncomfortable, or you are  
unable to eat the food you like?



Our Clinical Denture Technician, Rob Taggart, can help.  
Rob can create all types of comfortable, secure and natural-  
looking dentures that will restore your smile and transform  
your denture experience.  
If you would like to meet Rob and have a chat about your  
concerns, call to arrange a FREE assessment appointment.  
Come along and see what he can do for you!

01769 882426 | reception@girllmountdental.co.uk

Chapman's Chimney Vac Service

**THE VILLAGE SWEEP**  
**GRAHAM MOORE**  
**Tel: 015396 20353**

Now covers  
Sedbergh, Ravenstonedale,  
Tebay, Orton  
and Newbiggin-on-Lune

**K.Feller**  
Plumbing+Heating

**07852 302816**

k.fellerplumbing@gmail.com

**BUSI BEE**  
**VIRTUAL ASSISTANTS**

GENERAL ADMIN  
MARKETING & SOCIAL MEDIA  
TRAINING AND SUPPORT  
CUSTOMER SERVICE  
NEWSLETTERS & BLOGGING  
UTILITY SUPPORT  
CALENDAR & DIARY  
MANAGEMENT

Email busibeetsva@outlook.com  
Phone 07368 590120  
Instagram @busibeetsva  
Facebook Busi Bee

**WELDING & FABRICATION**

Plant and Machinery  
Steel Fabrication  
Agricultural  
Ornamental

Brian Metcalfe  
07534 424795  
brianmetcalfe938@gmail.com

**CUMBRIA CLASSIC COACHES**  
**YOUR LOCAL BUS SERVICE**

**Tel: 015396 23254**  
Ravenstonedale, Cumbria CA17 4NL  
CumbriaClassicCoaches.co.uk

**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 Garsill |
| 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   |        |
| Blackhall Road layover 1.45 hours   |         |        |

**106 Bus Service**  
Kendal - Tebay - Shap - Penrith  
on TUESDAYS & FRIDAYS

|             | to Penrith | to Kendal<br>Tues/Fri | to Penrith |
|-------------|------------|-----------------------|------------|
| Kendal      | 10.00      | 14.05/13.35           | 15.30      |
| Tebay Mt Pt | 09.32      | 13.28/12.58           | 16.02      |
| Orton       | 09.40      | 13.20/12.50           | 16.10      |
| Shap V Hall | 09.55      | 13.10/12.40           | 16.25      |
| Clifton     | 10.14      | 12.49/12.19           | 16.44      |
| Penrith     | 10.30      | 12.30/12.00           | 17.00      |

Revised 25-11-21

**DAVID SMITH & SON LTD**

Builders, damp proofing,  
condensation problems,  
timber treatment,  
woodworm dry rot and tanking

Contact Hans Smith

015396 24859 or 07773 444765

**Kurt Feller Joinery**

All aspects of joinery and  
maintenance undertaken

Call or text for a free quote

Kitchens  
Wooden floors  
Windows

07414905112  
k-feller@hotmail.com

FEEL ON TOP OF THE WORLD  
WITH WINDOWS & DOORS BY...

**Furness Glass**



Furness Glass, Unit 8, Beezon Rd, Kendal, LA9 6BW | 01539 729858 | furnessglass.co.uk

**yes you can**  
with Slimming World



Appleby in Westmorland  
Appleby Market Hall, CA16 6XF  
Tuesdays: 9.30am, 5pm, 7pm

Call Caroline on  
07799 265809



## RAVENSTONEDALE YOGA CLASSES

**Monday 7.15 - 8 pm**  
Hatha Yoga for everyone.

**Thursday 9.30 - 10.30 am**  
Hatha Flow Yoga for everyone.

Yoga classes are at The Heritage  
Centre(High Chapel, Ravenstonedale.

Classes are also available in other locations  
and Online.  
Contact me with any questions and for  
more details.

Suzie on 07940 185 471  
suzie@suziemetcalfe.com

Pay as you go or membership options

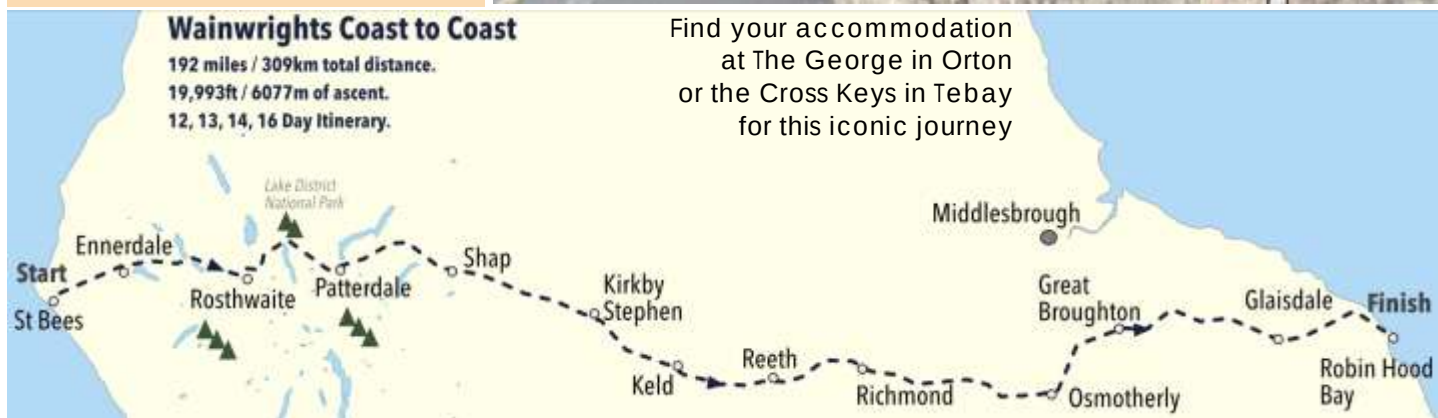


**Cross Keys Inn**  
16TH CENTURY COACHING HOUSE  
SERVING UP CASK ALES AND  
HAND STRETCHED WOOD-FIRED  
PIZZAS, COCKTAILS  
AND SUNDAY ROASTS.

**NEW POOL TABLE**

**TEBAY**

☎ 01768 639109  
🌐 CROSSKEYSINNTEBAY.CO.UK  
@ HELLO@CROSSKEYSINNTEBAY.CO.UK  
📷 CROSSKEYSINN.TEBAY



**Wainwrights Coast to Coast**  
192 miles / 309km total distance.  
19,993ft / 6077m of ascent.  
12, 13, 14, 16 Day Itinerary.

Find your accommodation  
at The George in Orton  
or the Cross Keys in Tebay  
for this iconic journey

Start: St Bees, Ennerdale, Rosthwaite, Patterdale, Shap, Kirkby Stephen, Keld, Reeth, Richmond, Osmotherly, Great Broughton, Middlesbrough, Glaisdale, Finish: Robin Hood Bay.

## GT's Trees and Gardens

**Trees Pruned, Hedges Trimmed  
Lawns Mown, High Hedges,  
Brash Chipping, Spraying**

Contact: Giles Thornley  
(Cert.Arb (RFS))  
NPTC Certificates

07785 361471 or 015396 23326



**Sports injuries  
Repetitive strain  
Degenerative conditions  
Persistent pain**

**07975 999 373**

Face to face appointments are available with  
robust Covid-Secure precautions in place.  
Contact me for appointments **07975 999373**  
or find me on Facebook  
@ReflexOrthoMassage.



## Interior & Exterior Painting Team

Over 45 years of experience.  
Painting, indoors, outdoor,  
wallpapering.



**NEW BUILDS  
RESTORATIONS  
PERIOD PROPERTY  
SHEDS  
OUTBUILDINGS**

Contact Andrew  
**07979 648974**

thewestmorlandhandyman@gmail.com  
www.westmorlandhandyman.com



**Chris Boustead - joiner**

**All joinery work undertaken  
and building contractor.**

**Mobile: 07875 505 976**  
**Email: chris.boustead@btinternet.com**

## Useful Contacts

Phone STD code is 015396 unless otherwise shown. Please let us know if there are others to add here.

### For little children:

Ravenstonedale: Dinky Dales Nursery Ltd:  
Julie Procter and Keeley Morland: 23670

### For primary age children

#### Orton C of E School:

Headteacher, Mrs. Emma Pomfret  
Office: Vicky Percival: 24268  
Friends of Orton School:  
Joanna Hayward: 07837 767442,  
[haywardjm75@gmail.com](mailto:haywardjm75@gmail.com)

#### Tebay Primary School:

Head of School: Mrs. Helen Wright  
Office: Tracey Morland: 24239  
Friends of Tebay School:  
Claire Penhallurick 07986 692527

#### 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](mailto:ruth.evans@niscu.org.uk)

Families Together in Tebay and Orton:

Pam Lawson: 26028

Tebay Beginner Brass:

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

### Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900

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

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

#### Vets:

Kirkby Stephen: 01768 371359

Appleby: 017683 51507

Shap: 01931 716024

### Adult groups

Alcoholics Anonymous

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

Archaeological Society: Jan Hicks: 01931 714122

Arts Society, Appleby: Gillian Stoddart: 01768 862501

Badminton: Richard Percival: 24352

#### Bands:

Appleby Town Band:

Chris Jenkin: 24410

Kirkby Stephen Silver Band:

Caroline Souter: 017683 72376

Bell Ringers: Julian Thorpe: 24166

Bingo: Helen Wearmouth 24066 or 07377 332 162

Boccia: Felicity Lawler: 015396 24465

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

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

Bowls at Newbiggin: Stephen Dickinson: 07766 833500

#### Choirs:

Combined Churches Choir: Chris Jenkin: 24410

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

#### Concerts:

Appleby: North Westmorland Arts: 017684 83777

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

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

Folk Dance Club: Catherine 017683 41549

Greenholme Show: Keith Golding: 01931 715446

Heating Oil Syndicate: Chris Jenkin: 24410

Howgill Harriers Running Club: [Admin@howgillharriers.co.uk](mailto:Admin@howgillharriers.co.uk)

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

Orton Market Hall Bookings:

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

Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 23470

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

Sew and Sews, Orton: Gillian:

UpperEdenRotary.org.uk Roger Frank 24326

Volunteer Social Car Scheme: Dennis Humphreys: 26052

#### Women's Groups:

Orton: Pat Alexander: 24303

Lune Ladies: Wendy Dickinson 07766 833500

Mothers' Union: Angela Milburn: 24382

Women's Institute: Jackie Huck: 24266

### Local community websites:

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

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

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

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

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

### Local church websites:

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

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

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

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

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

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

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

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

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