

The Link

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



October 2026

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:
www.linkmagazine.org/signup

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

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
J38 campaigning**

Photo credit: Tim Farron's office

Welcome to the October edition of The Link magazine.

We're very pleased to have
an introduction from the new
Anglican (C of E) vicar for our
area, Becca Gilbert - read
what she has to say opposite,
on page 3.

We're also really pleased to
have an update from the
group organising the
campaigning around the
proposed closure of Junction
38. There was a meeting
recently and this is written up
on page 18. Find out how
you can get involved.

There is lots to look forward to
as the days shorten - harvest
festivals, harvest suppers,
pumpkin parties, etc. Do
enjoy reading through the
local events, and if you attend

one of them, send us a photo
or a short paragraph and we'll
try and include it in the
following months' edition.

You're also being encouraged
to get things marked in your
diary for the run-up to
Christmas (!) If there is anyone
out there that wants to help
The Link run a calendar of
events, do please get in
touch. We set this up, as
requested by several local
groups, but then haven't had
any one offer to help with it -
so for the moment we've
stopped. If that could be you,
you'll need a few hours of time
a month and a computer or
similar, and we'll show you
how to do it. Do get in touch.

Elizabeth, Linda,
Martin, Paula & Tristan.



**Read more
about our
local campaign
on page 18**

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**

Rev Becca Gilbert introduces herself

Well, I'm incredibly thankful and excited to be the new vicar of the Upper Eden and Upper Lune Benefice. I'm also most thankful that I do not do this by myself; it is already evident that there is a wonderful team of people leading and serving across our churches and communities, whom I've been really enjoying meeting over my first few weeks.

I have long been inspired by and drawn to the places in which I find myself, and the stories that have shaped and continue to shape the landscape. I'm looking forward to learning more of those stories—your stories, and the stories we will weave together into the future.

I grew up enjoying stories of saints and sinners and still do - as I hover somewhere between the two! As an adult, my imagination has been caught by the tales of the early desert mothers and fathers, hermits, and mystics living between the 4th and 5th centuries. I'm well aware that I have often romanticised this picture, imagining the beauty of a hermit's life, but it appears the desert mothers and fathers were actually quite busy. Not only were they facing their own contradictinos and complexities, but they were also sitting with others who sought them out as they learned what it meant to inhabit life in all its fullness together.

I think of those who have accompanied me of late: friends who have walked with me—or, as a wild swimmer, entered the deep waters with me. I have been deeply thankful for them and have recognised the beauty of company for life's journey, especially through the hard times.

I am reminded of one of my favourite stories, which captures the moment when Cleopas and another disciple are walking together along the road to Emmaus. Finding themselves in a place of desolation, troubled and confused after losing hope and, most importantly, their friend, they experience a tender moment when someone joins them along the way, gently enquiring and listening to their heartbreak. When they invite their companion to join them for food, it is in the breaking of

bread together that they realise they are in the presence of Love itself. Christ was with them all along.

There's a book called Three Mile an Hour God by the Japanese writer Kosuke Koyama. Please don't ask me any questions just yet as I haven't quite finished it, but Koyama writes that 'Love has its speed... it goes on in the depths of our life.' Three miles an hour is the average walking pace; by taking life at that speed, we are more likely to notice those alongside us as we travel, and more likely to notice what is going on within us too.

John O'Donohue, an Irish poet, wrote a blessing for the end of a meal, and it has stayed with me ever since. I share it with you now, and I hope to meet you soon—perhaps over food?

Much love, Becca

We end this meal with grace.
For the joy and nourishment of food,
the slowed time away from the world
to come into presence with each other
and sense the subtle lives behind our faces,
the different colours of our voices,
the edges of hungers we keep private,
the circle of love that unites us.
We pray the wise spirit who keeps us
to change the structures that make others hunger
and that after such grace we might now go forth
and impart dignity wherever we partake.

– John O'Donohue
from "To Bless the Space Between Us: A Book of Blessings"

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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!

NEWBIGGIN-ON-LUNE CHAPEL SUNDAY SERVICES

10.30am every Sunday

A Warm Welcome to Everyone

Tea and Coffee to follow after the Service

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



MEN'S MEETINGS

7:30pm, at Newbiggin Chapel

Oct 7th Quiz Night

Nov 4th Quarrying industry and explosives
With Ian Brown

Dec 2nd Cycling through the Rocky Mountains
With Chris Swift

BREW - BISCUITS - BANTER

Contact Jonny Capstick for more info: 07792971021

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

LUNE LADIES

Wednesday 7th
October 7.30pm

**A talk on Local
Geology**

Wednesday 4th
November 7.30pm

**A talk about Scams.
How to help protect
our selves from being
scammed.**

Meet at Newbiggin
on Lune

village hall

All Welcome!

NEWBIGGIN ON LUNE PUBLIC HALL
Available for Hire!

7 DAYS A WEEK
A WELCOMING SPACE FOR EVERY OCCASION!

OUR FRIENDLY, USER-FRIENDLY HALL provides modern facilities and is available to hire 7 days a week for a wide range of events:

- PRIVATE PARTIES
- WEDDINGS, FUNERALS & CHRISTENINGS
- CLASSES & COMMUNITY GROUPS
- MEETINGS & CONFERENCES
- FUNDRAISING EVENTS

FACILITIES INCLUDE:

- SPACIOUS MAIN HALL SEATING FOR UP TO 100 PEOPLE
- STAGE WITH CURTAINS
- FULLY EQUIPPED KITCHEN: Microwave, hob, oven, fridge-freezer, crockery, cutlery & glassware
- STEP-FREE ACCESS RAMP FOR THOSE WITH MOBILITY PROBLEMS
- HEARING LOOP
- INTERNET ACCESS
- PROJECTOR

HIRE CHARGES*

KITCHEN ONLY	£15
HALL & KITCHEN	£30
HALL, KITCHEN & PAY BAR	£70

*A SESSION IS A MORNING, AFTERNOON OR EVENING (THREE SESSIONS PER DAY)

Great Venue Great Community!

FOR BOOKINGS AND ENQUIRIES CONTACT - 07474 442248 newbigginonlunepublichall@gmail.com

FIND US ON FACEBOOK - NEWBIGGIN-ON-LUNE PUBLIC HALL

SUPPORTING OUR COMMUNITY - A PLACE FOR EVERYONE!

Newbiggin on Lune Public Hall

CPR/Defib awareness/familiarisation session

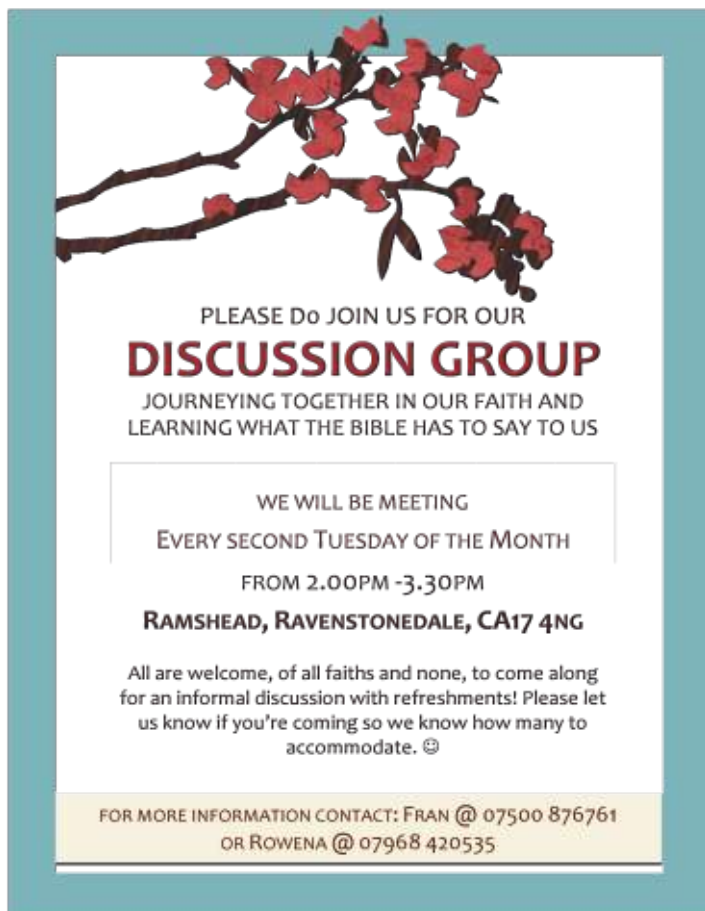
Free event All welcome

Provided by Upper Eden Community First Responder Group

Tuesday 10th November 2026 7pm

Did you know each year over 60,000 people have an out-of-hospital cardiac arrest in the UK, with less than 1 in 10 surviving - CPR can more than double someone's chance of survival.

Come along and learn how you could help save a life



Support from the churches

We are excited to announce the launch of our Team serving the pastoral needs of our communities in Orton, Tebay, Ravenstonedale, and Newbiggin-on-Lune.

Members of the team are available to provide visits at home, visits in hospital where appropriate, and a listening service for those who need someone to talk to. If you know anyone who would appreciate a visit, please email.



For anyone who would like to receive home communion please contact Rev. Sandra Ward on 015396 24213



RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

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

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

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

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

First Sunday of the month– Sound Bath with Ann Wappett (4-5pm) (07890336445)

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

Ravenstonedale Tennis Club Autumn Gathering

Saturday 3rd October

10 am to 12 noon.

Hot drinks and biscuits will be provided.

We'll play some tennis.

Everyone and all standards welcome.

We welcome non-members and spectators, too.

Equipment can be provided.

Please contact:

ravenstonedaletennisclub@outlook.com

if you would like to find out more or become a member.

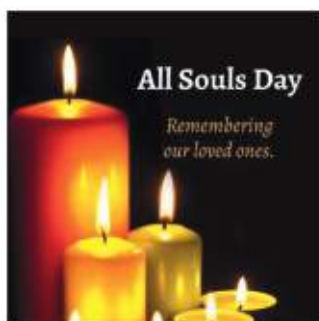


We wish to extend HUGE congratulations to David Farr and Rowena Tucker

who were married in St Oswald's Church on Saturday 12th September 2026.

We wish them every happiness in their future life together!





St Oswald's Church invites you to

A Service of Thanksgiving and Remembering for All Soul's

in memory of those we have known and loved
who are no longer with us.

**Monday 2nd November
at 6.30pm**

*There will be a time to reflect, light a candle, and to offer prayers.
Light refreshments to follow.*

COMMITTED 2 ROCK

COMMITTED2ROCK
CUMBRIA'S LEADING
CONTEMPORARY
MUSIC CHOIR

Raising funds for Jigsaw, Cumbria's
Children's Hospice & other good causes
supported by Rotary

Tickets from secretary@upperedenrotary.org.uk or
pr@upperedenrotary.org.uk or +44 7887 683831

FRIDAY 9TH OCTOBER Pay Bar / Raffle
NEWBIGGIN-ON-LUNE Bar open @ 7:00PM
PUBLIC HALL
7:30 PM £15

Rotary
Club of Upper Eden
Kirkby Stephen

THE VAGABONDS PRESENT

WHEN HAROLD MET SARAH

Written by Joan Barnard
Directed by Steve Fermer

ST OSWALD'S CHURCH, RAVENSTONEDALE
FRIDAY 4TH & SATURDAY 5TH DECEMBER, 2026 7:30pm

DOORS AND CASH BAR OPEN AT 6:30pm
Bar will re-open after the show
at 8:45pm (approx.)

CASH ONLY

FREE ENTRY
Retiral collection in aid of Every.
Life Matters and the St Oswald's
sound system fund.

Every
life
matters ...

RAVENSTONEDALE PARISH HISTORY GROUP WEDNESDAY 21ST OCTOBER 2026

7.30 PM

at

RAVENSTONEDALE COMMUNITY & HERITAGE CENTRE

MUSINGS OF A TAPHOPHILE – a tombstone tourist

origins of official burial grounds and
observations on grave markings

WITH

Bev Brummitt

Admission: FRIENDS free Members £4.00 Non Members £6.00
including refreshments

For more information contact Val Fermer on 07798 688057 or leave a
message on

www.ravenstonedalehistory.org.uk

Ravenstonedale & Newbiggin

Folk Dance Group

Newbiggin on Lune hall
(Sept — Apr)

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

7.15pm — 9.30pm

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

Hebridean Fire

Elsa Jean McTaggart and Gary Lister present Hebridean Fire. These multi-instrumentalists from the Isle of Lewis take you on an eclectic musical journey through the islands and highlands of Scotland past and present.

From soulful laments to high energy, beautifully arranged sets of jigs, reels, and original songs with plenty of laughter, joy and warmth.

Thursday 15 October, Appleby Hub

We all need someone to talk to

If you are feeling lonely, anxious, or just in need of a chat, our Pastoral Team are here to offer support and connection, with friendly conversation over coffee and cake.

Do come and join us

When & Where:

Every Third Tuesday at 1:00 PM – 3:00 PM
at The Scar Gallery, Ravenstonedale. CA17 4NQ

What Is This Space?

Free drop-in support; Warm, welcoming environment; Free refreshments;
No appointments needed.
Stay for minutes or the whole two hours

Who we are:

A safe space; Non-judgemental listening;
A friendly, local team;
Trained and safer recruited

For further information please get in touch by email: otr.pastoralcare@gmail.com

We all need to talk to someone

The Office for National Statistics has found that almost a quarter (23%) of adults reported feeling lonely 'often, always or some of the time' with younger adults, in the 16 to 29-year age group, who make up the highest proportion of that figure, followed closely by the over 70's

We are fortunate here in our communities that we have many different social groups which offer various ways to engage with others. But sometimes there are people who, for whatever reason, may not feel connected. Sometimes we can actually find ourselves disconnected, whether that's through illness, loss, or a change in life circumstances.

And sometimes we may just need someone to talk to. It is often at those times when it might feel harder than ever to reach out to others.

It is for this purpose that we have launched our Pastoral Team, to offer support, a listening ear, and connection for those who need it. Our aim is to provide companionship and a caring presence, across our local communities, for people of any age.

Starting from September we are delighted to be able to host a monthly "drop-in" at the Scar Gallery in Ravenstonedale, to provide a safe space and a warm welcome with free refreshments and resources.

If you, or someone that you know would value support, or just someone to talk to, you can contact us via email at -

otr.pastoralcare@gmail.com

When & Where

Every Third Tuesday
1:00 PM – 3:00 PM
The Scar Gallery
Ravenstonedale. CA17 4NQ

What Is This Space?

Free drop-in support
Warm, welcoming environment
Free refreshments
No appointment needed
Stay for minutes or the whole two hours

Who we are

A safe space
Non-judgemental listening
A friendly, local team

Textures of Autumn

The rub of the rain hood,
The slip of the grass,
Textures of Autumn when summer is past.

Water on Gore-Tex,
Sludge on the shoe,
Textures of Autumn when summer is
through.

Urgence of water,
Making its way,
Onwards and down through the
shortening day.

Wind swirling and calling,
Submerging the air,
Rounding up nature leaving her bare.

Outlines emerging,
Against the grey of the sky,
Textures of Autumn as winter draws nigh.

The change of the seasons,
The turn of the year,
A pattern familiar, one to hold dear.

Dog Walk Doggerel Writer



RAVENSTONDALE COMMUNITY & HERITAGE CENTRE COFFEE & CHAT

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



All Saints Coffee Morning at the Farmers Market

Tea, coffee, scones, cake,

Bric-a-brac

£410.30 raised at the September Coffee Morning

Come up to the Church to join us!

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

Boccea 015396 24465, Vinelif Church 015396 24253,
Pilates 07375082111, Yoga 07950435136

Bookings: book through our website:
ortonmarkethall.co.uk

BINGO

ORTON MARKET HALL

FRIDAY 9th OCTOBER

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

Money raised to

GREENHOLME SHOW
And
ORTON MARKET HALL

Forthcoming Dates

13th November - Breast Cancer
11th December - Eden Valley Cancer
8th January - Growing Well



HIRE CHARGES

Prices from 1st July 2026



Orton Market Hall Bookings

Email: bookingsortonmarkethall.com

SESSION TYPE	WHOLE BUILDING	MAIN HALL	SUPPER ROOM
3 HOUR SESSION	£45	£29	£21
PER HOUR* (THIS OPTION IS AVAILABLE AS PART OF A 3 HOUR SESSION TOP UP ONLY)	£19	£15	£14

Short term hire available (minimum 3 hours).



* We kindly request that you book the whole building to be hired if music playing / speaking and presentations.



Price from 1st July 2026, reviewed in Spring 2027



AT THE HEART OF OUR VILLAGE
by our community, for our community



All Saints' Church Harvest Thanksgiving



Gifts of food or toiletries will be given to
Upper Eden Food Bank

Cash Collection for Christian Aid

Harvest Communion

Sunday 4th October, 10.30 a.m.

Harvest Supper

in the Market Hall

Monday 5th October, 7.00 p.m.

Adults: £10.00

Under 16s: £5.00

Bring your own bottle - Raffle

Tickets from Orton Village Store, or phone
24410 (Mary) or 26187 (Keith)

Upcoming Events at ORTON MARKET HALL

September	
18th	Coffee Morning 10am-12.30pm
23rd	Film night: Hamnet 7pm
27th	Fashion Show/ pop up Shop
October	
9th	Bingo 7.30pm
10th	Farmers Market 9am-2pm
16th	Coffee Morning 10am-12.30pm
28th	Film night: Song Sung Blue 7pm
November	
13th	Bingo 7.30pm
14th	Farmers Market 9am-2pm
20th	Coffee Morning 10am-12.30pm
21st	Christmas Fair 10-1pm
25th	Film night: H is for Hawk 7pm
December	
4th	Christmas Fused Glass Workshop
5th	Emi & Liv's Natalie Xmas Restaurant Pop up
11th	Bingo 7.30pm
12th	Farmers Market 9am-2pm



Orton Market Hall
www.ortonmarkethall.co.uk



SOUP & SWEET LUNCH

JOIN US FOR A WARM LUNCH
AND A SWEET TREAT!



SATURDAY 7 NOVEMBER
11.30 - 2.00



**ORTON
MARKET HALL**



LUNCHTIME EVENT
SERVING SOUP & SWEET



£10 PER TICKET
AVAILABLE FROM MENNA
07534 243664
mennalewis13@gmail.com



RAFFLE



**ROYAL
OSTEOPOROSIS
SOCIETY**

Better bone health for everybody



Menna is running the London Marathon
in 2027 to raise funds for the Royal Osteoporosis Society.



**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

Last Post Collection

Monday	9 am to 1 pm	3:15 pm
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

Families Together
invites you to our

Pumpkin Party!

Fun & Thanksgiving at Harvest Time

Orton Market Hall
3.30-5.30pm, Saturday 3rd October

Cooking and baking!
Hot meal
Pumpkin Crafts
Pause for thought
All ages welcome!

Free event



More details on the
Families Together in Tebay
& Orton  Facebook page

To book your free place,
scan the QR code or visit:
<https://cutt.ly/FTPum>

in26

ORTON MARKET HALL

COFFEE MORNING

Join Us for Coffee & Conversation

Whether you'd like a friendly chat, to meet new people, or simply enjoy a relaxing morning with a cup of coffee, everyone is welcome!

 **DELICIOUS**
Home-Made Cakes

 **FRESH**
Coffee & Tea

 **A WARM**
Welcome Awaits

Good coffee
Good cake
Great company!

DATES

 FRIDAY 18TH SEPTEMBER	 FRIDAY 16TH OCTOBER	 FRIDAY 20TH NOVEMBER
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ORTON MARKET HALL
ORTON, CUMBRIA

DONATIONS GRATEFULLY ACCEPTED

All contributions help support activities and events at Orton Market Hall.
Come along, bring a friend, and enjoy good company in a welcoming community setting.

 **COFFEE**  **CAKE**  **CONVERSATION** 

 **Orton**
CE Primary School

OPEN MORNING

TUESDAY 6TH OCTOBER

Come and see us in action.

 Open to current family members, prospective family members and our community.

 Refreshments provided by Friends of Orton School.

 9am - 11.30am

A happy place to learn, grow and thrive

-  Rooted in Christian values of love, forgiveness and hope
-  Growing strong in a caring and safe environment
-  An excellent place to learn
-  Thriving and flourishing to go out into the world

Together in faith, learning and love

ORTON MARKET HALL

FILM NIGHT

★ GREAT FILMS ★ GREAT COMPANY ★ GREAT VENUE ★

HAMNET

THE ACCLAIMED ADAPTATION OF MAGGIE O'PARRELL'S BESTSELLING NOVEL

WEDNESDAY 23 SEPTEMBER **7:00 PM**

ORTON MARKET HALL
ORTON, CUMBRIA

 **BAR AVAILABLE**  **ICE CREAM AVAILABLE**

TICKETS
£5 ADULTS
£3 10 & UNDER

Great films. Great company. Right here in Orton.
BOOKS OPEN 6-10 PM • ALL WELCOME!

ORTON MARKET HALL

CHRISTMAS Fair

SATURDAY 21ST NOVEMBER
10 - 1PM

STALLS ARE £10



If you are interested in having a stall please contact the email address below
A CHRISTMASOFTHEWINTERMAIL.COM

ORTON "BOCCIA" GROUP

- a sitting down version of boules

We meet in **Orton Market Hall**,
alternate **Thursdays**
for fun & friendship **1.30pm** to 3.30pm

£3.00 per session Restarting in the autumn:
September 3rd and 17th
October 1st, 15th and 29th
November 12th and 26th

For more information, please contact:
Felicity Lawler 015396 24465

News from Orton School

A happy place to learn, grow and thrive

Welcome one and all to our new school year... 2026-2027.

We have already welcomed 2 new members of staff and 9 Reception children into school, with Nursery children joining us over the coming weeks.

There are already many exciting events on the school calendar for the year ahead, so we hope that you will enjoy following our learning and adventures.

Our Year 6 children have settled into their roles of responsibility, being welcoming and helpful, hard working, fun, courteous, kind and compassionate in all that they do. Well done Year 6!

An interview with Rheya, Year 1, Birch Class

"I like to play with the teddies and the dinosaurs, and I like to play with the train track.

We've been doing maths, and writing.

I like to play with Isla, and I've played with Juliette and Myla."

An interview with Freya, Year 4, Oak Class

"It's exciting doing different and harder work in Oak Class. Favourite bit so far is probably doing art."

An interview with Freddie, Year 6

"Being in Year 6 feels responsible. I am enjoying being a house captain. The work's getting a bit harder but Mrs Toward is helping me out."

Flying the flag for our Eco-School



Last year our Eco-Committee were a fabulous team leading the way on environmental projects, making real choices and providing opportunities for the whole school to make an impact locally and globally. Absolutely Brilliant, well done everybody!

Cross Country with 427 Runners at Kirkby Stephen



Fantastic attitude, fabulous efforts, stunning results, amazing personal achievement. We are so proud of Team Orton. Thank you Eden Valley Sports Partnership.



Get in touch by email or phone:

admin@orton.cumbria.sch.uk / 015396 24268

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

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

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 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 any queries, please contact

Richard Best:

richard.violin.1@gmail.com

Tel. 07939 540139

TEBAY AND ORTON WI

The sun is definitely lower in the sky as we head into autumn after a wonderful summer of warm and sunny weather, from which we have all benefited. Our June birthday meeting was celebrated with a visit to Sizergh Castle, the ancestral home of the Strickland family. Although it is now a National Trust property, the family still lives there, which makes for an ambience of intimacy and cosiness. After a 15 minute video presentation on the history of Sizergh, we toured the castle. Wherever a WI meets, there is always food, and after lunch in the cafe, and a lot of conversation, we strolled round the immaculate gardens. Tea and cake followed, and we were still in deep conversation until closing time.

A summer garden party has now become an annual event, and in July it was held at the home of Felicity Lawler. We enjoyed afternoon tea provided by all our members and afterwards, Jackie Huck, our President, entertained us with some of her many witty stories.

In August we hosted the Eden Piano Trio for an afternoon charity concert at Tebay Methodist Chapel. Andy Glanville, on the keyboard, accompanied Sheila, the violinist (a WI member from Warcop) and her friend Chris, on the cello. The concert opened with Mendelssohn's piano trio in A minor, and was followed by four pieces by Shostakovich, Fritz Kreisler's 'Danny Boy' and music from the show 'Oklahoma'. Tea and cakes were served during the interval, and the concert resumed with Vladimir Vavilov's version of Ave Maria arranged for piano trio. Two tango pieces from Vivaldi's 'Four Seasons' - Autumn and Winter - arranged by the Argentine composer, Piazzola, were performed. The finale was Simon and Garfunkel's popular 'Bridge Over Troubled Water'.

The concert was well attended, and we were delighted to have raised £331.80p for the charity 'Sightsavers', chosen because two of our members recently had eye surgery, free on the NHS.

Tea, cake and conversation feature regularly at our WI meetings, but we do enjoy some culture too. We attended a performance of 'Calendar Girls' at Theatre by the Lake in Keswick. Based on Rylstone WI's alternative calendar produced to raise money for a local hospital, this musical

production by Tim Firth and Gary Barlow, was poignant and joyful. The acting was superb, and many of the performers not only sang, but played two or three instruments during the show.

I am glad that I did not wear any mascara, because my eyes were permanently damp from tears of sorrow and laughter. We are so lucky to have Theatre by the Lake nearby.

Over the winter months, we will be meeting in the afternoons, every third Wednesday in Tebay Methodist Chapel. If you are inspired to come along please contact our secretary, Lin Stretton by emailing linstretton@btinternet.com

Felicity Lawler



SHAP MEDICAL PRACTICE
Peggy Nut Croft,
Shap, Penrith, CA10 3LW
Tel: 01931 716230

Flu & COVID Vaccinations

The Practice will be holding joint flu and COVID vaccination clinics on Saturday 10th and Saturday 17th October for all eligible patients. Most eligible patients should have been contacted by text or telephone to arrange an appointment. If you believe you are eligible but have not heard from us, please contact the Practice. If you are eligible for, and wish to have, the shingles or pneumococcal vaccination, please let us know when contacting us.

If you are eligible for a COVID vaccination but cannot attend either of our clinics, you can book through the national NHS booking system using the NHS App, NHS website or by calling 119.

Equipment Calibration

We have arranged for an external company to calibrate the Practice's medical equipment and patients' blood pressure monitors on Wednesday 18th November. If you would like your blood pressure monitor checked and calibrated, please bring it to the Practice and let a member of the team know.

Dispensary

You can collect your medication 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.

Dispensary hours are:

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

Did you know you can manage your healthcare from your phone?

The NHS App lets you:

Order repeat prescriptions

View test results

Check your medical record

Book and cancel appointments (where available)

It's a quick and secure way to access our services - without needing to call the surgery.

If you haven't used it before, ask our reception team for help getting set up.



Tebay and Orton WI

DOMINO DRIVE



SATURDAY 24TH OCTOBER 2026
7:30PM

Entry: Adults £2, Children £1

Tebay Sports and Social Club
Church Street, Tebay CA10 3SP

Raffle and Refreshments



Welcome Back!

It was wonderful to welcome all our children back on Thursday 3rd September. Everyone looked very smart in their uniforms, and it was lovely to see so many happy faces. We hope that all of our families had a lovely summer break and enjoyed some quality time together.

A very warm welcome to our new starters in Reception and Nursery. They have made a fantastic start to their school journey and are already settling in beautifully. We are so proud of them!



Reading at Tebay Primary School

Reading remains one of our key priorities at Tebay Primary School and we are continuing with several successful initiatives introduced last year.

Team Tebay Talk Time

Our Team Tebay Talk Time sessions will continue during lunchtime. Led by our wonderful Mighty Oaks, children will take part in discussions around British Values and what these mean in everyday life, both within our school and our wider community. These conversations help to develop communication skills, confidence and understanding of the world around them.

Team Tebay Reading Time

We are also continuing with Team Tebay Reading Time, where children from Year 1 to Year 6 read together with a partner. This initiative benefits both children involved. The developing reader gains additional support and practice, while the more confident reader develops leadership, fluency and communication skills.

Children are encouraged to share their own reading books, allowing staff opportunities throughout the week to listen to and support all readers across the school.

Whole Class Reading

In Key Stage 2, all children take part in Whole Class Reading sessions. During these sessions, children focus on reading fluency and comprehension skills. Teachers are able to listen closely to children read and provide targeted support as they continue on their reading journey.

Story Time and Quality Texts

To round off our daily reading provision, each class enjoys a carefully selected class text at the end of the day. This special time allows children to experience the joy of listening to stories read aloud and helps foster a lifelong love of reading.

Our English curriculum is also built around high-quality texts, exposing children to rich vocabulary and meaningful discussions about authors' intent, themes and deeper meanings within texts.

Simply put, we prioritise reading at Tebay Primary School because we know that strong reading skills unlock success across the curriculum and beyond.

After school clubs this half term

We are delighted to share our after school activity list for this half term. After school club is very well attended and is run by Mr Penrice.

'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 X: @TebaySchool

Tracy Morland — School Administrator
admin@tebay.cumbria.sch.uk ;
Tebay Primary School Tel: 015396 24239



TEBAY PRIMARY SCHOOL

AFTER SCHOOL CLUBS

– AUTUMN 1 –

Join the fun every day after school!


RESPECT
 Be kind and considerate


RESPONSIBILITY
 Take ownership of learning


RESILIENCE
 Keep trying and never give up

Growing, learning and succeeding together.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXPLORERS	DRUM + BRASS	FILM CLUB OR SING SQUAD	RAZZAMATAZZ	CHILL CLUB
Prepare for the great outdoors, learning the skills needed to stay safe and have fun in nature's playground. Please come with appropriate footwear and coats! 	Make music with Drum + Brass. This club will let you get hands on experience playing Cornets and Trombones. 	Join us for a family friendly film with colouring and popcorn. Sing Squad Sessions – Songs and Music 	Each term we will work on a different theatre production and perform to parents at the end of term. Sing, Dance and Play with Razzamatazz! 	End the week in this relaxed, child led club. The children lead the way as activities are picked by the group. 



MAKE FRIENDS



LEARN NEW SKILLS



BUILD CONFIDENCE



HAVE FUN!

FOR BOOKING INFORMATION PLEASE CONTACT THE SCHOOL OFFICE

We look forward to seeing you there!

The Westmorland Miles for Minds

**Challenge raises over £59,000
for Growing Well at Tebay,
Cumbria**



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@ffto.org.uk for more info.



Cumbria-Westmorland Federation of WI

Tebay and Orton WI

Stunningly Simple Inspirations

Flower Demonstration by Joan Bentley




Wednesday 21st October 2026
at 1pm

Tebay Methodist Chapel Hall

Visitors welcome, £4 entry includes refreshments



theWI
INSPIRING WOMEN

Fun and Friendship



theWI
INSPIRING WOMEN

TEBAY SPORTS & SOCIAL CLUB

GOOD SPORT • GREAT COMPANY • EVERYONE WELCOME

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

sky sports



OPENING HOURS:

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

Big Screen TV • Sky Sports

Pool table

Snooker table

Darts boards

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

Prize Bingo on alternating Sundays

Free WiFi



Church Street, Tebay CA10 3SX

Tebay Sports and Social Club
Find us on Facebook

Warm Welcome is back!

WARM Welcome Spaces

Tebay Methodist Chapel

1st Sunday in the month
12.30 to 4.00pm

WARM meal served at 12.30pm

AUTUMN 2026 DATES:
Sun 4th Oct
Sun 1st Nov
Sun 6th Dec

FREE meal Donations welcome

OPEN TO ALL AGES!
(children must be accompanied by an adult)

SEEDS, SOIL AND SMILES

A family celebration of creation

FROM 10.00AM

JOIN US AT TEBAY CHAPEL ON SUNDAY 18TH OCTOBER
BRUNCH & HARVEST SERVICE

Keep Junction 38 Open!



As reported in the June edition of The Link, National Highways has agreed to review controversial plans to partially close Junction 38 on the M6 during major bridge replacement works. This followed months of pressure from local communities, businesses and Westmorland and Lonsdale MP Tim Farron.

Under the original proposal, Junction 38 at Tebay would be closed in one direction for two years followed by the closure of the other direction for a further two years while work took place.

National Highways will now undertake a full review of how the project is delivered and has said that "no option is off the table" as it considers ways to minimise disruption during the works. This opens the possibility of alternative solutions that could allow Junction 38 to remain fully open throughout the project. Over the next few months National Highways will be evaluating different options for undertaking the work before submitting a shortlist for public consultation in early 2027. Campaigners are fighting to ensure that the options include keeping J38 fully open. The criteria that National Highways will use to shortlist the options will include the impact on the Community - residents, businesses and farming. This consideration of the impact on the Community was not undertaken when the scheme was first devised.

National Highways has acknowledged that they do not have comprehensive and detailed understanding of Community impacts should J38 be partially closed and have requested that we aid their understanding. Campaigners are now preparing a document to do that.

It is vitally important that the document captures as many concerns from as many residents, farmers and businesses as possible.

So to help Keep Junction 38 Open please send an email to one of the addresses

below **describing how a four year partial closure of J38 will affect you or the community.** You can send in a one liner or a few paragraphs. Feel free to share financial impacts.

Concern	Email
Local Authority Services	LocalAuthorityServices@keepj38open.com
Schools, education	education@keepj38open.com
Roads and Rat running, Emergency Services, GP, Homecare,Tourism, recreation	emergencyservices@keepj38open.com
Tourism, recreation	tourism@keepj38open.com
Farming	farming@keepj38open.com
Commercial transport	hgvs@keepj38open.com
Social Impacts or how it affects you personally	socialimpacts@keepj38open.com

If your email covers more that one of the concern categories above simply send it to the address that has the closest match.

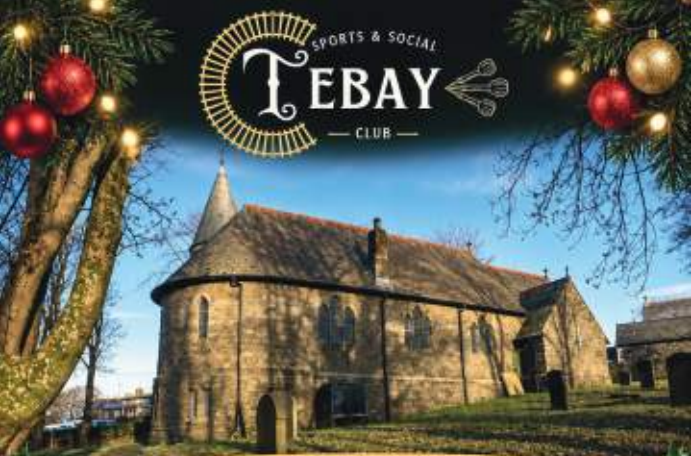
If you want to be kept in touch with any future developments then just email mycontact@keepj38open.com Your email won't be shared.

National Highways needs to understand the damage that a partial closure of J38 would cause to everybody in our community. It is vital that you share your concerns now.

Please send your email by 31st October. Thankyou.

Keep Junction 38 Open!





SAVE THE DATE!
CHRISTMAS
BINGO
IN AID OF
ST JAMES CHURCH TEBAY



— SATURDAY 5TH DECEMBER —
— EYES DOWN 7:30PM —



SAVE THE DATE




**Over 60's
Christmas Dinner**
**SATURDAY
12TH DECEMBER**




**Children's
Christmas Party**
**SUNDAY
20TH DECEMBER**

More details to follow

Services in our Anglican churches

Sunday 4 October Trinity 17 <i>Green</i> <i>Welcomer:</i> Isaiah 5.1-7 Philippians 3.4b-14 Matthew 21.33-46	Orton, 10.30am Harvest celebration <i>Sandra Ward</i> <i>Welcomer:</i> Garth and Pam Blundell Mary Jenkin Margaret Longworth <i>Prayers:</i> Angela Milburn	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am Harvest celebration <i>Fran Parkinson</i> Richard Best Diana Fothergill
Sunday 11 October Trinity 18 <i>Green</i> <i>Welcomer:</i> Isaiah 25.1-9 Philippians 4. 1-9 Matthew 22. 1-14	Orton, 8.30am Holy Communion <i>Becca Gilbert</i> John Dunning	Tebay, 10.30am Holy Communion <i>Charles Cowling</i>	Ravenstonedale, 10.00am All Age Worship <i>Team</i> David Farr John Newton
Sunday 18 October Trinity 19 <i>Green</i> <i>Welcomer:</i> Isaiah 35. 3-6 2 Timothy 4. 5-17 Luke 10. 1-9	Smiles, Seeds and Soil - joint service at Tebay Methodist Church, 10:00am A Family Celebration of Creation <i>Stephen Radford and Fran Parkinson</i> Anglican and methodist churches celebrating together Brunch from 10am, service from about 10.30am		
Sunday 25 October Trinity 20 <i>Green</i> <i>Welcomer:</i> Leviticus 19.1-2,15-18 1Thessalonians 2.1-8 Matthew 22. 34-46	Three Churches Service at St James, Tebay; 10:30am Holy Communion <i>Becca Gilbert</i> Zoom meeting number: 894 1727 3600		



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 Benefice Administrator: Rachel Robinson on 07435 762317 or rachel.robinson@carlisediocese.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

If it's for any other church or organisation, please make contact directly.

A Cumbrian vicar is set to take on a gruelling 24-hour fell walking challenge to raise money for her church's spire repair fund.

The Rev Olivia Haines, Team Vicar in the South Lakes Mission Community, will scale Reston Scar multiple times in order to pull in the pounds for repairs needed at the historic Grade II listed St James' church in Staveley.

In May 2025, four months after Olivia joined as the new vicar, the church congregation was forced to move out of the building after a survey discovered serious structural defects with its spire and lychgate. Services have since been held in the village school and the Roundhouse Theatre, with the repairs estimated to cost around £300,000.

Her 24-hour challenge takes a 1.4-mile circular route from the church to the summit of Reston Scar includes a climb of 425 feet.

Services in our Methodist churches

2026	OCTOBER			
	4th	11th	18th	25th
Special Sunday	Ord 27	Ord 28	Ord 29	Ord 30
Lectionary Year A/B	Ex.20:1-4,7-9, 12-20 Ps. 19 Phil. 3:4b-14 Matt. 21:33-46	Ex. 32:1-14 Ps. 106:1-6, 19-23 Phil. 4:1-9 Matt. 22:1-14	Ex. 33:12-23 Ps. 99 1 Thess. 1:1-10 Matt. 22:15-22	Deut. 34:1-12 Ps. 90:1-6, 13-17 1 Thess. 2:1-8 Matt. 22:34-46
Brough 10.30am 6.30pm	Longworth ---	At Brough Sowerby Cxn at Kirkby Stephen	T Taylor ---	P Dunstan CA ---
Brough Sowerby 10.30am 6.30pm	McGregor ---	Betts Cxn at Kirkby Stephen	LA ---	At Brough ---
C Garrett 6.30pm	10.30am U/HF at St Andrew's	Cxn at Kirkby Stephen	S Radford	Betts
Kirkby Stephen 10.30am 6.30pm	T Taylor ---	H Radford Cxn	Shared Worship ---	Longworth ---
Newbiggin on Lune 10.30am 6.30pm	HF A Woodhouse ---	Themed A & P Dunstan Cxn at Kirkby Stephen	At Tebay Themed A & P Dunstan	A Dunstan Themed ---
Orton 10.30am 6.30pm	Askew Themed ---	Askew Themed Cxn at Kirkby Stephen	At Tebay ---	LA ---
Ravenstonedale 2.00pm 6.30pm	LA ---	S Woof. Cxn at Kirkby Stephen	S Radford HC ---	Hutchinson ---
Shap 10.30am 6.30pm	Newlove HC ---	---	---	---
Soulby 10.30am 4.00pm	---	Worsfold 6.30pm Cxn at Kirkby S	---	OA ---
Tebay 10.30am 6.30pm	OA U ---	Carter Cxn at Kirkby Stephen	S Radford U/ Yth ---	Stewart ---
Winton 10.30am 7.00pm	W Ousby ---	J Morton HF 6.30pm Cxn at Kirkby S	Marston Get Together	S Radford HC ---

A Litany of Joy and Sorrow

God of joy and sorrow,
who saw that it was good, very good;
who made Sarah laugh in barren old age
and Jeremiah weep in prophetic rage;
who can turn mourning into joy and give
gladness for sorrow;
who keeps bottles full of tears and fills
mouths with laughter and delight;
who offers a man of sorrows, to whom we
offer worship with shouts of joy;
blessed be your name.

God of joy and sorrow,
who in Christ Jesus blesses the grieving
with comfort and the weeping with
laughter;
who wept at Lazarus' grave and at the
city gates of Jerusalem;
who plants the seed of complete joy
within;
who was overwhelmed by sorrow in
Gethsemane's garden;
who by Resurrection turns our pain into joy;
blessed be your name.

God of joy and sorrow,
who calls us to share in rejoicing and
weeping;
who fills us with all joy and peace in
believing;
who for the sake of joy endured the Cross,
disregarding its shame;
who will wipe away every tear from our
eyes;
who has made known paths of life and fills
us with the gladness of divine presence;
blessed be your name, this day and every
day. Amen.

Rev'd Mark Slaney

Church Contacts

Anglican Churches

Curate Charles Cowling
Associate Priest Fran Parkinson
07500 876761
franticparki@gmail.com
Mission Community Admin
Rachel Robinson
07435 762317
rachel.robinson@carlisle-diocese.org.uk

Retired clergy

Sandra Ward 24213
Christopher Jenkin 24410

Orton with Tebay

Churchwardens+ Deputies
Linda Garrick 24262

Keith Capp 26187
Martin Lawson 26028
Mary Jenkin 24410
Secretary, Brenda Iveson 24617
brendaiveson@btinternet.com

Treasurer, Bill Lawler 24465
Local lay minister
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 Churches

Minister Revd Stephen Radford,
017683 71202
stephen.radford@methodist.org.uk
Administrator Avril Swinbank
ksatcircuit@gmail.com

Roman Catholic Church

Fr Stuart Chapple
Church of Our Lady of Appleby
01768 862273



WhatsApp messages and emails received by Rev Chris Jenkin

- Books, desks damaged
- Parents fear
- Dropout risk

We need climate-resilient roofing, tree planting as windbreakers, and Good Samaritan Charity Funds to respond quickly.

We urgently need 120 iron sheets, timber, ridges and nails to restore the classrooms.

Cost: 120 iron sheets × 50,000/= @
UGX.6,000,000/= (About £1,200)

Headteacher: Mr. Byamugisha Eric

Overseer: Rev. Canon Walina Nelson

News from Kasese

From Archdeacon Nelson Walina, 17.9.26

URGENT APPEAL FOR RE-ROOFING 4 CLASSROOMS BLOWN OFF BY STORM - 640 PUPILS AFFECTED



On behalf of Kibuga Primary School in Kanamba Parish, a Church founded School under South Rwenzori Diocese, we appeal for emergency support.

On Wednesday 16th September, heavy storm winds blew off roofs of 4 classrooms out of 7. The school enrolment is 640 pupils. Learning is now under trees and in the church. Scholastic materials were also destroyed.

- No classrooms for 4 classes
- Children learning under trees, risk of rain



Donations can be given a.s.a.p. to the Revd. Christopher Jenkin by cash, cheque, or make an online bank transfer (BACS) to account no. 21197968, Sort Code 77-56-10; Lloyds TSB.

Mr C C & Mrs M P Jenkin account. (If reference required, make it "School"). If you use BACS please tell Christopher by email - ccjenkin81@gmail.com

On a sad note, one of the Couples Corners Fellowship families lost a baby of one month, burial took place on Thursday 3rd of September 2026. Kindly pray with us as Couples Corner families and specifically for the Caroline and Moses' family, after those medical expenses. We believe and trust, the Lord God has the power to settle them. Thanks for listening to me. (We sent a gift of £100 to help this family, with a message: "I am so sorry for Carolina and Moses in their sad loss.")

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 8:00am 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 **fiveworking 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 11.00am.

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

Covid & Flu vaccinations

Autumn Flu + Covid boosters will start from 1st October. Eligible patients will receive a text email or phone invite.

To book in for your vaccination please contact reception or book online.

Saturday clinic is available on 3rd October 08:30am to 5pm

We also offer appts on weekdays if this is more convenient.

Tebay clinics will be held most Tuesdays in October.

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.

Change of personal details

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

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

☎: 017683 71369

Shap Medical Practice & Orton Surgery

Appointments

GP appointments are usually 10 minutes long, which allows us to help as many patients as possible each day.

If you have more than one concern, please let our reception team know when booking. We're happy to arrange a longer (double) appointment where needed.

This helps us give you the time and attention you deserve and keeps waiting times fair for everyone.

Dispensary

Did you know you can manage your healthcare from your phone?

The NHS App lets you:

Order repeat prescriptions

View test results

Check your medical record

Book and cancel appointments (where available)

It's a quick and secure way to access our services - without needing to call the surgery.

If you haven't used it before, ask our reception team for help getting set up.

Need an appointment outside normal hours?

We offer enhanced access appointments at times designed to fit around work, school, and other commitments.

This includes:

Early morning blood sample taking appointments

Evening nurse appointments

These are available throughout the week and can be booked in the usual way via reception or online.

Please ask when booking if an early or late appointment would suit you better

www.shapmedicalpractice.co.uk ☎: **01931 716230**

We are extremely grateful to everyone in our community who has donated to the Surgery Fund over the years, and to the members of the Committee who generously give their time to support the Practice. Their contribution makes a real difference to the care we are able to provide for our patients.

LOCAL WORDSEARCH

Places and words from around Orton, Tebay, Ravenstonedale and neighbouring hamlets.



Find these words and places

ORTON	FELL
TEBAY	BECK
RAVENSTONEDALE	GILL
NEWBIGGIN-ON-LUNE	LAAL
GAISGILL	YAN
KELLETH	YAT
RAISBECK	NOWT
ROUNDTHTWAITE	CLARTY
MALLERSTANG	FETTLE
	THRANG
	BAIRN

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189 Green Farm Business Park,
Shap, Penrith, CA10 3FW.

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www.fishwicksfunerals.co.uk

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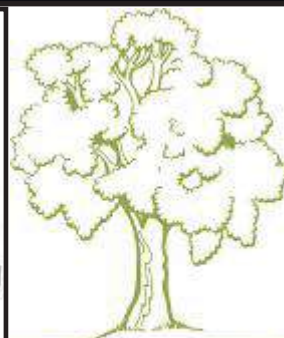
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Northern Inter-Schools Christian Union (NISCU):
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Families Together in Tebay and Orton:
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Tebay Beginner Brass: Julie Hoggarth: 07866 378392,
julie@drumandbrass.co.uk

Miscellaneous

Tebay Parish Clerk: [TBC]
Ravenstonedale Parish Clerk: clerk@rdalepc.uk (Scott Thornley)
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Bands: Appleby Town Band:

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Bell Ringers: Julian Thorpe: 24166

Bingo: Helen Wearmouth 24066 or 07377 332 162

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Book Club: Clare Fox: clarefox59@gmail.com

Judith Cattermole: judithcattermole2@gmail.com

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Choirs:

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Community Choir: Alison Mott: Alison@mott.me.uk

Concerts: Kendal: www.lakelandsinfonia.org.uk

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Orton Market Hall Bookings : ortonmarkethall1@gmail.com

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Ravenstonedale Community & Heritage Centre:

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Local community websites:

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

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Local church websites:

All Saints': <https://allsaintschurchorton.com/>

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