

THE BARNABY RUDGE TAVERN TEBAY Free house Excellent home-made food served 12 noon-2pm and 7pm-9pm daily Children and dog friendly Internet Access - read/write e-mails Wifi capable Tel: 015396 24328 EMAIL: BARNABYJAMES@AOL.COM	 The George Hotel Front Street, Orton, Cumbria CA10 3RJ Telephone: 01539 624 229 info@thegeorgehotelorton.co.uk Always a Warm Welcome at The George Spring/summer opening times: Monday– Friday 12-2pm 6-11.30pm Saturday and Sunday open all day Wide selection of homemade traditional foods using local produce, Lunchtime, Baguette and Evening menus Wonderful refurbished beer garden to relax in and enjoy the sun! Entertainment ~ please visit our website: www.thegeorgehotelorton.co.uk	
BAIRD’S COSY CATS Mid Town Farm Crosby Ravensworth 10 minutes from M6 Junction 39 Spacious & modern heated accom- modation Special diets catered for Local collections available Fully Licensed Tel: 01931 715246	CUSHION CRAFTS Cushion covers and fun cushions for all occasions. Are you struggling to find the perfect gift yet again. If so why not check us out. Call or email us for any help. We can supply personal and unique covers on request (We can even add photos to personalise it more). We are also suppliers of Aloe Vera and Bee Products. 7 Highfield, Tebay, Penrith, CA10 3JT Phone 01539 6 24574 Mobile 07969 929803 Email caroline@rudd7h.freeserve.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	RIVERSIDE GOLF COURSE Garshill, Ravenstonedale Enjoy beautiful scenery with fun and exercise for all 9/18 HOLE SHORT COURSE 67-128 YARDS £3.50 per 9 hole round Membership and club hire available Contact Bernard Law, Burton House, Ravenstonedale 015396 23654	
Invitations (weddings / parties) ...Audio transcription ...Copy typing Contact Anna Robinson Tel: 015396 24930	Broadband? Do you have problems with your computer or wireless setup? We can help! We have fixed charges for most jobs, not an hourly rate. For friendly IT support, call John on 01539 624903 (based in Orton)	
LOWIS BROTHERS BUILDING CONTRACTORS Harvann, Mount Pleasant Tebay Tel: 015396 24463 or 24604 FEDERATION OF MASTER BUILDERS NHBC		
J NOEL PAUL & CO Accountants & Tax Consultants 21 Market Street Kirkby Stephen 017683 71272 For all your ACCOUNTANCY PAYE, VAT, and TAXATION requirements Agents for the Manchester Building Society		HOLIDAY CARAVAN TO LET CHAPEL FARM, LITTLE ASBY Beautiful, quiet site handy for Lakes, Dales even Scotland. All mod cons. Sleeps 4+ Rosemary Campbell 015396 24837 Mobile 07778220810 Email – Mobilehome9@aol.com

The Link

THE PARISH MAGAZINE FOR ORTON, TEBAY AND RAVENSTONEDALE WITH NEWBIGGIN-ON-LUNE



Princess Elizabeth steaming through Tebay hauling a Saturday special

September 2010

THE LINK IS PUBLISHED BY THE PAROCHIAL CHURCH COUNCILS OF ALL SAINTS', CHURCH, ORTON, ST JAMES' CHURCH, TEBAY AND ST OSWALD'S CHURCH, RAVENSTONEDALE WITH NEWBIGGIN-ON-LUNE

VICAR
Beverley Lock 24045

Assistant Priest
Martin Dew 01931 716955

Licensed Reader
Reg Capstick 24497

ORTON
CHURCHWARDENS
Colin Wren 24654
Jeff Mawson 24244
Betty Mawson 24244
Jim Milburn 24382
Marion Robinson 24384
Chris Bland 24258
SECRETARY
Angela Milburn 24382
TREASURER
Colin Wren 24654

TEBAY
CHURCHWARDENS
Reg Capstick 24497
Linda Garrick 24262
SECRETARY
Reg Capstick 24497
TREASURER
Linda Garrick 24262

RAVENSTONEDALE with NEWBIGGIN-ON-LUNE
CHURCHWARDENS
Charles Wildman 23424
Ann Brownrigg 23594
SECRETARY
Caroline Morris 23308
TREASURER
Clive Wigley 017683 51575

Methodist Church
Rev'd Phil Dew, The Manse
Kendal Road, Tebay. 015396 24275

Roman Catholic Church
Fr Aleksander Makulski Church of Our Lady of Appleby 017683 51474

THE LINK DEADLINE IS ON THE 13TH OF EACH MONTH

Please send all copy including advertising to:

Email: linkpines@hotmail.co.uk
David and Meryl Aspden, The Pines,
Roundthwaite 015396 24013
Or John and Susan Basnett,

For Tebay: give to Reg Capstick, 1 Mount Pleasant, Tebay

For Ravenstonedale: give to Judith Law 23638
or email to frankrdale@yahoo.co.uk
Advertising (finance only)
Lesley McLaughlin 015396 23674
All small display ads are currently £35 p.a.
Views expressed in 'The Link' are not necessarily those of the publishers or editors.

Thoughts from High Westmorland

By Rev Beverley Lock

Having been at school for longer then most (I taught for 16 years) September is a month of new starts.

The Year 7s (once upon a time "first former") come into school in their new uniforms which are invariably a little big for them. This impression made more obvious by the slight drooping of the shoulders if they are just a bit apprehensive. It soon changes as they grow confident and start to enjoy themselves with their friends.

There is some thing about that slight chill in the air in the morning and a little condensation on the window that tells you that the summer is waning and Autumn is on its way. The nights draw in and our thoughts turn to evenings inside and perhaps new TV series or books.

This Autumn we are starting with a five week course exploring the Bible. The same course will be run on a Wednesday day time at Shap Vicarage after the midweek communion and coffee and at Orton Vicarage at 7.30pm in the evening for those who cannot make day time. It will look at

what this very influential book, well library really, is all about. Whether you read the Bible daily or have not looked at it for many years it is always good to learn more. All said and done the Bible accounts for many of the ways of thinking about the world that our legal, social and moral structures in this country.

If you would like to know more then just come along or give us a ring on 24045.

At the start of the new academic year it may be a good time to recall what we know or even to learn something new – food for thought!

Hope to see you soon.
Beverley.

Bishop James visits us

From Monday 27th September Bishop James Newcombe Bishop of Carlisle will be visiting all the Vicarages in Appleby Deanery. He will be at Orton Vicarage for 2.30pm that day. From there he will be walking to Shap Vicarage. If any one would like to come and meet him and walk part or all of the way to Shap they are most welcome. Tea will be served from 2pm.
Beverley Lock.

PARISH REGISTERS

The funeral of Leslie Norman Stephenson Smith age 101 took place on June 10th 2010 at All Saints Church Orton.

The funeral of Violet May Lund aged 80 took place on June 21st June 2010 at All Saints Church Orton.

The marriage of Clare Louise Greensmith and Matthew Philip Michael Walkertook place on 22nd July 2010 at All Saints Church Orton.

The marriage of Angela Susan Hodgson and Philip Richardson took place on July 24th 2010 at St Oswald's Church, Ravenstonedale.

The marriage of Emma Francis-Walker and Carl David Hamilton took place on August 8th at All Saints Church Orton.

The marriage of Victoria Prior and Matthew Farr took place on 14th August at St James Church Tebay.

NOTE - The management committee of the Link regret that it is unable to distribute literature for other organisations. We would also like to point out that articles received after the 13th may be held over until the following month



MICHELLE BREWSTER

MOBILE HAIRDRESSER

For all your hairdressing needs in the comfort of your own home

Call for an appointment on
Tel: - 017683 41633
Mobile: - 07792239265
(Formerly of Heidi's Hair Salon)

'Twinkles'

Tue 9.30am-11.30am at
Tebay Methodist Hall
All welcome with or without children
Voluntary run playgroup
Activities changed on a weekly basis
Activities include; Painting, play-dough, drawing, cutting, dressing up, slides, bikes, music, reading.
For more information contact
Vicki Pryor on 07824 330 006

Richard Dinsdale General Builder

All building work undertaken

Tel 017683 42059
or 07968101211
For a free estimate



CHIROPODY AT HOME

DAYTIME, EVENING
AND WEEKEND VISITS

STATE REGISTERED
CHIROPODIST

CONTACT STELLA
015396 21897

COOKINCUMBRIA

cookincumbria.com

High Chapel House
Ravenstonedale

Cookery classes 10am-4pm

- ▶ Sat 28 August **Indonesian Cookery**
- ▶ Sat 4 and Fri 17 September **Best of Cumbrian Cooking**
- ▶ Sat 25 **Vegetarian Cookery**
- ▶ Sat 2 October **A Taste of Holland**

- see website for more classes

- Also available:
- ▶ Gift Vouchers
 - ▶ Special Group Days
 - ▶ Dinner Parties

Contact Yelly
015396 23411
B&B also available in lovely en-suite rooms www.highchapelhouse.com

Lady Anne's Pantry

Licensed Eating House and Tea Rooms
Function Room Available
Take Outs & Buffets Can be Provided
Traditional Sunday Roast served every week



9 Bridge Street
Appleby-in-Westmorland
Cumbria
CA16 6QH
Phone: 017683 53550

SHIRE HOMES LTD

JOINERY & BUILDING CONTRACTORS

Also
Full Project Management,
Period Restoration/Conservation Work,
Decking & Verandas for Holiday Homes
& Gardens,
Garden Offices & Garden Homespace
Studios,

Tel: 01539 624391
Mobile: 07970266294



www.shire-homes.co.uk



PAINTING SERVICES

Inside, outside, no job too small



Andy Wilson

Tel: 015396 24071
Mobile: 07813846768

TIMBER FOR SALE

- Kiln Dried Oak and Hardwoods of Furniture and Joinery grade.
- Fresh Sawn Oak and Larch structural beams cut to size.
- Fire wood bundles. Wood chippings & Saw dust.

For help and advice contact:

Philip Richardson
Cabinet Makers, Timber Merchant & Sawmillers
Hill Top, Newbiggin-on-Lune
015396 23422

www.philiprichardson.co.uk

Curtains..Alterations..Cushions
For Your

Sewing Needs

Call Gillian Wainhouse
Stouphill Gate, Ravenstonedale
015396 23653

Crafts, industrial Sewing Machine
Machine embroidery including
Monogramming etc



Keith Pratt
Building and Roofing Contractor

Slate repairs, plastering, gutters
cleaned and maintained.

For a free quote call -
Mobile 07891 662567
Home 015396 23473

The Black Swan

RAVENSTONEDALE

Alan and Louise offer a warm welcome to all visitors, old and new.

A haven for relaxation, friendly atmosphere, great food and gorgeous location.

Open daily for coffee/tea, home-made cakes and scones, lunch and evening meals in our beautifully refurbished restaurant or lounge bar.

We have a varied menu, all freshly prepared using locally sourced ingredients – we even have our own hens for the freshest of eggs for breakfast.

Excellent cask ales and wines with a good variety available by the glass.

14 lovely en-suite rooms with disabled facilities and dog friendly accommodation.

TEL: 015396 23204

www.blackswanhotel.com

Dave's Travel

Airport Taxi Anywhere In The UK



David Watson

Mobile 07789 227 511
Telephone 01539 725115

Richard Urwin

Computer support for individuals and businesses.

Websites.

Crash repairs, virus cleaning, reinstallation or upgrading.

Training.

Network installation and support. Free initial consultation.

017683 74978

Mark1

Joinery & Building Services

All joinery work undertaken

Including: kitchens, bathroom suites, tiling & general home improvements. Cobblestones Barn, Newbiggin on Lune

Phone 015396 23321
mobile 07949408018

“Fettle IT”

Having trouble with your computer?
Does it need a tune-up?

Bought a computer and need someone to set it up?

Need help getting on the internet/broadband?

Need advice on buying a new computer?

Fast, friendly service at reasonable rates

Call Simon for all computer problems and advice

Tel: 01931 714607 Mob: 07718 803451

LANDSCAPE GARDENING

PAVING WALLING FENCING
ROTOVATING
GRASS CUTTING



CONTACT: GEORGE BOUSTEAD
BORROWANS
NEWBIGGIN ON LUNE
01539623608/23581
m. 07967798902

email:

george.boustead@eden.gov.uk

Tangles
UNISEX HAIR SALON

41 NORTH ROAD
KIRKBY STEPHEN
CUMBRIA, CA17 4RE.
TELEPHONE 017683 71462

J.N. & E. Capstick

INSURANCE CONSULTANTS

75 Main Street, Sedbergh,
LA10 5AB Tel: 015396 20124
Fax: 015396 20791

Market Square, Kirkby Stephen,
CA17 4QT Tel: 017683 72285
Fax: 017683 72346

Email: sales@capstickinsurance.co.uk

Website www.capstickinsurance.co.uk

Farm, Home & Motor Insurance

*Small Enough to Care, but Big Enough to Compete
So Give Us A Try*

J.N. & E. Capstick Insurance Consultants is authorised and regulated by the Financial Services Authority

Park Farm Plant Services

- Small plant sales, service & repairs
- Trailer repairs
- Sandblasting
- Lawnmower repairs
- Fabrication and welding

Contact **Paul Wilson**

07778956477

015396 24287 after 6pm
Park Farm, Orton

Notes from the Herald, August & September 1910

August was fine till 2nd week, hot between 10th and 14th, then wet. There were floods by the start of September but then a month mostly fine but cooler.

Orton The new Orton and Ravenstonedale Habitation of the Primrose League (a Tory supporters society names for Disraeli's favourite flower) held its Demonstration (speech day) of 1st September in Orton. The society is thriving, the weather was fine and a lot attended. Dr. Graham (Orton) presided. Speech by Mr. L. Sanderson M.P. deplored the present coalition of Little Englanders, Liberals etc. Sports followed e.g. Bicycle race, Hurdle race CW wrestling – Tebay men among the winners.

Tebay Mart Sale, Tues. 13th (livestock). Tebay's shrinking, so do we need a new Infants' School there? says R.D.Council held at Kirkby Stephen. The KS-Tebay mail transport contractor for nearly 25 years, Mr. John Fawcett has retired; his son-in-law Mr. W. Bainbridge of Flakebridge, Gaisgill succeeds him. Mr. John Wilkinson, farmer, Tebay, was had up at Shap Police Court for refusing to give samples of his cows' milk for analysis. He was fined £3 plus costs (about £120 now) Tebay Mart on Wednesday 28th, sale of sheep etc. Started 1p.m. – three months credit.

Ravenstonedale R.D.C. had scheme ready for sewerage the Coldbeck area, August. Brownber held a Whist Drive and Dance at very short notice on Monday 15th, a lot there, dancing till 2a.m. The Ravenstonedale Sheepdog Trials and Sports was on 10th September with a public luncheon at 1p.m. and Dance in

the evening. The Hon. Secetary was John Butt.
Wanted: A strong lad, good milker for Park House.

Roundthwaite Retirement farm sale for Mr. Clark Fairer, Thurs. 6th October. Lunch at 11.00, sale at 1.00, four months credit
Joke Advert (not in Herald) Wanted, lad for well-digging, ready to start at the bottom and work his way up.

Thank you Jeremy Godwin for the above.

Starting Wed 8th Sept.
for 6 weeks

What is the Bible?

10.30am following Shap's mid week communion, for coffee followed by a discussion about the Bible.

Shap church and Vicarage

7.30pm for Bible study then coffee
Orton Vicarage.

A chance to meet, chat and ask questions.
Do come along if you can.

Triple F

18th September 2010



Fells - A 9 mile walk over Nine Standards Rigg from Kirkby Stephen. Comfortable walking boots and sound waterproofs a must.

(In the case of unsuitable conditions a low level alternative will be offered – at the discretion of the leader)



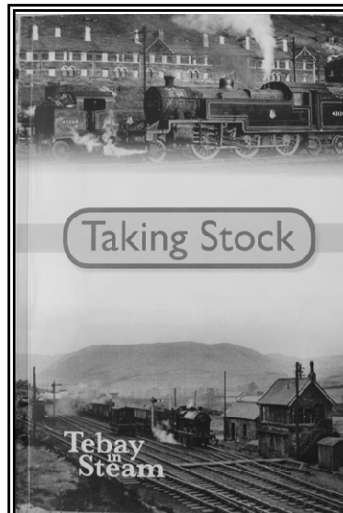
Food – Start the day right with a bacon bun and hot drink at 08:00 in the Vicarage at Orton, before heading out to the fells.

Complete the day with a visit to a conveniently located tea shop. (good route planning!)



Fella's – Enjoy the company of like minded men

To book your place (breakfast) or to find out more details contact Brian Lock at Orton Vicarage Tel 015396 24045.



Taking Stock – Tebay in Steam

The record of the 'living history' project carried out by Tebay school children will be available soon. This project culminated in the opening of the "Tebay in Steam" Exhibition at St. James' Church, which is open daily from 10.00 am to 4 pm.

This 60-page book is full of pictures and written accounts of interviews and activities carried out by the children.

Please place your order via Tebay Community School or contact Mary Jenkin on 015396 24410. Copies will also be available at OTLHS meetings.

Cost £6.00.

SUNDAY SERVICES IN OUR CHURCHES FOR SEPTEMBER 2010

Sunday 5 th September	14 th Sunday after Trinity	Lessons	Liturgical colour	Green
ORTON	9.30am	Holy Communion	Martin Dew	Jeremiah 18 1-11, Philemon 1-21
Sidesman	Jim Milburn	Prayers	Colin Wren	Readers B Lock, M Jenkin
TEBAY	3.00pm	Songs of Praise,	Beverley Lock	
RAVENSTONEDALE	9.15am	Morning Prayer	Chris Jenkin	As Above
		Readers	M & S Metcalf-Gibson	

Sunday 12 th September	15 th Sunday after Trinity	Lessons	Liturgical colour	Green
ORTON	8.30am	Holy Communion	Ian Elliott	Jeremiah 4 11-12 22-28, 1 Timothy 1 12-17
Sidesman	Colin Wren	Readers	Colin Wren	
TEBAY	4.00pm	2@4	Ronnie & Ian Elliott	
RAVENSTONEDALE	10.00am	Holy Communion	Beverley Lock	
		Readers	David & Caroline Morris	

Sunday 19 th September	16 th Sunday after Trinity	Lessons	Liturgical colour	Green
ORTON	10.45am	Family Service	Beverley Lock	Jeremiah 8 18 - 9 1, 1 Timothy 2 1-7
Sidesman	Malcolm Coates	Prayers	Angela Milburn	Readers Sandra Ward,
TEBAY	11.15am	Holy Communion	Martin Dew & Reg	
RAVENSTONEDALE	9.15am	Morning Prayer	Martin Dew	As above
		Readers	Clare Stafford, David Vigor	

Sunday 26 th September	17 th Sunday after Trinity	Lessons	Liturgical colour	Green
ORTON	9.30am	Morning Prayer	Beverley Lock	Jeremiah 32 1-3a , 6-15, 1 Timothy 6 6-19
Sidesman	David Aspden	Prayers	Ronnie Elliott	Readers John Burra, David Aspden
TEBAY	11.15am	Holy Communion	Chris Jenkin	
RAVENSTONEDALE	6.30pm	Holy Communion	Beverley Lock	
		Readers	Jeanne Parsler	

Sunday 3 rd October	18 th Sunday after Trinity	Lessons	Liturgical colour	Green
ORTON	10.30am	Harvest HC	Martin Dew	Deuteronomy 28 1-14, Luke 12 16-31
Sidesman	Gerald Weston	Prayers	Sandra Ward	Readers Meryl Aspden, Ronnie Elliott
TEBAY	3.00pm	Harvest Songs of Praise	B Lock	
RAVENSTONEDALE	9.15am	Morning Prayer	Chris Jenkin	Lamentations 1 1-6, 2 Timothy 1 1-14
		Readers	Dick & Janet Barlow	

SUNDAY SERVICES IN OUR CHAPELS FOR SEPTEMBER 2010

Methodist Chapel		5th	12th	19th	26th	3rd
Tebay	10.30am 6.30pm	K Speck CA CS at N on Lune	P Dew *	C Dickinson FS HF *	R Fox H *	G Peterson *
Orton	10.30am 6.30pm	10.00 am P Dew CS at N on Lune	10.00 am A Dunstan K Coward	10.00 am D Birkbeck A Collinson	C Dickinson FS HF W Capstick HF	10.00 am D Askew P Dew HC
Newbiggin-on-Lune	10.30am 2.00pm 6.30pm	W Riley * CS at N on Lune	B Staley * *	P Dew * To R'dale HF	D Askew * *	* L Whitfield HF L Whitfield HF
Ravenstonedale	2.00pm 6.30pm	WB Robinson CS at N on Lune	P Dew J Law	T Dent HF T Dent HF	R Fellows LA	P Dew HC To N on L HF

Chalet Motdit

A Chalet for All Seasons in the French Alps
Traditional hamlet at altitude of 1140m with outstanding views
B&B/Half Board basis May to November
Range of activities available locally eg walking, cycling, golf, water sports, climbing, horse riding
Catered - bed breakfast and evening meal with wine during ski season December to April
4km from ski resort of La Plagne Montalbert
www.chaletmotdit.co.uk; email ahornby@wanadoo.fr tel 015396 24120

D & H McAleese

Now at Bessy Beck Farm Shop,
Newbiggin-on-Lune
015396 23303 or 015396 26046 (pm)

Stocking local meat/fish/poultry/fruit/veg/, dairy products/bread/cakes and other local products.
Opening times Wednesday – Sunday 10am to 5pm

Fruit and veg delivery service available every Friday.



BIGGINS DAY NURSERY LTD
Main street . Newbiggin-on-Lune, Kirkby Stephen, CA17 4NT.



OFFERING QUALITY
CHILDCARE IN A SAFE
SECURE ENVIRONMENT
FOR CHILDREN FROM 4
MONTHS TO SCHOOL
AGE.

Ofsted inspected and registered.
Nursery Education Grants accepted.

Why not give us a call on 015396 23666

TEBAY SPORTS & SOCIAL CLUB

A warm welcome to everyone

Regular entertainment, live music, children’s theatre.
Bingo every Sunday evening at 8.00p.m.

Lounge Bar
Pool & Snooker Room
Function room available for hire
Multi Use Games Area (MUGA) All weather pitch
Indoor Bowls

Come along and try the benefits of
Tebay Sports & Social Club

Church Street, Tebay
Tel: 015396 24203

TEBAY POST OFFICE

015396 24967

MON 9.am-l.pm—1.30.pm-5.30.pm
WED 9.am-l.pm—1.30.pm-5.30.pm
FRI 9.am-l.pm—1.30.pm-5.00.pm

PRIMROSE COTTAGE

Orton Road, Tebay

4 Star BED AND BREAKFAST

All rooms en suite * 4-poster bed * Jacuzzi bathroom

3 DISABLED FRIENDLY BUNGALOWS
(2 Bedrooms & Bathrooms 1 Wheel in + 1 Jacuzzi)

GROUND FLOOR SELF CATERING FLAT

All suitable for holiday/short term use
Helen Jones 015396 24791

Ground Works
Contractor

Foundations, bulk excavation, septic tanks, drainage and landscaping.
5 and 15 ton 360 ° excavators & 180° wheeled excavator
For a professional service
Contact: DEREK BOUSTEAD
015396 23227
07961189569

M.W. Architectural Services

Thinking of extending your property, to add extra value or just more space to your home...
Do you require drawings or assistance with planning applications...
Have you any other architectural or building problems... then let me help.

Call Martin *B.A(hons), Dip.Arch., RIBA.*
on 015396 23653
Stouphill Gate, Ravenstone-dale, CA17 4NN

STEVEN (WOODY) HODGSON

TREE SURGERY ~ MINI DIGGER HIRE
STUMP GRINDING.

Garden clearance
Mulch/woodchip supplied

Grass Cutting
Hedge Trimming.

NPTC Certificated

Public Insurance

Tel: 015396 24522

Mobile 07756 930285

Chris Boustead ~ joiner

All joinery work undertaken
and building contractor.



Home: 015396 23322
Mobile: 07875 505 976



Email: chris.boustead@btinternet.com

BESSY BECK TROUT FISHERY
NEWBIGGIN ON LUNE
015396 23303

FISHING

ALL ABILITIES CATERED FOR, BAIT
AND FLY,
EQUIPMENT HIRE AND BAIT
AVAILABLE
FAMILY FUN WITH DINNER TO
TAKE HOME

DAYTIME FOOD

DELICIOUS LUNCHES, HOME
BAKING, HOME SMOKED PRODUCE
EVENING BISTRO

3 COURSE DINNER BOOKING
ESSENTIAL

WALKERS AND BIKERS WELCOME

OPEN 10-5 WED TO SUN

LARGE PARTYS CATERED FOR

SMOKE HOUSE AND FARM SHOP

**FRESH SMOKED TROUT, CHICKEN,
DUCK AND LOTS MORE**

www.bessybecktrout.co.uk email
enquiries@bessybecktrout.co.uk

DF
ELECTRICAL

Domestic
Commercial
Agricultural
Industrial

Darren Francis

m 07714 323 817
t 01539 624 402



East View Old Tebay Penrith
Cumbria CA10 3SS

STONEDALE

PROPERTY MAINTENANCE

General building work
Bathrooms & kitchens
Painting, Plastering & Tiling
Damp & timber treatment

015396 23291
Mob: 07791 965359

Email stonedale@fsmail.net

KEVIN BATEMAN
MONUMENTAL MASON

Tel/Fax 01539723903
Mobile 07817060619

Manufacture, Lettering & Installation of
new Memorials.
Additional inscriptions
Renovations
Cleaning & Re-paint/Re-gild service.
Free estimates
Please telephone for Brochure

The Fat Lamb Inn

Ravenstonedale
015396 23242

Open Daily for Morning Coffee, Lunch
and Evening Meals.
Circular Walks from our doorstep,
11 acre Nature Reserve
and Beer Garden at the rear.
A warm, friendly and relaxing
atmosphere always awaits you.

RAVEN
Graphics

SIGNMAKING BY
STEPHEN & ALISON MORRIS

BOWBER HEAD
RAVENSTONEDALE
015396 23463
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

C.D.S

Sandblasting Services

Specialist Cleaning

Stone & Brick Work
Wooden Beams
Plant & Machinery
Steel Work—Blasted
& Painted

Domestic & Commercial
Any Size Job Undertaken

Fully Mobile

Tel 015396 24199
Mobile 07917064767

RUXTONS
FUNERAL SERVICE

SAIF,BIFD,BIE,DipFD

Incorporating the funeral business of
STAN BROCKBANK

1 Wildman St., Kendal LA9 6EN
01539 722299

24 hour service Private Chapel

Back/neck pain
Sciatica
Sports injuries
Shoulder, hip or
knee pain...

www.reflex-om.com
015396 23696

REFLEX
orthopaedic massage

CNHC
Complementary & Natural
Healthcare Council



Troutfly Internet

Websites, Marketing, Internet consultancy

Stan Frost, Ravenstonedale

www.troutfly.net, sfrost@troutfly.net

Websites for local businesses, B&B, shops, hotels, trades etc. Low set-up fees.
Professional service, competitive rates. 01539623355, 07812152263

RETURN TO UGANDA, Part 4.

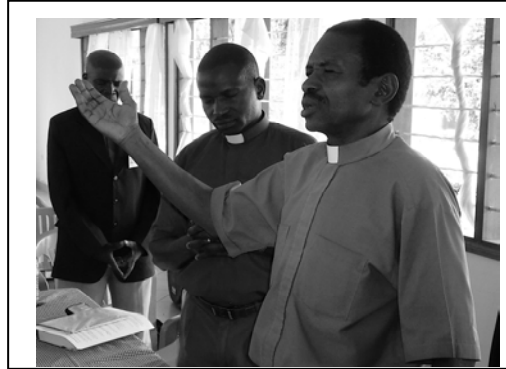
Christopher and Mary Jenkin's fourth report

This report has three topics.

1. Women's Learning Centre. Mary did some needlework teaching, as in 2008. This time her pupils were teenage girls (last time they were adults), and they joined in making a church banner, and learned knitting, and various other skills. Some of them were much more talented than others! And, being teenagers, some could be stropky at times!



Catholic priest who gave a vote of thanks was particularly enthusiastic. The second was a two-day seminar in Rwensande, a village in the hills some thirty miles from Kasese; and parishioners from many surrounding villages also came. I was given the topic, "Prayer Ministry", which I understood to mean praying *for* one another, and praying *with* one another. I had already experienced the readiness of Ugandan Christians to pray fervently, and I felt that some of them could teach me as much as I could teach them! I particularly wanted to focus one session on prayer for healing, and this was received with avid attention. The session ended with a time of people coming forward to receive prayer, for healing and many other needs; I found it a very moving experience to take part in this, and to share with the local clergy and women leaders who led this.



3. May I update you on the **Kasese Street Kids**. Since my last report in the May issue of *Link*, there has been progress in several respects. (a) The building: here is the latest picture I have received on 2nd August, showing the roof virtually complete.

(b) A committee of twelve very able local men and women, from various sections of the community, has been formed to carry the work forward, and to plan and arrange the Launch Event.

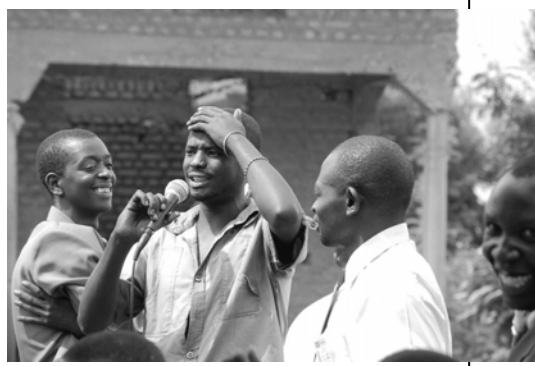
(c) The Launch Event took place at the new building on Sunday 1st August, and some 200 local community leaders were invited – from the Town Council, business leaders, from schools, churches, the Mosque, orphanages and medical centres, and other

parts of the community. There were speeches, and of course food. Three choirs entertained the guests. 60 Street Children were bussed to the centre, and two gave their stories (*see picture, right*). The guests were invited to pledge ongoing financial support for the work of the new SKILL Centre – Street Kids Information and Learning for Life. We in UK are seeking to complete the building (thousands of pounds are still needed); but then it is up to the local Kasese community to finance the work of running it.

The leading local politician, Canon Julius, was very impressed, and assured the Committee that he would seek to arrange civic funds to support the Centre. Others there promised 13 bags of cement, bedsheets, plates, groundnuts, piglets, cooking utensils and tree seedlings, as well as cash!

Two days before writing this Mary and I were invited, by a journalist who had come upon our blog, to take part in the Radio Cumbria teatime programme, giving brief chats about the Centre each day for a week; and we have also received invitations to speak to various MU groups around the county. It is all very encouraging! "Hitherto the Lord has helped us", and we believe he will lead us on to complete the task.

<http://kasesestreetkids.blogspot.com>



The View from Tebay
by Reg Capstick
Licensed Reader

It seems an age since I last sat down to compose these thoughts, due to the double issue of "The link". In that time several events at St James^v have made a strong impression on me.

First of all, there was the opening of our "Tebay in Steam" exhibition. James Cropper opened it and spoke of his ancestor who was greatly involved in the development of our church. There were over eighty people in church that morning, some from the village but a good number from other places. I spoke to people from Settle, Preston and Carlisle whose interest in railways, particularly the age of steam, drew them to Tebay on the day when a steam train was due to go over Shap. Since the exhibition began we have kept the church open every day between 10 am and 4 pm, with someone there at weekends to greet visitors. People from Devon, Norfolk plus other somewhat nearer areas have come. Some have come because they had relatives who worked at Tebay and some because they recall travelling via Tebay to various places by rail. The exhibition panels, designed by Simon Allen, cover a wide spectrum of Tebay's history since the 1840s with personal reflections by current residents who lived through the railway years. The intention is to extend the use of the church as time goes on, perhaps with the "downstairs" area being used as a further exhibition space. For this intention to be put into operation there will have to be dramatic changes to parts of the building, which means getting permission from the Diocese and finding the finance - two potential snags - but if St James^x is to be maintained for worship in the future these possibilities have to be explored.

There have been two other occasions when the church has

been almost full, one more joyful than the other. The funeral of Doris Case took place in July. Doris was a regular worshipper for many years and her presence added a good deal to our services, thanks to her lively mind and genuine faith. The number of people who attended the service showed the esteem in which she was held.

Last weekend the church was again almost full for the wedding of Vicky and Matt, who have been attending the 2@4 service regularly with their two children. The church was beautifully decorated by our regular flower arrangers, Kay and Sharon, and it was a happy occasion.

A number of meetings have taken place in church recently, mainly to do with the exhibition, and it is heartening to know that a number of people other than PCC members are willing to assist by manning the exhibition at weekends, distributing posters to advertise it and involving themselves in future plans.

We have also had support from Jemma Metcalfe-Gibson (CTFC) and Annie Hamilton-Gibney

(ACT) in our efforts to develop St James^v as a valuable asset to Tebay and district. Advice on grants and further use of the building from someone outside the local community brings new ideas and makes me more optimistic about our future.

Jemma has provided information about a CTFC event on Saturday 11 September, which may bring more visitors to St James^v during "Ride + Stride", which encourages people to "cycle, walk or ride a horse" between places of worship. One possible cycle route would start and finish at St Oswald's, taking in chapels and churches at Newbiggin, Gaisgill, Tebay and Orton en route. St James^v will be open that day from 10 am until 4 pm and refreshments will be available.

There are times when I know I am less capable of doing things these days than I used to be but the feeling that the future of St James^v is being supported by people other than the small group of PCC members has given me hope and provided me with renewed energy - up to a point!

TEBAY METHODIST CHURCH

POTATO PIE SUPPER

Saturday 18th September
7.00p.m.

Adults £6

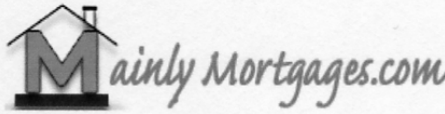
Quiz to follow
Everyone most welcome

FAMILY HARVEST FESTIVAL

Sunday 19th September - 10.30a.m.

Led by Caroline Dickinson, Penrith

Light lunch to follow
Come and give thanks

 FINANCIAL ADVICE T 01931 715630 M 07525487474 E jonathan.walkingshaw@sjpp.co.uk	Savings & Investments Retirement Planning & Pensions Insurance & Protection Tax Planning Mortgages	Tebay Services Full & Part Time Vacancies Available in the following departments Catering, Retail, Forecourt & Farm Shops, Will include weekend work Flexible Hours to suit most lifestyles £5.78 per hour If you are interested in the above positions please contact the HR department on 015397 11334
 Independent mortgage advice to suit your Personal and Individual Requirements David G Elliott Specialist Mortgage Consultant. (CeMAP.F.P.C) Windy Ridge, Mount Pleasant, Tebay, Cumbria, CA10 3TH Tel: 015396 24786 Warning: Your home may be repossessed if you do not keep up repayments on your mortgage	A. R. MASON Fire Security & Electrical Contractors NICEIC approved Fire Alarms Portable Appliance Testing Security Alarms Re-wires (Domestic, Commercial, Agricultural) Emergency Lighting Electrical inspection and testing Tel 015396 24078 Mobile 07879 891119	
anne dinsdale book keeping services sage accounts, payroll, vat, end of financial year & general admin support penny end newbiggin-on-lune kirkby stephen cumbria CA17 4NT t: 015396 23354 m: 07875 503 282 annedinsdale@aol.com total confidentiality guaranteed	Joe Sylva <i>Eco Arboriculture</i> Professional tree care. Garden Maintenance Pesticide spraying Hedge Laying Hedge trimming Stump grinding Mini-digger Woodchip firewood  Sylva — From Latin / Silva — meaning wood Sylvan <i>adj</i> Pertaining to or of the tree or wood or Woodland <i>Adj</i>—Sylvatic, Sylvaculture <i>-n</i>— A wood god <i>-n</i>— Sylvaculture--Forestry. Woodland management joesylvaeco@gmail.com 07946 421776	Shire Homes Ltd Timber Lodge and Park Home Manufacturers For all your Timber at competitive prices Decking Boards, Structural timbers Rough sawn Treated rails, Skirting, Redwoods, Flooring, Cladding, Sheet Materials Tel 015396 24391 or 07979266294
	Finance & Business Administration All finance and business administration under taken including Accounts Preparation, VAT and Business Admin with 10 years experience, confidentially guaranteed. Contact Emma Armer T: 015396 24735 M: 07971459278 E: emmam1679@aol.com	
ANDREW BAWDEN Professional PAINTER & DECORATOR Exterior/interior DIY Coving, shelving etc Excellent refs: fully insured TEL: 015396 24366	DAPHNE JACKSON MSc(Ost) DO TIM WEBB Bsc Hon (Ost) REGISTERED OSTEOPATH BUPA provider no 30016124nn STRUCTURAL & CRANIAL TREATMENT SEDBERGH PRACTICE Mill Barn, Broad Raine, Killington, Sedbergh, CA10 5EP and also at THE HIGHFIELD PRACTICE 33Appleby Rd, Kendal, LA9 6ES Tel & Fax 01539 740452 Please phone Kendal for appointments	

**PHOTO EDITING &
RESTORATION**

**Low cost repairs to damaged or faded
photos**

Improve colour contrast
Convert colour to black & white
Remove an object or a person
Create a montage from multiple photos

For full details visit
www.photo-repair-man.co.uk
Or phone Geoff Burton on 07967693290

Improve colour contrast
Convert colour to black & white
Remove an object or a person
Create a montage from multiple photos

CLASSIC UPHOLSTERY & FOAM

PETER TAYLOR
JOINER and CARPENTER.
ALL JOINERY WORK -
Household Repairs, Glazing,
Locks, Windows, Doors, Kitch-
ens, Fitted Furniture and much
more ...
No job too small or too large.
Estimates and advice -
Phone 015396 - 23234

SPAR
CONVENIENCE STORE
KIRKBY STEPHEN
01768 371353
OPEN
MON – SAT 8am – 10.30pm
SUNDAYS 9am – 10.30pm
FAMILY OWNED BUSINESS
RECENTLY REFURBISHED
WE OFFER:
LOCALLY MADE,
FARM HARVEST CAKE & PIES
NEWSPAPERS & MAGAZINES
ONE DAY SPECIAL OFFERS +
COMPREHENSIVE RANGE OF
GROCERIES BEER, WINES & SPIRITS
FREE RANGE EGGS £1.99 a Doz
250 DVD FILM LIBRARY (FREE
MEMBERSHIP)
HIRE TWO TITLES for £3.00 on TUE +
WED's
SELF SERVICE B/W PHOTO COPIER
7p A4 + 14p A3
TOP UP PHONE,
ELECTRICITY, GAS, WATER
NEW TO US A RANGE OF £1.00 ITEMS

TEBAY IN STEAM EXHIBITION OPENING

On the morning of 24th July St. James Church hosted more than eighty people for the opening of the permanent exhibition of the history of Tebay since the coming of the railway. A festive atmosphere was created by Appleby Band conducted by Linda Bainbridge and visitors passed by an impressive ticket office built by Christopher Jenkin.

Proceedings were started by Reg Capstick, Lay Reader at St. James, who welcomed everyone there, particularly Archdeacon Kevin Roberts and his wife, Jemma Metcalfe-Gibson (CTFC) and Annie Hamilton-Gibney (ACT). A most important visitor was Simon Allen who had donated his time and expertise in designing the exhibition panel and his father, Paul Allen, organist at Bolton Abbey, who entertained with an organ recital after the opening. Reg said that he was delighted that Rev. Beverley Lock's vision of such an exhibition had come to fruition and hoped that as a result St. James would have many visitors to enjoy the interesting and

unusual architecture of the church. However he did point out that the most important feature of the church would be to remain as a place of worship.

Reverend Beverley also welcomed everyone and introduced Mrs. Mary Jenkin, representing Orton and Tebay Local History Society. Mary explained that the Society had obtained funding from the Big Lottery Fund to enable the children at Tebay School to gather the information on the boards. They had interviewed many local people about their lives and work around the railway and members of the society had gone into school to demonstrate crafts used by the Victorians

Reverend Beverley then introduced Mr. James Cropper of Burneside.

Mr. Cropper explained that his connection with Tebay went back to his great, great grandfather, also James Cropper, who lived in Liverpool and was a Director of the Liverpool – Manchester Railway. His son and grandson continued to invest in railways and were shareholders in the London and North Western Railway Company which built the line through Tebay. As the population of the village increased due to the influx of railway workers it was recognised that a Church was needed, land was given from the North Eastern Railway Company and the money for the building was raised by local donation and from the shareholders of the North Western Railway Company. The building was consecrated in July, 1880. Mr. Cropper then said that it was a great pleasure to have the task of opening the exhibition by cutting the ribbon. He was assisted in this by three pupils from Tebay School, all dressed very beautifully in Victorian costume – Megan Allen, Sian Dunkinson and Deanne Dunkinson.

Refreshments were served by Twinkles pre-school group and over tea and cakes locals and visitors from afar reminisced – about steam!



Tebay Bonfire & Fireworks Display

* 7pm, Saturday, 6 November *



Pallets required for bonfire

No charge for entry

* BBQ *

Contact Phil Dew on 015396-24275 for more details

Reg Cave Memorial Chlp-Out Domino

Tebay Sports & Social Club
Saturday 4th September
from 8.30pm

Proceeds in Aid of Poppy Appeal 2010

Everyone Welcome
Cash Prizes, Raffle & Trophy
Entry £3 for 2 Lives

Poppy People Wanted



**Thank You
To All Helpers &
Participants Involved in
Sports Day 2010**

**Ideas to Improve the
Occasion on 25th June
2011 Gratefully
Accepted.
Graham Cave Tel: 24321**

Counselling and other therapies

Personal or family relationship problems, stress, anxiety, depression, experiencing the pain of loss or bereavement? I am a well qualified, experienced therapist who can offer different approaches to help you find solutions to your problems. Let's talk about it....

Contact Sarah Urwin
017683 74978
www.sarahurwin.co.uk



Pet/House Sitting and Dog Walking

Kirkby Stephen
and surrounding
area

Ring Melanie Bousfield
07890 416099

Qualified and experienced animal carer
References available

Serious About Weight Loss or Fitness?
Tried everything with no results?



Personal Trainer
Nutrition & Weight Management
Herbalife Distributor
First Aid Trainer Assessor
Call Lee on : 07968370439

Garden and Landscape Maintenance

All aspects of
Gardening, Tree pruning
Walling, Fencing
Full Public Insurance
NPTC qualified.
Call Max Rawlins
Orton
015396 24769

Lady Window Cleaners

Well established
Reliable Regular Service
Using Water Fed Pole System
Conservatory Roofs
Soffits Fascias
Hard to reach Windows above
Conservatories.

Phone Christine on
017683 52508 or 07540538109

Acupuncture & Massage Penrith & Eden Valley Jules Burrell MBacC

Back & Joint Pain, Sciatica, Fertility
Menstrual Problems, IBS, Migraines

and more, free phone consultation
Tel: 07890 197 759
The Office, Mardale Rd, Penrith
home visits also available
www.acupuncturepenrith.co.uk

The Old School Tea Room, Tebay



invites you to come and sample
our delicious home made cream teas,
light lunches, savouries and cakes.
Open every day between 10.30am and 6.00pm.
For group bookings, private functions, meetings
and special diets or any information please contact
Joanne or Steve on 01539 624286
Open from the 22nd June.

LEARN TO PLAY PIANO Piano & Keyboard Lessons

Professional Tuition
home lessons by arrangement
Linden Studio

Máire Morgan dip.mus
Phone: 01539624827
email: maire@lindenstudio.co.uk

Dave Pickersgill Orton

Tiling and Decorating Services.

General Building Maintenance

Tel. 015396 24810
or 07931 277115

farfieldmill

arts and heritage, sedbergh

Heritage displays telling the history of
the Mill; traditional rugs and throws produced
on our own looms; fabulous
art and craft by resident and visiting
artists; exhibitions changing every 6-8
weeks; and Weavers Café (open 10am)
for delicious, freshly-prepared food,
including traditional Sunday Lunch, 12-3

015396 21958
www.farfieldmill.org

OPEN every day 10.30-5
Registered charity (no. 1026293)

Dave's Handyman Services

Semi skilled in all aspects of DIY!
Exterior Painting, Fencing
Old Sheds restored,
Gardening, Window cleaning,
Car Valeting Service

Tel 015396 24509
"Border Collie Regd"



HATS GALORE

A selection of Hats to Buy
or Hire for that special occasion

Mrs Joyce Allison, Raven Park, Croglin
Meadow Kirby Stephen CA17 4SN
Tel 017683 72990
www.ravenstonedale.org

Newbiggin-on-Lune

Newbiggin-on-Lune Public Hall

Contacts:

Chairman : Pauline Capstick Mob: 07973 502355

Secretary : Marion Law Tel: 015396 23409

Treasurer : Carl McLaughlin Tel: 015396 23674

Caretaker : Gary Thwaites Tel: 015396 23596

All bookings should be placed with the Caretaker
All payments to the Treasurer.

Newbiggin-on-Lune Public Hall

Would like to thank Mr George Boustead for his invaluable support as the caretaker of the village hall over the past 6 years.

With effect from 1st September 2010

Our new caretaker will be Mr Gary Thwaites.

All bookings for the hall should be made with him. Tel: 015396 23596

Newbiggin-on-Lune Parent & Toddler group.

We meet every Friday morning (term time)

9:30a.m. to 11:00a.m

in the Methodist Chapel School Room.

Toys and activities for children under 5,

Children over 6mths £1.50 (includes refreshments)

For more details contact

Chaantallaimy on 01539623341

or Katie on 01539623503.

Piano/Keyboard Tuition

Cheerful, kindly and patient teacher with years of experience.
Lessons in the convenience of your own home.
Professional but relaxed approach to suit your level as below

Finger Fun - for beginners and improvers of all ages

ABRSM exam preparation - if desired

Second Time Around - for returners who loved to play but regret stopping lessons, or those who found past lessons a trial!

Theory of Music- foundation and preparation for Grade 5 Theory exam and beyond

It's not all Classical - lets play Pop or Jazz

CRB checked

Contact TANYA GREENALL: 0770 751 2319 Email: tltr@yahoo.co.uk

Newbiggin on Lune Methodist Chapel.

Come and join us for:-

- Sunday Services – weekly at 2.00 pm, until further notice.
- Sunday School – weekly at 10.30am
- Youth Club – fortnightly on Thursdays; 6.30pm – 8pm (year 5 upwards). Snooker, pool, table tennis, playstation, football & hockey (term time only).

We are friendly and welcoming and would love you to come and spend time with us.

For more information **phone Andrea on 23477**

Try something a little different



- sailing tuition on **Killington lake** (just off junction 37) by **R Y A Senior** Instructor with over **50 years** experience. Intro sessions - hour - half day or day - telephone Tony

Achieve Amazing Inch Loss

at Rosemary Conley's Diet and Exercise classes

with the NEW Amazing Inch Loss Plan!

PENRITH

Yanwath Primary School,

Yanwath, CA10 2LA

Tuesday

5:30 - 7:00 pm

7:00 - 8:30 pm (Salsacise)

PENRITH

Langwathby Village Hall,

Langwathby, CA10 1LW

Thursday

12:30 - 2:00 pm

Call Caytie on 01539 733378

Email: caytie.wightman@rosemaryconley.com

www.rosemaryconley.com

* Cut out advert and use to claim. Class price: £5.60

FREE Membership* Save £10 PLUS FREE Members Pack

Save £25! When you pay for 5 classes in advance



Mrs Mop's
Domestic
Services.

Heavy and Light Cleaning
General Household chores
Light cooking and food preparation
Transport to appointments (hairdresser, GPs, Dentists, shops etc)

For more information and reasonable rates ring Mrs Griffin 07964627152

Tebay and Orton **Distinctiveness Project.**

Over the last couple of months I have collected information and ideas from all sorts of people in the community and now have a much clearer idea about the events, exhibitions, guided walks, leaflets and information workshops you would like.

Pictures speak 1000 words

Many of you have said you are interested in photography, so please get snapping. We would like to start collecting old photos of the area and to take updates of the same views for a 'Then and Now' project.

We would be especially interested in how the buildings or landscape may have changed life during WW2 or Farming heritage.

Free Archaeology Workshops.

An introduction to Archaeological research techniques:

Thursday 16 September at Tebay Methodist Hall from 7.00pm until 9.00pm

Booking is essential for the 1 day workshops as places are limited.

(Please contact Annie for a Booking form or download one from the web page. Contact details below)

Investigating the Landscape 1 day Workshop:

On Saturday 25 September at Tebay Methodist Hall from 9.00am until 4.30pm

Fieldwalking for Prehistory 1 day Workshop:

On Saturday 2 October at Orton Market Hall from 9.00am until 4.30pm

Each of the 1 day workshops will include a theory session in the morning looking at research techniques and a practical session in the afternoon going out into the landscape to put the theory into practice.

Tea and Coffee will be provided in the morning but please bring a packed lunch and appropriate clothing and footwear for outdoor conditions.

A reasonable level of fitness and your own transport will be required for the afternoon.

Event Planning

If you would like to help form a community

group to plan an exhibition, festival, guided walk or workshop then please contact Annie.
email: annieh-g@cumbriaaction.org.uk phone: 01768 869517 or 01768840827
ACT The Old Stables, Redhills, Penrith, Cumbria CA11 0DT

Booking forms for the 1 day archaeology workshop can be downloaded from the web page:

www.cumbriaaction.org.uk/projects/distinctiveness



Become a Poppy Person just for a few hours during 30th October to 14th November 2010.

For Tebay, Gaisgill & Ravenstone-dale:
Graham Cave
24321



For Orton:
John Falshaw
24444

WE ARE MACMILLAN- CANCER SUPPORT



World's Biggest Coffee Morning

in memory of Margaret Lewis

Friday 24 September 2010
10:00am-12:30pm
Tebay Sports & Social Club

RAFFLE PRIZES or BOOKS for BOOK STALL gratefully recieved please pass any donations to Rachel Lewis or Val Lewis

PUT A SMILE ON YOUR MUG!

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604)

Orton

Hospice at Home

Hospice at Home Carlisle and North Lakeland (Hospice at Home) is the local Charity providing nursing care at home to the terminally ill and supporting their carers. Established in 1997 the service has cared for over 3,000 patients in an area from Kirkby Stephen in the South up to the Scottish Borders and from Alston in the East to Silloth on the West coast. There are only 15 independent Hospice at Home charities in the whole of England and here in Cumbria we are lucky enough to have two such services with Hospice at Home West Cumbria covering the West of the County.

Home is such a special place for all of us and by providing this essential service, Hospice at Home enables people to choose not only to die at home, but importantly also to continue to live at home during their terminal illness. All care is provided free of charge and as far as possible is tailored to the individual needs of the patient and their carer. Hospice at Home is able to offer nursing and emotional support to individuals, their relatives and carers, bereavement support including both pre and post bereavement and complementary therapies for the individual and their relative or carer. In addition Hospice at Home also manages the specialist services of Lymphoedema and Occupational Therapy. Unusually, Hospice at Home cares for patients with any terminal illness and not just cancer. Around 20% of patients suffer from other illnesses such as motor neurone disease, chronic obstructive pulmonary disease and chronic heart disease. The majority of patients are referred to the service by their GP or a District Nurse, however, the patient or their family can also refer by contacting the Nursing Service on 01228 603208.

In order to maintain the service the Charity Team work to raise the

money required to run the service. A grant is received from the Primary Care Trust which covers approximately 22% of the costs and the remainder £9,500 per week has to be raised from the local community. Throughout the year a full programme of events are organised and if you would like to hear more about this work, please call 01768 210719 or go to www.hospiceathome.co.uk

Orton Manor Court

Abridged Minutes of a meeting of the Committee, held at 7.30 p.m. on Thursday 17th June 2010. (10 members present)

Minutes of previous meeting: The Minutes of the meeting held on 8th April 2010 were agreed.

Matters Arising from the Minutes:
Item 7: **Benches:** Since the price was quoted in *Link* for a 1.8 m. bench at £265, the 1.8 m. bench is no longer available; there is a 1.5m and a 2m one. Also there will be a charge for carriage. It was felt that rather than go back to the donors to ask for more money, they would be asked to pay the original price, and OMC would pay the balance. The 2m benches would be ordered. Five benches are being donated – to be placed near the toilets, near Harpers Bridge, near the stocks, near the bus shelter and in the playground.

Registration of Land. The paperwork has come back from the Land Registry. Several of the verges claimed as OMC land have met with objections by the Highway Authority, including Raisbeck Green near the Dame School, though the Dame School itself is accepted. The Raisbeck verge will be contested.
Insurance: Public Liability insurance is now essential.

Appointment of Treasurer: The note in *Link* produced no response. One name has been suggested, and Wendy will approach him.

Grass Lettings: No action has been taken so the lettings would remain as before.

Any Other Business:
Dave Smith tendered his resignation, as he moves away in a week. He was warmly thanked for his stalwart support of the OMC.
Hanging Baskets – will be ready for hanging any day now.

Next Meeting: Annual General Meeting, 7.30 p.m. on **Thursday 22nd July.**

Orton Manor Court

Abridged Minutes of the Annual General Meeting held in the Market Hall on Thursday 22nd July 2010

There were 20 freeholders (and one observer) present. Kyle Blue was in the Chair.

Apologies. Dave Smith, Committee Member, had resigned as he had left the district. Jane Arckless, the Treasurer, had resigned from the Committee for personal reasons.

Steward's Report. Wendy Higgins reported:

Registration of Orton Manor Court land was now completed, Certain parts of the verges, claimed by OMC, had been disputed by the Highways Authority. In most cases we can accept this, but they also claimed the green land on which the Dame School stands, on the grounds that they maintain it but this has not been the case for at least 15 years; and trees and daffodils are planted there. As OMC's registration of the Dame School is not disputed, and the Dame School is a Grade II Listed Building, and therefore must be maintained, we also need the land; this matter will be pursued with Highways. Now all OMC land must be insured, particularly against Public Liability; this might cost about £800 p.a. One possible solution is to combine the insurance in some way with that of the Parish Council and this will be explored. But it was agreed that some public liability cover should be set up immediately.

The beck near the Shelter has been cleared. Benches: since it was agreed at last year's AGM to invite people to present benches to the village, five people have said they will happily do this. The five recycled plastic benches have already been delivered to Mac Coates, who will make concrete bases and install them. The bases will be paid for by OMC.

Treasurer's Report: As there is at present no Treasurer, no report was presented. A Treasurer's Report will be produced as soon as possible and copies would be left in the Shop and in Church.

Questions and Suggestions from the floor:

The toilets were now locked at night Nothing can be done about caravanettes parked overnight in the square.

The beck below Mostyn House was rather blocked and needed clearing. This would be arranged.

No one knew who was responsible for emptying the litterbin in the playground, which is often overflowing. The Parish Council would be asked.

Large scanned copies of pages from very ancient Orton Manor Court Minute Books, dating from 1758 and 1831 we made available for examination. It is hoped that more copies of all the books will be made in the next twelve months.

The Meeting was closed at 8.15 p.m.

Newbiggin-on-Lune

LUNE LADIES

1ST SEPTEMBER 7.30pm
There will be a Jessie Oddy Curry Night

Any tickets or enquiries please speak to Carole on 015396 23226

6TH OCTOBER 7.30pm
A talk will be given by Christine Woods on the children's charity Kidszone Kenya

3RD NOVEMBER 7.30pm
Margaret Albon will give a talk about her travels in Persia

1ST DECEMBER 7.30pm
Christmas dinner will be held at The Royal Oak in Appleby
Time TBA and menu available from October

5TH JANUARY 7.30pm
A talk on the art of cheese making with samples, more details later

2ND FEBRUARY 7.30pm
To be arranged

2ND MARCH 7.30pm
A talk will be given by Karen Greenwood a lecturer in forensic science at University of Cumbria

6th APRIL 7.30pm
A talk by Jan Harker on 'puppy walking' who is a volunteer for guide dogs for the blind

THE VENUE FOR THE ABOVE IS
NEWBIGGIN ON LUNE
VILLAGE HALL

PLEASE COME and JOIN US
RAVENSTONEDALE METHODIST CHAPEL
HARVEST THANKSGIVING 2010
SUNDAY SEPTEMBER 19th at 2.00 pm and 6.30 pm
Preacher Revd. Tony Dent
Singing by Rosemary and June
MONDAY SEPTEMBER 20th at 7.30 pm
Evening of Thanksgiving and song with Mr and Mrs Ward and Christopher followed Refreshments and SALE
- YOU ARE ALL VERY WELCOME

Newbiggin-on-Lune Public Hall

Big All Day Breakfast



Saturday 18th Sept 2010

9am to 1pm

£5 / primary children £2.50



Ravenstonedale, Newbiggin, Tebay & Orton Saturday September 11th 2010

Ride & Stride is the annual, national fundraising day for England's faith buildings. It's an opportunity to take some exercise, visit our special churches and raise funds towards their upkeep. Thousands of cyclists and walkers will be dropping in on churches across the whole country.

You can visit churches, preferably on foot, bike or horseback, taking in as many churches as you want to. You can plan your own route (go to the Church Directory on www.ctfc.org.uk to find all the churches in the county). 75% of your sponsorship money goes directly to the church of your choice; the remaining 25% goes to the Churches Trust for Cumbria which is coordinating the event, to help their work in supporting Cumbria's faith buildings.

Or, you can **join an organised cycle ride**. This will be a leisurely 15 mile cycle ride starting at 10am from Ravenstonedale Methodist Chapel, visiting all faith buildings in Newbiggin, Tebay and Orton before finishing at St Oswald's, Ravenstonedale. We will be using the back roads where possible and highlights will include the excellent new railway exhibition at Tebay St James, Orton Market and Macfest. For details, contact Jemma Metcalfe-Gibson, the Churches Trust for Cumbria's Support Officer on 07733 886284.

Ravenstonedale

Forthcoming events

Autumn / Winter 2010 and 2011

September Thursday 9th-Sunday 12th
Heritage Open Days at St Oswald's Church.

Saturday Sept 11th
Evening Cobwebs Concert
In St Oswald's Church

Friday/Saturday Sept 10-11
Ravenstonedale Music Festival
Further information:
www.mostlyacousticcumbria.co.uk

Sat 25th September
Irish Banger Bash at Bessy Beck
Tickets from Bessy Beck Farm Shop

Sunday Oct 10th
Harvest Festival Service
& Lunch

Monday Dec 20th
Carols in the Pub (Black Swan)
with Rev'd Carole

Saturday June 18th 2011
Barbecue & Fete
Elm Lodge, Ravenstonedale

Ravenstonedale Parish History Group

A Ravenstonedale Parish History Group is being set up - To find out more and get involved come along to a meeting in the

**Ravenstonedale
High Chapel Room**
on
**Wednesday 8th
September**
at 7.30pm.

Discover Ravenstonedale's Heritage
Family History – Historic Buildings
The unique 'Angles' of the Parish
etc.
for further information
e-mail history@ravenstonedale.org

Art & Crafts Exhibition – June 26th /27th 2010



In stark contrast to England's abysmal performance in Football's World Cup that weekend, the talents displayed in the Art & Crafts Exhibition in St Oswald's Church were of a very high order. The wide range of artistic ability and creative craftsmanship within a parish of only 500 or so inhabitants was impressive. A very **big thank you** must go to all those who loaned items, without you there would have been no exhibition. We were

delighted with the quality of items loaned to us; *'the parish has a lot of talented people'* was a comment often made by visitors.

It was, as always, a team effort and thanks too to those who set up the exhibition so effectively and to the providers of refreshments. For once the sun shone and teas were served outside.



The weekend ended with a **Songs of Praise Service on Sunday evening** at which we had the pleasure of dedicating the fine vestibule doors made by Philip Richardson to the memory of Miss Winifred Kirk who was a great supporter of the parish in so many ways and without whose generosity we could never have had the new doors. As a result of the hard work of all involved in the exhibition we raised about **£870.00** for church funds.

Barbecue at Flass-July 4th

Rushing wind and pouring rain greeted the morning of Sunday, July 4th -the Day of The Barbecue at Flass! Dreams of basking in glorious sunshine in a lovely garden surrounded by beautiful views...dashed! Tents were brought out, garden chairs and tables brought in, the garage transformed into a dining room. What a wonderful day for a barbecue (ha! ha!)...but it was! Nothing daunted, the parishioners of Ravenstonedale turned up in their hordes and partook of a delicious feast. The chefs and confectioners did a marvellous job. Laughter and jollity all round. Thank you to everyone who supported us and to all those who helped to make it such an enjoyable occasion. Particular thanks must go to our hosts, Ann & Chris Metcalfe-Gibson who remained calm and serene throughout. The event raised in the region of £750 for St Oswald's Church Funds. An excellent result!



Top: Chief chefs -William Ellis & Michael Metcalfe-Gibson.
Below: Tucking in to luvly grub!



Open House at Low Chapel
Wednesdays from 10.30 to 12.00 noon.

Ravenstonedale –

Different location – same welcome!

Fairtrade coffee and tea, with good chat.

Everyone welcome. Admission free, donations appreciated.

ALL SAINTS CHURCH HARVEST

Harvest alms from our services will be given to Annie Mawson's Sunbeam Trust.

Any tins, fresh or dried food, tea, coffee or toiletries which you can spare to decorate the church will be given to Town View Hostel in Kendal.



Back to Church

Harvest Praise

Friday 1st October 7.30pm

Harvest Eucharist

Sunday 3rd October 10.30am

Harvest Supper

with

Entertainment

Monday 4th October 7pm

Orton Market Hall

Adult £7 Child £3

Everyone is warmly invited to these events



Orton

A TESTAMENT TO STEVE

Steve Redshaw moved to Orton Hall in 2001. He was always available to help out or lend a hand and very quickly became a corner stone within the community. This side of Steve's character became further evident when he became a founder member of Orton with Tebay Community First Responders to which he gave his all. From our first meetings and fund raising events Steve became a rock within our organisation. He was like the corner piece of a jigsaw. When you found him you recognised a very important piece and knew that things would grow from there. He was solid and reliable and kept things on the right track. He single handedly chose to take on an area beyond our boundaries, just because he could, answering many calls which would otherwise not have been covered by a CFR.. He was always available to offer support, enthusiasm, teamwork, and encouragement to every other member. We were all comforted in the knowledge that no matter what incidents we faced, Steve would be there. Even after the most harrowing incidents, Steve was available for debrief, and after talking it through with him we always felt better. Unfortunately, Steve lost his battle against cancer in June this year. Orton with Tebay CFR would like to say a big thank you to Steve for his time, support, enthusiasm and friendship. He will be greatly missed by all of us. We would also like to pay tribute to his wife Carol who always supported his involvement with our group. As a mark of their esteem for him, at his funeral Steve's friends and family donated £690 to Orton with Tebay CFR in his memory, for which we are very grateful. This money will help us greatly with our on-going costs of funding our equipment and pagers and ultimately equipment replacement.



Orton Farmers' Markets

The next three of these popular markets will be:
September 11th
October 9th
November 13th

Join us in church for refreshments and a chat in a friendly atmosphere.

In July we raised £518 and in August we raised £675 to help us to continue God's work at All Saints'.

Many thanks for all your support.

DAVID AND LILLIAN

Have moved from Barn House after over 44 years enjoyable years in Orton.

We would like to thank everyone for their friendship over these years and for their good wishes on our move to Cotherstone.

We wish Judith and Peter Cattermole every success at Barn House and hope they will be as happy in Orton as we were.

Our new address:
Glen Leigh, Cotherstone,
Barnard Castle,
Co Durham,.
DL12 9QW

Ravenstonedale

Ravenstonedale Folk Dance Group.

Our Dance Club starts again for the winter season on Thursday 9th September. We meet at 7.45pm in **Newbiggin on Lune V.H.** through until April with a Christmas break. New members (couples or singles) are always made very welcome at our friendly club, previous experience is not needed and new starters are always given extra help.

Why not give it a try?

The place where you can exercise mind and body and make new friends all on the same evening.

If you would like to know more, please ring Chris on 015396 24258 or Thelma on 23329.

Kilnmire Meadows bring in the crowds.



This year's late June hay-meadow walk through the species-rich meadows at Kilnmire attracted a good number. In our photo Claire Cornish of the Cumbria Biodiversity Partnership's Hay Day Project points out interesting flora to some of the walkers who later enjoyed John and Hazel Pratt's hospitality at the farmhouse.



CONCERT of BAROQUE MUSIC

Ravenstonedale Church, Saturday 11th Sept. 7:30pm

The Cobweb Orchestra Baroque group presents an evening programme of chamber music for strings and flute, all from the pen of Antonio Vivaldi.

Soloists: Toby Lipman (Violin) - Elizabeth Beer (Violin) - Chrissie Macgregor (Flute)

Free entry

Retiring collection to be shared between the Cobweb Orchestra & St Oswald's Church

Ravenstonedale Endowed Primary School

September 2010

Rounders at Tebay

One day the year 5's and 6's went to play rounders at Tebay we were mixed into teams with Tebay and Orton. Once we had been put into teams the teachers explained the rules. Then the matches started, we played each team then found out which team won. There were 4 teams called Slovenia, USA, England and Algeria. Slovenia was the team that won all three matches and the competition.

By Bethany Capstick.

Pottery with Lydia

Some people went to pottery with Lydia on Thursdays, we made **big pots** medium pots and **little pots**. You wrapped wallpaper and then clay on the pots and we pulled it off and made a lid and a bottom. The clay was cold and wet and messy.

We cut it for the lid with a knife and made a handle on the lid it could be a zig zag or a curly line or a straight line or whatever you liked. It could be a shape. Once they had dried we painted it. There were lots of different colours. My finished pot was big and had flowers in different colours and a curly lid and a star handle. My second pot was small and different coloured stripes and had a fish for a handle.

By Leanne Allison Huck

[Y6 visit to KSQSSC.](#)

The year sixes went to the Grammar School to see if we liked it or not. Laura said she liked going on the bus because we sat at the back with all the 'cool people!' When we got to school every one of the year sixes were packed into the hall then after a while we got called into our forms.

Jessica and Bethany are in Mr Walsh's form in room one and their house team is Wharton. Laura and Me are in Miss Vela-Castro's form in room 5 and our house team is Musgrave. Laura was starting to get a bit worried because she was last to be called into our forms!

The first lesson me and Laura had was Science, It was great and we had some cool chemicals to mix up! Our next lesson was Spanish and we learnt that there are twenty-one countries in the world that speak Spanish and more things! Next was maths it was ok. Our last lesson of the morning was English. Half of the class were detectives and the other half were suspects and the detectives had to find the suspects by asking them questions. We had dinner at one o'clock and it was delicious (Me and Laura liked the Panini's!) then we had an hour break with plenty of time to get changed for P.E. In P.E we played rounders with Mrs McWhirter and then we hopped onto the bus again and went home! Our trip to the Grammar school was fun and we learnt a lot.

By Megan Capstick.

LIBRARY VAN

The library van comes to school every term and we hand in the old books and get new ones. There are pictures of animals around the van and in the van there are so many books I can't count them! If it is there next time I will get the book **Mr Peanut** because it's funny and the characters are cool!

By Dominic Holroyd



[Y6 visit to KSQSSC.](#)

The year sixes went to the Grammar School to see if we liked it or not. Laura said she liked going on the bus because we sat at the back with all the 'cool people!' When we got to school every one of the year sixes were packed into the hall then after a while we got called into our forms.

Jessica and Bethany are in Mr Walsh's form in room one and their house team is Wharton. Laura and Me are in Miss Vela-Castro's form in room 5 and our house team is Musgrave. Laura was starting to get a bit worried because she was last to be called into our forms!

The first lesson me and Laura had was Science. It was great and we had some cool chemicals to mix up! Our next lesson was Spanish and we learnt that there are twenty-one countries in the world that speak Spanish and more things! Next was maths it was ok. Our last lesson of the morning was English. Half of the class were detectives and the other half were suspects and the detectives had to find the suspects by asking them questions. We had dinner at one o'clock and it was delicious (Me and Laura liked the Panini's!) then we had an hour break with plenty of time to get changed for P.E. In P.E we played rounders with Mrs McWhirter and then we hopped onto the bus again and went home! Our trip to the Grammar school was fun and we learnt a lot.

By Megan Capstick.

Orton

ORTON METHODIST CHURCH HARVEST THANKSGIVING

Trek for Treatment in the Himalayas!

Thursday, 23 September 2010 at 7.30pm

Last year Mike Scott joined the Leprosy Mission Trek supporting Abanadan hospital and farm. As part of our Harvest Thanksgiving this year, Mike is sharing his pictures and experiences of his trip. John Roughley (TLM representative) will also be joining in the evening.

Do come along and learn more about life in a different culture and how The Leprosy Mission works to help those in need.

Refreshments will be served
Donations to the work of the Leprosy Mission
Sunday, 26 September 2010

10.30am Harvest Family Service
led by Carolyn Dickinson

Coffee and refreshments after the service

6.30pm Evening Harvest Service
led by Wilf Capstick

A warm welcome to all

ORTON YOGA GROUP

Wednesday Evenings
Orton Market Hall

7.00pm - 8.30pm
£3.50 per session

Mixed ability classes
with Fran
Member of The British Wheel of Yoga

Autumn classes start on
8th September

Tel. 015396 24978
Email: fran5647@hotmail.com

Orton Methodist Sunday School

will be starting again on Sunday, 12th September 2010
from 11.30am to 12.30pm at Orton Chapel
Come and have a taster of what we do, which includes:

learning about God's story by watching DVDs, quizzes, games, crafts and lots more - and of course having fun!



Open to all children from Reception age upwards and whether they can attend every week or just now and then.

For more details contact Rachel Woof, tel 015396 24372

CEILIDH With the REUNION BAND

Orton Market Hall

Friday 17th September
7.30 pm start

Adults £6 Under 16's £3
Primary School Children FREE

Tel 015396 24258

Bring and Share Supper
BYOB

Proceeds to the High Westmorland Group of parishes.

Come and enjoy a fun evening together

Orton Mothers' Union

Open Meeting
All welcome
Tuesday 5th October,
7.30pm
All Saints' Church, Orton
❖ ❖ ❖

Chris and Mary Jenkin
will show slides and talk
about their work for the
Kasese Street Children in
Uganda

❖ ❖ ❖
Uganda crafts for sale
Bring and Buy stall
Traidcraft stall

Refreshments and a chat
afterwards

Admission Free

Orton

FRIENDS OF ORTON SCHOOL

AUTUMN FELL AND FELL RACE

Saturday 18th September 2010
1pm - 4pm

Fell Race starting from the school
playing field at 1pm
(Senior race approx 6 miles and junior
race approx 1½ miles)

Entry forms available from: Jeff
Chadwick 015396 24946,
Orton School 015396 24268 or The
Post Office Orton

Other attractions being held at Orton
Primary School from 1pm include:

Cream Teas

Table Top Sale
(£5 per table to reserve a place con-
tact Susan Thorpe 015396 24166)

Bouncy Castle

Raffle

Lucky Dip and other games

Orton and Tebay Local History Society.

The August meeting of Orton & Tebay Local History Society, welcomed David Wallington and Stewart, Joanne and Megan Hopwood of the Sealed Knot. They came authentically dressed in period costume. The Sealed Knot or the 'Society of Cavaliers and Roundheads' re-enacts battles of the English Civil War.

The Society was formed in the early 1960's by Brigadier Peter Young DSO, MC and two bars. After a distinguished active army career, he became head of war studies at Sandhurst. Having always been interested in the Civil War he started writing history studies on the period. At a Garden Party at Sandhurst, friends and students dressed in costume, this was so enjoyed that it led to the foundation of the Society.

At it's peak in the late 1970's there were around 8000 members, but today the Society still thrives with an average of 4000 countrywide. In the early years there were no Parliamentarians, these were introduced in 1971. The name comes from a secret society which was formed by supporters of the dead king Charles I, during the Commonwealth of Oliver Cromwell. The society's aim being the reinstatement of the monarchy. It was disbanded after 1662 when Charles II was crowned.

Today members of the Sealed Knot cover all age groups, and walks of life. Their main aim is to re-enact actual battles as authentically as possible, including costume made from materials of the time, and authentic replica weaponry. All 'battles' are basically scripted, but 'officers' are in charge of the men. There is a chain of command laid down on Civil War lines and are formed into companies, regiments and 'Tercio's' or Brigades.

The Society is the most authentic re-enactment group in the world, the largest in Europe, and second only world wide in size to the American Civil War Society. They put on 3-4 major 'battles' a year with 2000 plus members taking part, they also perform 5 - 10 mini battles, and up to 50 smaller events.

The re-enactments are strictly controlled by health and safety rules, and anyone handling weapons of any sort are provided with training. Weapons used are pikes, swords, muskets and cannon. All replica weapons are specially made, and muskets and cannons including the powder must be licensed.

Cavalry are also involved, but usually in smaller numbers because of the cost of transporting horses are around the country, but David said that even a few horses, used in a re-enactment charge can be very impressive.

David and Stewart admitted it was true 'escapism' and said it was a wonderful way to spend a weekend. Having both worked their way up the ranks, David is a Col. General, and Stewart a Lt. Colonel. Stewart is especially involved with the artillery.

But there is plenty of scope for the women, Joanne besides dressing as a woman of the period and being in the support-camp cooking, also dresses as a soldier in some battles, carrying a pike but more importantly being part of the artillery team manning the cannon. Daughter Megan, is a drummer.

Many civilians join in the fun, playing to the crowds, as wenches, jesters, lepers etc. and their are lots of tasks in the true to life camps for those not wishing to be involved in the fighting.

The Sealed Knot raises many thousands of pounds for charity, and its main aims are to provide exciting performances, educate school children and the public about the Civil War, to provide memorials and protect known battlefields.

Chairman, Bernard Thornborrow thanked them for a fascinating and interesting talk, and the evening finished with a flood of questions and refreshments.

Programme Secretary Wendy Higgins, reminded members about the planned day trip to Vindolanda and Lanercost Priory on 10th September, and the next meeting on 14th October at Orton Market Hall when the speaker will be Ruth Ansell Davis on 'Drove Roads'.

Orton School News

CYCLING PROFICIENCY

On Monday the 28th June Year 6 started Cycling proficiency for 4 days The last day was the 1st July. The trainers were PC Hodgkinson, PC Brownrigg and PC Thornborrow. On the first day we stayed in the playground. The second, third and fourth day we went on the road, that was brill. We really enjoyed our time doing Cycling proficiency. Thank you for the opportunity. By Lizzie Yr6

Library Van

Every term the mobile library van comes to our school. We usually get two books each, but this time Y6s were doing cycling proficiency. We really like getting different books each time.

We both like getting books about farming and tractors. By Adam and Andrew

Appleby Sports Day

Some of us went to Appleby sports, there was sports like running, skipping, hurdles and javelin. We tried as hard as we could, we did very well. Mostly the other schools won but we did not care. Me and my sister won 3rd place, and got little green cards saying 3rd and also our names and the event. We 'd all like to go again next year!

By Hayley C and Hayley P Yr 4

Recorders

On a Friday morning we have a Recorder lesson with Mrs. Wren, she teaches us how to play new songs every month. As well as that, she tells us our playing is improving so we can play in assembly soon. We also played in a recorder concert in front of the school for a treat. Lauren & Kim

The O Factor

Our summer performance was called the O factor. Every Year group did an Act. The dress rehearsal was very successful, but the main performances were brilliant. The Costumes were also Brilliant and the Stage was really COOL!!!!!! There were three glamorous judges called Danii Minogue, Cheryl Cole and Louise Walsh. Our brilliant performance was on the 9th of July 2010. Lots of people liked our performance and some said they would like to see it again and again!

**By Lauren Coward Yr6
and Ellie Coates Yr 5
COAST 2 COAST
BIKE RIDE**

On the 10th of July 2010 Mrs Arnold was part of a group of cyclists to pedal 140 miles across the width of England starting at Whitehaven and finishing at Roker Pier in Sunderland! It was a very soggy day and there were lots of hills, but most people managed it. In the end it took 9 hours and 30minutes. Mrs Arnold's favourite bit was the stretch between Keswick to Penrith because she knew it well and she cycled past her house. All the money that was raised was split between to Bupad-hengo school in Uganda and Orton school. We hope that we and the other school use the money wisely. By David and Edward

New Working Together 50+ Forums starting soon: coffee mornings with a purpose!

Launch of discussion groups / forums meeting every other month, starting...
(Appleby – September; Kirkby Stephen – October)
No need to attend each meeting

Refreshments provided free; travel expenses and care costs refundable.
Speakers and presentations at each meeting.

Open to all interested members of the public, the forums provide the opportunity to discuss issues relevant to people over 50, including:

- issues about Adult Social Care service provision
- issues for carers within their family
- local concerns and consultations

Please come to hear more; to bring your thoughts to these independent forums. Feedback from forums will go to Cumbria County Council and other relevant organisations. Meetings will initially be hosted by local charity Signposts (MARCC) Ltd in partnership with Eden Carers and CCC.

If you are not able to attend but would like to be involved / informed – or for further details – please contact:
Kay Colley c/o 01524 419021 / 07825 207065
kay.colley@signposts.org.uk

FAO Working Together, Signposts, 58 Regent Road, Morecambe LA3 1TE



Signposts Charity Registration: 1117645 & Company Registration 5990592

