

The Link

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



November 2024

The Link

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

The Link is put together by a group of willing volunteers in our villages, drawing on contributions from across our villages. It is funded by a mix of subscriptions and donations from individuals and organisations, as well as advertising from local businesses.

We would love to hear from you about what is happening, what you've been doing, and what you might like to see in YOUR magazine.

Please email us with

***your** ideas,

***your** photos,

***your** news and

***notices of your** events

to: TheLinkMagazine@outlook.com

Please do get in touch with any comments or questions you may have and one of us will answer:

Many thanks ,

*Elizabeth, Linda,
Martin and Paula.*

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

Views expressed in 'The Link' are not necessarily those of the publishers or editors.

Front page photo:
View north over Tebay
(Photo credit: Martin Lawson)

What does November mean to you? Bonfire night? Remembrance? Movember? Stir up Sunday? Black Friday? Or something else...?

Our churches, uniformed organisations, and others will be remembering those who have fallen in the Great War, the Second World War, and other conflicts around the world — whether you're able to make one of the services or not (see page 20/21 for details), do find a moment to remember.

Some of you will be already busy planning for Christmas, and arranging who's coming and who's going where in the busyness of seeing relatives. In all that planning, don't forget to go through this magazine and get those things local events that you want to

attend into your diary.

If you want to help us run a monthly diary (which was one of the things that came out of the recent survey) do get in touch with us by email.

We're encouraged to be going into the last couple of months of this year with enough in the bank from advertisers, donations and subscriptions to see us through into the New Year. Thank you all.

We still have room for a few more advertisers, so if you know of someone who's done you a great job recently — ask them whether they'd like to advertise in The Link so others can find them too!

*Elizabeth, Linda,
Martin & Paula*

Remembrance Services — see page 20



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

A Rugged Spirituality

I was struck by a phrase used at the Cumbria District Farewell service recently — that the Cumbrian's had a 'rugged spirituality'.

What does this mean and look like?

For some of you reading this you might relate to this phrase readily and understand it in your own way. The word rugged can come with so many meanings from broken, rocky and uneven surface, or strong and capable of withstanding knocks and scrapes. I'm sure that many would take objection to their faith being called broken or uneven, but maybe more receptive to being told their faith is enduring.



Of course, this word is also related to the landscape we live in, with some quite difficult terrain to cross and weather to match. For some this can be extremely off-putting, but if one is willing to endure then the benefits of living in such an area of extreme beauty are countless.

The Methodist Church has a vision, shared with other deonominations in Cumbria of 'God for All'. This vision is expressed in four practices:

**Follow Daily; Care Deeply;
Speak Boldly; Tread Gently.**

The reality is that faith is not easy at times, in fact we might sometimes feel we are following Jesus on rough terrain.

There may be many feelings of distress and indeed feeling lost on the way, and may feel even more difficult to keep on the narrow path and pass through the small gate that Jesus calls us to.

Yet when we do so we also find ourselves encountering the endless beauty of our God, the sense of deep belonging and purpose in our lives.

In order to experience the wonder of God, there is a sense that our faith needs to be resilient as we are faithful in our broken world, and we do that by practicing those four principles that are at the heart of the God for All vision.

We steady our feet as we travel the terrain knowing we have prepared ourselves for the journey with strong and firm foundations, and we set our sights on the one who has travelled before us, who died for us on that old rugged cross, but who we believe is now on his heavenly throne.

Jesus speaks to us, encouraging us onwards on life's journey:

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

I pray that we will continue in our walk with God, inspired by our surroundings, and recognising God with us in all circumstances.

Rev Andrew Stirling
adapted for publication

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Can't find what you want?

Let us know and we'll see if we can find ways to change — we know people want more photos and more local news — you can help with that!

Do please send in your updates and news

**NEWBIGGIN-ON-LUNE CHAPEL
SUNDAY SERVICES
10.30am every Sunday**

**Tea and Coffee to follow after the Service.
A Warm Welcome to Everyone**

**We have the following meetings, please
contact us for further details:**

**Coffee Morning, Prayer & Share,
Sunday School, Bible Study,
Men's Meeting, Ladies Meeting**

**For further information please contact:
Wilfred - on 015396 23600 or
Angela on 07980 418078**

Junior Church

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

**N.S.P.C.C. Coffee Morning
Newbiggin on Lune**

Raffle

Sat 2nd November

10:30~12:00pm

(Including Refreshments)

No set entry charge ~ Donations accepted.

Newbiggin-on-Lune Public Hall

**Chair Ian Clayton 015396 23226
Secretary Laura Fowler 07913 676302
Treasurer Carl McLaughlin 015396 23674
Caretaker Laura Fowler 07913 676302**

**☼All bookings should be made with
the Caretaker**

**☼All payments should be made with
the Treasurer**

Online: facebook.com/NonLPublicHall

LUNE LADIES

**Wednesday 6th November
at 7.30 pm**

Newbiggin-on-Lune Village Hall

**Talk with Abbi Lawson
Great British Bake-off competitor**

All Welcome

**RAVENSTONEDALE PARISH HISTORY GROUP
WEDNESDAY 20TH NOVEMBER 2024**

2.30 PM

**Please note the different start time
at**

**NEWBIGGIN VILLAGE HALL
"OUR VIKING INHERITANCE"**

WITH

**Jean Scott Smith of
Shap History Society**

**Admission: Members £2.00 Visitors £3.00
including refreshments**

**For more information contact Val Fermer
on 07798 688057 or leave a message on
www.ravenstonedalehistory.org.uk**

**NEWBIGGIN-on-LUNE PUBLIC HALL
CHRISTMAS LIGHTS SWITCH ON**

By Jim Wardrope

6:30 PM - Saturday 7th December



CAROLS and READINGS

**Hot dogs, mince pies, mulled wine
Collection in aid of Cancer Research**

JOIN THE CHOIR FOR THIS YEAR'S carol services

The Ravenstonedale Carol Service
at St. Oswald's is on
Wednesday, 18th December at 7.00 p.m.

The Carols by Candlelight service
at All Saints, Orton, is on
Sunday 22nd December at 6.30 p.m.

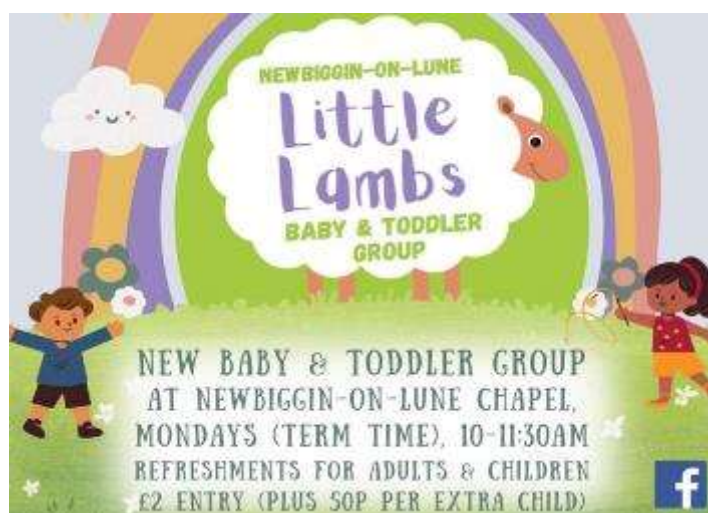


CHOIR: Once again we are hoping to gather a choir to lead the congregational carols, and to sing two or three choir items too, and you are invited to take part! Please tell me:

- If you would like to join us
- at either or both of these services?
Which one(s)?
- Which part do you sing? (i.e. Soprano, Alto, Tenor, Bass.) *Those singing alto, tenor or bass will need to have some ability to read music.*

CHOIR PRACTICES: We will of course need some rehearsals, probably starting in mid-November. Dates and time have not been finalised, but probably on Thursday or Friday evenings.

If you would like to know more, email
ccjenkin81@gmail.com or phone 015396 24410



MEN'S MEETING

Bob Ewart will be sharing about his Uncles part in the cockleshell raids in World War 2

COCKLESHELL RAID

Wednesday 6th Nov, 7:30pm
at Newbiggin Chapel

Men of all ages welcome



Brew ~ Biscuits ~ Banter

MEN'S MEETING

Wed 4th Dec, 7:30pm

Graham Emerson will be coming to speak on Bee keeping!

All ages welcome



Brew ~ Biscuits ~ Banter

NEWBIGGIN-ON-LUNE CHURCH

The Scillies

"A Little piece of heaven"

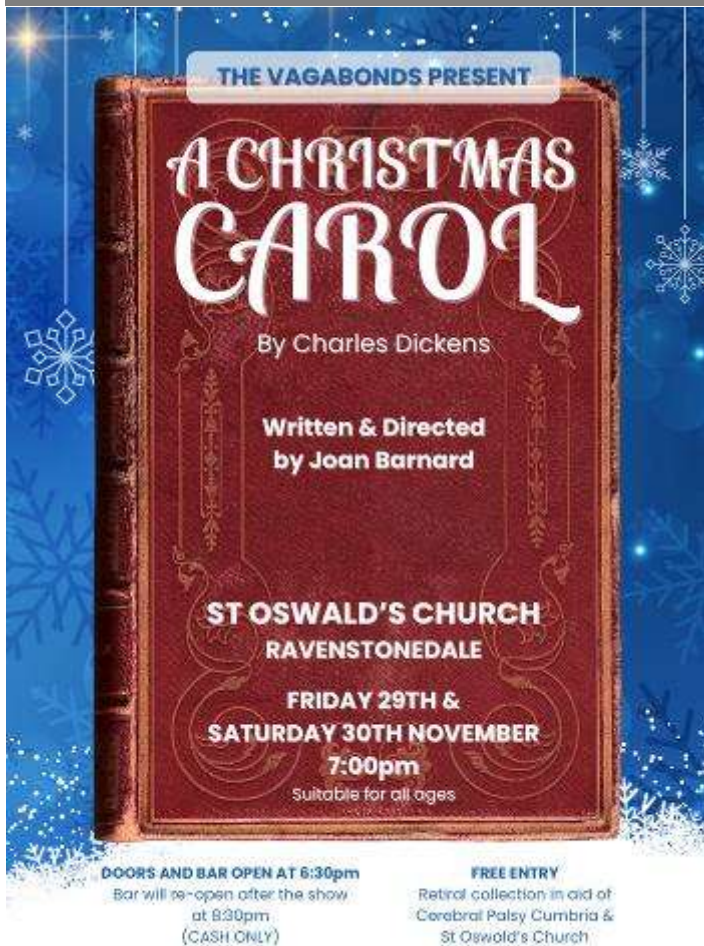
Thursday 14th November at 7:30pm



Heather Radford will be showing pictures and talking of her trip to the Scillies.

All ladies welcome, young and old.

FOR MORE DETAILS CONTACT ANGELA ON 07980418078



David Thornton's Organ Recital at St Oswald's on 28th September 2024

A very appreciative audience were thoroughly entertained by David Thornton who gave a one hour recital in St Oswald's Church on Saturday 28th September

David provided a varied programme and gave the audience some very interesting facts about each composer and /or the pieces he was playing between each section. He beautifully demonstrated the complete versatility of the Harrison & Harrison instrument.

It was a delightful way to spend an hour on a Saturday afternoon and we raised just under £300 which will be added to the organ repair fund. A huge thank you to David for coming to play for us.

He said that he also enjoyed his time in Ravenstonedale and has told us that he will be happy to play for us again, so look out for further information as we would be very happy for him to do so.

Thanks to everyone who helped prepare for the event, particularly those who made and served homemade cakes with tea before the concert and printed the programmes.

RAVENSTONDALE COMMUNITY & HERITAGE CENTRE



C o f f e e & C h a t

**Held on 1st Monday of the month
10.30am to 12 noon**

All Welcome

We would love to see you!

*** No fixed charge but donations towards
the Centre running costs
are very welcome**

**Book Swap / Borrow
available**



Ravenstonedale Heritage and Community Centre

Christmas Craft fair

Refreshments and Stalls
Local Crafts, Home Made Cakes & Chutneys

Saturday 23rd November 2024

10am – 3pm

Contact Jan 07876 508027, Helen 07826 866406, or
Ann 07890 336445 for more information



Vagabonds

AN EVENING OF LOVE-LY WORDS & MUSIC

The pleasure of the evening began as soon as we walked in; tables set out 'cafe style' with a rose in a small vase. An eclectic program followed, from Gershwin to Gilbert & Sullivan, Beatles, Rabbin Burns, Shakespeare, Songs from The Shows and poetry.

The theme for the whole production was love: all powerful love, wishing for love, lovers apart, loving children and love in old age. The second half was love going wrong, different love and crazy love.

The Vagabonds, under the directorship of Joan Barnard, have been providing excellent entertainment a couple of times a year for a few years now, mostly in Ravenstonedale but this event was at Kirkby Stephen Club. It's an excellent venue but, sadly it wasn't as full as it usually is when they perform at Ravenstonedale where almost all of the cast live. An amazing amount of talent and the performers quite obviously enjoyed it as much as the audience.

Andy Glanville was the main pianist but other cast members also played some numbers. Tim Parkinson provided the sound system.

Their next production, A Christmas Carol, will be at Ravenstonedale Church on 29th & 30th November. Put the date in your diary now and I can guarantee you will have a wonderful evenings entertainment.

Kathy Trimmer

The Black Swan

COME DINE WITH US



We've given Andy a few weeks to settle into his new role and now we're ready to release our new online booking request system.

This will allow you to put request a table online for a future date within the next two months.

We look forward to welcoming you soon!

<https://blackswan-ravenstonedale.resos.com/booking>

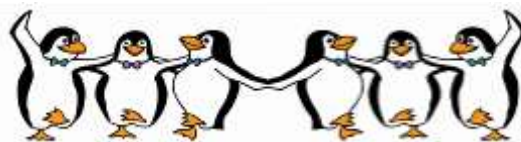
Ravenstonedale Folk Dance Group

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

Thursday evenings
7.45pm — 10pm

Singles and couples all very welcome
All dances are walked through & called
Beginners especially welcome!

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



RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

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

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

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

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

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

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

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

First Monday of the month —
Community Coffee Morning (10-12pm)

Monthly — Saturday Sewing Workshop
with Jan Hardcastle (07876508027)

For more details or if you would like to join our
creative hub, please get in touch.

* suzie@suziemetcalfe.com

next market

Saturday 9th November

Leanne | Market Coordinator
07969 335598 — info@ortonfarmers.co.uk
www.ortonfarmers.co.uk

ORTON
FARMERS' MARKET
held 2nd Saturday of every month

**All Saints Coffee Morning
at the Farmers Market
in October raised £415.30**

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

Come up to the church and join us!

Orton Christmas Tree Festival 2024

In each of the last three years we have had successful Christmas Tree Festivals in Orton Church – in 2023 we had eighteen trees donated and decorated by local businesses, community groups or individuals.



So once again we invite local businesses and community groups to supply and decorate a Christmas tree which will be on display in church for the Christmas period – in time for the December Farmers' Market and Coffee Morning in Church (Saturday 14th December). We hope that good publicity will encourage visitors at this time to view the trees.

The trees can be artificial or real and no more than five feet tall (we do have a few spare trees – these will be loaned on a first come, first served basis). You would decorate your tree to represent your business or group and be allocated a space in church.

It would preferably be with lights to enhance the tree, and we would ask for a donation of £10 to help pay for the extra usage of electricity.

Each tree is to have a label saying which business / group it belongs to. This is NOT a competition, just a different way to celebrate Christmas!

We need to know who plans to take part and decorate a tree by the end of November.

Contact Mary Jenkin:

015396 24410 — marypjenkin@gmail.com

Result of Harvest Collection

at Orton Sunday Communion & Harvest Supper,
6th-7th October:

£240 for



***The Square,
Orton, CA10 3RH
015396 24225***

*****We sell a large selection of general grocery items
including your favourite branded items*****

Opening Hours – Village Stores

Monday	9 am to 6 pm
Tuesday – Saturday	8 am to 6 pm
Sunday	10 am to 12 noon

Opening Hours – Orton Post Office

*(opening hours dovetailing with Tebay Post Office
to provide a services from Monday to Saturday)*

Tuesday	9 am to 5 pm	3:45 pm
Thursday	9 am to 5 pm	3:45 pm
Saturday	9 am to 4 pm	11:20 am

We hope to see you soon.

Jayne and Neville Grove
orton.village.stores@btinternet.com

ORTON PARISH COUNCIL

Orton Parish Council met on 16th September.

It was noted, with regret, that the 20 mph speed limit plan proposed by Westmorland and Furness Council was quite different from the plan drawn up by the Parish Council. It was agreed to put forward objections to the revised plan and to ask for the 20 mph speed limit to extend through the whole village and also on the approaches to the village.

It was agreed that the public should be asked to make donations towards the cost of maintaining the public conveniences with an honesty box, or a QR code, to be installed at the toilets.

Concerns were expressed as to the inadequate street lights. It was noted that Westmorland and Furness Council were drafting a new policy on street lighting. Hopefully this will lead to the lights being upgraded at the expense of Westmorland and Furness Council.

TEBAY AND ORTON WI

Two of our members, Sarah Middleton and Lin Stretton, gave a presentation entitled "The West Highland Way", at our **October** meeting.



Never having done much walking before, they trained hard for their expedition, and certainly, they made the whole trek look very easy. The presentation was illustrated with photographs taken by Lin.

We were joined by five visitors, all of whom enjoyed walking, and who had walked all or parts of the route.

Our next meeting will be held on
Wednesday, November 20th

The speaker will be Garry Murphy,
talking on the subject of red squirrels.

All Saints' Church, Orton



Friday 1st November

*9.30 a.m. and 12 noon, or 2.30.p.m.
onwards, for jobs inside or outside
our village church?*

***Come when you can,
go when you must!***

Contact Mary (24410) or Keith (26187)

BINGO

ORTON MARKET HALL

FRIDAY 8th NOVEMBER

**ALL WELCOME
7-30pm**

**TEA AND COFFEE
RAFFLE**

Money raised to

**ANIMAL RESCUE
AND
ORTON MARKET HALL**

Forthcoming Dates

**13th Decembe
10th January
14th February**







Cumbria-Westmorland Federation of WIs

Tebay and Orton WI

You are very welcome to come along and join us
at our next meeting on

Wednesday 20th November 2024

12 noon at the Methodist Chapel Hall, Tebay

A talk about 'Squirrels'



Visitors welcome, £4 entry includes refreshments

For more details contact Linda on 07719404719



Fun and Friendship



Orton Market Hall

New Activities

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

For example, set up:

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

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

Local booking rates for 3
hour session

Whole building £36
Main Hall £27
Supper Room £18

Parties and Events

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

Trustees and Volunteers

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

Our Trustees/ Volunteer roles include

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



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



ORTON DROP IN CHRISTMAS INVITATION

EVERYONE IS WELCOME

WEDNESDAY 11th DECEMBER 2024

10.00 AT CHAPEL
SCHOOLROOM

10.15 ORTON SCHOOL WILL
JOIN US

FOLLOWED BY FRESH COFFEE, CAKES, MINCE PIES



Orton – Choosing a Vicar – Daily Sketch, 15 March 1912

Orton, a little village tucked away in the hills and dales of Westmorland.

Under the terms of a trust dating back 300 years a new vicar has to be elected by a poll of the resident landowners taken at a properly summoned meeting within three months of the death or resignation of the previous holder of the office.

There were 13 candidates who were duly nominated, and then the polling proceeded. Several of the candidates mixed with the people on the village green, and motor cars were utilized to bring the voters to the poll, the whole proceedings being similar to an election of a parliamentary member.

The villagers and voters discussed events in the village square. Where a man and his wife had qualifications, both could not vote and in the event of a dispute between the two the woman had the preference.

The Rev F. H. Tilbury of Whitely Bay, was the successful candidate.

A little different from today's proceedings which can take months!

This is the last memory of Orton/Tebay. I have been very grateful to Mrs Beatrice Bainbridge of Scout Green who has kindly lent me copies of the parish magazines from April 1883 to November 1885 as well as the newspaper article about choosing a new vicar.

Elizabeth Crossley

Boccia in Orton Market Hall Thursday 14th and 28th November.

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



ORTON CHURCH EXHIBITION and SCARECROW FESTIVAL 2025

**Meeting to discuss ideas
for next year's Exhibition.**

**Friday 22nd November
2pm in Church.**

Please come along if you can,
we really need more help
with the displays in Church.

If you have ideas or would like to help
in any way and can't make the meeting,
please contact:

Brenda Iveson on 24617 or
brendaiveson@btinternet.com

Susan Thorpe on 24166 or
s.thorpe669@btinternet.com

It would be great to hear from you.

Orton Market Hall

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

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

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

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

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

News from rton School

Reported by Birch Class

A busy start to the first half term!

Swimming

We had a lovely week at Woggle Goggle's fantastic pool at Penrith where the whole school had swimming lessons every day for the whole week! Everyone had fun and made great progress!



We all went to All Saints' Church to celebrate harvest time. Each class contribute to the service with songs and prayers. Rowan Class (our youngest children) were very brave in standing up at the front of church to use their loud reading voices to tell everyone what they enjoy eating!

HELLO YELLOW!

We took some time on Thursday 10th October on World Mental Health Day to take care of our own mental health and well being. As well as bringing a ray of sunshine to school wearing yellow clothing, we also took part in mindful activities such as gardening and an afternoon village walk in the sunshine.



Our Open Day was a huge success with many people from our community calling in to spend time with us in lessons. If you missed out and would like to have a look in school, please call the school office on the number below—we would love to welcome you!



Get in touch by email or phone:
admin@orton.cumbria.sch.uk / 01539624268

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

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

DEANARY ADVENT SERVICE MOTHERS' UNION

Tuesday 3rd December, at 2p.m.

All Saints, Orton

The Rev. Sandra Ward
will lead the service.

Everyone is welcome to join
Mothers' Union members for this

Reflective service of
readings, prayers and hymns.

Advent is a time of preparation
for Christmas.

Take time out of your busy life
to enjoy this gentle time.

Refreshments will follow.



Full-Time Nursery Places Available

Did you know that Orton CE Primary School offers
Part-Time, Flexible or Full-Time Nursery Places
for children from their 3rd Birthday?

Nursery care is offered from 8am—5.30pm
Monday to Friday during term time.

Orton CE Primary School is a really happy and
caring setting where experienced staff work hard
to meet the needs of each individual child.

We accept Nursery vouchers and can support
you with applying for any Nursery funding
that you may be entitled to.

If you would like to find out more or arrange a no
obligation visit please get in touch with either Vicky
or Emma at the school on 015396 24268 /
admin@orton.cumbria.sch.uk

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

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



A special mention to all the runners, marshals, landowners, farmers,
cake bakers, prize donators, kitchen helpers and cleaners.

WE COULDN'T HAVE DONE IT WITHOUT YOU

LYON EQUIPMENT, TEBAY, LAKES & DALES CO-OP, THE PENRITH LIONS, OUT OF
EDEN, THE GEORGE HOTEL, THE CROSS KEYS INN, THE FAT LAMB INN, THE
FELLSIDE FLOWER COMPANY, RACHEL B FLORAL DESIGNS, GROW,
LOWTHER CASTLE, ASDA KENDAL, AVON, KENNEDY'S CHOCOLATE FACTORY



Free Stay and Play Sessions

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

The more the merrier!

Refreshments provided.

Booking not required and there is no
charge. Just turn up! All very welcome.

(Note — You do not need to be considering
Orton CE School to be able to come along)

If you would like to find out more please
get in touch the 01539 624268 /

admin@orton.cumbria.sch.uk

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

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

LYON & BIRD

Ruth Lyon & Conrad Bird are the lead singers and songwriters of acclaimed cult-folk rockers Holy Moly & The Crackers.

A wonderful evening of live music, to include acoustic versions from their Holy Moly & The Crackers catalogue, traditional folk songs and self-penned ballads - their own style of rough, earthy folk songs that are full of memory, love and the endless dream of the road.

Orton Market Hall
CA10 3RL

Saturday 15th November 7:30pm

Tickets: Adult £12 Child £6 | 015396 24140
book online www.highlightsnorth.co.uk

highlights
rural touring scheme

ARTS COUNCIL
ENGLAND

Westminster & Furness
Council

Saving Our Night Skies

Join Project Officer Jack Ellerby for a talk about the value of Dark Skies and the impacts of light pollution on wildlife, environment and people, good and bad lighting, and find out how we can all help tackle light pollution.

Thursday 7th November, 7pm
in the Orton Market Hall

Supported by the Orton Wildlife and Landscape Group (OWLS)

*Wasted light
adding to sky-glow*

Light causing glare
Useful light
Intrusive / nuisance light

This event is **FREE** so please bring friends and family along with anyone you think might be interested (donations welcomed).

Keep up to date with the project via website: www.darks skiescumbria.org.uk

DARK SKIES CUMBRIA

Upper Eden Rotary Club hosts an Unforgettable Night of Music with the Committed to Rock Choir

The Upper Eden Rotary Club are delighted to share the success of a remarkable evening of music held at the beautiful Kirkby Stephen Parish Church on Saturday 28th September 2024. The night, featuring the talented Committed to Rock Choir, which brought together over 50 enthusiastic members to deliver an unforgettable performance.

The choir took to the stage with an eclectic mix of songs that spanned several decades, captivating the audience with their diverse repertoire. From timeless classics to contemporary hits, the choir's dynamic performances had everyone on their feet, creating an atmosphere of joy and celebration.



With an audience exceeding 135 people, the church was filled with energy as attendees sang along, danced, and truly embraced the spirit of the evening.

We are excited to share that we managed to raise over £2,000, with £1,000 being donated to Macmillan Cancer Support and £500 allocated for Polio. Thanks to the generosity of Rotary International and the Bill and Melinda Gates Foundation, this will be matched, bringing the total contribution to an incredible £1,500 for Polio. We would like to extend our heartfelt thanks to everyone for your outstanding support and commitment to these important causes!

The Upper Eden Rotary Club would like to extend its sincere gratitude to everyone who attended, helped to organise, as well as to the dedicated members of the Committed to Rock Choir for their hard work and passion. The support from the local community was instrumental in making this event a resounding success.

If you would like to know more about Rotary, please reach out via the contact us section of our website: www.upperedenrotary.org.uk

TEBAY PARISH COUNCIL

Tebay Parish Council met on 25th September to discuss the following issues:

1. Concerns were expressed about the speed of traffic passing through the village, especially the narrow section at Old Tebay. Road markings at Old Tebay were considered to be inappropriate as overtaking and parking should be limited at this location. The Parish Council will consider applying to Westmorland and Furness Council for a 20 mph speed limit through the village.
2. It was noted with regret that the Parish Council's application for a pedestrian crossing at the school had been refused by Westmorland and Furness Council.
3. The installation of the art work at the roundabout could not go ahead due to lack of funds and it was agreed that priority should be given to upgrading the two play areas to make sure that these are welcoming and safe to use.
4. Several Councillors remarked that the roundabout was looking untidy. The cost of upkeep of the roundabout, including mowing and tree maintenance, was considerable. Westmorland and Furness Council would be asked to include the roundabout in their mowing schedule when working on the A685 main road.



REMEMBRANCE SERVICE

SUNDAY 10 NOVEMBER
10.30am

Please join us in the Remembrance Service
at St. James Church, Tebay.

The Service starts at 10.30am
Afterwards refreshments will be available
in The Tebay Sports and Social Club.

We look forward to seeing you there

THE HUB



**Tebay Community
Library & Drop In
in the Hub**

St. James' Church, Tebay

Every Monday morning
10.30am - 12.30pm

Refreshments
Books to borrow and buy

All ages welcome

Do you have any spare time on
Tuesday afternoons? Come and join
us at **TEBAY METHODIST SCHOOL
ROOM** from 1.30pm — 3.30pm

for games & crafts,
a cup of tea & a natter.

You will be very welcome!



Tebay Community Meal

Meal at 12.30pm
stay until 4pm

**Sunday 3rd November
Tebay Methodist Hall**

We meet every month during the winter to
share a meal and a chance to chat, play
games, drink tea, do jigsaw puzzles, etc. etc.

Do come and join us — the meal is free,
supported by local organisations and individual
donations. **All welcome!**


CHURCHES together in Tebay

Christmas Cream Teas

Tebay Methodist Church

Saturday 14th December
3pm — 4.30pm


Music by Kirkby Stephen
Silver Band

 **Raffle** 

The Arts Society

Edward Hopper — the painter of loneliness

The American, Edward Hopper (1882-1967) painted himself as a tall, diffident, introspective man. Lydia Bauman, our Hopper expert lecturer gave Appleby Arts Society members this thumbnail sketch of a man she also described as 'the painter of loneliness' at the October monthly meeting.

Edward was born into a prosperous upstate New York family. He studied Art in New York and became an illustrator of magazine covers first to support himself. He loved architecture and following some time in Paris came under the influence of the Impressionists and their experiments with light, and began painting the streets of America with isolated figures within. He said that what he wanted to do was paint sunlight on the side of a house, and America as it is, not a romanticised view. The latter is maybe depicted in his painting called 'Automat' showing a young woman alone drinking coffee in an all-night café.



What is she doing there - coat on, anxious and facing an empty chair?

The rows of reflected lights above her punctuate the blackness of the night to make the painting a mysterious one. Dramatic dark and light also characterise his even more famous 'Nighthawks' which depicts four figures at a long counter in a large darkened New York café with very odd communication between them and thus the painting's very strange air of 'What is going on here?'

He and his wife travelled to New England and he came back with paintings of buildings, including lighthouses, in the most amazing light,



as well as single figures at doors or windows or in landscapes in sunlight. His paintings of dark eerie buildings is also thought to have influenced American cinema too - remember that house in Psycho?

Hopper also captured fleeting glimpses of sad, urban life as seen possibly from the window of a passing train as in 'Office at night' (1940) where the boss and his curvaceous secretary are engrossed in their own particular tasks, separately and apparently closed in on their own shadow world of artificial light. These paintings influenced cinema too - remember 'Rear window?'

Perhaps, best of all though are his paintings of the buildings of New York streets in lovely, long, low light with a single figure showing the sad desolation of suburban life. Not one painting of his exists in the whole of the UK though. New York and Chicago are the places to go to view these remarkable art works.

November's meeting on the second Wednesday is by Muddy Archaeologist Gillian Hovell on '**Prehistoric Orkney**'. For further information visit taswestmorland.org.uk



Cumbria-Westmorland Federation of WIs

Tebay and Orton WI

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

7pm, April - September
12 noon, October - March

In the Methodist Chapel Hall, Tebay

Visitors welcome, £4 entry includes refreshments

Autumn/Winter Programme

16 OCTOBER Talk - 'Walking the West Highland Way'
20 NOVEMBER Talk - 'Squirrels'
18 DECEMBER Christmas Party
15 JANUARY 2025 Annual Show
19 FEBRUARY Talk by Jackie Huck
19 MARCH Annual Meeting



Fun and Friendship





Explore the meaning of Christmas!

Christmas Crafts

Families Together

invites you to our

ADVENT PARTY

Games

SATURDAY 30TH NOVEMBER

3.30PM - 5.30PM

ORTON MARKET HALL

Party Food!

Please book your place using this QR code, or visit our Facebook page:



All ages welcome

f FamiliesTogetherTebayOrton

WHAT'S ON?

Saturday 12th October 7pm
OKTOBERFEST - food, music, games, prizes - tickets on sale now!
 Sunday 13th October - 7:30pm Prize Bingo
 Sunday 27th October - 7:30pm Prize Bingo
 Plus darts and pool teams playing every Wednesday, Thursday and Friday along with **LIVE** Premier League and EFL Football action on our **BIG SCREEN**.

Function room available for hire (free to members) and the cheapest beer in town!

**** SAVE THE DATE ****

Watch our Facebook page for more information on **HARVEY BODDY** - singing **LIVE** in the bar - Saturday 9th November

TEBAY

SPORTS & SOCIAL CLUB



Opening hours
 Weds, Thurs, Fri 7pm to close
 Saturday 4pm to close
 Sunday 3pm to close
 Big Screen TV * Sky Sports
 BT Sports * Pool table
 Snooker table * Darts boards
 Function room & kitchen for hire (free to hire for members)
 Prize Bingo & Cash Bingo on alternating Sundays
 Free WiFi





"From Little Acorns grow Mighty Oaks"

We launched our new class names at the beginning of term. Due to the new class restructure we wanted children to have a sense of belonging whilst still recognising their journey through school. We are excited to announce the new names for each phase are:



Nursery and Reception

– **Little Acorns**

Year 1 and Year 2

– **Acorns**

Year 3 and Year 4

– **Oaks**

Year 5 and Year 6

– **Mighty Oaks**



House Captains 2024/2025



House captains have a very important role in school, setting an example to their houses across the school and delivering assemblies, children from each house group are awarded house points for showing respect, responsibility and resilience.

This academic years house captains are:

Fire = Zac

Water = Brooke and Finley

Earth = Edward

Air = Conan

MacMillan Coffee Morning

We took part in the 'World's Biggest Coffee Morning' on Friday 27th September in aid of MacMillan Cancer Support. Thank you to all the families that supported this important event.



The amount and quality of cakes contributed was fabulous. We clearly have some very talented bakers amongst our community.

It was lovely to see existing and new families coming along to spend some time together. Please can I say a huge thank you for your generous spirit.

We were able to raise £59.06.

Open Day

We would like to invite you all to our Open Day on Saturday 9th November from 10am until 12pm. Discover a flourishing environment in the heart of our community. A small school full of BIG opportunities.

Lots of activities including a visit from Zoobidoo - who



specialise in providing professional animal education encounters, which inspire, educate, and are interactive and fun for all ages'.

Tea, coffee and cake will be served. Everyone welcome

PLEASE COME ALONG, INVITE FAMILY, FRIENDS AND NEIGHBOURS, WE WOULD LOVE TO SHOW YOU OUR SCHOOL

Bag2school collection

We are once again holding our Bag2school collection on Wednesday 27th November. A great chance to have a sort out at home while making money for the school. Please contact the school after half term for a drop off point.



If anyone would like to come and have a look round the school, please contact the school office and we would be delighted to show you around...

'A SMALL SCHOOL WITH A BIG HEART'

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

Visit — by arrangement with the school

Online: www.tebay.cumbria.sch.uk

On FB: facebook.com/TebayPrimarySchool

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

Tracy Morland — School Administrator

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239

TEBAY POST OFFICE

015396 24967

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

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

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

Please come and join us for our

Christmas Concert

Tebay Community Choir
Melody Makers & Tebay Kids' Choir

Monday 9th December, 7.30 pm
St James' Church, Tebay

Bar and festive refreshments
in Tebay Social Club afterwards.
Come along and get into the festive spirit!

St James, Tebay Boon Day Saturday 23rd November

Can you spare some time from 10.30am
onwards (probably finishing at lunchtime) for
jobs inside or outside our village church?

**Come when you can,
go when you must!**

More info: Linda (24262) or Martin (26028)

Raynebow Farm
**CHRISTMAS
WREATH MAKING
WORKSHOP**
23rd November 2024
2pm-4pm
To book:
Raynebowflock@gmail.com
07743652447
Mulled Wine, Tea, Coffee
and festive nibbles
included £45
Raynebow Farm, Gaisgill, Penrith, CA10 3UD
8 MINS OUTSIDE ORTON



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tearfund
to transform the lives of
people living in poverty*

**THE
Big
Quiz
Night**

SATURDAY 16TH NOVEMBER
7 – 8.30PM
ORTON MARKET HALL

REFRESHMENTS ~ FREE ENTRY!
suitable for all ages
GATHER YOUR TEAM!

For more details and to book your place:
sign up on **f FamiliesTogetherTebayOrton**
or email familestogethertebayorton@gmail.com
or scan the code to register
or visit <https://cutt.ly/BQN24>



Did you know?

Tebay Primary School offers...

- Flexible nursery provision from 3 years of age for the full 30 hours.
- Nursery provision from 9:00 until 3:30 Monday-Friday.
- Breakfast club from 8:00am.
- After School Club until 5:00pm.
- Small class sizes; all needs are catered for.
- Outstanding outdoor provision.
- Fresh school meals cooked on site.
- Support from Cumbria Education Trust.
- Excellent links with various secondary schools.
- Excellent support for SEND pupils.
- A tailored curriculum enhanced by trips, residential and experiences.

Discover a flourishing environment in the heart of our community.
A small school full of BIG opportunities.



**We would
be happy to show
you around and
discuss your child's
individual needs**

For more details or to arrange a visit
contact Tracy Morland on **015396 24239**
or email admin@tebay.cumbria.sch.uk

Website: www.tebay.cumbria.sch.uk
Facebook: www.facebook.com/TebayPrimarySchool



Services in our Anglican Churches

Sunday 3 November <i>All Saints'</i> <i>White</i> <i>Welcomer:</i> Andy Glanville Isaiah 25.6-9 Revelation 21.1-6a John 11.32-44 <i>Prayers:</i> Margaret Longworth	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Angela Milburn Elizabeth Crossley <i>Prayers:</i> Margaret Longworth	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i> Martin Lovell Richard Best
Sunday 10 November Remembrance Day <i>Red</i> <i>Welcomer:</i> Keith and Janet Capp Micah 4.1-5 Revelation 21.1-6a John 15.9-15 <i>Prayers:</i> Angela Milburn	Orton, 10.30am Service of Remembrance <i>Chris Jenkin</i> Keith and Janet Capp Mary Jenkin Andy Glanville <i>Prayers:</i> Angela Milburn	Tebay, 10.30am Service of Remembrance <i>Rosemary Campbell</i>	Ravenstonedale, 10.00am Service of Remembrance <i>Charles Cowling</i> Hilary Law Diana Fothergill
Sunday 17 November Second before Advent <i>Green</i> <i>Welcomer:</i> Pam and Garth Blundell Daniel 12.1-3 Hebrews 10: 11-14, 19-25 Mark 13.1-8 <i>Prayers:</i>	Orton, 10.30am Service of the Word <i>Team</i> Pam and Garth Blundell	Tebay, 10.30am at the Methodist Church <i>Martin Lawson</i>	Ravenstonedale, 10.00am Holy Communion <i>Sandra Ward</i> Ian Torkington David Morris
Sunday 24 November Christ the King <i>Red</i> <i>Welcomer:</i> Daniel 7.9-10, 13, 14 Revelation 1.4b-8 John 18.33-37 <i>Prayers:</i>	Three Churches Services at St Oswalds, Ravenstonedale; 10:30am Holy Communion <i>Brendan Giblin</i> Zoom meeting number: 894 1727 3600 John Newton Suesi Windle		
Sunday 1 December Advent 1 <i>Purple</i> <i>Welcomer:</i> Mary Jenkin Jeremiah 33.14-16 1 Thessalonians 3 9-13 Luke 21.25-3 <i>Prayers:</i> Elizabeth Crossley	Orton, 10.30am Holy Communion <i>Sandra Ward</i> Mary Jenkin Keith Capp Margaret Longworth <i>Prayers:</i> Elizabeth Crossley	Tebay, 10.30am Songs of Praise at the Methodist church	Ravenstonedale, 10.00am All Age Worship <i>Team</i>

Church Contacts

Anglican Church

Vicar Brendan Giblin
 017683 39168 — 07477 049576
 revbgiblin@gmail.com
Curate Charles Cowling
Mission Community
Administrator
 Joyce Keetley 07741 327318
 applebycmc@carlisle-diocese.org.uk
Retired clergy
 Sandra Ward 24213
 (Penrith & Keswick Hospital
 Chaplain)
 Christopher Jenkin 24410

Orton with Tebay

Churchwardens
 Linda Garrick 24262
 Martin Lawson 26028
Secretary
 [vacant]
Treasurer
 Bill Lawler 24465
Local lay ministers
 Rosemary Campbell 24837
Ravenstonedale with
Newbiggin-on-Lune
Churchwardens
 Ann Brownrigg 23594
 Martin Windle 07899 907958
 Tim Parkinson 23353

Secretary

Suesi Windle
 suesi.windle@googlemail.com

Treasurer

Tim Parkinson 23353

Methodist Church

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

Administrator Avril Swinbank
 ksatcircuit@gmail.com

Roman Catholic Church

Fr John Winstanley
 Church of Our Lady of Appleby
 01768 862273

Services in our

	2024	3 rd November	10 th November	17 th November	24 th November
			Remembrance Sunday		Women against Violence Sunday
*Tebay M P 1-1300 M H B	10.30	M Harrison US OA	J Betts	M Lawson US OA	R Crippen
	6.30		Connexion service at N on L		
Shap (Class of Tebay)	10.30	P Hilland	6.30 Connexion service at N on L		
Orton M P Complete M H B PB EW	10.30	S Radford	J & L Riley	S & K Joel OA	J Ousby
	6.30		Connexion service at N on L		
#Newbiggin on Lune M P 1-1250 + More on screen M H B	10.30	TP OA Jnr Church	Bacon Butty Service OA Jnr Church	TP OA Jnr Church	TP OA
	6.30	Prayer & Share	Connexion service	Prayer & Share	
*Ravenstonedale M P 1-1144 M H B H & P	2.00	R McGregor	S Radford HC	J & L Riley	S Radford
	6.30		Connexion service at N on L		

New Beginnings Church

welcomes you to visit their new venue in Castle Street Centre, Kendal at 11.15am for a time of praise, hearing God's word and prayer followed by lunch.

Contact Barry on 07437468896
or email nbccumbria@gmail.com

Vinelife Cumbria Fellowship

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

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



Wild Wanderings

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

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

For further details, please contact Helen on 01524 442200

Sunday 17th Nov
4pm – 5pm walk
5pm Shared tea
Meet at Tebay Chapel

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



DEEP HOPE

A day celebrating Fresh Expressions and Pioneering. Come along to hear stories from local practitioners, share with others, get creative and be inspired.

Open to anyone in Cumbria or across the North, all who have an interest in imaginative mission are welcome.

With input from Nigel Pimlott, Mission and ministry consultant, coach, writer and semi-retired foster carer.

At Crooklands Hotel
nr. Kendal
Saturday 16th November 2024
10am - 4pm



To book scan the QR code or go to
www.trybooking.com/uk/DGFC

#FXCUMBRIA




Baptisms, Weddings and Funerals

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

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

News from All Saints' Church, Kasese, Uganda

*parish linked
with All Saints', Orton*



WhatsApp messages and emails received

From Rev. Robert Zziwa

3.10.24: I'm happy to inform you that am in Kenya for SOMA international mission with a team other 4 Priests from our Diocese, South Rwenzori for 2 weeks. Keep us in prayers for this ministry.



(Right) Rev. Betty and I, with His Grace, the Archbishop of Kenya.

(My comment: He is a very big man!)

Answer: Indeed, he is a very big and tall man.

9.10.24: He sent a document showing that the Diocese has moved him from youth ministry to be Sub-Dean of St. Paul's Deanery, a responsible but largely administrative role.

He asked: "Please keep in me in your prayers for this new assignment in ministry. I only need the grace and favour of God to manage. This new role seems to be more administrative than pastoral and evangelical ministry. The office I was holding in mission department for Deanery has been sent in another Priest who will be replacing me on January 1st, but he will be answerable to me as his immediate supervisor. It's by the grace of God that my Bishop entrusted me this responsibility.



From Revd. Nelson Walina:

27.9.24: Yesterday, I went to the remote Archdeaconry to launch the Skilling Project for the Young Neglected Mothers.



9.10.24: Please pray for our upcoming Diocesan Convention. We expect to host a gathering of 10,000 people for 6 days, at St. Paul's Cathedral.

From Revd. Nelson Isebagheen:

(In 2012, a link was made between Orton School and Buzunga School in SW Uganda; in 2013 and 2015 visitors from Orton went to Buzunga and exchanged gifts.)

26.7.24: Am happy to forward to you a report from Busunga primary school. Kindly receive it and deliver it to Orton.



Picture of Buzunga School choir after the Easter 2024 carols. The report has been sent to Orton School, and the Head Teacher and staff will consider whether the link with Buzunga School should be revived.

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

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

Upper Eden Medical Practice & Tebay surgery

Appointments

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

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

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

Dispensary

Medication can be collected from Kirkby Stephen surgery from 9am to 6pm Monday to Friday and from our Tebay Surgery from 9am to 12:30 on Tuesdays and 3pm to 6pm on Thursdays. Please allow 3 working days for your prescription to be ready.

Samples

Please note that samples can be dropped at the Surgery Monday to Friday – but on Fridays they must arrive before 10.30am.

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

Protected Learning Time dates

Wednesday 13th November 2024

On the above dates the Surgery will be closed for staff training from 1pm. Please bear the Thursday dates in mind if you collect your prescriptions from Tebay Surgery.

Covid & Flu vaccinations

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

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

Health Visitor & District Nurse

Eden Health Visiting Team can be contacted on 017683 54964

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

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

☎: 017683 71369

Shap Medical Practice & Orton Surgery

Welcome to the team

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

Appointment System

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

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

Dispensary

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

Please note new Dispensary hours:

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

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

Orton Surgery

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

Protected Learning Dates

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

Wednesday 19th June 2024
Thursday 11th July 2024

Change of Personal Details

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

www.shapmedicalpractice.co.uk

☎: 01931 716230

HOME GROWN HERE

Fresh, locally grown produce delivered direct to your door



Home Grown Here is a veg box scheme based right here in the Eden Valley, bringing you seasonal and responsibly grown fruit and veg throughout the year.



visit homegrownhere.co.uk
call 07376 726889 or email
info@homegrownhere.co.uk to find
out more and sign up for
a weekly or fortnightly veg bag!

Eden Waggy Wanderers

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

- fully insured.
- S+ licence from the local council.



Contact Teresa for more details on
Mobile: 07943264147

Email: edenwaggywanderers@gmail.com



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Home: 015396 26050
Mobile: 07803424624



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Tel: 01539 626 140

Email: colinprescott66@gmail.com

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www.toobys.com



1st Sunday of the Month

SUNDAY CARVERY

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

Finished off with a treat from the dessert table.

3 COURSES

£28.50 per adult

2 COURSES

£25.00 per adult

£15.00 per child 3-16

Children under 3 go free

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



SHAP | CUMBRIA | CA10 3QU

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The George Hotel - Orton

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Food Times
Mon-Friday 5:30-8pm
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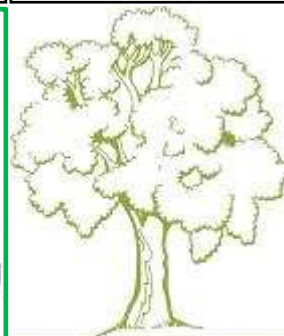
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	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garthill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.30	16.10
Shap	10.55	15.50
Orton	11.10	15.35
Mount Pleasant bus stop, Tebay	11.18	15.28
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

Revised 25-11-21

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
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Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
Clifton	10.14	12.49/12.19	16.44
Penrith	10.30	12.30/12.00	17.00

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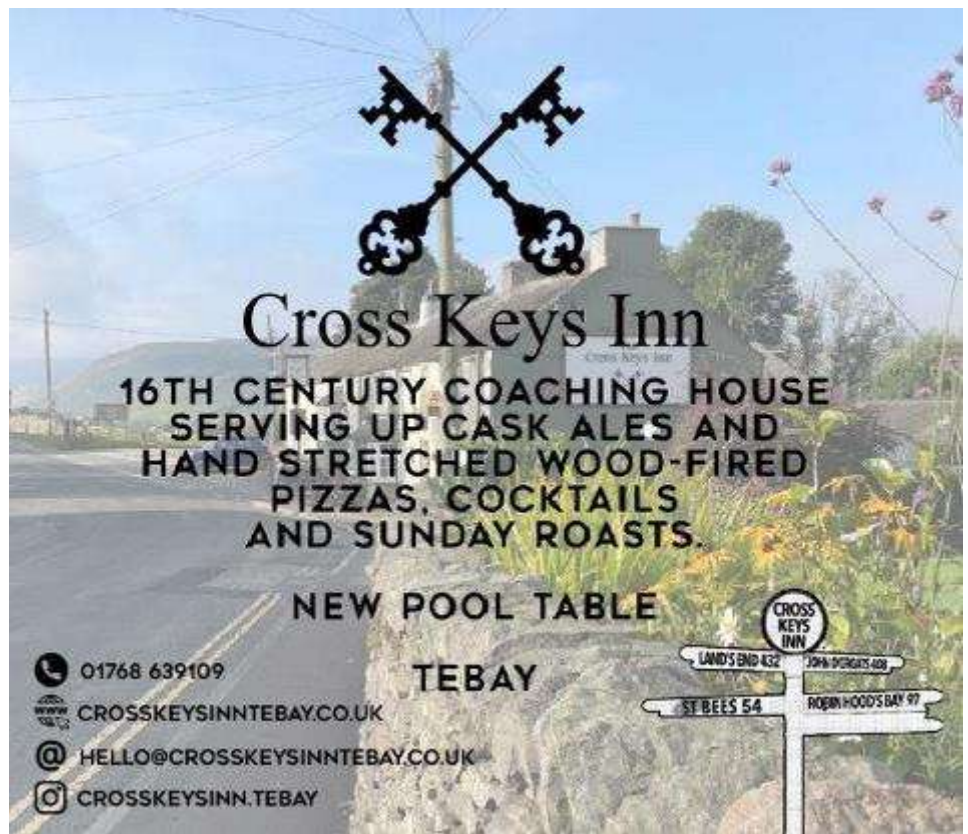
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Ravenstonedale village website: <https://www.ravenstonedale.org>

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Local church websites:

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