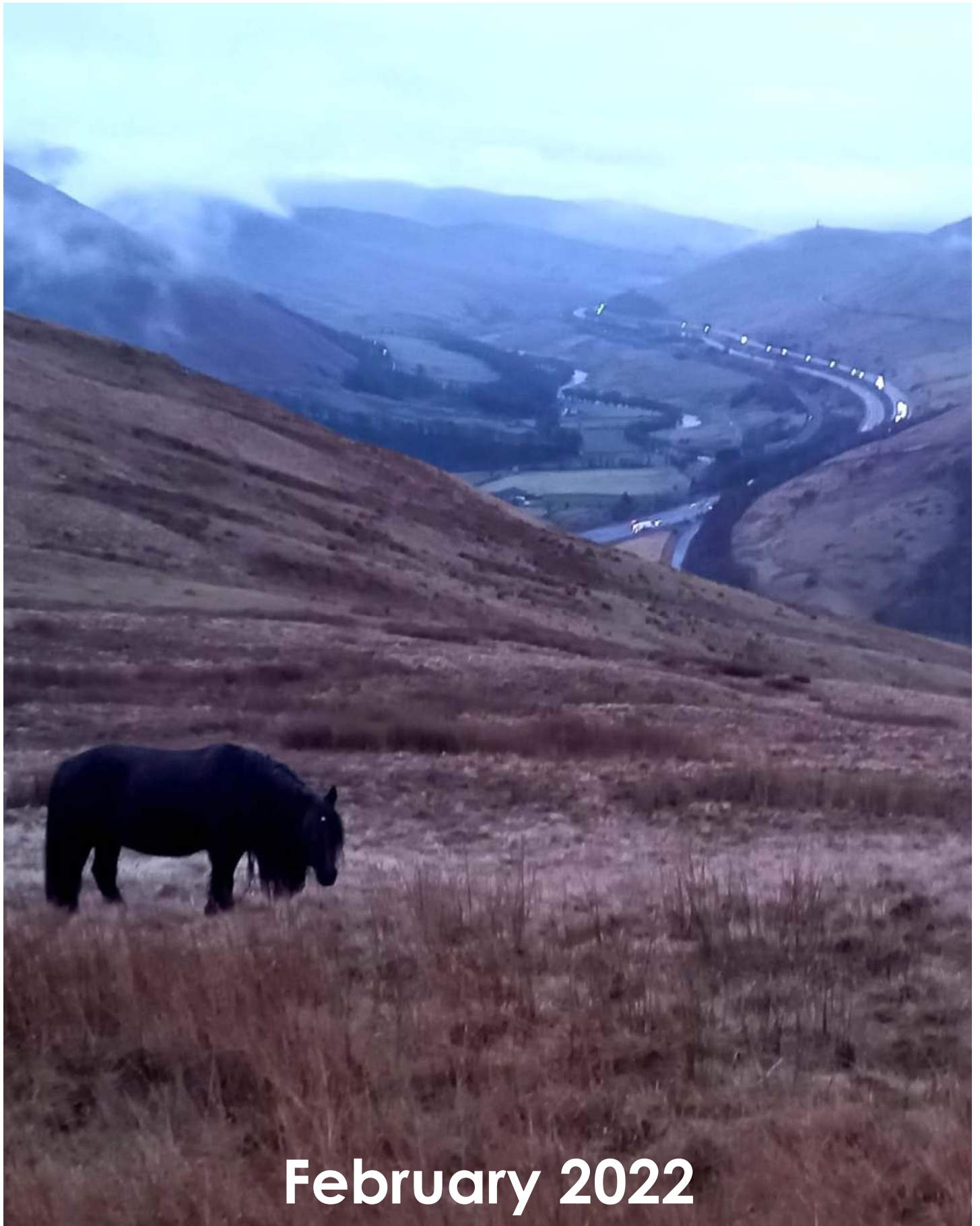


The Link

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



February 2022

The Link

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

The Link is currently being put together by a group of willing volunteers in our villages.

We will list the details of who get in touch with and how to do so as we work out the details!

In the meantime — do email us with any comments or questions you may have and one of us will answer:

TheLinkMagazine@outlook.com

Many thanks ,

David, Emma, Jess,
Martin, Paula & Sophie.

If you want to help, fill in this form: <https://is.gd/LinkHelpers>



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

Front page photo credit:
Martin Lawson
"Jeffery's Mount + Fell Pony"

Could we ask for your support?

It costs somewhere between £600 and £800 to print one issue of **The Link** magazine (all the work of putting it together, and distributing it is done by volunteers). At present we still believe that sending a copy to every house in our parishes, as much as we can, is the best way to communicate with our communities. However, we continue to look at improving our electronic communications as well

Not to be dramatic, but income purely from advertising does not cover the cost of **The Link** — particularly if you want us to grow and develop it as we have tried to do in the last couple of issues. Last year we gave our advertisers 50% off, to help them through the challenging times as well.

Could we ask you to help us cover the cost of **The Link**?

One copy costs about 70p — which would be £7 for the ten issues we produce each year. If you are able to contribute this (or more, or less) you can do that in a number of ways:

- Make a bank transfer to:
'Orton Tebay and Ravenstonedale Link Account'
Sort code: 40-26-18 Account number: 71021036
- Drop off a marked envelope to Orton Village Shop
Cheques can use the same account name as above
- Give a marked envelope to a member of a local church

We're hoping as well to set up a way for you to give electronically — more on that once we've got the technology sorted.

We do very much appreciate your support — and we want to remain accountable to you. As the weather gets better, and COVID retreats, we'll be making ourselves available to hear your views in each village over the coming year.

Leap Year

by Annette Wynne

Little month of February,
You are small, but worthy — very!
Will you grow up like the others,
Like your sister months and brothers?
Every four years with a bound
With a leap up from the ground,
Trying to grow tall as they —
All you stretch is one small day!
Even then you're not so tall
But just the shortest month of all.

THE LINK DEADLINE IS THE 13TH OF EACH MONTH

Please send all copy including advertising to: **TheLinkMagazine@outlook.com**

Paying for advertising: **Linda Garrick, 015396 24262**

We hope to give village addresses for dropping off copy, or phoning in, as we develop local links

Thank you...

It's more normal to thank people for their work at the end of the year, or period of service, or as they hand in their notice — but we wanted to thank people now, at the beginning of a new year for **The Link** magazine. Why? Because too often the thanks get forgotten, or tagged on later. So, thank you...

...to our readers

As a small team, that is still finding it's feet, and working out who's going to do what, we're grateful for your suggestions (and challenges) for how the magazine might develop. We're thankful for those of you who read it cover to cover — and then send in tweaks for next time, as well as for those who give it a quick skim on email before deleting it. *The magazine goes to nearly 1000 homes in print, and about 350 people by email.* We hope that The Link is one way that you get to find out at least some of the information you want, or need.



...to our distributors

Those 1000 homes wouldn't get copies delivered without the people who pick up from the printers, those who act as distribution points, then give out bundles to individuals who then go door to door. Part of what makes a community a community is this acting together, for one another — we want The Link to be a part of helping people feel connected across our communities.

...to our writers

The Link email account is often bulging with articles sent in (we still need more). We don't want it just to become a History Channel, so write-ups of events, articles on what's happening in your village, and other pieces will all play a part. If you've not written for The Link before, why don't you give it a go? We hope that The Link is a way of sharing our news and views and encouraging a shared conversation.

...to our advertisers

The Link wouldn't continue to exist without those local businesses who pay to advertise in the magazine each month. Do use their listings (and tell them you found them in The Link). If you know of others who might want to, encourage them to get in touch.

...to our supporters

We ask you once a year whether you might help cover the cost of The Link magazine. A large part comes from the advertisers, and some from the local churches, but we need individuals to support the costs of running the magazine as well — particularly if you want to see it grow and develop.

Thank you!

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Can't find what you want? Let us know and we'll see if we can find ways to change — we know people want more photos and more local news — you can help with that!

Newbiggin-on-Lune Village News & Events

Tattie Pie Supper and DOMINOES



NEWBIGGIN-ON-LUNE PUBLIC HALL
SATURDAY 26th FEBRUARY
7.30 pm

Tattie Pie, Pudding, Tea and Coffee
Prize Dominoes competition, Raffle
Adults £10, children £3

Ian Clayton 23226 Anne Brownrigg 23594
Jim Wardrope 23288

BOOKING ESSENTIAL-LIMITED NUMBERS

MEN'S MEETING

WHEN

Wednesday 2nd March &
Wednesday 4th May,
7:30pm

WHERE

Newbiggin-On-Lune
Methodist Chapel

Brews, biscuits & Banter!

Contact Jonny Capstick for more info
01539623141

All ages
welcome!

2nd MARCH
Stan Davis;
speaking
on
woodwork.

4th MAY
Ian Hartley,
founder of
Out of Eden
Kirkby
Stephen;
Can God be
found at
work?



Newbiggin-on-Lune Public Hall

Enquiries: Ian Clayton (23226),
Anne Brownrigg (23594), Jim Wardrope (23288)

Facebook:

<https://en-gb.facebook.com/NonLPublicHall>

Indoor Bowls



come
and
join
us!

Friday night is Indoor Bowls night
at Newbiggin-on-Lune

Starts at 7.30pm
costs £2, (first night free)
you don't need a partner, just turn up.

More information from 07880 706485
- see you there!



Our live orchestral concerts are back!
Kendal's Westmorland Hall

Saturday 19th February 2022
Royal Northern Sinfonia featuring
Mariam Batsashvili on piano

www.lakelandsinfonia.org.uk

Ravenstonedale Village News & Events

A CHRISTMAS CAROL – NO, NOT THAT ONE!

**It was great!
Oh yes it was! Oh yes it was!**

The Vagabonds made a triumphant return to St Oswald's Church, Ravenstonedale on 3rd & 4th December with a post-lockdown play which was an intriguing and unlikely blending of Dicken's Christmas Carol and Homer's Iliad - pantomime version.

As well as the Vagabonds themselves, who appeared initially in a Zoom call, it featured – improbably – four ghosts, Cilla Black (given a lorra, lorra love by Anne Asquith), three beautiful (!) goddesses (each actor has requested anonymity to protect his dignity), the best Alan Shearer this side of the Pennines (Steve Fermer), a singing Helen of Troy (Sue Richardson), a special guest appearance by 'Daniel Craig' – and a pantomime cow.



The rather reluctant Greek Chorus (Diana Fothergill and Hilary Law) attempted to tie the story together, and Caroline Morris gave a 'mad woman in the attic' style performance as Cassandra, regularly reminding everyone that 'We are all doomed!'.



As Muriel, who had the unenviable job of trying to direct the whole thing, Jill Storrs brilliantly out-Linda-ed Linda Snell. The play was written and directed by Joan Barnard, who is now very relieved that 'It's behind you!'



With two sell-out audiences and a busy bar before and after the performances, just over £1200 was raised, split equally between Friends of St Oswald's and 4Eden (formerly Eden Mencap Society)



The Vagabonds will return towards the end of 2022. Watch this space for details!

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 16TH FEBRUARY 2022

7.30 PM

NEWBIGGIN VILLAGE HALL

HISTORY OF COMMON LAND

WITH

Maurice Hall

Admission: Members £2.00 Non Members £3.00

including refreshments

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

www.ravenstonedalehistory.org.uk

16th March – Jackie Wedd

Parish Millennium Projects – part 2

To include the four Parish Millennium Embroideries

20th April – Les Neal

Further Histories of Quaker Families in Ravenstonedale

Revealed at St. Oswald's!

...for the first time in 130 years and unseen by some five generations !!

What is revealed ?

An historic early 18th Century large oak panelled painted Prayer Board, which can now be seen for the first time since 1891 when it was completely obscured from view by the installation of the Harrison & Harrison (Durham) Organ.

Why is it revealed ?

Because during the recent works to completely restore the Organ, enough space was created to allow sufficient access to remove the hidden Prayer Board from its hiding place on the Chancel wall behind the Organ and to relocate it to the south wall of the Sanctuary where it can now be seen and appreciated by all.

Other reasons ?

This Prayer Board (bearing the date 1747) which depicts The Ten Commandments set out in a central panel flanked by Moses and Aaron, is the left hand companion to an almost identically sized Prayer Board which can be seen facing the congregation on the Chancel Wall to the right of the Chancel Arch. This one depicts the Lords' Prayer and Nicene Creed flanked on each side by St. John and St. Peter. As a result of the relocation of the formerly hidden Prayer Board, these two panels now hang 'just around the corner' from each other and are both easily accessible for viewing.

Both these panels date back to the earlier church and they are an important and fascinating part of the atmospheric historical interior of St. Oswald's.



Lancashire Conservation Studios, who are part of Lancashire County Museums Service in Preston, directed the relocation of the hidden Prayer Board and have also assessed the work needed to restore both Boards to their best condition.

Once cleaned and fully restored, they will add even more to the church's visual character.

What's the cost of the restoration work?

This complicated, intricate and delicate work comes at a significant cost in the region of £19,000. We have already made a promising start in raising the funding for this work which includes some kind and generous donations as well as some grant funding being a Church Buildings Council (CBC) Church Care Conservation Grant amounting to £2,000.

And there's more

The Monarch's Heraldic Crest of King George II (1727 – 1760) is the third oak panelled board, which although smaller, matches in date and style the other two boards and bears the royal motto "Dieu et mon droit" and which is located on the south wall in the centre of the church opposite the rare three tier pulpit.

At the present time all three boards appear somewhat flat and dull and rather dark due to many years of dirt accumulation but with professional restoration the full colour, vibrancy and indeed the general legibility of each one will be revealed which will be a significant improvement on the visual impact of each one of them.



If you would like to support this restoration work — we at St. Oswald's would be delighted to receive any contributions or donations towards this project. If you wish to make a donation please contact St Oswald's PCC Secretary, Suesi Windle on suesi.windle@googlemail.com or Churchwarden, Martin Windle on 07899 907958.

Parry, thrust and an entertaining delve into the History of Castles

The January Ravenstonedale Parish History Group talk welcomed Pete Brummitt, another local speaker who had volunteered to entertain the audience of twenty five members and guests at Newbiggin-on Lune Village Hall.

Declaring at the beginning that his talk 'Curiosities of Castle Design' would be from a non-expert perspective, the talk went on to cover the history of Castle construction, the notable constructors including insight into the current day values of budget and the work of the catering brigade that nourished the Castle residents.

Thanks to historical recipe research and a busy baking session, Pete and Bev Brummitt provided the audience with home-made medieval biscuits (a recipe based on ingredients used around the 13th Century, including saffron, honey, cinnamon and ginger) which perfectly complemented the tea and coffee that traditionally concludes the evening.

An early example of stone construction can be observed in Carlisle. The imposing Carlisle Keep was built in 1092, using stone. The survival today of the Keep exemplifies why construction evolved from wood to stone. Stone construction represented a huge investment in terms of manpower, in one example (Bramber Castle, Sussex) the workforce would be the equivalent today of one hundred persons, working ten hours a day for nine months. In today's value the cost of Conwy Castle would be £40 million. *...shortened in order to fit in the magazine — sorry!*



The next Ravenstonedale Parish History Group talk will be
'The History of the Common Land' by Maurice Hall
Wed 16th February, 7.30pm Newbiggin-on-Lune Village Hall

Orton Village News & Events

Orton Christmas Tree Festival

Most churches have a Christmas Tree at the festive season, but All Saints' Church, Orton, had fourteen!

Local businesses and community groups were invited to take part in the Christmas Tree festival, by decorating a tree with a theme illustrating what they do; and two businesses (Orton Scar Café and Orton Village Stores and Post Office) and eleven local community groups responded.



Children were involved in decorating two of the trees: Charlie's Church (children aged 3 and 4 from Orton School's Nursery and Reception classes) had been learning about angels, God's messengers, and had happy – and messy – fun adorning angel cut-outs with glitter, and their tree was in prime position at the front of church; and Class 3 children, in church to learn how the church prepares for Christmas, decorated the tree near the door.

Other groups who took part were: the Reading Group, Mothers' Union, Bellringers, W.I., Boccia Group, Tiny Hillbillies, Ovarian Cancer, Drop In, Churchyard maintenance team, and Open The Book.

The Festival opened in time for the Christmas Farmers' Market Coffee Morning on 11th December, and continued until Twelfth Night, 5th January.



Many visitors to church during those weeks commented on how beautiful the trees were; and money received, thought to be a direct result of visitors' appreciation of the Christmas Trees (*without presuming to analyse donors' motives!*) was an extremely encouraging total of about £290.

It is certainly hoped to repeat the project at Christmas 2022.

Tebay and Orton WI

Remember our meetings are held on the 3rd Monday of each month, commencing at 12noon up to March, then 7pm during spring & summer.

Meetings held at Tebay Club.

ANSWERS TO THE WI 'Christmas Quiz'

Thank you to all those who supported the Quiz. Jackie Huck. Secretary Tebay & Orton WI.

1. TV detective (7) CRACKER
2. Local Bakery (5) BELLS
3. Who banned the singing of Christmas carols? (6:8) OLIVER CROMWELL
4. What did Captain William Mynors discover in 1643? (9:6) CHRISTMAS ISLAND
5. Ernie, Ernie and Ernie (5:4:3) THREE WISE MEN
6. Could be a winter store for a squirrel. (8) CHESTNUT
7. Firmly fixed. (6) STABLE
8. Are they happy? (8) HOLIDAYS will accept FAMILIES
9. Sounds like Mr. Spencer is angry. (12) FRANKINCENSE
10. Mixed up serpent. (7) PRESENT
11. Where would you find Parson Brown? (6:10) WINTER WONDERLAND
12. What the weather is love! (8) REINDEER
13. Badges of honour (11) DECORATIONS
14. Euphorbia Pulcherrima (10) POINSETTIA

Which Christmas songs/carols contain the following words?

15. 'A time to rejoice in the good that we see' (9:3:4) MISTLETOE AND WINE
16. 'This year to save me from tears' (4:9) LAST CHRISTMAS
17. 'Right against the forest fence' (4:4:9) GOOD KING WENCESLAS
18. 'gonna find our who's naughty and

nice' (5:5:2:5':2:4) SANTA CLAUS IS COMIN'TO TOWN

19. 'He is calling you' (8:3) SAVIOURS DAY
20. 'when he comes to reign' (2:3:5:9) IN THE BLEAK MIDWINTER
21. Prickly Buddy (5) HOLLY
22. Who had a button for a nose? (6:3:7) FROSTY THE SNOWMAN

Which films contain these lines?

23. Every time a bell rings an angel gets his wings? (3:1:9:4) IT'S A WONDERFUL LIFE
24. You have such a pretty face you should be on a Christmas card. (3) ELF
25. Just remember the true spirit of Christmas lies in your heart. (3:5:7) THE POLAR EXPRESS
26. Vermont must be beautiful this time of the year. (5:9) WHITE CHRISTMAS
27. I want my house to be seen from space. (4:3:5) DECK THE HALLS
28. Planet fastener meets pot (8) MARZIPAN
29. What was stolen on Christmas Day 1950? (5:2:7) STONE OF DESTINY
30. ABCDEFGHIJKLMNOPQRSTUVWXYZ (4) NOEL
31. What do Charlie Chaplin, Dean Martin & Eartha Kitt have in common? (4:2:9:3) DIED ON CHRISTMAS DAY
32. Not southern stick. (5:4) NORTH POLE
33. How many gifts in total were given in the 12 days of Christmas? 364
34. ABDEEEGGHINORRSU (11:5) GINGERBREAD HOUSE
35. Quiet Sir. Lancelot (6:5) SILENT NIGHT
36. What sort of Christmas did Elvis have? (4) BLUE
37. Hymn requires car maintenance (5:7) CAROL SERVICE
38. Who did Clarence Oldbody save? GEORGE BAILEY
39. Get some gloves on (6:3) BOXING DAY
40. Godfather's door opening device (6) DONKEY

Orton scenery calendar in memory of Pat Brass.

An amazing 350 calendars were sold.

I would like to say a big thank you to David and Jean Satterthwaite, David's photographs have made the calendar such a success. Thank you to local businesses and individuals who sold the calendars and everyone who bought one.

We will be sending £3,300.00 to Target Ovarian Cancer Charity.

highlights

rural touring scheme

returns to Orton with



La Bella Band

The Lost Chord of Uaanbaatar

Join Garibaldi, The Fez and 'Special K' for music, laughs, comedy and theatre
all rolled into one – what more could you want from a night out!

Orton Market Hall
Friday 18th February 7:30pm

Tickets £10 Available from:

www.ticketsource.co.uk Orton Village Shop

Tel: 01539 624856 or Email: cfox5858@gmail.com

ORTON BUS SHELTER “BOOK SWAP”

A huge “thank you” to everyone in our community and beyond, who have so kindly supported the “charity book shop” in the bus shelter. Thanks to your generosity, during the six months from July to the end of December, the sum of £1,340 has been raised and this has been divided equally between the Great North Air Ambulance Service and Orton Church.

From 1st March until the end of June 2021, £1,025 was donated to the Hospice at Home, Carlisle & North Lakeland.

This makes a total of £2350 raised in 10 months for local charities, thanks to the support & kindness of many people.

We will hopefully continue with the “book shop”, and from 1st January 22 to end of June 22, all donations will be divided equally between “Ovarian Cancer Research” and “Orton Church.”

Thanks again, Happy New Year to all, and enjoy reading!! Olive & Joyce.

Cafe Church invitation

All Saints' Church Orton,
invite you to their next
“Cafe Church” at:

**Sunday Feb 13th.
10.30 a.m.**

We start with coffee/cake/
chat, followed by shared
worship, and then a time to
informally share and
discuss our thoughts
- this time our focus
will be on the theme
of “REFUGEES.”

*We'd love to see you there!!
Olive*



Full-Time

Nursery Places Available

Did you know that Orton CE Primary School can offer
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 visit please get in touch with either Vicky or Emma at the school on 015396 24268

email - head@orton.cumbria.sch.uk

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

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



**ORTON
DROP-IN
COFFEE MORNING**

AT THE CHAPEL SCHOOLROOM

**We are open Wednesdays
10.30 - 12.00**

**Everyone welcome!
Come and meet new friends!
FREE! (Donations welcome)**

We are an independent and non-profit community service for anyone who would like to meet up and chat every Wednesday morning. Any donations for drinks and cake will go to local charities



Saturday 12th February.

**Leanne | Market Coordinator
Orton Farmers Ltd**

07969 335598 info@ortonfarmers.co.uk
<http://www.ortonfarmers.co.uk/>

Thursdays

Multi Award Winning
Fish & Chips
Served every Thursday 16:30 – 19:00
At Tebay Recycling Centre

Order via our app, or website or at the van! "Shappy Wheels"

UK TOP 10 Mobile Fish & Chips on your doorstep!

FTV MAGAZINE Awards 2020/21
10

**World Day of
Prayer
Friday 4 March**



This has been organised for many years between Tebay and Orton Methodist and Anglican churches.

Unfortunately this year, due to ill health, I feel I am no longer able to organise the service.

I have already received the order of service (written by the women of the UK), the CD of hymns and all other relevant material (ordered last summer).

I am looking for someone who would be willing to take on this task this year

Elizabeth Crossley
015396 24311



Orton's baby and toddler group

Every Thursday from 10am - 12 noon
Methodist Chapel, Orton, CA10 3RG
See our facebook page for the latest information
Tiny Hillbillies Baby and Toddler Group, Orton
Or contact Pat 07790 700401 or Jo 07837 767442

News from rton School

Orton CE Primary was very busy up to Christmas — and we just wanted to share some happy memories with you from our Christmas celebrations, as well as wishing you all the best for a Happy New Year!



www.ortoncofeprimary.co.uk



Cobweb Orchestra, Tebay

Conducted by Roland Fudge, we meet in Tebay Methodist Church Hall, every Tuesday at 7.30pm during term time. Come and join us - we don't do auditions!

So, if you have ever played an orchestral instrument, or would like to play a different instrument, we have an instrument bank from which you can borrow an instrument for a modest fee.

You will receive a warm welcome if you come along to Tebay, so dust the cobwebs off your instrument and join us!

For more information go to our web site

www.cobweborchestra.org.uk

or ring Richard Best for more details:

Phone 07939 540139

BOCCIA

IN ORTON MARKET HALL

**Not only for para-Olympians,
but a fun game for everyone!**



**Sessions are on Thursday afternoons
from 1.30pm to 3pm**

**February 3rd and 17th
March 3rd, 17th and 31st
April 7th and 21st**

*NB Only one week between
31st March and 7th April*

For more details please contact Felicity Lawler

Email:- fglawler@gmail.com



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

Your local one stop shop – we stock:

**Large selection of general grocery items
including your favourite branded items**

Bread and cakes

Fruit and vegetables

Milk, butter, cream and yoghurts

Sandwiches - freshly made and savouries - baked daily

Sliced beef and ham

Cheeses including local Piper Hole Farm goat cheese

Slack's bacon, sausage, black pudding and gammon

Farrer's coffee - freshly ground to order

Romney's Kendal Mint Cake and weigh-out sweets

Bowness Bay Brewing bottled beers

Greetings cards including selections from various local artists

Floral displays from Lavish Flower House

Cumbrian Honey

Souvenirs: "Coast to Coast" items from Wolfe & Wood

Carola Frank Handmade Fused Glass

The Village Stores & Post Office fridge magnets, key rings, mugs and notelets

Opening Hours – Village Stores

Monday	9 am to 6 pm
Tuesday – Saturday	8 am to 6 pm
Sunday	10 am to 2 pm

Opening Hours – Post Office

(temporary opening hours dovetailing with Tebay Post Office to provide postal services from Monday to Saturday inclusive – see separate entry for Tebay Post Office opening hours, below)

		Last Collection
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

Additional information:

Opening Hours – Tebay Post Office (015396 24967)

Monday	9 am to 1 pm and 1:30 pm to 5:30 pm
Wednesday	9 am to 1 pm and 1:30 pm to 5:30 pm
Friday	9 am to 1 pm and 1:30 pm to 5 pm

This means there is access to an open Post Office six days a week.

Westmorland Dales Apprenticeship Update

Since you last heard from us at the apprentice scheme, we had recently done sphagnum translocation up on the Tebay fell and tree seed collection. Following on from these conservation techniques, we started to learn a fair amount about tree planting.

We first started in Crosby Ravensworth, under the parish's tree project, planting a variety of species such as dog rose, Oak, willow and alder. From the first day, we learnt a variety of ways to plant and guard up the trees, mainly



using tree guards and stakes to protect from potential threats. The main threats to trees are browsing animals, which is the word to describe herbivores that eat woody plants. We then spent our next tree planting days up at Birkett Common, in which we maintained tree guards



to help Rowan trees from falling over and planted hawthorns in thickets around more slow growing trees. This method of planting protects the slower growing trees from browsing species as creatures such as deer would much rather eat something other than a spikey hawthorn. At Birkett

there were also some amazing signs of recovery, with the plantations being blocked off from the commoners ground there were early signs of peatland restoration. Since the land had been untouched for so many years.

Me and my colleagues finally rounded off the month by doing two projects. The first project was at Dyke farm, in which we planted with the woodland trust scheme, helping a local farmer to reduce their carbon footprint by planting trees. This project involved planting species like oak, hawthorn, blackthorn, wild cherry and bird cherry. In this project the trees were planted in patches and thickets, to create a wilder look once the trees have grown. The second and final scheme was at Ewelock bank, where we were planting trees but the main goal was to

plant for pollinators. So the trees and shrubs contained spindle, hawthorn, elder, dogwood, blackthorn, hazel and a few oaks. This was planted in a similar way to Birkett, keeping the look of the woodland as wild as possible.



Now that we finished this month, I am excited to say we are now going on to some more exciting work, in January and February. We will then be tree planting in a years' time where we will hopefully be doing some more tree planting.

Sam Barden

Countryside Worker

For more information about the Apprenticeship Project please contact Belinda Lloyd at: Belinda.Lloyd@yorkshiredales.org.uk or call 01539 756620

www.thewestmorlanddales.org.uk



Orton Manor Court

Grass Lettings

1st May 2022 – 1st April 2023

1. **HOWES QUARRY – approximately 6 acres**
2. **SMALL PARCEL OF LAND at Field Head, Park Lane**

Sealed bids, with contact details, to:

Brenda Iveson

Treasurer to Orton Manor Court

Street Farm, Orton

BEFORE 1ST APRIL 2022

Tebay Village News & Events

Music in Tebay

It was beginning to sound a lot like Christmas in Tebay from mid-November onwards. 3 local music group organisers, Pam Lawson, Julie Hoggarth and Alison Knott, aided by musicians Adrian and Lily, pooled resources to provide music for 3 key events in the village.

Christingle at St James' Church started the celebrations on the 10th December. This lovely family event featured plenty of activities for the children plus tea and top-notch cakes.

The service itself was an atmospheric opportunity for Pam Lawson's Kids Choir and Julie Hoggarth's beginner brass group to perform for the very first time in public. The young players dazzled the audience with traditional and modern pieces, and one specially arranged creation of "Xmas Time" that brought the singers and musicians together.



Monday 11th brought people out to hear Alison Mott's Community Choir at the Tebay Club. Alison re-formed the group after lockdown and they sang inspiringly (and at times hilariously) to an appreciative audience.

Equally well-received were the Kids Choir and the beginner band again. Thanks to Covid and early bedtimes, the band was reduced to a quintet but they and the choir definitely enjoyed this second chance to perform together.

And finally, the Carol Service at the Methodist Church on the 19th was elevated with musical accompaniment from Pam (organ and keyboard), Julie (cornet) and Adrian (guitar), ably supported by the Kids Choir.

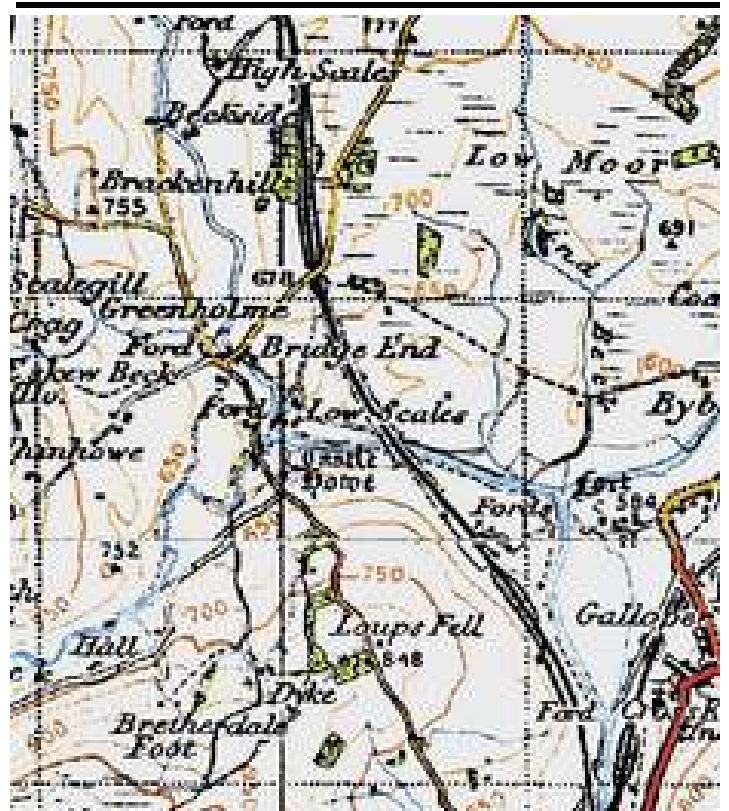
Thanks must go to Pam and the many organisers who helped arrange the events. The feedback from the audiences was great, and we realised how much musical potential there is in the area, especially when everyone comes together. We decided right then that we will carry on working to bring live music to Tebay.

We already have an agenda for 2022 - watch this space!

And if you enjoyed the concerts and want to get involved (as a musician or non-musician) we would like to hear from you. Call Julie on 07866 378392 or email julie@drumandbrass.co.uk for more information about the brass band and Alison Mott on 01931 716122 or email alison@mott.me.uk about the Community Choir.

We can't talk about music in Tebay without mention of the Cobweb Orchestra. This active group meets on Wednesdays at the Methodist Church.

In the meantime the brass group has restarted Methodist Church and is accepting new players. The choir meets on Mondays at St James Church and all are welcome.



TEBAY PRIMARY SCHOOL

UPPER EDEN FOOD BANK:

We are once again supporting Upper Eden Food Bank by holding 'Tebay Tin Tuesday'



A wheeley bin is placed outside the school every Tuesday morning and taken in at the end of the school day. Pupils, staff and members of the community are invited to leave items for the food bank.

What a huge success this has been.

A Lake District Farm Shop at Christmas:

We hope you all managed to see the Christmas special and our wonderful children, along with Miss Jameson and Miss Fisher singing!! A lot of people were watching (see below).

A Lake District Farm Shop At Christmas premiered to 1.2 million viewers, ranking as Channel 4's best show of the day!

Secured an 8% share to outperform the channel's slot average share by 58% and surpassed its lead-in audience by 67%.

The episode was third in its timeslot against all competition in the UK



Fundraising

Tebay Sports and Social Club held a children's Christmas Party in December, they raised £163.00 for Friends of Tebay School, a big thank you to Kate Kilpatrick and all the organisers.

Thank you to the Royal British Legion who gave Friends of Tebay School £28.00 from their centenary celebrations.

Thank you to Westmorland Services for sponsoring our Christmas dinner this year, all children and staff enjoyed turkey and the trimmings made by Julia Capstick in the school kitchen.

Christmas

Thank you to Phil and Claire Harris who kindly donated a Christmas Tree. Children bring in their own decorations to decorate the tree.



Year 5 and 6 children along with Miss Jameson and Tracy delivered Christmas cards to people around the village from everyone at Tebay Primary School. They were delivered to people who are on their own, friends of the school and the older community.

Great feedback received.....

Please thank the children for the Christmas card it was a lovely thing to do.

What a lovely surprise the Xmas card was, please thank everyone from us.

Places available!

Tebay Primary School has places for children in Nursery for April and September 2022 and January 2023. We can offer COVID secure school visit's for potential new starters contact us to arrange a visit.

Website: www.tebay.cumbria.sch.uk

Facebook: www.facebook.com/TebayPrimarySchool

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

Tracy Morland — School Administrator.

admin@tebay.cumbria.sch.uk

Tebay Primary School Tel: 015396 24239



TEBAY COMMUNITY CHOIR



Do you want to improve your mental and physical health?

Would you like to meet new people?

If the answer to either of the above questions is "Yes", why not try singing in a choir?

Singing with others can help breathing, posture and muscular tension. It can help to relieve stress and other emotional pain and can improve your mood and sense of well-being.

TEBAY COMMUNITY CHOIR is a friendly group of singers. There is no audition -everyone is welcome. You do not need to commit to attend every single week.

We meet in Tebay Social Club on Mondays during school term time from 7.30pm until 9pm (with a refreshment break in the middle- very important!).

If you would like to find out more, please email Alison on alison@mott.me.uk or ring her on 07964 978961.



Did you know?

Tebay Primary School Nursery....

- Nursery places available – April and September 2021
- Government funding is available for the term following their 3rd birthday – free 15 hours per week.
- Ability to pay for more hours if needed
- Half and full day sessions available.
- We offer 30 hour's provision for those eligible.
- Varied activities following the EYFS curriculum
- Small class sizes; all needs are catered for.
- Fully qualified staff.
- Extensive outdoor learning.

We would be happy to show you around (COVID safe) 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



NOTE - The management committee of **The Link** regret that it is unable to distribute literature for other organisations,

However we will do our best to sign-post our readers to other resources, so do get in touch with us if you would like to submit a short article, local news, an event that is happening, or a service that is available to our readers across the villages.

THE HUB



Tebay Community Library and Drop In in the Hub St. James' Church, Tebay

Every Monday morning, 10.00am - 12.00 noon
Refreshments - Books to borrow and buy.

All ages welcome

KIDS CORNER



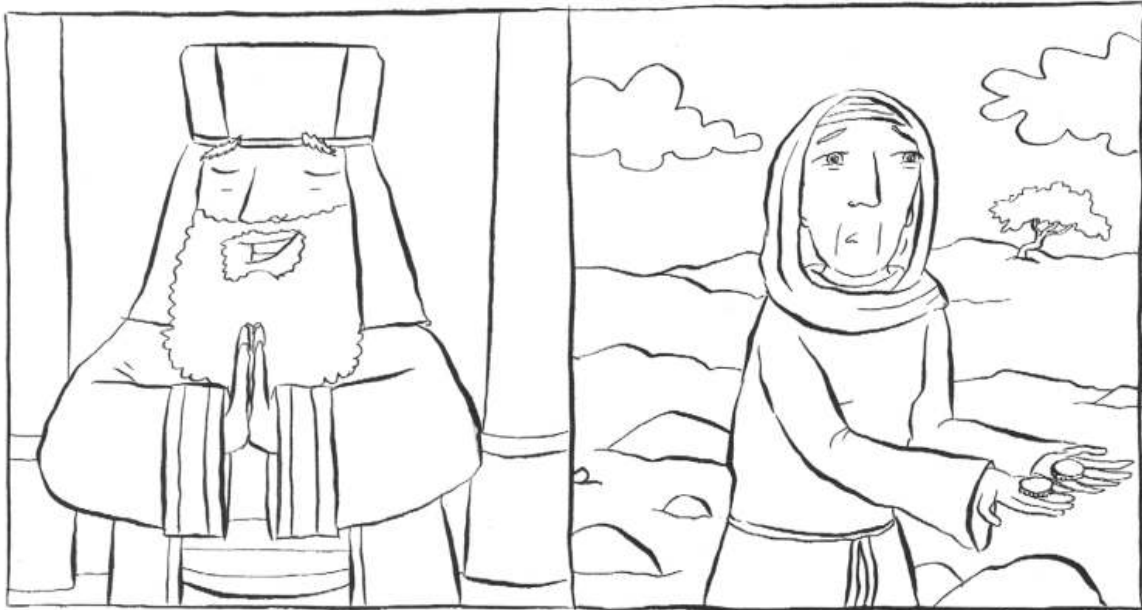
Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here.

BEING GENEROUS

Read this story from the Bible about two people who gave in different ways. Colour them in. How did Jesus challenge them to think about what being generous really means?

You can find an online Bible here: <https://www.biblegateway.com/>

Mark 12.38-44



???????

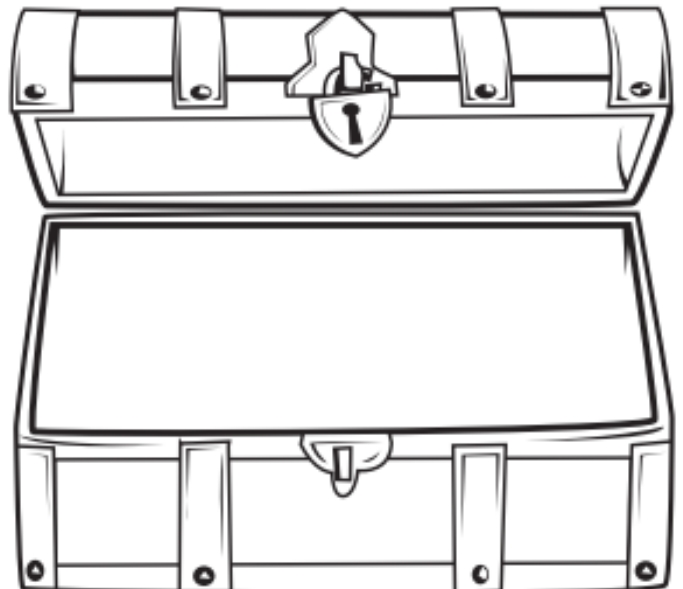
Puzzle

Spot the eight differences between these two bank notes.



Draw!

What kind of things can we give to God? Draw them into the chest.



Picturing the Nativity: Painting by Numbers

Appleby Arts Society were given a fascinating and topical lecture for December. Referring to some beautiful paintings from the 14th and 15th centuries, lecturer Shirley Smith showed how the nativity legend has developed over the years.

According to St Luke's gospel, Mary and Joseph went to Bethlehem, where Jesus was born, but very soon the scene included animals, saints, shepherds, dogs, angels and musical instruments. Were you aware that while his parents were busy, the young Jesus was amusing himself in a baby walker? This was presumably constructed by his carpenter father, Joseph.

If you study 'The Holy Family at Work', painted by a Master of Catherine of Cleves in 1440, alongside this article, you will probably be surprised to find that baby walkers had been invented at this time.

'The Institution of the Crib at Greccio', was shown in a fresco by Giotto c 1297 and connected to a legend involving St Francis of Assisi. St Francis is seen carefully lowering The Christ child into a wooden box, representing the manger. Giotto's 'Nativity' shows the ox and ass, several angels on high,



and white sheep representing good, black goats representing bad. In 1383 Bartolo di Fredi's shepherds had brought their dogs with them.

The artist Michael Pacher's magnificent 1481 altarpiece in the church of Sankt Wolfgang in Austria has introduced a shepherd with a lantern, one of the Magi, angels and possibly a midwife. 'The Nativity at Night', c1490 by Geertgen tot sint Jans shows an ox and an ass in the dark stable, with Joseph standing back in the shadows. Through the window behind can be seen tiny shepherds on a far hill, and an angel in the sky.

Figures changed in paintings from southern Europe and the north, and it was interesting to compare the images of the Christ child. Those from the south tended to be plump, those from the north skinny.

In 'Virgin and Child before a Firescreen' (Robert Campin 1440) the Virgin is shown breastfeeding.

Images of Mary's birth, pregnancy and marriage were shown in order to humanise the Virgin, but Joseph's doubt about the expected birth is shown in 'Doubt of Joseph' 1430.

However by far the most touching image, by an unknown artist, is of Joseph cutting up his socks to clothe the new baby.

What a lot of changes since we first heard of the birth of Jesus in a manger, images

intended to bring these scenes into a world with which man could identify. Pictures were the books of the unlettered.

NORTH WESTMORLAND ARTS

All concerts at 7:30pm in Appleby Public Hall

Tickets at the door and online

Sun 27th Feb: BOGLARKA GYORGY & AMY BUTLER (violin/piano) - £15

Sun 13th Mar: THE SOLWAY SAXOPHONE QUARTET - £15

Sun 3rd April: MELIORA COLLECTIVE (strings, harp, clarinet, flute (Meera Maharaj) - £20

www.appleby-concerts.org.uk E-mail: enquiries@appleby-concerts.org.uk Tel: 017684 83777

Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust

News from All Saints' Church, Kasese, Uganda

parish linked
with All Saints', Orton



WhatsApp messages and emails received

From Rev Nelson Walina, vicar.

16th December: We had an evaluation meeting about the following:

Achievements amidst lockdowns

Sources of funds applied and ongoing

Failures

Major focuses in the next year, 2022.

25th December: How are our friends of All Saints, Orton Church, UK? Convey our lovely Christmas greetings to you all!

28th December: Thanks for your prayers. My wife Melina got sick on Christmas Day in the evening. On her way to church evening fellowship she felt pain inside the backbone down lower part. On the 26th she went to hospital to check what is paining. In the Scan nothing was found, but she still has a lot of pain. I will take her to X-ray if funds allow.

7th January: This evening Melina and I have rescued this lady who wanted to kill herself and her 8-year-old daughter. Fortunately she told her father, who lives some way away, that she was tired of life and its challenges. He was able to contact us, and we met the lady. We had a long discussion as she had made the decision - now she needs support, house rental, and prayer.



11th January: Through counselling sessions this lady has come to normal. The following day we were able to settle her rent, 100,000 UGX (about £21). We had an emergency account to assist such cases, but that account is now empty. Please continue praying and supporting us to move on.

From Rev. Robert Zziwa, Cathedral youth chaplain

9th December: I am so delighted to inform you that am on my way from college. I have ended my

exams today. I'm only remaining with field work report which I will where am currently serving, then later submit my Research report come early next year. Thanks for your endless support to see me achieve this. May the Lord continue to keep you longer to serve Him for His glory. The Lord look kindly on you and give you peace in Jesus' name!

26th December: Rev. Robert took part in the High Westmorland Zoom service, in which people from different countries described how they celebrate Christmas. It was so lovely for us seeing once again. Ruth (their 13-year-old daughter) was extremely happy for seeing Mary and she said "these are our friends who used to visit us at All Saints'!"

This has been so wonderful seeing different people and how they do celebrate Christmas. We have been blessed.

28th December:

Holy Innocents Day celebration. The young church presenting.



31st December: Confirmation service at St. Paul's Cathedral. 326 confirmands have been confirmed in their faith today.

6th January: School children service at St. Paul's Cathedral today. Primary school pupils presenting "There is Peace in Christ"



Rev. Nelson Isebagheen, chaplain of Kagando Hospital, Kasese

14th December: Pray for the discipleship ministry that we are running for the staff and the students in the nursing school.

24th December: Happy Christmas. Thank you for your prayers. I led the Christmas carols for all staff and we were all blessed. On the eve of Christmas I



conducted scientific prayers at the prison and prison officers accepted Christ as their personal saviour.


Pray that I may disciple them. Nelson

12th January: Here in Uganda especially Kagando hospital we are doing well. Thank you for your prayers for we started the Year very well and I believe by God's grace we shall come to the end of it.

Currently we are sending our children back to school after a long lockdown. Am facing a financial crisis I really beg for your prayer support. Schools have opened but my children are still at home.

God bless you. Nelson

Services in our Anglican Churches

<p>Sunday 6 February</p> <p><i>Proper 1</i></p> <p><i>Sidesperson:</i> Isaiah 6:1-8 [9-31] 1 Corinthians 15:1-11</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10:30am</p> <p>Holy Communion</p> <p><i>Sandra Ward</i></p> <p>Chris Bland Elizabeth Crossley Andrea Dutton Margaret Longworth</p>	<p>Tebay, 10:30am</p> <p>Songs of Praise at the Methodist church</p>	<p>Ravenstonedale, 10:00am</p> <p>All Age Worship <i>Lay led...</i></p> <p>Michael Metcalfe-Gibson Sally Metcalfe-Gibson</p>
<p>Sunday 13 February</p> <p><i>Proper 2</i></p> <p><i>Sidesperson:</i> Jeremiah 17:5-10 1 Corinthians 15:12-20</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 10:30am</p> <p>Café Church style service</p> <p><i>Team</i></p> <p>Olive Bland</p>	<p>Tebay, 10:30am</p> <p>Holy Communion</p> <p><i>Sandra Ward</i></p>	<p>Ravenstonedale, 11:00am</p> <p>Family Service (Baptism)</p> <p><i>Chris Jenkin</i></p> <p>Diana Fothergill Hilary Law</p>
<p>Sunday 20 February</p> <p><i>2nd Sunday before Lent</i></p> <p><i>Sidesperson:</i> Genesis 2:4b-9, 15-25 Revelation 4</p> <p><i>Green</i> <i>Prayers:</i></p>	<p>Orton, 8:30am</p> <p>Holy Communion (BCP)</p> <p><i>Chris Jenkin</i></p> <p>Mary Jenkin John Dunn</p>	<p>Tebay, 10:30am</p> <p>Service of the Word</p> <p><i>Rosemary Campbell</i></p>	<p>Ravenstonedale, 10:00am</p> <p>Holy Communion</p> <p><i>Chris Jenkin</i></p> <p>Richard Best Tim Parkinson</p>
<p>Sunday 27 February</p> <p><i>Sunday next before Lent</i></p> <p>Exodus 34:29-35 2 Corinthians 3:12-4:2</p> <p><i>Green</i></p>	<p>High Westmorland Parishes United Service (HC)</p> <p>Shap, 10.30am</p> <p><i>Sanda Ward</i></p> <p>Zoom meeting number: 894 1727 3600</p> 		
<p>Wednesday 2 March</p> <p><i>Red</i></p>	<p>Ash Wednesday</p> <p><i>10am Service of Ashes, St Michael's Shap, led by Alun Hurd</i> <i>7.30pm Service of Ashes, All Saints Orton, led by Sandra Ward</i></p>		

Church contacts

<p>Church Contacts</p> <p>VICAR <i>Vacancy</i></p> <p><i>Curate</i> <i>On placement</i></p> <p>Mission Community Administrator Joyce Keetley 07741 327318 Email: applebymc@carlisle-diocese.org.uk</p> <p>Retired clergy Sandra Ward 24213 (Penrith Hospital Chaplain) Christopher Jenkin 24410</p> <p>ORTON with Tebay CHURCHWARDENS Chris Bland 24258 Linda Garrick 24262 Martin Lawson 26028</p> <p>PCC SECRETARY Susan Thorpe 24166 Email: s.thorpe669@btinternet.com</p>	<p>TREASURER Bill Lawler 24465</p> <p>LOCAL LAY MINISTER Rosemary Campbell 24837</p> <p><u>RAVENSTONEDALE with</u> <u>NEWBIGGIN-ON-LUNE</u> CHURCHWARDENS Ann Brownrigg 23594 Martin Windle 07899 907958</p> <p>SECRETARY Suesi Windle suesi.windle@googlemail.com</p> <p>TREASURER Tim Parkinson 23393</p> <p>Methodist Church Revd Stephen Radford, 50 South Road, K. Stephen, CA17 4SN. 017683 71202. Email: stephen.radford@methodist.org.uk</p>	<p>Roman Catholic Church Fr Peter Houghton, Church of Our Lady of Appleby 017683 51244</p> <p>New Beginnings Church Pastors: Barry & Karen Hawthorne 07437 468896</p>
		<p>New Beginnings Church</p> <p>Every Sunday Orton Market Hall, 10.30 a.m.</p>

Services in our Methodist Chapels

	2021/ 2022	6 th February	13 th February	20 th February	27 th February
* Tebay M P 1-1300 M H B	10.30	M Lawson US OA	T Longworth	J Ousby	H Radford
	6.30		CS at Brough		
# Orton M P Complete M H B PB EW	10.30	H Hutchinson	T Dent	J Betts	W Riley OA
	6.30		CS at Brough		
# Newbiggin On Lune M P 1-1250 + More on screen M H B	10.30	T Longworth	S Joel OA	OA	OA
	6.30		CS at Brough		
* Ravenstonedale M P 1-1144 M H B H & P	2.00	J Worsfold	S Radford	LA	A Sterling
	6.30		CS at Brough		

Baptisms, Weddings and Funerals

If you want to make enquiries about a baptism at any of the Anglican churches of the benefice, please contact your local church (details on the opposite page)

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.

Please make contact with Rev Stephen Radford for any Methodist Church requirements for membership, marriage, funerals, etc.

Pause for reflection

We continue to live with uncertainty, as we have for much of the last two years.

Even as we are promised that 'omicron' is reducing, we continue to face the unknown — hoping for things to get 'back to normal', but still anxious for ourselves, for loved ones, and still remembering the losses we have all experienced.

Living through the last two years has taught us that we have to hold our plans lightly, and to have a range of possibilities in view — as individuals, as churches and as communities. And our experience of doing that is that it is exhausting.

Most trauma is short and sharp, with long lasting effects. The pandemic, working through the Greek alphabet as it does, is drawn out trauma, with effects just as long lasting. How can we look forward with hope?

In John's Gospel, chapter 14. Jesus tells his disciples, fearing his death, that they know the way to the place where he is going.

Thomas says "We do not know where you are going. How can we know the way?"

Jesus reminds them of a figure they would know well: the "dragoman". Dragomen were guides for journeys. They knew the way to the destination, and you were safe in their hands.

Jesus tells Thomas "**I am the way.**" Jesus is the dragoman.

We may not know what will happen as we continue into 2022, and have to cope with its uncertainties and fears. Jesus says "I am your dragoman."

You will know the way, when you are in my hands.



The Filling Station

For high quality speakers, sung worship, prayer ministry, and personal testimonies.

**Thursday 10th February
7.30pm**

Appleby Hub
Chapel Street,
Appleby-in-Westmorland
www.thefillingstation.org.uk



Kendal Debt Centre launch

More than 100 people gathered for the official launch of a new Christians Against Poverty debt centre to serve people in Kendal and the surrounding area. The Kendal and District Debt Centre has come about through a collaboration of churches in the town, with the launch event held at St Thomas' Kendal on Sunday night.

Referrals will be made centrally by CAP and are open to everyone. The event saw the commissioning of the debt centre's new manager Samantha Vyner-Brooks. The Rev Jonny Gios, chair of Trustees, paid tribute to the work of a previous debt centre in the town at Parr Street Evangelical Church which closed in 2019, after helping 78 families go debt-free. He added: "We are passionate about seeing lives transformed, renewed and set free from debt right across the South Lakes area. After two years of hard work by many individuals and churches, now the work really begins with our first client due to be seen on Tuesday."



Wild Wanderings

Sunday 27th February
4pm - 5pm walk
5pm - 6pm cake
Tebay Chapel

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

Walk with us,
or stay and prepare
refreshments for later

Join us in this new venture for our community, for people of any age and background
A local walk - about an hour, whatever the weather - meet at the chapel, dressed appropriately!
There will be time for reflection, discussion, and planning practical action for our local environment.
If you can bring a bit of cake to share when we get together to talk after our walk - great!



The Liberal Club – Orton

Last month we looked at Petty Hall so it seems right that we should look at the Liberal Club that stands in, what was, the grounds of Petty Hall.



As a Liberal supporter Dr. Robert Gibson donated a plot of land, at the front side of Petty Hall, for a club house to be built. Unfortunately he died before the completion of the building so never saw its completion.

It was to be built by public subscription and all of the stone was donated by Mr. Robert Clark of Orton. The foundation stone was laid by Lord Hothfield in March 1887 who had contributed £20.00 to the building fund. It was described as "a neat little structure, without any pretensions to architectural grandeur, well finished internally, and stands in the centre of the village where it is likely to become a useful and popular place of resort during the long winter evenings."



It was officially opened by Sir Wilfred Lawson in October 1888 when a public meeting was held in a packed Temperance Hall.

In 1974 Kathleen Gibson bought the building and land it stood on and from the estate of Dr Richard Gibson, her husband, who had allowed the property to be used during his lifetime as a Youth Club. And on the 16th July 1974, by deed of Conveyance, she handed it to the trustees of the village for use again by the Youth Club.

When the Youth Club was no longer required the Liberal Club it was returned to the ownership of the Gibson family. The Gibson family have since sold the property and it has been turned into a one-bedroom residence.

I have always wondered who carved the stone above the door. It looks like the work of William Wilson, but he was already dead by 1887 but as he worked as a stone mason at Crosby Ravensworth maybe it was carved by one of his fellow workers. Do you know?

Upper Eden Medical Practice

Covid Vaccinations update

We are no longer giving first vaccines here at the Surgery. We have now attempted to contact all patients who are due their second vaccines. If anyone feels they may have been missed then they need to contact us urgently.

The following information is on our website:

COVID vaccination certification

We are unable to issue this certificate at the practice. Please see the [Gov.uk website](https://www.gov.uk) for further information. Proof of your vaccination status will be available on the **NHS app**, which is also valuable for accessing your health records and ordering repeat prescriptions. Alternatively, you can call the NHS helpline on 119 and ask for a letter to be posted to you. This must be at least 5 days after you've completed your course of the vaccine, the letter may take up to 5 days to reach you.

Shingles vaccination

Patients become eligible for routine vaccination against shingles when they become 70 years of age and all those aged up to and including 79 years are now eligible to receive the vaccine until they become 80 years of age. Individuals who were eligible for the Shingles vaccination programme who turned 80 years during the COVID-19 pandemic and missed the opportunity to be vaccinated, either due to lockdown or because they were shielding at home and unable to attend their general practice, can continue to be vaccinated up to 31st July 2021.

Please contact the Surgery to book an appointment.

Seasonal flu/Covid booster vaccination information:

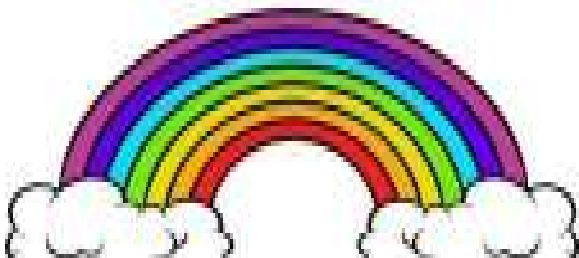
This year the Practice will be contacting all eligible patients for their flu vaccination and likely Covid booster to be given at the same time.

Patients will be contacted in eligibility order and given an appointment time.

Please can we ask patients to **wait for the Practice to contact them** as we are still awaiting information regarding the Covid vaccine boosters.

<https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b>

☎: 017683 74015



Orton Surgery and Shap Medical Practice

Current Procedures

The Doctors and Nurses at the Practice continue to operate an initial telephone triage system. If a face to face consultation is necessary the Doctor or Nurse will book you an appointment at Shap later that day. Please contact the surgery at 8.30am to arrange a telephone triage appointment. Surgery appointments remain being kept to a minimum to reduce the risk of infection to our patients and staff. Please do not attend the surgery without an appointment and please check the NHS111 website if you are unwell with coronavirus symptoms. When attending an appointment at the Practice, face masks must be worn at all times within the building, unless you are exempt due to medical reasons. Hand sanitisers are placed throughout the building and we request all patients to use these.

Online Consultation

We still offer online consultations using the eConsult. Please see the website www.shapmedicalpractice.co.uk to find out more about this.

Orton Surgery

There continues to be no Doctor appointments at Orton Surgery for the time being. Medication is available for collection every Tuesday between 10am and 11am.

Dispensary

Shap medication is now being collected from inside the main foyer of the Practice.

COVID Vaccinations Update

We continue to offer COVID vaccinations at the Practice. Please contact us if you are due your booster.

Staffing Updates

Dr Chris Kehoe left the Practice in the summer and is now working as a Locum GP and as a salaried GP at CHOC where some of you may meet her if you need to see a doctor out of hours. We welcomed Dr Hannah Judson at the Practice as a GP Partner in September. She has already become a highly valued member of the team. She came to us from Appleby Medical Practice and is a qualified GP trainer. We are hoping to start training GPs as well as medical students later this year. Our Practice Manager Sue Graham retired in March 2021 and Wendy Hancock has since taken the role of overseeing and developing the Practice. Wendy previously worked within the Clinical Governance and Safeguarding teams at CHOC and NWS. We are also very pleased to announce the return, and promotion, of Eleanor. Eleanor returned from her maternity leave in January and takes on the new role of Reception Manager.

All of the staff at the practice would like to say thanks to our local communities for the support and encouragement we have received through what continues to be a very difficult time for the health service. The kind words that we receive do make a difference to us and are very much appreciated.

Dr. McCabe Dr. Woodstover Dr. Judson and all the staff
01931 716230 <https://www.shapmedicalpractice.co.uk/>

WESTMORLAND FAMILY

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

Flexible roles available, starting from £9.50 per hour.

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

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J.J. Martin are your local, independent funeral directors based in Kirkby Lonsdale and covering the surrounding areas. We pride ourselves on offering a personal, caring and professional service where the needs of your family come first. We provide free advice, pre-paid funeral plans and a 24 hour service.

EDWARD WALLER: 07779025742 or 015242 72411

www.jjmartinfunerals.co.uk info@jjmartinfunerals.co.uk

The Old Police Station, 1 Long Lane, Millbrough, www.jjmartinfunerals.co.uk 10 Hedley Road, Kirkby Lonsdale, Cumbria, www.jjmartinfunerals.co.uk Carlisle, Cumbria, LA1 1JL. Telephone 01206 20400. www.jjmartinfunerals.co.uk Lancaster, LA1 1JL. Telephone 01524 72411

YOGA WITH ALISON



CLASSES AND 1:1 SESSIONS
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FOR MORE INFORMATION

MOB: 07950435136

EMAIL: FREERANGEGIRL@OUTLOOK.COM



CJH FITNESS

Personal Training Studio
Kirkby Stephen

Get your free consultation now
It is my mission to get you
healthier, happier, fitter & stronger
Contact us now to see how we can
help you reach your fitness goals
07368170470 - www.cjh-fitness.co.uk



Sports injuries
Repetitive strain

Degenerative conditions

07975 999 373

Persistent pain

Face to face appointments are available with robust Covid-Secure precautions in place.

Contact me for appointments 07975 999373

or find me on Facebook

@ReflexOrthoMassage.

Weasdale Nurseries

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MONDAY ROUTE 571: Brough to Kendal

	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 <i>Garhill</i>
Newbiggin on Lune village hall	11.05	15.40 <i>on A685</i>
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
<i>Morrisons layover 1.30 hours depart</i>	13.15	
<i>Blackhall Road layover 1.45 hours</i>		

WEDNESDAY ROUTE 572: Kirkby Stephen to Barnard Castle

	OUTWARD	RETURN
Bus Depot	10.00	15.50
Ravenstonedale School	10.10	15.40
Kirkby Stephen Station	10.20	15.30
Kirkby Stephen Square	10.30	15.20
Brough Clock	10.40	15.05
Barnard Castle	11.20	14.30

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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
<i>Morrisons layover 1.30 hours depart</i>	13.15	
<i>Blackhall Road layover 1.45 hours</i>		

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

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Websites

Church Websites:

High Westmorland parishes: <http://hwparishes.org.uk>
Entries in the Church of England's "A Church Near You" directory
Orton: <https://www.achurchnearyou.com/church/12220/>
Ravenstonedale: <https://www.achurchnearyou.com/church/12221/>
Tebay: <https://www.achurchnearyou.com/church/12223/>
Orton Community Website: <https://ortoneden.co.uk>
Orton Parish Council: <https://ortonpc-eden.org.uk>
Tebay Parish Council: <https://tebaypc.org.uk>
Ravenstonedale village website: <https://www.ravenstonedale.org>
Ravenstonedale Parish Council: <https://www.rdalepc.uk>

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