

The Link

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



March 2023

The Link

Published by the churches and communities in 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 personal subscription, business advertising and underwritten by the local churches.

We would love to hear from you about what is happening, what you've been doing, and what you might like to see in the magazine. Do email us with your ideas, your pictures, your news and notice of your events:

TheLinkMagazine@outlook.com

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

Many thanks ,

Anne, David, Elizabeth,
Martin and Paula.

If you want to sign up to receive *The Link* electronically, you can do so using this link:

<https://tinyletter.com/TheLink>

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

Front page photo
Anne Eastwood

Used with permission

Just a short intro from us this month — and thanks again for your ongoing support of *The Link* magazine.

This is the first issue of the magazine that Anne, our new editor, has led on - you'll see some other changes appearing over the next few issues, as we continue to build up the team

that are putting the magazine together.

Do enjoy reading this issue, and can we encourage you to put 6.30pm, 28th March in your diaries if you want to join the churches and others in formally welcoming the Reverend Canon Brendan Giblin to our villages and churches. More details on p.13

Could we ask for YOUR support please?

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 are also sending it out electronically to several hundred of our readers. (VERY GOOD VALUE—I'm sure you will agree?)

Income from our advertisers does not cover the entire cost of *The Link* — we rely on contributions from individuals and organisations as well.

****** Please could we ask you to help us cover the cost of your copy 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 one of several 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 or give a marked envelope to a member of a local church

• Use this link to set up a repeating annual electronic payment

Or contact us by email if you would like us to send more information on how else you might give.

We just wouldn't be here without you!

Thank you so much everyone

THE DEADLINE IS THE 13TH OF THE MONTH FOR THE NEXT ISSUE

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

Payment for advertising: Linda Garrick, 015396 24262

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

Hello from our new vicar, Brendan Giblin

Hello! I am Brendan Giblin. At 6.30pm on Tuesday 28th March in Kirkby Stephen Church I am to be licenced as Priest in Charge of the group of parishes that will be known as the Upper Eden and Westmoreland Dales* which includes the churches of your beautiful villages.

** The name isn't finalised yet, and we know that this needs some more discussion. Ed.*

I write this in the midst of the throes of preparing to move. Everywhere there are piles of stuff; boxes for the tip, for charity shops, stuff we will take and the things we need to leave behind. Moving brings its challenges.

For the past 11 years we have lived in Wetherby, where I have been Priest in Charge of St James' Church. People ask me why I am leaving one church to serve eight? It is a good question. As a family we have been very happy in Wetherby and leaving a place that has been welcoming and friends who have been kind is not without pain. We are, however, excited about being called back to the countryside, rural ministry and joining you in Cumbria. We are so looking forward to meeting you all and discovering what God is doing among you.

Before going any further I had better say who we are! I am married to Suzannah, who is a nursery nurse by profession. We have three children, Cody who lives in Stirling, and Miriam and Patrick who are at university in Newcastle and Durham. And, we also have a dog, a cocker spaniel called Orla who is well behaved in the house. I will say no more! We enjoy the countryside, walking in the hills, and time with family and friends that involves food.



I mentioned being "called back" to the countryside. Prior to Wetherby we spent ten very happy years in Wensleydale where I was Rector of Middleham, East

Witton, Coverdale, and Thornton Steward. Middleham is a centre for racehorse training. Most mornings would see me out on the gallops on my faithful, now sadly departed, horse George. It was a good way to meet my flock. Since teenage years horse riding has been an enjoyable part of my life. Before this I ministered as a curate in Tadcaster and then as Rector of Stockton on the Forest, Warthill and Holtby - delightful villages near York, where I was also chaplain of a medium secure psychiatric hospital. Again, these were very happy times.

As I say, we are very much looking forward to getting to know the communities and people of your parishes. From those we have met we have already been given a warm and helpful welcome.

For us all this is a new start. It is a new calling for Suzannah and I. For your eight churches which we will serve it is a new start too, not least in coming together and forming a new grouping of parishes.

With all new starts there is uncertainty. At the moment, I am overwhelmed by my ignorance of what goes on, and how things work in your part of the world.

What I do know, however, is that in all the changes that life invites us to embrace (throws at us!) "God is good, and his steadfast love endures for ever" (1 Chronicles 16.34). As Jesus said "I am with you always, even to the end of the age" (Matthew 28.20).

We look forward to discovering together with you the faithfulness and love of God in Jesus Christ.

With every blessing,

Brendan

Where you can find...

| | |
|---------------------------------|----|
| Newbiggin-on-Lune events | 4 |
| Notes from the Herald | 5 |
| Ravenstonedale events | 6 |
| Orton Village events | 7 |
| Tebay Village events | 14 |
| News from our friends in Uganda | 18 |
| Local Churches News & Services | 20 |
| Kids Page (with competition!) | 22 |
| Local Medical Information | 23 |
| Local Businesses & Advertisers | 24 |
| Useful Contact Numbers | 32 |

Let us know what else you'd like to see!



NEWBIGGIN-ON-LUNE CHAPEL SUNDAY SERVICES 10am 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



WINE AND CHEESE TASTING NEWBIGGIN-ON-LUNE PUBLIC HALL

Saturday 4th March 7.30

Booking essential.

Tickets from

Ian Clayton 015396 23226

Anne Brownrigg 015396 23594

Jim Wardrope 015396 23288

Newbiggin-on-Lune Public Hall



| | | |
|-----------|---|--------------|
| Chair | Ian Clayton | 015396 23226 |
| Secretary | Jim Wardrope | 015396 23288 |
| Treasurer | Carl McLaughlin | 015396 23674 |
| | <i>The Vicarage, Newbiggin-on-Lune,</i> | |
| | <i>Kirkby Stephen</i> | |
| Caretaker | Anne Brownrigg | 015396 23594 |

☼ All bookings should be made with the Caretaker
☼ All payments should be made with the Treasurer

Facebook:

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



Folk Dance Club

Our local club meets weekly in
Newbiggin-on-Lune Village Hall

On Thursdays evenings, 7.45pm to
10pm

September to April

♪ *Singles & Couples all very welcome.*

♪ *All dances are walked through & called.*

♪ *Beginners welcome,*

for any further details please
ring Chris on
015396 24258.

MEN'S MEETING

Wed 1st March, 7:30pm
at Newbiggin Chapel

Neil Howarth, an ex army man and farmer from Garsdale with plenty of interesting stories to tell.
Men of all ages welcome



Brew ~ Biscuits ~ Banter

Notes from the Herald, March 1923

Rain, sleet, snow. Easter was 1st April. Housing is scarce, overcrowded and unhealthy. The wet cold summer of 1922 worsened this. Jobs are scarce. Westmorland pupils' teeth suffer from too many sweets and too much sugary tea says M.O.H.

Orton Temperance Society Concert to fund the Orton Band of Hope's new banner, raised over £18 (now £1440). Was held in the Temperance Hall. An unlit pony-trap was seen by P.C. Beck outside Petty Hall on 26th February at 7.50pm. as he was cycling along. It was a cold, windy night. The owner, Mr. Thomas Pallister up before Shap Police Court said he'd delivered milk to Gaisgill Station for 18 years – to pay costs only. Thomas Cowperthwaite, Coatflatt Head, up for letting a sheep stray onto the Orton road on 27th February. He was cautioned. Married at Arnside Church on 19th February, Frederic Burns Bell of Lancaster to Alice Ethel, only daughter of the late Mr. J. And Mrs. Lewis, Arnside and granddaughter of Mr. and Mrs. Robert Tyson of Orton.

Tebay Parish Council met in the Infant School on Tuesday evening, 27th February and ordered that a box be made for the village's fire hose outside the Police Station and that the Parish Clerk write to LNWR to ask them to speed up the cattle trains from Tebay to Kirkby Stephen. P.C. Beck's day off is Saturday. On Saturday 3rd he was going to Kendal on his motorbike to watch Tebay v Kendal Town football when two sheep ran onto the road on the hill at Grayrigg and collided with him. He broke an arm in two places but got the motorbike into the verge and walked half a mile to the nearest cottage who sent for a doctor from Kendal. He was taken to Kendal Hospital, had his arm set and was put onto the train back to Tebay. Tebay Primitive Methodists held a sale of work (craft fair) and concert in the Tebay Assembly Hall.

Ravenstonedale Church is £24 in the red (now would be £1920) due to new furnishings in 1922; to draw it from the Reserve Fund.

Our thanks to Jeremy Godwin for the Notes.

LUNE LADIES

NEWBIGGIN-ON-LUNE VILLAGE HALL



On

Wednesday, 1st March 2023 at 7.30pm

Come and meet the SWALEDALE SHEPHERD, JOHN WAGGETT, who will be giving us a talk on his life growing up and farming the Moor

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!





ST OSWALD'S CHURCH, RAVENSTONEDALE

SAVE THE DATE
 Mothering Sunday service
 at St Oswald's on
 Sunday 19th March at 10am.

**Easter Saturday Coffee Morning
at St Oswald's**

Will take place in Church
on Saturday 8th April 2023
between 10.30am and 12.00 noon.

Selection of refreshments with homemade cakes
and scones.

All are most welcome to come and join us.

No tickets necessary, just turn up !



This Photo by Un-
SAVE THE DATES!

Fri 5th and Sat 6th May

The Vagabonds will return to present
a show to celebrate the coronation:

"A Monarch a Minute"

in St Oswald's Church 7.30pm

*Our Christmas show will be on
8th and 9th December - put it in your diary!!*

**RAVENSTONEDALE PARISH
HISTORY GROUP**

WEDNESDAY 15TH MARCH 2023 - 7.30 PM

**RAVENSTONEDALE COMMUNITY &
HERITAGE CENTRE**

OUR UPLAND COMMONS

OUR COMMON CAUSE NLHF PROJECT - VOLUNTEER WALKOVER
SURVEYS AT THE SOUTHERN EDGE OF THE HOWGILL FELLS



WITH

Douglas Mitcham

Community Heritage Officer,
Yorkshire Dales National Park Authority

Admission: Members £2.00, Visitors £3.00
including refreshments

For more information leave a message on

www.ravenstonedalehistory.org.uk

Wonderful Weaving Workshops

Wednesday 26th April
at Ravenstonedale Heritage Centre

2 half day sessions
09:30 am – 12:30 pm and 1:30 pm – 4:30 pm.



Use hand-made Herdwick yarn and a rigid heddle
loom to make your own beautiful, hand-made
woven table mat with Susan Denham-Smith of Wild
Wool Workshop in Ennerdale.

Susan has been teaching crafts for over 20 years,
with the National Trust, in schools and galleries and
the long- running craft club at The Fox and Hounds
Inn, Ennerdale Bridge. She is a qualified adult
education tutor and member of the Guild of
Weavers, Spinners and Dyers

Free plus materials cost.

To book this event please visit:
www.thewestmorlanddales.org.uk
or email Nicola Estill at Nicola-estill@fld.org.uk



Orton Fell's Walking Group

COME ALONG & JOIN!

Have you ever sat on the football sized pitch top of Castle Folds and thought about the previous occupants?

- ✂ Climbed *Hazzler Brow* and looked down the lovely, but lonely, *Potts Valley*?
- ✂ Or strayed further over the fell to the daringly named *Willycock Stones* (what an earth happened here!!)
- ✂ *This area has some of the finest and most interesting mid-level walking in the country. History, geology, nature and views. It has the lot and there are also a few pubs in walking distance. The amazing thing is that hardly anyone visits these places and they are on our doorstep!*

I'm proposing to set up a walking group

that meets every fortnight and walks 5/6 miles - perhaps sometimes finishing in a pub or café (possibly using Gordon Allen's minibus to return back).

- However, one of the difficult things is **matching everybody's walking abilities, and with this in mind, it might result in splintering into different ability groups.**
- ***If you feel unfit, please don't be put off*** because walking is one of the best exercises and you will find out a lot more about this fascinating and beautiful area we live in.

If you are interested, please send me an email and in the near future we can meet and discuss what we might do.

[Contact: kyleblue1@icloud.com](mailto:kyleblue1@icloud.com)

EARTHQUAKE APPEAL

Turkey & Syria.

At the monthly Coffee Morning at Orton Church on 11th February, visitors were given the opportunity to donate.

£50 has been sent to CHRISTIAN AID

Olive & Chris Bland

next market

Saturday 11th March

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

www.ortonfarmers.co.uk

ORTON **N**
FARMERS' MARKET
held 2nd Saturday of every month

All Saints Coffee Morning
at the Farmers Market
In February raised a total of £410.20

Many thanks to all who came and drank tea or coffee, or bought bric-a-brac — and of course, to all our helpers who made it possible.

Orton Methodist Chapel



**Join us on Easter Day -
Sunday, 9th April
at 10.30am**

A service for all ages
Led by Rev Paul Dunstan

*Egg hunt and pasche egg rolling
for the children afterwards*



Coffee and refreshments served
All are most welcome

For any further information
tel Rachel Woof 24372 or Ruth Bainbridge 24278

ORTON CHURCH & CHAPEL

invite you to a

COFFEE MORNING



plus Cake Stall



at Olive & Chris' home

Chestnut Garth, Orton, CA10 3RG

Saturday 18th March

10.0 a.m. to 11.30 a.m.

in aid of the

TURKEY & SYRIA EARTHQUAKE APPEAL

on behalf of



Christian Aid / DEC.



Please park at the Chapel if you can

BOCCIA

in ORTON MARKET HALL

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

Sessions are on alternate THURSDAY
afternoons from 1.30pm to 3.30pm



For more details please contact
Felicity Lawler
Email:- fglawler@gmail.com

Wool Discovery from Fleece to Yarn

Tuesday 14th March at Orton Market Hall
10:00am – 4:00pm

A fantastic opportunity to be guided through the ancient skill of wool processing with Susan Denham-Smith of Wild Wool Workshop in Ennerdale. Learn how to process wool from fleece to yarn and everything in between. Washing and preparing fleece with combs and carders then drop spinning to create yarn. Free plus materials cost.

ORTON PARISH COUNCIL

Orton Parish Council met on 16th January 2023 and the following issues were discussed:

1. The George Hotel

It was reported by the Chair that there was a possibility that the George Hotel might be sold in the near future. A petition had been signed by local people calling for the pub to be registered with Eden District Council as a Community Asset. This would ensure that, in the event of a proposed sale, the community would be given an opportunity to bid to purchase the pub. It was agreed to go ahead with registration on the basis that the Parish Council would not be committed to any capital expenditure and could withdraw at any time.

2. Council Tax

The Parish Council had received notification that the rate of Council Tax for 2023 would increase by approximately 6%. It was proposed by the new Westmorland and Furness Council that the rate of tax to be levied on second home owners would increase by 100%. It was noted that the Parish Council's allocation of council tax would not increase, but had remained at the same level for five years.

Once upon a Thread International Textiles Exhibition

*until 19 March 2023
at Farfield Mill, Sedburgh*

The International Textiles Exhibition returns with the winning quilts from the latest competition.

The theme of this exhibition is stories where artists have created works of textile art inspired by stories from their childhood, world-famous books, family legends, their dreams and imagination.

There are 30 quilts from all over the world from USA to South Korea. Take a fresh look at these textile stories and find the heroes, monsters, nightmares, and dreams buried in the work.



Churches of the Westmorland Dales

The Westmorland Dales Landscape Partnership are producing a set of booklets to raise awareness of notable heritage features in the Westmorland Dales area.

One of these booklets will feature churches from across the area as churches are key heritage features within many of our village communities and have witnessed a wealth of history and change.

If you want your local church to be included, or have an interesting story about it, a memory or a feature you think should be highlighted for the wider community and our visitors, please get in touch with:

Amanda Walters, Interpretation Officer
amanda-walters@fld.org.uk or 01539 756623
or you can write in to
Westmorland Dales Landscape Partnership
Unit 1B, The Sidings, Tebay, Penrith,
Cumbria CA10 3XR



Orton Methodist Chapel

Our Chapel Anniversary Service
Will be on Sunday, 26th March 2023
at 10.30am
led by Revds. John and Lesley Riley

followed by lunch



Everyone welcome



CHURCH EXHIBITION AND SCARECROW FESTIVAL 2023

This year's theme of the exhibition and scarecrows is the 100th anniversary of DISNEY. As the scarecrows will also be on this theme,

the possibilities are endless!

Orton Church Exhibition and Scarecrow Festival is entitled "The Centenary of Disney" - It is being held from Saturday 27th May - Sunday 4th June

The Scarecrow Competition is open to anyone living in Orton Parish. The theme will be the same as the church The Centenary of Disney. We are sure that the village will be filled with Disney Characters!

Entry forms will be available at the beginning of May from **Orton Shop**

For more info please contact Brenda Iveson 24617 or Marion Robinson 24384



BINGO

ORTON MARKET HALL

Friday, 10th March 2023

ALL WELCOME
7-30pm

TEA AND COFFEE
RAFFLE

MONEY RAISED TO
ORTON MARKET HALL
AND
WARCOP SCHOOL



Bingo is held in Orton Market Hall every second Friday of the month, profits are split between Orton market Hall and a different charity each month.



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 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.



Free Stay and Play Sessions

We are excited to let you know that we are running weekly Stay and Play Sessions in school.

Our Stay and Play sessions are open to all parents / carers and their children from birth to pre-school. The more the merrier!

These are on Tuesday's from 9.30am—11.30am.

Refreshments are provided.

Booking not required and there is no charge. All welcome.

If you would like to find out more please get in touch the school office on 015396 24268

email - admin@orton.cumbria.sch.uk

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

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

Public Notices

Orton Manor Court

Tenders are requested for the following Annual Grass Lettings
May 1st 2023—April 1st 2024

Lot 1:

Howes Quarry—Approximately 6 Acres

Lot 2:

Small Parcel of Land at Field Head, Park Lane

Please send Sealed Bids

BEFORE Friday 7th April 2023 to:-

Jan Anning (Steward to Orton Manor Court)
Rayne, Gaisgill, PENRITH, CA10 3UD.

General Meeting

Monday 6th March 2023 at 7:30pm in
the Market Hall, Orton

The meeting is open to all, but only Freeholders in Orton Parish whose names are on the Eden District Register of Electors are entitled to vote.

The Agenda will be available on the night or by email from 20th February.
If you would like an email copy of the agenda please email your request to:
steward26@btinternet.com



**ORTON DROP IN
COFFEE MORNING
AT THE CHAPEL SCHOOLROOM
EVERY WEDNESDAY
10.30 - 12.00**

**Everyone welcome
Come and meet new friends
Its free! We are an independent and non-profit community service for anyone who would like to meet up and chat every Wednesday morning**

News from rton School

Cross country

4 children from our school qualified for the Cumbria finals and helped Eden come third. It was a hard competitive race with tough competition. All the children who went did amazingly but unfortunately we didn't qualify. *It was an unforgettable experience.*



Swimathon

The swimathon was a fun, wet experience. Though we were tired at the end, we all enjoyed every length. By the end, we finished with a total of 108 lengths. Although we woke up aching the next day, we didn't regret a minute and couldn't wait to tell the rest of the School our news.

Young voices

On February 1st we travelled to Manchester to sing with 8995 other children. It was absolutely fantastic— we sang our hearts out! We didn't stop all day and all evening and were exhausted by the time we got on the bus home.



Mosque Visit

KS2 went on a trip to a Mosque in Preston. The Imam was very welcoming and showed us his beautiful mosque and taught us about the 5 pillars of Islam.



Curling

We tried the winter sport of curling! It was so much fun slipping around on the ice. We learnt how to sweep and throw the stones. We had a game of short curling before heading home.



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

Follow us on Facebook:
<https://www.facebook.com/OrtonCEPrimarySchool>

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





ALL SAINT'S CHURCH, ORTON

All Saints Church, Orton are grateful to have recently received three funding grants (totalling £17,500) from The National Churches Trust; The Garfield Weston Foundation and Benefact Trust.

The resulting benefit of completing this work will be to enable the church to continue to serve as a beacon of witness to Christ's love to all in the community. A safe and watertight building will allow the church to both retain the character of the building whilst enabling it to continue as both a centre for prayer & worship and a venue for social engagement.

There is, however, still a way to go in providing sufficient monies to cover the cost of the work, so, if anyone wishes to contribute to the restoration fund please contact the Treasurer or any of the church wardens (Orton with Tebay).

All Saints' Church and Orton Methodist Church invite you to a Community *Mothers' Sunday Service* *for all the Family* at **ORTON METHODIST CHAPEL**

Sunday, 19th March at
10.30am

Led by Alex Dunstan

Posies for
Mums



Coffee and refreshments afterwards
EVERYONE WELCOME!



World Day of Prayer
10:30 am Friday 3 March
Upper Eden Baptist Church

World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country.

Regional conferences meet to consider the service and then local groups make their plans.

Finally, at 10:30 am on Friday March 3 in 2023, people will gather in Kirkby Stephen at the Upper Eden Baptist Church (at the intersection of Victoria Square /Nateby Rd/Melbecks), to celebrate the service prepared by the women of Taiwan.

Do come and join us!



The Anglican churches in our area are getting a new vicar!

Rev Brendan Giblin, currently serving in Wetherby, will be licenced to the parishes of Orton with Tebay, and Ravenstonedale with Newbiggin-on-Lune on

Tuesday 28th March 2023
Kirkby Stephen Parish Church
Service starts at 6.30pm
followed by a simple supper

All welcome!



Did you know?

Teabay 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/21162669200



TEBAY PARISH COUNCIL

Teabay Parish Council met on 25th January 2023 and the following issues were discussed:

1. Play Areas.

Estimates had been obtained for the repair/replacement of the fencing at the two play areas and the clerk was instructed to apply to Cumbria County Council for a grant to cover the anticipated costs, likely to be in excess of £6,500.

2. Defibrillators

Replacement batteries and pads had been obtained for all five defibrillators. Routine inspection and maintenance was proving to be time-consuming and costly.

3. The New Footpaths

Both the footpaths (the one at the recreation ground and the one along the A685) were virtually complete and it was noted that the path along the A685 would be formally opened shortly. It was agreed to purchase two new benches to be placed along the route of the path.

4. Gardening Club

It was reported that a Gardening Club would be started as members of the public had shown an interest in planting up various areas, including the circular viewing point at the termination of the new path at the recreation ground.

Legendary Stories of the Westmorland Dales

Three short films featuring local legends and children's artwork have been created by renowned Cumbria-based storyteller, Emily Hennessey and children from 7 local primary schools.

The three legends 'retold' by the children are all closely tied to their local landscape setting, from the story of Mary Baines leading the hunt a merry dance down the Tebay gorge, to King Uther Pendragon's attempts to divert the River Eden in Mallerstang and the strange antics of the Orton Dobbie in a remote farmhouse in the hills.



All three films are now available to watch online at the link below:

www.friendsofthelakedistrict.org.uk/legendary-films

Teabay Senior Citizens Lunch & Trip

Tuesday 16th May 2023

Open to all 60 year olds and over in Tebay Parish.

We are doing things a little different this year to end our committee in style.

If you would like to join in and find out how, please pop in and see Pam in the Post Office, or <tel:24967> or Ann Walker on-tel:24371.

Closing date: 28th of April 2023.

Teabay Anglers Annual AGM

With Buffet and Auction

Saturday March 4th 7pm

Teabay Club

New Members Welcome

www.tebayanglers.com

Class 1 enjoyed a fun filled day at South Lakes Zoo. The children saw lots of different animals and listened to all the different noises the animals made. They saw rhinos, gibbons, baboons, snow leopards, lions, tigers, flamingos, arctic wolves, wilder beasts, giraffes, zebras, parrots, lemurs, penguins, emu, ant eaters and tortoises. Thank you to the Mrs Lewis and Miss Davidson who accompanied the staff and children on this visit.



Tebay Bingo mar 23.html

Class 2 visited Tullie House in Carlisle on the 24th January as part of their topic learning about the Stone age and Iron age. Thank you to Miss Kilpatrick who accompanied the staff and children on this visit.

Year 1, 2 and 3 pupils have been travelling to Penrith Leisure Centre every Monday for their swimming lessons. All children have gained lots of confidence in the water. Class 3 will commence their lessons after Easter.

Class 3 were invited back to Raisgill Hall Farm after their visit back in November as part of the SmartSTEMS programme. The children watched the whole milking process from start to finish, they helped feed some calves and collected the eggs from the hens.

We would like to thank Mike and Lottie Dunning for inviting the children back.

Friends of Tebay School held a 'Kids Valentines Disco' at Tebay Club on Saturday 11th February. There was a buffet, a sweet stall, raffle and lucky dip. They raised £228.00. Thank you to everyone who came along and supported this event in anyway. Please look out for future fundraising events.

If anyone would like to visit the school please contact the school office to arrange a suitable time and date.

We have spaces available for Nursery in April and September 2023 and January 2024.

Please contact the school if you would like any further information.

ONLINE CONTENT
10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume of content online, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

- 1 MONITOR VIEWING HABITS**
Whilst most apps have moderation tools, inappropriate content can still slip through the net.
- 2 CHECK ONLINE CONTENT**
Understand what's being accessed or what seems to be 'downright at the moment'.
- 3 CHECK AGE-RATINGS**
Make sure they are old enough to use the app and meet the recommended age limit.
- 4 CHANGE PRIVACY SETTINGS**
Make accounts private and set content filters and parental controls where possible.
- 5 SPEND TIME ON THE APP**
Get used to how apps work, when content is updated and what you should look for/watch.
- 6 LET CHILDREN KNOW YOU'RE THERE**
Make sure they know that there is support and that it's OK to tell you if they're worried.
- 7 ENCOURAGE CRITICAL THINKING**
Talk about what people might post online and why some posts could cause distress.
- 8 LEARN HOW TO REPORT & BLOCK**
Always make sure that children know how to use the reporting tools on social media apps.
- 9 KEEP AN OPEN DIALOGUE**
If a problematic or distressing message comes to their attention, encourage them to offer you a call.
- 10 SEEK FURTHER SUPPORT**
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com | Twitter @nationalonlinesafety | Facebook NationalOnlineSafety | Instagram @NationalOnlineSafety

On Tuesday 7th February we joined schools and youth organisations across the UK in celebrating Safer Internet Day 2023.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on children and young people, parents, carers, teachers, social workers, law enforcement companies, policymakers and more, to help to create a better internet.

Using the internet safely and positively is a key message that we promote in school and celebrating Safer Internet Day was a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

Do visit us:

- In person — by arrangement with the school
- Online: www.tebay.cumbria.sch.uk
- On FB: [facebook.com/TebayPrimarySchool](https://www.facebook.com/TebayPrimarySchool)
- On Twitter: [@TebaySchool](https://twitter.com/TebaySchool)

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

Cobweb Orchestra, Tebay



Conducted by Martin Budgett, 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 off your instrument — and come and join us!

For more information, please go to our web site www.cobweborchestra.org.uk



Any spare time on Tuesday afternoons?

Come and join us at Tebay Methodist school room from 2pm — 4pm, for games & crafts, a cup of tea & a natter.

THE HUB



Tebay Community Library and 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

Spring Shoots Sleepover

Tebay Creatives, Pam Lawson (Tebay Kids' Choir) and Julie Hoggarth (Melody Makers Community Brass Band) invite 6-16 year-olds to come and create new art as part of our Spring Shoots Sleepover.

It's our third sleepover and is a chance to enjoy art and music, creative writing and singing. You can expect some outdoor exploration, an evening meal, a disco and a double breakfast, mostly centred around



Tebay's lovely community venue at the chapel, with the chance to join in our family Mother's Day breakfast at Tebay Club, and perform in the Mother's Day service at St James's Church.

This will be a great opportunity to celebrate the creative energy of our young people, and add our voice to the global call to live in better harmony with our planet. Spring is the time for growing, and that's our theme this time.

For more information, please email Julie (Julie@drumandbrass.co.uk) or Pam (pam@lawsons.org.uk) or go right ahead and book your place here:

<https://cutt.ly/SpringShoots23>

Spring Shoots Sleepover with Tebay Creatives



Saturday March 18th 3.30 pm to Sunday March 19th 10.00 am

(or 11.45am if you choose to take part in the Mother's Day performance at St James)

Book your place here or use QR code:
<https://cutt.ly/SpringShoots23>





Upper Eden Food Bank

'A church led, community fed project'

The UPER EDEN FOOD BANK has been running since 2013. The FOOD BANK supplies food parcels to individuals and families within the Kirkby Stephen, Appleby, Tebay and Shap areas, who find themselves in need of a little help.

CAN WE HELP?

If you, or those you know, are struggling to make ends meet as food and fuel prices rise, you can contact UPER EDEN FOOD BANK to find out if, and how we can help.

☎ If you ring or text 07596 690902 we will deal *CONFIDENTIALLY* with your enquiry.

Or email us at
upperedenfoodbank@gmail.com

(We will not share your details with other agencies.)

Please get in touch if you need help:

- ★ CCC, Welfare Assistance Team – 01228 221100
- ★ Citizens Advice Bureau – 0330 056 3037
- ★ Christians Against Poverty – 0800 328 0006
- ★ EDC Housing Benefits Team – 01768 810066
- ★ Local Links: Kirkby Stephen 017683 71775

 *
 *
 *
 *
 *
 *
 *
 *
 *

TEBAY POST OFFICE
015396 24967

MON 9am - 1 pm & 1.30 - 5.30 pm
 WED 9am - 1 pm & 1.30 - 5.30pm
 FRI 9am - 1 pm & 1.30 - 5.00 pm

Wild Wool Knitting Workshop

10:00am – 3:30pm
Thursday 18th May
at Maulds Meaburn Village Institute

Big needle knitting workshop for beginners with rare breed sheep enthusiast and expert knitter June Hill. Free plus materials cost.



growing well

Are you struggling with your mental health?

OPENING JANUARY 2023

Free minibus service or transport costs covered

If you're feeling depressed, anxious or finding everyday life difficult, we can help with free, effective support at our new kitchen garden at Tebay Services.

For more information, and to start your journey of recovery today, visit www.growingwell.co.uk or speak to your GP or other health professional

Cultivating Good Mental Health | **TEBAY SERVICES** | **COMMUNITY FIRST**

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

WHAT'S ON?

Big Screen TV * Sky Sports
 BT Sports * Pool table
 Snooker table * Darts boards

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

015396 24203
tebayclub@yahoo.co.uk

Prize Bingo & Cash Bingo
 on alternating Sundays
 Free WiFi

TEBAY SPORTS & SOCIAL CLUB

News from All Saints' Church, Kasese, Uganda

parish linked
with All Saints', Orton



WhatsApp messages and emails received

From Rev. Nelson Walina:

29th December: Yesterday I started as the Diocesan Secretary of South Rwenzori Diocese. Continue to pray for this administrative role in the whole Diocese, which has 14 Archdeaconries, 76 Parishes and 540 congregations.

My Successor at All Saints Parish is Rev Christopher Syauswa; his wife is Biira Mary.

9th January 2023: We are reading the Daily Guide books at the morning Staff Devotions from Monday to Friday. I have found that out of 43 staff members, only 3 members have the books. Each book costs UGX 15000 (about £3.50) = x 40 = 600,000/= (about £150). Kindly pray with me and look for any Samaritan Lady or Gentleman to sponsor this.

21st January: You can guess who is in Jacket! (see right) Fieldwork for Bishop's Office is now serious. Hard to reach Parishes.



From the new Vicar of All Saints, Kasese, the Revd. Christopher Syauswa.

9th January: Hi Rev Christopher Jenkin! This is Rev Christopher Syauswa the New Vicar of All Saints Pro cathedral. My wife is Mary Biira Syauswa and we have 5 children 7 grandchildren plus 3 adopted children. The ministry is going on well and I'm humbled for the warm welcome Pro Cathedral Christians have given me.



14th January: We thank God we had a Youth Conference today – it has ended successfully. Thank you for praying for us! (He sent a video of their lively worship.)



From the Revd. Robert Zziwa:

2nd December 2022: I have attained a first class degree in Divinity. Thanks for your prayers. That's the team I went with. Mum, Anna my wife and our first born Ruth.



(Several people from Orton and district sent him messages of congratulation.)

He replied: Oh my God! All these nice wishes! Appreciate them all for me. Thanks for your prayers!

He also sent videos of the professors at the college, and of the Christians back at St. Paul's Cathedral, Kasese, welcoming him back home.

The Old Courthouse, Shap

www.theoldcourthouse.org

Opening hours:

Sat 10am – 12pm, Mon 10am-1pm,

Afternoon openings Sun/Tue/Thu/Fri
(please check website for times)

Library Link - Borrow/Return Books. Make Requests

The Library at The Old Courthouse is a warm place for reading, working, computers with FREE WIFI, hot drinks available.

Knit and Natter – Thursday afternoons in the Library

Exhibit 'A' Gallery

6th February to 11th March - a touring exhibition "Focus on Pollinators" from the University of Cumbria, Institute of Arts, Carlisle. The gallery walls are buzzing with colourful images of insect and plant life.

18th March – 16th April 'Cavalcade' artwork by Mike Healey

Mike is a classical and contemporary artist exploiting a range of styles and techniques, including large, three-dimensional dioramas – boxed 'stage sets' that hark back to his early days in the theatre.

Friday Music Night

Eden Valley Touring Network in association with Eden District Council present

17th March

Jilly Jarman &

Mark 'Stivvy' Stephenson (two acts)

7.30pm. Doors open 7.15pm

Admission £5 BYOB

Saints and their emblems

Our February lecturer Nicole Mezey surprised her audience by revealing that there are over 10,000 saints listed worldwide, and helped us to identify some of the lesser-known ones.

Each saint of the Christian Church has their own story and emblem. St George has our English rose, St Andrew the Scottish thistle, the Welsh daffodil for St David and Ireland's St Patrick his shamrock. We may know figures from the Bible, but do we know how to recognise them? In churches or works of art St Matthew can be portrayed as a winged man or angel, St Mark as a winged lion, St Luke has a bell and St John an eagle. St Peter, also known as Petra the Rock, is easily recognised as he carries a large key, the symbol of his authority. He was the founder of the Papacy, and keys are thus on the symbol for the Pope. When St John was baptised he was called 'the lamb of God' and images show him holding a lamb. Thus we can distinguish between St John the Baptist and John the Evangelist, who also has no beard, a sign of youth and purity.

In order to be canonised as a saint the person should have been a martyr, and have died for their beliefs. If you've attended a firework display there will surely have been Catherine wheels. Saint Catherine of Alexandria was a Christian [saint](#) who was [martyred](#) in the early fourth century by the emperor [Maxentius](#) for refusing to renounce her faith. She became a [Christian](#) at the age of 14, converted hundreds of people to [Christianity](#) and was [martyred](#) at eighteen. The emperor condemned Catherine to death on a spiked [breaking wheel](#), but, at her touch, it shattered. Maxentius ordered her to be [beheaded](#) and Catherine herself ordered the execution to commence. She is always pictured with her wheel.



St Catherine by Artemisia Gentileschi

Saint Bartholomew was one of the twelve apostles and dedicated his life to spreading the teachings of Jesus. He was skinned alive and beheaded for spreading his faith. As a symbol of his gruesome martyrdom, St. Bartholomew in artwork often holds his own flayed skin, and is the patron saint of tanners, tailors, and leatherworkers.

According to church tradition, Saint Apollonia was

one of a group of virgin martyrs in [Alexandria](#). During a local uprising against the [Christians](#) she was [tortured](#) by having all her [teeth](#) violently pulled out or shattered. She is often portrayed holding a pair of tongs containing a tooth, and regarded as the [patroness](#) of [dentistry](#) and those suffering from [toothache](#).

Our lecture for March should be less gruesome and will be the story of 'Pandora and Her Box'. For further information go to taswestmorland.org.uk

Hill farming grants programme extended

A grants programme supporting farmers in the Yorkshire Dales National Park is to be extended by one year.

'[Farming in Protected Landscapes](#)' was due to end after three years in March 2024. However, the Department for Environment, Food and Rural Affairs (Defra) said that owing to the success of the programme so far, it would provide additional funding until March 2025.

The Yorkshire Dales National Park Authority administers the programme in the Yorkshire Dales National Park. In the 18 months of its operation, the Authority has granted a total of £1.4 million through 104 agreements.

One of the outstanding projects to receive a Farming in Protected Landscapes grant is being run by the Orton Fells Farm Cluster Group in the Westmorland Dales part of the National Park. The group has used a grant to develop a local nature recovery plan and run a host of engagement activities such as school visits to farms.



Jane Lane, the Chair of the Orton Fells Farm Cluster Group, said: "We are so grateful for the support which the Orton Fells Farm Cluster has received through the Farming in a Protected Landscape programme and we are delighted to hear that the funding programme has been extended.

"The Farming in Protected Landscapes programme has also allowed us to welcome school pupils, students, other farmers and members of our communities onto our farms to discuss and learn how nature can thrive and flourish alongside farming and food production."

For more information on the Orton Fells Farm Cluster Group, see www.ortonfellsfarmcluster.co.uk or their social media posts using @FellsOrton and #ortonfellscluster



Services in our Anglican Churches

| | | | |
|--|---|---|--|
| <p>Sunday 5 March <i>2nd Sunday of Lent</i></p> <p>Welcomer: Genesis 12:1-4a Romans 4:1-5, 13-17</p> <p>Purple Prayers:</p> | <p>Orton, 10.30am Holy Communion <i>Sandra Ward</i></p> <p>Olive Bland Chris Bland Mary Jenkin Elizabeth Crossley</p> | <p>Tebay, 10.30am Songs of Praise at the Methodist church</p> | <p>Ravenstonedale, 10.00am All Age Worship <i>Fran Parkinson</i></p> <p>Martin & Sarah Lovell</p> |
| <p>Sunday 12 March <i>3rd Sunday of Lent</i></p> <p>Welcomer: Exodus 17:1-7 Romans 5:1-11</p> <p>Purple Prayers:</p> | <p>Orton, 8.30am Holy Communion (BCP) <i>Chris Jenkin</i></p> <p>Mary Jenkin John Dunning</p> | <p>Tebay, 10.30am Service of the Word <i>Rosemary Campbell</i></p> | <p>Ravenstonedale, 10.00am Holy Communion <i>Sandra Ward</i></p> <p>David & Caroline Morris</p> |
| <p>Sunday 19 March <i>Mothering Sunday (Lent 4)</i></p> <p>Welcomer: 1 Samuel 16:1-13 Ephesians 5:8-14</p> <p>Purple Prayers:</p> | <p>Orton, 10.30am Family Service at the Methodist church</p> | <p>Tebay, 10.30am Mothering Sunday service <i>Team</i></p> <p>From 10am at the club for breakfast, then a short service at 10.45 in the church (all done by 11.30am)</p> | <p>Ravenstonedale, 3.00pm Evening Prayer <i>Rosemary Campbell</i></p> <p>Hilary Law Richard Best</p> |
| <p>Sunday 26 March <i>5th Sunday of Lent</i></p> <p>Ezekiel 37:1-14 Romans 8:6-11</p> <p>Purple</p> | <p>United Service at St Oswald's, Ravenstonedale, 10.30am Holy Communion <i>Fran Parkinson</i></p> <p>Zoom meeting number: 894 1727 3600</p> <p>Martin & Suesi Windle</p>  | | |
| <p>Tuesday 28 March</p> | <p>Licencing of Rev Brendan Giblin at Kirkby Stephen Parish Church <i>6.30pm - all welcome!</i></p>  | | |

| | | |
|--|---|---|
| <p>Church Contacts Anglican Church</p> <p>Vicar Vacancy Curate On placement Mission Community Administrator Joyce Keetley 07741 327318 applebymc@carlisediocese.org.uk</p> <p>Retired clergy Sandra Ward 24213 <i>(Penrith & Keswick Hospital Chaplain)</i> Christopher Jenkin 24410</p> <p>Orton with Tebay</p> <p>Churchwardens Chris Bland 24258 Linda Garrick 24262 Martin Lawson 26028</p> <p>PCC Secretary Susan Thorpe 24166 s.thorpe669@btinternet.com</p> <p>Treasurer Bill Lawler 24465</p> <p>Local lay minister Rosemary Campbell 24837</p> | <p>Ravenstonedale with Newbiggin-on-Lune</p> <p>Churchwardens Ann Brownrigg 23594 Martin Windle 07899 907958 Tim Parkinson 23393</p> <p>Secretary Suesi Windle suesi.windle@googlemail.com</p> <p>Treasurer Tim Parkinson 23393</p> <p>Methodist Church</p> <p>Revd Stephen Radford, 017683 71202 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>Baptisms, Weddings and Funerals</p> <p>If you want to make enquiries about a baptism at any of the Anglican churches, 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@carlisediocese.org.uk</p> <p>Pease make contact with Rev Stephen Radford for any Methodist Church requirements for membership, marriage, funerals, etc. stephen.radford@methodist.org.uk</p> |
|--|---|---|

Services in our Methodist Churches

| | 2023 | 5 th March | 12 th March | 19 th March | 26 th March | 2 nd April |
|--|-------|--------------------------------|--------------------------------------|------------------------|--------------------------------|-----------------------|
| | | 2 nd Sunday in Lent | 3 rd Sunday in Lent | Mothering Sunday | 5 th Sunday In Lent | Palm Sunday |
| *Tebay M P 1-1300 M H B | 10.30 | M Lawson US | J Worsfold | US at PC | H Hutchinson | D Thackray US |
| | 6.30 | | Connexion Service at Appleby | | | |
| Shap (Class of Tebay) | 10.30 | J Tebbutt HC | 6.30 Connexion Service at Appleby | | | S Radford HC |
| | 6.30 | | Connexion Service at Appleby | | | |
| #Orton M P Complete M H B PB EW | 10.30 | T Longworth | H Hutchinson | A Dunstan US OA | J & L Riley CA | A Pallister |
| | 6.30 | | Connexion Service at Appleby | | | |
| #Newbiggin on Lune M P 1-1250 + More on screen M H B | 10.30 | LA TP OA | LA TP OA | LA OA | LA TP OA | A Rowell |
| | 6.30 | Prayer and Share | Connexion Service at Appleby | Prayer and Share | | Prayer and Share |
| *Ravenstonedale M P 1-1144 M H B H & P | 2.00 | A Sterling | S Radford HC | LA | T Dent | S Radford |
| | 6.30 | | Connexion Service at Appleby | | | |

Wild Wanderings

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

Sunday 19th March
4pm - 5pm walk
5pm - 6pm shared tea
Meet at Tebay Chapel

Walk with us or stay and prepare refreshments for later

A gathering for our community, for people of any age and background
Local walk: a couple of miles, whatever the weather - meet at Tebay chapel, dressed appropriately!
Please bring a plate of savoury or sweet finger food to share.
For further details, please contact Pam on 07552405500



New Beginnings Church
A PLACE OF HEALING

Every Sunday
Orton Market Hall, 10.30 am

The Filling Station

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

We meet on 2nd Thursday of the month. Doors open at 7pm for refreshments and char. Our sung worship will begin at 7.30pm. All welcome for a relaxed evening.

9th March 2023 @ 7 for 7.30pm
Appleby Hub, Chapel Street,
Appleby-in-Westmorland
www.thefillingstation.org.uk



10:30 am

Upper Eden Baptist Church

Victoria Square, Kirkby Stephen, C17 4QA

REFRESHMENTS SERVED

All Welcome

Hosted by women of the local churches



May you always have...
Walls for the wind
A roof for the rain
Tea beside the fire
Laughter to cheer you
Those you love near you
And all your heart might desire

Irish Blessing





THE LINK LOCAL CHURCH & COMMUNITY MAGAZINE



Hey Kids!

Do you want a job in JOURNALISM?

THE LINK is looking for

2 JUNIOR REPORTERS:

1 from ORTON C of E PRIMARY SCHOOL

1 from TEBAY PRIMARY SCHOOL

THE LINK is holding a **COMPETITION** to appoint 2 x **JUNIOR REPORTERS** to encourage any interested Child who would like to write a descriptive piece of writing, with supporting photos, telling us (and the Community) what is happening where they live, eg **THE KING'S CORONATION** on Monday 8th May 2023.

- What did their Village do on this day
- What did the **JUNIOR REPORTER** do on this day?

THE LINK would like to know more about **WHAT IS HAPPENING** locally and to **ENCOURAGE** the **NEXT GENERATION** of **REPORTERS**

 from a **JUNIOR REPORTER'S** point of View!

There are 10 issues of **THE LINK** in a year, we are looking for a piece from the **JUNIOR REPORTERS** - a **TOTAL** of 2 or 3 times a year - shared between the 2 **JUNIOR REPORTERS**.
THE PRIZE WILL BE £BOOK TOKEN each

Interested?

Please contact TheLinkMagazine@outlook.com

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](#) 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 @ Shap Surgery

The Doctors at the Surgery currently continue to operate an initial telephone triage system. If a face to face consultation is necessary the Doctor will book you an appointment later that day. Please contact the surgery at 8.30am to arrange a telephone triage appointment. When attending an appointment at the Practice, face masks must be worn when in a consultation room and it is advised to continue to wear one throughout the rest of the building.

Shap Surgery - Dispensary

Medication will be available to be collected from Dispensary at Shap 3 working days after the prescription has been handed in. Patients will receive a text message to confirm their medication is ready to be collected. The opening hours for the Dispensary is as follows:

9am–1.00pm and 3.00pm–6.00 Mon, Tue, Wed & Fri
9am – 1pm Thurs

Orton Surgery

There continues to be no Doctor's appointments at Orton Surgery for the time being; however medication is available for collection every Tuesday between 10am **and 11am. We are hoping to bring Nurse's appointment to the Surgery from the Spring.**

Protected Learning Dates

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

Wednesday 15th March 2023
Thursday 20th April 2023
Wednesday 17th May 2023
Thursday 15th June 2023

Surgery Patient Participant Group

On Saturday 22nd April the Surgery at Shap will be open to all our patients for a coffee morning between 9.30am – 11am. We will have current members of the PPG in attendance along with Practice Manager, GP and Nurse to talk about the developments of the Surgeries and PPG, and will demonstrate equipment that has been purchased through the equipment fund. Refreshments are free to all our patients.

Thank you

We would like to sincerely thank all our patients who donated cakes, biscuits, chocolates and all other goodies over the Christmas period. Your kindness touches us every year when we receive these gifts and this year was no different. We just need the offer of a personal trainer to get us fit in the New Year!

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

CUMBRIA CLASSIC COACHES

YOUR LOCAL BUS SERVICE

Tel: 015396 23254

Ravenstonedale, Cumbria CA17 4NL
CumbriaClassicCoaches.co.uk

MONDAY ROUTE 571: Brough to Kendal

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

WEDNESDAY ROUTE 572:

Kirkby Stephen to Barnard Castle

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

THURSDAY ROUTE 570: Shap to Kendal

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

106 Bus Service

Kendal - Tebay - Shap - Penrith on TUESDAYS & FRIDAYS

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

Revised 25-11-21



Google us to find out more

IAN ASHURST

Joinery, Building Maintenance & Home Improvements

email: ashurst.mu@gmail.com

telephone: 07787361061



Tarn Farm Vets

Woolbarn, Shap, Penrith, CA10 3NB

We are expanding and taking on new clients in the Grayrigg and North Kendal area.

No Call-Out Fees

Competitive Drug Prices

Local Top Quality Vet Services

Simple, Fair Pricing Structure

Call 01931 716024 / 07734 458412 or visit our website for more details

www.tarnfarmvets.co.uk

Looking for feedback on your writing? Informal but focused & friendly workshops every fortnight, Wednesdays, 10-2pm Kirkby Stephen. Beginners welcome! £15 but free taster.

07724 604755
vicki@furrowgreen.co.uk



Wedding and Event Floristry

www.krystynajane.co.uk

enquiries@krystynajane.co.uk | 07903422807

@krystynajane.floraldesign

Krystyna Jane Floral Design



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.

J.J. MARTIN

FUNERAL DIRECTORS

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

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

EDWARD WALLER:

07779025745 or 015396 20130

BRIAN GOAD: 015396 25334

www.jjmartinfunerals.co.uk

info@jjmartinfunerals.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
- 75% off in our Kitchens
- Free bus to work
- 25% off in our Farmshops

careers.westmorlandfamily.com



Scan here to view our current opportunities



TEBAY SERVICES | J35 TRUCKSTOP | WESTMORLAND HOTEL

Experienced, Loving Care with Peace of Mind

Home Pet Boarding and Doggie Day Care

Location close to A66 (Licenced by Council)

Please call 07486 109010

PIANO LESSONS

FOR ANY AGE OR LEVEL

ANDY GLANVILLE

3 HILDALE VIEW, GAISGILL, PENRITH, CUMBRIA, CA10 3UE

Email: andyglan@yahoo.co.uk

Home: 015396 26050

Mobile: 07803424624

CP Drains & CCTV

For domestic blocked drain clearance & CCTV drain inspection.



Please contact Colin Prescott

Mobile: 07747 088 535

Tel: 01539 626 140

Email: colinprescott66@gmail.com

A. R. MASON

Fire Security & Electrical Contractors
NICEIC approved

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

Home 01931 715319 Mobile 07879 891119

W DAWSON & SON LTD.
SEDBERGH: 015396 20210

**Bulk Feed Collections
Bagged Feed**

www.dawsonsofsedbergh.co.uk

**Coal & Smokeless Fuels
Kiln Dried & Hardwood Logs**

office@dawsonsofsedbergh.co.uk



The George Hotel, Orton

Tel: 015396 24071 e: georgehotel.orton@gmail.com

Opening hours: Monday closed, Tuesday closed
 Wednesday 5-11, Thursday 5-11,
 Friday 4-11
 Saturday 12-12, Sunday 12-11
 ♥ Food served 6-8 during the week
 and 12-2 and 6-8 on a weekend

SMART SIGNAL

Aerial & Satellite Installation & Repair
 Wi-Fi & Home Network
 CCTV Installation



Ben Fawcett

015242 62017 – 07950028622
smartsignal@outlook.com

Absolute Beauty Kirkby Stephen

For all your beauty needs
 including massage, facials, nails,
 minx toes, ear piercing
 and so much more

For appointments please call
 017683 72917

R. A. Lofthouse Roofing Services

Traditional and Modern
 Slating and Tiling

Reliable and competent service in and
 around the Eden Valley

For FREE Quote contact
 07557 738016 - 017683 42689
r.a.lofthouse@outlook.com



ROOFING AND SPECIALIST LEADWORK CONTRACTOR

FOR A FREE NO OBLIGATION QUOTATION
CALL 015396 24481
 Email: klvenning@klvenningslaters.co.uk



Smith & Pulse

Bespoke Railings, Gates, Metalwork & Fabrications
 07902 356139 info@smithandpulse.com smithandpulse.com

CLIVE WALLACE CGLI DipNSC

Piano Tuner & Technician

Fully qualified,
 accredited and competitively priced
 Tuner & Technician
 covering the Eden Valley
 & surrounding areas

phone: 07816 456820
 e-mail: walleeee@gmail.com

PETRIE DESIGN



ARCHITECTURAL
 DESIGN SERVICES
 TRADITIONAL CRAFTING
 & DELIVERY OF
 SUSTAINABLE BUILDING
 PROJECTS TO SITES
 IN CUMBRIA



TEL: 01539 728458

WWW.PETRIEDESIGNLTD.CO.UK

YOGA WITH ALISON



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

EMAIL: FREERANGEGIRL@OUTLOOK.COM

Quality Tree Services

Over 15 Years Experience
 Local Tebay business
 Covering Cumbria & beyond

Qualified – Insured – Safe
 Owned and Operated
 by Andrew Brooks
 Contracts manager:
 Tom Newbury



NORTHERN
 ARB

Domestic & Commercial Clients

TPO / Conservation Areas
 Thinning / Crown raising
 Stump Grinding
 Hedge trimming
 Tree planting
 Emergency works
 Site clearance

Telephone: 07354 461840 • Email: contact@northernarb.co.uk



Shap Wells Hotel

We are open and ready with a warm welcome

Sunday Carvery Lunches are back (booking essential)

We are recruiting — various roles available — please contact the hotel for further information:

01931 716628 or email reception@shapwellshotel.com

STOBARS HALL, CARE HOME — KIRKBY STEPHEN, 017683 71291

In these times of uncertainty it is good to know that a Care Home such as Stobars Hall exists to look after you or your loved ones should it be on a permanent, short stay, respite, convalescent or even on a day care basis.

Our committed team works hard to ensure that Stobars Hall offers safe and pleasant surroundings along with a relaxed atmosphere, by giving genuine care and support tailored to our Residents' specific needs, whilst offering them the opportunity to live life with dignity and pleasure.

Stobars Hall — The Home That Cares

WALKERS

Family Funeral Directors

Chapel Street, Appleby CA16 6QR

017683 30321

www.walkersfunerals.co.uk

Private Chapel of Rest — Funeral Plans

— Memorials —

Caring, Personal and Professional

24 hour Service

Alan & Susan Smyth

Damon Steadman Dip, FD, MBIE

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



GIRVAN'S FLOWER SHOP
Cumbria
Wedding & Event Florist

Order Online 24/7
www.girvansflowershop.co.uk
Call 01768371028

BFA
BRITISH FLORIST
ASSOCIATION MEMBER '21

THE 4TH
ENGLISH WEDDING
AWARDS 2019
— NORTH
REGIONAL WINNER
*'make their day,
send a bouquet'*



cerberus

Independent print and design company
based in Kirkby Stephen, Cumbria.

Created from a fascination and passion for the beauty of print.

E: info@cerberusprinting.co.uk

T: 017683 72070

Visit our Showroom at
 14 Appleby Road, Kendal, LA9 6ES
 Tel. 01539 722838

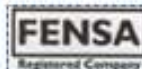
Email: info@parkinandjackson.co.uk
www.parkinandjackson.co.uk

New Memorials Repaints, Renovations
 2nd Inscriptions Home visits available

APPLEBY WINDOWS & DOORS

Suppliers and Installers
 of Quality Products

T: 017683 62343
 M: 07739 005451



Find us on Facebook or
www.applebywindowsanddoors.co.uk



THE FAT LAMB



Delicious home-cooked meals, all made with local produce

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

T: 015396 23242
 E: ENQUIRIES@FATLAMB.CO.UK
WWW.FATLAMB.CO.UK

— LUNCH —
 MONDAY - FRIDAYS
 12 NOON - 2PM
 SATURDAY - SUNDAY
 12NOON - 6PM
 — DINNER —
 DAILY 6PM-9PM

MULTI TRADE

**GENERAL PROPERTY
 MAINTENANCE**

SMALL OR LARGE JOBS

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

CONTACT

DAVE TRELFA

01539 626087

07538 080510

Multi.trade.no1@gmail.com

Owen's Garden Services
 Friendly and Reliable

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



Mobile: 07490 926793
 Email: Dobson77@hotmail.co.uk

Are you interested in advertising
 in The Link?

£5 per square per month—

please contact
TheLinkMagazine@outlook.com



Mel Brown

**LADY INTERIOR PAINTER
 & DECORATOR**

MOB: 0743 4174155
 TEL: 01539 626121

**MARK NIELD WEALTH
 MANAGEMENT**

WEALTH MANAGEMENT CONSULTANTS

A wealth of expertise on your doorstep
 We provide an experienced wealth
 management service and
 offer specialist advice in a wide range of
 areas including: • Investment planning •
 Retirement planning • Inheritance Tax
 planning

For further details contact Mark Nield
 Tel: 07825 634029 mark.nield@spp.co.uk



**SIGNMAKING BY
 STEPHEN & ALISON MORRISS**

BOWBER HEAD
 RAVENSTONEDALE
 015396 23463
www.raven-graphics.co.uk

GLYN JONES

Funeral director

24 hour personal service

Chosen Heritage Nominated
 Funeral Director
 12 Battlebarrow,
 Appleby-in-Westmorland

Telephone:- 01768 351569

J. NOEL PAUL & CO.

CHARTERED ACCOUNTANTS
& REGISTERED AUDITORS

21 Market Street, Kirkby Stephen,
CA17 4QS
017683 71272

info@noelpauls.com

www.stb-accountants.co.uk

Auditing, Accounting,
Bookkeeping, Tax, Payroll & VAT



Ravenstonedale, Cumbria. CA17 4NG

TEL... 015396 23204

EMAIL... enquiries@blackswanhotel.com

WEBSITE... www.blackswanhotel.com

FACEBOOK... @blackswanravenstonedale

INSTAGRAM... @blackswanhotel

TWITTER... @BlackSwanHotel

Recently named No.20 on the UK 'Top 50 gastropub' list for 2023, why not come & see what all the fuss is about...

Our bar & accommodation are open all day, every day, with the kitchen serving Breakfast, Lunch, & Dinner Thursday-Monday, including a traditional Sunday roast.

Please note that our kitchen is closed on Tuesday & Wednesday & booking is advisable, although not always necessary.

This Spring, our Head Chef Scott & his team continue to serve the very best seasonal produce on our regularly changing menu & as always, there is something to suit all tastes. Sit back & relax in any part of our warm & welcoming inn, 2 bar areas, a lounge area next to the log fire, small gathering in the restaurant or a special occasion in our private dining room.



Emma Deyn
Therapy

Kinesiology
Emmett Technique
Access Bars
Counselling
Pet therapy

Holistic treatments to support
your body and mind.

Sessions available from Tebay

07941 188773

www.emmadedeyntherapies.co.uk



Mike Addison FBDO CL
OPTICIAN

TEST. Professional, friendly service by qualified local Opticians. Excellent range of spectacles from economy to designer.

Call 017683 53199. The Shire Hall,
The Sands, Appleby, CA16 6XN



We are Alcoholics Anonymous. We have moved our Wednesday evening Meeting from ORTON MARKET HALL to PENRITH (w.e. From 14.2.2023).

We will be holding our Meeting in PENRITH every THURSDAY EVENING from 7.00pm - 8.30pm.

Our new Address is:-

HAYDOCK COMMUNITY CENTRE,
26 Drovers Lane,
PENRITH CA11 9EN

* Please arrive early for a cup of tea/coffee, Biscuits and a Supportive, Informative chat.

You're MOST WELCOME

* For more information, please contact:

• JOE on 0792-052-0367

Allens of Eden



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

Max 8 passengers

Private Hire Taxi (Tebay)

Gordon Allen: 015396 24390
www.allensofeden.co.uk

Ian Hutchinson Wood Finishing

Restoration Painter and Decorator

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

Tel: 017683 71008
07966 948496

* Excellent references *

Cumbria Stove Centre

Supply and installation of wood,
coal and gas stoves

Flue and chimney lining services
Inglenook specialists

Fully qualified and experienced
Heating engineers

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley,
Nr Kendal

J N & E Capstick

INSURANCE CONSULTANTS LTD

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

Farm, Home and Motor Insurance



Market Square, Kirkby Stephen CA17 4QT. Tel. 017683 72285
36 Main Street, Sedbergh, LA10 5BP. Tel. 015396 20124

sales@capstickinsurance.co.uk — www.capstickinsurance.co.uk

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

The King's Arms Hotel, Shap

info@kingsarmsshap.co.uk 01931 716277

Open Weekdays at 3pm -Late
Saturday at 12noon - Late
Sunday at 11am-Late
Food served Weekdays from 6pm
Saturday 12noon-2pm then again from 6pm

Sunday 'Kings' Breakfast 11am-1pm
then evening menu from 6pm
Bookings not essential however are advised.
Call us [01931 716277](tel:01931716277)

Job Vacancy

Bar Attendant 3 or 4 days, excellent rates of pay please apply
by ringing Mellissa on the above number

RUXTONS FUNERAL SERVICE

SAIF, BIFD, BIE, DipFD

Incorporating the funeral business
of
STAN BROCKBANK

1 Wildman St., Kendal LA9 6EN
01539 722299

24 hour service Private Chapel

NICOL
LANDSCAPES LTD

*Tree felling, pruning & dismantling,
stump grinding & hedge trimming.*

*Over 20 years' experience,
Local company, fully insured*

Call Andy Nicol, 07824 879 286 or 01768
631 771 or email andy@nicol.work

Kurt Feller Joinery

All aspects of joinery and
maintenance undertaken

Call or text for a free quote

Kitchens
Wooden floors
Windows

07414905112
k-feller@hotmail.com

Do use The Link advertisers!
- and tell them you saw it in The Link.
Advertising and donations are how we
fund the voluntarily-run Link magazine

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

Furness Glass

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

DAVID SMITH & SON LTD

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

Contact Hans Smith

015396 24859 or 07773 444765

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

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



Tooby's

ELECTRICAL STORE

Serving the Link area - Tel 015242 41224 / 42095

www.toobys.com

ALL ASPECTS OF
STONEMARK
UNDERTAKEN
BY QUALIFIED
PROFESSIONAL

Dry stone walling, stone-facing,
garden work etc.
No job too large or too small.
Contact Austin 07711 253389

Midtown Cattery

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

Chapman's Chimney Vac Service

THE VILLAGE SWEEP
GRAHAM MOORE
Tel: 015396 20353

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



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

NEW POOL TABLE

TEBAY

01768 639109
CROSSKEYSINNTTEBAY.CO.UK
HELLO@CROSSKEYSINNTTEBAY.CO.UK
CROSSKEYSINN.TEBAY

LAND'S END 432 JOHN O'GROATS 400
ST BEES 54 ROBIN HOOD'S BAY 97

GT's Trees and Gardens

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

Contact: Giles Thornley
(Cert.Arb (RFS)) NPTC Certificates
07785 361471 or 015396 23326
GT.TreesandGardens@gmail.com



**Small electrical jobs
Furniture building
Emergency plumbing**

We've got your winter problems covered!

**GUTTER CLEANING -
STORM CLEARANCE -
PATIO WASHING - NO
JOB TOO SMALL - CALL
US TO DISCUSS**

Contact Andrew
07979 648974
sunbiggincamping@gmail.com

**Miss Flitty
Tattoo &
Piercing
Parlour**

www.facebook.com/missflitty/
Penrith, CA11 7HZ

01768 210134 - 07716 551474

We're looking for new advertisers
—only £5 per square (like this)
per month, and delivered monthly
to about 1,000 houses in our area
and to several hundred email
addresses...

Get in touch with
TheLinkMagazine@outlook.com

LOWIS BROTHERS
BUILDING CONTRACTORS

Harvann, Mount Pleasant,
Tebay
Tel: 015396 24463
or 07940 209056
FEDERATION OF
MASTER BUILDERS
NHBC

SPAR Convenience Store

Kirkby Stephen - tel. 01768 371353
OPEN every day (except Christmas Day)
Monday-Saturday 8am – 10.30pm
Sundays 9am – 10.30pm
Great selection of groceries,
frozen foods, beers, wines & spirits
National Lottery / scratch cards
Daily Newspapers / Magazines
Photocopying B&W and colour
"SPAR" there when you need us most!

LOCAL JOINER

Joinery services—hanging doors,
laminated floor fitting, skirting,
architraves and general
household repairs

Fully Insured

Call Graeme for a quote
on 07984 394948

Or email localjoiner@gmail.com

Useful Contacts

Please let us know if there are others to add here...

Phone area code: 015396, unless shown otherwise.

For children and young people

Orton C of E School:

Headteacher, Mrs. Emma Pomfret

Office: Vicky Percival: 24268 ,

Friends of Orton School: Joanna Hayward: 07837 767442,

haywardjm75@gmail.com


Tebay Primary School:

Head of School: Mrs. Helen Wright

Office: Tracey Morland: 24239

Friends of Tebay School: Claire Penhallurick 07986 692527

Catchment Area Secondary School:

 Kirkby Stephen Grammar School: 01768 371693

For little children:

Ravenstonedale: Dinky Dales Nursery Ltd:

Julie Procter and Keeley Morland: 23670

For older children and young people:

* Scout Group – Scouts, Cubs, Beavers

Shap area: Jackie Wright: 01931 716490

Kirkby Stephen: Lois Wiseman: 01768 341107

* Appleby Guides: Leigh Wilkinson: 07869 078977

* Appleby Brownies: Emma Williamson 07800 564170

* Appleby Rainbows: Sue Grainger: 07876 403895

* Kirkby Stephen Brownies & Guides:

Audrey Gray: 07889 093848

✝ Northern Inter-Schools Christian Union (NISCU):

Ruth Evans, ruth.evans@niscu.org.uk

✝ Tebay Youth Club

Rachel Milburn, Rachel.Milburn@carlisle-diocese.org.uk

⚙ Families Together in Tebay and Orton:

Pam Lawson: 26028

f Tebay Beginner Brass: Julie Hoggarth: 07866 378392,

julie@drumandbrass.co.uk

Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900

Upper Eden Medical Practice, Kirkby Stephen

(with Surgery in Tebay): 01768 37136

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

Vets:

Kirkby Stephen: 01768 371359 Appleby: 017683 51507

Shap: 01931 716024

Adult groups

Alcoholics Anonymous Call FREE 0800-9177-650

email: help@aamail.org

S Archaeological Society: Jan Hicks: 01931 714122

V Arts Society, Appleby: Gillian Stoddart: 01768 862501

🏸 Badminton: Richard Percival: 24352

🎧 Bands:

Appleby Town Band: Chris Jenkin: 24410

Kirkby Stephen Silver Band:

Caroline Souter: 017683 72376

🔔 Bell Ringers: Julian Thorpe: 24166

Bingo: Jillian Hewitt: 01931 715000

Boccia: Felicity Lawler: 015396 24465

Book Club: Clare Fox: clarefox59@gmail.com

Judith Cattermole: judithcattermole2@gmail.com

Bowls at Newbiggin: Stephen Dickinson: 07766 833500

Combined Churches Choir: Chris Jenkin: 24410

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

Concerts:

Appleby: North Westmorland Arts: 017684 83777

Kendal: www.lakelandsinfonia.org.uk

Kendal: www.kendalmiddayconcertclub.org

First Responders: Steve Dunkinson: 24286

Folk Dance Club: Chris Bland: 24258

Greenholme Show: Keith Golding: 01931 715446

Heating Oil Syndicate: Chris Jenkin: 24410

Howgill Harriers Running Club: Admin@howgillharriers.co.uk

Local History Society, Ravenstonedale:

Val Fermer: 07798 688057

Lunch Club:

The George Hotel, Orton: Bronagh: 24071

Orton Market Hall Bookings :

01539624140, bookingsortonmarkethall@gmail.com

Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 23470

Quiz Team, Orton: Louis Cotter: lfc@lfcotter.plus.com

Sew and Sews, Orton: Gillian: 23653

Volunteer Social Car Scheme: Dennis Humphreys: 26052

Women's Groups:

Orton: Pat Alexander: 24303

Lune Ladies: Wendy Dickinson 07766 833500

Mothers' Union: Angela Milburn: 24382

Women's Institute: Jackie Huck: 24266

Church Websites:

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>

Churches' Facebook pages:

Orton: <https://www.facebook.com/AllSaintsOrton/>

Tebay: <https://www.facebook.com/stjamestebay>

Ravenstonedale: <https://www.facebook.com/StOswaldRavenstonedale/>

Families Together in Tebay and Orton : Pam Lawson

<https://www.facebook.com/FamiliesTogetherTebayOrton/>

Families_Together@googlegroups.com