

The Link

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



October 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 subscriptions and donations from individuals and organisations, as well as advertising from local businesses.

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

Please email us with

*your ideas,

*your photos,

*your news and

*notices of your events

to: TheLinkMagazine@outlook.com

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

Many thanks ,

Anne, Elizabeth, Linda,
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:
'Squash harvest at Vista Veg'
Abbi Lawson
(please see page 11 for a lovely
Winter Soup receipt)

This October edition of The Link feels very much like we're into autumn proper now — the 'season of mists and mellow fruitfulness'. We hope that, despite the shortening days, you find plenty in The Link to entertain and encourage you.

Whether it's celebrating the harvest at the church in Ravenstonedale, or enjoying the Oktoberfest at the club in Tebay, there's lots to look forward to.

If you're wanting to sing, you could join the weekly Tebay Community Choir (Monday nights in the club) or prepare

to sing as part of a united churches choir for a special service at the end of the month.

Don't forget to find the business services that you need from the back pages of The Link (and do please tell them that you saw them in the magazine) — their advertising pays for the largest part of keeping The Link free. But thank you so much to those individuals and organisations who have also supported The Link — it what keeps us going!

The Link Team



Wensley Camerata write-up on page 6

Supporting The Link

There are lots of ways you can support The Link — first and foremost, do please send us your news, articles, updates, photos, poems, etc. Email them to TheLinkMagazine@outlook.com

If you want to advertise, (which is how we pay for much of the printing costs of the magazine), do please get in touch — it currently only costs £5 per smallest 'square' of advertising per month (email as above if you want to know more).

If you want to support us financially, visit this link: cutt.ly/LinkDonate or scan the QR code on the right with your phone, or get in touch if you need another way to do so. **Thank you**



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

Please send all copy (not PDF format) including advertising to: TheLinkMagazine@outlook.com

Payment for advertising or remittance advice to:
Linda Garrick, 015396 24262 / finance@linkmagazine.org

Caring Deeply

As part of our mission statement, we have agreed as a Methodist Circuit to adopt the principle of caring deeply, one of four principles shared by Methodists, Anglicans, Salvation Army and United Reform Church here in Cumbria.

John Wesley once wrote: *'Holy solitaires' is a phrase no more consistent with the gospel than holy adulterers. The gospel of Christ knows of no religion but social; no holiness but social holiness.*

For Wesley, holiness was the centre of everything he was about, it was the aim of his life. As a very basic definition, holiness is a way of being made whole by the presence of God in one's life.

But holiness was not something Wesley believed could be done alone as part of a privatised faith. He believed in the importance of those seeking holiness meeting together, and building one another up. We are to encourage each other on our journeys to holiness.

The journey of Wesley's life should also lead us to those that we live alongside, who might not attend church or chapel. There is a link to wanting the best for people — if holiness is a corporate act then it is one we want to see in the lives of those around us too.

When Christ is showing signs of the kingdom of God, He often acts to heal people or cast out demons, which in turn is a way restoring someone's humanity in the context of the society in which they lived.

Jesus would often say *your sins are forgiven* in these moments, which is a way of restoring someone to the state in which God intended but the world had taken away.

In the same way we are called to care deeply. We are to care deeply for those in our own congregations as we pursue holiness together, but we are also called to display Christ's vision to all those around us, those for whom holiness is not their aim or even on their radar of possibilities.



We are to do it simply as an expression of extravagant and overflowing love. We do this because God first loved us, and as we follow where God is moving, we will no doubt find God in the places which are forgotten, with the people who are disregarded, in the cultures that are frowned upon.

Holiness is gained not by aiming for personal perfection, but through willingly encountering God's world with desire to see God glorified through all creation and in all people. Holiness calls our own lives to be expanded and our understandings transformed. Holiness calls us to care deeply. May God give us strength to all live out this calling on our lives.

Rev Andrew Sterling

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Can't find what you want?

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

Do please send in your updates and news



NEWBIGGIN-ON-LUNE CHAPEL
SUNDAY SERVICES
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

LUNE LADIES OPEN MEETING

NEWBIGGIN ON LUNE
Village Hall

Tuesday 3rd of October @ 7.30pm

SPEAKER: Craig Hall

TOPIC: Everest Base Camp

Admission: £2.50

Proceeds after costs going to Firefighters Charity.

NEWBIGGIN ON LUNE
Public Hall

WEDNESDAY 18TH OCTOBER
7.30 PM

Meet the Deputy Police, Fire and Crime
Commissioner.

Talk and Q&A Session with
Mike Johnson

Ladies
**DOMINOES
NIGHT**
THURS 19TH OCTOBER,
7:30PM
ALL LADIES WELCOME,
YOUNG AND OLD.
An informal, fun night with
refreshments.

**MEN'S
MEETING**
'TALK AND CUTTING
DEMONSTRATION OF HILL
VS CONTINENTAL LAMB'
Dave Morland, a qualified butcher
and meat inspector, now head of
Butchery at Westmorland
Services
WED 4TH OCT, 7:30PM
BREWS - BISCUITS - BANTER

Newbiggin-on-Lune Public Hall

Chair Ian Clayton 015396 23226
Secretary Jim Wardrope 015396 23288
Treasurer Carl McLaughlin 015396 23674
Caretaker Anne Brownrigg 015396 23594

✪ All bookings should be made with
the Caretaker

✪ All payments should be made with
the Treasurer

Online: [facebook.com/NonLPublicHall](https://www.facebook.com/NonLPublicHall)

QUIZ NIGHT

NEWBIGGIN ON LUNE

Public Hall

Saturday 28th October

Doors open 7.30pm

Quiz starts 8.00pm

GREAT QUIZ / PAY BAR

ALL WELCOME

ENTRY £5



Bacon Butty CHURCH

OUR NEXT BACON BUTTY CHURCH IS SUNDAY 19TH NOV

@NEWBIGGIN-ON-LUNE CHAPEL, 10:30AM



FOLK DANCE CLUB

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

On Thursday evenings, 7.45pm to 10pm

Singles & Couples all very welcome
All dances are walked through & called
Beginners welcome

For further details please

ring Catherine: 017683 41549 or
email: trimmers@coldkeld.com

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!

Junior Church

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

MEN'S MEETING

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

George Hill; Yorkshire's young opening batsman and all rounder, talking about his life as a cricketer.

Brew ~ Biscuits ~ Banter

Newbiggin On Lune Methodist Church

Come together

for "Worship and the Word"

on Sunday, 29th October 2023
at 6.30pm

Speaker : Rev John Morton

*With an emphasis on singing
the praises of God and the
opening up of the Bible*

For further information contact
Rowland & Rachel Woof
(015396 24372)

or Wilf Capstick (015396 23600)

EVERYONE WELCOME

ST OSWALD'S

Notes for your diary

- Saturday 11th November 3pm—5pm

Concert by Iona Brown

(Principal First Violin with the Royal Northern Sinfonia Orchestra since 1995)

and Mike Gerrard

(Principal viola with RNSO since 1987)

The concert is in aid of the Henry Dancer Days Charity with a retiring collection

- Sunday 10th December 3pm—5pm

JS Bach Cantata No.1 from

Christmas Oratorio

& Magnificat in D by The Wensley Camerata

Further information for all events will follow in due course

Please also see local notice boards

Beautiful Baroque Concert

On Sunday 20th August at St Oswald's Ravenstonedale we were treated to a most enjoyable afternoon of Baroque Music for Organ and Trumpet, Orchestra and Voice presented by the Wensley Camerata under the baton of Martin Budgett, Director of Music with Rebecca Howard on Lead Violin.

The Camerata is a group of exceptionally talented players drawn from both sides of the Pennines but principally Richmondshire and Cleveland.

The programme was delightful and Martin told us that the size and make-up of the orchestra was exactly the same as Bach himself would have had. Which along with the Organ and Trumpet also included Harpsichord, played by Martin, which was so beautiful to hear, Violins, Violas Cellos, Double Bass, Oboe, Recorder and Basson.

The programme was largely works by G F Handel, J S Bach and one beautiful Trumpet Concerto in D by G P Telemann. Michael played the 4 movements of this work which was a sparkling and sublime exploration of the high trumpet of the time.

We were also thrilled to have experienced the exquisite voice of Jane Burnell a Soprano from The Royal Northern College of Music and Leeds Conservatoire who is establishing a flourishing and award winning career in opera and Concert recital.

Jane delighted us with two pieces, one I personally had never heard before, but was sung sublimely and with such effortless precision as she sang the Aria "Tornami an vagheggiar" which concludes Act 1 of the opera Alicina by Handel, where she reflects upon her perception that she is loved by Ricciardo soon to be turned into an animal. Her tone is very pure and the piece suited her voice perfectly.

This was preceded in the programme by one of the most iconic works for Soprano and Trumpet, "Let the Bright Seraphim" from Handel's opera, Samson which Jane and Micheal performed from the middle and upper tiers of the 3 tier pulpit which St Oswald's is so famous for. The sound was simply angelic.

The concert opened with a beautiful and haunting rendition of Brandenburg Concerto No 2 in F which not only featured Lead Violin

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 25TH OCTOBER 2023

7.30 PM

NEWBIGGIN VILLAGE HALL

RAVENSTONEDALE & NEWBIGGIN

THEN & NOW

A WALK THROUGH THE VILLAGES VIEWING

OLD & NEW PHOTOS

WITH

Caroline Morris

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

(Rebecca Howard), Recorder (Karen Mountain), and Trumpet (Michael Atkinson), accompanied by the rest of the orchestra but as part of that ensemble, we were thrilled to learn that the young and exceptionally talented Daniel Fergie (Oboe), had stepped in at the last minute to assist with the concert having earlier returned from the Albert Hall, where that evening he was on TV as part of the Proms season playing Second Oboe in the National Youth Orchestra.

Other works performed were Handel's Concerto for Organ, Op4 No3, Handel's Concerto for Organ Op4 No4 and J S Bach's Gigue Fugue for Organ all played by Richard Selwyn Sharp on the recently restored Harrison and Harrison Organ. It has to be said that we were extremely grateful to have the organ in full working order, as in the days leading up to the event, the instrument needed to be repaired resulting in a large proportion of the organ being dismantled into several hundred component parts and reconstructed and retuned just in time for the concert.

The final piece was again by Handel, Suite in D HWV 341 "Water Piece". This Suite featured trumpet and oboes and demonstrated beautifully Handel's music pre-1733 when it was published by Daniel Wright Jnr of St Paul's Church Yard, London, who is acknowledged with compiling it in the format that it was performed by this wonderful group of musicians on the day.

Other performers were, Violin: Jill Russell, John Spereall, Fiona MacDonald, Rebecca Robertson, and Rosemary Priestley, Viola: George McQueen, Jacqui Seymour and Winfred McQueen, Cello: Janet Smith and Karen Mountain, Double Bass: Chris Shaw, Oboe: Nigel Atkinson and Bassoon: Jane Verity

The money that was raised from the concert was divided between St Oswald's Church which will be used for the improvement of the lighting in the church and the charity "Hope and Homes for Children"

We look forward to welcoming the Wensley Camerata once again to St Oswald's at 3pm on Sunday 10th December 2023 which I am sure will be a fabulous precursor to Christmas celebrations and highly recommendable.

Look out for further details in the Link in the coming months.

Suesi Windle



Harvest Service

Led by Rev. Canon Brendan Giblin
St Oswald's Church, Ravenstonedale

11am, Sunday 8th October 2023

followed by Lunch and Auction

at

Newbiggin-on-Lune Village Hall

12.30 for 1.00pm

Please let us know if you would like to join us for lunch by contacting:

Anne Brownrigg on 015396 23594
or any PCC Member
Adults £10.00 Children £5.00

*Auction Proceeds to go to the
Appleby Foodbank*

RAVENSTONEDALE COMMUNITY AND HERITAGE CENTRE

REGULAR SESSIONS AND MEETINGS:

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

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

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

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

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

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

Monthly – Saturday Sewing Workshop with Jan
Hardcastle (07876508027)

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



CORONATION TREE to celebrate the CORONATION of HRH KING CHARLES III (6th May 2023)

Planted by the grannies of Fell End

(Mary, Julie, Nicky, Karen, Kathy & Fran) assisted by many of their grandchildren

Free to a good home...

Feed your garden ahead of winter with peat-free, locally-produced, compost made from well-rotted horse manure.

Zero production miles and bagged in recycled packaging this product will nourish your soil it's no external environmental cost.

Collection from:
Fell End, Ravenstonedale, CA17 4LN,
(what3words [argue.indoors.gateway](https://www.what3words.com/argue.indoors.gateway))

Trailers by appointment

Contact Libby on 07759 665 233

Save the dates

Friday 8th and Saturday 9th December

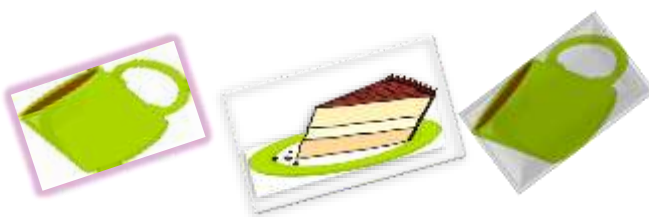
After the resounding success of

“A Monarch a Minute”

the Vagabonds will be returning to St Oswald's with their Christmas Show- suitable for all ages.

You won't want to miss it, so put it on your calendar now!

RAVENSTONDALE COMMUNITY & HERITAGE CENTRE



C o f f e e & C h a t

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

All Welcome

We would love to see you!

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



Book Swap / Borrow



SINGING DRUMLIN CELEBRATION

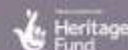
Bowber Head Nature Reserve - Ravenstonedale
Friday 29th Sep - Sunday 1st Oct 10am - 4pm

Enjoy a free Aeolian Sound Experience at Bowber Head Nature Reserve at an installation of 20 sound sculptures created by Cumbrian artist Dan Fox on top of this Glacial Hill or Drumlin.

Artist Jill Brown has created a set of voiles which will also be displayed during the event celebrating the areas railway line and heritage.

This is a FREE drop-in event, no Booking is required. Just turn up and tune in!

www.thewestmorlanddales.org.uk



United Benefice Choir for United Benefice Service

Sunday 29th October, 10.30 a.m.,
at All Saints' Church, Orton

Orton, Tebay and Ravenstonedale Anglican parishes are now part of a United Benefice of eight churches under the leadership of our new Priest-in-Charge, Rev. Canon Brendan Giblin. This Benefice links us with the parishes of Kirkby Stephen, Mallerstang, Brough, Stainmore and Crosby Garrett with Soulby.

When there is a 5th Sunday in a month – four times a year – we all join together for a United Service, and the next one is on Sunday 29th October, at All Saints' Church, Orton, at 10.30 a.m. This is the Sunday nearest to All Saints' Day (1st November) so we will celebrate Orton's Patronal Festival on this occasion.

As we did in in July at Brough, we will have a United Benefice Choir to lead the worship, hopefully with singers from all the parishes. Would you like to be part of this choir on that day?

To practise the music we will have Choir Practices on the three previous Fridays, all at 7.30 p.m. :

- 13th October (in Orton church)
- 20th October (in Ravenstonedale church)
- 27th October (in Orton church)

Even if you can't make all three practices, come whenever you can.

If you would like to take part, please contact Christopher Jenkin (ccjenkin81@gmail.com; 015396 24410) or Suesi Windle (suesi.windle@googlemail.com ; 07899 907958) – or just turn up at the first practice! But it would be very helpful to know in advance who is coming.



**FRI 6TH
OCTOBER
7PM – 8.30PM
TEBAY CHAPEL**

**REFRESHMENTS
FREE ENTRY
Suitable for all ages**

**GATHER YOUR TEAM!
Teams of up to 6**

next market

Saturday 7th October

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



ORTON

FARMERS' MARKET

held 2nd Saturday of every month

All Saints Coffee Morning
at the Farmers Market
in September raised £446.50

BOCCIA in ORTON MARKET HALL

Sessions are on alternate THURSDAY
afternoons from 1.30pm to 3.30pm —
October 5th, 19th, Nov 2nd, 16th & 30th

for more details please contact Felicity Lawler
email: fglawler@gmail.com



All Saints' Church Harvest Thanksgiving

*Gifts of food or toiletries will be given to
Upper Eden Food Bank
Cash Collection for Water Aid*

Harvest Communion

Sunday 1st October, 10.30 a.m.

Harvest Supper

in the Market Hall

Monday 2nd October, 7.00 p.m.

Adults: £10.00

Under 16s: £5.00

Including a glass of wine

Tickets from any PCC member, or phone
24410 (Mary) or 26187 (Keith)



Orton C of E Primary School

“Open Morning”

Tuesday 3rd October 2023

9am – 11.30am

Come and join us for a coffee and spend some time in each class.

See our school in action and meet the children and staff!

All Welcome,
especially families of any prospective Nursery or Reception children.

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

Earthquake Relief in Morocco – THANKS!

Many people have been kindly enquiring about our daughter Zoë who works in Marrakesh, in Morocco, and who has been directly affected by the recent terrible earthquake. Though she was badly shaken and upset, she is, thankfully, unhurt, and has been getting involved in relief operations.



We sent WhatsApp and email messages to various groups – family, and people around Orton – inviting contributions to help Zoë's relief projects, and the response has been overwhelming – we have sent out £1,300 already and hundreds more has been sent to our bank account and will be sent out shortly. We are so grateful, and so of course is Zoë.

She hopes that some of the funds sent will be able to supply tents like those pictured (from another earthquake relief website, [gofundme.com/f/help-impliil-and-armed-after-the-morocco-earthquake](https://www.gofundme.com/f/help-impliil-and-armed-after-the-morocco-earthquake))

Christopher and Mary Jenkin.
(ccjenkin81@gmail.com)



A huge thank you to everyone who supported the Market Hall Bingo night in aid of Orton Community Pub. The evening generated just short of £800 which will help to pay for the survey.

Thank you so much to the Bingo team for all the great work you do for our community.

Like and follow our Facebook page (Orton Community Pub) for updates. Some exciting developments are underfoot!

O.W.L

(Orton Wildlife and Landscape group)

UPCOMING EVENTS

**Thursday 12th October – 7:30pm —
Talk in Orton Market Hall
by Drew Woodward
(Crosby Ravensworth Tree Group)**

**Friday 20th October – 2pm – 3pm
Visit to GROWING WELL
at Tebay services
(with Orton Fells Farmers Cluster)**

Spicy Carrot & Lentil Soup

Ingredients

- 1 tbsp olive oil (for frying)
- 1 medium onion (approx. 125 g)
- 2 celery stalks
- 2 cloves garlic
- 1 heaped tsp garam masala (or other warming spice to taste)
- ½ tsp chilli flake or ground chilli (to taste)
- 5 medium carrots (approx. 450 g)
- 900 ml vegetable stock (4 cups)
- 150 g red lentils (¾ cup)
- 2 tbsp tomato puree
- 1 bunch coriander leaf (cilantro)
- 1 lemon – zest (and the juice, if you like)
- salt and pepper (optional)

To Garnish

- natural yogurt (dairy free if desired)
- coriander (cilantro)
- pumpkin seeds

Instructions

1. Peel and dice the onion, celery, garlic and carrots. If you want a smoother soup, save time by cutting bigger chunks and blending later.
2. Heat the olive oil in a saucepan or casserole. Add the chopped onion and celery. Sauté gently over a medium heat for about two minutes.
3. Add the garlic and continue to cook for a further three minutes, until the onion is just starting to turn golden.
4. Add the spices and cook gently for a further a minute or so. You want to release the flavour, but not burn the spices.
5. Stir in the carrots. Add the lentils, tomato puree and stock, and stir well.
6. Bring to a simmer. Put the lid on and turn the heat right down. Leave the soup to cook for about 30 minutes, until the lentils are mushy and the carrots soft.
7. Adjust the texture as you prefer. If you like your soup smoother, mash with a potato masher, or blend to the texture you want. You can add more stock or water to thin the soup if you choose.
8. Add the chopped coriander and lemon zest, and stir in. Season to taste.
9. Serve garnished with more coriander and some pumpkin seeds.



Do you fancy a creative evening with Orton's very own Craft Lass, Helen Wearmouth, leading a fun fused glass workshop?

All materials are provided and you will take home your very own creation as shown in the photo.

Places are limited to 15, so book early to avoid disappointment. Call the number above to arrange.

Cakes and refreshments available on the night.



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

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

Opening Hours – Village Stores

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

Opening Hours – Orton Post Office

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

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

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

See separate entry for Tebay Post Office



Part-Time Permanent Clerk to the Governors

Orton CE Primary School is a thriving small rural school in Cumbria and the Yorkshire Dales National Park. Postcode CA10 3RG

Orton CE School is 'A happy place to learn, grow and thrive' and is looking for a new member to join our hard working, committed and supportive team of governors and staff. The Governing Body of Orton CE School is looking to appoint a permanent Clerk to the Governors

Required from October 2023 or ASAP. There will be training and our current Clerk will support the handover.

The post will require the attendance of approximately four full governing body meetings per year and approximately 10 committee meetings as deemed necessary by the Chair of Governors and Head Teacher. The post is approximately 2hrs per week work, term time only. The successful candidate will have good administration, organisational and ICT skills with an eye for detail and an ability to communicate at all levels.

£21,968 pro rata term time only.

The school is committed to safeguarding and promoting the welfare of our young people, appointments will be subject to satisfactory references and enhanced DBS check.

Please apply for this post by using a Cumbria County Council application form.

To arrange a discussion please contact the Chair of Governors email:

richard@orton.cumbria.sch.uk

For an application pack please download from our school website

www.ortoncofeprimary.co.uk

Closing date: 12 Noon Wednesday 16th

October 2023 – emailed applications preferred

Interviews: TBC



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.

News from Orton School

Welcome to Orton School!

We have had a fantastic start back to school, welcoming some new friends to our School family!

Miss Simpson is our new Class 2 Teacher who joins us after Miss Coward moved to Holme Primary School at the end of the summer. Also new to Class 2 is Mrs Burns who is covering Miss Potter's maternity leave as TA. We warmly welcome both of them to our school—they have already made a great start!

Also new to our school are Isla, Jack, Darcy, Hope and Jim. The other children in each class have been so excited to have new friends to play and learn with! We hope they enjoy being part of our school and settle in well — we have seen lots of smiles far!



New Kit

You may have seen us wearing our new kit in our PE lessons and sporting events! Here are some comments about it ...

"It is so comfy to wear!"

"We look so smart!"

"I love PE in my new kit!"

"My shorts are very long!!!"

Stay and Play

Our lovely "Stay and Play" sessions have begun again in Class 1. This is where our younger community comes to play and brings their grown ups for a coffee and a natter! It is a lovely sociable morning and we welcome everyone from Orton and beyond!

Breakfast Club and After School Club

We have full wrap around care at Orton School and Miss Simpson has been planning some exciting clubs for our children to join in with!

Mondays—Razmatazz (Drama, song and dance)

Tuesday—Art Club with Andi

Wednesday—Book Club

Thursday—Lego Club

Friday—Film Club



It is easy to get involved—bookings can be made through email:
office@orton.cumbria.sch.uk

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



Congratulations to Philippa!



Philippa (Rayne Cottages, Gaisgill) in the Westmorland Rare & Minority Sheep Breed Show—won Champion of the Shortwool & Down section with her Coloured Ryeland Ram “Bandit”

Tebay Club Presents

Oktoberfest

Drink . Food . Music . Dance

Beer Festival

Saturday 7th October 2023 | 7.30pm till late

Tickets £10 to include Beer Stein, Food and Music

Limited Tickets available from Becky Morland or Tebay Club go on sale on 1st September

Pies, peas and pudding

Tebay Methodist Church

Friday 20 October
7pm



Music by The Lidors

BINGO
at
ORTON MARKET HALL

FRIDAY 13th OCTOBER

ALL WELCOME
7-30pm

TEA AND COFFEE

RAFFLE

MONEY RAISED TO
ORTON MARKET HALL
AND
ASBY
PRIMARY SCHOOL

Forthcoming dates

10th NOVEMBER
8th DECEMBER
12th JANUARY



The Bingo team would like to say a huge THANK YOU to all who Donated to our Big Bonanza Bingo for the George Hotel, A huge £789 was raised for them plus £100 to Orton Market Hall.

Teabay's Christmas Market

SMALL BUSINESS STALLS
REFRESHMENTS
KIDS CRAFTS
RAFFLE

Saturday 25th November

TEBAY METHODIST
CHAPEL, 11-3PM

Want a table? Book with Hannah on
07387301089.
£5 a table, all proceeds split between Tebay
School & Twinkles.

THE HUB



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

Every Monday morning
10.30am - 12.30pm

* Refreshments * Books to borrow and buy
All ages welcome

Do YOU have
any spare time on
Tuesday afternoons?

Come and join us at
TEBAY METHODIST SCHOOL ROOM
from 1.30pm — 3.30pm,

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

You will be very welcome!

TEBAY SPORTS AND SOCIAL CLUB
PRESENTS

BONFIRE NIGHT

Sunday
5TH NOVEMBER
FROM 6pm

Laser Light Show
Bar & Refreshments
Hot Food & Music

All welcome, with or
without children

WHAT'S ON?



October

Saturday 7th - Oktoberfest
Last week of month - Book Club
Saturday 28th - Halloween Party

November

Sunday 5th - Bonfire Night with Laser Light
Show
Last week of month - Book Club

December

Sunday 17th - Kids Christmas Party with Santa
Weds 20th - Christmas Darts Competition
Friday 22nd/29th - Poker & Domino's
NYE - Family Night with LIVE music from
Graham Potter
NYD - celebrate the New Year with LIVE music
from Kev Kendal
PLUS live sport including Premiership Football
and Rugby World Cup and more....

Opening hours:

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

Big Screen TV
Sky Sports * BT Sports

Pool table
Snooker table
Darts boards

Function room & kitchen
for hire (free to members)

Prize Bingo & Cash Bingo
on alternating Sundays
Free WiFi

TEBAY SPORTS & SOCIAL CLUB





TEBAY PRIMARY SCHOOL



July 2023

What a fantastic year we had, we are super proud of all of the children who have shown their respect, responsibility and resilience.

On the last day of term we held a very special assembly to showcase our amazing year 6 children. The children were presented with a reading book, a bible, a dictionary and a leavers hoodie. A big thank you to Friends Of Tebay School and Mr Jenkin.

A HUGE thank you to the year 6 children and parents who kindly presented the school with an engraved planter which we will use to remember them.

A special goodbye and good luck to Miss Jameson and Miss Chapman as they leave for their next adventures. Thank you for all of your commitment and hard work.



We would like to welcome 2 new staff members to 'Team Tebay'. Mr Tyrrell is teaching in Class 2 and Mrs Collinson is teaching in Class 3.



WHAT A WONDERFUL FIRST DAY BACK!

On Wednesday 6th September we started off the day with breakfast for children and parents which was a lovely treat!

The children have taken part in lots of team building games, activities and spent time in their new amazing classroom environments! 🥰

It was brilliant to see all of the children's smiley faces and hear about all of the lovely things that they have been up to during the summer!

We have had a lot of work done to the outside of school over summer.

The outside of the school was painted as well as the hall inside. A new shelter has been put up in the playground that can be used for outdoor learning with a whiteboard and a chalk board, new playground markings which are proving a huge success.

We are looking forward to showing these to parents and friends of the school at our Open Day on Saturday 7th October.



Offer: Care and Support

Hello. I'm Hannah, your local Community Catalyst - we are running a free development programme in the Eden District - to help local people get set up working for themselves, offering help at home.

Lots of people in your local area need some extra help to live the way they want to, perhaps because they are older, disabled or have a long-term health condition.

Could your new career be offering support to help people in our community to live more independently? You don't need any care or business experience, just to know what good care looks like.

Our help is free to you, as the project is funded by Westmorland and Furness Council. See <https://www.communitycatalysts.co.uk/project/south-lakes-and-eden-westmorland-and-furness-council/>

Please get in touch for an informal chat to find out more.

Call 07435 943 901 or email hannah.turner@communitycatalysts.co.uk



BOOK CLUB

Interested in reading and discussing different books?
Not sure but would like to join us to find out more about meeting up once a month and having a giggle?

Join us at the
Tebay Club Book Club
Last week of the month
from 7:30pm
Tebay Club

For more information contact
Kass Haygarth or find us on
Facebook at 'Tebay Book Club'

Did you know?

Tebay Primary School offers...

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

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

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

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

Cumbria Education Trust
Website: www.tebay.cumbria.sch.uk
Facebook: www.facebook.com/tebayprimaryschool

Your are invited!

HALLOWEEN PARTY

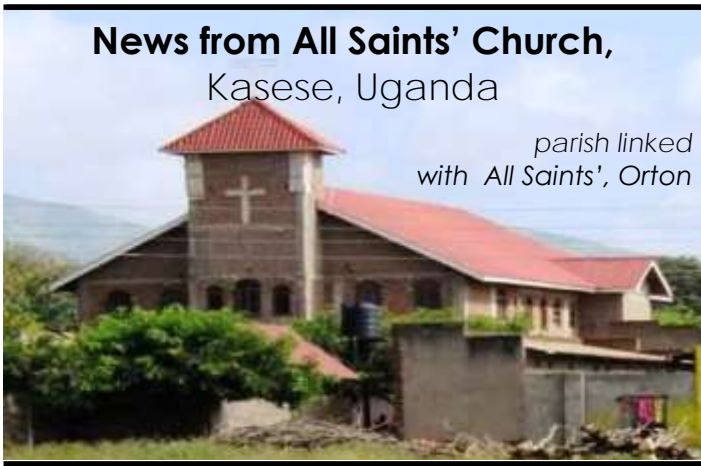
Where: **TEBAY CLUB**

When: **SATURDAY 28th OCTOBER**

TIME: **5pm - 7pm**

£1 entry games, music and spooky fun!
Prize for best fancy dress!!

* Hotdogs and snacks will be available to buy *



News from All Saints' Church, Kasese, Uganda

parish linked
with All Saints', Orton

From Rev. Robert Zziwa:

15th August: It's my birthday today! I have turned 42 years.

I replied with birthday wishes, and added: "Robert, this Sunday I want to speak about Psalm 133. It ends 'There the Lord commands his blessing.' If God blesses a church, how would we know? What would happen? I want to ask people what they think, but I ask you too for your thoughts!"



He answered: My thoughts are:

1. If God blesses a church, we can only know this through the harmony the believers live in and that will exactly show the gift of Love as expected by our Lord Jesus Christ in John 15.
2. It makes the church a positive example to the world and helps draw others to the Lord.
3. It helps us cooperate as a body of believers as God meant us to, by giving us a foretaste of heaven.

(I quoted his words in Orton church on that Sunday! So this African minister was able to bless us in Orton!))



8th September: I'm heading to East African Revival Conference Center, Gahini, Rwanda for prayers. Keep us in prayers.

This year's conference theme is "Transformation". Text: Romans 12:1ff: "Be transformed by the renewing of your mind." So

many speakers have challenged us on how to be transformed in all the aspects of life.

How Places Began

ORTON began as a farmstead on the hillside, which became a village. Its name is from the Old English words ofer (hillside) and tun (farm). Old English is what the Anglian settlers spoke in the 6th to 11th centuries. They had come long since from Angeln just south of Denmark. Orton's first butter record is dated 1239.

TEBAY was settled by an Anglian called Tibba, in a dry islet in the middle of swampy ground next to the Lune, seizing the gap at the north end of the Lune Gorge to control it. This era, of men's names ending in -a (as in Offa) shows him to be an early arrival. Tebay may be older than Orton. Its name means "Tibba's islet" (Old English) first recorded c1160.

RAVENSTONEDALE is Old Norse or Old English (or both) for "valley with the Ravens' Stone" Hrafn (Raven) being a personal name. Its first recorded entry is in Henry 11's time (1170+). By 1605 it was pronounced "Rissendale" and by 1655 "Russendale" which is less of a mouthful.

NEWBIGGIN ON LUNE (New village) is as old as Ravenstonedale as to its first entry, but is newer as its name tells you. Whoever owned its site built it as a venture or to house his workforce. Most of the outlying farms, e.g. Bowber Head were built in the 1570s – 1580s i.e. land shortage near the village forced them to break out new ground on the fells etc. nearby.

Orton and Tebay's outliers were mostly settled earlier than Ravenstonedale's. Orton Scales (summer grazing houses), High and Low, were there by 1256; Sunbiggin by 1310, Kelleth by the later 12th century (the name means hill with a spring), Longdale by 1178, Bousfield by 1279, Flakebridge by 1279, Raisbeck by 1310, Raisgill Hall by late 14th century. Later came Scout Green, by 1595, and Greenholme by 1770. Salterwath (there by 1667) hints at salt-runners evading the duty on salt. They used remote routes to evade the Excisemen. Tebay's Gaisgill was there by 1310, Roundthwaite by 1256 (Old Norse for Rowans Clearing). Weasdale (Valley of weasels) was settled by 1581; Adamthwaite by 1585. Both these are in Ravenstonedale. Source: A.H. Smith, "The Place Names of Westmorland, 1 of 2, 1967

RAVENSTONEDALE CHURCH was rebuilt in the 18th century on the site of the previous one of c. 1200. On its north, in the churchyard, is an unusual feature, a very small monastery built in the late 12th century and rebuilt a century or so later by followers of Gilbert of Sempringham

(Lincolnshire), a son of the squire there; Gilbert was disabled bodily but alert mentally and spiritually, active in good works locally. Born c. 1083 by 1122 the Bishop of Lincoln had taken him into his staff. Gilbert was ordained in the 1120s and by 1131 was back at Sempringham as its squarson (squire and parson) where he placed seven devout young women from his parish in a house he built for them next to the church, adopting the Rule of St. Benedict for them. It grew slowly and steadily and became a separate Order in 1147 with houses in Lincolnshire and Yorkshire, 13 in all when he died, blind but alert aged 106 and was canonised (declared to be a Saint) by Pope Innocent III in 1202. His Day is 4th February, the day he died but was born into life in Heaven.

In Henry II's reign (1154-1189) some followers of the Gilbertines built a cell (small house) round a cloister behind Ravenstonedale Church. It was rebuilt a century or so later. These followers were from the Gilbertine Priory of Watton in Yorkshire East Riding; Ravenstonedale's Lord of the Manor had given the manor to Watton Priory. As such it enjoyed all the Gilbertine privileges granted by popes and kings e.g. that if any murdered who fled to the church for sanctuary and rang "the holy bell" the local name for it, he was free. If a stranger came into any part of the manor he was safe from his pursuers.

The Gilbertines' cellars were used in 18th and 19th centuries for locking up any criminals till their trials came one.

From the above it is evident that you did not need to be martyred (i.e. slain) to be declared a Saint. Martyrs are, if anything, in the minority. Saints are those who have particularly "loved the Lord with all their heart, and their neighbours as themselves" as Jesus puts it.

Jeremy Godwin



Bruegel and the Seasons of the World

Appleby Arts Society welcomed lecturer Gavin Plumley to give their first lecture for the new term. Bruegel the Elder proved to be a very popular subject and the large audience were not disappointed.

Visual arts in the 16th century were dominated by religious paintings and courtly portraits of the wealthy. In Antwerp in the Low Countries, towards the end of the 15th century, a co-operative of artists and studios formed the Guild of St Luke to promote their work. Antwerp at this time was a bustling place, a port trading all over the world. This gave artists access to precious materials, such as lapis lazuli, only from Afghanistan.


Pieter Bruegel specialized in genre paintings populated by peasants, he aimed to show people the varied landscapes which he had seen in his travels. Being a member of St Luke's Guild had enabled him to obtain permits to travel far outside the Antwerp district, which gave him experience of the wider world. In 1565 Bruegel was commissioned by Nicolaes Jonghelinck, a wealthy Antwerp patron, to paint a series of six genre paintings of the unfolding agricultural year. Probably the best well-known of these paintings are the December-January picture, "Hunters in the Snow", August-September, "The Harvesters". Sadly the April-May panel was lost, but the remaining three are "The Return of the Herd" for October-November, "Hay Harvest" for June-July, and "The Gloomy Day" for February-March. All these paintings show working peasants performing tasks probably unknown to town dwellers, but there is also fun with general dancing and merriment! These paintings show that Bruegel was very aware of the working conditions of the man who knew what it was like to get up and go out to work hard all day, in all weathers. 1565 experienced a particularly harsh winter. *This was the man that Bruegel painted in all seasons.*

Bruegel's art was often more highly valued by collectors than critics. Sadly Bruegel went out of fashion but his pictures can now be found all over the world.; three of "The Seasons" pictures can be seen in the Kunsthistorisches Museum, Vienna, one in The Metropolitan Museum, New York, and one in Prague.

We thanked Gavin for his excellent lecture which had been very much enjoyed. It was later suggested that the Kunsthistorisches Museum, Vienna should be their next Arts Society summer outing, so we can see their three Bruegels!

Our October lecture will be quite different, looking at the work of Cornelia Parker, one of Britain's best loved and most acclaimed contemporary artists.

Services in our Anglican Churches

<p>Sunday 1 October</p> <p><i>Trinity 17</i></p> <p style="text-align: center;"><i>Welcomer:</i> Ezekiel 18.1-4,25-32 Philippians 2.1-13</p> <p><i>Green</i></p>	<p>Orton, 10.30am</p> <p>Harvest celebration <i>Brendan Giblin</i></p> <p>Keith and Janet Capp Keith Capp Andy Glanville</p> <p style="text-align: center;"><i>Prayers:</i> Elizabeth Crossley</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>Team</i></p> <p>Hilary Law Michael Metcalfe-Gibson</p>	
<p>Sunday 8 October</p> <p><i>Trinity 18</i></p> <p style="text-align: center;"><i>Welcomer:</i> Isaiah 5.1-7 Philippians 3.4b-14</p> <p><i>Green</i></p>	<p>Orton, 8.30am</p> <p>Holy Communion <i>Brendan Giblin</i></p> <p>Martin Lawson</p> <p style="text-align: center;"><i>Prayers:</i></p>	<p>Tebay, 10.30am</p> <p>Service of the Word <i>Rosemary Campbell</i></p>	<p>Ravenstonedale, 11.00am</p> <p>Harvest celebration <i>Brendan Giblin</i></p> <p>Martin Lovell Caroline Morris</p>	
<p>Sunday 15 October</p> <p><i>Trinity 19</i></p> <p style="text-align: center;"><i>Welcomer:</i> Isaiah 25.1-9 Philippians 4.1-9</p> <p><i>Green</i></p>	<p>Orton, 10.30am</p> <p>Service of the Word <i>Keith Capp</i></p> <p>Mary Jenkin Mary Jenkin Elizabeth Crossley</p> <p style="text-align: center;"><i>Prayers:</i> Margaret Longworth</p>	<p>Tebay, 10.30am</p> <p>Holy Communion <i>Chris Jenkin</i></p>	<p>Ravenstonedale, 10.00am</p> <p>Holy Communion <i>Carole Marsden</i></p> <p>Diana Fothergill Martin Windle</p>	
<p>Sunday 22 October</p> <p><i>Trinity 20</i></p> <p style="text-align: center;"><i>Welcomer:</i> Isaiah 45.1-7 1 Thessalonians 1.1-10</p> <p><i>Green</i></p>	<p>Orton, 10.30am</p> <p>Holy Communion <i>Sandra Ward</i></p> <p>Keith and Janet Capp Margaret Longworth Andy Glanville</p> <p style="text-align: center;"><i>Prayers:</i> Elizabeth Crossley</p>	<p>Tebay, 10.30am</p> <p>Service of the Word <i>Rosemary Campbell</i></p>	<p>Ravenstonedale, 10.00am</p> <p>Holy Communion <i>Chris Jenkin</i></p> <p>Richard Best Sarah Lovell</p>	
<p>Sunday 29 October</p> <p><i>All Saints Day</i></p> <p style="text-align: center;"><i>Welcomer:</i> Revelation 7.9-17 1 John 3.1-3</p> <p><i>Green</i></p>	<p>United Benefice Service at All Saints, Orton, 10.30am</p> <p>Holy Communion <i>Brendan Giblin</i></p> <p style="text-align: right;">Zoom meeting number: 894 1727 3600</p>			



New Beginnings Church
A PLACE OF HEALING

Welcomes
you to...

A place to hear about how we can receive
a new beginning in life.

A people who believe in the healing power of God
in our lives bringing freedom from long term issues.

A time of singing praise to God, hearing the truth from His
Word and receiving prayer for life's struggles and problems.

Sunday Morning in Orton Market Hall at 10.30am, CA10 3RU

Sunday Evening in The Kirkland Centre, Kendal at 6pm LA9
5AF

WE LOOK FORWARD TO SEEING YOU.

Pastors Barry and Karen Hawthorne 07437 468896

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 chat and our
sung worship will begin at 7.30pm.*

*We are looking forward to our
next Filling Station gathering, on
at the Appleby Hub, Chapel
Street, Appleby-in-Westmorland*

*Looking forward to
worshipping, praying and
sharing with you*

www.thefillingstation.org.uk



Services in our Methodist Churches

	1 st October	8 th October	15 th October	22 nd October	29 th October
		Homeless Sunday/ Prisons Sunday			Bible Sunday
*Tebay M P 1-1300 M H B	J Morton OA US	To N on L SS	S Radford HC	W Ousby	J Betts
		Connexion Service at N on L			Worship and Word at N on L
Shap (Class of Tebay)	D Askew	To N on L SS ----- 6.30 Cnxn Svce at N on L			6.30 Worship and Word at N on L
Orton M P Complete M H B PB EW	J Betts	To N on L SS	B Staley	LA	H Radford
		Connexion Service at N on L			Worship and Word at N on L
#Newbiggin on Lune M P 1-1250 + More on screen M H B	J Bainbridge HF & Junior Church	S Radford HC SS	OA TP & Junior Church	OA TP	OA TP
	Prayer & Share	Connexion Service	Prayer & Share		J Morton Worship and Word
*Ravenstonedale M P 1-1144 M H B H & P	A Sterling HC	10.30 To N on L SS	S Radford	A Sterling	J Betts
		Connexion Service at N on L			Worship and Word at N on L

Baptisms, Weddings and Funerals

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@carlisle-diocese.org.uk

For any Methodist church requirements for membership, marriage, funerals, etc. please make contact in the first instance with Rev Stephen Radford:

stephen.radford@methodist.org.uk



Many thanks to our printers:



cerberus

Church Contacts

Anglican Church

Vicar Brendan Giblin
017683 39168 — 07477 049576
revbgiblin@gmail.com

Curate Charles Cowling

Mission Community Administrator
Joyce Keetley 07741 327318
applebymc@carlisle-diocese.org.uk

Retired clergy

Sandra Ward 24213
(Penrith & Keswick Hospital
Chaplain)

Christopher Jenkin 24410

Orton with Tebay

Churchwardens

Linda Garrick 24262

Martin Lawson 26028

PCC Secretary
Susan Thorpe 24166
s.thorpe669@btinternet.com

Treasurer
Bill Lawler 24465

Local lay minister
Rosemary Campbell 24837

Ravenstonedale with
Newbiggin-on-Lune

Churchwardens
Ann Brownrigg 23594
Martin Windle 07899 907958
Tim Parkinson 23393

Secretary
Suesi Windle
suesi.windle@googlemail.com

Treasurer

Tim Parkinson 23353

Methodist Church

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

Administrator Avril Swinbank
ksatcircuit@gmail.com

Roman Catholic Church
Fr John Winstanley
Church of Our Lady of Appleby
01768 862273

New Beginnings Church
Pastors: Barry & Karen
Hawthorne
07437 468896

KIDS CORNER



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

Everyone Matters

Read these verses from the Bible:
 Mark 7.24-37
 Jesus travels to Tyre and Sidon where he meets people not of his Jewish religion, who are full of faith and ask to be healed.
 You can find an online Bible here: <https://www.biblegateway.com/>
 We suggest you choose the Message translation.



Jesus crossed borders to bring his healing and love to everyone.

Jesus loves to Write

Unscramble the words to make the name of a place or group of people in the story.

yerT
 ileaGle
 elieGnt
 eJw
 Snido

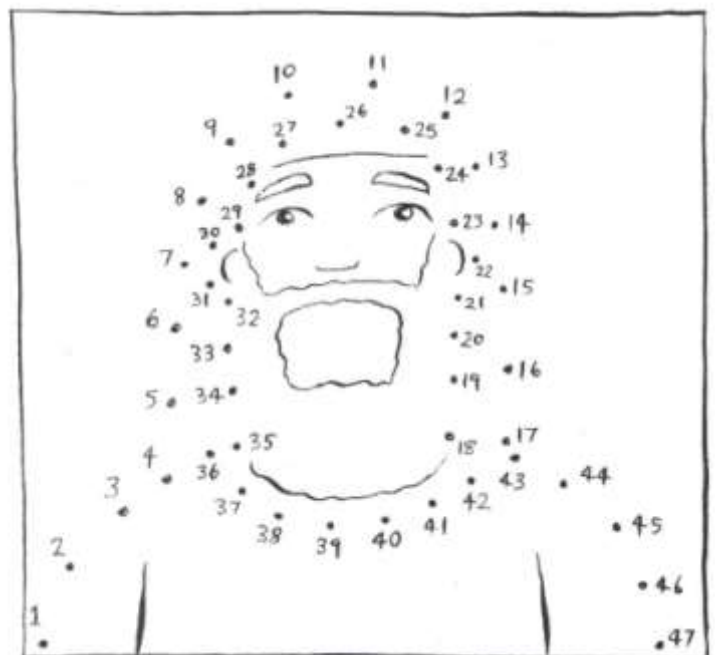
?????? Puzzle

Jesus came for everyone, no matter their age, colour, wealth or gender.
 Can you find all five people in this picture?



Draw

Jesus healed a deaf man from Sidon. Once you've completed the dot to dot, colour in the picture and make the man look really happy!



Upper Eden Medical Practice

Appointments:

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

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

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

Dispensary:

Medication can be collected from Kirkby Stephen surgery from 9am to 6pm Monday to Friday and from our Tebay Surgery from 9am to 12:30 on Tuesdays and 3pm to 6pm on Thursdays.

Please allow 3 working days for your prescription to be ready.

Protected Learning time surgery closures:

The surgery will be closed from 1pm on:

- Thursday 12th October 2023
- Wednesday 15th November 2023

Flu Vaccinations

Appointments are now available please contact the Surgery to arrange an appointment.

Change of personal details:

Please can you inform the practice if your address, telephone or mobile number has change.

Samples

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

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

Covid Spring boosters:

Eligible patients: Adults aged 75 years and over • residents in a care home for older adults • individuals aged 5 years and over who are immunosuppressed. We are putting plans in place to vaccinate our care home and eligible housebound patients. All other eligible patients should book via a local vaccination centre.

Shingles:

You are eligible for the shingles vaccine if you are aged 70 to 79.

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

☎: 017683 74015

Orton Surgery and Shap Medical Practice

New Procedures @ Shap Surgery

From Monday 12th June, the Doctors at the Surgery will return to a pre-COVID appointment system, where appointments can be pre-booked up to two weeks in advance and there will be no telephone triages. The appointments will be either face to face or by the telephone and the Receptionists will ask the patient which appointment type is most suitable for their problem.

Some day appointments are intended for problems that need to be dealt with **as a matter of medical urgency**. We ask patients to phone early in the day if they genuinely require one of these appointments.

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 that their medication is ready to be collected. The opening hours for Dispensary is as follows:

9am - 1.00pm and 3.00pm - 6.00pm Mon, Tues, Wed & Fri

9am - 1pm Thurs

Orton Surgery

We are pleased to say that since the beginning of May we have introduced Nurse appointments for **chronic disease reviews** at Orton. These are pre-booked appointments and are available to all eligible patients. **Medication remains to still be available for collection every Tuesday between 10am and 11am.**

Protected Learning Dates

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

- Thursday 15th June 2023
- Wednesday 12th July 2023

We would like to sincerely thank all our patients who kindly donate cakes, biscuits, chocolates and other goodies throughout the year to the staff who work at the Shap Medical Practice & Pharmacy. Your kindness really means a lot to us and we are so very grateful to you all.

Dr. McCabe Dr. Woodstrover Dr. Judson and all the staff

Tel: 01931 716230 <https://www.shapmedicalpractice.co.uk/>



Lyon Equipment Limited is proud to be an employee-owned company. We are located adjacent to the M6 at Tebay, between the Lake District and Yorkshire Dales National Parks.

Since 1973, our mission has been to provide equipment and expertise to allow people to 'venture further' within the work at height and rescue industries, cycle, outdoor and watersports markets.

In addition to distribution, we design and manufacture here, in Tebay, our own Lyon branded products and provide technical training for the work at height and rescue industries.

If you would like to learn more about what we do, please go to our website www.lyon.co.uk



Mobile Hairdressing in Tebay & surrounding areas

Contact:

📞 07399547458

📷 @holleholdenhair

📧 @holleholdenhair



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Call: 07977 122 647

Email: gillchaldecott@yahoo.co.uk

Sycamore Cottage,
Old Tebay.

TEBAY
POST OFFICE
015396 24967
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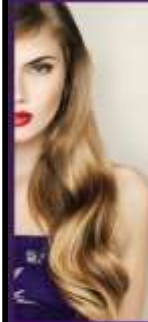
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Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garshill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	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
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Orton	09.40	13.20/12.50	16.10
Shap V Hall	09.55	13.10/12.40	16.25
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† Northern Inter-Schools Christian Union (NISCU):

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Local church & community websites:

All Saints': <https://www.achurchnearyou.com/church/12220/>

St Oswald's: <https://www.achurchnearyou.com/church/12221/>

St James': <https://www.achurchnearyou.com/church/12223/>

Methodist: <https://www.ksaandtcircuit.org.uk/>

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/>

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