

# *The Link*

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



November 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](mailto: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:*

*Abbi and Herbert*

*Photo credit: Love Productions*

**More on Abbi's GBBO**

*adventure on page 16*

Welcome to this November edition of The Link magazine.

Thank you, as always, to those who advertise, who donate, who contribute, who deliver, and who share their stories and events.

There are bonfire parties coming up, and services of remembrance; talks and visits; as well folk dancing and book clubs. Our communities thrive because of our participation, so do think about trying something new, as well as supporting those things that continue to happen through the years.

As well as all the events coming up in November, there are those who are already looking forward to the following year, with organising already happening for the

Orton Exhibition (more on that on page 11).

The next issue of The Link magazine will be a double issue —December / January. We hope that it will help you celebrate the festive season by letting you know about all the events coming up, but you can also help us by making sure you send all your events in to us for the magazine, as soon as possible, and in any event by 13th November.

If there is an organisation out there that wants to sponsor a colourful outer cover for the magazine, that would always be welcome, do please get in touch with us by email.

Many thanks for all your support,

The Link team

Anne, Elizabeth, Linda, Martin, & Paula.

Remembrance Services — see page 20



## 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](mailto: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](https://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 13<sup>TH</sup> OF THE MONTH FOR THE NEXT ISSUE

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

Payment for advertising or remittance advice to:  
Linda Garrick, 015396 24262 / [finance@linkmagazine.org](mailto:finance@linkmagazine.org)

## Autumn Reflection

Autumn is a time of colour, a time of change, of new life. Leaves falling, shedding of the old, releasing the hurt and thanking for new life. Opportunity for changes in me, looking again to **Spring and new birth. We've already passed the autumn equinox in September, the day and night of equal length, now leading on to shorter days and darker nights.**

Autumn is a time of letting go, facing the now, harvesting the good things, looking over the past year, the good and the bad, thanking for it, what I have learned, blessing it all, then letting it all go. Letting go anger, the mistakes, facing a new time a new life, a new cycle, Spring is coming, preparing for Harvest.

God promised Noah that as long as this Earth lasts the cycles will continue and he will not strike it again. In the book of Ecclesiastes we are told that there is a time and a season for everything. Season is the Hebrew word meaning appointed time, changing the state of our lives **according to God's dream for us.**

Sometimes Winter seems long, Summer too hot, but they have their beginning and ending, and we live them out, often struggling, but this is life, **my life. My life is not someone else's, whatever happens we need to own it and deal with it, not just blame others, or even myself. All can be healed. God's will lives through each of us.**

Time is important - discerning where we are, accepting and **appreciating God's timing for me, the seasons of my life.** We are told that there are four seasons of life, which we move in cycles through, Physical, Emotional, Mental and Spiritual; perhaps this is a good time to pause and ask myself which one am I in now at this time? It is **important to discern God's way for me, seeking support and guidance- realising I do not have to walk alone.**

There once was a Zen Master, who, while still a student visited his teacher and they sat on the floor in his hut talking deep into the night. At last, the teacher said, its late maybe its time to go. The student stood up, bowed and went to the door,

**"Oh its very Dark" he said so the teacher handed him a lantern, the student paused, but then blew out the flame and walked out into the darkness. He suddenly knew that to move forward, one has to walk through darkness.**

This is Autumn after the Equinox, embracing darkness that comes, let go of the fears and doubts, and finding within us the true power of light in God, finding blessings, joy, love, relationships and balancing rest, with activities, between the outer and inner journeys in our lives.

Winter can be long cold and dreary. Plants are making their inner changes ready to sprout forth in Spring. I need to do this too. Make ready, move on.

Summer needs watering, encouraging growth, food for the journey, blossoming and forming seeds.

Autumn is the time for pruning, preparing for Winter, but always being prepared and ready for it when it comes.

Where was I before?  
Where am I now?  
Where do I hope to be?  
How will I get there?  
Who can walk with me?

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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

NEWBIGGIN-ON-LUNE CHAPEL  
**LADIES NIGHT**

THURSDAY 23<sup>RD</sup> NOVEMBER  
7.30PM

**'A Day in the life of a Vet'**

with local vet  
**Mrs Lesley Sanderson**

An informal fun night with refreshments.  
All ladies welcome, young and old.

For more details contact  
ANGELA on - 07980 418 078

**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!**

**Lune Ladies**

on Wednesday 1st November  
at Newbiggin-on-Lune village hall, 7.30pm  
Our demonstration will be cookery  
shortcut delights, with Anne Redhead.  
Recipes will be available to buy and proceeds  
from the sale will be given to cancer.  
All welcome.

**CHRISTMAS LIGHTS TURN ON**

by Mrs. Sally Cannon



NEWBIGGIN-on-LUNE PUBLIC HALL

5.30 PM Sunday 26th November

CAROLS and READINGS  
Sausage butties, mince pies, mulled wine  
COLLECTION IN AID OF GUIDE DOGS

**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)

N.S. P.C.C. Coffee Morning

## Newbiggin on Lune

Raffle

Sat 4<sup>th</sup> November

10:30~12:00pm

(Including Refreshments)

No set entry charge ~ Donations accepted.



# Bacon Butty CHURCH

OUR NEXT BACON BUTTY CHURCH IS SUNDAY 19TH NOV

NEWBIGGIN-ON-LUNE CHAPEL, 10:30AM

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




## 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



# 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

Beyond Caring is a powerful new play that takes a look at life behind the doors of a care home and with frankness, humour and heartbreak uncovers the reality of caring for others, looking after ourselves and getting older. Friday 3rd Nov. 7:30pm Kirkby Stephen Sports & Social Club Phone 07770 533107



# MEN'S MEETING

Wed 6th Dec, 7:30pm at Newbiggin Chapel

Rich Greener from Newbiggin speaking on the exploits of a Gurkha Officer

BREWS - BISCUITS - BANTER

Ravenstonedale Heritage and Community Centre

## Christmas Craft and Produce Fair

Refreshments and Stalls  
Pottery, Cards, Jewellery, Paper Crafts, Cakes and  
many more stalls

Saturday 2<sup>nd</sup> December 2023  
10am – 2pm



Contact Jan (07874508027) for more information



## COFFEE MORNING

Ravenstonedale Methodist Chapel invite you to join them  
for a Coffee Morning and Cake Stall  
on Saturday, November 18th 2023,  
between 10 a.m. and 12 noon at the Chapel.

Donations for DEC



Comel! Meet friends, have a brew, a  
chat, buy a treat and give to those  
in need.



Bake Sale

A warm welcome to all!

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

Collection from Fell End, Ravenstonedale, CA17 4LN, (what3words [argue.indoors.gateway](#))

Contact Libby on 07759 665 233

## ST OSWALD'S

Notes for your diary

A reminder of two concerts:

- A) Saturday 11th November at 3.00pm-5pm  
Concert by Iona Brown  
(Principal First Violin with  
Royal Northern Sinfonia Orchestra since 1995)  
and Mike Gerrard  
(Principal Viola with RNSO since 1987)

- b) Sunday 10th December at 3.00-5.00pm

St Oswald's Music presents the acclaimed Wensley Camerata under the leadership of Martin Budgett along with the professional vocal octet The Jervaulx Singers, in an Advent concert of exhilarating music composed by JS Bach specifically for Christmas.

The combined forces will perform Cantata No.1 from 'Christmas Oratorio' and the Magnificat in D, both thrilling pinnacle works of the 18th century.

The singers will also perform three unaccompanied carol settings.

*Those who experienced the Wensley Camerata in August (see the review in October's Issue of The Link) will be taken to the next level of musical performance and we look forward to welcoming an even bigger audience to this 'not to be missed' event!*

Further information for all events  
will follow in due course

Please also see local notice boards

## Digging the Past in Ravenstonedale village – what did we discover?

The first evening talk in Ravenstonedale Parish History Group's 2023 autumn/winter season on 20th September was given by Dr Douglas Mitcham, YDNPA Community Heritage Officer, about the Digging the Past test-pitting project in Ravenstonedale village over four weekends in summer 2022. This was funded by the National Lottery Heritage Fund and was one of the Westmorland Dales Landscape Partnership's projects aiming to discover the hidden heritage of this north-westernmost corner of the Yorkshire Dales National Park – see [their website](#).

As some of the audience had not taken part in the project, Doug gave a brief explanation of the archaeological test-pitting method devised by Cambridge University that enables volunteers with no previous archaeological

experience to investigate their local area with guidance from experienced archaeologists – in Ravenstonedale these were from the National Park and Eden Heritage, a firm from Appleby. Doug showed a diagram of how the metre square test pits were excavated in 10cm layers (spits) down to a depth of one metre if possible, or down to the natural geology beneath if that was less than a metre deep – in Ravenstonedale this layer is mostly boulder clay. However one of the test pits in the farmland had so much good plough soil that had accumulated over the years that the natural layer at the bottom of the pit was more than one metre below the soil level.

Local volunteers and others from further afield dug 28 test pits, sieved earth to collect the finds and washed them, before putting them in bags labelled with the test pit and spit number where they were found. Eden Heritage made a preliminary catalogue and assessment of the finds, before they were sent to [archaeology.biz](http://archaeology.biz) for further specialist analysis, photography and illustrations. The final report by Martin Railton of Eden Heritage is [available online](#) for free.

Doug showed examples of the post-medieval finds, and photographs of some of the medieval ceramic sherds dating from as early as the 12th century, which have now been deposited at Kendal Museum. He also showed a plan of the test pits in Ravenstonedale village with its remains of crofts and tofts (cottages with small individual landholdings) on one side and a “back lane” (still in use today) parallel to the main street on the north-west side, with farmland beyond. This existing back lane is mirrored by a footpath on the other side of the main street to the south-west, which is the route of a former back lane on that side, again with farmland beyond. This layout indicates that the village was probably a planned Norman medieval settlement. Ravenstonedale is in the area of Westmorland that was not covered by the Domesday Book, so the test pits provided a random sample of finds to give further clues to the pattern of occupation over the centuries in and around the village.

Ceramics, glass, iron, copper, and animal bones were found throughout the village, although there were no medieval ceramics found in the outer areas, for example Coldbeck. Some of the 122 sherds of medieval pottery, the earliest dating from the 12th to the 14th centuries, were found near the bottom of some test pits where the soil was undisturbed since that time (i.e. with no other later finds in the same layer). A great

deal of post-medieval pottery was found, dating from 17th century (slip-trailed fragments) up to and including 19th and 20th century domestic pottery pieces – plates, cups, storage pots etc discarded when they were broken.

The concentration of medieval finds at the southern end of the village offers scope for further archaeological investigations – this will of course depend on a source of funding being identified. Doug explained that the possibility of such future work shows the importance of the accurate measurements from nearby permanent features to the corners of the test pits that the volunteers took at the time. Now the pits have been fully recorded, the sieved earth replaced, and finally the turf replaced on top, it will still be possible to find the location of any of the pits again from the measurements in case further investigations are to be made.

Doug finished by stressing how grateful he was to the landowners who gave permission for the test pits on their farmland, the common land and in their gardens, and thanked the volunteers for all their efforts. In turn, the Ravenstonedale Parish History Group thanked him for a fascinating and informative talk.

## **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.***

THE VAGABONDS  
PRESENT

# ALICES IN NEVERWONDERLAND

An entertainment in words and music

Written & Directed by Joan Barnard

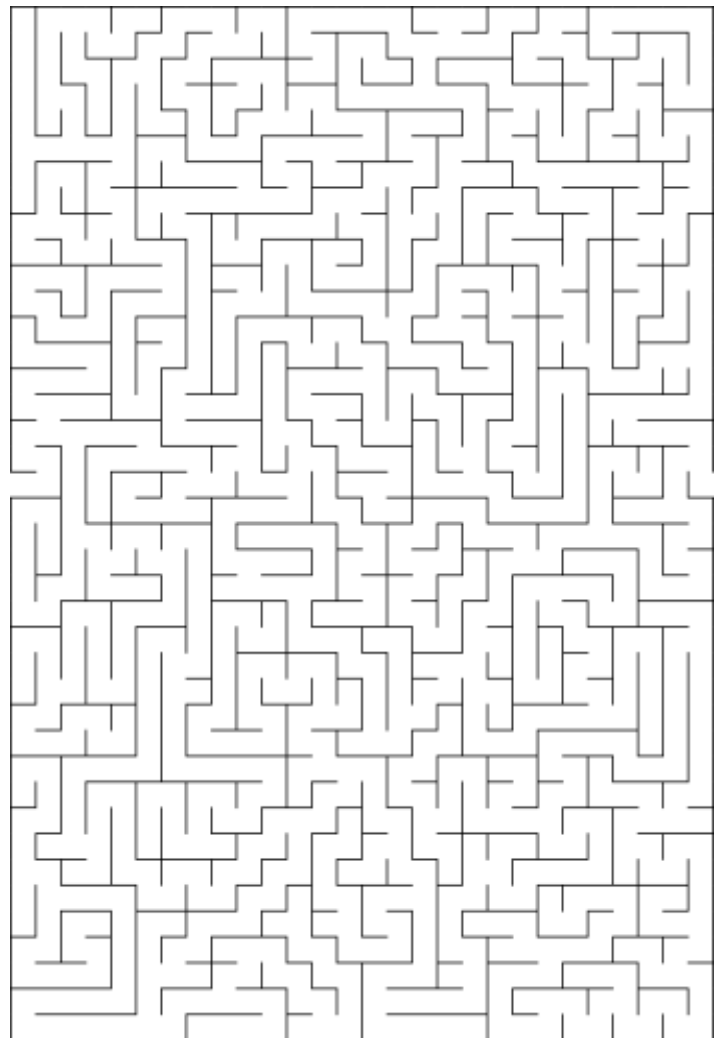
ST OSWALD'S CHURCH  
RAVENSTONEDALE

FRIDAY 8<sup>TH</sup> & SATURDAY 9<sup>TH</sup> DECEMBER, 2023  
7:30pm


DOORS AND BAR (CASH ONLY) OPEN AT 7:00pm  
Bar will re-open after the show at 8:45pm

Suitable for all ages

**FREE ENTRY**  
Retiral collection in aid of  
Growing Well & St Oswald's Church



RAVENSTONDALE COMMUNITY  
& HERITAGE CENTRE




**C o f f e e                      &                      C h a t**

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

**All Welcome**  
**We would love to see you!**

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

Book Swap / Borrow  
available



RAVENSTONEDALE PARISH  
HISTORY GROUP

WEDNESDAY 22nd NOVEMBER 2023  
7.30pm at

**St. Oswald's Church, Ravenstonedale**

**MORE THAN A MEMORIAL**

The surprising story of the  
Blanche Hewetson window in  
St Oswald's

**FREE ENTRY**

Retiral collection in aid of Ravenstonedale Parish History Group  
to go towards upkeep of the Parish archives and  
to St Oswald's, for the restoration of the window.

WITH  
Jackie Wedd

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

[www.ravenstonedalehistory.org.uk](http://www.ravenstonedalehistory.org.uk)



## Carol Service Choir 2023

We are starting once more to plan for the Carols by Candlelight service in All Saints' Church, Orton, on Sunday 17th December at 6.30 p.m.

We usually are able to muster over 20 singers to sing in the choir, and emails have already gone out to those who have joined us in previous years.

But we would like more! If you would like to take part, and can come to some practices in November and early December, please get in touch. All ages welcome! Those singing soprano (or boys singing treble!) can probably just learn the tune, but for those singing the alto, tenor or bass parts it is of course helpful if you can read music a bit.

As well as leading the congregation in the traditional carols, we will probably have two or three choir items.

We also muster a Carol Choir for the December **Farmers' Market Coffee** Morning in church, Saturday 9th December: musical expertise less necessary – just some traditional carols!

Ravenstonedale Carol Service, Wednesday 20th December, 7.00 p.m.: We hope that most members of the choir will be able to sing the same carols at the Ravenstonedale Carol Service. This happened in 2022 for the first time and was felt to be worth repeating in 2023!

If you would like to take part in any of these events, please contact Christopher Jenkin: 015396 24410 / [ccjenkin81@gmail.com](mailto:ccjenkin81@gmail.com)

## O.W.L.

(Orton Wildlife and Landscape group)

### UPCOMING EVENTS

**Thursday 16th November, 7:30pm**

**Talk in Orton Market Hall**

**Saving the Red Squirrel**

**by Ian Jack  
(Penrith and District  
Red Squirrel Group)**

# next market

## Saturday 11th November

Leanne | Market Coordinator  
07969 335598 — [info@ortonfarmers.co.uk](mailto:info@ortonfarmers.co.uk)  
[www.ortonfarmers.co.uk](http://www.ortonfarmers.co.uk)

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

All Saints Coffee Morning  
at the Farmers Market  
in October raised £418.95

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](mailto:fglawler@gmail.com)

# Merry Christmas

## ORTON CHRISTMAS DROP IN INVITATION

EVERYONE WELCOME

WEDNESDAY 6TH DECEMBER 2023

10.00 am AT CHAPEL SCHOOLROOM  
10.15 am ORTON SCHOOL CHOIR

FOLLOWED BY

FRESH COFFEE, CAKES, MINCE PIES





**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](mailto:orton.village.stores@btinternet.com)



**Orton Christmas Tree Festival 2023**

In each of the last two years we have had successful Christmas Tree Festivals in Orton Church – in 2022 we had seventeen trees donated and decorated by local businesses, community groups or individuals.

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

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

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

Each tree is to have a label saying which business / group it belongs to. This is NOT a competition, just a different way to celebrate Christmas! Contact Mary Jenkin: 015396 24410; [marypjenkin@gmail.com](mailto:marypjenkin@gmail.com)

Orton & Tebay church council (PCC)  
We're looking for a volunteer secretary to join our meetings (eight times a year) to take minutes, keep lists, coordinate agenda, etc. If that could be you, please get in touch with someone on PCC at one of our two churches.



**25<sup>th</sup> November 2023  
Orton Market Hall  
10am -1pm**

**Teddy bears \* Drinks \* Preserves  
Cards\* Soaps \* Scented Melts  
Mosaics \* Pictures \* Calendars  
Mugs \* Fused Glass\* Stocking  
Fillers  
& Refreshments**

**Remembrance Service**

at All Saints Orton

on Sunday November 12th, 10.30am



## A Golden Wedding Thank You!

On 8th October Mary and I celebrated our Golden Wedding – 50 years since we got married on 8th October 1973! And we want to say a big thank you to all those who helped to make it a very special day for us.

After a splendid family buffet lunch at home, we went up to Orton Church for a short Thanksgiving Service, at which Mary and I renewed our marriage vows.

- Thank you to the bell ringers whose ringing greeted us as we walked up the hill!
- Thank you to Rev. Fran Parkinson who had not only composed the order of service, but led the service with great love and sensitivity.
- Thank you to Bill Lawler who played the organ for our two hymns, and the closing Voluntary, "Tuba Tune" by C. S. Lang – which had also been played at the end of our wedding fifty years ago!
- Thank you to members of our family who took part - with a reading, with a song, and with a short sermon; and to Rev. Sandra Ward who led prayers.
- Thank you to some 60 people who came and shared the service with us.
- Thank you to those who made cakes and scones for the Open House at Becksides afterwards (*including Mary, of course, who seemed to have been cooking stuff – buffet lunch and cakes - to go in the freezer for weeks!*).
- thank you for Appleby Band who played in the garden to entertain the guests!
- And to all who sent the dozens of lovely cards, flowers etc!
- Above all, thanks be to God who blessed the occasion in so many ways – not least with a mild, dry and sometimes sunny day, after weeks of wind and rain!

I was also very aware that for a number of people it must have been a somewhat painful experience in some ways - those who have been widowed and are now alone; those who have experienced, or still experience, strained or even abusive marriages; and those who have never married, and for whom this is still a bitter sadness. But they still generously came and shared our happy day - we so appreciate that!

Guests' donations to charities on the day totalled £515 (so far – further gifts still coming in!); this will be shared between Morocco earthquake relief, including transport of tents etc., CALM (Campaign Against Living Miserably) and All Saints' Church, Orton.

Christopher Jenkin

## All Saints Church Exhibition Scarecrow Festival

A meeting will be held Orton Church on Thursday 23rd November 7.00pm to discuss ideas for next year. Everyone is very welcome.

We need lots of help with making displays, publicity, setting up the displays etc.

We also need someone to take over the organising of the Scarecrow Festival.

Extra help is needed to ensure the Exhibition and Scarecrow Festival can continue and we can have an enjoyable and successful event next year.

If you feel you can help in any way and would like more information please contact:

Brenda Iveson 24617

Susan Thorpe 24166

### Public Notice

### Orton Parish Council

### Carsa Brow

Following concern about the trees on and adjoining Carsa Brow the Council commissioned a tree report from an Arboricultural Consultant to assess the condition of the trees. The report was handed to the Council in June. It was noted that the Veteran Beech trees would warrant a more detailed inspection within the next 12 months to assess the best management plan in order to retain them for as long as possible.

However, of more concern were seven Ash trees that are suffering from Ash Dieback, it was reported that these trees were now in a dangerous condition and they would need to be felled within the next six months. It was also reported that a few trees needed remedial work to remove low hanging branches and deadwood.

After obtaining some quotations for the work the Council awarded the contract to one contractor.

The work is due to commence in November and the Council asks that the public take note of any restrictions that are in place at Carsa Brow for the duration of the works and to take note of any instructions from the Contractors.



### 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.

## ORTON IN 1851

*(Mannix's Directory of Westmorland plus bits by Jeremy Godwin)*

Orton's first recorded spelling is Overton, 1239, being from the Old English words ofer and tun – "Farm on the hillside". Farm implied the nearby dwellings of the workforce i.e. village.

Orton Parish is ten miles by eight. Orton Town has about 100 houses, a market and 3 inns. It is o the junction of roads from Appleby, Kendal, Shap and Penrith.

The market dates from Edward 1's reign and the Fair (a fortnight long) from Cromwell's era at Lady Anne's request (he respected her though she detested him). He granted this in 1658 near the end of his life. By 1847 the Market Day was Friday but few came. Four Fairs continued – one began in 1840 for cattle.

The Church has four bells cast at Nottingham in 1529. Nobody had a right to any of the seats. The parish repaired all these except the Vicar's.

The 240 landowners in the parish had the right to choose the next Vicar but do so through twelve Trustees. One of the Vicars, Richard Burn J.P. was a noted local historian and wrote the standard work on J.Ps. He began here in 1736. He died in harness here in 1785.

The Wesleyans arrived with the late Mr. Stephen Brunskill, a tactful man. The Chapel, built in 1833, is about to be extended.

The Grammar School was built in 1730 and rebuilt in 1809. The leaders of Orton launched a Book Club in 1828. By 1840 it had lapsed, but has revived. (No libraries in those days).

To be continued ...

*Our thanks to Jeremy for these updates*



### 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

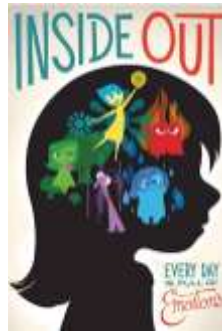
<https://www.ortoncofeprimary.co.uk/>

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

**Katie Spencer**  
Nearfield Artists



# News from Orton School



It's o.k not to feel o.k sometimes.

On World Mental Health Day we joined Ant and Dec with ITV and the charity Mind.

We learnt that although it can sometimes feel a hard thing to do, talking about a worry can often be the best start to making things feel a little bit better. There are lots of people around to listen.



Get in touch by email or phone:  
[admin@orton.cumbria.sch.uk](mailto:admin@orton.cumbria.sch.uk) / 01539624268

Follow us on Facebook: [www.facebook.com/OrtonCEPrimarySchool](http://www.facebook.com/OrtonCEPrimarySchool)

Keep up to date on our website: [www.ortoncofeprimary.co.uk](http://www.ortoncofeprimary.co.uk)



**BINGO**  
at  
**ORTON MARKET HALL**

**FRIDAY 10th NOVEMBER**

**ALL WELCOME**  
**7-30pm**

**TEA AND COFFEE**

**RAFFLE**

**MONEY RAISED TO**  
**ORTON MARKET HALL**  
**AND**  
**APPLEBY GUIDES**

**Forthcoming dates**

**8th DECEMBER**  
**12th JANUARY**  
**9th FEBRUARY**



FRIENDS OF



**THANK YOU**

To all the generous supporters of The Orton Fell Race 2023  
We raised over £1650 for the children of Orton C of E School



ALL THE RUNNERS, ORGANISERS, MARSHALS, BAKERS, VOLUNTEERS, AND LOCAL BUSINESSES

LYON EQUIPMENT, TEBAY, LAKES & DALES CO-OP, WESTMORLAND FARM SHOP, OUT OF EDEN,  
PETE BLAND SPORTS, K L VENNING SLATERS, THE CROSS KEYS, NORTH LAKES SPA & HOTEL,  
WINDEMERE LAKE CRUISES, THE FELLSIDE FLOWER COMPANY, LOWTHER CASTLE

*we couldn't have done it without you!*

FRIENDS OF ORTON SCHOOL IS A REGISTERED CHARITY 1048683

FRIENDS OF  


COME AND JOIN US FOR A FESTIVE

LED BY  
JENNY BOWES

£15 PER PERSON

*Wreath Making  
Workshop*

INCLUDES A GLASS OF MULLED  
WINE AND A MINCE PIE PLUS  
YOUR VERY OWN WREATH TO  
TAKE HOME

TUESDAY 28 NOVEMBER  
7-8.30PM AT ORTON C OF E SCHOOL  
TO BOOK YOUR PLACE CONTACT JOANNA HAYWARD  
07837 767442 OR HAYWARDJM75@GMAIL.COM

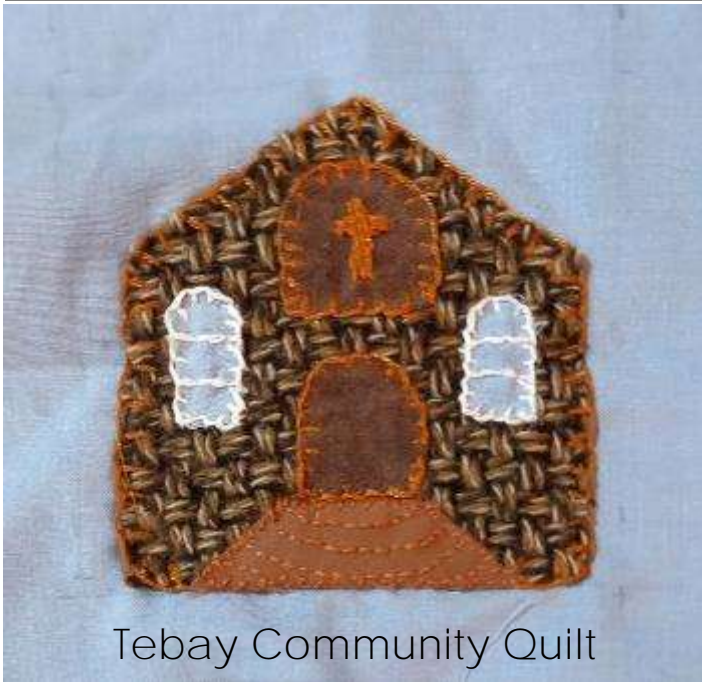
TEBAY SPORTS AND SOCIAL CLUB  
PRESENTS

**BONFIRE  
NIGHT**

Sunday  
5TH NOVEMBER  
FROM 6pm

Laser Light Show  
Bar & Refreshments  
Hot Food & Music

All welcome, with or  
without children

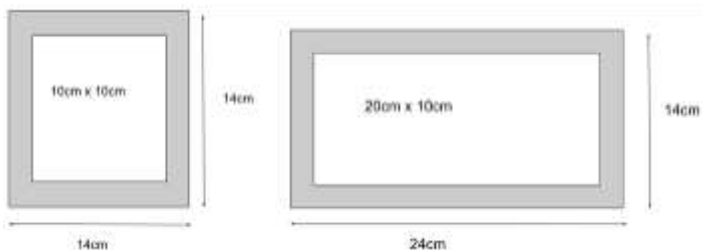


Tebay Community Quilt

I have been reading about a community project in Leith which involved people from Leith making panels that represented their town and then sewing the panels together to make a quilt that represents their community. Alston has a similar one where each person has stitched their name onto a panel which have then been sewn together.

I have been inspired to do a similar project in Tebay. I would like to invite sewers of all ages and abilities to make a panel (or multiple panels) that represents part of our village, past or present, which will be sewn together to create a quilt of our community. Some ideas could include the railway and the village's history, the landscape and local wildlife, the people and houses, community activities and events, anything you feel represents our village. When it is finished it will be displayed for the whole village to see.

The size of the panels will be 10cm x 10cm with a seam allowance of 2cm. This means the 10 x 10 square will have a 2cm border all the way round so you will cut the fabric to be 14cm by 14cm. Please only sew in the 10 x 10 square and leave the 2cm border empty for me to use to attach the panels together to make the quilt.



This means in the diagrams shown your sewing will be in the white square and the grey part will be blank.

The panels could be bigger but will need to be in multiples of 10cm so 20cm x 30cm or 10cm x 30cm is good but 20cm x 25cm is not. If you are doing a bigger panel the seam allowance only needs to be added around the edge.

When completed please hand in your panels to The Old School by 31st march 2024 so I have time to sew them together before the finished quilt will be revealed in April.

I would love for as many people to get involved in this as possible regardless of sewing ability (glue is allowed!). Please don't feel limited to one panel, if you have multiple ideas you are more than welcome to make more than one panel. The more panels the better! We will be running afterschool sessions for the children to get involved and will offer materials and time during the warm welcome sessions for people to sew together.

If you have any questions about any part of this project, please contact me by email at [deannedunkinson@gmail.com](mailto:deannedunkinson@gmail.com)

Deanne Dunkinson

**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!**

# WHAT'S ON?



November

Sunday 5th - Bonfire Night with Laser Light Show

Last week of month - Book Club

December

Saturday 2nd - Lunesdale Christmas Party (all welcome)

Saturday 9th - Over 60's Christmas dinner

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 & EFL Football, Rugby 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 hire for members)

Prize Bingo & Cash Bingo

on alternating Sundays

Free WiFi

## Great British Bake Off

Abbi Lawson, one of the contestants on this year's Great British Bake Off (airing on Channel 4) had to leave the show after a difficult bread week.

The photo of her with her first week's "show stopper" features on the front page of our magazine this month.

*Abbi writes:*

If you'd told me a year ago that I would be seeing myself on the front page of the Herald, I wouldn't have believed you!

My Bake Off experience has been something completely incredible and at times has felt very unreal. It's been so much fun and definitely something that I will remember for the rest of my life.

I feel especially privileged to have put Cumbria and Tebay on the map - with the help of Herbert the Herdwick sheep!

It's lovely to be part of such a supportive community, and (spoilers!) even though I was sent home earlier than I had hoped, I have definitely felt the huge amount of support from everyone for my baking style, foraged flavours, and chance to be on such a huge stage. I loved the challenge that being on a show like Bake Off presented, and have enjoyed the opportunity to experiment and to champion seasonal and local ingredients.

It's been a bit of a whirlwind, so I'm glad to be back to some kind of normal - though I'll still be doing plenty of baking, of course!



# TEBAY SPORTS & SOCIAL CLUB



## Tebay Community Meal

Meal at 12.30pm, stay until 4pm

Sunday 5th November

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

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







## Visit to Coniston Waterpark

Class 2 visited Coniston Waterpark on Thursday 21st and Class 3 visited on Friday 22nd September.

They took part in lots of different activities throughout the day. They developed lots of existing and new skills including team building, communication, leadership, responsibility and resilience.

## MacMillan Coffee Morning

We held our MacMillan coffee morning On Friday 29th September, Parents, grandparents and friends of the school joined the children for a cuppa, a piece of cake and a natter. We raised £116.34 which has been forwarded to MacMillan Cancer Support.

Thank you to everyone who joined us and to all the parents who made the delicious home made cakes.



## Bag2school collection

We once again held a Bag2school collection. Over half a tonne of clothing, shoes etc were collected, making the school a fantastic £310.00. Thank you to everyone who sent in any items for collection.



## Mental Health and Wellbeing

At Tebay Primary school we take the mental health and wellbeing of our children and staff very seriously.

In order to enhance our ability to provide targeted support, we have invested in a program which focuses on emotional literacy (ELSA). Miss Fisher has completed the 6- week training and is qualified to deliver the intervention to pupils on either an individual basis or small groups. The programme supports children with a variety of issues including self-esteem, emotional regulation and friendships.

## Open Day

We held an Open Day in school on Saturday 7th October. Children and adults enjoyed sessions with Zoobidoo (the zoo that comes to you), arts and craft with Andi Taylor, face painting and sports. It gave everyone the opportunity to see the children's learning environments both inside and outside, chat to staff and enjoy hot refreshments provided by Friends of Tebay School.



The new mural at the front of school was also unveiled, every child took part in making this amazing art with artist Andi Taylor. A special thank you to Andi.

Spaces available — do get in touch!

Visit — by arrangement with the school

Online: [www.tebay.cumbria.sch.uk](http://www.tebay.cumbria.sch.uk)

On FB: [facebook.com/TebayPrimarySchool](https://facebook.com/TebayPrimarySchool)

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

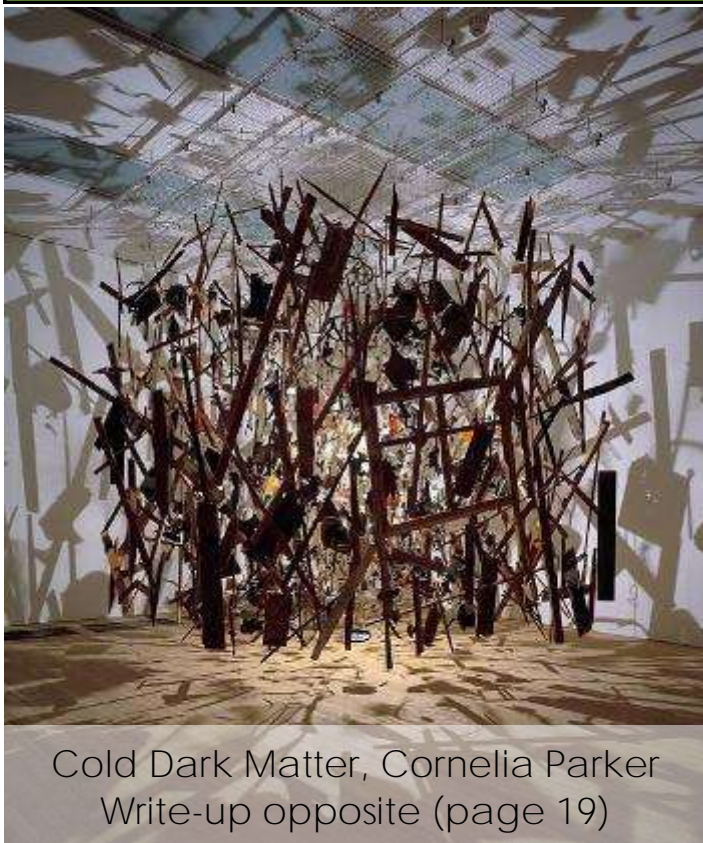
Tracy Morland — School Administrator

[admin@tebay.cumbria.sch.uk](mailto:admin@tebay.cumbria.sch.uk)

Tebay Primary School Tel: 015396 24239

  
**CHURCHES together IN Tebay**  
*Christmas Cream Teas*  
**Tebay Methodist Church**  
**Saturday 2nd December**  
**3pm-4.30pm**  
  
*Music by Kirkby Stephen Silver Band*  
 **Raffle**

**Christmas Concert**  
 Tebay Community Choir  
 Melody Makers & Tebay Kids' Choir  
 Monday 11th December, 7.30 pm  
 St James' Church, Tebay  
 Bar and festive refreshments  
 in Tebay Social Club afterwards.  
 Come along and get into the festive spirit!



  
**Over 60's Christmas Dinner**  
 Tebay Sports & Social Club  
 Saturday 9th December, 1pm  
 with Music and Carols  
 Please give names to Judith Gilpin  
 on 24419 or 07967 131020  
 by 24th November  


  
 **TEBAY SPORTS & SOCIAL CLUB**  
 **EYES DOWN - 7.30PM**  
 **FRIDAY 17TH NOVEMBER 23**  
 **PROCEEDS GO TO TEBAY SCHOOL**

  
*All Welcome*


 We are currently seeking line, house & raffle prizes. If you're willing to contribute a prize, kindly deliver it to The Manse (the house next to the Cross Keys) or Tebay School. Your support is greatly appreciated! Thank you!

  
**Tebay'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 Arts Society

Conceptual Artist  
Cornelia Parker RA, CBE

Cornelia Parker is a modern conceptual artist though she doesn't like labels. She feels passionately that art should be original, make you think and also make you laugh. Her hero is Marcel Duchamp who turned a urinal upside down and called it a fountain. She likes to re-use objects and convert them into something else - as cleverly and wittily as she can.

Appleby Arts Society had a most stimulating and joyful lecture about Cornelia from Rosalind Whyte at their October meeting. Rosalind is an experienced guide and lecturer at the Tate, Tate Modern, the Royal Academy and Greenwich's Queens House.

One example of Cornelia's work goes as follows. She gathered about a thousand objects made of silver plate from car boot sales, charity shops and from people who no longer wanted their teapot, sugar bowl, light fitting etc- unwanted objects with a history. She then got a steam roller to flatten them slowly and carefully, a piece of rather violent performance art in itself. She then arranged the transformed silver objects into thirty disc-shaped groups and suspended them by fine wires about a foot from the floor and lit them from above and below so that the shadows from the suspended silver pieces made mobile patterns everywhere. She then called the installation 'Thirty pieces of silver'. It is a beautiful, original and moving display with a title to make you think. The piece was made in 1988-9 and is owned by the Tate.

Perhaps her most famous piece was done in 1991. She acquired an old wooden shed and its contents and got the British army to blow it up - again an act of violence which seems to be her trademark as well. She then gathered the charred fragments and suspended them by fine wires simulating the original shed shape and illuminated them from the inside - again making beautiful mobile shapes. This piece she called 'Cold dark matter: an exploded view' Again a title to make you think as you circulate around the thoughtful and witty display.

Just one further example is a 1997 piece she amusingly calls 'Measuring Niagara with a teaspoon'. She took a Georgian silver teaspoon and had it melted down and then drawn into a fine wire whose length was equal to the height of Niagara Falls and then displayed as a series of fine shining coils. Under Rosalind's expert guidance we saw many more examples of this remarkable woman's work many of which are in the States. She had a large retrospective exhibition at the Tate in 2022.

November 8th meeting is 'The Art of the Cartoon' given by Harry Venning at Appleby Market Hall. For more information go to: [taswestmorland.org.uk](http://taswestmorland.org.uk)



**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](mailto:admin@tebay.cumbria.sch.uk)

 Website: [www.tebay.cumbria.sch.uk](http://www.tebay.cumbria.sch.uk)  
Facebook: [www.facebook.com/TeabayPrimarySchool](https://www.facebook.com/TeabayPrimarySchool)



**Saturday 25<sup>th</sup> November**

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**Pies, Peas & Pudding**

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Teabay Club - 7pm to 11pm

£10 a ticket

Music by Potts



## Services in our Anglican Churches

<p>Sunday 5 November</p> <p><i>Fourth before Advent</i></p> <p>Welcomer: Mary Jenkin</p> <p><b>Micah 3.5–12</b></p> <p><b>1 Thessalonians 2.9–13</b></p> <p><i>Red or Green</i></p> <p>Prayers: Elizabeth Crossley</p>	<p>Orton, 10.30am</p> <p>Holy Communion</p> <p>Sandra Ward</p> <p>Mary Jenkin</p> <p>Mary Jenkin</p> <p>Margaret Longworth</p> <p>Elizabeth Crossley</p>	<p>Tebay, 10.30am</p> <p>Songs of Praise</p> <p>at the Methodist church</p>	<p>Ravenstonedale, 10.00am</p> <p>Service of the Word</p> <p>Rosemary Campbell</p> <p>Hilary Law</p> <p>David Morris</p>
<p>Sunday 12 November</p> <p><i>Remembrance Sunday</i></p> <p>Welcomer: Keith and Janet Capp</p> <p><b>Amos 5.18–24</b></p> <p><b>1 Thessalonians 4.13–18</b></p> <p><i>Red or Green</i></p> <p>Prayers: Margaret Longworth</p>	<p>Orton, 10.30am</p> <p>Service of Remembrance</p> <p>Sandra Ward</p> <p>Keith Capp</p> <p>Keith Capp</p> <p>Elizabeth Crossley</p> <p>Margaret Longworth</p>	<p>Tebay, 10.30am</p> <p>Service of Remembrance</p> <p>Rosemary Campbell</p>	<p>Ravenstonedale, 10.00am</p> <p>Service of Remembrance</p> <p>Chris Jenkin</p> <p>Diana Fothergill</p> <p>Martin Lovell</p>
<p>Sunday 19 November</p> <p><i>Second before Advent</i></p> <p>Welcomer:</p> <p><b>Zephaniah 1.7,12–18</b></p> <p><b>1 Thessalonians 5.1–11</b></p> <p><i>Red or Green</i></p> <p>Prayers:</p>	<p>Orton, 10.30am</p> <p>Family Service</p> <p>Keith Capp</p>	<p>Tebay, 10.30am</p> <p>Family Service</p> <p>at the Methodist church</p>	<p>Ravenstonedale, 10.00am</p> <p>All Age Worship</p> <p>Team</p> <p>Richard Best</p> <p>Martin Windle</p>
<p>Sunday 26 November</p> <p><i>Christ the King</i></p> <p>Welcomer:</p> <p><b>Ezekiel 34.11–16,20–24</b></p> <p><b>Ephesians 1.15–23</b></p> <p><i>Red or Green</i></p> <p>Prayers:</p>	<p>United Service at St James, Tebay, 10.30am</p> <p>Holy Communion</p> <p>Brendan Giblin</p> <p>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](http://www.thefillingstation.org.uk)



## Services in our Methodist Churches

	2023	5 <sup>th</sup> November	12 <sup>th</sup> November	19 <sup>th</sup> November	26 <sup>th</sup> November
			Remembrance Sunday		Women against Violence Sunday
<b>*Tebay</b> M P 1-1300 M H B	10.30	M Harrison OA US	LA	P Dunstan OA	T Longworth
	6.30		Connexion Service at K Stephen		
<b>Shap</b> (Class of Tebay)	10.30	J Betts	6.30 Connexion Service at K Stephen		
	6.30		Connexion Service at K Stephen		
<b>Orton</b> M P Complete M H B PB EW	10.30	A Sterling OA	LA	J & L Riley OA	S Radford HC
	6.30		Connexion Service at K Stephen		
<b>#Newbiggin on Lune</b> M P 1-1250 + More on screen M H B	10.30	OA TP & Junior Church	T Longworth	Bacon Butty Svce OA & Junior Church	J Betts
	6.30		Connexion Service at K Stephen		Prayer & Share
<b>*Ravenstonedale</b> M P 1-1144 M H B H & P	2.00	LA	S Radford HC	A Sterling	P Hilland
	6.30		Connexion Service at K Stephen		

### 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](mailto: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](mailto:stephen.radford@methodist.org.uk)



### 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 23353

Secretary  
Suesi Windle  
suesi.windle@googlemail.com

Treasurer  
Tim Parkinson 23353

### Methodist Church

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

Administrator Avril Swinbank  
ksatcircuit@gmail.com

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

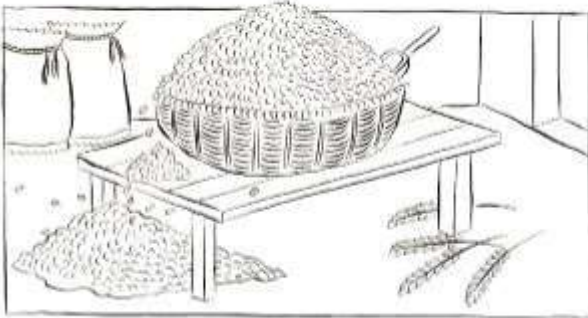
New Beginnings Church  
Pastors: Barry & Karen  
Hawthorne  
07437 468896

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



Luke 6.27-38

Jesus tells his disciples about a better way to live.



If we live like Jesus teaches us, then God's love and forgiveness overflows like a good measure of grain.

## ?????? Puzzle

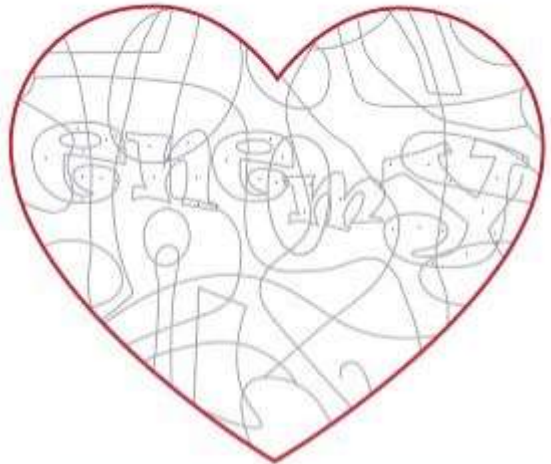
Match each word on the left with its opposite on the right, to remember what Jesus said. One has been done for you.

lend	enemies
kind	hate
good	judge
love	pay you back
be merciful	ungrateful

*(Note: An arrow points from 'kind' to 'ungrateful')*

## Draw

Colour the sections with a dot to reveal who Jesus said we should show love to.



## Write

Can you unscramble these words to find important words from today's story?

ovel	
arpy	
sebls	
govfier	
veig	
fremluci	

© 2013 The Church of England. All rights reserved.

Are you between 6 and 16 years old?

**Fun and Games**

**Art**

**Food**

**Music**

18-19 Nov  
Tebay Chapel

Help our planet!

**Tebay Creatives invites you to our...**

## Rubbish Sleepover!

You and your family are welcome to join the Rubbish Family Celebration at 10.30am on SUNDAY 19<sup>th</sup> NOVEMBER to share what you have done!

Melody Makers and Tebay Kids' Choir

See our Facebook page for further details:  
[www.facebook.com/groups/tebaycreatives/](https://www.facebook.com/groups/tebaycreatives/)  
or book here: <https://cutt.ly/TCsleep23>



**FAMILIES TOGETHER**  
invites you to our  
**ADVENT PARTY**

SUNDAY 26<sup>th</sup> NOVEMBER  
3.30PM – 5.30PM  
TEBAY CHAPEL

All ages welcome

Hot meal provided

Free entry!

Christmas crafts

Games

Puppet nativity

For more details, please see:  
 FamiliesTogetherTebayOrton

Book your place here:  
<https://cutt.ly/FTTOadvent23>



## 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>

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## Orton Surgery and Shap Medical Practice

### New Procedures @ Shap Surgery

From Monday 12<sup>th</sup> 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 15<sup>th</sup> June 2023
- Wednesday 12<sup>th</sup> 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.*

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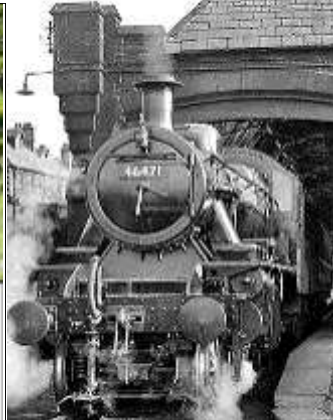
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Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
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Kirkby Stephen Station	10.20	15.30
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Barnard Castle	11.20	14.30

## THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.30	16.10
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Orton	11.10	15.35
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Email: [chris.boustead@btinternet.com](mailto:chris.boustead@btinternet.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](mailto: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: Leagh Wilkinson: 07869 078977

#### \* Appleby Brownies: Sue Grainger: 07876 403895

#### \* 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](mailto:ruth.evans@niscu.org.uk)

#### † Tebay Youth Club

Rachel Milburn,

[Rachel.Milburn@carlisle-diocese.org.uk](mailto:Rachel.Milburn@carlisle-diocese.org.uk)

#### Families Together in Tebay and Orton:

Pam Lawson: 26028

#### Tebay Beginner Brass: Julie Hoggarth: 07866 378392,

[julie@drumandbrass.co.uk](mailto:julie@drumandbrass.co.uk)

### Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900

Upper Eden Medical Practice, Kirkby Stephen

(with Surgery in Tebay): 01768 37136

### Adult groups

Alcoholics Anonymous Call FREE 0800-9177-650  
email:

[help@aamail.org](mailto: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](mailto:clarefox59@gmail.com)

Judith

Cattermole: [judithcattermole2@gmail.com](mailto:judithcattermole2@gmail.com)

Bowls at Newbiggin: Stephen Dickinson: 07766 833500

Combined Churches Choir: Chris Jenkin: 24410

Community Choir: Alison Mott:

[Alison@mott.me.uk](mailto:Alison@mott.me.uk)

#### Concerts:

Appleby: North Westmorland Arts: 017684 83777

Kendal: [www.lakelandsinfonia.org.uk](http://www.lakelandsinfonia.org.uk)

Kendal: [www.kendalmiddayconcertclub.org](http://www.kendalmiddayconcertclub.org)

First Responders: Steve Dunkinson: 24286

Folk Dance Club: Catherine 017683 41549

Greenholme Show: Keith Golding: 01931 715446

Heating Oil Syndicate: Chris Jenkin: 24410

Howgill Harriers Running Club:

[Admin@howgillharriers.co.uk](mailto:Admin@howgillharriers.co.uk)

Local History Society, R/dale: Val Fermer: 07798

688057

Orton Market Hall Bookings :

01539624140, [bookingsortonmarkethall@gmail.com](mailto:bookingsortonmarkethall@gmail.com)

Men's Meeting, Newbiggin: Jonny Capstick: 23141

Orchestra: Cobweb Orchestra: Richard Best: 23470

### 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/>

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

Ravenstonedale: [https://www.facebook.com/](https://www.facebook.com/StOswaldRavenstonedale/)

[StOswaldRavenstonedale/](https://www.facebook.com/StOswaldRavenstonedale/)

Families Together in Tebay and Orton : Pam Lawson

[https://www.facebook.com/](https://www.facebook.com/FamiliesTogetherTebayOrton/)

[FamiliesTogetherTebayOrton/](https://www.facebook.com/FamiliesTogetherTebayOrton/)

[Families\\_Together@googlegroups.com](https://www.facebook.com/FamiliesTogetherTebayOrton/)