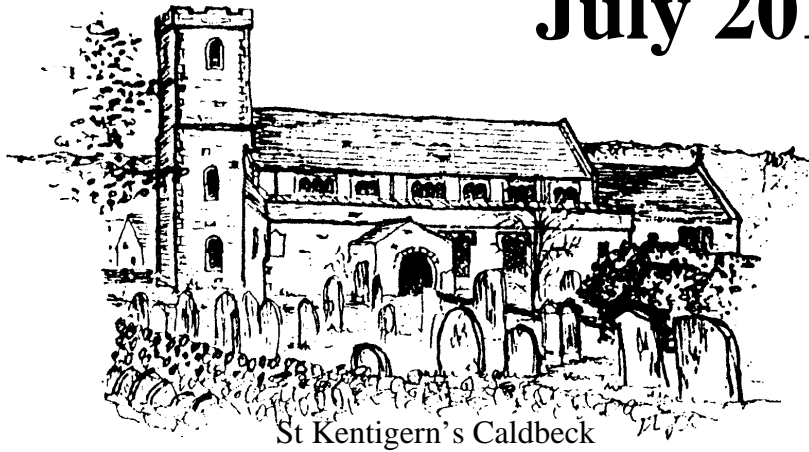


**July 2010**



St Kentigern's Caldbeck



St Mary's Sebergham



St Kentigern's Castle Sowerby

**Parish  
Magazine**

## **CHURCH STAFF AND CONTACTS**

### **FOR WEDDINGS, BAPTISMS AND FUNERALS:**

**Priest-in-Charge:** Rev Norman Robinson 016973 43723

#### **CALDBECK - St Kentigern's**

<b>Churchwardens</b>	Mrs E Boydell Mr R Brough Dr R Davie	
<b>Treasurer</b>	Mrs C Hine	
<b>Secretary</b>	Mrs S Beale	016974 78353

#### **CASTLE SOWERBY - St Kentigern's**

<b>Churchwardens</b>	Mrs M Edmondson Mr J Foster	
<b>Treasurer</b>	Mr B Mallinson	
<b>Secretary</b>	Jean Mallaband	016974 78143

#### **SEBERGHAM - St Mary's**

<b>Churchwardens</b>	Mrs M Mattinson Mrs E Luck	
<b>Treasurer</b>	Mr J S Hollins-Gibson	
<b>Secretary</b>	Mrs H Holgate	016974 76478

### **PARISH MAGAZINE CONTACTS**

**Editor:** Mrs Roberta Bowen

**Tel:** 016974 78100 **Email address:** drbowen@btinternet.com

*(please put 'magazine' in the subject)*

**NOTE:** Copy deadline **15th July** for inclusion in August's magazine.

**Treasurer and Contact for Advertisers:** Mr Stephen Hollins-Gibson

**Tel:** 016974 76276 **Email address:** js.hollinsgibson@ukonline.co.uk

**Subscription & Distribution Enquiries:** Mr Stephen Hollins-Gibson

## *Norman Robinson Writes*

Dear friends,

It was great to welcome people from our six churches to the united service at Rosley on Trinity Sunday. These occasions are part of the new ‘stitching together’ across our parishes. We hope they will generate a greater sense of Christian witness and worship across a wider area. The next event of this kind is a Sung Prayer Book Evensong Service at St. James’ Welton at 6.30pm on 25 July (St. James’ Day). We would like to invite any singers to join with a choir on that day to help it go along well. Lorraine Gash, the organist at Welton, will offer two rehearsal dates for any who can join with us. These are Friday 9 July at 7.30pm and Sunday 18 July at 6pm; both in Welton Church. Watch this space for other United Services for patronal festivals and fifth Sundays.

The lay-led services initiative originally developed at Rosley is moving out into Westward, Welton & Sebergham churches. The form of the service used is a mix of a liturgy I wrote and Prayer Book Matins. In most of them I have used experienced people like Ann Finlay and Eileen Reid, alongside local volunteers, where forthcoming. I hope to offer some training sessions in the autumn after an evening of sharing how it has been for those already involved with those looking to be involved in our churches’ worship. These dates are yet to be arranged.

We live in challenging and testing times. Let us keep steadfast in prayer, not forgetting to come together in worship as God’s people “in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light.” (1 Peter 2: 9).

Every blessing in Christ

Norman Robinson

## *A Reader Writes*

A Church for all Seasons

*For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die;.....* Familiar words from Ecclesiastes 3 which are often read at a funeral. The words can be comforting but they do not shelter us from random acts of violence or

accident. A loving God does not mean an absence of evil and misfortune but those who know His love are comforted nevertheless. Hungerford, Dunblane and now Whitehaven, on our very doorstep, have meanings beyond their description of place in the national vocabulary. They overshadow smaller tragedies – the shootings eclipsed the A66 School Bus deaths in the media, but that pain is still raw to many.

A few days after the bus crash I spent a day with one of the clergy who had been on the scene within minutes of the event and had spent the next two days with those affected – children, families, emergency services. About the first news we had at Church House of the shootings was from one of the clergy. The secretary to one of his PCCs had just been shot and since then he and his colleagues and church members have been totally immersed in supporting their shocked community whilst also feeling the pain of loss. The community has turned to them and they have opened their arms and their doors. That is what we are about – our churches are places of worship and community. But the mundane and the unglamorous still goes on.

In the early hours of Sunday 30 May our community was robbed. The lead was stolen from the vestry roof of St Kentigern's in Caldbeck. I specify Caldbeck so as not to confuse with Castle Sowerby where the lead was taken last year. The community is the victim. Metal theft is so huge now that the insurers cap the amount that can be claimed. We are unlikely to recover all our costs in the repair and replacement, though we hope to be able to use a material less attractive to thieves. The loss, therefore, is carried by the community which sustains the church. Our churches exist to offer up worship and bring God's love to people – whatever the season and at all the times the writer of Ecclesiastes speaks of.

*.....a time to weep, and a time to laugh;  
a time to mourn, and a time to dance;.....*

**MAGAZINE DISTRIBUTOR NEEDED**

Would you be willing to distribute copies of the magazine to houses in Friar Row, Caldbeck? It doesn't take long and is a lovely walk!

If you are willing, please contact  
Stephen Hollins-Gibson 016974 76276  
js.hollinsgibson@ukonline.co.uk

## **THE PARISH REGISTERS**

### **Baptism**

Martha Elizabeth Mortimer  
(born on 6 May 2009)  
*23 May 2010*  
St Mary's Church, Sebergham

### **Funerals**

Thomas Little  
*16 April 2010*  
St Kentigern's Church, Castle Sowerby

Frances Brownrigg  
*17 May 2010*  
St Kentigern's Church, Caldbeck

Margaret Matthewson  
*27 May 2010*  
St Kentigern's Church, Caldbeck

### **Weddings**

Robert Stitt and Rebecca Tinnion  
*24 April 2010*  
St Kentigern's Church, Caldbeck

Jonathan Hughes and Tracey Dixon  
*22 May 2010*  
St Kentigern's Church, Caldbeck

### **Ladies' Bright Hour**

Caldbeck Methodist Chapel  
Tuesday 6 July at 2.00pm  
Jean Fisher

### **Take time for prayer!**

The ecumenical prayer group  
meets each Tuesday morning  
at 8.45am in the back of  
Caldbeck Church to pray for  
the needs of our community  
and the world.

Why not join us?

**ALL WELCOME!**



## MOTHERS' UNION

It was a beautiful sunny day as we gathered excitedly to welcome members from our link branch, Milnthorpe and Heversham, to spend the day with us at Caldbeck. After a welcome and coffee, our visitors set off, guided by Kathleen Ashbridge, for a tour of the village and church, returning to the Parish Hall for a delicious lunch. We were joined by our speaker, Carol Purves, a freelance writer, who has researched and written several biographies, including that of Gladys Aylward, whom she spoke about. Many of us recalled seeing the film, many years ago, 'The Inn of the Sixth Happiness'. Despite lack of education, financial support, and rejection by the Missionary Society, Gladys Aylward was sure that God was calling her as a missionary to China. The fascinating story tells of this tiny woman with indifferent health from the East End of London, sure that if God had called her He would supply all her needs. She was to overcome all sorts of obstacles, including stopping a prison riot, and of course the remarkable journey with about 100 children through the mountains, with few supplies, on a 14 day trek, before they crossed the Yellow River to safety from the Japanese.

After a 'cuppa' and a very happy day, our visitors left, many planning to return to Caldbeck for a longer visit!

\*\*\*

We were not so fortunate with the weather for our tea party at Fellside, but this did not spoil our enjoyment of lovely food and company!

Thank you to all who supported us.

**MOSEDALE COFFEE SHOP**

in

**Mosedale Meeting House**

The Coffee Shop (with local crafts and paintings, and with bric-a-brac in the barn) will be open during the summer on

**Thursdays, Fridays, Saturdays 10.00am-5.00pm**

**Sundays 2.00pm-5.00pm**

from

**1 July to 5 September.**

Proceeds to the Northern Fells Group.

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

Offers of help to, and information from: Antoinette Ward: 016974 78220,  
email: [aw.caldbeck@googlemail.com](mailto:aw.caldbeck@googlemail.com)

**CALDBECK AND HESKET NEWMARKET WEBSITE  
INVITATION**

We invite readers to send in photographs of the local area for use on the Caldbeck and Hesket Newmarket Website

**[www.caldbeck.org.uk](http://www.caldbeck.org.uk)**

Please send to: **[webmaster@caldbeck.org.uk](mailto:webmaster@caldbeck.org.uk)** or through the link near the bottom of the Home Page

Copyright remains with the sender but we retain the right use on the photos on the Caldbeck and Hesket Newmarket Website now and in the future

We also reserve the right not to publish

**CALDBECK AND HESKET NEWMARKET WEBSITE  
REQUEST**

The Caldbeck and Hesket Newmarket Website is looking for items, stories, characters of the local area that will be of interest to the whole community – and help us build an archive of interest to our descendants

Please send to **[www.edward.spratt@caldbeck.org.uk](mailto:www.edward.spratt@caldbeck.org.uk)**  
or telephone **016974 78584**

Copyright remains with the sender but we retain the right use on them on the Caldbeck and Hesket Newmarket Website now and in the future

We also reserve the right not to publish

**ANNUAL PLANT SALE**

This year's sale was held in Hesket Newmarket on Monday 31 May. We were blessed with a beautiful dry, warm day - ideal for the plants and the punters! A huge "Thank you" to everyone who helped set up the stall, served our customers, donated superb plants, pots and even a brand new mowing machine! As ever trade was brisk and by 11.40 we had sold an amazing number and variety of plants. Whilst people had their purses out, Sue Clarke mingled with the crowd selling raffle tickets. The mowing machine did not sell on the day, but Sue is confident that she will get £20 for it. After the sale Andy and Liz kindly agreed to have the few remaining plants outside the Village Shop and almost all were taken from there, with donations being made for them.

This year the money raised by the sale is going to the Northern Fells Group . Donations and sale of plants brought in £726.40 which, together with the £20 to be realised on the mowing machine, and £54 worth of raffle tickets sold by Sue, brings this year's total to £810.40!

Many thanks to everyone who supported us so generously. I hope all your purchases thrive and we will see you next year! Sue Braithwaite



what's on for young people

**SPORTSREACH FOOTBALL AND NETBALL SCHOOLS**  
Saturday 25 September  
10.00-4.00pm  
Fellview School Field  
Open to boys and girls aged 7-14 years  
Cost £5 per child  
Contact: Peter or Helen Stobart 78669

**DISCOVERY CLUB**  
Tuesday 13 July, 3.15—5.00pm  
Caldbeck Parish Hall  
For all primary school children (children are escorted across to the hall from school)  
Tel: Helen Stobart 78669

**DROP-IN**  
Ages 10+  
The next Drop-In will be on  
Saturday 25 September

**CUBS**  
(boys & girls 8-11 years)  
Thursday evenings  
6.00pm-7.30pm  
Caldbeck Parish Hall  
(During term time)  
Contacts:  
Liam Benson 07787175564  
Jan Cooper 016973 44971

**Reverb**  
Youth Music Group (8-18)  
Tuesday evenings  
6.30 - 8.30pm  
Caldbeck Parish Hall  
£2 a session  
*Open to all,  
of any level of ability*

**BEAVERS**  
(boys & girls 6-8 years)  
Thursdays  
(during term time)  
5.00pm-6.00pm  
Caldbeck Parish Hall  
Contacts:  
Liam Benson 07787175564  
Jan Cooper 016973 44971



## THE NORTHERN FELS SUMMER ACTIVITIES PROGRAMME

The Northern Fells Group Summer Activities Programme is ready and currently being distributed via Primary Schools and email.

-Great variety of activities for ages 6+ beginning 19th July until 25th August.

-Crafts include Mod Roc Sculpting, T-shirt Printing, Felt Picture and String Puppet making.

-Sports coaching including cricket and tennis

-Outdoor activities such as climbing, archery, cycling, kayaking and map reading.

Plus many more. Book early to avoid disappointment.

Bookings will only be accepted by mail on an official booking form with a signed Health/Consent form. The programme and forms can be found on the website:

[www.northernfellsgroup.org.uk](http://www.northernfellsgroup.org.uk). Please post to Mrs D.

Williams, Youth Coordinator, Millhouse Village Hall, Millhouse, Hesket Newmarket, Wigton CA7 8HR.

Enquiries to Debbie Williams on 016973 44255 or email

[debrajs@live.co.uk](mailto:debrajs@live.co.uk).

The programme is being kindly supported by Cumbria Community Foundation, n2n (Children's Fund) and Cumbria County Council (6-12 years Holiday Playschemes).



**CALDBECK & DISTRICT GARDENING CLUB**  
Wednesday 14 July  
Evening visit to Chapelside, Mungrisdale  
by kind permission of Robin and Tricia Acland.  
Starting at 6.30pm  
Cost £5 which includes a donation to the charities  
which Tricia supports, and refreshments.  
Contact Marjorie 78190 for further details.  
All welcome.

**CALDBECK WI**  
Wednesday 7 July  
**FABULOUS FIFTIES**  
**The Beacon**  
7.30pm Caldbeck Parish  
Hall  
Competition: A 1960's item

**THURSDAY CLUB**  
Thursday 8 July  
at 2.00pm  
in Caldbeck Parish Hall  
**Members' Afternoon**

**POETRY READING**  
**Monday 5 July at 2pm**  
**at Millhouse Hall**  
Mary Robinson will read from her new collection  
*The Art of Gardening*  
All welcome  
(Details: Mary 016973 43723)

**MUSICIANS**  
**HOWDEN JONES**  
Friday 22 October  
7.30pm  
Millhouse Village Hall  
In aid of hall funds

## **CALDBECK & DISTRICT LOCAL HISTORY SOCIETY, MAY MEETING**

On Wednesday 19 May, about 30 people were treated to an illustrated talk on the history of Shap Abbey at Caldbeck Parish Hall by Harry Hawkins. Harry, who has had a lifelong interest in castles, told us that his research into Shap had been a longstanding 'personal quest' which became a reality on retirement. The previous written account of any substance of the Abbey was in 1965 and Harry's sources were primarily extracts from deeds which eventually came to light in the Lonsdale papers held in Carlisle.

Shap Abbey, also known as the Abbey of St. Mary Magdalen (the patron saint of lepers), was established in 1200-1201, on the banks of the River Lowther. The Religious Order had been relocated from Preston Patrick, near Kendal. The founding Order was the Premontrensians, a silent order, started by St. Norbert c1121 at Premontre in France. The first house in England was established at Newstead Abbey, from where sister and daughter houses were established elsewhere, Shap being an example. The monks at Shap were known as 'The White Canons', who were local men and ordained as priests. Their purpose was to serve God through prayer and meditation.

The monks were supported by the proceeds of the adjoining land (c.600 acres) through the collection of tithes and by saying individual masses, which was particularly popular in the 13<sup>th</sup> and 14<sup>th</sup> centuries. The land attached to the Abbey, which extended as far as Wet Sleddale, was used for sheep and there is aerial photographic evidence of contour farming and the growing of oats up to a height of 300 metres. There is also evidence of a fish pond, a medieval grange and a millstream upstream from the Abbey. A survey in 1769 of Shap Abbey Farm, adjoining the ruins, suggests the same block of land had existed since 1200 and its past usage is reflected in current field names.

The huge tower built between 1460 and 1520, a statement of glory to Abbot Richard Redman (who later went on to become Bishop of Ely Cathedral) continues to dominate the current site but the Abbey is a ruin, having fallen into disrepair after the Dissolution of the Monasteries. The Abbey surrendered to the crown on Jan 14 1540.

Since then the site was granted to the Warton family and in 1730 to the current owners, the Lowther estate. A major reconstruction and

consolidation of the site was undertaken by The Ministry of Works in 1951. Unfortunately much of the building material had disappeared in the intervening years. However, as well as the imposing tower, flagstones known as the processing circles within the layout of the Abbey, two stone graves (one thought to be that of a child) and the remains of the precinct wall also survive as impressive relics of the past.

Harry gave us food for thought when he suggested the site has potential as a prospective community archaeological project. A visit to the site, either by car or on foot (the Coast to Coast path passes through), reminds us that Shap Abbey continues to be a place of “tranquillity and peace” as noted in the early deeds.

The meeting concluded with excellent refreshments, as usual, provided by Eleanor Benson and Evelyn Tickle.

Sally Vaux

## **THURSDAY CLUB**

Mr J Wooler welcomed everyone to our June meeting and apologies were received from Tony and Audrey Ryan.

Members reported how much they had enjoyed last month’s trip.

Mr Wooler welcomed Steven Lennon who showed slides about his work with Ocean Youth Trust Sailing, which has been in existence for two years.

It is a small charity for the development of young people working as a team. The young people’s ages range from 12 to 25 years. They sail on the Trust’s boat ‘The James Cook’, which was built on the River Tyne by young people for young people and is based in North Shields. ‘The James Cook’ is sailed mostly on the North Sea. Each voyage usually lasts for one week and, in that week, the young people onboard have the challenge of working together as a team as well as learning every aspect of sailing.

Most of Steven’s work is fundraising as many of the young people come from under-privileged backgrounds and financing is needed.

Mr Wooler thanked him for his most interesting and inspiring talk.

## CALDBECK WI, 2 JUNE 2010

The meeting in June was the 90th birthday celebration of Caldbeck W.I. so past members were invited to help us mark the occasion. As we had planned a full programme, Mrs. Shaw welcomed everyone to the meeting at the earlier time of 6.30pm. As members and guests arrived they were invited to have sherry and spend some time chatting to old friends. Shortly before 7.00pm, Mrs Shaw asked everyone to stand and sing 'Jerusalem', after which there was a short business meeting. We were reminded that the meeting in July will be a talk from staff at The Beacon entitled 'Fabulous Fifties'. The competition will be for an item from the 1960s.

The announcements over, the committee then served members and guests with a supper of fillet of salmon with mustard dill sauce, gratin dauphinois and vegetables, prepared for us by Susan Armstrong from Denton House. This was followed by Strawberry Pavlova and coffee. Pat Shaw cut the birthday cake and we all drank a toast to Caldbeck W.I.

The entertainment for the evening was provided by Cantrix, who sang a medley of songs taking us down memory lane with tunes from each decade of the twentieth century. The vote of thanks was given by Teresa Richardson.

Throughout the evening all were invited to try the quiz sheets that were on each table. The winning table gaining a maximum 35 points, received a selection of 'Jill's Jams' to share. The raffle followed and the whole evening was brought to a conclusion with the National Anthem.



### Cumbria in Bloom & Tidy Village Competition

The dates for the judging have been fixed: **8 July for Heskett Newmarket** and **12 July for Caldbeck**. Please help tidy up the villages by looking after your own property, frontage and perhaps a little bit more. Don't forget that 'litter pickers' are available to borrow from both the village stores should you want them.

Anne Cartmell

## **NOTES FROM CALDBECK PARISH COUNCIL MEETING OF 24 MAY 2010**

1. Anne Cartmell was elected **Chairman** for the next Council year and completed and signed the Declaration of Acceptance of Office form for 2010/11.

### **2. Public Participation**

a) Chris Blain had sent a copy of the latest Policing Team Newsletter and a message that crime has remained low in the Caldbeck area. He has been carrying out speed checks and will continue to do so.

b) David James, the Conservation Officer for the LDNPA, had sent an email and maps on Friday via the Clerk to let the Council know that he has reduced the acreage of fields in the amended proposed extensions to Caldbeck and to Hesket Newmarket Conservation areas. The Clerk was directed to tell Mr James that unfortunately this correspondence had arrived too late for the Agenda for this meeting but, if there was time before his committee meeting, it could be put on the Agenda for the 5<sup>th</sup> July meeting so that residents would have the opportunity to comment on the amendments and the Parish Council could make a considered response. (It then transpired that the LDNPA Committee meeting would be on June 17<sup>th</sup> in Caldbeck so the Clerk informed the Parish Councillors and those residents directly affected.)

c) A letter had been received from Julia Trotter, the newly appointed Northern Fells Group Village Agent for Caldbeck, Sebergham and Welton, inviting Council members to the Launch of the Village Agent Project in June. The Clerk was directed to invite Mrs Trotter to come and talk about the Project at the next Council meeting.

### **3. Planning.**

#### **a) Decisions:**

7/2009/2302 Cornhill House, Caldbeck. Alterations and Extensions. Granted, with 2 conditions.

#### **b) Applications:**

7/2010/2086 and 2087 Bridge End House, Caldbeck, Subdivision to its original form as two dwellings, Bridge End House and Bridge End Cottage. Applications for Planning Consent and Listed Building Consent. **Agreed to support** with reasons: a) provides an extra home in the village which is important for the viability of the village. b) appropriate to restore the house and cottage to their original design and use as two separate dwellings. Comment: The Parish Council is of the opinion that it would be unrealistic to expect an existing building to become an 'affordable home' as is the current policy for new dwellings in the National Park, and would not expect such a restriction to be placed on the restored dwelling.

7/2010/2090 Land adjacent to Brewery House, Caldbeck. Conversion of Barn to

form three affordable homes. **Agreed to object** to the application for the following reasons: a) concern about the lack of natural light for the houses, especially at the west end of the property, b) consideration that one parking place per house is not sufficient especially as there is no safe additional parking area on the adjoining road, c) concern that there will be not enough demand for the houses at the proposed level of rent, understood to be £87.40 a week at present values.

1412.221.14 Bridleway Creation, Fellside to Calebreck, Caldbeck Parish. Lake District National Park: Proposed dedication of existing permitted bridleway to secure access in perpetuity. **Agreed to support** overall proposal but not bollards at Point F on the attached map. Suggest leaving present pole arrangement in place for farmers to access the fell.

c) The Clerk reported re enquiry to LDNPA re the temporary structures at The Old Smithy, Caldbeck, as to whether these are permitted under LDNPA planning rules. The Chairman had spoken to the proprietor who thought that the temporary structures were permitted. Bill Murray, the Compliance Officer is on holiday but Charlotte Douglas will instigate an enquiry.

#### **4. Parish Maintenance**

**Proposed Bus Shelter, Caldbeck Village.** The Clerk reported that she had contacted the landowners adjoining the proposed sites and one had reservations due to safety considerations. The Council considered the information regarding the current stopping places of the various school and shopping buses. Due to the impossibility of pinpointing one safe and convenient stopping place for all the buses together with a possible bus shelter site, it was agreed that proposals for a bus shelter would have to be shelved.

**Hesket Newmarket Car Park extension.** The Clerk reported on the reply to the Council from Charlotte Kimber and was directed to write back: 1. that the PC would expect the LDNPA as owners of the car park to apply for planning permission and for Secretary of State permission for the extension of the car park, 2. to enquire what evidence would be pertinent to these applications and how the PC could help with that, and 3. request as a matter of urgency that the humps in the present car park are removed and sets put down to mark out spaces.

**Speed Indicator Device Scheme.** Audrey Noble reported that the SID will be in the parish again in July.

**Progress with Watery Lonning closure and Hesket Newmarket minor road traffic control.** The Clerk reported on the information from Andrew Butler at Highways that both schemes are on course for this year but the procedures do take time. The Clerk was directed to write and ask for confirmation that Highways would take over responsibility for repair and maintenance of the LDNPA-owned track beside the Market Cross when, under the proposed scheme, this is needed for vehicles to rejoin the main road.

**Noticeboard at Hesket Newmarket.** Following discussion it was agreed that it would be preferable to have a larger, covered noticeboard at Hesket Newmarket in

place of the current small open board. It was agreed that the Clerk should ask three local Joiners if they might give quotes for making a covered noticeboard and at the same time quote for replacing the doors on the main Caldbeck village noticeboard so that one could be locked for parish council and other official notices while the other could be opened by anyone for putting posters up.

**Public toilet with disabled access, Caldbeck.** It was **resolved** (proposed D. Whitson, seconded R. Knowles) that the Chairman and the Clerk be authorised to sign the Licence Agreement between the Parish Council and the Trustees of the Methodist Chapel for the use of the Methodist Chapel disabled toilet by disabled visitors to the village. It was **agreed** that the Clerk should purchase the RADAR lock and keys and the sign for the car park. The cleaning arrangements were also agreed. The Clerk will liaise with Rev Kim Hurst and with Chris Hannam, Steward, re plans as above.

**Website development.** It was **agreed** to accept Michael and Lyn Steadman's offer to succeed Edward Spratt as Voluntary Moderators when Edward retires from the role in September. The Clerk was directed to write and thank Mr Spratt very much for all he is doing for the website, and to thank Mr and Mrs Steadman for volunteering to take on the role.

**The Annual Parish Meeting** on 17<sup>th</sup> May had been well attended and good feedback had been received by Clerk and Councillors. Two matters had been raised during the open discussion: 1. the leaking drain in Heskett Newmarket (the Clerk was able to confirm that this was about to be repaired by Highways) and 2. the small size of the noticeboard in Heskett Newmarket and its vulnerability to the elements. This item was added to the agenda of this next Parish Council meeting – see 4 e) above. The Clerk was directed to write and thank both Richard Leafe and Iain Johnston for their interesting and thought-provoking talks.

**Local Development Framework.** The Allocation of Land Use document was considered – no comments. The General Development Policies document was considered and the increased flexibility re the use of redundant farm buildings was appreciated. The Supplementary Planning document on Housing Provision was considered and the Clerk was directed to write suggesting that the defined locality include all adjoining parishes and not just Mungrisdale and Ireby/Uldale, and that 'local connection' has another clause added to include former residents (who previously lived in the locality defined for a period of at least three years) who return to the locality within seven years of moving away.

a) The Annual Report for the year ended 31<sup>st</sup> March 2010 was received from the Internal Auditor.

b) The Annual Return Statement of Accounts 2009/2010 and the Cashbook were **approved** and signed.

c) The Statement of Assurance was completed, **approved** and signed.

d) The external audit had been set for 9<sup>th</sup> July 2009. The notice was displayed from 24<sup>th</sup> May – 6<sup>th</sup> June on each of the Parish's five noticeboards and the records were available for inspection from 7<sup>th</sup> June – 2<sup>nd</sup> July 2010.

*A full copy of the draft Minutes of the meeting are available on the website: [www.caldbeck.org.uk](http://www.caldbeck.org.uk) or from the Clerk, Antoinette Ward: 016974 78220*

### ST KENTIGERN'S, CALDBECK, CHURCH DUTIES

	<b>Welcomers' Rota 8.30am</b>	<b>Sanctuary Duty (8.30am unless specified)</b>	<b>Sidespersons' Rota 11.00am</b>
<b>July 4</b>	<i>no service</i>	(11am) Margaret Tinniswood	Dick & Penny Bird
<b>11</b>	Jean Holden	Liz Boydell Diana Greenwood	Charlie Rolfe
<b>18</b>	Liz Boydell	Liz Boydell Jean Holden	Peter Sageman
<b>25</b>	Joan Todhunter	Jean Holden Joan Todhunter	Gwen Coulthard

### ST KENTIGERN'S, CALDBECK, READING ROTA

<b>DATE</b>	<b>SERVICE</b>	<b>READINGS</b>	<b>READER</b>
<b>July 4</b> Trinity 5	HC 11.00am	<b>2 Kings 5</b> vv 1-14 <b>Galatians 6</b> vv 1-16 <b>Luke 10</b> vv 1-11, 16-20	Margaret Tinniswood
<b>11</b> Trinity 6	HC 8.30am MP 11.00am	<b>Colossians 1</b> vv 1-14 <b>Luke 10</b> vv 25-37	Liz Boydell TBA (same Readings both services)
<b>18</b> Trinity 7	HC 8.30am FP 11.00am	<b>Amos 8</b> vv 1-12 <b>Colossians 1</b> vv 15-28 <b>Luke 10</b> vv 38-42	Ann Wade TBA (same Readings both services)
<b>25</b> St James	HC 8.30am MP 11.00am	<b>Jeremiah 45</b> vv 1-5 <b>Acts 11</b> v 27- <b>12</b> v 2 <b>Matthew 20</b> vv 20-28	David Smith Shirley Rolfe (same Readings both services)

### FAIRTRADE NEWS



On Bank Holiday Sunday 30 May, the local Fairtraders organised a Fairtrade and local Fayre outside The Old Smithy, Caldbeck. We had a good selection of clothes, jewellery, cards, foodstuffs and crafts. Thanks to Victoria, Penrith, Sandra from Skelton, Naomi from Ireby, Zoe, Diana, Lorna from the World Shop, Carlisle and the Northern Fells Group for supporting this event and to Edward, Jennifer and Lynette for manning the stalls. Finally, many thanks to Kathryn and Richard for hosting the event.

The local Fairtraders are organising some Fairtrade games (giant board games and other activities), as part of the Northern Fells Group holiday activities, Tuesday 3 August, The Oak Room, Caldbeck Parish Hall, 10-12 am, for children aged 8-13. £1.(see page 9 for details). Sally Vaux

## DIARY OF EVENTS 2010

### July

- 5th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 7th Caldbeck WI '*Fabulous Fifties*', The Beacon, 7.30pm, Caldbeck Parish Hall.
- 8th Thursday Club, Members' Afternoon, 2.00pm, Caldbeck Parish Hall.
- 13th Sebergham WI, Cranstons Butchers.
- 15th History Society, Business Meeting, 2.30pm, Valerie Woodcock's.
- 21st History Society, *Visit TBA*.
- 29th Heartstart, 7.30pm, Millhouse Village Hall.

### August

- 10th Sebergham WI, Dinner at Denton House.
- 16th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 24th Heartstart, 7.30pm, Millhouse Village Hall.
- 26th Caldbeck & HNM Sheepdog Trials.
- 29th St Mary's Church, Sebergham, '*Songs of Praise*', with a Gospel choir, 2.30pm.

### September

- 1st Caldbeck WI '*The History of Dixon's Mill*', Trudy Whalley, 7.30pm, Caldbeck Parish Hall.
- 4th Heskett Newmarket Agricultural Show.
- 9th Thursday Club '*Cycling along the Danube*', Norman Godfrey, 2.00pm, Caldbeck Parish Hall.
- 14th Sebergham WI, Winter Tarn Cheeses.
- 15th History Society, Tim Padley '*Edward I*', 7.30pm, Caldbeck Parish Hall.
- 15th Sebergham Parish Council, 7.30pm, Welton Village Hall.
- 21st Mothers' Union, '*Samaritan's Purse*', Ian Taylor, 2.00pm, Caldbeck Methodist Church Room.
- 27th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 29th Heartstart, 7.30pm, Millhouse Village Hall.

### October

- 2nd Friends of Fellview, '*Mr & Mrs*'.
- 6th Caldbeck WI '*Physiotherapy*', Liz Hunter, 7.30pm, Caldbeck Parish Hall.
- 12th Sebergham WI '*Christmas Decorations*' Mrs Mary Watson, 7.30pm, Sebergham Old School.
- 14th Thursday Club, Luncheon Outing.
- 19th Mothers' Union, Guest Afternoon, '*The fire engine and other Balkan experiences!*', Mrs Willis, 2.00pm, Caldbeck Methodist Chapel Room.

- 20th History Society, *AGM and Supper*.
- 21st Sebergham WI Quiz, 7.30pm, Sebergham Village Hall.
- 22nd Musicians, Howden Jones, 7.30pm, Millhouse Village Hall.
- 25th Heartstart, 7.30pm, Millhouse Village Hall.

**November**

- 3rd Caldbeck WI '*Christmas Crafts*' Sandra Mortimer, 7.30pm, Caldbeck Parish Hall.
- 8th Caldbeck Parish Council, 7.30pm, Caldbeck Parish Hall.
- 9th Sebergham WI '*Acupuncture*' Jenny Craig, 7.30pm, Sebergham Old School.
- 11th Thursday Club '*Sailing on Endeavour*' Ian Roufell, 2.00pm, Caldbeck Parish Hall.
- 16th Mothers' Union, '*Making a Difference!*', Rev Ann Roberts - *Zambian Link*, 2.00pm, Caldbeck Methodist Chapel Room.
- 30th Heartstart, 7.30pm, Millhouse Village Hall.

**December**

**CALDBECK SURGERY**

[www.caldbecksurgery.co.uk](http://www.caldbecksurgery.co.uk)

*Staff Training Afternoons*

The surgery will be closed in the afternoon for staff training:

Thursday 15 July

No closure in August

Tuesday 21 September

**On these afternoons the surgery (including the dispensary) will close at 1.00pm. All calls will be redirected automatically to the out of hours service.**

*Art in the Waiting Room this month by Ireby Art Group*

**Early bird & twilight surgeries**

If you find it difficult to see a doctor during normal surgery hours 8.30am - 6.00pm (eg if you work unsocial hours) please ask for an appointment in one of our early bird or twilight surgeries.

Please note: these appointments are not available with practice nurses



***(Very) Old Photographs of Caldbeck, please!***

Kathleen Ashbridge, John Price and Ron Davie are working on a new book to be published by the History Society. Actually, it is a *very old* book because it was written by Richard Greenup of Caldbeck over a hundred years ago. In it he describes a walk he made around the village on the very first morning of the 20<sup>th</sup> century – written in longhand in an exercise book! He commented on all the buildings he passed and the people who lived in them. Of course, his book contained no pictures, but it has been possible to obtain a number of old photographs in order to add visual interest to the published version. We would be very pleased to hear from anyone who has any pictures of buildings in Caldbeck taken in the early years of the 20<sup>th</sup> century, with a view to including them in the book.

**Ron Davie (016974 78364)**

## **SUCCESSFUL CLASSICAL CONCERT**

The June classical concert in the Parish Hall was given by the Chagall Ensemble. The programme included Mozart's Divertimento for string trio K563, a work of considerable length and beauty taking up the second half, and shorter first-half pieces with an Eastern European flavour (Kodaly and Lutoslawski).

The audience numbered 49 people, who were highly appreciative of the musicality, virtuosity and sheer enthusiasm of the performers, who themselves appreciated the intimacy with a receptive audience. The Chagall Ensemble comprises Catherine Yates violin, Tom Beer viola and Simon Turner cello, all Principals or Sub-principals of the Hallé. We are fortunate to have such distinguished players coming to Caldbeck, who perform to a standard comparable and possibly even superior to those of provincial cities and London itself.

Peter Krebs.

## Sebergham Weather Recordings

### Rainfall

<b>May 2010</b>	22.10mm (0.27ins)
aggregate for year	197.97mm (7.81ins)
<b>May 2009</b>	76.40mm (3.00ins)
aggregate for year	286.95mm (11.29ins)



*May has been the driest month in the last 20 years. Our May average monthly rain is 58.08mm (2.29ins). The first five months of this year have been the driest over 20 years beating 1996, when we had recorded 229.90mm (9.03ins) and that year went on to be the driest since records began in 1965.*

*The wettest May was 1993 when we recorded 115.50mm (4.55ins).*

### Temperature

The average maximum day temperature 58.24°F (14.58°C)

The average minimum night temperature 41.30°F (5.17°C)

The warmest day of the month 22 May at 76°F (24.45°C)

The coldest night of the month 12 May at 30°F (-1.12°C)

*We recorded frost on 4 nights during the month.*

*The temperatures in May were our average for the month with the day temperature on average 1°F warmer and the night temperature 1°F cooler than 2009.*



*R de Robeck*

### ST MARY'S CHURCH, SEBERGHAM FLOWERS & CLEANING ROTA



DATE	NAME
July 4, 11	Mrs A Weston
18,25	Mrs J & T Wetherell
August 1,8	Mrs A Brough

**SEBERGHAM WI**  
**Tuesday 13 July**  
**"Cranstons Butchers"**  
**Competition: An ornament of an edible animal**  
**HTE: All members**

\*\*\*\*\*  
 \* **ST MARY'S CHURCH, SEBERGHAM** \*  
 \* **OPEN GARDENS** \*  
 \* at \*  
 \* **Thackwood Nook, Raughton Head** \*  
 \* *Sunday 18 July from 2.30pm* \*  
 \* **By kind invitation of Mr W Hogg** \*  
 \* **CAKE and PLANT STALLS** \*  
 \* **Contributions gratefully accepted** \*  
 \* **RAFFLE, TREASURE HUNT** \*  
 \* **Admission £5, (school children free) including** \*  
 \* **refreshments** \*  
 \* **Any queries to 016974 78127 or** \*  
 \* **016974 76036** \*  
 \*\*\*\*\*

**SEBERGHAM JUNE DANCE**

The June dance was held in Sebergham Village Hall with music by 'Roe Valley'. John welcomed everyone, including four dancing friends from Barton, nr Preston. During the interval John and Jean Salisbury took charge of the raffle, and everyone enjoyed a bring-and-share supper and sweets.

Prize winners were: Marjorie Ewing, Barbara Holden (Barton), Anne Hodgson, Ian Holmes, Doreen Lund, John Grindal, Joan Scott, Marjorie Titterington, Mary Johnston, Brian Hodgson, Jim Sealby, Violet Moffat, Margaret Mattinson, Margaret Thompson, Jean Sealby, Maureen Hodgson, Evelyn Fawkes, Nancy Gussittie, Sheila Relph, Chris Mandale, Tom Clements, Joyce Pollock, George Howarth, Dorothy Carruthers and Winnie Jefferson.

John thanked all those who provided a beautiful supper and helped in any way. Proceeds were for Hall funds.

<p> <b>SEBERGHAM DANCE</b>            Saturday 17 July            With refreshments            Tickets: 016974 76452         </p>
---

## **SEBERGHAM WI JUNE 2010**

President, Margaret Mattinson, welcomed everyone including two visitors, Jean Harper-Tarr and Celia Stobart. She then introduced our speaker and her long-standing friend, Pat Staley, who gave a talk titled 'Humorous Anecdotes'.

Mrs Staley has led a very full and interesting life involving farming and the Church, and has been a WI Adviser for many years. After her son took over the farm Mrs Staley and her husband moved and worked in North Cumbria and Glasgow before returning to Cumbria. Through all the events and dramas, which at the time produced some heart-stopping moments, she was always able to see the funny side.

Mrs Staley started married life as a farmer's wife in Slaggyford which is on the Pennine Way and as well as a busy farm life she ran a B&B. The work was hard and the hours long but many of the incidents turned into hilarious anecdotes. The school hamster being looked after during the school holidays went missing for three days which resulted in the guest bedrooms being carefully searched while the guests were out, until it was found sitting happily in front of the fire having spent three days in a drawer shredding all Pat's treasured birthday and anniversary cards into confetti!

A naked sleep-walking guest woke her one night as he tried to get into her bed. Pat's husband saw the intruder back to his room but later complaints confirmed the naked rambler had gone to another room and tried another bed! He was asked to leave!

Another guest arrived very late and, following a hot bath and a huge supper, announced the cows mooing were too noisy and left without paying. Pat later heard he had gone to another farm B&B where a cockerel always woke everyone at 5.00am.

We all thoroughly enjoyed her talk and she was thanked by Nancy Hullock. Mrs Staley judged the competition for a limerick which included the initials WI. This was won by Margaret Mattinson and second was Anne Ludlam

Following refreshments, Jean Harper-Tarr from Rosley gave a very interesting report as our delegate at the AGM in Cardiff. Ruth Bond, the National Chairman reported on the increase in members, including the formation of 118 new WIs around the country. Next year's subscription will be slightly increased to £30 but each WI will be keeping an

increased percentage (50%) of the subscription. The new logo of the 'WI Inspiring Women' cost £80,000 which they thought was good value but some thought a waste of money! Supermarkets will soon be selling food items made from WI recipes and sporting the WI Logo. Delicious!

The resolution for clearer and fuller food-labelling was passed almost unanimously. Mrs Harper-Tarr spoke about all the speakers and the entertainment ('Only Men Aloud', the winning choir from the BBC competition, 'Last Choir Standing') which had everyone swinging in the aisles and they received a standing ovation. Mrs Harper-Tarr was thanked for giving such an entertaining report.

Then followed the business meeting. The Sebergham WI Quiz night is confirmed for Thursday 21 October. Teams of four, or individuals, may book with Christine Rule on 016974 76410 at £2.50 pp. The Shawk Valley Group Meeting is arranged for Wednesday 15 September at Rosley Village Hall.

Next month's meeting is a demonstration by Cranstons Butchers, and all members will help with the refreshment table, as we have four visiting WIs.

Poppy Hollins-Gibson Press Secretary



#### **ODDFELLOW ARMS CHARITY QUIZ**

Many thanks for your continued support for our charity quizzes. Since we started last July we have raised approximately £1,500 for various charities. Air Ambulance, McMillan Nurses, First Responders, British Heart Foundation, Lifeboats, Mountain Rescue and Eden Valley Hospice have all benefitted from the Quiz and we've all had a good brain work-out.

The Quiz is usually on the 2nd Monday of the month.

Thanks again for your support. Margaret.

#### **Caldbeck Area Community First Responders**

Registered Charity No 1108013

In Association with North West Ambulance Service

If you have a medical emergency, **dial 999 or 112**

(Please note that you cannot call First Responders direct)

If appropriate, the Ambulance Service will call the First Responders as well as (not instead of) an ambulance

**CASTLE SOWERBY PARISH PICNIC**  
Sunday 11 July at 2.00pm  
Following the service there will a 'shared tea'.  
Everyone cordially invited.  
Please bring along a few 'goodies' and enjoy afternoon tea in the  
beautiful surroundings of Castle Sowerby

## **CASTLE SOWERBY PARISH COUNCIL NOTES FROM MEETING ON 20 MAY 2010**

The Annual Parish Council meeting and Business meeting of Castle Sowerby Parish Council were held on Thursday 20 May 2010 in Millhouse Village Hall. The Chairman, Mr John Foster, welcomed Councillors, District Councillor Mr Gordon Savage, and four members of the public.

**Chairman's Report.** The Council meets at least six times a year and there is an annual meeting, usually in May or June. The Council always welcomes members of the public and press to the meetings, which are an opportunity for parishioners to raise matters of interest or concern. The Chairman would very much like to see more members of the public attend meetings. This Council has adopted a new code of practice to enable both the public and councillors to openly debate matters of mutual interest. After all, the Council can only take action on matters of which they are aware. The past year has seen continued good use made of the recycling facility at Inglewood Edge. The Chairman was pleased to report that this Council had earned over £800 during the year from this recycling material, which has enabled the precept and the council tax to be kept as low as possible. Grants were made available to Castle Sowerby Church (£250) as a contribution towards grass cutting, and to the Northern Fells Group (£200). The Parish Council has contributed with its on-going programme of signpost refurbishment with grant aid being secured from the County Council.

Councillors have been regularly in touch with the Highways Authority and the Community Police officer about problems associated with local roads, flooding, white-lining, road signs, speeding traffic and pot-holes.

**Public Consultation.** The Chairman asked the parishioners attending if they had any matters to raise with the Council. Geoff Hine remarked that repairs carried out on the local roads had left a sharp edge where, if a vehicle pulled onto the roadside to pass, it would damage the underside of the car. Council-

lor Richard Little stated that the deep groove adjoining the highway at Bridge House, Millhouse, had been reported several times. The highways contractors were repairing the road in the vicinity and he suggested the road planings could be used to fill in the grooves. They informed him they were not allowed to do this as there were no white markings at this site.

**Northern Fells Group.** Philippa Groves, Village Agent, would like to invite representatives of your organisation to the launch of the Village Agents Project with the Northern Fells Group. The meeting for the Mungrisdale/Castle Sowerby area will be on Tuesday 15 June in Mungrisdale Village Hall from 1.00pm to 3.00pm. Philippa's telephone number is 016974 78555.

**BUSINESS MEETING.** The first business meeting of the year took place. John Foster was re-elected as Chairman with Joyce Wetherell re-elected as Vice-chairman. Councillor Christine Johnston reported on the Parish Council website. Following a conversation with Andrew Ward, it was agreed to set up a website. Tracy Wetherell, our internal auditor, gave a very good report. District Councillor Gordon Savage gave an interesting report of the work of Eden District Council. At last, work seems to be starting on the South End development in Penrith.

The next meeting will be on 29 July at 7.30pm in Millhouse Village Hall. Parishioners welcome.

## **CASTLE SOWERBY CHURCH DANCE**

The Village Hall at Sebergham was full for a dance in aid of repairs to Castle Sowerby Church roof. The evening was organised by John and Connie Foster who also provided the music for dancing.

During the interval, refreshments were served and raffle tickets were sold by John and Jean Salisbury. Prize winners were: Richard Holliday, Tommy Coulthard, Margaret Hodgson, Jack Graham, Joan Scott, Maureen Hodgson, Denise Twentyman, Dorothy Carruthers, Pauline Robinson, Mary Johnston, Jean Phinn, Harold Hodgson, John Salisbury, Jim Sealby, Gordon Tuer, Margaret Woodhouse, Tom Clements, Agnes Nixon, Shirley Mandale, Doreen Lund, Isobel Nicholson and William Thompson.

Birthday greetings were sung to Shirley Mandale and Tom Relph.

John thanked all who had given donations, and raffle prizes and helped to raise £285 towards repairing the church roof.

**WEEKEND WITH HENRY OLONGA**  
**Saturday 11 September 2010**  
**Caldbeck Parish Hall**

Henry Olonga was Zimbabwe's first black Test cricketer - and the youngest ever to play for his country. Henry was propelled to fame when, along with fellow Test cricketer, Andrew Swift, he wore a black armband in protest against the excesses of the Mugabe regime, an action which has effectively exiled him, and his wife, Tara, from his homeland. He is, apart from being a canny cricketer, a professional singer, and will be singing a wide selection of songs and talking about, well, possibly, cricket.

**Tickets £5 each to include refreshments, but note that all ticket proceeds will be donated for relief/rural development in Zimbabwe.**

**Ticket details to follow**

This event is organised by Heskett Newmarket Chapel as part of Harvest Thanksgiving Weekend.

**Family Harvest Service on 12 September at 11.00am,**  
**Caldbeck Parish Hall.**

Everybody is welcome to come!

Further details: Helen Stobart 016974 78669 or Roger Dix 017684 83233



## **CALDBECK METHODIST CHAPEL**

### **Services at 6.30pm**

4 July	Rev K Hurst
11 July	Rev I Haywood
18 July	Rev K Hurst
25 July	Miss D Chalk

## **CASTLE SOWERBY FREE EVANGELICAL CHAPEL**

Sunday School each Sunday	10.30am
Sunday Evening Service	6.30pm

## **HESKET NEWMARKET FREE CHURCH**

Sunday Morning Service - 10.30am with Communion on the first Sunday  
Junior Church - 10.30am. All children welcome.

## **QUAKERS: MOSEDALE MEETING HOUSE**

From the beginning of April until the end of October, Meeting for Worship  
will be held every Sunday at 10.30am.  
*Everyone is heartily welcome to attend.*

## **ROMAN CATHOLIC: ST CUTHBERT'S, WIGTON**

Sunday Mass: 9.00am and 6.00pm

<p><b>COLIN ARMSTRONG</b>  <b>Garden Maintenance</b>  Grass Cutting,  Strimming, Hedge cutting, etc.  also  Painting and Decorating  Tel: 01228 538798  Mob: 07936 243234</p>	<p><b>JOHN BELL</b>  <b>(ELECTRICAL SERVICES)</b>  <b>Your Local "Qualified" Electrician</b>  NICEIC Part P Registered  Over 30 years of Electrical Experience based in  the locality (Caldbeck &amp; surrounding area)  All types of domestic and Farm Electrical  Installations and Repairs.  Tel: 016974 78620</p>
<p><b>S &amp; C ASBRIDGE LTD</b>  Building &amp; Roofing Contractor  Lyndene, Sowerby Row  Carlisle, Cumbria CA4 0QH  Tel: 016974 76384  Mobile: 07831 485 520</p>	<p><b>DAVID BOWEN</b>  <b>Cane &amp; Rush Reseating</b>  ❖ Quality Materials  ❖ Collection &amp; delivery  Located behind the village pond  at Caldbeck  tel: 016974 78100  E-mail: drbowen@btinternet.com</p>
<p><b>BED AND BREAKFAST  ACCOMMODATION  BROWNRIGG FARM</b>  Fairtrade and local produce  Contact: Sally Vaux—016974 78626  sallyvaux@aol.com  www.caldbeckvillage.co.uk</p>	<p><b>CALDEW KITCHENS LTD</b>  Traditional handmade  KITCHENS &amp; BEDROOMS  Workshop &amp; showroom  Avondale, Hesket Newmarket, CA7 8HR  Tel/Fax: 016974 78385  Mobile: 078315 72301  Web: www.caldewkitchens.co.uk  Email: office@caldewkitchens.co.uk</p>
<p><b>THE BAROMETER WORKSHOP</b>  If you have an antique barometer or clock in need of  repair/restoration then come to the specialists.  • Free detailed written estimates.  • High quality work fully guaranteed.  • Collection/delivery service.  • Open by appointment  Antique barometers, scientific instruments &amp; clocks  repaired, restored, bought and sold  Tel &amp; Fax: 016974 76823  Email: info@barometerworkshop.co.uk</p>	<p><b>CARROCK DESIGN &amp; BUILD</b>  Full Design, Planning Permission;  Building Regulations AND on-site build from  one local company.  Come and talk to us about your project—  large or small with no obligation  WWW.CARROCKDB.CO.UK  E-mail: INFO@CARROCKDB.CO.UK  TEL: Malcolm Iredale on 017684 88859</p>
<p><b>THESE CLASSES WILL DRASTICALLY CHANGE  THE SHAPE OF YOUR BODY!</b>  <b>Starting w/c 6 September</b>  (Term time only)  Sebergham Village Hall:  Fridays 9.30am - Pilates  Ivegill Village Hall:  Tuesdays 6.15pm - Pilates  Other classes are available too!  Contact Claire 016974 73352  Or 07846862974</p>	<p><b>CARROCK ARCHITECTS</b>  Chartered Architects  Member of Royal Institute of British Architects  Member of the Guild of Master Craftsmen  For all your building design needs;  plans and building regulations.  WWW.CARROCK.CO.UK  E-mail: INFO@CARROCK.CO.UK  Tel: Malcolm Iredale on 017684 84484</p>

<p align="center"><b>CARROCK COTTAGES</b> FIVE STAR LUXURY</p> <p>Self catering cottages on the fringe of the Lake District National Park. 10% discount to bookings from local or family/friends</p> <p>WWW.CARROCKCOTTAGES.CO.UK INFO@CARROCKCOTTAGES.CO.UK Tel: Gill Iredale on 017684 84111</p>	<p align="center"><b>FIONA COX</b></p> <p>I buy and sell vintage clothes, accessories, textiles, linen and lace</p> <p align="center"><b>016974 78302</b> fiona.cox@btconnect.com</p>
<p align="center"><b>CARROCK PHYSIOTHERAPY</b></p> <p>Backs/necks - sprains &amp; strains - pain - neurological complaints - stroke - MS - mobility problems - acupuncture. Home visits available.</p> <p><b>Patrick Keane &amp; Sarah Morley</b> Chartered Physiotherapists, BSc (Hons) Tel: 016974 78612</p>	<p align="center"><b>DENTON HOUSE GUESTHOUSE &amp; RESTAURANT</b></p> <p>Outside Catering for all occasions. Sunday Lunches En-suite rooms available</p> <p align="center"><b>Tel: 016974 78415</b> dentonhnm@aol.com www.dentonhouseguesthouse.co.uk</p>
<p align="center"><b>ENHANCE YOUR HOME</b> with curtains and soft furnishings made to order</p> <p align="center">Mandy Peverall 016974 76387 07791 454560</p>	<p align="center"><b>ELECTRICAL &amp; PLUMBING</b></p> <p>Commercial—Industrial—Domestic NICEIC Approved Electrician Trevor Studholme Tel: 016974 76455 Fax: 76680 Mobile: 07710 015319</p>
<p align="center"><b>CHOICE CATERING</b></p> <p>Quality home-cooked food for weddings, funerals, parties, business functions, dinner parties.</p> <p>Debbie Bainbridge 016974 78535 Email: Debbie@choicecatering-cumbria.co.uk www.choicecatering-cumbria.co.uk</p>	<p align="center"><b>ENCHANTED GIFTS</b> Gifts for all ages</p> <p>Tithe Barn, Midtown, Caldbeck Open 10.00am to 4.30pm daily Closed on Mondays Keswick Market on Thursdays 016974 78705</p>
<p align="center"><b>PEARSE COGHLAN (ADI)</b> Approved Driving Instructor</p> <p align="center">Pass Plus approved</p> <p>Patience and 1st class motivational skills are central to my way of teaching. Happy to work closely with parents to improve effectiveness of private practice.</p> <p>Tel: 016974 78111 Mob: 07788 170491 E-mail: pearse1@btinternet.com</p>	<p align="center"><b>THE VILLAGE SHOP AND TEA ROOM</b></p> <p align="center">Hesket Newmarket</p> <p>Local produce, Homemade food, Groceries, Off-licence, Take-away food, Home deliveries and Post Office</p> <p align="center"><b>Shop open Mon-Sat 8am-6pm</b> <b>Tea Room open Mon-Sat 9.30am-4.30pm</b> 016974 78229</p>

<p><b>E-MAC BUILDERS LTD</b>  for all your building needs  For a free estimate on new building work or house/property maintenance call: Ewan MacFadzean  Qualified Builder  Tel: 016974 78367  Mob: 07901577498</p>	<p><b>HESKET NEWMARKET BREWERY</b>  Your local brewery.  Having a party?  Buy a barrel, pump supplied.  Wholesale prices  from 18 pints (2.25 gallons) upwards.  Phone or Fax 016974 78066  E-mail: brewer@hesketbrewery.co.uk</p>
<p><b>K &amp; A FEARON</b>  Magnesian &amp; Ground Lime phosphates  Stone, sand &amp; gravel  Lime Rigg, Heskett Newmarket  Tel 016974 78403</p>	<p><b>HESTA SCENE?</b>  <b>Gallery, Alternative Gifts &amp; Interiors</b>  <b>Adults &amp; Childrens Craft Courses</b>  Open Daily 10.00am to 4.00pm  Tithe Barn, Midtown, Caldbeck  Tel: 016974 78015  www.hestascene.co.uk</p>
<p><b>FOSTER FABRICATIONS</b>  <b>Sowerby Row</b>  Sheet Metal Work  and Steel Fabrications  Turning facilities,  Design Work &amp; Repairs  Contact: Tel: 016974 76124  FAX: 76452 Mobile 07979 316715</p>	<p><b>HIGH GREENRIGG HOUSE</b>  Three self-catering cottages to be found in totally detached country location. Enjoy the panoramic views, peace &amp; tranquillity.  Sleeps 2-5  Contact: Sonia Hill  016974 78430  www.highgreenrigghouse.co.uk</p>
<p><b>THE GARAGE CALDBECK</b>  Peter Macdonald  Service, repairs, MOT, for cars, vans, bikes and machinery  Tel: 016974 78392  Emergency: 016974 78291</p>	<p><b>HIM</b>  <b>Chris Wilson</b>  Home Improvements and Maintenance  For all manner of jobs around the home give <b>HIM</b> a call!  016974 76413 / 07929 421163</p>
<p><b>P &amp; R HELLON ELECTRICAL LTD</b>  ELECSA registered  Re-wires, alterations, testing, aerial installations, security systems.  Tel: 016974 78086  Mob: 07747 114058 / 07796 397427  <i>Friendly &amp; reliable</i></p>	<p><b>KEITH OSBORNE PLUMBING SERVICES</b>  Full bathroom installations, toilet and tap repairs, leaks, blockages, radiators moved, etc  <b>No job too small - free estimates</b>  016973 42354  07944 902559</p>

<p align="center"><b>KARMA SOLUTIONS</b>  <i>Remedial/Sports Massage/Relaxing  Massage/Reflexology/Reiki/  Homeopathy</i>  Treatment room in Hesket Newmarket  or home visits can be arranged  <b>Contact Tray Dixon on 07895 620 456</b>  <b>E-mail: traydixon@yahoo.com</b></p>	<p align="center"><b>www.thistlelodges.co.uk</b>  Double balconied, A-framed timber  lodges, sleeping 2-8, at Sandyhills Bay  on the Dumfries and Galloway Coast.  <b>www.staydeansgate.co.uk</b>  Apartments ideal for short city breaks  in a canal-side development in the  centre of Manchester  <b>016974 76254</b></p>
<p align="center"><b>COLIN SMITHSON</b>  <b>Painter, Decorator, Handyman</b>   3 Upton Cottages, Caldbeck CA7 8EU   <b>016974 78161</b>  <b>07787 710061</b></p>	<p align="center"><b>MIDTOWN HOUSE</b>  <b>CALDBECK</b>  Private Care Home  Respite and Day Care Facilities  Single En-Suite Rooms  For details and brochure contact  Gordon or Julie Tickle  016974 78528</p>
<p align="center"><b>LOFTERS HAIR DESIGN</b>  <b>CALDBECK</b>  Appointment times:  Tuesday 8 am -12 am  Wednesday 9 am - 4 pm  Thursday 2 pm - 8 pm  Friday 9 am - 4 pm  Saturday 8 am - 2 pm  <b>Barbara Mitchell 016974 78609</b></p>	<p align="center"><b>JOHN MURCHISON</b>  <b>Electrical &amp; Plumbing Services</b>  <i>For all your electrical  and plumbing installation and repairs.</i>  ECA Approved Electrician  Oftec Oil Registered Technician  Tel/fax 016974 78201  Mobile: 07775 691867</p>
<p align="center"><b>HENRY AND BEN</b>  <b>TREE SPECIALISTS</b>  Henry Rose  Sebergham Castle Lodge, Welton,  Carlisle CA5 7HG  016974 76128  mobile 07900311556  email: bhlogging@hotmail.co.uk</p>	<p align="center"><b>NETHER ROW</b>  <b>Construction Consultants</b>  Quantity Surveying,  Construction Cost Consultants, CDM  Co-ordinators, Surveys, Plan Drawing  JW &amp; SE Wells  Nether Row Hall, Hesket Newmarket  016974 78355</p>
<p align="center"><b>MONKHOUSE HILL COTTAGES</b>  Award-winning holiday cottages  In a courtyard setting, sleeping 2-14  Please visit our website  www.monkhousehill.co.uk or  Contact Jennifer or Andrew Collard  016974 76254</p>	<p align="center"><b>ODDFELLOWS ARMS INN</b>  <b>CALDBECK</b>  Good Beers, Good Food  Ensuite Accommodation  Weddings &amp; Private Parties  Contact: Allan  016974 78227  Fax: 016974 78056</p>

<p align="center"><b>ON THE SHELF Bookshop</b> Priest's Mill Caldbeck Tel: 016974 78770 dorothychalk@mail.com Open mainly afternoons, usually Wednesday and Friday</p>	<p align="center"><b>SEBERGHAM SERVICES LTD</b> <b>Churchtown, Sebergham</b> Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p align="center"><b>THE OLD CROWN INN</b> <b>HESKET NEWMARKET</b> Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with <b>HESKET NEWMARKET BREWERY</b> For Brewery Tours and meal bookings: <b>Tel: 016974 78288</b></p>	<p align="center"><b>ARRON JACKSON</b> <b>PLASTERING CONTRACTOR</b> All aspects of plastering work undertaken, internal and external 21 Summerfields, Dalston <b>Tel: 07506218671</b> <b>Email: Arronjackson17@hotmail.com</b></p>
<p align="center"><b>ANN PARRY</b> For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce <b>Tel: 016974 78417</b></p>	<p align="center"><b>A. STEADMAN &amp; SON</b> Warnell, Welton, Carlisle CA5 7HH Manufacturers of composite panels, box profile and corrugated sheeting, galvanised purlins &amp; gutters, flashings, insulation &amp; fittings Phone 016974 78277 www.steadmans.co.uk</p>
<p align="center"><b>PROFESSIONAL FOOT HEALTHCARE</b> Carol Lee MCFHP, MAFHP Nail trimming, thickened nails, corns &amp; hard skin removed, ingrown toenails, fungal nail infection For a home visit contact 016973 43834/07801 785366</p>	<p align="center"><b>ALLAN STOBART</b> <b>LUBRICANTS AND FUELS</b> Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. <b>Tel: 016974 76575</b> <b>Fax: 016974 76577</b></p>
<p align="center"><b>RMT SLATING/TILING LTD</b> <b>ROOFING CONTRACTOR</b> Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: rmtslating@btinternet.com</p>	<p align="center"><b>J STOBART &amp; SONS LTD</b> Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p><b>JOE STRONG &amp; SON CLOGMAKER</b></p> <p>Boot and Shoe Repairs - only the best materials used - <b>Open:</b> Mon to Friday: 9am to 5pm Closed for lunch Monday &amp; Friday 12.1-15pm Shop Tel: 016974 78225 Home Tel: 016974 78424</p>	<p><b>ANDREW WARD, BSc IT Systems Computer Technician</b></p> <p><b>Website Designer &amp; Technician</b></p> <p>Hardware &amp; software installation, upgrades, problem solving. Websites for small businesses &amp; organisations. Maintenance &amp; aftercare. <i>Home and Office visits</i> Tel: 016974 78220 Email: a.ward@wam-design.co.uk</p>
<p><b>THERAPEUTIC MASSAGE</b></p> <p><b>Karen Royall Dip ITEC</b></p> <p><i>Ease away aches, pains and stress and discover the ancient art of massage.</i></p> <p>HEAL THE BODY SOOTHE THE MIND STRENGTHEN THE SPIRIT tel: 016974 78443 Email: kzmorgan37@hotmail.com</p>	<p><b>WATERMILL CAFÉ LTD</b></p> <p>Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR 016974 78267</p> <p>ANNUAL SHUT DOWN - Mon 5th January Open Again Saturday, 14th February 9.00am — 5.00pm (until 2nd Nov) 9.00am—4.30pm (until Xmas) Closed Christmas day, Boxing Day, 27th December and New Year's Day</p>
<p><b>CALDBECK TREE FELLING &amp; MAINTENANCE</b></p> <p>Fully qualified. Ten years' experience. Very competitive rates. <i>Call Alan or Justin</i> Tel: 016974 78178 Mobile: 07905 409851</p>	<p><b>ANDREW WHITE</b></p> <p>Professional Driving Instructor D.O.T. Approved, Long-established. GRADE 6. Excellent Pass Rate. Car - Car + Trailer - Mini bus - LGV - PSV Friendly &amp; Patient Tel: 016974 78605</p>
<p><b>VIOLIN TUITION</b></p> <p>Beginners of all ages to Grade 4 Music theory to Grade 5 Mrs Rosemary White B Ed Hons(Music) Greystoke Rectory, Greystoke, nr Penrith Tel: 017684 83293 Years of experience in school, private tuition at my home Individual lessons from £10.00</p>	<p><b>THE WOOL CLIP</b></p> <p>Priests Mill, Caldbeck</p> <p>A local co-operative selling a wide range of locally made woollen goods. <i>Open:</i> 11am-5pm Easter to Oct 31st 11am-4pm Mid-February to Easter, Nov and Dec, Jan 2nd - 5th <i>Closed:</i> Jan 6th to Mid-February 016974 78707</p>
<p><b>THE FAIR WORLD SHOP</b></p> <p>Fairly traded foods, teas and coffees, unusual crafts and gifts.</p> <p><b>Weekdays (except Mondays)</b> March 30 to Oct 31 11.00am-4.00pm Nov 1 to Dec 24 1.00pm-4.00pm <b>Saturdays &amp; most Sundays</b> April - Dec 2.00pm-4.00pm Contact: Lynette 016974 78544</p>	<p><b>WRAGG MARK-BELL SOLICITORS</b></p> <p>To assist with: residential, commercial &amp; French property; small businesses; wills; employment &amp; immigration; crime &amp; road traffic offences; matrimonial &amp; children matters. <b>Liz Berry/Gaynor Wragg 01228 711728</b></p>

## CHURCH SERVICES IN JULY 2010

### Sunday 4 July

*Caldbeck*

8.30am

*no service*

11.00am

Holy Communion

*Castle Sowerby*

11.00am

*no service*

*Sebergham*

11.00am

Morning Prayer

### Trinity 5

### Sunday 11 July

*Caldbeck*

8.30am

Holy Communion

11.00am

Morning Prayer

*Castle Sowerby*

11.00am

Family Service + Baptism

2.00pm

Parish Picnic + Worship

*Sebergham*

11.00am

*no service*

### Trinity 6

### Sunday 18 July

*Caldbeck*

8.30am

Holy Communion

11.00am

Family Praise

*Castle Sowerby*

11.00am

*no service*

*Sebergham*

11.00am

*no service*

### Trinity 7

### Sunday 25 July

*Caldbeck*

8.30am

Holy Communion

11.00am

Morning Prayer

*Castle Sowerby*

11.00am

*no service*

*Sebergham*

11.00am

Holy Communion

*Welton*

6.30pm

United Prayer Book Sung Evensong

### St James