

# August 2020



St Kentigern's, Caldbeck



St Mary's, Sebergham



St Kentigern's, Castle Sowerby



Holy Trinity, Rosley



St Hilda's, Westward



St James's, Welton

## Warnell Parishes

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## CALDBECK - St Kentigern's

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## ROSLEY - Holy Trinity

<b>Churchwardens</b>	Mrs J Harper-Tarr, Mr J Atkinson
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## WESTWARD - St Hilda's

<b>Churchwarden</b>	Mrs Mary Little 016973 42668
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## WELTON - St James's

<b>Organist</b>	Mrs L Gash 016974 76337
<b>Treasurer</b>	Mrs Pamela Mitchell 016974 76500

## *Eileen writes*

I pray that in these continuing uncertain times, you may know our faithful God sustaining you day by day. As I look back over another month, I'm thankful to God for his daily kindness and grace for all of us.

It is with great joy that we're once again able to meet for Sunday morning services together in the church building albeit currently only in Rosley and Caldbeck. One of the main reasons for this is that these churches have sound systems so Geoff, Clair and I aren't having to raise our voices and subsequently spread droplets further into the air. There is plenty of social distancing and hand sanitiser but, sadly, no singing. However, it's still so good to meet together and see people once again.

I am acutely aware that at this time it's not possible for everybody to attend a service due to their particular circumstances. It's a very individual decision.

How do we handle that? Having two groups - those able to come and those prevented from doing so or deciding to wait a little longer - is the opposite of what we want but may be our reality for some time to come. I was reminded recently of this verse from Romans 12:15: "*Rejoice with those who rejoice; weep with those who weep.*" Essentially Paul is saying this - don't let your mind focus solely on your own situation. Instead, think about what is happening to others and identify with them.

For those who have to stay home on Sundays, it may feel hard perhaps to hearing about those meeting together in our buildings. But please, don't resent this - rejoice with those who have the opportunity to meet together again. It's also important for those of us who are able to meet not simply to enjoy that and give no thought to those who would love to be with us. That's part of weeping with those who are weeping. We need to remember that the church is not just those who are there on Sunday. That's why my aim is to keep doing the short service I put on the web site and send out in paper form. We all use the same psalm, readings and prayers so, hopefully, that helps us to stay connected.

Of course, there is more to this verse. In life almost every piece of good news for somebody (such as a new baby in the family, a rekindled friendship) is simultaneously a reminder for others of what they

cont'd....

long for but don't have. The way through those times is for those who feel they may be missing out to try to rejoice in the blessing God has given others. Meanwhile, those who have been blessed should be sensitive to those for whom life is tough. That's all part of not thinking primarily of ourselves but of others. Paul goes on to say in v16: "*Live in harmony with one another*".

Love for another means we enter deeply into the experiences and emotions of all those we come into contact with and feel solidarity with them. We do that because we are indwelt by the Spirit of Jesus - the one who above all else focused on others and not his own situation. So, as Hebrews 12:2 encourages us, we seek to fix our eyes on Jesus - and be like him as we respond to the different joys and frustrations that we all experience.

With love and prayers for you all,

*Eileen*

## **From the registers:**

### **Funerals**

Edna Sanderson at St Kentigern's, Caldbeck on Wednesday 24<sup>th</sup> June 2020.

Christine Manuel from Castle Sowerby at Carlisle Crematorium on Tuesday 30<sup>th</sup> June 2020

## **CHURCH OPENING TIMES**

Following on from my recent spate of emails. Thank you so much for your responses to opening the church building for private prayer. As I've said, Bishop James has said that this should be supervised. This is sensible as Covid -19 is still with us and we do not want to put anyone at risk. Some churches in Cumbria are not opening at all but Caldbeck church will open on Wednesdays from 10.00 to 12.00 and Sundays from 14.00 to 16.00. This will start from tomorrow, Wednesday 17th June 2020.

Parts of the church have been blocked off so that access is kept to the pews where people may sit and pray. The toilet, kitchen and prayer room are not available for use and signage makes this clear. There is no access to service books, pew bibles, the sales table and the MU table. Cards printed with a prayer for people to use if they would like, are available, these will then be taken with them from the church. The prayer request book is not in use, neither is the prayer tree but there is a sign telling people that prayer requests may be left on the web site, or, if pre written, may be left in a basket where they will be picked up after a few days.

Hand sanitizer will be available in the porch for use on the way in and on the way out. Signs will be up highlighting the need to maintain the 2metre social distancing rule and a one-way system will operate as people go down the main aisle and back out via the side aisles. The person supervising will gently remind people of all of this if it is not complied with.

Hopefully this will be the start of moving back to some sort of normal use of our church buildings. The ministry team are currently working towards the first public services being allowed from 4th July, although this has yet to be confirmed. More information about this will be available as soon as we are given the go-ahead.

If you have any queries please do ring me or send me an email,

With love and prayers,

Eileen

This PDF version of the magazine, accessible via the church website, has been created for the period when the printers are closed, during the COVID 19 outbreak. We intend resuming normal service once the lock down is over and the printer re-opens.

Clearly the magazine is not as it usually is, full of events and reports, but we would like to continue being a source of information and interest to everyone in the community.

Thank you to everyone who has helped to fill this issue with stories, poems and interesting articles

We would welcome contributions from anyone living in the Warnell Parishes area, that might amuse or inform our readers. If you would like to write something about how you are spending the lockdown period, or send in a puzzle, or illustration we could use (remember copyright!), then we will try and include as many items as possible in the next on-line edition. The magazine email is:

[warnellmagazine@gmail.com](mailto:warnellmagazine@gmail.com)

Thank you

**Please note that the Northern Fells information starts on page 24**

# James Larson

20 May at 02:31 ·

There has been plenty of debate about wearing masks to help prevent the spread of coronavirus. And with good reason. At the start of this pandemic, we didn't really have much scientific evidence. And what little evidence we had involved other diseases, like the flu, which can't be applied to the COVID-19 virus, SARS-CoV-2 or Coronavirus.

When this all got really bad, I was in Peru, desperately trying to get home the day before that country shut its airports. I was traveling with a handful of other doctors, and none of us wore masks. We were sure that anything other than an N95 was pointless.

But I was wrong. We were wrong. The WHO is STILL thinking wrong. Because we were thinking backward. We were thinking of how to avoid getting it. But we should have been thinking about how to avoid spreading it.

Because yes, if an infected person coughs in your face, you are likely to get infected unless wearing an N95 and face shield. But a simple cloth face mask turns out to be remarkably effective at keeping someone's germs to themselves, especially during the pre-symptomatic phase of the disease.

I'm not here to force you to wear a mask, or to call you stupid for not wearing one. I'm just here to show you the evidence that changed my mind. I hope you come to the same conclusion as I did: We don't have to choose between killing the economy or killing people. With simple face masks in addition to hand washing we can eliminate the virus, reopen the economy, and save thousands of lives all at the same time.

## THE TRUTH ABOUT MASKS

The truth is that coronavirus is largely spread by respiratory droplets. And homemade masks can block the majority of those droplets. "Healthy" people infect just as many people as sick ones. And places like Austria saw a 90% drop in COVID infection within two weeks of mandating masks. So all of us should be wearing masks. But please don't take my word for it. I've been wrong before, I'll be wrong again. Instead, look at all the evidence below.

## CLOTH MASKS BLOCK THE PRIMARY MODE OF CORONAVIRUS TRANSMISSION

First of all, we needed to realize exactly how coronavirus spreads. This is primarily through respiratory droplets which are about 5-10 microns in diameter. Studies tracing the outbreaks in China show that the transmission mode was primarily through these larger droplets. <https://www.who.int/.../modes-of-transmission-of-virus-causing...>

Still we can't rule out transmission through aerosols (droplets smaller than 5 microns). But, fortunately cloth masks can block both droplets and aerosols.

A study from Wake Forest (in publication) shows that home-made masks can block almost all droplets, including aerosols. The better the material, the more droplets they block. The best masks are made with two layers of batik quilting fabric, or else cotton backed with flannel. These block even more droplets than a standard surgical mask, like the photo on this post. <https://newsroom.wakehealth.edu/.../Testing-Shows-Type-of-Clo...>

Other studies have shown that unfitted surgical masks can drastically reduce the spread of the seasonal human coronavirus, a much less virulent cousin that causes mild colds. This study shows that even if aerosols and droplets emerge through the mask, they seem to have been filtered of all coronavirus RNA. <https://www.nature.com/articles/s41591-020-0843-2#Tab1>

The following video demonstrates the effect on a scale we can see. These droplets are bigger than the ones we've talked about so far. I use it only to help visualize what the other studies show on the microscopic scale.<https://m.youtube.com/watch...>

And it's important to remember, that you have to inhale a certain number of live viruses to actually catch the disease. That exact number isn't known for COVID. But 1000 is the best guess of virologists. You may think "who cares if the mask blocks most virus? All it takes is one and I get sick." But that's not correct.

<https://www.sciencemediacentre.org/expert-reaction-to-ques.../>

Blocking most of the virus droplets means the people around you are unlikely to inhale enough to get infected. This is also why being outside is safer than in an enclosed area; the wind spreads your droplets around and people nearby are less likely to get hit with enough live virus to cause an infection <https://www.vox.com/.../coronavirus-runners-cyclists-airborne...>

## WHY HEALTHY PEOPLE SHOULD WEAR A MASK

This is a frequent topic of debate. Why should healthy people be made to wear a mask? Well there is one major problem: up to half of those infected with COVID don't know it, but can still spread it. So you can't really know whether you are truly healthy. It's an assumption of health, and it's often incorrect.

In fact numerous studies have found that roughly half of COVID infections are transmitted between people before they know they are sick. (These are in process but so is the pandemic.) <https://www.nature.com/articles/s41591-020-0869-5>

<https://www.medrxiv.org/conte.../10.1101/2020.03.05.20031815v1>

This asymptomatic transmission is what accounts for people developing infections after lockdowns and quarantines are instituted. <https://www.medrxiv.org/conte.../10.1101/2020.04.17.20053157v1>

## MASKS WILL STOP THE SPREAD OF THE VIRUS

Using all of these numbers, new models predict a vast drop in COVID cases with the universal use of face masks. (I know models have been wildly inaccurate, but stick with me just a bit more.) Some actually show it to be far more effective than the economic shutdown we have been going through. In fact they give us hope that with only 70% of the population wearing masks we could extinguish this disease before a vaccine is ever developed. That's something we can all be happy about.<https://arxiv.org/abs/2003.07353>

<https://news.cgtn.com/.../AI-modelling-shows-mask-e.../index.html>

<https://www.medrxiv.org/.../05/15/2020.05.09.20096644.full.pdf>

## BUT DOES IT WORK IN REAL LIFE?

Like I said, the last few months have been full of models and predictions whipsawing from one extreme to another. And there are valid concerns that average people don't know how to use masks or that masks might give us too much confidence, leading to unsafe behaviour. But we can look to real-life examples to provide evidence of the effectiveness of masks. And that shows us that masks can be incredibly effective.

Let's talk about Japan (we've had 10 times their number of cases despite only being 2.5 times as large.) They've had no lockdown and closed no stores, but everyone wears masks. And they've had days with no new cases reported. But there could certainly be other reasons for their low case levels, such as total testing and differences in reporting. Besides, you could argue that their culture is used to wearing masks and would use them more effectively.

So instead let's look at Austria, a country with no previous culture of face mask wearing. They made masks mandatory in public starting April 6. Two weeks later, infections had dropped by 90%.<https://www.scientetimes.com/.../austria-90-drop-coronavirus-...>

Let's look at the Czech Republic. They required facemasks in mid March. Within three days, the people produced enough masks at home for every man, woman and child, all 10 million. Coupled with their social distancing, this has kept the total cases in Czech Republic to one of the lowest in Europe, with only 50 deaths. <https://www.usatoday.com/.../czech-government-imp.../2940393001/>

Similarly, Slovakia, the second country in Europe to implement facemask use has had some of the lowest cases and deaths in Europe. <https://www.euractiv.com/.../facemasks-against-covid-19-why-.../>

And finally let's look to America. What happens when a hot zone institutes face mask policies? Well Brigham and Women's Hospital in Boston instituted universal masking of patients and staff, the rate of staff COVID infections dropped by 50%. <https://www.wbur.org/.../brigham-and-womens-masks-infections>

Other than that, it's hard to say. Our testing rates are low, case reporting and compiling vary significantly from state to state, and most states only require employees to wear masks when in contact with customers. We really don't have reliable data from which to draw conclusions.

## WHY NOT JUST MASK THOSE AT HIGH RISK?

While this seems like a reasonable and simpler solution at first, it is logically impossible. Most elderly people here live in multigenerational homes and can't afford to live on their own. Even if they stay home, their families will bring COVID home to roost.

And if we were to round them all up and put them in some sort of protective housing, well that too would be an enormous violation of civil rights. Plus putting many high risk individuals together just means that when a care worker at this facility eventually infects somebody, we will have just set up a slaughterhouse and made the disease that much more likely to kill them all.

Plus you have the final piece in this puzzle. Unfortunately it's another one that puts egg on the

face of the medical community and our assumptions. It turns out that wearing an N95 mask is maybe not the best way to keep yourself from getting sick. Having the infected person wear the mask is. In a study published (and largely overlooked) in 2013 in the Journal of Aerosol Medicine and Pulmonary Drug Delivery, it was shown that even a simple surgical mask on a source of aerosol was better at preventing exposure than an N95 on the “healthy subject.” <https://www.liebertpub.com/doi/10.1089/jamp.2012.0998>

This is why the motto in Czech Republic is “My mask protects you, your mask protects me.”

## WHY WE SHOULD ALL BE WEARING MASKS

Putting it all together, we should definitely all be wearing masks as much as possible in public. Especially situations with high risk of transmission (office buildings, restaurants, parties, bars, nightclubs, public transit, gyms, and religious services). For more info on that, please read this incredibly informative article by Dr. Erin Bromage at Dartmouth <https://www.erinbromage.com/.../the-risks-know-them-avoid-them>

I’ll be the first to admit that the medical profession is playing catch up here. And the inconsistent, conflicting messages have been very confusing. Hell, I’m contradicting the WHO! But I think the evidence is solid. And so do others:

Face Masks Against COVID-19: An Evidence Based Review <https://www.preprints.org/manuscript/202004.0203/v1>

## CAN’T WE JUST GET IT OVER WITH?

I know I sometimes think “I’d rather just catch this virus, get it over with and get back to normal life.” I’m sure many of you do too. Some think that risking infection is their duty to return the country to normal. But that’s letting the virus win.

Patriots make sacrifices, sure. But not senseless ones. And risking infection is an unnecessary sacrifice because wearing a mask, washing your hands, and keeping 6 feet away is the only sacrifice you have to make. (Well, that and getting your brain tickled by the COVID nasal swab if you have symptoms.)

I hope you come to the same conclusion I did. I hope we can all agree to make these accommodations. For so long, it has seemed like we would have to choose between our people and our economy. But with this new information, for the first time in a long time, I’m hopeful we can save both.

Stay safe my friends

Caldbeck & District Local History Society have received the following request

*..... I'm helping with some research into the International Youth Camps organised by Cumberland County Education Committee in the school summer holidays between 1944 and 1958 (except for 1945 and 1955). The purpose of the fortnight's camp was to bring together sixth-formers, both boys and girls, attending Cumberland grammar schools and their equivalents from a range of European countries in order to foster international friendship and understanding. The IYC was based at Cockermouth Grammar School between 1944 and 1951, then moved to Lainthwaite School in Keswick (1952-1954), Queen Elizabeth Grammar School in Penrith (1956 and 1957) and finally back to Lainthwaite in 1958.*

*We've found material in the Education Committee records held in the Cumbria County Archives, substantial numbers of local newspaper articles and some school magazine articles about the Cumberland IYCs and our aim is to publish a local history booklet.*

*However, what is essentially missing are personal memories; these would undoubtedly add another dimension and enhance the appeal of our planned publication. Seeking to explore every possible avenue, we've decided to approach local history groups in Cumbria with a request for assistance, namely circulating the attached notice to members, in the hope that this may strike a chord with some of them, even if they didn't attend an IYC themselves, and prompt them to contact me. We hope that you will be willing to help us in this way, since we feel sure that any reminiscences or information that may result would add to the interest of our planned booklet.*

*Any assistance that you may be able to provide will be very much appreciated and we look forward to expressing our thanks in the publication's acknowledgements. Please don't hesitate to contact me for any additional information that you may require.*

Regards,  
Sue Dunlop

[s.dunlop@pt.lu](mailto:s.dunlop@pt.lu)

## CALDBECK PARISH COUNCIL NEWS

The Parish Council's July meeting, another virtual meeting, is at the end of the month, well after the deadline for the August Magazine. News therefore focuses on actions in recent weeks.

**Additional waste bins.** The Parish Council has agreed with Allerdale Borough Council the positioning of some additional waste bins throughout the Parish. Allerdale will provide three bins, with the Parish Council providing four. Allerdale will service all seven bins as part of its normal refuse collection. The Parish Council will monitor the new facilities and if the siting of additional bins attracts unwelcome littering, the Parish Council will remove them.

**Wood Hall Woodland Management Plan.** The Parish Council considered a detailed Woodland Management plan on which it was consulted by agents of Wood Hall which involved some clear felling and replanting. The Parish Council had previously objected to the first consultation because insufficient information had been provided. It had 'no objection' to the new detailed proposals but drew attention to the desirability of retaining broad leaved trees where practicable. There remained concern about the route timber lorries would take. Whilst assurances had been given that lorries would not be going through Hesket Newmarket, access to the east would still be difficult as all routes to the Penrith Wigton road posed problems for large lorries. The Parish Council highlighted the UK Forestry Standard which requires woodland owners to liaise with the highways authority when forestry lorries emerge onto the highway and might pose a threat to road users. It has therefore asked for information about the size of timber lorry to be used and the route to be taken and for confirmation that the Highways Authority will be consulted.

**Notices for visitors.** With the further easing of lockdown restrictions, the Parish Council agreed that notices should continue to be displayed, welcoming visitors to the Parish and asking for consideration regarding local community concerns. The National Park had reported many first time visitors to the Lake District and problems of car parking and littering and the Parish Council concluded that notices were still appropriate.

**Cont'd..**

**Benches.** There have been a number of offers to 'adopt a bench', where volunteers help maintain and look after a particular bench in the public areas in Caldbeck and Hesket Newmarket. Further offers of help would be very much appreciated so please contact Tim Cartmell, Chairman.

**Parish Lengthsman.** The Parish Council has contracted Mark Binney to undertake the Lengths man's services. Mark has been cutting the greens at Caldbeck and Hesket Newmarket and looking after public areas around car parks for several years and the Parish Council is delighted that Mark is taking on the additional work. This is a new service, strongly supported by parishioners in the consultation on the budget in December, and the Parish Council will be looking with great interest at how the service develops. If you have any suggestions or comments, please do speak to a Parish Councillor or contact the Clerk.

**Purchase of National Park land.** The National Park is bringing staff back from furlough and restoring some of its services. The Parish Council has therefore been looking to progress the purchase of Hesket Newmarket green and the various car parks in the Parish. The Parish Council met National Park staff and has offered to move quickly on the purchase and deal with any outstanding issues raised as part of the National Park's consultation. The Parish Council believes that in transferring the assets from one public sector body to another, the National Park will have discharged its obligations by making explicit any issues raised and the Parish Council would seek resolution of all issues by agreement. In this way the purchase which has been under consideration for some three years would be completed. However the land agent for the National Park had further discussions to hold with his consultees. In particular World Heritage status advisers at the National Park had raised issues concerning the car parks on common land in both Caldbeck and Hesket Newmarket and the Parish Council was told these needed to be addressed.

For further information, please contact Simon Smith:  
Email: [caldbeckparishclerk@gmail.com](mailto:caldbeckparishclerk@gmail.com). Telephone: 016973 71008

## Caldbeck Common

Caldbeck Common has not changed its boundaries since it was first registered under the Commons Registration Act 1965 as a common in July 1967. That Act required all common land and for all rights to graze commons to be registered. The registers are public and kept by the Cumbria County Council. In 1967 the common had an area then assessed by the County Council land agent of 3726.75 hectares (9209 acres). But in 2012 it was 3996.63 hectares (9876 acres) we were told by the Rural Payments Agency. That is a difference of 269.88 hectares, which in my language is a mere 667 acres. The Caldbeck Commoners Association get told from time to time that the area is this or that, for that or this purpose, and we have no easy means of verifying the information, and no-one can explain why the figure changes. Today we are told by the RPA that the area is 3985.92 in total (9850 acres) of which about 120 hectares is ungrazeable because it is rock river impenetrable gorse etc.. The RPA have mapped every gorse bush.

From one viewpoint all those areas are wrong as they take no account of the actual surface area, which because of the slopes may be as much as a third more than the “flat plan” area which is what the RPA assess.

What is the Caldbeck Commoners Association? It is a club, formed by and for the people who graze the common with sheep and cattle and have the rights registered to do so, and others who hold rights to graze but do not exercise those rights.

In 1999 there were 34 farmers who grazed the common with about 10800 sheep. Now there are 26 graziers with about 4600 sheep max numbers in August and a lot less in winter. Some stopped grazing after foot and mouth in 2001 and others have stopped since. The number of active graziers is expected to reduce further – the heritage of commoning is in decline, despite the Lake District World Heritage status being partly based upon it.

Who controls the numbers of sheep? Natural England offered the Caldbeck Commoners Association a 10 year deal which was signed up in 2003 and another in 2013 – money in return for stocking restrictions. The money mainly goes to the active graziers. The aim of Natural England is to put the Common into favourable condition. Most of the common is a Site of Special Scientific Interest and Natural England are its guardians. One of the contributing factors to the decline in the number of active graziers is the sheep number reductions – NE focus on flora and fauna and not the human commoning heritage.

Why are the Rural Payment Agency involved in assessing the area of the Common? Because farmers who own registered rights to graze the common can also claim annual area payments under the Basic Payment Scheme which before 2015 used to be called Single Farm Payment scheme, and the individual payments are calculated by reference to the farmers share of the total grazable area, and his share is worked out by comparing the numbers of sheep or cattle he can graze according to the register to the total number of sheep and cattle rights claimed on the common for Basic Payment.

Can you acquire rights to graze the common ? – yes if you buy some farm land to which the rights to graze the common attach.

Can you walk on the common – yes anywhere you wish, but your dog must be on a lead from March to the beginning of August.

Can you drive on the common? No it is illegal without the landowners permission, save to park within 15 metres of the highway, and save for the farmers who graze the common.

Who owns the common? The greatest area belongs to the Lake District National Park. Dalemain Estates own Carrock Fell at the southern end of the common. The County Council own most of the Caldbeck pond area, though the car park in Caldbeck which is part of the common belongs to the Lake District National Park again.



Who has been planting the common? The agreements between Natural England and the Caldbeck Commoners Association have required the planting. 18 hectares were fenced and planted in about 2008 under a consent from the Secretary of State and a new consent was given to fence another 21.48 hectares which was planted in 2013.

The works such as fencing and planting and works to preserve archaeological remains are carried out by the Lake District National Park Authority. The LDNPA is an active member of the Caldbeck Commoners Association, and is able to call upon its volunteer workforce for help with its management works. The LDNPA carry out an annual bird survey on the common. Nearly all that work is funded by Natural England. Unfunded is the work the LDNPA has to do in keeping the mine shafts fenced.

Further, the LDNPA organise a meeting between owners and representatives of the commoners on Caldbeck and Uldale Commons (which the LDNPA also own) and Natural England in January each year to decide upon which events (hound trails, orienteering, hang-gliding, sponsored walks etc) should be given permissions. The consultation by the owner is appreciated by the commoners.

The common is now becoming a busier place in summer for walkers runners and those interested in industrial archaeology. 200 years ago it will have been busier when the various mines were in operation,

with all the infrastructure that went with them. What would the modern ecologist have thought of the industry had he been alive and working then? Caldbeck Fells are worth all England else, it was said.

Favourable condition is not defined. The graziers receiving Natural England's money under the Agreement made in 2013 doubt whether the stocking limits agreed in return help the overall favourable condition of the common – the undergrazed or rather ungrazed white grass areas now seem to account for a very large proportion of the common. Those areas are apparently of little or no interest to Natural England and to the commoners represent wasted grazing, and unfavourable condition. The sheep prefer the sweeter bits, and are easing down the fell as their number reductions make it easy to leave their original hefts

Some people want the common re-wilded – so all the sheep need to be taken off to achieve what to them is favourable condition. That would destroy the Lake District farming heritage which relies upon turning out hefted sheep onto the common.





## Food Bank

Thank you to everyone who has donated to the Food Bank over the last few years, by placing foodstuffs in the box in St. Kentigern's church at Caldbeck. These have been going to Carlisle Food Bank and have been greatly appreciated.

Under the current restrictions it is no longer possible to take foodstuffs to Carlisle but donations of foodstuffs may still be left in the box which is in the church porch. These will be taken to the Food Bank warehouse at Cockermouth, by someone local who volunteers there.

In these difficult times it is even more important that we help those in need.

If you would prefer to give money, this can be done by bank transfer. Please contact Susan Beale for details:  
[susan.lowrow@gmail.com](mailto:susan.lowrow@gmail.com) or tel. 016974-78353

Many thanks for your support.



Our Mental Health is so vital for our well being and in the current situation of uncertainty, anxiety and for some, isolation, it is a challenge for many people to remain mentally healthy.

There are lots of places we can turn to for help and support, but it is not always easy to reach for help when we are experiencing mental health issues. Talking to someone about your problems would be a good thing to do, but in the present circumstances there may not be someone to hand with whom you wish to share your innermost thoughts. In that case a third party, who is available by phone and who is not part of your normal circle of friends or family, may be able to help.

To find someone who has some listening and counselling skills perhaps a good place to start would be to log into one of the websites, which can signpost you to find help and support. There are a lot of alternatives, but try:

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) or [www.mindincumbria.org.uk](http://www.mindincumbria.org.uk)

Or for younger people:

<https://www.camhs-resources.co.uk/> or <http://www.youngminds.org.uk/> or  
<http://www.camsden.com/> (for 7-10 year olds) or <https://www.kooth.com/>

Alternatively you may find it helpful to look at the resources produced by the Church of England, to guide people through a series of reflections, which aim to strengthen our mental health. To follow this link cut and paste:

[www.churchofengland.org/sites/default/files/2020-3/10961•Mental%20Health%20Reflections\\_WEB.pdf](http://www.churchofengland.org/sites/default/files/2020-3/10961•Mental%20Health%20Reflections_WEB.pdf)

Remember that 1 in 4 of us will experience some mental health problem at some point in our lives, so it is not something to be ashamed of, nor is it something that you have to face alone. If you are experiencing low self esteem, grief, depression or high anxiety levels, please take a step towards better mental health by making contact with someone who can help you.

## Sebergham Weather Recordings

### June 2020.



#### Rainfall.

##### June 2020

Aggregate for year.

106.800 mm (04.20 ins)

631.30 mm (24.86 ins)

##### June 2019

Aggregate for year.

094.20 mm (03.71ins)

512.30 mm (20.17 ins)

#### Notes.

Our **10 year average rainfall** for the month of June is **079.58 mm (03.14 ins)** and you will see above in June we recorded over an inch of rain above our average for the month, after the previous two months being below our average. Our **wettest** June over the last twenty years was in **2012** recording: **195.80mm (07.71 ins)** Our **driest** June over the last twenty years was in **2014**, recording **030.70 mm (01.21 ins)** Our rain **high day** for June was Friday 22<sup>nd</sup> recording **019.20 mm (0.75 ins)**. We recorded rainfall on 14 **days** in the month. Our 6 months aggregate rainfall for this year **631.30 mm (24.86 ins)** is still well above our average aggregate over the last 20 years of **452.37 mm (17.81 ins)** i.e. 177.80 mm (7.00 ins). Our six month aggregate rainfall this year (**2020**) makes it our wettest year over the last twenty years, and by contrast our aggregate rainfall in **2009** was only **331.65 mm (13.01 ins)** making it our driest first six months of any year in the last twenty years.

#### June temperatures 2020.

Average maximum day temperature

18.17°C (64.71°F)

Average minimum night temperature

10.77°C (51.39°F)

Warmest day Thursday 25<sup>th</sup> June

29.00°C (84.20°F)

Coldest night Thursday 4<sup>th</sup> June

07.00°C (44.60°F)

#### June temperatures 2019.

Average maximum day temperature

18.02°C (64.44°F)

Average minimum night temperature

08.80°C (47.84°F)

Warmest day Saturday 29<sup>th</sup> June

26.40°C (79.32°F)

Coolest night Monday 19<sup>th</sup> June

02.80°C (37.04°F)



## Notes.

June this year was quite a cloudy and wet month with Atlantic depressions dominating our weather. Our June maximum **daytime** temperature this year, see above, is similar to our ten year average for the month of **17.98°c (64.35°f)** and our minimum **night time** June temperature (see above) was well above our ten year average for the month of **06.80°c (44.24°f)** Our coolest June over the last 10 years was in **2015** recording the month's night time temperature at an average of **07.94°c (46.29°f)** By contrast our warmest June over the last 10 years was in **2018** recording the month's average day temperature at **20.22°c (68.39°f)** We recorded thunder on 3 days. As we recorded no frost in June it has given us a total of 36 days over the winter/spring from when frost was recorded for the winter in October 2019.

## Wind.

June was a windier month than the last 3 months of low wind strength. Our monthly average wind speed for May was 2.9 mph. The dominant wind direction for the month was from the **WSW** which accounted for the Atlantic influences during the month



STILL STUDYING? FUNDING AVAILABLE FOR BOOKS ETC.

**Haltcliffe School Trust Fund    Grant Distribution 2020**

**The Trust specifies that the income of the Charity should be applied in promoting further education, including social and physical training, of persons resident in the parishes of Caldbeck and Castle Sowerby.**

**In allocating benefits the Trustees shall have regard to the promotion of the education in accordance with the principles and doctrines of the Church of England and the Methodist Church. Individuals who successfully applied for a grant last year may re-apply this year for further consideration. However each individual may only ever make two applications.**

**Distribution of interest will be made following a Trustees Meeting to be held on 7<sup>th</sup> October 2020.(TBC)**

**Application forms for these grants can be obtained from the Secretary,**

**Mrs A. Noble 2 Hodden Croft Cottages, Caldbeck,  
Wigton CA7 8EL   Tel 016974 78692**

**The forms must be returned by 30<sup>th</sup> September 2020.**

## WESTWARD GRASS CUTTING



Many thanks to everyone who helped with the annual grass cutting, sort out the trees and provided refreshments.

## WESTWARD HALL



We are hoping to host one of the Macmillan biggest coffee morning during September, but this year we will be hoping to hold it outside, weather permitting. Details later.

## Northern Fells Group Information



### NFG CONTACTS

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

NFG Millhouse office, Diane Barraclough:  
016974 78094

MINIBUS (for those without their own transport) Carol & Antoinette: 016974 78787

LEND A HAND Simon: 016974 77196

MEDICAL LOAN Simon: 016974 77196

BENEFITS HELP Dianne Bowes: 07564 368011

CARLISLE BUS Helen: 016974 78556

### Contacts for Village Agents

**Mungrisdale & Castle Sowerby—Philippa Groves 016974 78555**

**[philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk)**

**Westward & Rosley—Barbara Stoddart 016973 42452**

**[barbara.stoddart@northernfellsgroup.org.uk](mailto:barbara.stoddart@northernfellsgroup.org.uk)**

**Caldbeck, Sebergham & Welton—Helen Sturges 016974 78556**

**[helen.sturges@northernfellsgroup.org.uk](mailto:helen.sturges@northernfellsgroup.org.uk)**

**Ireby, Uldale & Boltons—Gillian Skillicorn 07874 241604**

**[gillian.skillicorn@northernfellsgroup.org.uk](mailto:gillian.skillicorn@northernfellsgroup.org.uk)**

## Services in response to Covid-19 offered by Northern Fells Group

As you will be aware, all of our “social” activities, including Men in Sheds, have been postponed until the situation changes. The Northern Fells Group however, launched its response to Covid-19 on March 16<sup>th</sup> with a recruitment drive for local younger volunteers and an active invitation for the community to contact us for help and assistance.

The number of volunteers has steadily risen since then, with 137 new volunteers signing up for Lend a Hand assists, in addition to the 34 already registered, making a total of 171 individuals who can offer assistance to older vulnerable people - many of whom we are already working with - and to families self-isolating. Many thanks and welcome to our new volunteers!

Simon is currently co-ordinating volunteering activities, along with the Village Agents in the area offering:

- Picking up shopping
- Posting mail
- Collecting prescriptions or medicines
- Delivering locally cooked take-out meals
- Dog walking
- Support on delivering takeout meals or shopping for local small businesses

The Village Agents are also co-ordinating a “Phone a Friend” telephone tree, ensuring that our most vulnerable community residents receive a phone call every 3 days to check that they are OK. This is working very successfully.

We are continuing to issue information bulletins every 3 days to our users through our email network and on our website: [www.northernfellsgroup.org.uk](http://www.northernfellsgroup.org.uk), (and in hard copy if requested) - providing information about

- Local services e.g. which pubs and cafes can deliver takeout meals or whether the shops are doing order and delivery
- Up to date Public Health and County Council information about the virus
- Information about other NFG services including benefits support and transport
- Activities to do at home to stay healthy and be creative!

If you require information or support please contact your Village Agent or Simon at [simon.braithwaite@northernfellsgroup.org.uk](mailto:simon.braithwaite@northernfellsgroup.org.uk) or on 016974 77196

## **NORTHERN FELLS GROUP DEMENTIA ACTION ALLIANCE YOUR DEMENTIA FRIENDLY COMMUNITY**

During these challenging times, if you are living with Dementia, or caring for someone living with Dementia, you may be relying more on your local community for support, and that's why the Northern Fells Group are committed to helping in any way we can. We have therefore put together a few links and resources you may not be aware of, and suggestions of things that you could do to help your local community. This isn't an exhaustive list, so if you need more information or support, please do get in touch.

### **HELP AND SUPPORT**

**'Dementia Connect'** support number provided by the Alzheimer's Society: 0333 150 3456.  
More Info: [www.alzheimers.org.uk/dementiaconnect](http://www.alzheimers.org.uk/dementiaconnect)

**'Talking Point'** online forum provided by the Alzheimer's Society: [www.alzheimers.org.uk/get-support/dementia-talking-point-our-online-community](http://www.alzheimers.org.uk/get-support/dementia-talking-point-our-online-community)

**Making your Home Dementia Friendly;** the Alzheimer's Society have produced a guide to help you make positive changes to your home, a copy can be downloaded, or a copy requested via their website.

More Info: [www.alzheimers.org.uk/get-support/making-your-home-dementia-friendly](http://www.alzheimers.org.uk/get-support/making-your-home-dementia-friendly)

### **WHAT'S ON(LINE)?**

**Exercise classes / yoga etc**

**Singing groups**

**Walking Groups**

**The Natural History Museum London** has virtual tours, commentary from Sir David Attenborough, and ideas for exploring nature at home: [www.nhm.ac.uk](http://www.nhm.ac.uk).

**The National Gallery** are also offering virtual tours on their websites:  
[www.nationalgallery.org.uk/visiting/virtual-tours](http://www.nationalgallery.org.uk/visiting/virtual-tours)

### **SOME USEFUL RESOURCES**

**RNIB** (Royal National Institute for the Blind) have a number of useful resources for those individuals with visual impairments, including talking newspapers, magazines, and books.

More Info: [www.rnib.org.uk](http://www.rnib.org.uk)

**Be My Eyes**, this is an app that can be used by individuals who are visually impaired to help with simple everyday tasks.

More Info: [www.bemyeyes.com](http://www.bemyeyes.com)

### **HOW CAN I HELP?**

**The Alzheimer's Society** have put together some suggestions for fundraising that can be carried out from home, lots of charities are struggling as their normal channels for raising money are no longer able to take place. Take a look and see if you can do something to help.

More Info: [www.alzheimers.org.uk/get-involved/events-and-fundraising/homegrown](http://www.alzheimers.org.uk/get-involved/events-and-fundraising/homegrown)

**Get Involved;** Lots of people are on their own during these unusual times, and loneliness can be a big problem. Not only that parents are suddenly tasked with entertaining, and educating their children, often whilst still working themselves. We came across an idea that we think could help; as an exercise for children, and something positive for others, why don't you ask your children to write a letter to someone who is living on their own. Maybe a day in the life during isolation, what you have most enjoyed about being at home, and what you are most

looking forward to when we can get out and about again? Even draw some pictures too. If you are interested in taking part, get in touch with your village agent, who will be able to arrange collection and distribution of the letters to someone who would love to read them. Remember to keep them anonymous, so no personal details please!

**Painted Pebbles;** some of you may have seen this already, but children are collecting pebbles, painting something positive on the top, and leaving them on people's doorsteps. It's something fun for the children, and can really bring a smile to people's faces.

**Become a Dementia Friend.** We were planning to run a number of Dementia Friend's sessions in May, to help with creating a Dementia Friendly community. We have had to postpone these events, but there are still ways you can learn more about Dementia during this time. If you would like to know a little more, you could watch the five minute video on the Alzheimer's Society, Dementia Friends website.

More Info: [www.dementiafriends.org.uk/WEBArticle?page=become-dementia-friend](http://www.dementiafriends.org.uk/WEBArticle?page=become-dementia-friend)

## **GET IN TOUCH**

**Barbara Stoddart** – Village Agent Westward & Rosley,

T: 016973 42452, E: [Barbara.stoddart@northernfellsgroup.org.uk](mailto:Barbara.stoddart@northernfellsgroup.org.uk)

**Gillian Skillicorn** – Village Agent Ireby, Uldale & Boltons

T: 07874 241604, E: [Gillian.skillicorn@northernfellsgroup.org.uk](mailto:Gillian.skillicorn@northernfellsgroup.org.uk)

**Helen Sturges** – Village Agent Caldbeck, Sebergham & Welton

T: 016974 78556, E: [Helen.sturges@northernfellsgroup.org.uk](mailto:Helen.sturges@northernfellsgroup.org.uk)

**Philippa Groves** – Village Agent Mungrisdale & Castle Sowerby

T: 016974 78555, E: [Philippa.groves@northernfellsgroup.org.uk](mailto:Philippa.groves@northernfellsgroup.org.uk)

**Dianne Bowes** – Benefits Support Worker

T: 07564 368011, E: [benefits@northernfellsgroup.org.uk](mailto:benefits@northernfellsgroup.org.uk)

NFG DAA Bulletin No. 1  
April 2020



Northern Fells Group



Action through Community

Northern Fells Group Local Help & Information to all Residents during the Coronavirus outbreak

Bulletin no. 46 24/7/2020

FACE MASKS, there are some great short videos on making masks, fans of the Sewing Bee should watch, some are very funny and well worth watching. <https://www.bigcommunitysew.co.uk/> Todays the day!

FACE COVERINGS have to be worn in shops and public places. Should an individual without an exemption refuse to wear a face covering, a shop can refuse them entry and can call the police if people refuse to comply. People who do not wear a face covering will face a fine of up to £100, in line with the sanction on public transport and just as with public transport, children under 11 and those with certain disabilities will be exempt. If you are concerned about the wearing of face coverings, details of exemptions can also be found on the link <https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-yourown/face-coverings-when-to-wear-one-and-how-to-make-your-own> The updated government advice is available here: <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cantdo/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

NATIONAL PRESERVING WEEK 2020. This is not just about jam making but looking at saving the amount of food that is wasted too. SWAPCROP, so far we have the offer of clean jam jars and a good crop of black grapes for wine making available. Please get in touch if you are interested. There is plenty of rhubarb about and some very easy recipes using it, rhubarb and ginger is a great combination for instance have you ever tried Rhubarb and Ginger jam (recipe attached) or Rhubarb and Ginger crumble? There are many weird and wonderful combi-

nations for jam making and some I would not put near toast, fancy trying Crispy Brussel Sprout with Smoked Bacon and Garlic? Umm, no! If you can't think of what to do with a surplus then please share it or freeze it till you are inspired. I'm sure with a little bit of thought we could cut the food waste. Some ways are \*Don't over buy \*Keep track of what you've bought and used \*Check the use-by dates of fresh food when you buy it, these are the dates to take notice of, rather than the best-before dates \* Plan ahead \*Get to know your grocer, buy local \*Use your freezer. Saving food means saving money, but look at the bigger picture too. Reducing food waste is good for the planet, as it helps slow down global warming. By using up every edible bit of your food, you're doing your bit to look after the environment; imagine what we could achieve if we all make a change!

NFG BOOK BAGS are still available but if everything goes according to plan Libraries re-open on August 10th but in the meantime their online services continue to offer members free 24/7 access to eBooks, audio books, magazines and comics. If you haven't tried them yet, don't miss out. [https://www.cumbria.gov.uk/libraries/online\\_resources/booksandreading.asp](https://www.cumbria.gov.uk/libraries/online_resources/booksandreading.asp)

CALDBECK FAIR WORLD SHOP will reopen Thursday 4 August. Opening times are Thursdays to Sundays 1.30 – 4.0pm. Social distancing and other measures in place for everyone's safety

### Village Agents:

Philippa Groves 016974 78555, Helen Sturges 016974 78556,  
Barbara Stoddart 016973 42452 Gillian Skillicorn 07874 241604  
Benefits advisor: Dianne Bowes 07752 457513

Mini bus coordinators: Carol Hickson and Antoinette Ward 016974 78787

NFG Lend a Hand Coordinator: Simon Braithwaite 016974 77196

## Daily Hope phone line

Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

A Church of England initiative in partnership with CONNECTIONS at Holy Trinity Claygate, and Faith in Later Life

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.



**“With many in our country on lockdown, it’s important that we support those who are feeling lonely and isolated, whatever age they are.”**

Archbishop Justin Welby

Options available include materials also available digitally by the Church of England's Communications team such as Prayer During the Day and Night Prayer updated daily, from Common Worship, and a recording of the Church of England weekly national online service.

A section called Hymn Line offers callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection and is based on an initiative by the Connections group.

## Mushroom Soup

*A few weeks ago in one of our fields we had a glut of mushrooms.  
Here is my recipe for mushroom soup*

8oz mushrooms  
2oz margarine  
2oz plain flour  
1pint of milk  
1pint Chicken Stock



Roughly chop mushrooms into a large pan. Add the rest of the ingredients and bring to the boil, then whisk and simmer for 10 minutes. If you want to freeze the soup omit the milk and add later after defrosting.

Just make sure you pick only field mushrooms!!!

### Eggs available!

Trays of eggs can be bought from June Kitchen,

Clea Green, Westward.

Eggs will be available in the shed on the  
lonning, and there is a honesty box, so you do  
not need to come into contact with anyone.

Thank you!

CALDBECK SURGERY  
[www.caldbecksurgery.co.uk](http://www.caldbecksurgery.co.uk) Tel 016974 78254

During the COVID 19 pandemic we have adopted new ways of working, to keep our patients and our staff as safe as possible.

Anyone with symptoms of COVID 19 should not come to the Caldbeck Surgery.

Instead contact the special helpline: [111 online coronavirus service](https://www.gov.uk/coronavirus)

If you need medical advice about anything other than COVID 19 please call the surgery and you will be given a telephone appointment or a face to face appointment with a doctor, if that is appropriate.

All prescriptions can be ordered as usual over the phone, or on line if you have set up to do it in that way.

STAY ALERT      KEEP SAFE      PROTECT THE NHS

**Wigton Group Medical Practice**

**Tel: 016973 42254**

**NHS 111**

**When the surgery is closed, if you need urgent medical attention please dial 111 to access the out-of-hours service.**

## CALDBECK MULTI PURPOSE TENNIS COURT ASSOCIATION

Caldbeck Tennis Court is situated on the School Field. It is a village tennis court open to all, outside School hours and during the School holidays, on payment of court fees. Please book and pay before you play (booking board is on the wall outside the Parish Hall, opposite the School Field). School opening hours are blocked out on the Booking sheet as the School has sole access to the Court during those times.

Please use the Court in line with the current Coronavirus restrictions:

As from the 1<sup>st</sup> June players from different households can now play doubles together as long as they stay two metres apart as far as possible. If you play with anyone from another household then each provide your own tennis balls and only pick up your own marked tennis balls. Kick/hit the other person's tennis balls to their end for them to pick up.

The tennis net is at the correct height – please do not adjust it.

The gate to the Tennis Court is tied open so that you do not have to touch it.

There is hand gel available in the drawstring bag. Thank you very much for your help.

Please would everyone either put the following playing fees through the letter box of the Parish Hall front door, opposite the School Field:

Adults: £1.50 an hour each person

Students & unwaged Adults: £1 an hour each person

Children/Teenagers at school 30p an hour each person

Or buy an Annual Season Ticket – play as often as you like with no further fee

Adults: £16 a year

Children/Teenagers at school: £6 a year

The booking board is on the wall outside the Parish Hall, opposite the School Field, and fees are put through the letter box of the Parish Hall front door.

For Annual Tickets contact the Treasurer: Antoinette Ward, Mardale, Caldbeck, CA7 8EU. Telephone: 016974 78220. [aw.caldbeck@gmail.com](mailto:aw.caldbeck@gmail.com)

CALDBECK MULTI PURPOSE TENNIS COURT ASSOCIATION

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Registered Office: MARDALE, UPTON, CALDBECK, WIGTON, CA7 8EU

<p><b>THE OLD SMITHY CALDBECK</b>  <b>Tearooms &amp; Outside Catering</b>  <b>Tearoom open daily 10am-4pm</b>  <b>Outside catering for any event</b>  <b>Tel: 016974 78378</b>  <b>Email:</b>  <b>nicburton201@hotmail.co.uk</b></p>	<p><b>THE SECRET GARDEN</b>  Did you know you've got a fabulous spa right on your doorstep. Try it &amp; you'll discover the perfect place to unwind &amp; enjoy some amazing treatments in a beautiful, peaceful setting. Intrigued and would like to know more.....  <b>Please call Tina on 016973 52500 or visit <a href="http://secretgardenspa.co.uk">secretgardenspa.co.uk</a></b>  Blaithwaite, Bolton Low Houses,  Wigton. CA7 8PW</p>
<p><b>ASBRIDGE BUILDERS LTD</b>  Building &amp; Roofing Contractor  Lyndene, Sowerby Row  Carlisle, Cumbria CA4 0QH  Tel: 016974 76384  Mobile: 07831 485 520</p>	<p><b>Cumbria Employment Solicitors</b>  Specialist advice on <u>all</u>  Employment Issues  FREE INITIAL ADVICE  &amp; competitive rates  Contact us on 016974 78222 or  michael@cumbriaemployment  solicitors.co.uk</p>
<p><b>MICK HOGG</b>  Stonework  Pennine View, Welton,  Carlisle, CA5 7HF  All aspects of Stonework undertaken  Tel: 016974 76425  Mobile: 07801439919  Email: <a href="mailto:pattiehogg@btinternet.com">pattiehogg@btinternet.com</a></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: <a href="http://www.caldewkitchens.co.uk">www.caldewkitchens.co.uk</a>  Email: <a href="mailto:office@caldewkitchens.co.uk">office@caldewkitchens.co.uk</a></p>
<p><b>WALLACE LANE FARM</b>  <b>4 - star Bed and Breakfast, Holiday Cottages</b>  Touring Caravan and Camping Site  children and dog friendly  <a href="http://www.wallacelanefarm.co.uk">www.wallacelanefarm.co.uk</a>  <a href="mailto:jbstanyer@btinternet.com">jbstanyer@btinternet.com</a>  Janet &amp; John 016974 78188</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  <a href="http://WWW.CARROCK.CO.UK">WWW.CARROCK.CO.UK</a>  E-mail: <a href="mailto:mail@carrock.co.uk">mail@carrock.co.uk</a>  TEL: Malcolm Iredale on 017684 88859</p>
<p><b>HARDWOOD LOGS</b>  Good quality  Free delivery  Fast service  Tel: 016973 44275  Mob: 07768 440813  <a href="http://www.croftonlogs.co.uk">www.croftonlogs.co.uk</a></p>	 <p><b>HOUSE &amp; GARDEN MAINTENANCE</b>  Alistair Ramsay  Nether Row  07724 274388  Alistair@digitalpath.co.uk</p>

<p><b>SELF-CATERING COTTAGES</b></p> <p>The Faulds, Caldbeck Two well-equipped cosy cottages in the countryside. Each sleeps 4 people.</p> <p><b>Tel 016974 78125 or e-mail</b> <b>Helen@thefaulds.co.uk</b></p>	<p><b>MARTYN JOHNSTON</b></p> <p>Specialist In Traditional Building &amp; Plastering Highly experienced using Lime Mortar Diagnosis of damp and stone corrosion For a free estimate or advice contact via email</p> <p><b>martynjohnston441@hotmail.com</b> <b>07887567956</b></p> <p>Testimonials can be provided</p>
<p><b>BORDERLINE GENERAL COUNSELLING SERVICE</b></p> <p>depression - bereavement - abuse self-harm - post abortion - relationships etc</p> <p><b>Tel: 01228 596900</b> <b>info@borderlinecounselling.co.uk</b> 42a Warwick Road, Carlisle, CA1 1DN <a href="http://www.borderlinecounselling.co.uk">www.borderlinecounselling.co.uk</a></p>	<p><b>DENTON HOUSE GUESTHOUSE &amp; RESTAURANT</b></p> <p>Outside Catering for all occasions. Sunday Lunches En-suite rooms available</p> <p><b>Tel: 016974 78415</b> <a href="mailto:dentonhnrm@aol.com">dentonhnrm@aol.com</a> <a href="http://www.dentonhouseguesthouse.co.uk">www.dentonhouseguesthouse.co.uk</a></p>
<p><b>MATTHEW ATKINSON BUILDER</b></p> <p>All types of building and stone work undertaken, property renovation and maintenance—Free estimates Friendly, reliable and fully qualified</p> <p><b>Tel: 016973 43039 Mob: 07595 355774</b> <a href="mailto:matkinsoncontractor@hotmail.co.uk">matkinsoncontractor@hotmail.co.uk</a></p>	<p><b>TREVOR STUDHOLME ELECTRICAL &amp; PLUMBING</b></p> <p>Commercial—Industrial—Domestic</p> <p>NICEIC Electrician Tel: 016974 76455 Fax: 76680 Mobile: 07710 015319</p>
<p><b>Poultry Matters</b></p> <p>Bank Head, Brocklebank Suppliers of Quality Point of Lay Pullets Poultry Housing and Equipment</p> <p>Tel: 016974 78621 Mob: 07749630772 Web: <a href="http://www.poultrymatters.co.uk">www.poultrymatters.co.uk</a></p>	<p><b>PILATES</b></p> <p>Sebergham Tuesdays 9.30am in the Village Hall <b>6 week blocks £30</b> <b>(single taster-class £6)</b></p> <p>Tel Tracey Hodgson: 07982063069 or Sylvia Tallontire: 016974 76441</p>
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<p><b>LOFTERS HAIR DESIGN</b> <b>CALDBECK</b></p> <p>Appointment times:</p> <table> <tbody> <tr> <td>Tuesday</td> <td>8 am - 12 noon</td> </tr> <tr> <td>Wednesday</td> <td>9 am - 4 pm</td> </tr> <tr> <td>Thursday</td> <td>2 pm - 8 pm</td> </tr> <tr> <td>Friday</td> <td>9 am - 4 pm</td> </tr> <tr> <td>Saturday</td> <td>8 am - 2 pm</td> </tr> </tbody> </table> <p><b>Barbara Mitchell 016974 78609</b></p>	Tuesday	8 am - 12 noon	Wednesday	9 am - 4 pm	Thursday	2 pm - 8 pm	Friday	9 am - 4 pm	Saturday	8 am - 2 pm	<p><b>JOHN MURCHISON</b> <b>Electrical &amp; Plumbing Services</b></p> <p>For all your electrical and plumbing installation and repairs. ELECSA Approved Electrician Oftec Oil Registered Technician</p> <p><b>Mobile: 07775 691867</b></p>
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***PLEASE NOTE: copy deadline is 12th August for inclusion in September's magazine.***

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If you are reading this on line then you have already  
logged onto the site, which is great.

New items will be added to the site each Saturday, and  
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appropriate content then please contact Rev Eileen to  
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It is not intended to replace the Parish magazine, as  
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