

NOVEMBER 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

CHURCH STAFF AND CONTACTS

Priest-in-Charge: Rev. Eileen Reid
Caerdach, Brackenthwaite, Rosley, Wigton CA7 8AS
Tel: 016973 43089 email: ereid2002@yahoo.co.uk

Reader: Mr Geoff Hine
Chapel Howe, Sebergham, CA5 7DY
Tel: 016974 76308 email: p.hine999@btinternet.com

CALDBECK - St Kentigern's

Churchwardens	Mr. A. Grieve, Mr R Brough	
Treasurer	Mr Ian Shaw	
Secretary	Mrs C Pearson	016974 78114 email: philipandchristine1@hotmail.co.uk

CASTLE SOWERBY - St Kentigern's

Churchwarden	Mr Richard Little	
Treasurer	Mrs Carolyn Ashbridge	
Secretary	Mrs Valerie Richardson	016974 78432

SEBERGHAM - St Mary's

Churchwardens	Mrs E A Luck, Mr R F de Robeck	
Treasurer	Mrs Tracey Wetherell	
Secretary	Mrs Jenny de Robeck	016974 76349

ROSLEY - Holy Trinity

Churchwardens	Mrs J Harper-Tarr, Mr J Atkinson	
Treasurer	Mrs A Burgess	
Secretary	Mrs C Scott	01228 712245

WESTWARD - St Hilda's

Churchwarden	Mrs Mary Little	016973 42668
Treasurer	Mrs Rebecca Brockbank	
Secretary	Mrs Rebecca Brockbank	016973 42794

WELTON - St James's

Organist	Mrs L Gash	016974 76337
Treasurer	Mrs Pamela Mitchell	016974 76500

A Reader Writes

I recently celebrated the twenty fifth anniversary of my licensing as a Reader. It was the culmination of three years training and the service took place in Southwell Minster in Nottinghamshire. Looking back over time we recall moments of great joy and happiness as well as those of sadness and tragedy. We are in the season of remembrance. By the time this letter is being read we will have passed All Saints and All Souls and be about to mark Remembrance Sunday. This will seem all the more poignant to many people this year. We can all think back on many things we have not been able to do this year and wonder when we may be able to do them again.

St Paul, in his letter to the Galatians (Gal 6:10), writes: *‘So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.’* These are words which ring as true today as they did then. Much of Paul’s letter is a stinging rebuke; it carries a tone of, “Didn’t you listen to a word I said?” The historical context is not for now, but the words are still a call to action.

As we look back on the restrictions we have faced we can rejoice in the many different ways people in our community have taken the opportunity to work for the good of all. I have no doubt that this will continue. At the time of writing the pandemic is becoming more severe in much of the country. There is however a major difference between now and the ‘lockdown’ earlier in the year.

We were fortunate that ‘lockdown’ was followed by some very fine weather and it was Spring. The days were getting longer and that always engenders a greater sense of hope.

Now we have diminishing daylight and for many people that will deepen the sense of isolation.

Psalm 23 offers us encouragement. *'Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and staff – they comfort me.'*

As winter closes in on us we need to hold on to hope and promise. We need to seek to bring light to those around us in whatever ways we can. I offer this extract from a Sanskrit poem:

*For yesterday is but a memory,
and tomorrow is only a vision.
But today well lived
makes every yesterday a memory of happiness
and every tomorrow a vision of hope.
Look well, therefore, to this day!*

If we continue in taking the opportunity, as St Paul admonishes, *'to work for the good of all...'* then our tomorrow will indeed be a vision of hope.

Geoff Hine

From the registers

Funerals

Helen Pearson at St Mary's, Sebergham on Thursday, 8th October, 2020

Patricia Grieves at Carlisle Crematorium on Friday, 23rd October, 2020



Rosley Pre-School Busy Bees

Will be open from September with spaces available for
2, 3 and 4 year olds from 8.30 to 4pm
Monday, Wednesday, Thursday & Friday (term time).

Please contact us on [07919 422527](tel:07919422527)

or busybees.rosley@hotmail.co.uk for further details

follow us on Facebook?

Remembrance

Sunday

8th November 2020



Services at 10.45 a.m. in the
churchyards of:

St Kenitgern, Caldbeck

St Kenitgern, Castle Sowerby

St James, Welton

While we are once more in lockdown I invite you to join with me and each other at 10.00 to read the Bible, sing a hymn and pray. I'll be using the following short services:

Sunday 15/11/20 **2nd Sunday before Advent**

Psalm 90

Hymn *Lead us heavenly Father, lead us*

Reading 1 Thessalonians 5: 1 - 11

Prayers including the collect and a prayer for nation during this Coronavirus pandemic:

Heavenly Lord, you long for the world's salvation: stir us from apathy, restrain us from excess and revive in us new hope that all creation will one day be healed through Jesus Christ our Saviour. Amen

[© The Archbishops Council 2000](#)

Loving God, as your Son healed the sick and brought good news to the needy be with us this day. Loving Jesus as you taught us to 'do unto others as you would have them do to you' be with all the medical staff this day. Loving spirit, your gift is healing, bring your healing fire to our homes, our hospitals and our county, but most of all, be with us this day. Amen

© Carlisle Diocese 2020

The Lord's Prayer

Reading Matt 25: 14 - 30

The Grace

Sunday 22/11/20

Christ the King

Psalm 95

Hymn *At the name of Jesus*

Reading Ephesians 1: 15 – end

Prayers including the collect and a prayer for nation during this Coronavirus pandemic:

God the Father, help us to hear the call of Christ the King and to follow in his service, whose kingdom has no end; for he reigns with you and the Holy Spirit, one God, one glory. Amen

© The Archbishops Council 2000

Loving God, as your Son healed the sick and brought good news to the needy be with us this day. Loving Jesus as you taught us to 'do unto others as you would have them do to you' be with all the medical staff this day. Loving spirit, your gift is healing, bring your healing fire to our homes, our hospitals and our county, but most of all, be with us this day. Amen

© Carlisle Diocese 2020

The Lord's Prayer

Reading Matt 25: 31 - end

The Grace

Sunday 29/11/20

Advent Sunday

Psalm 80

Hymn *Guide me, O thou great Redeemer*

Reading 1 Corinthians 1: 3 - 9

Prayers including the collect and a prayer for nation during this Coronavirus pandemic:

Almighty God as your kingdom dawns, turn us from the darkness of sin to the light of holiness, that we may be ready to meet you in our Lord and Saviour, Jesus Christ.
Amen

© The Archbishops Council 2000

Loving God, as your Son healed the sick and brought good news to the needy be with us this day. Loving Jesus as you taught us to 'do unto others as you would have them do to you' be with all the medical staff this day. Loving spirit, your gift is healing, bring your healing fire to our homes, our hospitals and our county, but most of all, be with us this day. Amen

© Carlisle Diocese 2020

The Lord's Prayer

Reading Mark 13: 24 - end

The Grace

Sunday 6/12/20

Advent 2

Psalm 85

Hymn *Love divine, all loves excelling*

Reading 2 Peter 3: 8 -15a

Prayers including the collect and a prayer for nation during this Coronavirus pandemic:

Almighty God, purify our hearts and minds, that when your Son, Jesus Christ comes again as our judge and saviour we may be ready to receive him who is our Lord and our God. Amen

© The Archbishops Council 2000

Loving God, as your Son healed the sick and brought good news to the needy be with us this day. Loving Jesus as you taught us to 'do unto others as you would have them do to you' be with all the medical staff this day. Loving spirit, your gift is healing, bring your healing fire to our homes, our hospitals and our county, but most of all, be with us this day. Amen

© Carlisle Diocese 2020

The Lord's Prayer

Reading Mark 1: 1 - 8

The Grace

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 re-suming 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

Thank you

**Please note that the Northern Fells information starts on
page 22**

My November Guest

By Robert Frost

My Sorrow, when she's here with me,
Thinks these dark days of autumn rain
Are beautiful as days can be;
She loves the bare, the withered tree;
She walks the sodden pasture lane.

Her pleasure will not let me stay.
She talks and I am fain to list:
She's glad the birds are gone away,
She's glad her simple worsted grey
Is silver now with clinging mist.

The desolate, deserted trees,
The faded earth, the heavy sky,
The beauties she so truly sees,
She thinks I have no eye for these,
And vexes me for reason why.

Not yesterday I learned to know
The love of bare November days
Before the coming of the snow,
But it were vain to tell her so,
And they are better for her praise

Caldbeck Meals on Wheels

The Caldbeck Meals on Wheels Service is still operating.

We deliver nutritious 2 course meals up to 3 times a week, Mondays, Wednesdays and Fridays, within an approximate 5 mile radius of Caldbeck, to those people who are unable to make a meal for themselves and/or to give carers a break. Some eligibility criteria applies.

The meals cost £5 and are delivered by approved volunteers. They are provided by the Oddfellows Arms, Caldbeck.

For further information contact:

Sally Vaux 017964 78626

Richard and Jenny would like to thank everyone who held us in your prayers and good wishes following Richard's major surgery at the Freeman Hospital in March and which has been successful. Blessings to you all in these uncertain times and keep safe.

CALDBECK PARISH COUNCIL NEWS

The Parish Council held a virtual meeting on 19 October. Key points included:

Coronavirus - The Parish Council agreed that the Notice displayed in car parks should be updated to reflect the rule of six and the recent introduction of three tiers of risk and associated restrictions.

Caldbeck Public Toilets - The Parish Council has received some costings from a commercial cleaning firm for servicing the Caldbeck public toilets. These have been shared with Allerdale as the current owners. Allerdale is not intending to to reopen the facilities prior to their transfer.

Street Lighting - Following further discussions on street lighting in Hesket Newmarket, the Parish Council concluded that the light on the back green will be retained and just two lights in Hesket Newmarket will be removed. All lights in Caldbeck will be retained. The Parish Council is seeking to progress the reinstallation of the street light near the Parish Hall in Caldbeck and has requested contributions from potential funders.

Parish Maintenance - The Parish Council is working with Mike Johnson, County Councillor and Allerdale's Acting Leader, to lobby for additional funding for improvements to Hesket Lonning and other Parish Council priorities. After considerable time and effort, warning signs at Faulds Brow and Wath Brow are to be put up in the next few weeks.

Parish Lengthsman and grass cutting - The Parish Council is pleased with how the Lengthsman's contract is being

delivered and the arrangements in place. This year is a pilot year and the Parish Council is considering options for future years. The grass cutting season has now ended and at its next meeting the Parish Council will consider what arrangements will be out in place for the next few years, including any proposal to promote greater biodiversity on Caldbeck green. The Parish Council will need to consider the cost and operational implications of any proposal, taking advice from its contractor.

Hesket Lonning Footpath - Mike Johnson has asked Peter Knapton, Allerdale Estates Manager, to progress matters. He will write to the land owners as he has not managed to speak to them.

Community Led Affordable Housing - The Clerk set out proposed next steps for developing the project in light of the National Park's advice. These include: meeting Eden and Mitre Housing Associations with Stuart Woodall, the Parish Council's architect/consultant who prepared the proposal for pre planning advice; drawing on Coniston Parish Council's experience of small affordable housing projects; and discussing with Allerdale whether the balance of grant can be used for developing the project. The intention would then be to help establish a Community Led Group to provide leadership and access to grants. The Parish Council agreed that Alan Tyson, Paul Doherty and the Clerk would form a working group.

Lake District National Park land disposals - The Chairman reported that progress was being made, albeit slowly. It was frustrating that new obstacles kept emerging, all of which seemed immaterial but the good news was that the National Park's Executive Board had approved the sale for a

second time and it was hoped that the purchase would move to completion.

Parish Website - Andrew Ward is progressing a new website for Caldbeck Parish and the Parish Council which hopefully is live when you read this. Please do contact the Clerk if you have any feedback.

For further information, please contact Simon Smith:

Email: caldbeckparishclerk@gmail.com. Telephone: 016973 71008

Website: <http://www.caldbeck.org.uk/parish-council/>

The Fair World Shop, Caldbeck

Following government directives the Fair World Shop will be closed until the beginning of December. However the shop is well stocked with a range of goods, including Christmas cards. If anyone would like to make a purchase from the shop this is possible. Please ring Audrey Noble on 016974 78692 or Elspeth MacKenzie on 016974 78090.



CALDBECK FILM CLUB

For many years our first film has been in September, but this year, not unexpectedly, we haven't managed it. We had hoped to have "The Personal History of David Copperfield" on December 4th, but with the situation in Cumbria worsening, we've reluctantly decided to wait until next year.

The Parish Hall is very roomy for our usual 25 – 30 audience and we know that it could be arranged safely. However, with situation being so unstable at the moment, we feel that it is not worth the risk – financial if nothing else!

We have some great films lined up: Two Popes, Green Book, Emma, The Dressmaker – so let's all hope that we can enjoy them in our newly refurbished hall in the New Year.

We'll keep everyone informed via the local magazines and we will send out emails to those on our list. If you are not on the list please let Sally or me know and we will add you.

Roger Gook: roger@vicargate.uk

Sally Vaux sallyvaux@aol.com

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 Cocker-mouth, by someone local who volunteers there.

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

Carlisle Food Bank is currently (i.e. beginning of November) short of the following items:

Food items needed at the moment:

- Powdered custard
- Tinned rice pudding
- Jam
- Powdered potato
- Tinned meat
- Wet snacks

Pasta sauces
Curry sauces

We cannot physically donate these goods but If you would like to give money to help them buy the required foodstuffs, this can be done by bank transfer. Please contact Susan Beale for details: [su-san.lowrow@gmail.com](mailto:susan.lowrow@gmail.com) or tel. 016974-78353

The Carlisle Food Bank is also short of volunteers to help sort the foodstuffs. They work Mondays, Wednesdays and Fridays. If anyone feels able to help in this work please contact Susan Beale

Carlisle Food Bank is very appreciative of the support from the Warnell parishes over the last few years. Thank you all very much.

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!

Sebergham Weather Recordings September 2020.



Rainfall.

September 2020 084.60 mm (03.33 ins)
Aggregate for year. 948.70 mm (37.35 ins)

September 2019 173.70 mm (06.84ins)
Aggregate for year. 1024.50 mm (40.34 ins)

Notes.

Our **10 year** average rainfall for the month of September is **096.15 mm (03.78 ins)** and you will see from above we were just under our September monthly average this year. Our **wettest** September over the last twenty years was in fact last year **2019** recording: **173.70 mm (06.84 ins)** for the month. Our **driest** September over the last twenty years was in **2014** recording **012.40 mm (00.49 ins)** for the month. Our rain **high day** for September was Thursday 24th recording **016.80 mm (00.63 ins)**. We recorded rainfall on **18 days** in the month. Our aggregate rainfall, this year over nine months is **948.70 mm (37.35 ins)** which is still well above our nine month average aggregate over the last 20 years of **680.19 mm (26.78 ins)** i.e. a difference of **268.51 mm (10.57 ins)**. Our aggregate rainfall this year (**2020**) makes it our second wettest year over the last twenty years, 2019 being our wettest, and by contrast our aggregate rainfall in **2003** was only **480.50 mm (18.91 ins)** making it our driest nine months of any year in the last twenty years.

September temperatures 2020.

Average maximum day temperature 16.69°C (62.04°F)
Average minimum night temperature 07.95°C (46.31°F)
Warmest day Tuesday 15th September 25.90°C (81.86°F)
Coldest night Sunday 27th September 01.70°C (40.28°F)



September temperatures 2019.

Average maximum day temperature 16.61°C (61.89°F)

Average minimum night temperature	09.05°C (48.28°F)
Warmest day Friday 20 th September	22.60°C (72.68°F)
Coollest night Sunday 8 th September	03.50°C (38.30°F)

Notes.

September was another mainly cloudy month with Atlantic depressions dominating our weather, apart from a short spell in the middle of the month with high pressure and temperatures above average. Our September maximum **daytime** temperature this year, see above, is just above our ten year average for the month of **16.49°C (61.68°F)** and our minimum **night time** September temperature (see above) was also just above our ten year average for the month of **08.77°C (47.78°F)** Our coolest September over the last 10 years was in **2015** recording the month's night time temperature at an average of **06.64°C (43.95°F)** By contrast our warmest September over the last 10 years was **2014** recording the month's average day temperature at **18.34°C (65.00°F)** No thunder or frost was recorded this month.

Wind.

September was a month with most days recording below average wind speeds. Our monthly average wind speed for September was 1.9 mph. very similar to August. We recorded our strongest wind on Monday 12th September at 22 mph at 14.00 hrs from the S. The dominant wind direction for the month was from South the same as July and August.



Northern Fells Group Information



NFG CONTACTS

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

Westward & Rosley—Barbara Stoddart 016973 42452

barbara.stoddart@northernfellsgroup.org.uk

Caldbeck, Sebergham & Welton—Helen Sturges 016974 78556

helen.sturges@northernfellsgroup.org.uk

Ireby, Uldale & Boltons—Gillian Skillicorn 07874 241604

gillian.skillicorn@northernfellsgroup.org.uk

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

Bulletin no. 83 4/11/2020

NEW LOCKDOWN – NEW RULES AND REGULATIONS. As the situation is changing daily the best advice is to look after ourselves and stay safe. A new Lockdown comes into force on November 5th and this does mean there will be more restrictions in place. But the main advice has never changed **CORONAVIRUS IS NOT GOING AWAY AT THE MOMENT** SO There are three simple actions we must all do to keep on protecting each other 1. Wash hands - keep washing your hands regularly 2. Cover face - wear a face covering in enclosed spaces 3. Make space - stay at least 2 metres apart - or 1 metre with a face covering

No one needs to be without anything that is necessary, the Northern Fells Group through its amazing volunteers is still able to support you by *Picking up shopping from local shops *Posting your letters and parcels *Collecting prescriptions or medicines *Delivering take-away meals from our local catering establishments *Help with dog walking *Support and information and our *'Phone a Friend Scheme – this means someone can call you if you feel lonely or if you just feel like a chat.

Our shops are still very much open and HNM PO is open as it has always been, Caldbeck now has a Mobile Post Office from Wigton which is now in the village on Wednesdays from 9.30am -12.00noon for the foreseeable future. The local shops are taking orders and deliveries and have a great selection of goods, this is a great service to the community and we are so lucky to have them and in turn we need to support them, so buy local if you can. And now, again more than ever, we need to keep up with our NFG KEEP YOURSELF CHEERFUL CAMPAIGN and we have had some lovely ideas about how we can do this, keeping in touch and sharing a smile is one thing that we all need so make sure you do just that. How about looking in that address book and seeing who you haven't spoken with for ages and give them a surprise call, be positive and try to keep upbeat, we are in this together. As the generation who did not suffer a World War we must take inspiration from our parents' generation and find that fighting spirit and 'Dig for Victory',

(sorry a Churchillian moment overtook me then!) Seriously, we just need to pull together and get through this, we can do it and we will do it and with support we will do it much quicker.

NFG CHRISTMAS CARDS (see page 31) are available through your Village Agents and also at HNM Shop and PO, if you need any please don't hesitate to get in touch and please remember this year to add a few sentences to each card even if it's just a little joke or a saying. This makes me think of a funny text I was sent by a friend, it read – I was told that to visit my local supermarket all I needed was a mask and hand sanitizer – they were wrong - everyone else was wearing clothes! It made us all laugh

METAL DETECTOR NEEDED At St Kentigern's Church in Mungrisdale they need a metal detector to identify the position of some metal post holders in the Churchyard, is anyone able to lend them one or even operate one for a few hours? Please contact Brian Davis 017687 79640

NFG HEARING AID CHECKS. We hope to proceed with our session on Friday 20th November at Millhouse Village Hall. This will be STRICTLY BY APPOINTMENT ONLY AND UNDER STRICT REGULATIONS. We will advise you if the situation changes. In the meantime please book a time slot with me by phoning 016974 78555 or emailing philippa.groves@northernfellsgroup.org.uk

BARTER BOARDS (BB) Anything for this Friday's BB please let me have by today if possible, it's your chance to pass on items, either free/ swapped or paid for, it's up to you. NFG is not responsible for any transaction as this is between the donor/seller and the recipient. No electrical items please
NFG

Village Agents: Philippa Groves 016974 78555 Helen Sturges 016974 78556 Barbara Stoddart 016973 42452 Gillian Skillicorn 07874 241604
NFG Benefits Advisor: Dianne Bowes 07752 457513 NFG Mini Bus Coordinators: Carol Hickson and Antoinette Ward 016974 78787 NFG Lend a Hand Coordinator: Simon Braithwaite 016974 77196



NFG Barter Board no 9

1. Witton & Witton overstrung under damper piano, £300 ono, please contact Dinah Reid, 07970534415 (after 6pm on weekdays, or anytime at weekends) Piano trolley available for removal if required (9)
2. FREE THREE SEATER SOFA. Strong beech wood frame with loose cover, please contact christinelenon2015@gmail.com (9)
3. Old three tier wooden cake stand, £10. Contact Philippa 016974 78555 (9)
4. FREE DOUBLE MATTRESS. It's been well cared for and has years of use in it yet. No charge for the item and I will deliver free to any address in the NFG area. Phone Steve 016973 43420
5. Cake stands, Portmeirion 12" (see photo) £5 and Royal Windsor White Fruit bowl £5 (see photo) contact Philippa 016974 78555 (9)
6. Solid wood bookcase - £35 (see photo) and small bookcase £10 (see photo) Contact Brian on 016973 71927 (9)
7. 3 piece Silver plated tea service £15. (See photo) also 4 piece Tea Service £15 (see photo) and Tea Service £10 (see photo). Sally King Tel:01768 484882 (9)
8. 1950's wooden horse on wheels £15. (see photo) Tel:01768 484882 (9)
9. Dartington Crystal Fluted Candle Lamp 1 - £5 and also Dartington Crystal Candle Lamp 2 - £5 (see photo) Contact Jo on 016973 71927 (9)



10. Art Folio Case A1 - £15 (see photo) 016973 71927 (9)
11. Yellow single (bed) candlewick bedspread. Contact: carolanneoliver@aol.com Free or small donation to NFG please (9)
12. Free Dutch Lights, 3mm horticultural greenhouse glass. 730 x 1425 mm. Collect from Sebergham. Contact Christine 016974 78114 (9)
13. 2 x square 4 inch thick dining seat pads in William Morris 'Strawberry Thief' print (green). They've never actually been sat on please contact carolanneoliver@aol.com Free or small donation to NFG please (9)
14. 2 coffee pots. (See photo) £5 each and Small silver coffee pot (see photo) £5. Tel:01768 484882 (9)
15. Homedics Massage Chair. Only used a few times and in very good condition. £50 Contact Jo - 016973 71927 (8) see photo
16. Two small clutch bags. £5 the pair. Contact Jo - 016973 71927 (8) see photo
17. Over 150 bundles of rug wool plus a frame made specially for rag rugs etc, in wicker laundry basket, reduced only £20 for the lot for NFG no reasonable offer refused (8) Contact Philippa 016974 78555 see photo.
18. Firestone space saver temporary car wheel. Size T115/70R 16 with 4 stud holes. Unused. Came from Honda Jazz but fits some other makes. £20. Contact Mike Sutton 017687 79691. (8)
19. Stacking storage crates, ideal for moving. £1 each contact Martin 07802 376586 (8) see photo
20. TV wall mounting bracket - for screens up to 32" with weight up to 25kg. Never been used, instructions included. FREE. Call 016974 77012. (8)



21. Harrods Bears 1997 and 2009 (see photos) looking for new homes £10 each contact Annette annettemwnicholson@gmail.com (8)
22. An unused (still in original packaging) aluminium car roof rack. (See photo) £10 to Caldbeck Surgery Fund. Contact 017687 79857 (8)
23. One of those triangular cushions which raise small drivers up in height to see over a dashboard. Free or donation to NFG. Contact: carolanneoliver@aol.com (8)
24. 2 x woollen rugs - fennel green - 2.30 x 1.60 - vgc. Free or donation to NFG. Please contact Jean - 017684 83334 (8)
25. Set of four NEW framed bird prints 15x10 each. Free or small donation to NFG please contact Christine christinelenon2015@gmail.com (7) see photo
26. One Canon PG40 original black cartridge, sealed. Free to a good home. Frances 07817 046960 (7)
27. Wrangler Cowboy Boots, great for line dancing, size 38 vgc £45 Iona 07752 431884. (7) see photo
28. Small circular table. Metal framework & removable glass top. Diameter 18" Height 17" £15. Hilary Kidd. 016974 76502. (7)
29. Fire Surround 114cm high, 130cm high, 120cm inside £10 to Hospice at Home. Contact Mary 016973 42668 (7) (see photo)
30. 70 x 78rpm records from late 1940/1950, 10 Bing Crosby's etc. Please contact David 07490 684 917 (7)
31. Yankee Harlem, American Mountain Bike. 18 gears, front and rear suspension, good condition. £45.00 for further details call 016974 77032. (7)



32. Elegant oval, full length free standing cheval mirror in light mahogany frame. £65.00 for further details call 016974 77032. (7)
33. FREE quantity (20 plus) of MP 610 Canon inks for printer contact Philippa 016974 78555 (6)
34. Green metal post box in good condition but just one key. £5 donation to Northern Fells. Contact Tony Vaux vauxt@aol.com or 016974 78626. (6)

WANTED Slate Pool Table, will collect. Henry 07747 563 659

WANTED Bikes, any size, for restoration by Men-in-Sheds and then sold for NFG funds.

WANTED Rug canvas please contact Philippa 016974 78555

Note: Items for sale will be advertised for up to four weeks, please let us know if you have parted with your item.

NFG BARTER BOARDS. It's your chance to pass on items, either free/ swapped or paid for, it is up to you. Clear details, cost and contact number required, items will be advertised for up to four weeks. No electrical items please.

To add items contact Philippa Groves. philippa.groves@northernfellsgroup.org.uk 016974 78555

NFG is not responsible for any transaction as this is between the donor/seller and the recipient.

Many thanks, Philippa

Five spice beef pie with coriander mash and buttered spinach

Serves: 4

Ingredients

For the pie

1 red onion, peeled and finely diced
15 button mushrooms, halved or quartered (around 2cm) 2 sticks
of celery, diced
2 carrots, finely diced
4 tbsp rice bran oil
1kg stewing steak cut into 2cm cubes
4 heaped tbsp plain flour
2 cloves of garlic, finely chopped
6cm strip of orange zest - or more if you prefer.
25ml light soy
2 star anise
1 cinnamon stick
1 tsp Chinese five spice
25ml oyster sauce
100ml Shaoxing rice wine
5 tomatoes, roughly chopped
1/5 tsp sugar
750ml beef stock - make sure you have a really rich stock.
Salt and white pepper
500g puff pastry

For the mash

1kg potatoes, boiled and mashed
2 tbsp crème fraîche
25g butter
Bunch of coriander finely chopped
Salt and white pepper

For the spinach

500g fresh spinach
Olive oil for frying
10g butter
Salt and white pepper

Method

1. In a large pan, fry the onions, celery, mushrooms and carrots in 2 tbsps bran oil with a good pinch of salt. Cook for 10mins. Put to one side.
2. Lightly dust beef in seasoned plain flour (shaking off excess). In the same pan add more oil, fry beef in batches until sealed. Put to one side.
3. Return the vegetables to the same pan (with a little more oil if needed) add garlic, orange zest, soy, star anise, cinnamon, five spice, pepper, oyster sauce, rice wine, tomatoes and sugar - scrape the bottom of the pan to get all the seasoning released. Cook for 2 minutes.
4. Add the beef and the stock. Bring to the boil and then reduce heat to medium / low, cover and simmer for 2 hours.
5. Once the pie filling is thick and fully cooked, season with salt to taste. If you need to thicken the sauce further, mix some cornflour and water together and add. Allow to cool.
6. Fill as many dishes as the mixture will allow, filling flush to the rim of the dish. Bag up any leftover filling and freeze.
7. Preheat the oven to 200C, 180C fan
8. Roll out the puff pastry and cover the dishes. Bake for about 20 – 35 minutes, or until pastry is risen and golden brown.
9. In the meantime, you can make the potatoes and spinach. To finish the mashed potatoes, add in the other ingredients into the pan with the potatoes and mix well.
10. For the spinach, add the olive oil and butter into a frying pan on a low medium heat. When the butter is melted, add the spinach and seasoning and cook for a couple of minutes until wilted.
11. Serve the pie with the coriander mash and spinach

CHRISTMAS CARDS 2020 - £2.00

5 in a pack of the same design



Snowdrops by Jude Emms -BLANK Robin, Howbeck by Roy Knowles

**Wishing you a Merry Christmas &
A Happy New Year**



High Pike and Carrock fell by Peter Bolson –

Happy Christmas – Limited Stock

CALDBECK SURGERY

www.caldbecksurgery.co.uk Tel 016974 78254

Flu vaccination 2020

This year the Flu vaccination programme needs to be run differently to previous years. We can't rely on vaccinating people when they happen to be in the surgery for another matter, and we don't have space for safe queueing on our site. We've decided that to get as many people vaccinated as quickly as possible, we need to run our flu clinics off-site where we can have queues under cover and socially-distanced.

We normally vaccinate the over 65s and those who have a condition that puts them more at-risk from flu; this year we also have those who have been officially advised to shield due to Covid-19, and the prospect (not yet confirmed by the NHS) of adding the 50-64 year olds to those eligible.

Our plan is to run flu-specific clinics at Caldbeck village hall, spread over 6 weeks (since our vaccine is delivered in tranches over this period). We will prioritise as follows:

Those who are officially shielding i.e. have received a shielding advice letter from NHS England, including their household-members who are on the 'at-risk' list

Those who are at-risk and those who are over 65 (the normal flu groups)
(Those who are 50-64, should this cohort become included)

You will receive either an SMS text or a letter inviting you to a specific date and either an AM or a PM clinic, please attend at this time and date if at all possible. The dates that the clinics will be running are shown below, if you are unable to attend at your designated time please ring us to arrange an alternative date, ***after the date you were invited***. Please be aware you may need to wait longer. (*if you attend earlier we may not have enough vaccine and will have to turn you away*)

In particular, if you have not been officially advised to shield, ***do not attend on the shielding days***. Keeping this group of patients separate from others is of vital importance to their safety.

Please do not attend if you have not received a letter or SMS text invite. If you believe you are in an eligible group and have not been invited by 30th September please call us. We have just enough vaccine to cover our priority populations as above (pending NHS vaccine supply for the 50-64s), and we will not be able to vaccinate anyone who is ineligible (and who would therefore pay for vaccination) until we are certain that the priority groups have all been vaccinated.

Dates for Flu Clinics are as follows:-

Tues	10-Nov	Over 65s/ at-risk
Weds	11-Nov	Over 65s/ at-risk
Thurs	12-Nov	Over 65s/ at-risk

Clinics will run from 09:00-12:00 and 14:00 – 17:00 on each day. Hall access will be closed outside these times.

Please note that we will be using the hall side doors for entry & exit only, as the front steps aren't suitable for limited-mobility access. To preserve safe queuing and social distance, all entry will be via the right hand door, and all exit via the left-hand door.

Dates for 50-64 year-olds will be provided in due course once we have NHS confirmation of eligibility and additional vaccine stock has been provided.

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.

<p>Podiatry (Chiropody) Service</p> <p>Home visits available in your area Qualified - BSc (hons) Podiatry Registered - HCPC Experienced - over 10 years</p> <p>Contact Diane on 016974 77192</p>	<p>THE SECRET GARDEN</p> <p>Did you know you've got a fabulous spa right on your doorstep. Try it & you'll discover the perfect place to unwind & enjoy some amazing treatments in a beautiful, peaceful setting. Intrigued and would like to know more.....</p> <p>Please call Tina on 016973 52500 or visit secretgardenspa.co.uk Blaithwaite, Bolton Low Houses, Wigton. CA7 8PW</p>
<p>ASBRIDGE BUILDERS LTD</p> <p>Building & Roofing Contractor</p> <p>Lyndene, Sowerby Row Carlisle, Cumbria CA4 0QH</p> <p>Tel: 016974 76384 Mobile: 07831 485 520</p>	<p>Cumbria Employment Solicitors</p> <p>Specialist advice on <u>all</u> Employment Issues FREE INITIAL ADVICE & competitive rates</p> <p>Contact us on 016974 78222 or michael@cumbriaemployment-solicitors.co.uk</p>
<p>MICK HOGG</p> <p>Stonework</p> <p>Pennine View, Welton, Carlisle, CA5 7HF</p> <p>All aspects of Stonework undertaken</p> <p>Tel: 016974 76425 Mobile: 07801439919 Email: pattiehogg@btinternet.com</p>	<p>CALDEW KITCHENS LTD</p> <p>Traditional handmade KITCHENS & BEDROOMS Workshop & showroom Avondale, Hesket Newmarket, CA7 8HR</p> <p>Tel/Fax: 016974 78385 Mobile: 078315 72301</p> <p>Web: www.caldewkitchens.co.uk Email: office@caldewkitchens.co.uk</p>
<p>WALLACE LANE FARM</p> <p>4 - star Bed and Breakfast, Holiday Cottages</p> <p>Touring Caravan and Camping Site children and dog friendly</p> <p>www.wallacelanefarm.co.uk jbstaney@btinternet.com Janet & John 016974 78188</p>	<p>CARROCK DESIGN & BUILD</p> <p>Full Design, Planning Permission; Building Regulations AND on-site build from one local company.</p> <p>Come and talk to us about your project— large or small with no obligation</p> <p>WWW.CARROCK.CO.UK E-mail: mail@carrock.co.uk TEL: Malcolm Iredale on 017684 88859</p>
<p>HARDWOOD LOGS</p> <p>Good quality Free delivery Fast service</p> <p>Tel: 016973 44275 Mob: 07768 440813 www.croftonlogs.co.uk</p>	<p></p> <p>HOUSE & GARDEN MAINTENANCE</p> <p>Alistair Ramsay Nether Row J7724 274388 Alistair@digitalpath.co.uk</p>

SELF-CATERING COTTAGES

The Faulds, Caldbeck
Two well-equipped cosy cottages
in the countryside.

Each sleeps 4 people.

Tel 016974 78125 or e-mail

Helen@thefaulds.co.uk

MARTYN JOHNSTON

Specialist In Traditional Building & Plastering
Highly experienced using Lime Mortar
Diagnosis of damp and stone corrosion
For a free estimate or advice contact via email

martynjohnston441@hotmail.com

07887567956

Testimonials can be provided

BORDERLINE GENERAL COUNSELLING SERVICE

depression - bereavement - abuse
self-harm - post abortion - relationships etc

Tel: 01228 596900

info@borderlinecounselling.co.uk

42a Warwick Road, Carlisle, CA1 1DN

www.borderlinecounselling.co.uk

DENTON HOUSE GUESTHOUSE & RESTAURANT

Outside Catering for all occasions.

Sunday Lunches

En-suite rooms available

Tel: 016974 78415

dentonhnm@aol.com

www.dentonhouseguesthouse.co.uk

MATTHEW ATKINSON BUILDER

All types of building and stone work
undertaken, property renovation and
maintenance—Free estimates

Friendly, reliable and fully qualified

Tel: 016973 43039 Mob: 07595 355774

matkinsoncontractor@hotmail.co.uk

TREVOR STUDHOLME ELECTRICAL & PLUMBING

Commercial—Industrial—Domestic

NICEIC Electrician

Tel: 016974 76455 Fax: 76680

Mobile: 07710 015319

Poultry Matters

Bank Head, Brocklebank
Suppliers of Quality Point of Lay Pullets
Poultry Housing and Equipment

Tel: 016974 78621 Mob: 07749630772

Web: www.poultrematters.co.uk

THE WORKHORSE

For Home, Garden and Paddock

Local Handyman and complete

Garden & Landscaping services.

Free Quotations.

So for your projects and odd jobs

call David Harrison

016974 76763 - 07768 106557 (anytime)

PEARSE COGLAN (ADI) Approved Driving Instructor

Pass Plus approved

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.

Tel: 016974 78111 Mob: 07788 170491

E-mail: pearse1@btinternet.com

THE VILLAGE SHOP AND TEA ROOM

Hesket Newmarket

Local produce, Homemade food,
Groceries, Off-licence, Take-away food,
Home deliveries and Post Office

Shop open Mon-Sat 8am-6pm

Tea Room open Mon-Sat 9.30am-4.30pm

016974 78229

E-MAC BUILDERS LTD

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

Hesket Newmarket Brewery

Your local brewery
Having a party?
Buy bottles or cask beer at wholesale
prices
Casks from 36 pints (4.5 gallons)
upwards
016974 78066
admin@hesketbrewery.co.uk

JILL GLENCROSS

Independent Funeral Director
offering a friendly, personal
& professional service.
Please call Jill 24 hours
Tel: 01228 317373
PRIVATE CHAPELS OF REST
16 The Square, Dalston, Carlisle
CA5 7PY

Hesta Scene

**Gift Shop, Gallery,
Interior Accessories & Studio**
Many of the items we
stock are made in Cumbria
Tel 016974 78015
www.hestascene.com
info@hestascene.com

FOSTER FABRICATIONS

Sowerby Row
Sheet Metal Work
and Steel Fabrications
Turning facilities,
Design Work & Repairs
Contact: Tel: 016974 76124
FAX: 76452 Mobile 07979 316715

WOODSIDE WELCOME CYCLE CAFE

We open our garden and
Conservatory at weekends
and Bank Holidays for
Breakfasts, Lunches
and Afternoon Teas.
Locally sourced products and homemade
cakes and scones. See our Facebook page
or phone Mike or Debbie **01228 710764**
for information.



THE GARAGE, CALDBECK

David Whitson
Agricultural & Motor Repairs
Service, MOT repairs for cars, vans,
bikes and machinery
Business Tel: 016974 78352
Emergency: 07715370967

HIM

Chris Wilson
**Home Improvements and
Maintenance**
For all manner of jobs around the
home give **HIM** a call!
016974 76413 / 07929 421163

HELLON ELECTRICAL LTD

ELECSA registered
Re-wires, alterations, testing,
aerial installations, security systems.
Tel: 016973 71771
Mob: 07747 114058
Friendly & reliable

Caldbeck Crafters Co-operative
*A local Co-operative selling a range of
locally created arts, crafts
and photography.*

To keep up-to-date with opening times
and events find us on FB
Priests Mill, Caldbeck CA7 8DR
016974 77129

David W POTTS

All fencing and hedge-laying
(agricultural and domestic)
Cattle and Sheep Pens
supplied and erected

Tel: 016973 43851
07961 914658 / 07894 459025

WIGTON ELECTRICAL

Domestic, industrial and commercial
electrical repairs and installations

016973 34301

www.wigtonelectrical.co.uk

COLIN SMITHSON

Painter, Decorator, Handyman

3 Upton Cottages, Caldbeck CA7 8EU

016974 78161
07787 710061

MIDTOWN HOUSE CALDBECK

Private Care Home
Respite and Day Care Facilities
Single En-Suite Rooms
For details and brochure contact
Gordon or Julie Tickle
016974 78528

LOFTERS HAIR DESIGN CALDBECK

Appointment times:
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

Barbara Mitchell 016974 78609

JOHN MURCHISON Electrical & Plumbing Services

*For all your electrical
and plumbing installation and repairs.*
ELECSEA Approved Electrician
Oftec Oil Registered Technician

Mobile: 07775 691867

MONKHOUSE HILL COTTAGES

Award-winning holiday cottages
in a courtyard setting, sleeping 2-14.

Please visit our website
www.monkhousehill.co.uk or
For further information please call
016974 76254

Piano/clarinet/saxophone/ Musical theory/ accompanying

Y. Griffin: GBSM ABSM ARCM
07949 821 375



R. Griffin: ARCM
07790 200 274

www.thistlelodges.co.uk

Double balconied, A-framed timber
lodges, sleeping 2-8, at Sandyhills Bay
on the Dumfries and Galloway Coast.

www.staydeansgate.co.uk

Apartments ideal for short city breaks in
a canal-side development in the
centre of Manchester
016974 76572

ODDFELLOWS ARMS INN CALDBECK

Good Beers, Good Food
En-suite Accommodation
Weddings & Private Parties
016974 78227
Fax: 016974 78056

<p>Jardine Finan Ltd Chartered Independent Financial Adviser. Investment and long term care fees specialist. Home visits available. Call David Finan FPFs: 01228 406397 Jardine Finan are authorised and regulated by the Financial Conduct Authority (506138). Registered in England & Wales company number 06966976</p>	<p>SEBERGHAM SERVICES LTD Churchtown, Sebergham Vehicle repairs and MOT testing Services and diagnostic tuning Gas and mig welding/resprays Insurance accident repairs 016974 76234</p>
<p>THE OLD CROWN INN HESKET NEWMARKET Offering Real Ale and home-cooked traditional food. Also Brewery Tours in partnership with HESKET NEWMARKET BREWERY For Brewery Tours and meal bookings: Tel: 016974 78288</p>	<p>J G MUMBERSON APPROVED COAL MERCHANT & MINI DIGGER HIRE Home 016973 71796 Mobile 07968170967 Field House, Ireby, Wigton, CA7 1EQ</p>
<p>ANN PARRY For all your outside catering: Weddings, Christenings, Buffets, Parties and Funeral Teas. Home-made food using local produce Tel: 016974 78417</p>	<p>STEADMANS CORRUGATED ROOF SHEETS, COMPOSITE WALL & ROOF SHEETS, METAL CLADDING & ACCESSORIES. www.steadmans.co.uk Welton, Carlisle CA5 7HH Tel: 016974 78277</p>
<p>Tadasana Yoga Classes Restorative Yoga ~ Tue 10-11.30am Therapeutic Yoga ~ Thurs 6.30-8pm Millhouse Village Hall Limited to 9 people £7 In-person/£5 Online Contact Tray Hughes 07810 166262 trayyoga@gmail.com</p>	<p>ALLAN STOBART LUBRICANTS AND FUELS Derv, tractor diesel, heating oil, lubes, tanks, hoses, etc. Tel: 016974 76575 Fax: 016974 76577</p>
<p>RMT SLATING/TILING LTD ROOFING CONTRACTOR Todghyll, Brocklebank, Wigton, Cumbria CA7 8DH Tel: 016974 78570/07711 256243 E-mail: rmtslating@btinternet.com</p>	<p>J STOBART & SONS LTD Manufacturers and Retailers of Newlands Quality Farm Foods Newlands Mill Hesket Newmarket 016974 78261</p>

<p align="center">MAE'S TEA ROOMS RESTAURANT & GALLERY, ULDALE</p> <p align="center">Open 7 days All year Round Evening Meals Friday & Saturday Delicious Sunday Lunch 016973 71369 www.maestearooms.co.uk</p>	<p>Holistic Health & Beauty Therapies SONIA CHARTERS NVQ DIP IIHT Waxing, Mani/Pedicure, Facials, Tanning, Indian head-massage, Hot stone, Aromatherapy, Reiki, Ear candling, Reflexology etc. 7 THE SQUARE DALSTON TEL 07542 745379 www.holistichealthandbeauty.co.uk</p>
<p align="center">M.C.F Services</p> <p align="center">Groundworks, landscaping and drainage, 1.5+3 ton operated excavators.</p> <p align="center">Michael Foster 07849172413</p>	<p align="center">SELF-CATERING COTTAGE THE BARN, MANOR COTTAGE, FELLSIDE, CALDBECK</p> <p align="center">Well-equipped, comfortable accom- modation, with panoramic views. Sleeps 2-3. Tel: 016974 78214 E-mail: annwade64@gmail.com</p>
<p align="center">P J GARDEN SERVICES AND FENCING Rosley</p> <p align="center">Tel: 016973 49282 Mobile: 078284 74398</p>	<p align="center">THE FAIR WORLD SHOP</p> <p align="center">Fairly-traded foods, teas and coffees, unusual crafts and gifts.</p> <p align="center">Open 6th April until Christmas 1.30-4.00pm Monday to Saturday</p> <p align="center">Contact: Carole 016974 77061</p>
<p align="center">HUNTINGTONS MODERN CLASSICS</p> <p>Unit 4 Station Yard Wigton CA7 9BA Please visit the showroom or call for details on current classic cars for sale. Third party sales welcome if you have your own classic car for sale.</p> <p>016974 51141 07841591496 huntingtonsmoernclassics@hotmail.com</p>	<p align="center">Zoe Davison Podiatry Professional Friendly Service In the comfort of your own home Routine Foot Care Full Diabetic & Warfarin Care Nail Surgery Mobile Service Tel:07950 289994 HCPC Registered E: zoe@zoedavisonpodiatry.co.uk W: zoedavisonpodiatry.co.uk</p>
<p align="center">BEAUTY BY RUTH</p> <p align="center">Level 3 Beauty Therapist/ Mobile Find me on Facebook@ BeautyByRuth02</p> <p align="center">Mobile: 07854463402 Email:ruth-hird@live.co.uk</p> <p align="center">Address: 2 Park Head, Welton CA5 7HL</p>	<p align="center">PAINTING AND DECORATING</p> <p align="center">Give your home a beautiful new look. No job too big or small, exterior and interior</p> <p align="center">07492 087864 Email joaorodrigues101@hotmail.com</p>

**SOUR NOOK INN
SEBERGHAM**

Real Ale, Good Home-Cooked Food
Free Function Room Hire
Please see website for opening hours
Or telephone Al or Ian
Tel: 016974 76242
www.sournookinn.co.uk

Eden Horse Rug Wash and Repair

Unit 8 Station Yard Station Road Wigton CA7 9BA
016973 49399 info@edenhorserugwash.com
Bespoke service providing wash and repair of
horse rugs, pet bedding, overalls etc.
Open 10 – 3 Monday to Friday
Collection service available
Facebook Twitter Instagram

Cumbria Tree Services



**Qualified tree surgeon and felling
specialist. Mini-digger available; for
root removal & landscaping works.**

Contact: J.Paul Graham 07917 891166

WATERMILL CAFÉ LTD

Priests Mill, Caldbeck, Wigton, Cumbria CA7 8DR
016974 78267
OPEN DAILY
9.00AM - 5.00PM
UNTIL MID NOVEMBER.
10.00AM - 4.00PM
UNTIL MID FEBRUARY



**SPECIALISTS IN PROVIDING
BESPOKE LEGAL SERVICES**

Clifford Court, Cooper Way,
Parkhouse, Carlisle CA3 0JG
4 Main Street, Cockermouth CA13 9LQ
☎01228 888 999 ☎01900 820 800
www.bpkcumbria.co.uk

BEATY & Co. Solicitors

Telephone: 016973 42121

For divorce & separation; accident &
personal injury; employment; house/
farm sales & purchases; wills; probate &
trusts; landlord & tenant; commercial
contracts & leases; civil litigation; debt
collection.

**SPARE HANDS
PROPERTY MAINTENANCE**

**For all your jobs around
the home & garden**

**MAN & VAN SERVICE AVAILABLE
Contact Ian on 07925620515
www.handymancumbria.co.uk**

THE WOOL CLIP

Priests Mill, Caldbeck
A local co-operative selling a wide range
of locally made woollen goods.
Open: 11am-5pm Easter to Oct 31st
11am-4pm Mid-February to Easter,
Nov and Dec, Jan 2nd - 5th
Closed: Jan 6th to Mid-February
016974 78707

**YOUR LOCAL SPECIALIST WILLS
& PROBATE SOLICITOR**

One of the few true specialists with
over 30 years experience & additional
specialist qualifications.

**Lynn Emery LLB (Hons)
Solicitor (TEP) - 01697 478303
07901 229218
lynn@lynnemery.co.uk**

**INHERITANCE TAX PLANNING
ELDERLY & VULNERABLE CLIENT
ISSUES**

Have saved millions of £'s of tax. Large
city experience without the high prices.
Home visits at a time convenient to you.

**Lynn Emery LLB (Hons)
Solicitor (TEP) - 01697 478303
07901 229218
lynn@lynnemery.co.uk**

GINGER COTTAGES

Holidays/Short Breaks

Beckside Cottage

Caldbeck

Max 4 guests/Dog-friendly

TripAdvisor 5 star

Nicky, 0795 1561 787

www.ginger-cottages.com

Cumbrian Tails Pet Services

Dog Walking, Home Visits,

Horse Care, Pet Taxi.

Fully Insured and DBS checked.

Tel: 07792877809

www.cumbriantailspetservices.co.uk

Kirkland Store

Caldbeck

Groceries, Convenience, Fruit & Veg,

Carrock meats incl fresh pies,

Carvetti Coffee & Snacks to take away.

Fuel, Post Office, Off-licence.

See our Facebook page for updates

on our new & local products

Shop open Mon - Sat 8- 6pm

Sun 9-12 noon (9- 4.00pm May- August)

016974 78252

THE OLD RECTORY, CALDBECK

Bed & Breakfast

Tim & Anne Cartmell

Tel: 016974 78484

www.oldrectorycaldbeck.co.uk

CWB Forestry

Tree Felling, Tree Surgery,

Woodland Management,

Winching, Firewood.

Fully Insured

NPTC City & Guilds Qualified

Charlie: 07796327814

cwbforestry@outlook.com

Andrew Tiffin

Joinery Services

Covering all aspects of work

Kitchens, bathrooms,

doors & more

Mob 07810600821

Tel 01768 894054

andrewt_28@hotmail.co.uk

Feathers Health & Beauty

Wythmoor House, Stockdalewath, Carlisle

CA5 7DN

Tel: 07763 859399 ~ email feathersbeauty@btinternet.com

Bookings by appointment only,

Please call, text or send an email.

Website ~ feathershealthandbeauty.co.uk

Facebook ~ Feathers Health & Beauty

CHOICE CATERING

Catering for every occasion in

The Lake District -

weddings, dinner parties,

funeral teas, private functions

www.choicecatering-cumbria.co.uk

Debbie Bainbridge

016974 78535

Mobile 07871743003

RAINBOW FLOWERS

King Street, Wigton

Beautiful fresh flowers every day

Telephone orders welcome

Same day delivery - 12 mile radius

All major credit cards accepted

016973 43434

rainbowflowers@btconnect.com

www.rainbowflowerswigton.co.uk

Little Crooked Tree

The place to find unusual gifts

for the home & garden

Priests' Mill, Caldbeck, CA7 8DR

www.littlecrookedtree.co.uk

EDITORIAL SUB-COMMITTEE

Editorial Co-ordinator: Rebecca Brockbank 016973 42794
stevebrockbank@btinternet.com

All e-mails to be sent to: warnellmagazine@gmail.com

Any hand-written contributions should be left in the marked box at the back of Caldbeck Church.

PLEASE NOTE: copy deadline is 12th November for inclusion in December's magazine.

Representatives:

Caldbeck: Mrs Sue Braithwaite 016974 78504

Sebergham:

Castle Sowerby:

Rosley and Welton: Mrs Lynda Huckell 016973 42253

Westward: Mrs Rebecca Brockbank 016973 42794

Treasurer & Postal Subscription Enquiries: Mrs. Rachael Bonington
Tel:016974 78363

All cheques should now be made payable to:

Warnell Parishes Magazine

Contact for Advertisers: Mrs Jennifer Collard

Tel: 016974 76572 **e-mail:** mail@warnellhouse.co.uk

**Views expressed in this magazine are not necessarily those of the
Warnell Churches**

warnellparishes.org.uk

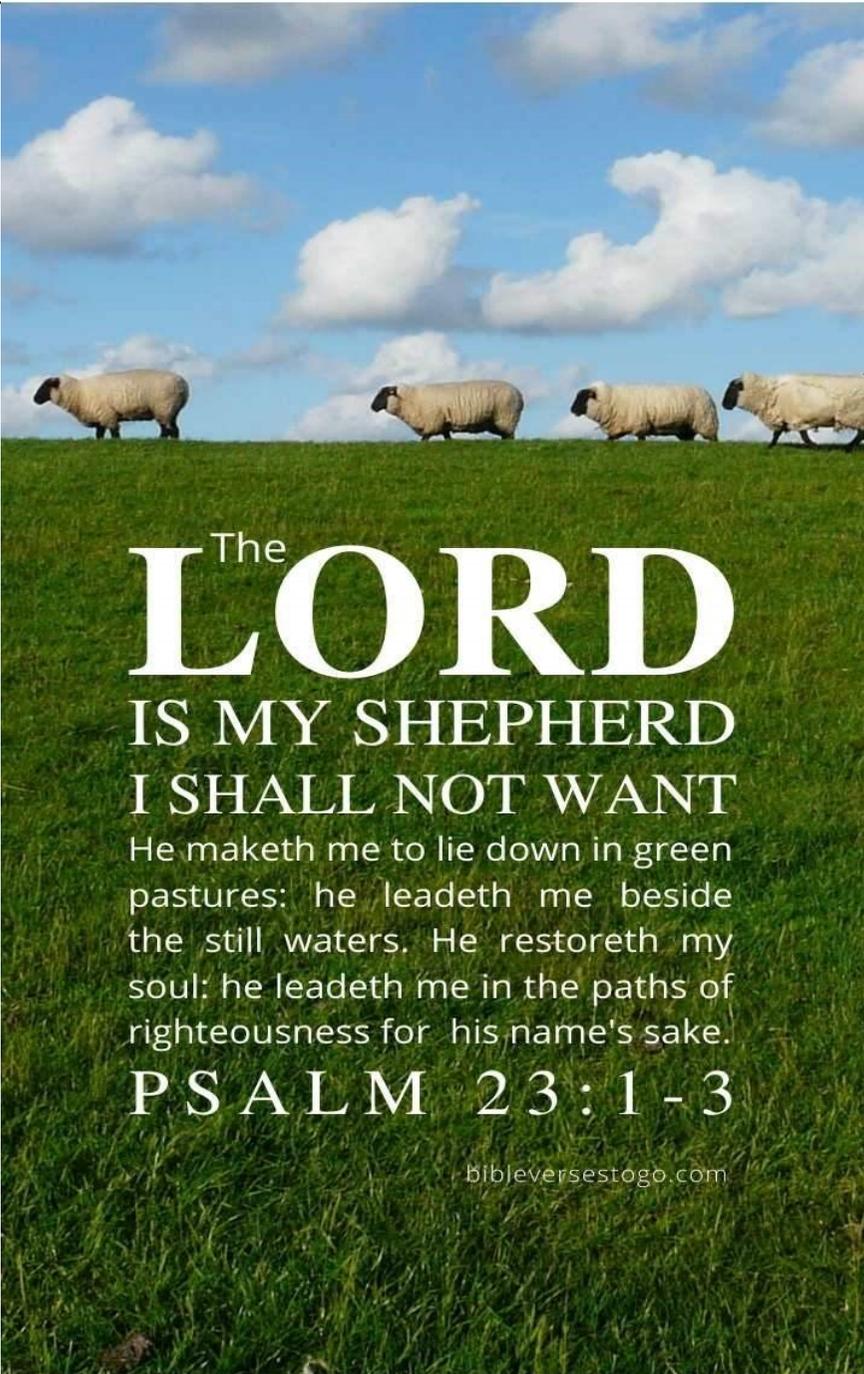
This is our new website!

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 if you have anything which you feel would be appropriate content then please contact Rev Eileen to suggest it.

It is not intended to replace the Parish magazine, as we appreciate that not everyone is able to access the internet. However, it is another way to communicate with all our parishes, so please help to spread the word that the Warnell group of churches now has its own web page.

Thank you



The
LORD
IS MY SHEPHERD
I SHALL NOT WANT

He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

PSALM 23:1-3

bibleversestogo.com