

# DECEMBER 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

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## CALDBECK - St Kentigern's

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

## CASTLE SOWERBY - St Kentigern's

<b>Churchwarden</b>	Mr Richard Little	
<b>Treasurer</b>	Mrs Carolyn Ashbridge	
<b>Secretary</b>	Mrs Valerie Richardson	016974 78432

## SEBERGHAM - St Mary's

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

## ROSLEY - Holy Trinity

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

## WESTWARD - St Hilda's

<b>Churchwarden</b>	Mrs Mary Little	016973 42668
<b>Treasurer</b>	Mrs Rebecca Brockbank	
<b>Secretary</b>	Mrs Rebecca Brockbank	016973 42794

## WELTON - St James's

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

*Eileen writes*

As I write this we are still in lockdown and the prospect of Christmas is being held in front of us. It's almost as if we're being told that, if we are good now, we will be able to have a 'normal' Christmas.

But this Christmas will be different for many of us.

We've yet to hear whether we will be able to sing carols together, at least outside, socially distanced and we don't know whether we will be able to have even the services that we were having before November. Hopefully we will be able to meet with at least some friends and family members. For some there will be spaces in those gatherings, people who have died during the year, whether from Covid-19 or from something else. For some there is the worry about the cost of Christmas and for the future, because jobs have been lost or there is uncertainty about whether it will be there for much longer. There will be those of us who feel that we have done nothing and been nowhere this year. There are those who are exhausted because they have been on the front line. Key workers who haven't been able to have a refreshing break, or even their normal family life, because of sacrifices they have made.

The Church of England's Advent and Christmas campaign this year reflects all of this in its title 'Comfort and Joy'. At the heart of this campaign is Romans 12:15 "*Rejoice with those who rejoice; weep with those who weep.*" This is the verse I discussed in my August letter. Along with the printed resources that I will send out, (if I've missed you from my mailing list I apologise and please let me know so I can add you), there are on line services at <https://www.churchofengland.org/news-and-media/church-online/weekly-online-services>. These will also be available through the free phone line, Daily Hope, 0800 804 8044. I do hope that you are able to access at least some of these and they give you Comfort and Joy in whatever measure you need at this time.

With love and prayers for you all,

*Eileen*

## **From the registers**

I apologise. Last month's 'From the registers' should have read "Patricia Grieve at Carlisle Crematorium on Friday 23<sup>rd</sup> October 2020". Eileen.

### **Burial of ashes**

Norah Coulthard at St Mary's Sebergham on Wednesday 4<sup>th</sup> November 2020.

## **ST. KENTIGERN'S CHURCH, CALDBECK**

On behalf of Caldbeck Church Council, may we express our profound and grateful thanks to all of our regular doners, for their generous financial support over past years and especially so during this immensely difficult COVID year.

As with so many organisations our costs are outstripping income. In St. Kentigern's we have been doing all we can to reduce costs, especially with an eye to 2021 and beyond, to keep our head above the water so to speak. Once again, a huge Thank You to all of you.

God Bless you all, and may you have a very Happy Christmas and a Peaceful 2021



Rejoice and be merry, set sorrow aside.  
Remember Christ Jesus was born on this tide.

## **STOP PRESS**

### **Carol services**

We are hoping to hold short Carol Services with congregational singing outside (whatever the weather I'm afraid), socially distanced in churchyards, on:

### **Sunday 20<sup>th</sup> December**

They will be at the following times:

10.00	Sebergham
11.00	Castle Sowerby
11.00	Welton
14.00	Caldbeck
14.00	Rosley
14.00	Westward

### **Christmas Holy Communion Services**

These will be held in church buildings, socially distanced and you will be required to wear a face mask please. I'm sorry but we are unable to have congregational singing at these services:

### **Thursday 24<sup>th</sup> December (Christmas Eve)**

18.30	Sebergham
21.30	Rosley
23.30	Caldbeck

### **Friday 25<sup>th</sup> December (Christmas Day)**

9.00	Westward
10.00	Welton
11.00	Castle Sowerby

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

## *Decorate a window for Christmas*

It would be wonderful if lots of houses had a window, which looks out onto the road, decorated for Christmas. It might just be a bauble, or a candle or lights. It would give people walking round our villages something to look at and bring a smile in these difficult times.

If they could be done for Monday 14<sup>th</sup> December through to Tuesday 29<sup>th</sup> (longer if you want) that would be great.

*Many thanks,*

*Rev Eileen*



## **Cumbria's Big Carol Sing**

A challenge has been set to create Cumbria's biggest socially distanced Christmas Carol Singalong. The Diocese of Carlisle is working in partnership with BBC Radio Cumbria & other churches across the county, to run Cumbria's Big Carol Sing, on Sunday 20 December.

The radio station will broadcast a special programme from 6pm that evening, with as many people as possible being asked to join in with singing the carol "Silent Night" on their doorsteps, at 6.15pm.

BBC Radio Cumbria's Richard Corrie, who will present the show, said: "This is a wonderful opportunity for the whole county to come together in song and to help lift the mood for everyone, after what has been an unprecedented year, due to the coronavirus.

My hope is that as many people as possible will tune into the programme that night and will sing their hearts out from their doorsteps. We'd encourage all our listeners to let their family, friends and neighbours know, so as many people as possible can join in."

## **Kings College Cambridge, Nine Lessons and Carols**

Our Festival of Nine Lessons and Carols was first held on Christmas Eve 1918. It was planned by Eric Milner-White, who at the age of thirty-four had just been appointed Dean of King's after experience as an army chaplain which had convinced him that the Church of England needed more imaginative worship. (He devised our Advent Carol Service in 1934 and was a liturgical pioneer and authority during his twenty two years as Dean of York.) The music was then directed by Arthur Henry Mann, Organist 1876–1929. The choir included sixteen trebles as laid down in King Henry VI's statutes, but until 1927 the men's voices were provided partly by Choral Scholars and partly by older Lay Clerks, and not, as now, by fourteen undergraduates.

A revision of the Order of Service was made in 1919, involving rearrangement of the lessons, and from that date the service has always begun with the hymn 'Once in royal David's city'. In almost every year some carols have been changed and some new ones introduced by successive Organists: Arthur Henry Mann; Boris Ord, 1929–57; Harold Darke (his substitute during the war), 1940–45; Sir David Willcocks, 1957–73; Philip Ledger, 1974–82 and, from 1982, Stephen Cleobury. The backbone of the service, the lessons and the prayers, has remained virtually unchanged.

Almost immediately other churches adapted the service for their own use. A wider frame began to grow when the service was first broadcast in 1928 and, with the exception of 1930, it has been broadcast annually, even during the Second World War, when the ancient glass (and also all heat) had been removed from the Chapel and the name of King's could not be broadcast for security reasons. Sometime in the early 1930s the BBC began broadcasting the service on overseas programmes. It is estimated that there are millions of listeners worldwide, including those to Radio Four in the United Kingdom. In recent years it has become the practice to broadcast a digital recording on Christmas Day on Radio Three, and since 1963 a shorter service has been filmed periodically for television. Recordings of carols by Decca and EMI have also served to spread its fame.

This year the service will be broadcast on Radio 4 at 3pm on Christmas Eve.

As I put together these services, I'm not sure where we will be on 13<sup>th</sup> December. If we're still in lockdown I invite you to join with me and each other at 10.00 to read the Bible, sing a hymn and pray as in the services below. If we're having limited services again we'll be using these psalms and readings

**Sunday 13/12/20      3<sup>rd</sup> Sunday of Advent**

**Psalm 126**

**Hymn**    *Give me joy in my heart*

**Reading**    1 Thessalonians 5: 16-24

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

God for whom we watch and wait, you sent John the Baptist to prepare the way of your Son: give us the courage to speak the truth, to hunger for justice, and to suffer for the cause of right, with Jesus Christ our Lord. Amen

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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

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The Lord's Prayer

**Reading**    John 1: 6-8, 19-28

**The Grace**



## **Sunday 20/12/20 4<sup>th</sup> Sunday of Advent**

**Psalm** 89

**Hymn** *The angel Gabriel from heaven came*

**Reading** Romans 16: 25 -end

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

Eternal God, as Mary waited for the birth of your Son, so we wait for his coming in glory; bring us through the birth pangs of this present age to see, with her, our great salvation in Jesus Christ, our Lord. Amen

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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

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The Lord's Prayer

**Reading** Luke 1: 26 - 38

**The Grace**



## **Friday 25/12/20 - Christmas Day**

**Psalm 98**

**Hymn** *O come all ye faithful*

**Reading** Isaiah 52: 7 - 10

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

Lord Jesus Christ, your birth at Bethlehem draws us to kneel in wonder at heaven touching earth: accept our heartfelt praise as we worship you, our Saviour and our eternal God. Amen

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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

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The Lord's Prayer

**Reading** John 1: 1 - 14

**The Grace**



## **Sunday 27/12/20 Christmas 1**

**Psalm 148**

**Hymn** *Joy to the world*

**Reading** Isaiah 61: 10 – 62:3

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

God in Trinity, eternal unity of perfect love: gather the nations to be one family, and draw us into your holy life through the birth of Emmanuel, our Lord Jesus Christ. Amen

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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

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The Lord's Prayer

**Reading** Luke 2: 15 – 21

**The Grace**



## Stuck for present ideas this year?

Need to buy something for someone who has everything? How about a gift that will benefit others, far less fortunate than most of us? Lots of charities offer “virtual” gifts– from agricultural animals, swarms of bees, educational materials or health related items.

Some charities will not actually send a live goat to a farmer in a poor country, although that seems to be what they are offering, but will put your money into a fund for agricultural projects. Check out the terms and conditions, so you understand how each charity operates.

Do have a look at these options - there are others, and make up your own mind about whether this is an alternative way of giving that appeals to you:

<https://charity-gifts.christianaid.org.uk/>

<https://onlineshop.oxfam.org.uk/shop/oxfam-unwrapped>

<https://shop.savethechildren.org.uk/product-category/virtual-gifts/>

<https://cafod.org.uk/News/UK-news/New-World-Gifts-for-Christmas>

<https://shop.wateraid.org>

One group does guarantee that what you order actually goes directly to the people who need help. This is “Good Gifts”, which you can find at <https://www.goodgifts.org/>

If you prefer to give “real” presents remember that your giving can still benefit a third party in a developing country, if you purchase from our local Fairtrade shop in Caldbeck; see next page for contact details.



## **Bereavement Journey Cumbria**

Churches Together in Cumbria are looking to set up a third Bereavement Journey Cumbria to run from January 2021.

The first course welcomed 16 guests via Zoom, from different parts of the county. They each brought their own experiences of bereavement, some very new and raw, others older, yet just s consuming. All guests completed the course and feedback was very positive.

Churches Together in Cumbria recently started a second course, which also welcomed 16 guests with very different bereavement experiences. The technology works well and if anyone has any technical issues support is available. A number of people from the first course now wish to offer the course in their own area and one guest is a group leader on the second course.

A third course in January would run in in the afternoon or evening, according to demand.

To book a place on the third course please contact:  
shelagh.goldie@gmail.com

### **The Fair World Shop, Caldbeck**

As things stand we are hoping to re-open the Fair World Shop in early December.

The shop is well stocked with a range of goods, including Christmas cards and gifts.

Whatever happens about opening, anyone wishing to make a purchase from the shop can do so by contacting either Audrey Noble on 016974 78692 or Elspeth MacKenzie on 016974 78090.

Thank you

## CALDBECK PARISH COUNCIL NEWS

The Parish Council did not meet in November and meets next on 7 December 7:30pm via Zoom. All are welcome to join, either by computer/tablet or by phone. Details will be available on the Parish Council's website from 2 December.

At the meeting there will be discussion of a proposal to encourage greater biodiversity on **Caldbeck Green**, updates on the Parish Council's various projects, such as the **purchase of National Park land**, including Hesket Newmarket Green and the various village car parks, and preliminary discussions about the **Parish Council's budget for 2021-22**.

The meeting will also consider the **Affordable Housing project**. In early November, the Parish Council's working group met Eden and Mitre Housing Associations with Stuart Woodall, the Parish Council's architect/consultant. Following discussion the group believe that a detailed scheme can now be developed, which would incorporate the National Park's advice and stand a good chance of getting planning permission. The project should provide for 8 houses, all classed as affordable, and a mix of 2 and 3 bedroom houses. The detail of the numbers of rented/shared ownership houses and the percentages of shared ownership would be for consideration as part of developing the scheme. The expectation is that there would be a great deal of flexibility. Some people may be interested in very high shared ownership (up to 95%). Others may prefer a much lower percentage (25%). Some people may prefer to rent their houses, perhaps with opportunity to move to a shared ownership arrangement in the future.

In order to develop the scheme, the Parish Council would now like to **invite people to express interest on two fronts**: those who would like to become involved in **forming a Community Led Group** to provide community leadership and help access grants; and those who would be interested in **potentially owning/renting affordable housing**. It would be very helpful if people having an interest on either front would contact the Clerk or any Parish Councillor. For those interested in occupying the houses, it would be very useful to know whether people would wish to rent a property from a housing association or if they have a preference for shared ownership with a housing association. If the latter, it would be helpful to have an indication of the percentage share that people may be prepared to make - 25%, 50%, 75%, 95% shared ownership. Having an indication of preferences and the level of demand would be helpful for developing the scheme and the accompanying financial modelling. There may be some people with an interest in both contributing to a Community Interest Group and becoming the first residents.

The scheme will take at least a year in planning and perhaps two years before the first residents would be able to move in. There would be a local occupancy clause but people who have had a past connection with Caldbeck Parish may well be able to express an interest. The scheme may therefore offer an opportunity to families to move back to Caldbeck. The Parish Council has been keen to support affordable housing to attract families to the Parish to support the school and local facilities and maintain the community.

On 23 November the Parish Council organised a **late Autumn socially distanced tidy in Caldbeck**. Mark Binney, our Lengthsman, had already made a start the previous week and he, and a team of volunteers, spent a few hours sweeping up the leaves and debris from around the village. Tim Cartmell, Parish Council Chairman, thanks Alistair Macfadzean for his work throughout the year, all the other volunteers for their efforts in tidying the village, and all those who litter pick independently and do so much to look after the villages.

**Parish Website** - Andrew Ward has developed the new website for Caldbeck Parish and the Parish Council which went live at the start of November. There is a bit more work to do to update a number of pages and ensure links are working. The Parish Council hopes you like the look of the new website. Please do contact the Clerk if you have any feedback.

For further information, please contact Simon Smith:  
Email: [caldbeckparishclerk@gmail.com](mailto:caldbeckparishclerk@gmail.com). Telephone: 016973 71008  
Website: <http://www.caldbeck.org.uk/parish-council/>

## 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 4<sup>th</sup>, 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 the situation being so unstable at the moment, we feel that it is not worth the risk, financially 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](mailto:roger@vicargate.uk)

Sally Vaux [sallyvaux@aol.com](mailto:sallyvaux@aol.com)

## A CHALLENGE FOR YOUNG PEOPLE FROM THEATRE BY THE LAKE

Theatre by the Lake have got plans afoot for a big exhibition to help celebrate their reopening. They may currently be closed, but in 2021 their building will be buzzing and alive again, and they want to fill it with the creativity of the audiences and community, a big part of which is the young people in our county. So they wanted to ask any of you who would like to have a go, to create something for their exhibition! They'd love it even more if you can take some photos of you creating your submission, along with a selfie of yourself with the finished product, that they would share on their social media to inspire even more people to get involved.

Could you create any one of the following:

**Make a leaf.** Take a piece of A4 paper, fold it down the middle longways, cut a shape along the loose ends (not on the fold) to create the shape of the leaf, and then decorate it with anything you'd like. Draw, paint, collage. What are you looking forward to? How do you see the future? What has lockdown meant to you?

**Make a Sculpture.** Using things you can find at home (maybe raid the recycling bin, use crayons, paints, tape, glue, paper, whatever you have lying around the house!) they would like you to create a mini sculpture that tells us about you and your life. What has lockdown been like for you? What do you hope will happen in the future? What have you like/not liked? Find a box or container that is maximum 25cm X 25cm, and minimum 10cm X 10cm, and use this as a base for your sculpture to get creative!

**10 line plays.** Life after lockdown. What are you looking forward to and how do you see the future? Tell them a story or capture a moment in words. These mini plays will be read and recorded by the voices of our community and will provide the soundtrack to the exhibition.

**A Small Piece Of A Big Picture.** They invite you to create a small piece of a big picture. On a 10cm by 10cm square piece of paper they would like you to write, sketch or capture as a photograph something that tells us about what you love about our community.

Finished pieces can be posted to Theatre by the Lake, Lakeside, Keswick, CA12 5DJ FAO Claire Dunk, or emailed to [claire.dunk@theatrebythelake.com](mailto:claire.dunk@theatrebythelake.com). If submitting a sculpture please get in touch with Claire to arrange drop off or collection, as they are working in line with the current government guidelines. They are hoping to have collected all submission by December 15th. If you have any questions please do feel free to get in touch with them, and please do remember to take photos of your creative process/finished product. These can be emailed to [claire.dunk@theatrebythelake.com](mailto:claire.dunk@theatrebythelake.com), or feel free to post them yourselves and tag @TBTLake so they can see your amazing work

paper they would like you to write, sketch or capture as a photograph something that tells us about what you love about our community.

Finished pieces can be posted to Theatre by the Lake, Lakeside, Keswick, CA12 5DJ FAO Claire Dunk, or emailed to [claire.dunk@theatrebythelake.com](mailto:claire.dunk@theatrebythelake.com).

If submitting a sculpture please get in touch with Claire to arrange drop off or collection, as they are working in line with the current government guidelines.

**They are hoping to have collected all submissions by December 15th.**

If you have any questions please do feel free to get in touch with them, and please do remember to take photos of your creative process/finished product. These can be emailed to [claire.dunk@theatrebythelake.com](mailto:claire.dunk@theatrebythelake.com), or feel free to post them yourselves and tag @TBTLake so they can see your amazing work!

Have fun!

## 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.

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: [susan.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.

## Memories

The angel sat on the side of my bed.

“It’s Covid year.” To him, I said,  
“The stores are closed. The lights are out.  
There’s hardly a single soul about.  
And all the way through this awful year  
Have been echoes of pain, & loss & fear.  
What are we going to do now?” I asked  
“What are we going to do now?”

The angel sighed, as he sat on my bed  
“Have you forgotten it all?” he said  
“The visit to Mary? The Bethlehem birth?  
And us lot singing of Peace on Earth?  
And gifts of Life, & myrrh, & gold,  
And stars and truths which still unfold  
All that you have to believe.” he said.  
“All that you have to believe.”

*J de R.*

*16.11.20*

**Sebergham Weather Recordings**  
**October 2020.**



**Rainfall.**

**October 2020**

Aggregate for year.

156.70 mm (06.17 ins)  
1105.40 mm (43.52 ins)

**October 2019**

Aggregate for year.

122.20 mm (04.81ins)  
1146.70 mm (45.15 ins)

**Notes.**

Our **10 year** average rainfall for the month of October is **104.49 mm (04.11 ins)** and you will see from above our rainfall this month is in excess of our October monthly average. Our **wettest** October over the last twenty years was actually this year recording: **156.70 mm (06.17 ins)** for the month. Our **driest** October over the last twenty years was in **2016** recording **037.30 mm (01.47 ins)** for the month. Our rain **high day** for October was Saturday 3<sup>rd</sup> recording **042.42. mm (01.67 ins)**. We recorded rainfall on **18 days** in the month. Our aggregate rainfall this year over ten months is **1105.40 mm (43.52 ins)** which is still well above our ten month average aggregate over the last 20 years of **837.94 mm (32.99 ins)** i.e. a difference of **269.24 mm (10.60 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 **505.90 mm (19.91 ins)** making it our driest nine months of any year in the last twenty years.

**Temperature**

**October temperatures 2020.**

Average maximum day temperature  
Average minimum night temperature  
Warmest day Tuesday 20<sup>th</sup> October  
Coldest night Friday 2<sup>nd</sup> October



12.31°c (54.16°f)  
05.94°c (42.69°f)  
16.90°c (62.42°f)  
- 00.20° (31.64°f)

**October temperatures 2019.**

Average maximum day temperature  
Average minimum night temperature  
Warmest day Monday 7<sup>th</sup> October.  
Coldest nights Monday 28<sup>th</sup> & Wednesday 30<sup>th</sup> October - 01.90°c (28.58°f)

**Notes.**

October was another mainly cloudy month with Atlantic depressions dominating our weather, apart from the middle of the month when we had a quiet spell of weather and little rainfall with temperatures just below average. Our Octo-

ber maximum **daytime** temperature this year, see above, is just below our ten year average for the month of **12.96°C (55.34°F)** and our minimum **night time** October temperature (see above) was also just below our ten year average for the month of **06.58°C (43.84°F)** Our coolest October over the last 10 years was in **2012** recording the month's night time temperature at an average of **04.64°C (40.35°F)** By contrast our warmest October over the last 10 years was **2011** recording the month's average day temperature at **14.26°C (57.59°F)** No thunder was recorded during the month and we recorded our first frost of the Autumn at the beginning of the month. Last year we recorded 3 days of frost towards the end of October.

### **Wind.**

October was a windier month than previous months with gales towards the end of the month. Our monthly average wind speed for October was 2.4 mph. and we recorded high wind strength at the beginning and towards the end of the month, with a gale on the last day of the month. We recorded our strongest wind on Saturday 31<sup>st</sup> October of 27 mph at 09.30 hrs from the East. The dominant wind direction for the month was from the South, similar to the previous 3 months.



## 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.

This is 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 on-line church services in mind.



**"With many in our country on lockdown, it is 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 our 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.

## **WINTER WARMTH APPEAL**

**In a bad winter, 300 people die in Cumbria because of the cold weather, a fatality rate higher than most other areas of the UK and the elderly are among the most vulnerable.**

**Cumbria Community Foundation's Winter Warmth Appeal raises funds to help older people across the county stay protected from the cold weather.**

**The Winter Warmth Appeal, in partnership with Age UK across Cumbria, is now in its eleventh year and in that time, through the warm generosity of others, has raised over £1 million. More than a thousand older people, who struggle to afford to heat their homes, benefit each year. This year the charity hopes to raise £200,000 to help keep Cumbria's most vulnerable warm and well this winter.**

**The cost of fuel is rising and there are many old, rural homes in Cumbria which cost more to keep warm. It's becoming increasingly hard for people to afford to heat their homes, especially for those that no longer have a steady income. There is also a connection between cold homes and increased risk of respiratory illness, which means any waves of COVID-19 during colder months could have a catastrophic impact for people who already have health conditions, when they cannot afford to sufficiently heat their homes. This is why the Winter Warmth Appeal has never been more important.**

**Please consider donating the Winter Warmth Appeal and help those who are having to choose between heating and eating. You can donate online: [www.virginmoneygiving.com/fund/winter-warmth-2020](http://www.virginmoneygiving.com/fund/winter-warmth-2020) or send a cheque (made payable to: 'Cumbria Community Foundation' and write 'Winter Warmth' on the back) to: Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria, CA13 0PN. Or simply call 01900 825760 and we can take your donation over the telephone.**

## Northern Fells Group Information

Northern Fells Group



Action through Community

### **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)**



NFG Barter Board no 13

1. Oynx vase, excellent condition - rarely seen a flower! £25.00  
rbjet7630@icloud.com 07477 802 630 (13)
2. Free to a good home plastic garden tiles contact Helen 016974  
78556 (13)
3. Wedgewood vase, never used, excellent condition. £25.00 Please  
contact rbjet7630@icloud.com 07477 802 630 (13)
4. Oval wall mirror - black frame. 54cm x 45cm. £5. Please contact Hila-  
ry 016974 76502. (13)
5. 3 drawer desk, lower drawer takes hanging A4 files. Extremely good  
condition! £300.00 ONO rbjet7630@icloud.com (13) 07477 802 630
6. Teapot and cup, never used! Made for Saks Fifth Avenue, about 25  
years ago, condition perfect, no box. 25.00 ono. rbjet7630@icloud.com  
(13)
7. Quantity of plastic wardrobe clothes covers £3 for the BEEP FUND  
contact Annette 016974 78555 (13)
8. Two pairs of ladies small size 14-16 ladies joggers in black, hardly  
worn contact Philippa 016974 78555 £3 for BEEP Fund (13)
9. Pair of watercolour prints, river scenes size 18" x 30" by George Oys-  
ton in original frames and mounts £20 ono (can send photos) contact  
Annette 016974 78555 (13)
10. Antique cabinet pieces, well over 100 years old 6 small demitasse  
£12 phone Annette 016974 78555 (12)
11. Child's miniature willow-pattern china tea set. VGC, made in Japan  
early 1950s. No box. Price £25 (includes a donation to NFG) Contact:  
016973 49837 to arrange safe delivery. (12)
12. Pair of Wedgwood Santa Clara Tureens £5 each VCG phone An-  
nette 016974 78555 (12)
13. Roof bars suitable for a car with roof gutters. Unused. Nick Tel:  
07967 647028 Swop for some veg or small donation to NFG (12)
14. Fire grate Nick Tel: 07967 647028 Swop for some veg or small do-  
nation to NFG (12)
15. Plate rack from a welsh dresser. 1.2mx0.88m. No photo but I will  
take one if there is any interest. Nick Tel: 07967 647028 Swop for some  
veg or small donation to NFG (12)
16. Super Coffee Table (photo) as new: L 34 inches, W 21 inches, H 19  
inches, still with tags on 016973 43933 £10 donation please (12)
17. Heat Logs 3 packs of five logs, guaranteed to burn very warm.  
Phone 07890 329461 (12)



18. 15kg bag of wood pellets for horse bedding or cat litter, super absorbent, £4.00 phone 07890 329461 (12)
19. Horse shavings bale, dust free. £7.50 phone 07890 329461 (12)
20. Aires guides to France - two books and a map. Brand new, never opened. £30 new - would make a good present. £10. Contact Jo - 016973 71927 (12)
21. Bond knitting machine, vintage but sadly my mum's cats used the box as a scratching post! I believe it is complete with all instructions and bits - £8 to anyone who would like to have it to give it a go! please call 07981 048 267 (12)
22. One large cream lampshade diam. 20cm top, 50cm bottom x30cm H few light specs but otherwise fine £2, please call 07981 048 267 (12)
23. Set of five candelabra shades in a pale purple/grey diam. 10cm top 12cm bottom. Slightly faded but in good condition. £5, please call 07981 048 267 (12)
24. Pair of wooden candle holders with candles. £10 the pair. Contact Jo - 016973 71927
25. Wedgwood sugar bowl as new condition. £5. Contact Jo - 016973 71927
26. FREE OFFICE CHAIR - nice condition but raising mechanism not working. See photo. Contact Hilary, 016974 76502.(11)
27. FREE VERY SMALL WOODEN STOOL - 9 1/2 " high, diameter of seat - 7" inscribed - St. Gemma's. See photo. Contact Hilary, 016974 76502. (11)
28. Little Minton Haddon Hall Trinket Box £3 for the BEEP Fund contact Philippa 016974 78555 (11)
29. Royal Doulton Bunnykins Children's set, consisting 2 x plates, 1 x bowl, 1 x eggcup, 1 x Mug. £15. contact Philippa 016974 78555 (11)
30. Royal Doulton Bunnykins eggcups x 2 £5, ring Philippa 016974 78555 (11)
31. Royal Doulton Bunnykins Bowl £3, contact Philippa 016974 78555 (11)
32. Royal Worcester Small Teapot contact Philippa 016974 78555 (11)
33. Spools of Sewing thread £1 each or £20 for the lot ALSO 43 brown zips 12", nylon teeth and 79 black zips 16" nylon teeth 10p each or offers. Contact on 07866155628 (11)
34. Minton Haddon Hall cruet £5 for BEEP Fund. Philippa 016974 78555 (11)



35. Border Fine Arts, Sheep Breeds figure no A3226 Border Leicester Ewe & Lamb, still boxed. £40 ono contact Martin 01697478555 (11)
36. Captain Mitchell Sea fishing reel £30 ono contact Philippa 016974 78555 also two landing nets (need new nets) £5 each, one is a Hardy, (11)
37. Border Fine Arts Sheep Breeds. A0737 Blue Faced Leicester Ram still boxed, perfect condition £30 ono contact Martin 01697478555 (11)
38. Border Fine Arts Sheep Breeds. Herdwick Ewe & Lamb A1888 £40 ono Contact 01697478555 (11)
39. Border Fine Arts Sheep Breeds A3228 North Country Cheviot Ewe & Lamb. £40 ono. Contact Martin 01697478555 (11)
40. Border Fine Arts Sheep Breeds North Country Cheviot Ram A3227 £30 ono. Contact Martin 01697478555 (11)
41. All Things Wise and Wonderful Border Fine Arts, Model JH 67 Made in Scotland James Herriot series; 'Collie Pups for Sale', £20 ono contact Martin 01697478555 (11)
42. FREE BRASS DOOR KNOCKER (11) contact Philippa 016974 78555
43. Pair Stirrup Irons 5 1/2" stainless steel with leathers £6 contact Annette 016974 78555 (11)
44. Pony, String Show Girth, 39" never used £5 call Annette 016974 78555 (11)
45. Villeroy & Boch 'Wild Rose 2 x Soup bowls with saucers contact Philippa 016974 78555 (11)
46. Villeroy & Boch Wild Rose coffee set with milk jug, creamer and 4 cups and saucers £50 contact Philippa 016974 78555 (11)
47. Villeroy & Boch Wild Rose Tea set with milk jug, sugar bowl and 6 cups and saucers £50 15 contact Annette 016974 78555 (11)
48. Brown Radley Bag, unused, £15 for NFG contact Philippa 016974 78555
49. Pillivuyt Coffee set (in used condition) £20 6 x cups & saucers contact Philippa 016974 78555 (11)
50. Minton Haddon Hall 2 coasters £3 for BEEP FUND contact Philippa 016974 78555 (11)
51. Minton Haddon Hall Gold rim coaster £2 for BEEP FUND contact Philippa 016974 78555 (11)
52. Studio Pottery Old Crown, 'Tea for Two' £20 Annette 016974 78555



- 53. Minton Haddon Hall oval serving dish 25cms £10 contact Philippa 016974 78555 (11)
- 54. Minton Haddon Hall, Large Oval Meat Platter £15 41cm long 31cm wide, contact Philippa 016974 78555
- 55. 2 x Quad/trailer/lawn tractor tyres 18 x 9.5-8 £40 pair Philippa 016974 78555 (10)
- 56. FREE RIDING BOOTS, Size 4 (37) Free to collect. Sebergham area richkayjef@gmail.com (10)
- 57. Whitley hat in blue. £10. Contact 07799 551226 (10)
- 58. 2 x 12" x 15" picture frames - one brown wood, one black. Contact: carolanneoliver@aol.com Free or small donation to NFG please (10)
- 59. 2 lap desks - one about A4 size with green baize covering, the other has a brown hard plastic covering with a channel all the way around to put pens etc. in - size is 13" x 17" Contact: carolanneoliver@aol.com And a single bed yellow bedspread. Free or donation to NFG (10)

Please remember to stay safe and practice social distancing at all times when handing over/ collecting something from the Barter Board. You can reserve an item and then arrange to collect it when you are passing, to avoid unnecessary journeys.

If you have something to put on the Barter Board, to sell, give away for a small donation or to swop, then please let Philippa know. No electrical items please.

Philippa Groves. philippa.groves@northernfellsgroup.org.uk

## TWO THINGS ARE CERTAIN BEFORE AND OVER CHRISTMAS

Most of us will be buying presents and other seasonal goods online, more than ever before. And it will still be a favourite time of year for scammers, who always regard Christmas and Black Friday shoppers as perfect targets for fraud.

We always have a lot on our minds at this time of year, but right now we have the added consideration of our own and loved ones' health and well-being, as well as possible work and money uncertainties. And a host of other distractions brought about by the current situation. That's why it's especially important to safeguard yourself, your family and finances when you're online. They've come up with these expert, easy-to-follow safety tips to help protect you from falling victim to seasonal scams, see more information here: <https://www.getsafeonline.org/safechristmas/>

- When you're shopping online, make sure websites are authentic by carefully checking the address is spelled correctly. Ideally, type it in rather than clicking on a link in an email, text or post. It's easy for scammers to set up fake websites that are very similar to the real thing.

- When you're paying, make sure the page is secure by checking that addresses begin with 'https' ('s' is for secure) and there's a closed padlock in the address bar. An additional word of warning: this means that the page is secure, but the site could still be operated by fraudsters.

- Many advertisements for items such as gifts, holidays and events on social media and online forums are genuine, but be aware that others are fraudulent. Be extra vigilant about checking that such ads are authentic.

- However desperate you are to buy that late gift or an item that's in short supply, don't pay for anything by transferring money directly to people or companies you don't know. If it's a fraud, it's doubtful the bank will be able to recover or refund your money. If you can, pay by credit card. The same goes for holidays, travel and tickets.

- Log out of the web page or app when payment is completed. Simply closing it may not log you out automatically.

- Fake or counterfeit goods are of inferior quality, contravene copyright

law and affect the livelihoods of workers who make the real thing. They can also be dangerous to users. Don't buy them intentionally – however cheap or 'authentic' they – and do all you can to make sure what you're buying is authentic.

- Avoid 'free' or 'low-cost' trials – whether for the latest handset or slimming pills – without thoroughly reading the small print and trusted reviews. You could be signing up for large monthly direct debits which are very hard to cancel.

- If a winter holiday or short break is on the cards, check that what you're booking online is genuine by doing thorough research. Look for independent reviews, and make sure travel agents / tour operators are genuine by checking for an ABTA/ATOL number. Pay by credit card for extra protection.

- Christmas is a favourite time for scammers to send fraudulent emails, texts or DMs, or post fraudulent offers on social media. At this time of year, with the increase in internet shopping, fake parcel firm delivery notifications are commonplace attachments or links, as are emails and other messages featuring 'special offers' and 'prizes'. Don't click on links in emails, texts or posts that you're not expecting, and don't open unexpected email attachments.

If in doubt please ask a family member or contact your Village Agent, no question is a stupid question and fraudsters can be very persuasive. If a deal looks too good – it probably is!! Stay safe, don't be rushed into any decisions concerning money.

# 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**

**Available from the Village Agents or Hesket Newmarket shop**

## STOP PRESS FROM CALDBECK SURGERY

### **Re flu jabs for over 50s**

Caldbeck Surgery is now able to give the flu vaccine to anyone over 50 (or who will be over 50 by 1<sup>st</sup> April 2021). To ensure our patients' safety, we'll be running a flu clinic at the Caldbeck Parish Hall, where patients can wait under cover with good social distancing, and we can get through everyone who is now eligible to be vaccinated as efficiently as possible. The clinic will run on Saturday 12<sup>th</sup> December, from 09:00-17:00, so that there's no disruption to anyone's work.

Please drop in at any time during the day, if you are over 50 and haven't yet had your flu jab. You might have to wait a bit if we're busy, but we're gearing up to do 100+ people an hour!

Please wear your face mask and stay safe whilst queuing.

### **Re the Covid 19 vaccines**

There's a lot of press coverage about the candidate vaccines for Covid-19, and the whole NHS system is gearing up for what will be a massive effort, probably starting early in the new year.

It's very difficult to make firm plans at the moment, because the different vaccines have quite different handling requirements. Until we know which vaccine we'll be asked to administer & when, we can't plan in detail for how we'll do it.

However, there are some specific details we do have:

- Those most at risk will be prioritised, starting with care home residents & staff, healthcare workers, & those over 80 in the first cohort, followed by age-related and at-risk cohorts in decreasing age.
- Housebound patients will be vaccinated at home
- There are likely to be 2 vaccinations required, with a 2-3 week interval between them
- Everyone will get a personal invitation to a specific day and time, when they become eligible; if we have your mobile number this will come by text, otherwise by letter. (please let us have your mobile number if we don't already have it!)

As soon as we have all the vaccine details from NHS England, we will communicate our plans as much and as early as possible.

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

**The surgery will be closed in the afternoon  
for staff training on the following dates:**

**No December closure**

**2021**

**Thursday 21st January**

On these afternoons the surgery (including the dispensary) will close at  
1.00pm.

**We will be closed entirely on the bank holidays**

**Friday 25<sup>th</sup> December, Monday 28th December and Friday 1<sup>st</sup> January.**

To allow the dispensary to provide an efficient service at this busy time  
please remember you can leave your medication request on the dedicated  
answer-phone line 24 hours a day

**016974 78296**

**Please allow at least 72 hours before collection.**

*With best wishes to you all for the Festive Season.*

**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><b>Podiatry (Chiropody) Service</b></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><b>THE SECRET GARDEN</b></p> <p>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.....</p> <p><b>Please call Tina on 016973 52500</b>  <b>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></p> <p>Building &amp; Roofing Contractor</p> <p>Lyndene, Sowerby Row          Carlisle, Cumbria CA4 0QH</p> <p>Tel: 016974 76384          Mobile: 07831 485 520</p>	<p><b>Cumbria Employment Solicitors</b></p> <p>Specialist advice on <u>all</u>          Employment Issues          FREE INITIAL ADVICE          &amp; competitive rates</p> <p>Contact us on 016974 78222 or  <a href="mailto:michael@cumbriaemployment-solicitors.co.uk">michael@cumbriaemployment-solicitors.co.uk</a></p>
<p><b>MICK HOGG</b></p> <p><b>Stonework</b></p> <p>Pennine View, Welton,          Carlisle, CA5 7HF</p> <p>All aspects of Stonework undertaken</p> <p>Tel: 016974 76425          Mobile: 07801439919          Email: <a href="mailto:pattiehogg@btinternet.com">pattiehogg@btinternet.com</a></p>	<p><b>CALDEW KITCHENS LTD</b></p> <p>Traditional handmade          KITCHENS &amp; BEDROOMS          Workshop &amp; showroom          Avondale, Hesket Newmarket, CA7 8HR</p> <p>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></p> <p><b>4 - star Bed and Breakfast, Holiday Cottages</b></p> <p>Touring Caravan and Camping Site          children and dog friendly  <a href="http://www.wallacelanefarm.co.uk">www.wallacelanefarm.co.uk</a>  <a href="mailto:jbstaney@btinternet.com">jbstaney@btinternet.com</a>          Janet &amp; John 016974 78188</p>	<p><b>CARROCK DESIGN &amp; BUILD</b></p> <p>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></p> <p>Good quality          Free delivery          Fast service</p> <p>Tel: 016973 44275          Mob: 07768 440813  <a href="http://www.croftonlogs.co.uk">www.croftonlogs.co.uk</a></p>	<p></p> <p><b>HOUSE &amp; GARDEN MAINTENANCE</b></p> <p>Alistair Ramsay          Nether Row          J7724 274388  <a href="mailto:Alistair@digitalpath.co.uk">Alistair@digitalpath.co.uk</a></p>

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

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