

November
2022

MEMO

Mid-Eden Magazine

with news
from the
Parishes of
The Cross Fell
Group



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Langwathby Stores & Post Office.
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PCC of Langwathby
Langwathby Methodist Chapel

I don't want to be mega negative, I promise, in fact I hope that by the end of these few short words I will leave you on a positive note! So, I am thinking about how we can help a world that seems to be failing... We first have to face up to the truth that in our times things do seem to be bad. Each generation throughout history has had its challenges. Ours seem to be many - a massive imbalance of wealth that is more and more apparent as the world's economy struggles to accommodate the impact of Covid and a war in Europe as well as many other wars. We also have a world where the digital world of communication seems to simply take a story and present it as fact and allows people to believe these stories without any sense of what is truth.

But this is where the message of Christ can be a beacon of light. A beacon of hope. I wish to gently put aside the established church for a moment for it can sometimes be a distraction to the core message of Christ. In the Gospels Christ consistently called people back to core values, values of Truth and Love. He called his early followers to put aside the self and look towards communion with others. He saw how working together we can create a place of safety where we are actually more able to be our unique selves. Christ called his followers to create places that were rooted in generosity of heart and action. It is strange but so often in the world today we are encouraged to focus on me, me, me, or the small group I sit in: this creates sad divisions and arguably it is counter human. For the more we focus on the 'me' (or my isolated group I sit in) the less loving, the less caring I become.

Is all lost? No! Every morning when we wake up and start the day, we have a new chance to choose afresh, to look beyond our own desires and to see how we can give something back to the world... We can be a sign of hope. Take a little look back to the man who wandered the planet over 2000 years ago with a message that was truly visionary then and still is today!

Rev. Andrew Burrell

DATES FOR YOUR DIARY

OCTOBER

28th	Oysland Klezmer Band, Skirwith Village Hall	7.30 pm
28th	A talk from the BEEP Doctors, Blencarn Village Hall	7.30 pm
29th	Coffee afternoon, Ousby Community Centre	2.00-4.00pm

NOVEMBER

2nd	Langwathby & Edenhall WI (p3)	7.30pm
3rd	Meeting Point, Langwathby Methodist Church(p6)	from 10.15am
3rd	East of Eden Mission Xmas Choir, Lazonby Church (p5)	7.30-9.00pm
8th	Soup & Cake Lunch, Skirwith Village Hall (p8)	12.00-1330pm
10th	Open morning at Culgaith CE Primary School (p?)	9.00-11.30am
10th	East of Eden Mission Xmas Choir, Lazonby Church (p5)	7.30-9.00pm
11th	Christmas shopping night, Langwathby Village Hall (p9)	7.00-9.30pm
14th	Culgaith Village Hall AGM (p10)	7.00-8.00pm
16th	Langwathby Women's Fellowship, Langwathby Chapel (p3)	2.00pm
17th	East of Eden Mission Xmas Choir, Lazonby Church (p5)	7.30-9.00pm
17th	VIC's AGM, Victoria Institute, Culgaith (p7)	3.15pm
17th	Langwathby Parish Council, Langwathby VH (p4)	
17th	Meeting Point, Langwathby Methodist Church (p6)	10.30am
18th	Quiz night & supper, Langwathby VH (p6)	7.00pm
19th	Culgaith Village Hall tidy up (p10)	10.00-4.00pm
19th	Film: Mamma Mia! & supper, Melmerby VH (p8)	7.00pm
20th	Church Service at Kirkland Church (p3)	3.00pm
20th	Film: The Phantom of the Open, Skirwith VH (p8)	5.00pm
24th	East of Eden Mission Xmas Choir, Lazonby Church (p5)	7.30-9.00pm
25th	Film: Dean Spanley, Gamblesby VH (p8)	7.00pm
28th	Hunsonby Parish Council, Hunsonby Community Centre (p5)	7.30pm

DECEMBER

1st	Meeting Point, Langwathby Methodist Church	10.15am
14th	Langwathby Women's Fellowship Christmas Tea	2.00pm
28th	Christmas Ceilidh. Melmerby VH (p7)	7.00pm

JANUARY 2023

5th	Meeting Point, Langwathby Methodist Church	10.15am
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MEMO COPY DATES FOR 2022 - 11th November

CLERGY CONTACT NUMBERS

The following EEMC ministers can be contacted by email or telephone:

Canon Katharine Butterfield Tel 01768 898176

Email kmbutterfield@btinternet.com

Rev Keith Speck Tel 01768 898257.

Email: keithspck1@gmail.com

Rev Dave Milner Tel 01768 863209

Email: dave@revmilner.plus.com

About The MEMO A team of over 40 volunteers collate, type, proof & distribute your MEMO each month to produce a community based publication. We are grateful to the support given by businesses & sponsors. You can contact us as follows:

For editorial, general or non-business enquiries contact:

Chris 01768 881015; e: chris.midedenmemo@gmail.com

For business advert enquiries contact our business coordinator:

Jeff 01768 881163; e: jeff.midedenmemo@gmail.com

For payment related enquiries contact our treasurer:

Sheila 01768 881348; e: treasurer.midedenmemo@gmail.com

**All copy for the November issue by
NOON FRIDAY 11th November 2022**

Items ready to be typed can be sent directly to -

midedenmemo@gmail.com

Payment should accompany the advert request .

Cheques payable to 'The MEMO'; Payment can also be made by BACS/electronically please contact Jeff or Chris as above for details or confirmation of charges for your advert.

The Committee maintain the right to edit and/or withhold material as deemed necessary.

MEMO distributors will be able to collect from Langwathby Church on Wednesday 23rd November

MEMO CHARGES FROM 1ST JANUARY 2022

Non-Business Adverts (Individual/Groups/Clubs/Education):

£5 per third of page entry or £50 subscription (eleven thirds for the year). Sponsorship (name on front cover) £65 minimum - this donation does not include advertising within the Memo.

Business Adverts:

Standard Business Directory Advert £7 per issue or £70 subscription (11 issues) Max. 40 words excluding title & contact details plain text.

Premium Business Directory Advert £10 per issue or £100 subscription (11 issues) Max 1/6 of a page with border, image and formatting.

Cover Artist

We'd like to thank Barbara Hitch for kindly producing this month's cover drawing for us.

Dear Friends,

We are going to have a simple service with music, prayers and readings, poems and the opportunity to light candles in memory of those we have lost. Please come and join us for this service.

The church is here for you, a beautiful place of prayer and tranquillity. God Bless. Revd Andrew

Sunday 20th November at 3 PM

at Kirkland Church



LANGWATHBY FELLOWSHIP

Monthly meeting on 3rd Wednesday
(unless otherwise stated)

2pm at the Methodist Chapel

*All are welcome – men & women – programme of meetings -
an opportunity to meet people, enjoy a chat & refreshments.*

WEDNESDAY 16 NOVEMBER: CRAFTS WITH LORNA EGAN



Langwathby & Edenhall WI

November 2nd “Deepdale Design”

Open Meeting

Steve & Louise Hughes

Competition: Homemade Xmas
Tree Decoration

Hostesses: J. Baker, K. Holmes, E. Edgar

Langwathby Parish Council

Thursday 22nd September 2022 at 7.30 pm in Langwathby Village Hall

Present – 7 Councillors and no members of the public

The following key issues were discussed: -

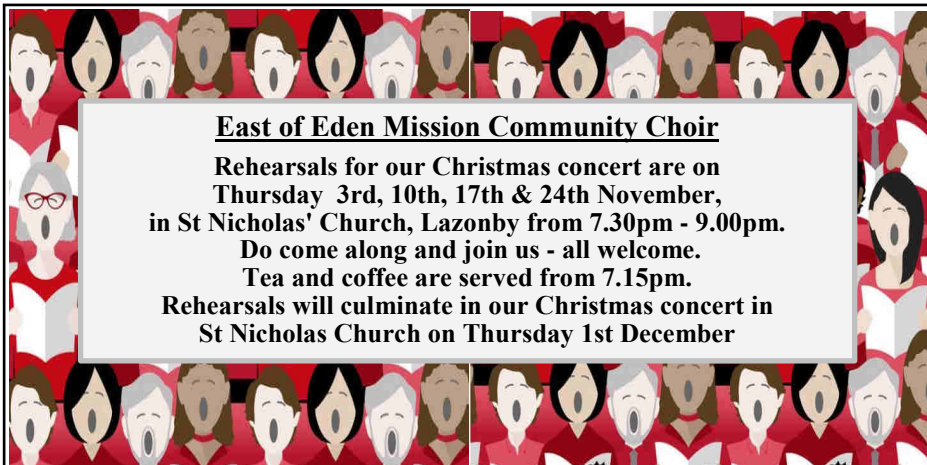
- **Planning: -**
Action reported.
22/0622 – Unit 2 Old Station, Station Road, Langwathby. Penrith - Change of use from class E to class C1 and construction of a single storey extension
Objected
22/0601 – 6 St Cuthberts Place, Edenhall - Conservation Area Tree Works: Prune the following trees into a smaller goblet shape to aid production of fruit and reduce shading on our and neighbouring property: (1) Apple tree. (2) Apple tree. (3) Pear tree. (4) Cherry tree. (5) Plum tree. Remove: (6) Eucalyptus tree. No comment.
Granted
22/0572 – Dolton Holme. Edenhall. Penrith - Extension to existing dwelling
No comment

- **Edenhall Drainage Issues** – To Continue to monitor.
- **Beech Tree – Langwathby Village Green.** – Move to Edenhall Playground.
- **Langwathby Bridge** – Footway light out was reported.
- **Low Mill** – Langwathby. New road sign is still awaited.
- **Ladies Walk** – Broken, wooden, footpath sign. – Awaiting re-erection.
- **Low Mill, Langwathby** – New Road sign awaited.
- **Langwathby Tennis Court** – Surface maintenance
- **Langwathby Village Hall** – Replacement of main water pipe.
- **Langwathby Back Lane Footway Light.** – Malfunction to be reported again
- **Edenhall FTTP Project** – Reported that the BT Openreach Installation work was now part of the National Infrastructure Upgrade Programme. The installation work was well in hand.
- **Langwathby Village Hall Renovation Project** – Development plans were well advanced with a Public Consultation planned for 14th October.
- **Langwathby Speed of Traffic** – To invite Community Police Officer to next meeting to discuss the issue.
- **Langwathby Village Road and River Bridge, Extensive Resurfacing.** Councillors express their satisfaction over the quality of work done and welcomed the early reopening of the bridge.

Date of Next meeting Thursday 17th November.2022

John Fleming – Parish Clerk.

A full set of minutes are available on www.langwathby.org



East of Eden Mission Community Choir

**Rehearsals for our Christmas concert are on
Thursday 3rd, 10th, 17th & 24th November,
in St Nicholas' Church, Lazonby from 7.30pm - 9.00pm.**

Do come along and join us - all welcome.

Tea and coffee are served from 7.15pm.

**Rehearsals will culminate in our Christmas concert in
St Nicholas Church on Thursday 1st December**

Hunsonby Parish Council

Thursday 29th September 2022

6 Councillors present & 3 members of the public.

The following key points were discussed –

- Council agreed to appoint Tall Trees Co to carry out the work required down by the beck behind the swimming pool & hall in conjunction with Electricity North West.
- Branches growing out of the bridge have been reported to Highways dept.
- Annual parish donations were reviewed & the council agreed to adopt a Reserves policy for the council.
- Following resignation of J Holliday as Chairman, I Veitch was appointed as Chairman & L Hebson was appointed as Vice Chair.
- New handle for swimming pool defib is needed.

Next Meeting – Monday 28th November 2022, 7.30pm at Hunsonby Community Centre.



MEMO AGM

**Langwathby Village Hall
(back room)**

Monday 6th February 2023 at 7.30pm

**Open to All - Have your say, provide suggestions or
feedback on your community magazine.**



QUIZ NIGHT

PIE & PEA SUPPER

RAFFLE

LANGWATHY & EDENHALL WI

FRIDAY, November 18th. 2022
LANGWATHBY VILLAGE HALL

7.00p.m

Tickets

Adults - £7.00

Primary school children - £3.00

Bring your own drinks.

Teams of 4 or join a team on the night.

Tickets from: Pam Jago – 01768 88790
jagopamela2@gmail.com 07950042605

Please indicate any dietary requirements.

“Meeting Point”

Enjoy a warm welcome, a cup of coffee and good company!

From 10.15am Thursday, 3rd November

“Oasis”

Coffee, a short reflective service and light lunch

Thursday, 17th November, from 10.30am

Venue: Langwathby Methodist Church

All are welcome



Christmas Ceilidh

Wednesday 28th Dec. 2022

Melmerby Village Hall 7pm

**Come and join the fun, dancing to
Striding Edge.**

**This is a Bring and Share Supper
so please provide enough food
(sweet + savoury) for your group.**

Bar available.

Tickets available from

Bob and Helen 01768881291

Adults: £9 00 Under 18: £5.00

**Tickets will be reserved for you once payment has
been received otherwise requested tickets
will be resold after 10th December. Cash or cheque
made payable to “Melmerby Village Hall”.**

**Please send or deliver to: Helen and Bob Bedford
Lilac House, Melmerby, CA10 1HF**

Numbers are limited for this popular event.

Sorry no refunds.

THE VIC, CULGAITH'S FRIENDLY COMMUNITY CAFÉ - EVERYONE WELCOME!

Every Thursday 2 – 4pm

**at the Victoria Institute, Culgaith. Come along and
enjoy a cuppa and our delicious homemade cakes.**

A warm welcome is guaranteed.



The VIC's AGM will be held on November 17th at 3.15pm.

**This is your opportunity to tell us what we are doing right and what we
could do better. Any ideas for future 'special events' are always welcomed
and if you think you might like to join our small and very friendly
team of Trustees this would be your opportunity
to 'come on board'.**

AGM

ANNUAL GENERAL MEETING



*Bring the Family and Enjoy the heat of Summer
in*

MELMERBY VILLAGE HALL

**Whilst you watch
MAMMA MIA!**

On Saturday 19th November at 7pm

Tickets from Langwithby Stores

Or on the door

Adults £3 Kids under 16 £1 under 5 free

Bar, Hot Drinks and Snacks

GAMBLESBY VILLAGE HALL

25th November Film Night presentation of:

DEAN SPANLEY

A shaggy dog story that will warm the heart of even the meanest Scrooge!

Starring Peter O'Toole and Sam Neill

Film begins at 8pm, food served from 7pm.

Film only: £6. Film and 2 course meal: £12.

Vegetarian option available (please request when ordering). Pay bar, cash only.

Please order food before 24th November.

To book contact Vicki Everatt on 07741 474364 or email
gamblesbycommunitycentre@outlook.com

SKIRWITH VILLAGE HALL events NOVEMBER

Tuesday, November 8th 12.00-1.30pm, home-made soup lunch.

All welcome!

Sunday, 20 November 5pm Skirwith Village Hall Film night

THE PHANTOM OF THE OPEN (not to be confused with

Phantom of the Opera!)

Starring Mark Rylance. A warm feel good comedy.

TICKETS £5. CURRY SUPPER £8.50.

If supper is required it must be booked by 13th November.

Tel: Helen on 01768 870024 OR

Email: team@skirwithvillagehall.co.uk

AN ENERGY CAP

Poem by Kath Holmes



Can anyone tell me where to buy
An energy cap to keep me warm?
I'll need one in winter with fuel on the up.

I've looked on the internet and in magazines
Nowhere can I find one, no mention at all.
I really need one to cover my head.

Do they look like sombreros
Or more like a beret as worn by Frank Spencer,
Could be a bowler as Chaplin would wear.

Sherlock's deerstalker would keep me warm
Or a busby with chinstrap as extra.
Please, please help me find one before winter comes!

ENERGYCAP

Christmas Shopping Night - Langwathby Village Hall

Friday 11th November 2022 - 7pm to 9.30pm

Entry £3 (includes arrival drink and mince pie) Stalls, Bar, Raffle



**In aid of Hunsonby Swimming Pool,
Hunsonby Community Centre and Winskill Play Park.**

MEMO SHORTS

{ Short notes of thank-you or acknowledgement. Limited space,
priority to recent contributors to the MEMO. }

FOR FREE

Kitchen units, suitable for workshop/garage, free to anyone who can collect and make use of them. Call Tony on **07768808093**

What's happening at Culgaith Village Hall

There are a number of things coming up at the hall

Monday 14 November 2022, 7pm to 8pm, Annual General Meeting

The village hall is run by a charity. Culgaith residents are invited to the AGM.

Please join us for a glass of wine and find out how the hall is recovering from the pandemic period, what's going on there, and how you could use it. **Please let Helen Leech** know if you plan to attend at helenleech2000@yahoo.co.uk or at Pea Top Farm.

Saturday 19th November, 10am - 4pm, Hall Tidy Up

If you can spare half an hour or more then simply drop by on the day. Support would really be appreciated in cleaning, clearing out, labelling cupboards, doing small repairs, etc.

New regular events include:

- **Tuesday** evenings - Pop Choir
- **Wednesday** evenings - Beginners Bridge
- **Thursday** mornings - Gentle Flow Yoga
- **Thursday** evenings - Modern Jive

If you would like to be put in touch with the organisers of any of these events then email: culgaithhallbookings@gmail.com.

If you would like to get more involved with the hall then become a friend. Updates will then be emailed directly to you. If you think that you are already a friend but haven't received anything then, after checking your spam folder, please get in touch with Helen at: helenleech2000@yahoo.co.uk or at Pea Top Farm.

HUNSONBY AND WINSKILL WINTER GRANTS

The Hutchinson Poor's Charity Trust distributes its land rental income each year to households in Hunsonby & Winkill with a resident over the state pension age (now 66) and to single parent households with a dependant child or children under 16 where there is no cohabitee.

Applications are invited for the winter 2022 grants, which should be made before 20th November to the chairman, S. J. Holliday, South View Farm, Hunsonby, CA10 1PN, tel. **01768 881364**. (2021 winter grant recipients need not reapply).

There's lots on during the week at Langwathby Village Hall

- Monday:** **Yoga** 9.30am – 11am
Blast & Burn 7pm – 8pm
This is a new class suitable for all abilities 16+, burn your legs, blast your core and grow your glutes
- Tuesday:** **North Lakes Field Archers** 7pm – 9pm
- Wednesday:** **Playgroup** 9.30am – 11.30am
Budokon Yoga 6pm – 7pm
Langwathby & Edenhall WI meet 1st Wednesday of month 7.30pm
- Thursday:** **Yoga** 9.30am – 11.00am & 11.30am – 1.00pm
Centergy/Yoga 6.15pm – 7.15pm (previously held on Monday evenings)
Badminton 8.00pm – 9.30pm
- Friday:** **Fit 4 Life** 10.15am – 11.15am

Friday evening, Saturday and Sunday: Perfect time and place to host your events, party celebrations or performances on our lovely big stage.

If you would like to join in with any of these activities or make a booking for the hall, please contact us on:

bookings.vhlangwathby@gmail.com or ring 07871 994988. We will put you in touch with the relevant group, or deal with your booking enquiries.



See you soon

Melmerby Village Hall Lottery

August 2022

- 1st £20 Allinson family
- 2nd £10 B and G Fletcher
- 3rd £5 Baylis family
- 4th £5 C McAnnemy
- 5th £5 S Gallon

September 2022

- 1st £20 Renvoize family
- 2nd £10 D Ivinson
- 3rd £5 M Wetheral
- 4th £5 J Dixon
- 5th £5 James family

October 2022

- 1st £20 L Walls
- 2nd £10 G Harmer
- 3rd £5 I Greenop
- 4th £5 S Cameron
- 5th £5 M Davis



Kirkland & Blencarn 50/50 Club

October Winners

- 1st** Jason Bach
- 2nd** Emma Fleming
- 3rd** Judith Purdham
- 4th** Christine Taylor
- 5th** Erika Feather



Watch out for details of our Christmas Bingo Night on Saturday December 10th!

They may be able to help...



Citizens' Advice Bureau - <http://www.cac-e.org.uk>
Penrith Office
2 Sandgate, Penrith, CA11 7TP
Debt Inquiries: 03300 563037; General Advice: 0800



Mind - Money and mental health
<https://tinyurl.com/w5ctfo9>



Christians Against Poverty
CAP debt centre in partnership with Penrith Methodist Church
Mon - Thu 9.30 - 5.00 : Fri 9.30 - 3.30
To book an appointment or find out more, telephone 0800 328 0006



Salvation Army Food Bank
Hunter Lane, Penrith
Items can be left in the porch at Hunter Lane on Tuesdays, Wednesdays and Fridays or in the Food Bank Box in St Peter's Church, Langwathby or in the Food Bank Box in All Saint's Church, Renwick

Financial donations can be made to the Penrith Food Bank as follows:

Sort Code 60-01-73 ; Account number 00178123 ;
Quote reference PE05/GR1

Cheques cannot be processed at the moment

Herald, November 1922

Cold, stormy, snow and ice by the 4th. General Election: Tories in by 79 but Penrith's new M.P. is their first Liberal since 1888.

Harvest Services, Gamblesby C. of E., 26 October (Thursday): the Vicar of Renwick preached and Canon Stephenson (Vicar of Addingham) led the service. Collection for the SPG, £1-5s-3d (now £101). Addingham's Harvest Collection was £5-8s-2d (now £427). Also for the SPG (now USPG) Melmerby Church, Thursday 26th October.

Dorothy Bousfield, pupil at Edenhall School, has won a prize in a national French essay competition.

W.I. news. Addingham W.I.'s first birthday. Langwathby and Edenhall W.I. meet on the same night in Langwathby for a talk on cake making. Addingham W.I. meet in November for a talk on glove making.

Hunsonby Church Institute Sale of Work (Craft Fair) and Concert for their New Piano Fund, Friday 3rd, made £42 (now £3360) Note: £1 then equals £88 now!

Gamblesby Church Anniversary on Sunday and Monday, 5th and 6th, was well attended.

Married at Melmerby Church, 18th, Robert Lawson, eldest son of the late Richard Hodgson and Mrs Brockbank, Edenhall, to Minnie only daughter of Mr and Mrs Lightburn, Melmerby.

Died at Denehurst, Little Salkeld, 31st October, Frances, 60, daughter of the late John and Diana Thompson, Kirkoswald. Her father ran a huge papermill in North Shields, where she grew up; he then ran his own one at Glassonby Beck. She died at her brother's. She was cultured and well-travelled.

Died at Winskill P.O., 11th, Mary Ann, wife of John Smith, age not given.

Died at Hesket New Market whilst visiting her sister, Barbara, 62 years, wife of Mr John Chambers, retired letter-carrier to Glassonby etc. They had 10 children, most of whom came to her funeral at Kirkoswald on Friday, 17th in the afternoon.

Jeremy Godwin



The MEMO now has a website!

www.midedenmemo.org.uk

You can download the electronic copy of the MEMO from there.

PUBS, SHOPS & RESTAURANTS

The Shepherds Inn

The Village Green,
Langwathby CA10 1LW

E: stephen@shepherds-inn.co.uk

www.shepherds-inn.co.uk

T: 01768 881463



Scan for the menu

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A range of Cards & Gifts...
Booking recommended...01768 881811
&

'Upstairs'
Open
10.00 - 4.00

Or by appointment: please call
Deborah on 07739 071141

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Looking forward to seeing you all...

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holistic horse and hound

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I offer fully insured animal care
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Please contact me for availability and pricing.

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07706 771356

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PUBS, SHOPS & RESTAURANTS (continued)



Edenhall Country Hotel



Fish & Chip Friday Bar meals served daily

12pm-2pm & 6pm-9pm

Battered Haddock, Homemade Chips & Mushy

Peas for only £10.95

Sumptuous Sunday Lunch from £11.95

Lunchtime meals served 12pm to 2pm

Friday, Saturday & Sunday

Evening meals served every evening from

5:30pm—9:00pm

Edenhall Country Hotel, Edenhall,

Penrith, CA11 8SX T:01768 881454

www.edenhallhotel.co.uk



THE SHEPHERDS INN, MELMERBY

Opening times January - April

Mon & Tues—CLOSED

Wed—Takeaway Only 5pm-7pm

Thurs 6pm-10pm

Fri & Sat 5.30pm -11pm ; Sun Noon-9pm

We will still be doing our Shepherds at Home
takeaway menu during our opening hours as
well as Wednesdays 5pm-7pm

NEW FOR 2022

**Fish on Fridays! Weekly changing 'Fishy'
specials from mussels & kippers to fish
curry**

Tel: 01768 889064

Village Green, Melmerby CA10 1HF

Facebook: The Shepherds Inn

Website: shepherdsinn.pub

COMMUNITY ACTIVITIES

VILLAGE HALLS

Langwathby Village Hall bookings - please contact Brenda Shannon on 07871 994988 (please leave a message, and we'll get back to you) or by email bookings.vhlangwathby@gmail.com.

LOCAL PLAYGROUPS

A friendly, welcoming playgroup, open to everyone from local and surrounding areas during term time, offers a variety of toys, craft sessions, outings, snacks and story/song time suitable for 0-4 years.

Langwathby - Wednesdays 9.30 -11.30am - Langwathby Village Hall.
Contact Lili Kersey 07876 086871

Culgaith - 'Come and Play' at Culgaith School, 2pm-3pm

Monday 7th Nov, Friday 18th Nov, Monday 5th Dec & Friday 16th Dec.

All welcome!

Contact Kerrisa **07725046181** or admin@culgaith.cumbria.sch.uk

BUSINESS AND LOCAL SERVICES

ACUPUNCTURE & MASSAGE PENRITH

Experienced Acupuncturist & Deep Tissue Massage Practitioner.

I take an holistic approach to your health, seeing people with a wide range of conditions, and I'd be happy to discuss how acupuncture or massage could help you.

Please contact me, Jules Burrell MBAcC, on mobile 07890 197 759 or visit www.acupuncturepenrith.co.uk.

Strict hygiene standards and PPE are in place to ensure your safety.

I look forward to welcoming you into a safe, healing and nurturing space.



Beautiful rugs hand made by Louise

I make woven rugs from the finest woollen edges cut from the sides of woven cloth. Crafted on a peg loom, these rugs add warmth to any room and make a lovely gift. Example rug size 120cm x 60cm x 5cm. Sensibly priced.

Please contact me for further information.

Email : enquiries@deepdaledesign.co.uk. Tel: 07942 941344

BORDER WATER TECHNOLOGIES LTD:

We undertake all aspects of drainage, groundworks, erosion control, wetland/pond creation, CCTV surveys of drains; also design, installation, maintenance of sewage treatment systems & tank surveys for house sale. Contact 01768 881612.

Email: admin@borderwatertechnologies.co.uk or www.borderwatertechnologies.co.uk

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Upholstery cleaning including Viscose, Linen and fine fabrics

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Acrestone Cottage Winskill CA10 1PD



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www.castleviewconstruction.co.uk

All aspects of joinery, building, plastering and tiling.

Suppliers and installers of UPVC windows, doors, conservatories, fascias and soffits.

Free estimate and guaranteed to beat any like for like. Written quotation.

BUSINESS AND LOCAL SERVICES (continued)



Langwathby Hall, Langwathby, Penrith CA10 1LW
Call the Salon for Hair Appointments 01768 889380
For Beauty Call Marie on 07944 643337
Plenty of FREE PARKING.

Chloe's Hair & Beauty offers all aspects of Hair Dressing & Beauty Treatments for Women, Men and Children.

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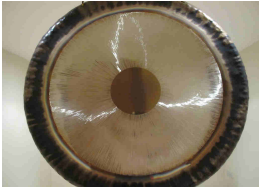
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SOUND HEALING GONG BATH

TUESDAY 8 NOVEMBER at 7-8 PM

TUESDAY 22 NOVEMBER at 7-8PM

FRIDAY 2 DECEMBER at 7-8PM

TUESDAY 13 DECEMBER at 7-8 PM

VENUE: MELMERBY VILLAGE HALL, MELMERBY

Allow the amazing sounds and powerful vibrations produced by the gongs to wash over you
Experience deep relaxation, a lightness of being and a profound sense of peace
The gongs have the power to transform every part of your being - the physical, emotional, mental and even spiritual

Simply lie back, close your eyes and experience the power of these magical instruments. Treat yourself to a tune up!

For further information about what to expect at the Gong Bath and to book a place please contact Jonathan Farnworth (Gong Practitioner and Reiki Master) on 07999 714343 or by e-mail at jpdfarnworth@btinternet.com

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With all the sparkle, it's easy to forget that fireworks can be dangerous if not used correctly and responsibly. People and animals may be affected by fireworks. Let your neighbours know in advance if you're planning on using any fireworks. Be mindful of where you site fireworks to minimise disruption. Enjoy, but stay safe while celebrating.

SERVICES IN OUR CHURCHES AND CHAPELS FOR NOVEMBER

<u>Sunday 6th November</u>		<u>Third Sunday before Advent</u>	
Gamblesby	10am	Little Acorns	Claire Slee
Melmerby	9.30am	Holy Communion	Rev Andrew Burrell
Langwathby Methodist Chapel		11am	Morning Worship
	5pm	Taizé-style Evening Prayer	Joan & Ray Wager Julie Barrett
<u>Sunday 13th November</u>		<u>Remembrance Sunday</u>	
Gamblesby	2pm	Remembrance Service	Rev Chris Blackshaw
Langwathby		10.40am	at the War Memorial, and then at St Peter's
			Rev Andrew Burrell
<u>Sunday 20th November</u>		<u>The Feast of Christ the King</u>	
Addingham	9.30am	Holy Communion	Canon Katharine Butterfield
Culgaith	11am	Holy Communion	Canon Katharine Butterfield
Gamblesby	10am	Little Acorns	Claire Slee
Kirkland	3pm	A service of Thanksgiving and Remembrance	Rev Andrew Burrell
Langwathby St Peter's		11am	Communion by Extension
			John Doidge-Harrison
Ousby	10am	Holy Communion	Rev Andrew Burrell
<u>Sunday 27th November</u>		<u>Advent Sunday</u>	
Culgaith Village Hall	10.30am	Café Church	
Edenhall	3pm	Holy Communion	Canon Katharine Butterfield
Gamblesby	2pm		Jan Blackshaw
Kirkland	11am	Morning Worship	Bryan Gray
Langwathby Methodist Chapel		11am	Morning Worship
		9.30am	Holy Communion
Skirwith			Rev David Milner Rev Andrew Burrell