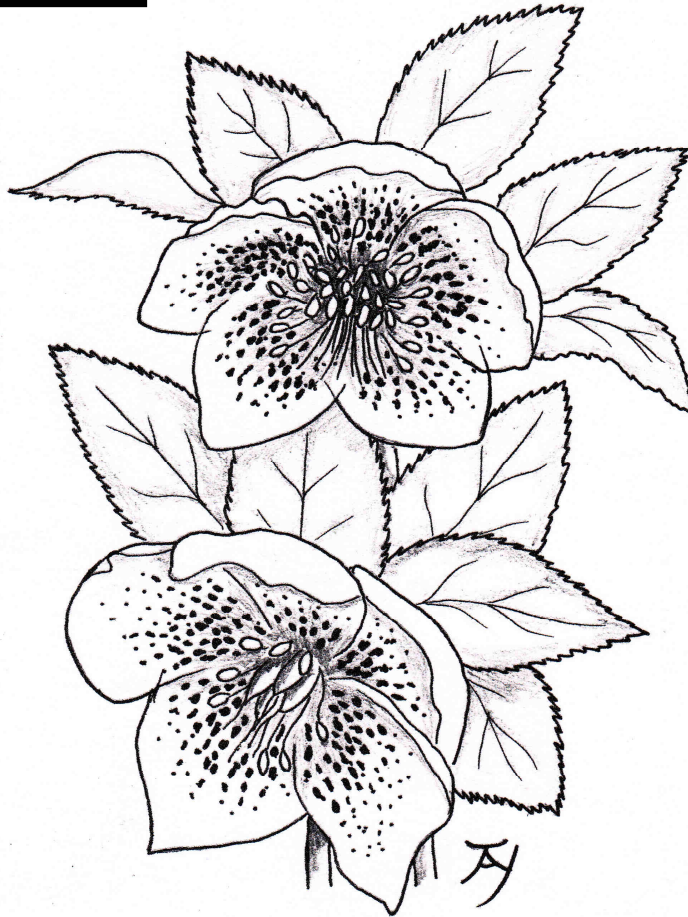


March  
2022

# MEMO

*Mid-Eden  
Magazine*

with news  
from the  
Parishes of  
The Cross Fell  
Group



Sponsored by

Langwathby Stores & Post Office.  
The VIC, Culgaith.  
Tithe Cottage Furnishings.  
Parish Councils: Culgaith, Langwathby  
PCC of Langwathby  
Langwathby Methodist Chapel

**NOTE: Due to Coronavirus restrictions information / events may  
be out of date - so please take this into account.**

## AMBITIONS HOPES AND PLANS

So we are now a couple of months into this new year of 2022, did you on the 1st of January make any New Year's resolutions?

Is it going to be a year of self-denial of certain things which have got out of hand for instance?

I have found a certain shop in Carlisle which makes very fine chocolates (I bought some as a Christmas present for my wife) and I have to say they are very good, I am now a VIP member of said establishment and regularly get their Email updates of offers, if only they might open a branch in Kirkoswald!

Perhaps you haven't got any out of hand issues to deny yourself, if so 'well done you', carry on... I am full of admiration, but you may have made plans for this New Year of a different nature possibly concerning you or your families future direction or location?

Ambitions hopes and plans, we all have them, some do come to fruition which is good, some falter, some are dashed by unforeseen circumstances beyond our foreknowledge or our control, this can lead to frustration and bitter disappointments, sometimes it knocks us off our feet and leaves us bewildered as to the next move.

The Bible is full of stories of people faced with a total change in their lives and circumstances from unexpected directions, King David is a prime example of personal upheaval and painful misunderstandings, plans and ambitions which seemed to have fallen apart.

But for David his consolation and solace was in his relationship with God, and whatever issues came his way you find him turning to God and opening his heart in prayer and praise, it is a profound and moving discovery to see this.

Should you find your ambitions hopes and plans are shattered by unexpected turns of events, let me encourage you to turn to Jesus Christ and allow his peace to reach out to you and help you find a different path for your feet.

Journey well

**Keith Speck**

## DATES FOR YOUR DIARY

### MARCH

1st	Penrith Pumas, Penrith Leisure Centre (P9)	6.00pm
2nd	Langwathby & Edenhall WI, Langwathby VH (P13)	7.30pm
3rd	The VIC Café, Victoria Institute, Culgaith (P8)	2.00pm
3rd	Meeting Point, Langwathby Chapel (P13)	10.15am
7th	Culgaith Parish Council meeting, Skirwith Village Hall	7.30pm
8th	Soup & Cake Lunch Skirwith Village Hall (P8)	Noon-1.30pm
8th	Penrith Pumas, Penrith Leisure Centre (P9)	6.00pm
9th	Sound Healing Gong Bath, Melmerby Village Hall (P12)	7.00pm
10th	The VIC Café, Victoria Institute, Culgaith (P8)	2.00pm
15th	Melmerby and District Gardening Club, Melmerby VH (P6)	7.30pm
15th	Penrith Pumas, Penrith Leisure Centre (P9)	6.00pm
17th	The VIC Café, Red Nose Day Walk/Run (P8)	1.00pm
17th	The VIC Café, Victoria Institute, Culgaith (P8)	2.00pm
18th	Live music: Zoe Gilby Quartet Skirwith Village Hall (P8)	7.30pm
20th	Film: Never Too Late/Supper Skirwith Village Hall (P8)	5.00pm/6.45pm
20th	Hunsonby Swimming Club AGM, Hunsonby CC (P11)	6.00pm
21st	Hartside First Responders AGM (P7)	7.30pm
22nd	Penrith Pumas, Penrith Leisure Centre (P9)	6.00pm
23rd	Sound Healing Gong Bath, Melmerby Village Hall (P12)	7.00pm
24th	Langwathby Parish Council meeting, Langwathby VH	7.30pm
24th	The VIC Café, Victoria Institute, Culgaith (P8)	2.00pm
25th	Film & Food Night - 'News of the Word' - Gamblesby CC	
29th	Penrith Pumas, Penrith Leisure Centre (P9)	6.00pm
31st	The VIC Café, Victoria Institute, Culgaith (P8)	2.00pm

### APRIL

6th	Langwathby & Edenhall WI, Langwathby VH	7.30pm
7th	Meeting Point, Langwathby Chapel (P13)	10.15am
15th	Coffee & Cake morning + Stalls, Melmerby VH (P6)	10.00am-12.30pm
29th	Film & Food Night - 'Nomadland' - Gamblesby CC	
30th	Townsend Theatre Production, Melmerby VH (P10)	7.30

### CLERGY CONTACT NUMBERS

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

**Canon Katharine Butterfield** Tel 01768 898176

Email [kmbutterfield@btinternet.com](mailto:kmbutterfield@btinternet.com)

**Rev Keith Speck** Tel 01768 898257.

Email: [keithspck1@gmail.com](mailto:keithspck1@gmail.com)

**Rev Dave Milner** Tel 01768 863209

Email: [dave@revmilner.plus.com](mailto: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](mailto:chris.midedenmemo@gmail.com)

**For business advert enquiries contact our business coordinator:**

Jeff 01768 881163; e: [jeff.midedenmemo@gmail.com](mailto:jeff.midedenmemo@gmail.com)

**For payment related enquiries contact our treasurer:**

Sheila 01768 881348; e: [treasurer.midedenmemo@gmail.com](mailto:treasurer.midedenmemo@gmail.com)

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

Items ready to be typed can be sent directly to -  
**[midedenmemo@gmail.com](mailto: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 March**

### **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 subscriptions (11 issues) Max 1/6 of a page with border, image and formatting.

### **Cover Artist**

We'd like to thank **Janis Young**  
for kindly producing this month's cover drawing for us.

## MEMO AGM - SUMMARY

The MEMO AGM was held at Langwathby Village Hall on Monday 7th February 2022. The MEMO Committee reported on the highlights of the year and expressly thanked the volunteers, advertisers & sponsors that have made the 2021/22 year a continuation of the MEMO's success even in the challenging times of the Covid19 pandemic with our being able to resume normal distribution of the MEMO with November's issue. A special thank you to Lydia Gray as our distribution coordinator who rallied a new band of distributors to the call of getting the MEMO out to every household once again. Thank you also to all those who volunteered as distributors to make it possible to restore the full door to door distribution of the MEMO.

MEMO charges were reintroduced, for both business and non-business adverts, from the February 2022 issue. We also took the opportunity to align the subscription year with the calendar year.

We said farewell to some long-serving volunteers whose commitment to the MEMO spans tens of years so we feel lucky to have benefited from their support and would like to thank them and their families.

The existing committee members were re-elected with no other nominations having been received. It was noted that our number of MEMO typists is still low even with Petrina joining the existing volunteers in 2021 hence we'll still look to increase this number by one as a minimum (so if you feel you can help out please get in touch).

This is a summary of the AGM and full minutes and committee reports can be requested from the chairman / editor (Chris).

The next AGM date will be notified a minimum three months prior to the date in 2023.

## MEMO COPY DATES FOR 2022

**11th March**

**8th April**

**13th May**

**10th June**

**15th July**

**12th August**

**16th September**

**14th October**

**11th November**

*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 1448848



**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**

**NEW EMERGENCY  
SUPPORT HELPLINE**

**0800 783 1966**  
**COVID19support@  
cumbria.gov.uk**



**SUPPORT EACH OTHER**  
**#TogetherWeCan**

**Only for people at high risk of becoming seriously ill as a result of COVID-19 and who do not have support available from friends, family or neighbours.**

**Full details can be found online at [cumbria.gov.uk](http://cumbria.gov.uk)**

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

## MELMERBY PARISH COUNCIL

[melmerby.org.uk](http://melmerby.org.uk)

Find us on 

[facebook.com/MelmerbyPC](https://facebook.com/MelmerbyPC)

Melmerby Parish Council held an Ordinary meeting on January 19<sup>th</sup> 2022, at Melmerby Village Hall. In attendance were Parish Councilors David Bardsley, Ruth Beaumont (Chair), Gary Fletcher, Chris Jones and Marjorie Jones (Vice-Chair), along with the Parish Clerk, Lisa Beken, and four members of the public.

- It was unanimously agreed to object to planning application 21/1052 at 6 Bridge Terrace, Melmerby, for a proposed second floor extension, on the grounds of planning policy, overlooking and appearance. The application was subsequently withdrawn by the applicant.
- It was agreed to proceed with the manufacture of a replacement noticeboard.
- Potential dates were agreed for a public meeting with PC Norman Black, to discuss traffic issues in the village. (This meeting will be held prior to publication, on February 15<sup>th</sup> and an update will be provided in the April issue.)
- Consideration was given to commemorating the Queen's Jubilee, which will be further discussed at the March meeting of the Parish Council.

The District and County Councils are currently compiling a Local Heritage List to help protect items of local interest across Cumbria. For more details and to submit a local heritage asset for consideration, please visit: <https://www.eden.gov.uk/local-heritage-list>

The next Ordinary Meeting of the Parish Council will be held on **March 22<sup>nd</sup> 2022** at 7.30pm at Melmerby Village Hall. Members of the public are always welcome at Parish Council Meetings, and agendas can be found on the noticeboard, on our website or on our Facebook page. For any enquiries, please contact the Parish Clerk at [melmerbypc@gmail.com](mailto:melmerbypc@gmail.com) or on 07522 939 696.



## Fund raising for Jigsaw Children's Hospice

### COFFEE & CAKE MORNING WITH STALLS

At **MELMERBY VILLAGE HALL**

On **GOOD FRIDAY 15TH APRIL**

Starting at 10am Coffee, cake and much more .....

Details next month.



*Reminder Places are still available on our Gong Baths on Wed 9 & 23 March—details on page 12*

### Melmerby and District Gardening Club

Plants for bees and other beneficial insects

by Ian Gregory  
*of Cumbria Bee Keepers Association*



**Tuesday 15 March 2022 7.30 pm Melmerby Village Hall**

*Tea and coffee Raffle*

Visitors are very welcome to attend for £3.00  
Annual membership of M&DGC, £10 per person

Any Queries contact Lorna Egan (Secretary) [l.m.egan@btinternet.com](mailto:l.m.egan@btinternet.com) or  
Jennifer Baker (Treasurer) [tonybakerdevelopments@gmail.com](mailto:tonybakerdevelopments@gmail.com)

or 079234 30932

### Kirkland & Blencarn Village Hall 50/50 Club Winners

#### February Winners

1st Ian Howes

2nd John Ellwood

3rd Barry Blenkinship

4th Hilary Wilcock

5th Lesley Howes







**HARTSIDE FIRST RESPONDERS: AGM**  
**To be held at Gamblesby Community Centre**  
**(covid permitting)**  
**Monday 21 March 2022 at 7.30 pm**

If you would like to join us for our meeting, or become a First Responder, please contact our secretary, Alison Smith, on 01768 881066 or

[alisonhartsidecfr@btinternet.com](mailto:alisonhartsidecfr@btinternet.com)

Operational since 2011, our area covers Gamblesby, Unthank, Melmerby, Ousby, Winskill, Hunsonby, Glassonby, Little Salkeld, Langwathby and all places in between.

The Agenda for our meeting follows:

1. Apologies for absence
2. To consider approval of the minutes of the AGM held 26 April 2021
3. Matters arising
4. Chairman's Report (Peter Watters)
5. Treasurer's Report (Jane Jones)
6. Secretary's Report (Alison Smith)
7. Team Leader's report (Irene Ramsden)
8. Equipment Officer's report (Chris)
9. Election of officers and committee members  
Current committee members: Alice Noble, Clare Hansford, Ian Carter
10. Any other business
11. Date of next AGM/Committee meeting

***Being a first responder doesn't have to change your life.  
It could change someone else's.***



## Skirwith news for March 2022

Please note our new email for bookings/enquiries  
[team@skirwithvillagehall.co.uk](mailto:team@skirwithvillagehall.co.uk)

**SOUP & CAKE LUNCH Tuesday 8th March 12 noon – 1.30pm**  
Come for soup, coffee & cake or a bit of everything.



### SUNDAY 20th March 5pm

Screening of **NEVER TOO LATE (2020) (15) £5**

Followed by an optional

Chilli Supper £7 (preorder veggie options)@6.45

Supper must be booked in advance with

Helen 01768 879024

email: [team@skirwithvillagehall.co.uk](mailto:team@skirwithvillagehall.co.uk)

A group of seniors make plans to break out of their retirement home to achieve their unrealised dreams before it's too late. A film that keeps it simple & sentimental with heart-warming yet funny performances from James Cromwell & Jacki Weaver



### FRIDAY 18th March 7.30pm Highlights present **Zoe Gilby Quartet**

Tickets £10 from 01768 88261

Zoe Gilby is a jazz vocalist & songwriter making a stunning impression on the music scene today with her compelling original compositions written with double bassist husband Andy Champion. A powerful collection of songs including an adventurous blend of composers from Kate Bush to Pink Floyd & sensitive treatment of jazz standards.



## THE VIC CULGAITH'S COMMUNITY CAFE IS BACK IN FULL SWING!

Join us every Thursday 2 – 4pm  
at the Victoria Institute, Culgaith.

Come along and enjoy a cuppa and our renowned homemade cakes and the chance to meet up with friends old and new

**Red Nose Day Special 17 March** come along for fun and challenges  
including walking and running events starting at 1.00 pm

Those taking part will need that cuppa when they get back to the VIC!

**Men in the Kitchen returns 31 March**

*This is when the men in the village take over at the VIC—so look out!*

**PENRITH  
PUMAS**



**WHEELCHAIR  
RUGBY  
CLUB**

**PENRITH LEISURE CENTRE**

Every Tuesday 6.00 until 8.00



- ⇒ NO EXPERIENCE NEEDED
- ⇒ MEET NEW FRIENDS
- ⇒ EQUIPMENT & TRAINING PROVIDED
- ⇒ ALL ATHLETES WELCOME

**NEW PLAYERS  
WANTED !!!**

**CONTACT:**

Gary Pettit

Head Coach

07907 910197

[enquiries@penrithpumas.co.uk](mailto:enquiries@penrithpumas.co.uk)



Visit our website for much  
more information  
[www.penrithpumas.co.uk](http://www.penrithpumas.co.uk)



TOWNSEND  
THEATRE  
PRODUCTIONS

## TOWNSEND THEATRE PRODUCTIONS

**YES! YES! UCS!**  
**MELMERBY VILLAGE HALL**  
**SATURDAY 30TH APRIL AT 7. 30 PM**



Townsend Theatre present the story of Upper Clyde Ship Builders Work - In of 1971/72.

With the Glasgow and Clydebank shipyards under threat of closure from lack of investment from the new Tory government, shop stewards began a peaceful protest designed to show that workers weren't just willing to work, but that unemployment was a political choice.

As the workers took over the yards to continue building ships support came from all over the county including poets and musicians.

The Dubliners, Billy Connolly, John Lennon to name but a few.

Featuring live folk and rock music of the era and a powerful theatrical story telling style the message of hope, social justice and the fight for the right to work are brought vividly to life in another of Townsend Theatre's unique portrayal of social justice.

Tickets adults £10 families £25

phone 01768881291 /01768881498 [robertrobbed@aol.com](mailto:robertrobbed@aol.com)

A pre-show supper can be booked by contacting Janet at [langwathby.cafe@btconnect.com](mailto:langwathby.cafe@btconnect.com)



### Melmerby Village Hall Lottery

January 2022	February 2022
£20 K Gascoigne	£20 Renvoize Family
£10 J Jones	£10 N Burrow
£5 T James	£5 J Page
£5 Walpert Family	£5 M & K Green
£5 Wilkinson Family	£5 V Maclellan

## MEETING POINT

Enjoy a cup of coffee and meet other people

**At Langwathby Chapel  
Between 10.15 and 11.45  
On Thursday 3 March**



*Fairtrade groceries and cards on sale*



“All are welcome”

### Hunsonby Swimming Club AGM

**Sunday 20<sup>th</sup> March 6pm  
@Hunsonby Community Centre**



**HUNSONBY POOL  
NEEDS YOU!**



Available roles are:

- Committee members/fundraising
- Staffing the shop
- Cleaning/plant room rotas
- Other general help

No particular skills needed, just enthusiasm and a willingness to offer some time – every little helps! We particularly want to welcome those of you who are new to the Eden villages and would like to get involved with the community, meet people and help to run this fantastic facility. If you are able to help, just come along to our AGM on Sunday 20th March at 6pm, at Hunsonby Community Centre or get in touch with Catherine or Helen to find out more or let us know how you would like to be involved.

We would love to hear from you.

Catherine Hodgeon – 07769 159666 [cshodgeon@hotmail.co.uk](mailto:cshodgeon@hotmail.co.uk)

Helen Western – 07990 592868 [hmwestern77@outlook.com](mailto:hmwestern77@outlook.com)



**SOUND HEALING GONG BATH**  
All proceeds to Jigsaw Children's Hospice

Our gong baths for 2022 are to be held in  
**MELMERBY VILLAGE HALL**  
Starting at 7pm on Wednesdays  
9 March and 23 March

**Allow the amazing sounds and powerful vibrations produced by the gongs to wash over you.**

**The gongs have the power to transform on the physical, emotional, mental and even spiritual level. Simply lie back, close your eyes and experience the power of these magical instruments.**

**All you need to bring is something comfortable to lie on, a couple of pillows and a blanket.**

For further information about what to expect at the gong bath please contact Jonathan Farnworth (Gong Practitioner) on 07999 714343 or by e-mail at [jpdfarnworth@btinternet.com](mailto:jpdfarnworth@btinternet.com)

To book a place please contact Jonathan (details above) or Alison Smith by email at [longworth913@btinternet.com](mailto:longworth913@btinternet.com) (Spaces limited to 20)



**The MEMO now has a website!**

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



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



## Langwathby & Edenhall WI

**Meetings are held on the 1st Wednesday in the month  
at 7.30pm in Langwathby Village Hall**

**2nd March**

**Lady Anne Clifford one of the  
first feminists  
Pat Newsham**

Competition: A brooch

Hostesses: H Davies, S Ellison, M Sutcliffe

***Please bring your own cup.***

**Visitors Welcome:**

**suggested  
donation £4**



### **W.I. Swimming**

Mondays 2.15 - 3.00pm

Penrith Leisure Centre or further details contact:

Jane Jones on 01768 881839

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

**Monday:** Yoga 9.30 - 11.00am.

Centergy 6.15 - 7.15pm.

**Tuesday:** Action Ants toddler time 9.15 - 10.15am.

Art group 1.30 - 3.30pm.

North Lakes Field Archers 7.00-9.00pm

**Wednesday:** Playgroup 9.30-11.30am.

Yoga and Meditation 6.00-8.00pm.

Langwathby and Edenhall W.I. afternoon/evening meetings,  
once a month

**Thursday:** Badminton 8.00 - 9.30 pm

**Friday:** Fit for Life exercise group 10.15 - 11.15

**Saturday and Sunday:** Perfect time and place to host your party celebra-  
tions or performances (Remember: we have a lovely big stage!)



If you'd like to join in with any of these activities, please let us know  
on [bookings.vhlangwathby@gmail.com](mailto:bookings.vhlangwathby@gmail.com) or 07871 994 988  
and we'll put you in touch with the relevant groups.

See you soon!

**From the Herald: March 1922**

Fine and mild, but blizzards by 24<sup>th</sup>. Hunsonby and Winskill now have a District Nurse, Nurse Wilson, funded by local events e.g. this month's Whist Drive and Dance in the Hunsonby Institute.



W.I.'s Langwathby and Edenhall had Miss Hasell (Dacre) on Citizenship; Competition, Antique entries included a 200 year old umbrella!



Ousby's War Comforts Committee is raising funds for a Thanksgiving window in Church (nobody was slain from Ousby in the War).

Sale of Work (Craft Fair) and Tea in the School – 24 February. The School sang the operetta "John Bull and his Trades" produced by the Head (Miss Crosthwaite) (Report 4 March names the cast.) About 2/3 of sum needed is now in hand.

Hunsonby School's new Head comes next week (6 March), Mr James Shiach, a Carlisle man, presently teaching in a large Sunderland School. He was a prisoner of war for three years.

Mr Percy Howson is leaving Primrose Bank of Skirwith to farm at Wyresdale Hall Home Farm near Lancaster. Skirwith will miss him.

Langwathby residents can get fishing permits for Mr Nelson's water from T. Fisher (apt name). No others may now fish there. (Notice).

Addingham W.I., Nurse Wilson gave a talk on First Aid to about 45 people; Competition a homemade doormat, won by Miss Egglestone, Glassonby.

County Council Elections: Eden Hall Division (for Gamblesby, Skirwith, Gt Salkeld too) the sitting member Mr Charles Henry Shaw lately tenant of Eden Hall, now lives at Rampsbeck/Watermillock. He was unseated by Mr Isaac W Simpson, farmer, Skirwith, majority 707.

Langwathby Parish Council discussed whether the Coal Club should be revived (answer No) and noted that Messrs Green have shortened a signpost (no further details).

Died at The Square, Cuxhoe, Joseph husband of Ellen Rowe of Culgaith, 65, buried at Cuxhoe on Saturday 4/2. At Ousby last week suddenly Miss Isabella Atkinson (60) in bed. Heart failure; at Fellside House, Ousby 9/2 Hannah Mary infant daughter of J and J Johnston. Recently the late Mr John Powley's son the Rev. Robert Powley aged 61; he went to Queens College, Oxford, his aunt was the late Miss Mary Powley, who got Langwathby's spelling back from Longwathby!

With thanks to Jeremy Godwin for his research.



## PUBS, SHOPS & RESTAURANTS



### The Shepherds Inn

The Village Green, Langwathby CA10 1LW

E: [stephen@shepherds-inn.co.uk](mailto:stephen@shepherds-inn.co.uk)

[www.shepherds-inn.co.uk](http://www.shepherds-inn.co.uk)

T: 01768 881463



### New Spring Menu

New Wines, New Beers, New Dishes

*Join us at the Shepherds Inn, Langwathby*

## THE OLD VILLAGE BAKERY

'We are Open'  
Monday to Sunday  
9.00am - 4.00pm

Seating Inside and Outside...

Breakfast & Lunch Menu available...

**Sunday Roasts are BACK**

A range of Cards & Gifts...

Booking recommended...01768 881811

&

'Upstairs'

Open

10.00 - 4.00

Or by appointment: please call

Deborah on 07739 071141

Ladies fashion, Gifts & Interiors  
Looking forward to seeing you all...

T 01768 881 811

The Old Village Bakery | Melmerby | CA10 1HE

Sponsored by 'The Old Village Bakery'  
holistic horse and hound

Are you considering a trip away  
but concerned about putting your cat into a cattery  
or having small pets cared for?

I offer fully insured animal care  
whilst you are away from home.

Please contact me for availability and pricing.

Read more on fb or call Lynn on 07706 771356

## LANGWATHBY STORES & POST OFFICE

Shop & Post Office

Opening Times:

Monday to Saturday 7am to 7pm

Sunday 8am to 6pm

For those everyday essentials  
and an excellent selection of  
wines (including fine wines),  
spirits, beers, lagers!

Plus hot & cold drinks!

Also remember to check out our  
regular special offers in store.

*Orders taken for Delivery or  
Collection*

Telephone:  
01768 881342



## 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 £9.95**

**Sumptuous Sunday Lunch from £10.95**

**We also cater for Weddings, Christenings, Funerals, Anniversaries, Birthdays and Special Occasions**

**Edenhall Country Hotel, Edenhall, Penrith, CA11 8SX T:01768 881454  
www.edenhallhotel.co.uk**

### THE FOX INN, OUSBY

Summer hours

Open Mondays from 7pm, Drinks only.  
Tuesday and Wednesday Closed

Thursday, Friday, Saturday & Sunday:  
meals served 6pm-9pm

Quiz Night every other Thursday

#### **Regular live music**

Tel: 01768 881374  
Follow us on Facebook:  
The New Fox Inn



### 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  
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Village Green, Melmerby CA10 1HF  
Facebook: The Shepherds Inn  
**Website: shepherdsinn.pub**

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We offer a selection of services such as  
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We also offer outside catering, with a  
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party food bags for kids,  
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**Please contact for more  
information**

**01768 881422  
or 07950 220208**



## 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](mailto: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.  
Last Wednesday of month is a free session at Rheged Soft Play Centre.  
Contact Lili Kersey 07876 086871

## BUSINESS AND LOCAL SERVICES



BUSINESS ADVERTISEMENTS  
 CONTACT JEFF TRUMAN  
 FOR DETAILS AND APPLICATION  
 FORM  
 See page 2 for Charges  
 T: 01768 881163

### 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.

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*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.

**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](mailto:admin@borderwatertechnologies.co.uk) or [www.borderwatertechnologies.co.uk](http://www.borderwatertechnologies.co.uk)



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

All aspects of joinery, building, plastering and tiling.  
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 For Beauty Call Marie on 07944 643337

Plenty of FREE PARKING.

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## BUSINESS AND LOCAL SERVICES (continued)



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All aspects of electrical work undertaken - **No job is too big or small....**

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Fairfield House, Stony Cove Lane, North Lakes Business Park, Penrith, CA11 0BT



**BUSINESS ADVERTISEMENTS**

**CONTACT JEFF TRUMAN  
FOR DETAILS AND APPLICATION  
FORM**

See page 2 for Charges

T: 01768 881163

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[phil@rowantreesurveys.co.uk](mailto:phil@rowantreesurveys.co.uk) [www.rowantreesurveys.co.uk](http://www.rowantreesurveys.co.uk)

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<b>CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR MARCH</b>
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<u>Wednesday 2<sup>nd</sup> March</u>		<u>Ash Wednesday</u>	
Langwathby St Peter's	7.30pm	Ash Wednesday Service	Rev Andrew Burrell & Rev Dave Milner
<u>Sunday 6<sup>th</sup> March</u>		<u>First Sunday of Lent</u>	
Culgaith	11am	Morning Worship	Rev Dave Milner
Melmerby	9.30am	Morning Worship	Julie Barrett
Langwathby St Peter's	11am	Communion by Extension	Bryan Gray
Langwathby Methodist Chapel	5pm	Taizé-style Evening Prayer	Joan Wager
<u>Sunday 13<sup>th</sup> March</u>		<u>Second Sunday of Lent</u>	
Gamblesby	10am	Little Acorns	Claire Slee
	2pm		Rev Keith Speck
Langwathby Methodist Chapel	11am	Morning Worship	Peter Pickthall
Skirwith	9.30am	Morning Worship	Rev Andrew Burrell
<u>Sunday 20<sup>th</sup> March</u>		<u>Third Sunday of Lent</u>	
Addingham	9.30am	Holy Communion	Rev Fiona Jenkins
Langwathby St Peter's	11.15am	Holy Communion	Canon Katharine Butterfield & Rev Andrew Burrell
Ousby	9.45am	Holy Communion	Canon Katharine Butterfield & Rev Andrew Burrell
<u>Sunday 27<sup>th</sup> March</u>		<u>Mothering Sunday</u>	
Culgaith Village Hall	10.30am	Café Church	Rev Andrew Burrell
Edenhall	3pm	Evensong	Bryan Gray
Gamblesby	10am	Little Acorns	Claire Slee
	2pm	Baptism	Rev Dave Milner
Kirkland	11am	Morning Worship	Bryan Gray
Langwathby Methodist Chapel	11am	Morning Worship	Lawrence Tomlinson



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