

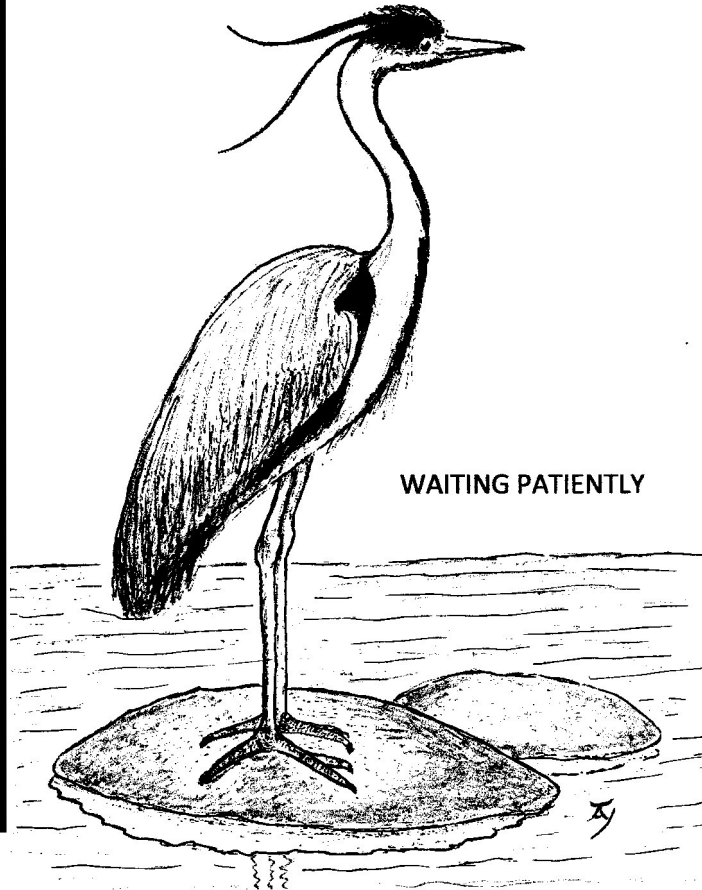
July  
2025

# MEMO

MID-EDEN MAGAZINE  
www.midedenmemo.org.uk

## Community Events, Trades & Services In

Blencarn  
Culgaith  
Edenhall  
Gamblesby  
Glassonby  
Hunsonby  
Kirkland  
Langwathby  
Little Salkeld  
Melmerby  
Ousby  
Skirwith  
Winskill



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PCC of Langwathby  
Langwathby Methodist Chapel  
Penrith Building Society

To support The MEMO we  
welcome new Sponsors,  
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MidEdenMemo



## A view from space anyone?

Six women, including pop star Katy Perry, safely completed a trip in mid-April to the edge of outer space and back to a private Texas ranch on a vehicle owned by Amazon co-founder, Jeff Bezos. There's an encapsulation of today's values and evidence of the distribution of wealth that says much about our society.

Brian Cox observed a few days earlier that (at least) all newly elected politicians should take the trip into space and look long and hard at that image of our world suspended in glorious technicolour brilliance against the impenetrable blackness of space. Why? To appreciate the wonder of this remarkable view? Certainly. But primarily to recognize the responsibility for maintaining that environment as the habitat for 8 billion humans and numerous other living things.

Of course, that must mean a home that sustains the life of the poorest and the richest. Food, water, and somewhere to live for those that by chance can afford to buy whatever they want, but also and especially for those who by chance cannot be sure even of water.

We once embraced collectively a story about ourselves that made the idea of 'the common good' central, but I fear we have lost that story and its values. There are some hopeful exceptions. Wales has a 'well-being of future generations Act' and a 'Minister for future generations'.

I hope that our rural communities stay ahead of government. We do believe in the 'common good' of all we live with. For that to be possible, we have to, well, talk to each other and share our common values, which I think we do well. That globe and all its inhabitants do deserve our care, don't they?

Peter Bowes  
**Lay Preacher**

## EAST OF EDEN MISSION COMMUNITY CONTACT DETAILS

Please visit our website for news and details of all services:  
[www.eastofedenmc.org.uk](http://www.eastofedenmc.org.uk)

**Rev Dave Milner:** Mission Community Co-Leader and Jt Methodist Superintendent  
Tel: 07597 639314 Email: [dave@revmilner.plus.com](mailto:dave@revmilner.plus.com)

**Rev Fiona Jenkins:** Mission Community Co-Leader and Priest in Charge  
Designate of the Kirkoswald Group Benefice  
Tel: 07725 404668 Email: [revfionalazonby@icloud.com](mailto:revfionalazonby@icloud.com)

## **DATES FOR YOUR DIARY**

### **JULY 2025**

|      |                                                             |                |
|------|-------------------------------------------------------------|----------------|
| 2nd  | Langwathby & Edenhall WI, Langwathby Village Hall           | 7.30pm         |
| 3rd  | "Oasis", Langwathby Methodist Chapel                        | 10.30am        |
| 3rd  | The Vic café, Victoria Inst, Culgaith                       | 2.00pm-4.00pm  |
| 8th  | Soup & cake lunch, Skirwith Village Hall                    | 12.00-1.30pm   |
| 10th | Make Your Own Roman Blind, Langwathby Village Hall          | 9.30am-3.30pm  |
| 10th | The Vic café, Victoria Inst, Culgaith                       | 2.00pm-4.00pm  |
| 12th | Table Top Sale, Ousby Community Centre                      | 10.00am-1.00pm |
| 15th | Floors Castle Coach Trip, M&DGC                             |                |
| 17th | "Meeting Point", Langwathby Methodist Chapel                | 10.15am        |
| 17th | The Vic café, Victoria Inst, Culgaith                       | 2.00pm-4.00pm  |
| 19th | Langwathby Village Scarecrow Festival                       |                |
| 20th | Langwathby Village Scarecrow Festival                       |                |
| 24th | The Vic café, Victoria Inst, Culgaith                       | 2.00pm-4.00pm  |
| 31st | "Men in the kitchen", The Vic café, Victoria Inst, Culgaith | 2.00pm-4.00pm  |

### **AUGUST 2025**

|      |                                                        |               |
|------|--------------------------------------------------------|---------------|
| 2nd  | Fund Raising Event, Kirkland & Blencarn Village Hall   | 2.00pm-4.30pm |
| 2nd  | Ousby Big BBQ                                          | 11.30am       |
| 16th | Culgaith Show & Sports Day, Culgaith Recreation Ground |               |

### **Contacting the MEMO Team.**

Enquiries regarding Business adverts or subscriptions should be sent to Jeff, on 07443 453121 or email [jeff.midedenmemo@gmail.com](mailto:jeff.midedenmemo@gmail.com)

Any queries regarding Community (non-business) adverts or subscriptions should be sent to Abi, email address: [community@midedenmemo.org.uk](mailto:community@midedenmemo.org.uk)

For general and editorial enquiries please contact Jane and Attracta by email [editor@midedenmemo.org.uk](mailto:editor@midedenmemo.org.uk)

Any items of hard copy or payment that can't be sent electronically should be left at Langwathby Stores where a folder for the MEMO is held behind the counter. Please provide contact details with any items that you leave so that we can get back to you if there are any queries.

See inside back cover for all Memo contact options and payment details.

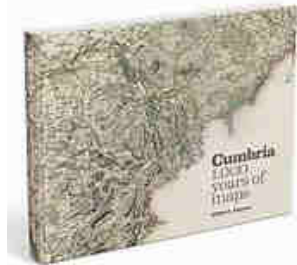
### **Cover Artist**

We'd like to thank Janis Young for kindly producing the cover art this month.

## MICKLETONS

Mickletons was the name for the common grazing ground south-east of Langwathby village. It bordered the Eden's east bank and extended east of the Culgaith road, one field deep there. Its placename means "Land belonging to the big farm-village i.e. Langwathby, as its common. Eventually it became overstocked and the Manor Court of Langwathby i.e. the village's farmers and others, made it a stinted common with each stintholder entitled to put as many cattle on it as his stint-total allowed, and no more. The common was about 150 acres, and the Manor Court fixed it at about 80 stints. Each man's total of stints varied according to how big his farm was. Anyone putting more beasts on it than his stint allowed was fined by his fellows, sitting as the Manor Jury.

In 1776, Mickletons had 18 stint-holders, ranging from John Rebanks (1 stint) to Timothy Fetherstonhaugh (15 stints). He lived at The College in Kirkoswald but had land elsewhere. These 18 farmers, all freeholders, met and unanimously decided to have Mickletons divided into fields, each field's size depending on how many stints each had. These came free, but had to be dyked or hedged and the surveyor paid. This was James Clarke (born c. 1745 in Watermillock, and based as yet in Greystoke; by 1783 he lived in Penrith) who duly surveyed and allotted the fields in 1777. His map and award are now in the Cumbria Archive Centre, Carlisle, ref DX 338/3 and in the new book by William D Shannon, 'Cumbria, 1000 years of maps'.



Thank you to Jeremy Godwin for his research.

## **MEMO SHORTS**

The VIC Community Cafe held on May 29th in support of Eden Animal Rescue raised £280.20. Sincere thanks to all who came along and supported us and also to those who helped.

## **KIRKLAND AND BLENCARN VILLAGE HALL**

**Saturday 2nd August 2pm - 4.30pm**

**Fund Raising Event**

A sale of reproduction prints kindly  
donated by artist Alan Stones, with all  
proceeds going to the village hall funds.

Coffee/tea and cake will be available.



## **At Langwathby Methodist Chapel this month**

### **“Oasis”**

*Coffee, a short reflection and light lunch*

*From 10.30, Thursday, 3 July*



### **“Meeting Point”**

*Come for Coffee & Conversation!*

*From 10.15, Thursday, 17 July*



*Visitors welcome!*

## **Langwathby & Edenhall WI**

**We meet on the 1st Wednesday of the month at 7.30pm in  
Langwathby Village Hall**

**July 2nd PAINTING WITH PASTELS**

**Elise Hendry**

Competition: Prettiest Summer

Hat to be worn

Hostesses: R. Remmer, P. Shreeve, B. Davey

**theWI**  
INSPIRING WOMEN

**August 6th OUTING**

Travel arrangements to be confirmed later

## Melmerby Village Hall Lottery Results



### **April**

1st £20 J Lambert  
2nd £10 Renvoize family  
3rd £5 R Gallon  
4th £5 D Montieth  
5th £5 P & M Lucas

### **May**

1st £20 Thomas family  
2nd £10 E Mark  
3rd £5 C Jones  
4th £5 G Jones  
5th £5 P & M Lucas



## Skirwith Village Hall

Tuesday 8 July 1200 -1330  
home-made soup and cake  
lunch. Pop along and see us for  
great food and crack.



Sunday 24 August,  
if there's watter in't beck, we  
shall have Skirwith annual duck  
race 2pm.

### **Duck Race**



*Check next month's memo for more details.*



## **OUSBY BIG BBQ**

Saturday 2nd August from 11.30am.

On the village green.

All welcome.

Charges apply for BBQ.

A fun afternoon packed with games and sports for all.

Follow us on Facebook @ Ousby Activity Committee for more information.

### **Culgaith Village Hall (aka The Victoria Institute)**

Our pop choir is taking a summer break and will be back in October.



The hall is available for private hire (£10 / hour for local residents, £12 for non residents)

Here's what someone said about using the hall:

*"I was really impressed with how easy and straight forward it was to book the village hall for my children's joint birthday party. The village hall itself is a great size for an event like this and has a brilliant room upstairs too. An added bonus was it was nice and warm in the middle of winter!! "*

If you want to get in touch please drop an email to **culgaithhallbookings@gmail.com** or telephone Val 01768 216995.

### **April 100 Club draw winners:**

1st prize £50 (2) Kath Thompson  
2nd prize £20 (52) David Hartland  
3rd prize £10 (76) Jo Ludlow Henderson

Thanks to those that support the village hall through this draw. All numbers have now been sold.





**THE VIC  
CULGAITH'S FRIENDLY  
COMMUNITY CAFE  
EVERYONE WELCOME!**



Every Thursday 2.00pm – 4.00p  
at the Victoria Institute, Culgaith.

*Delicious homemade cakes plus Farrers tea & coffee.*

On July 31st those 'Magnificent Men in the Kitchen' return!



Join us for an afternoon of fun and  
entertainment whilst enjoying the usual  
superb home baking.



**CULGAITH WALK & TALK**

Active Cumbria's Wellbeing Walks

**ALL VERY WELCOME:** Visitors and locals alike - Get out and about with others in the community to enjoy a **FREE** one hour walk and chat, plus enjoy the wonderful local surroundings.

Walks take place every Thursday at 1pm from various meeting points in the locality - Culgaith, Edenhall, Kirkland, Skirwith and Temple Sowerby.

**For more information, please do not hesitate to contact:**

**Paul Saager - Culgaith Wellbeing Walks Co-ordinator**

**Mobile: 07542 102226 Email: [paulsaager225@btinternet.com](mailto:paulsaager225@btinternet.com)**

**St Lukes Church, Ousby**

is holding a Table Top Sale in the Community Centre

**Saturday 12th July 10am - 1pm**

There will also be a Cake Stall & Produce Stall

With refreshments throughout

Tea/coffee .... £1

Cake/scone ... £1

To hire a table (£8) or for more information  
please ring Sheila on 01768 881853



*All welcome*





## **Septic Tank Owner?**

**Fully funded upgrades are now  
available in Cumbria**

Due to the nutrient pollution of river catchments in Cumbria, we are replacing septic tanks with modern treatment plants that cut down on phosphates.

This ongoing upgrade project is being funded by Westmorland and Furness Council, so you can have a positive impact on the environment, free of charge.

**Register your interest online today!**



**01768 428 000**  
**[burrow-environmental.com](http://burrow-environmental.com)**





## PUBS, SHOPS & RESTAURANTS

### The Shepherds Inn, Melmerby



The Shepherds Inn,  
Melmerby is under new ownership  
and currently being refurbished.

Watch this space for details of our  
new menu and opening times.

Also checkout:

Facebook: The Shepherds Inn

Website: [shepherdsinn.pub](http://shepherdsinn.pub)

### LANGWATHBY STORES & POST OFFICE

Shop & Post Office

Opening Times:

Monday to Saturday 7am to 7pm

Sunday 8am to 6pm

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



**The Shepherds Inn  
The Village Green,  
Langwathby CA10 1LW**

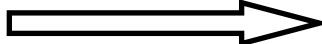
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T:01768 881463**

**[reservations@shepherds-inn.co.uk](mailto:reservations@shepherds-inn.co.uk)  
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Scan for the menu



## 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

**Culgaith - 'Come and Play' at Culgaith School, 2pm-3pm**  
Contact [admin@culgaith.cumbria.sch.uk](mailto:admin@culgaith.cumbria.sch.uk) or 01768 88655 (See School Website for dates)

**Culgaith Parent and toddler (0 -5) playgroup.** 9.30am - 11am on Wednesday

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

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

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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.*

## BUSINESS AND LOCAL SERVICES (continued)



### Yoga, Meditation, Breath Work and Cold Immersion Training with Ian Rigg

Prioritise your own health and well being and become calmer, fitter and more resilient.

The following classes and workshops are available in Langwathby and Penrith:

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



Mobile: 07811 362632 Tel: 01768 897151

Email: [paulmoffet@hotmail.co.uk](mailto:paulmoffet@hotmail.co.uk)

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Pilates aims to strengthen the body in an even way, with particular emphasis on core strength, to improve general fitness and well-being. Wellbeing + Posture + Confidence

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**or email: [sp8physiopilates@gmail.com](mailto:sp8physiopilates@gmail.com)**

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Providing fully qualified and insured tree and hedge services. Including pruning, reductions, planting, health assessments, felling, hedge management and cutting to shape.

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**TIM METCALFE JOINER AND TILER:** All types of joinery and tiling work undertaken. Fully qualified with 35 years experience. All size jobs considered. Call 01768 881827 or 07977 571237



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Email: [tithecottagefurnishings@talktalk.net](mailto:tithecottagefurnishings@talktalk.net)



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**FOR DETAILS AND APPLICATION FORM**  
**CONTACT JEFF TRUMAN T: 07443 453121**

### MEMO NEEDS HELP WITH CREATING ATTRACTIVE ADVERTS.

**C**an you use Microsoft Publisher? We need someone who is able to use *Publisher*, or is happy to learn, and can offer 2 or 3 weekends of their time a year to compose editions of MEMO.

It's very satisfying, transforming advertisers' words into an attractive notice, adding clipart, formatting, and borders and then seeing it in print.

There are guidelines to help you but also plenty of opportunities for you to be **creative** if you want to be.

If you are interested, send us an email and we'll get back to you for a chat with no obligation.

Email: [editor@midedenmemo.org.uk](mailto:editor@midedenmemo.org.uk)



**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 for the support given by businesses & sponsors. You can contact us as follows:

**For editorial enquiries for next issue:** editor@midedenmemo.org.uk

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

Jeff email: jeff.midedenmemo@gmail.com mobile: 07443 453121

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

Martin email: treasurer@midedenmemo.org.uk

**For community (non-business) advert enquiries contact:**

Abi email: community@midedenmemo.org.uk

### **All copy for the August issue by NOON FRIDAY 11th JULY 2025**

Items ready to be typed can be sent directly to:

**midedenmemo@gmail.com**

Payment should accompany the advert request.

**Cheques payable to 'The MEMO';** Address on request from Abi/Jeff or payment / hard copy can kindly be left at Langwathby Stores.

Payment can also be made by **BACS/electronically using the following details:**

**A/c Name:** The MEMO **A/c Number:** 30875570 **Sort Code:** 20-66-97

*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 July 2025**

### **MEMO CHARGES FROM 1ST JANUARY 2025**

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

£8 per third of page entry or £80 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 £9 per issue or £90 subscription (11 issues) Max. 40 words excluding title & contact details plain text.

Premium Business Directory Advert £13 per issue or £130 subscription (11 issues) Max 1/6 of a page with border, image and formatting.

### **MEMO COPY DATES FOR 2025**

**11th July  
10th October**

**15th August  
14th November**

**12th September**

### **CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR JULY 2025**

#### **Sunday 6<sup>th</sup> July**

Addingham

Langwathby Methodist Chapel

Langwathby Methodist Chapel

#### **Trinity 3 Proper 9**

9.30am Holy Communion by Extension Julie Barrett

11.00am Dean Lawson

5.00pm Taizé Taizé Team

#### **Sunday 13<sup>th</sup> July**

Gamblesby

Langwathby, St Peter's

Skirwith

#### **Trinity 4 Proper 10**

2.00pm Holy Communion David Milner

11.00am Holy Communion Fiona Jenkins

9.30am Holy Communion Archdeacon Ruth Newton

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

Culgaith

Edenhall

Langwathby Methodist Chapel

#### **Trinity 5 Proper 11**

9.30am Holy Communion Fiona Jenkins

11.00am Holy Communion by Extension Julie Barrett

11.00am Lawrence Tomlinson

#### **Sunday 27<sup>th</sup> July**

Gamblesby

Langwathby, St Peter's

Ousby

#### **Trinity 6 Proper 12**

2.00pm Clare Slee

11.00am Family Worship and Baptism Fiona Jenkins

9.30am Holy Communion Fiona Jenkins



Ecumenical Christian Community

<https://eastofedenmc.org.uk>





book your place on 1,2,3 or  
all 4 classes at  
kate.stannard@gmail.com

in aid of fix the fells & Addingham church

## **Fitness fundraiser**

9am Cardio Combat

10am HIIT

10.45am Fitnessflow  
with Kate Stannard

11.45am chair yoga with