

## CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR AUGUST 2025

### Sunday 3<sup>rd</sup> August

Addingham	9.30am	Holy Communion	Fiona Jenkins
Langwathby Methodist Chapel	11.00am		Joan and Ray Wager
Langwathby Methodist Chapel	5.00pm	Taizé	Taizé Team

### Sunday 10<sup>th</sup> August

Gamblesby	2.00pm		Mary Elliot
Kirkland	9.30am	Holy Communion	Archdeacon Ruth Newton
Langwathby, St Peter's	11.00am	Holy Communion by Extension	Julie Barrett

### Sunday 17<sup>th</sup> August

Culgaith	9.30am	Holy Communion	Fiona Jenkins
Langwathby Methodist Chapel	11.00am		Bryan Gray

### Sunday 24<sup>th</sup> August

Gamblesby	2.00pm		Dean Lawson
Langwathby, St Peter's	11.00am	Holy Communion by Extension	John Doidge-Harrison
Melmerby	9.30am	Holy Communion by Extension	Julie Barrett

### Sunday 31<sup>st</sup> August

Addingham	11.00am	"Tread Gently" Caring for Creation		Fiona Jenkins
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Ecumenical Christian Community

<https://eastofedenmc.org.uk>

August  
2025

# MEMO

MID-EDEN MAGAZINE  
[www.midedenmemo.org.uk](http://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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Parish Councils: Culgaith, Hunsonby, Langwathby  
PCC of Langwathby  
Langwathby Methodist Chapel  
Penrith Building Society

To support The MEMO we  
welcome new Sponsors,  
Donations and Legacies

MidEdenMemo 

## DATES FOR YOUR DIARY

### AUGUST 2025

2nd	Fund Raising Event, Kirkland & Blencarn Village Hall	2.00pm-4.00pm
2nd	Ousby Big BBQ	11.30am
6th	Outing for Langwathby & Edenhall WI, Acorn Bank	1.30pm for 2.00pm
12th	Soup Lunch, Skirwith Village Hall	12.00pm
16th	Culgaith Show & Sports Day, Culgaith Recreation Ground	
19th	AGM & Speaker, MDGC, Melmerby Village Hall	7.00pm
24th	Skirwith Duck Race, Skirwith Village Hall	2.00pm
31st	Melmerby Park Run, Melmerby Village Hall	9.00am
31st	Deadline for Langwathby Parochial Foundation entries	

### SEPTEMBER 2025

4th	"Oasis", Langwathby Methodist Chapel	10.30am
5th	Uncovering Roman Carlisle, Kirkland & Blencarn Village Hall	7.00pm
6th	Ousby Show, Ousby Community Centre	2.00pm - 4.00pm
13th	Pre-loved Clothing Sales, Melmerby Village Hall	2.00pm

## MEMO SHORTS

Many thanks to all who supported and the volunteers who helped at 'Time for a Cuppa' on Saturday June 28th. Almost £700 was raised for Dementia UK, supporting our Specialist Dementia Care Nurse service

The Eden Valley Friends of Dementia UK wish to thank everyone who came along to 'Time For A Cuppa' on Saturday July 5th. A magnificent £737 was raised to help support the work of our Specialist Community Dementia Care Nurse. Special thanks to all our very willing helpers.

No Oasis or Meeting Point at Langwathby Methodist Church in August

## Cover Artist

We'd like to thank Dave Fuller for kindly producing the cover art this month which is of Skirwith Bus Stop.

**HAVE YOUR SAY— MEMO BUSINESS ADVERTS**

**T**he MEMO committee is considering changing the constitution of the magazine to allow us to accept regular business adverts from businesses which are based outside of the MEMO's distribution area. As part of this process we would like to hear the views of our readers.

The reasons for considering this change include:

- any additional income generated would help to secure the longer term future of the MEMO against rising printing costs etc.
- extra income could also be used to include some general interest articles which are not paid for as adverts e.g. health service information, volunteer / charity activities, walks, puzzles etc.
- though we will continue to promote local businesses many services used by our readers are outside of our distribution area and information about them could be relevant and useful
- our readers may like to know about events outside of the area such as cinema / theatre listings, educational opportunities etc.

We would consider charging businesses from outside our area a bit more to advertise than local businesses. We would also include the new adverts in a separate section to make clear which are local businesses and which are further away.

We would very much like to hear your views on our proposals so please let us have your comments either by sending an email to [editor@midedenmemo.org.uk](mailto:editor@midedenmemo.org.uk) or by phoning Jeff on 07443 453121.

**Melmerby and District Gardening Club**

Gresgarth Hall through the Seasons with  
Val Corbett

Tuesday 19th August 2025, Melmerby  
Village Hall  
7.00 pm for AGM followed by our Speaker.



Refreshments and Raffle Visitors welcome at £5.00.  
(MDGC Annual membership year starts in September)  
Jennifer Baker [tonybakerdevelopments@gmail.com](mailto:tonybakerdevelopments@gmail.com) 07923 430932,  
Lorna Egan (Sec) [l.m.egan@btinternet.com](mailto:l.m.egan@btinternet.com) 07742 444580

## **KIRKLAND AND BLENCARN VILLAGE HALL**

### **Saturday 2nd August 2pm-4pm ALAN STONES**

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

Prices £15 - £100. Payment by cash or electronic means.

Tea/coffee and cake will be available.

### **Friday 5th September 7pm "Uncovering Roman Carlisle"**

An amazing first-hand account of the excavation at Carlisle Cricket Club by volunteer Dr Andrew Wallis following the discovery of a Roman Bathhouse in 2017, now the largest known building on Hadrian's Wall. £7.50 per ticket includes desserts! Booking essential; [blencarnandkirklandvillagehall@gmail.com](mailto:blencarnandkirklandvillagehall@gmail.com) or Jane 07984 696418

### **50/50 July winners**

1st Jason Bach 2nd Rebecca Sharp 3rd Sue Rigg 4th Linda High 5th Peter Brunskill

**If you would like to join the 50/50 Club contact Andrew Clay 07931 732825**

## **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)**



## **OUSBY SHOW 2025**

**Saturday 6th September**

**2.00pm - 4.00pm**

**Ousby Community Centre**



**Come and support your local fellside village show. Enjoy tea and cakes, try your hand in the raffle but better still, why not enter your own produce –so whether you are creative, bake, or garden, there is something for everyone.**



Schedules are now available.

Phone Janet on 07765 631192

or email [richardandjanet34@hotmail.com](mailto:richardandjanet34@hotmail.com)



**Entries to Janet Smith, Bryher Cottage, Ousby by Saturday 23rd August 2025**

## **MELMERBY MEGA RAFFLE**

**£1 per ticket or £5 per strip**

**Prizes include:**

**Vouchers for Spa's, coffee, cakes, beauty treatments & handyman service! Also cushions, kindling, wine, goodie bags and many, many more!**

**All proceeds go to Melmerby Playground**

**DRAWN ON 31.08.25 AT MELMERBY PARK RUN**

**Tickets available at The Old Village Bakery, The Shepherds Inn,**

**Bridget Renvoize, Sarah Hinkley & Rachel Simpson**

**CHECK OUT 'MELMERBY FELL BOTTOM FUN GROUP' ON FACEBOOK  
FOR MORE DETAILS AND CONTACTS**

## **LANGWATHBY PAROCHIAL FOUNDATION**

Grants are available to pupils resident in Langwathby who are moving to secondary school after the summer. The Trustees of the Langwathby Parochial Charity will be meeting in early September, to consider any applications.

If money allows, grants may also be awarded to students living in Langwathby who are beginning or already attending university or college.

If you would like to be considered for a grant, please write to the clerk, Lucy Streatfield, 7 Low Mill, Langwathby, CA10 1NQ, or email [lucystreatfield@gmail.com](mailto:lucystreatfield@gmail.com), by 31<sup>st</sup> August.

## **Skirwith Village Hall**

**Tuesday 12 August 12.00pm -1.30pm**

**Come along and have a SOUPER time at our monthly Soup Lunch. Home-made cake and bread too!**



**Sunday 24 August Skirwith Duck Race.**



**Ducks £1.**

**We will be selling ducks from 2.00pm outside the Village Hall, then heats will commence. Children and well-behaved adults welcome.**

**Refreshments served afterwards in the hall.**

## Pre-Loved Clothing Sale

**Saturday 13th September 2.00pm - 4.00pm**

**Melmerby Village Hall**



Out of space? Want to have a clear out and give others the chance to wear some of your gorgeous pre-loved clothes?

Book a table now! £12 per table includes unlimited tea and coffee.

Contact Bridget, 07833 290287

Ready for a new wardrobe, the sustainable way?

£1 entry, refreshments on sale

Check out 'Melmerby Fell Bottom Fun Group' on Facebook for more details and contacts.

Second Hand September is an annual campaign that encourages people to avoid buying new clothes for the entire month of September. It aims to raise awareness about the environmental impact of fast fashion and promote more sustainable ways of consuming fashion.

## Culgaith Village Hall (aka The Victoria Institute)

**Raffle prizes** - having a raffle at events is a painless and fun way to raise money for the Hall, and has contributed to the fact that the latest accounts show a small surplus.

So that people in the village don't get pestered, we're going to have a six monthly drive to collect raffle prizes.

Please have a look through your cupboards and if you've got anything like an unwanted birthday present that you think you could donate, there is a box under the first table as you enter the hall or contact Helen on (07810) 414833. to pick it up.

### June 100 Club draw winners:

1st Prize £50 S&K Mullins (99)

2nd Prize £20 Peter Werfel (34)

3rd Prize £10 Paul Sàager (35)



Congratulations to the winners and a big thank you to all participants. Your support is appreciated.



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



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

*Delicious homemade cakes plus Farrers tea & coffee.*



Join us on August 21st for the VIC's  
16th birthday celebrations!!

### Melmerby (Part One)

Melmerby's first written reference (1201) calls it "Malmerby"; by 1240 it was "Melmerby", meaning "Melmor's bi". The "bi" implies that he was a Norse settler; the "Melmor" implies that he was an Irish man, as it means "Servant of Mary", i.e. the Virgin Mary. "Bi" later became "by", the Norse word for a farm-village. Gale Hall was a separate estate, first recorded in 1295. The main estate ("manor") was centred on Melmerby Hall, first recorded in 1322 as "the Fort at Melmerby", garrisoned by 12 soldiers. It is set between two deep ravines. Today its old wing dates from 1570, and the main frontage was built in 1794. The Threlkelds (originally from Threlkeld near Keswick) owned it from the late 14th century till 1694, when the last one married Thomas Patterson. His family held it till 1904, when the last (the Rev R. C. Patterson) died. He was the Rector of Melmerby 1843 - 1881.

The Rectors List begins in 1332. An earlier Rector Rolandus Threlkeld, Rector 1526 - 1565, lived in Melmerby Hall, a bachelor (in 1526 all clergy were, being then Roman Catholic) attended by 15 servants, all male, in uniform. He was also Rector of Lazonby, and built Force Bridge to be a shortcut, riding there every alternate Sunday for service. Force Bridge has gone, as has most of his road. He was a Squarson (Squire and Parson at once)

To be continued.....



Thanks as  
always  
goes to  
Jeremy  
Godwin.



**MELMERBY PARK RUN**  
**JOIN US FOR THE FIRST MELMERBY PARK RUN**  
**31ST AUGUST - 9AM**

REGISTRATION AT MELMERBY VILLAGE HALL

£2 ENTRY FEE WHICH INCLUDES A DRINK AND

SWEET TREAT AT THE END, KINDLY DONATED BY BELLS OF LAZONBY

MEGA RAFFLE - TICKETS AVAILABLE TO PURCHASE PRIOR TO THE RUN AND  
 WILL BE DRAWN AT THE END! RAISING FUNDS FOR MELMERBY PLAYGROUND

RUN, WALK OR SKIP THE 5K ROUTE - ALL WELCOME!

CHECK OUT 'MELMERBY FELL BOTTOM FUN GROUP'  
 ON FACEBOOK FOR MORE DETAILS AND CONTACTS

**Langwathby & Edenhall WI**

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

**Outing Wednesday August 6th**



**Visit to Acorn Bank Mill at 2.00pm**

Meet at Langwathby Bus Shelter  
 at 1:30pm



**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 mornings in Culgaith Village Hall**



## 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  
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Also checkout:

Facebook: The Shepherds Inn

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

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

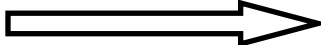
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Call Harvey Moore today on 07307380760.



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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**Contact: Ian Rigg 07743967222 or visit [ian-rigg.com](http://ian-rigg.com)**

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## BUSINESS AND LOCAL SERVICES (continued)



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### MEMO NEEDS HELP WITH CREATING ATTRACTIVE ADVERTS.

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

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



## Memories are made of this?

Certain sounds, songs or tunes can bring back vivid memories. A song can play on the radio, and it will take you back to a specific moment in time.

If you are a couple, perhaps you have an “Our Tune”, which will bring back certain specific memories. Or, maybe, there’s a hymn or song that used to be sung in your childhood in Sunday School that can take you right back in time. Prokofiev’s “Peter and the Wolf” will take me magically back to sitting cross-legged in assembly on the wooden floor of my infants’ school.

The DementiaUK website says: *“For people with dementia – even those who have lost their ability to communicate or are at the end of their life – music can be a powerful way to trigger positive feelings and connect with other people... Music can trigger memories and emotions in a person with dementia.”* We are all encouraged right now to create our own Music Memory Playlists that could be played back to us if ever we suffer from dementia. What music or sounds will you put into your Memory Bank?

This will probably be my last article for the “MEMO”. This summer I retire, or as we say in Methodism, I will be “sitting down”. I have been the Methodist Minister covering this area since about the time we were coming out of Covid. It has been wonderful to make lots of new friends, and I take with me a lot of memories. I’ll certainly remember walking with Bulrush the donkey at Kirkoswald Christmas and at Easter; sitting on the village green in Langwathby; preaching at Culgaith; and the Christmas nativity services at Gamblesby...

So... Thanks for all the memories!

**Rev Dave Milner**

## 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)

**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](mailto:editor@midedenmemo.org.uk)

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

Jeff email: [jeff.midedenmemo@gmail.com](mailto:jeff.midedenmemo@gmail.com) mobile: 07443 453121

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

Martin email: [treasurer@midedenmemo.org.uk](mailto:treasurer@midedenmemo.org.uk)

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

Abi email: [community@midedenmemo.org.uk](mailto:community@midedenmemo.org.uk)

## **All copy for the September issue by NOON FRIDAY 15th AUGUST 2025**

Items ready to be typed can be sent directly to:

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**MEMO distributors will be able to collect from Langwathby Church on Wednesday 27th August 2025**

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**15th August  
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**12th September**

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