

November
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



Sponsored by

Langwathby Stores & Post Office.
The VIC, Culgaith.
Tithe Cottage Furnishings.
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



Dear Friends

I always appreciate the changing of the seasons. With autumn as the colours change and the leaves disappear, there is always something new to enjoy. The weather can sometimes be unpredictable, even in November we can be in T-shirts one day and wrapped up in coats the next, but this seems to mimic the changes around us.

Sometimes though, this can feel a direct contrast to our own personal experience of life. It can feel like everything is changing but us. Perhaps we enjoy the consistency and stability, or maybe we find it frustrating or difficult. I personally find myself feeling both comfort and disquiet.

On the one hand, the rhythms and patterns of life create a predictability that you can rest in. However, as a natural-born fidgeter, I find myself looking for what might be new and different. And that's why I love the changes of the seasons. Whatever we feel, wherever we are, whoever we are... the seasons will change. The cycle is both consistently dependable yet always new.

This can point us to something higher. We're told that God is the same yesterday, today and forever. He never changes, he is dependable, he is good and true. If you're feeling that things are a little chaotic and unpredictable, take it to the God who is dependable and constant. Allow him to provide the stability you need at this time. But if you're feeling that too much is the same perhaps ask God to speak of his plans and purposes, to show you that there is always something new in store for our everyday. Life with God is an exciting journey, and one we all need to ponder on and to explore.

Peter Pickthall
Churchwarden Great Salkeld

EAST OF EDEN MISSION COMMUNITY CONTACT DETAILS

Please visit our website for news and details of all services:
www.eastofedenmc.org.uk

Rev Ros Watson: Part-time Methodist Supernumary Minister
Tel: 01768 351244 Email: ros.watson@methodist.org.uk

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

DATES FOR YOUR DIARY

OCTOBER 2025

25th	Make a Drum Lampshade, Langwathby Village Hall	9.30am–12.30pm
25th	Bulb Market, Culgaith Village Hall	10.00am-noon
25th	BIG JUMBLE SALE, Ousby Community Centre	10.00am-2.00pm
26th	Film Night BRASSED OFF, Skirwith Village Hall	5.00pm
27th	Children's Dance Party, Culgaith Village Hall	10.00-11.00am
28th	MDGC Afternoon visit to Skirgill Park for the Autumn Trees	2.00pm
30th	VIC Community Café, Culgaith	2.00-4.00pm

NOVEMBER 2025

1st	WI Quiz Night, Melmerby Village Hall	7.00pm
2nd	Dance Exercise, Culgaith Village Hall	5.30pm
3rd	Culgaith Village Hall AGM	7.30pm
5th	Whist Drive, Kirkland & Blencarn Village Hall	7.00pm
5th	Langwathby & Edenhall WI, Christmas Crafts, Langwathby V.H.	7.30pm
6th	"Oasis", Langwathby Methodist Chapel	10.30am
8th	Coffee Morning, Kirkland & Blencarn Village Hall	10.30am-12.30pm
9th	Dance Exercise, Culgaith Village Hall	5.30pm
10th	Artmakers Craft Club, Kirkland & Blencarn Village Hall	10.00am-noon
11th	Lunch, Skirwith Village Hall	noon-1.30pm
12th	Coffee & Chat, Hunsonby Community Centre	10.30am-Noon
12th	New Build Consultation with Architects, Langwathby V.H.	11.00am-3.00pm
13th	New Build Consultation, Langwathby V.H.	2.00pm-5.00pm
14th	New Build Consultation, Langwathby V.H.	5.00pm-7.00pm
14th	Film Night ("The Guard"), Culgaith Village Hall	6.15pm Social; 7.30pm Film
15th	Eden Animal Rescue "Pop-up Shop", Langwathby V.H.	10.30am-2.30pm
19th	Langwathby Community Fellowship, Lang'by Methodist Chapel	2.00pm
19th	Whist Drive, Kirkland & Blencarn Village Hall	7.00pm
20th	"Meeting Point", Langwathby Methodist Chapel	10.15am
20th	The Vic Café and AGM, Culgaith Village Hall	2.00pm-4.00pm
20th	Wreath making Workshop, Ousby Community Centre	7.00 -9.00pm
20th	Highlights Rural Touring Service, Melmerby Village Hall	7.30pm
21st	Quiz Night, Kirkland & Blencarn Village Hall	7.00pm
22nd	Make your own Christmas Stocking, Langwathby V Hall	9.30am-12.30pm
22nd	Make your own Gin Bottle Lamp, Langwathby Village Hall	1.30pm-4.30pm
23rd	Church Café, Culgaith Village Hall	10.30am
23rd	Dance Exercise, Culgaith Village Hall	5.30pm
23rd	Film Night: Goodwill Hunting, Skirwith Village Hall	5.00pm
25th	Wreath making Workshop, Ousby Community Centre	7.00-9.00pm
26th-Dec17th	Christmas Lunches at Dalemmain (Sunday-Thursday)	Noon-2.15pm
29th	Culgaith Village Get-together, Culgaith Village Hall	7.30pm
30th	Dance Exercise, Culgaith Village Hall	5.30pm

DECEMBER 2025

4th	"Oasis", Langwathby Methodist Chapel	10.30am
4th	Village Social Evening, Ousby Community Centre	7.00pm
5th	Highlights Rural Touring Scheme, Skirwith Village Hall	7.30pm

Cover Artist

We'd like to thank **Gina Mumford** for kindly producing the cover art this month.

OUSBY COMMUNITY CENTRE

"Down Memory Lane"

Village Social Evening

Ousby School photos (early 1900s - 1970s)
Sheep Show and other village memorabilia

Thursday 4 December 2025 7-9pm

Bring and Share supper

T&C or bring your own bottle

RAFFLE

Skirwith Village Hall



Tuesday 11 November from Noon till 1.30pm
HOME-MADE soup, bread and cakes, and a
bit of face to face chat.

Sunday 23 November at 5pm

FILM NIGHT: *GOOD WILL HUNTING* (1997)

Multi-award winning film starring Matt Damon and Robin Williams. Tickets £5 cash only

Optional prebookable supper served afterwards.

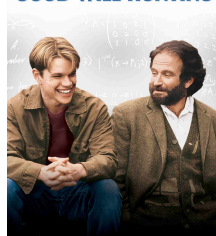
Book film: Helen skirwithvillagehall@gmail.com or

01768 879024 - (will get back to you!)

For menu and to book supper contact Janet

moveablefeasts@btconnect.com

GOOD WILL HUNTING



highlights
rural touring scheme

Friday 5 December at 7.30pm

HIGHLIGHTS RURAL TOURING SCHEME presents

SEASONS GREETINGS - a cosy, fun evening of live music and spoken word. Pieces from Dickens and Hardy to Pam Ayers and Joyce Grenfell, brought to you by two experienced theatre, film and tv actors with your favourite carols and festive favourites performed live. Tickets £15 - book with Helen as above or online at www.highlightsnorth.co.uk

LANGWATHBY VILLAGE HALL NEW BUILD **PUBLIC CONSULTATION EVENT**

Come along and see the plans for your new community space!

They've been a while in the making but we are pleased to finally share these exciting plans with you all.

The hall will be open at the following times for you to view and discuss the proposed plans:

Wednesday, November 12th, 11am - 3pm. You can meet the architects during this session.

Thursday, November 13th, 2-5pm

Friday, November 14th, 5-7pm

Please take the time to attend and consider what the new building will provide for the community.

LANGWATHBY RECYCLING FACILITY – NEW SITE BEING SOUGHT.

Plans for the new Langwathby Village Hall are progressing well.

A public consultation will take place in the coming weeks, with work commencing in 2026.

It is expected that the new building will make use of the full width of the plot and therefore not include space for the recycling facility. A new location for this well used and valuable village asset needs to be found elsewhere in the village.

The new site owner would be on contract to WAFC and would receive an annual income based on the tonnage deposited, currently in excess of £900 per annum.

If you have a site which could accommodate the recycling facility, with good access, please email villagehall.langwathby@gmail.com

MEMO SHORTS

Short notes of thank-you or acknowledgement.
Limited space, priority to recent contributors to the MEMO. No charge!

MEMO SHORTS

The Macmillan Cancer Support afternoon held at the VIC Café in Culgaith on Sept 26th raised £263.20 for this vital charity. A big **thank you** to all involved.



Eden Animal Rescue
We Rescue, Care and Rehome

EDEN ANIMAL RESCUE

'POP-UP SHOP'

LANGWATHBY VILLAGE HALL
SATURDAY NOVEMBER 15TH
10.30am- 2.30pm

**Quality Brand New and Pre-Loved
Pet Equipment & Toys**

**Other stalls including crafts, gifts, cards, books, cakes
and home produce.**

TOMBOLA CHILDREN'S GAMES

Tickets for our Christmas Raffle will be on
sale.



Refreshments Available



All proceeds to the Kennels Project



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



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

Delicious homemade cakes plus Farrants tea & coffee.

Join us on November 20th when the **VIC AGM** will be held, following the afternoon gathering. So as you finish your cake and cuppa you will have **the opportunity to listen to a brief report on our activities over the past 12 months and the plans for the next year. Your views and ideas are always welcome.** We look forward to seeing you there!

KIRKLAND AND BLENCARN VILLAGE HALL

Saturday 8th November 10.30am-12.30pm

COFFEE MORNING

Enjoy delicious cakes with a cuppa.

Coffee/tea and cake £2, extra slice to eat in or take away £1.



Friday 21st November 7pm

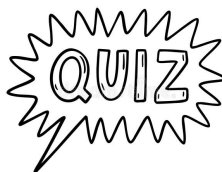
QUIZ NIGHT!

Teams of four - come as a team or join others and win the coveted trophy!

Bring and Share Supper

and please bring your own drinks.

£2.50 per adult. Children free. Raffle.



Wednesdays 5th and 19th November at 7pm

WHIST DRIVES

All levels welcome. £3.50 includes prizes and a cuppa.



Monday 10th November 10am - Noon

ARTIMAKERS CRAFT CLUB

Craft and chat. Everyone welcome.

October 50/50 Club winners

1st Sally Firth 2nd Luca Littlewood 3rd Richard Littlewood

4th Barbara Blenkinsip 5th Adam Purdham

LANGWATHBY & EDENHALL WI

We meet on the 1st Wednesday of the month at 7:30pm
in Langwathby Village Hall



Wednesday 5th November

Christmas Crafts

with Lorna Egan

Competition: Prettiest Button

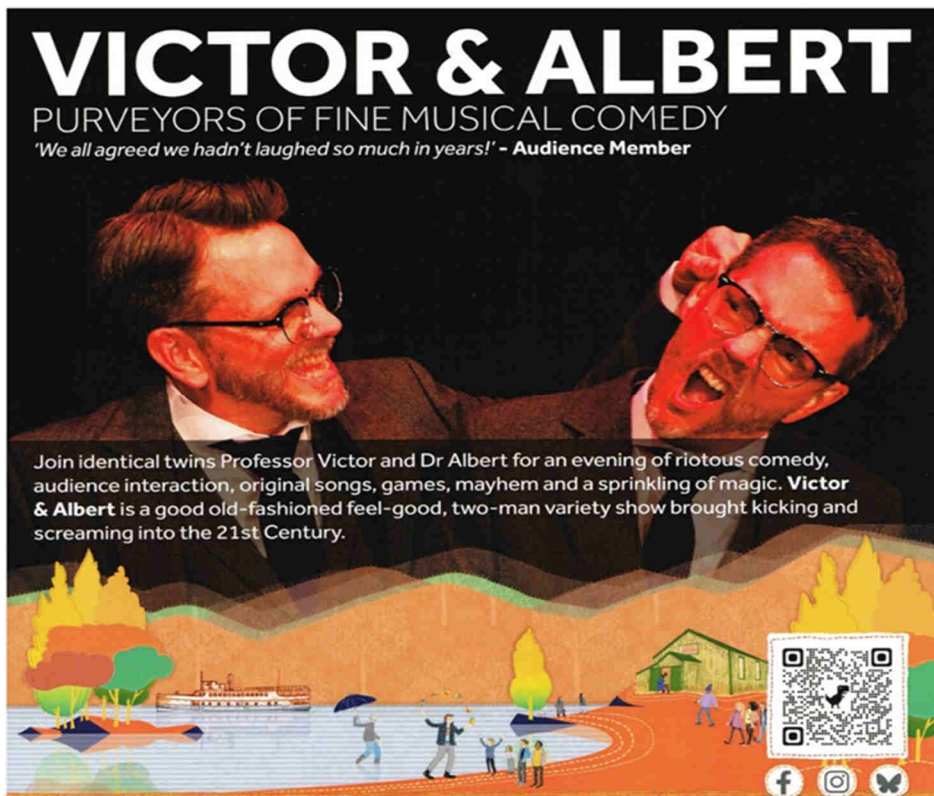
Hostesses S Grave, E Edgar

Visitors Welcome

VICTOR & ALBERT

PURVEYORS OF FINE MUSICAL COMEDY

'We all agreed we hadn't laughed so much in years!' - Audience Member



Join identical twins Professor Victor and Dr Albert for an evening of riotous comedy, audience interaction, original songs, games, mayhem and a sprinkling of magic. **Victor & Albert** is a good old-fashioned feel-good, two-man variety show brought kicking and screaming into the 21st Century.

Melmerby Village Hall CA10 1HB

Thu 20 November 7:30pm

Tickets: Adult £15 Concession £10

Phone 01768 881839 or

book online **www.highlightsnorth.co.uk**

highlights
rural touring scheme



A Curry Supper is available before the show

Meat, Chicken & Veggie Curries

with rice, naan, popadums & pickles and much more **£16pp** **Sweets £5**
Meals **MUST** be ordered by November 17th Cash on the night please
Please email moveablefeasts@btconnect.com or call 07767 602 687

Doors / Bar from 5.30pm Food from 6pm

Melmerby—Part two

By 1794, Melmerby Hall's grounds were planted with trees and thriving. Its owners in the 20th Century included the Shelton-Agars. The Agars had changed their name from "Eager" and came from County Kerry.

In 1777 Melmerby had 50 families, all of whom were C of E except for one who was Presbyterian. In 1794 it had 229 people in 46 houses, all C of E, including "an excommunicated harlot". Its farmers worked the Townfield (open field) - about 300 acres of individual strips, growing good oats, barley and potatoes on the dry sandy soil, too cold for wheat or turnips. The Helm Wind flattened any rye grown. On the fells ("naked and broken cliffs towering above") was good feeding for the 2500 sheep (plus about 1200 escaped from Ousby and Gamblesby fells!). Heaviest were those on the high fell. Cattle were few. The fells at Melmerby High Scar used to sparkle in the evening sun from all the lead ore visible in them. The local lead and copper mines were not thriving in 1794. The High Scar is limestone. Up the fell comes the Maiden Way, a Roman road 21 feet wide, paved in large stones (unsuited to horse-riders) on its way from Kirkby Thore to Carvoran on the Wall.

The parish has in it an ironwater spring and a sulphur spring—so it had the potential for becoming a spa for the well-heeled. There were no workhouses or school. The air was cold and healthy and the church had good oak pews. In Melmerby, if you're "swelting" you're dying. Coal was the main fuel and the bare fields had drystone dykes. By the 1820s the Balloon Coach came through Melmerby on its run to and from Hexham and Penrith on Monday, Wednesday and Friday via Alston and then back on the same day. It rose up the fell like a hot air balloon!

Thanks to Jeremy Godwin.



More Melmerby history can be found on the Internet here:

[https://
www.cumbriacountyhistory.org.uk/
township/melmerby](https://www.cumbriacountyhistory.org.uk/township/melmerby)

At Langwathby Methodist Chapel this month

“OASIS”



Coffee, a short reflection and light lunch

From 10.30am Thursday 6th November

**A time of refreshment and reflection.
Why not come along?**



LANGWATHBY COMMUNITY FELLOWSHIP

Wednesday 19th November at 2.00pm

**Christmas Crafts with Gordon Edgar
followed by refreshments.**

“MEETING POINT”

**Come for Coffee & Conversation in a
warm space!**

From 10.15am Thursday 20th November

Visitors Welcome!



Culgaith Village Hall (aka The Victoria Institute)

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

If you live in the village and would like assistance in attending any of these events, then let us know.

UPCOMING EVENTS



Sundays 2nd, 9th, 23rd and 30th November at 5.30pm
Dance Exercise - 30 minutes of medium to high energy exercise. No need to book in advance or come regularly. Just bring water and turn up. Cost £4.

Mon 3rd November at 7.30pm Culgaith Village Hall AGM

Please come along and catch up on progress with the hall.

Fri 14th November—Film Night

6.15pm - open for those who want to socialise.

7.30pm film starts.

The Guard (cert 15) - A sharp-witted but unorthodox Irish cop teams up with an uptight FBI agent to take down an international drug ring in rural Galway.

Contains adult content. Advance booking recommended (fully refundable).

£5 Adults, £3 under-16s.



Sun 23rd November at 10.30am Church Cafe

Come and join us for an informal, all-age Café-style worship. Includes light refreshments. All are welcome.

Sat 29th November at 7.30pm Culgaith Village Get Together

An opportunity to socialise with other villagers. Turn up, bringing whatever you want to drink with you. We are asking people to cover the cost of hiring the hall by paying £1 per head.

100 CLUB SEPTEMBER WINNERS

1st Prize : £50 - Ann Witney (10)

2nd Prize : £20 - Ian Stowers (14)

3rd Prize : £10 - Phobe Lowes (62)



MEMO NEEDS HELP WITH CREATING ATTRACTIVE ADVERTS



Can you use Microsoft Word? We need people who are able to use **Word** - or are happy to learn - and can offer 2 or 3 weekends of their time a year to compose editions of the MEMO.

It's very satisfying, transforming advertisers' words they have provided into an attractive notice by choosing fonts and adding clipart, photos, formatting, and borders. There are guidelines to support you but also plenty of opportunities for you to be **creative** if you want to be. You will be given as much support as you need, with an experienced compositor on hand to advise and help if you need them.

It is a task that has to be done in one concentrated effort. The adverts arrive between Monday and Friday and you work at times to suit you in that week to give a finished printed paper copy to your proof-reader on Sunday. The editor provides details of what is to be included and will advise on content queries and layout. The proof-reader will check for any glitches when you are done before the finished MEMO is printed. That's it!

And your work ends up on the doorsteps of Eden! Just like this issue did!

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

MEMO NEEDS YOU!

MELMERBY VILLAGE HALL LOTTERY

September

1st £20 Walpert family
2nd £10 E Walls
3rd £5 J Bardsley
4th £5 P & M Lucas
5th £5 A Devine

October

1st £20 MacAneney family
2nd £10 P & M Lucas
3rd £5 Kidd family
4th £5 B Burford
5th £5 G Harmer

The Day of the Dead 31st Oct to 2nd Nov 2025

The Mexican holiday of Dia de Muertos takes place over 3 days. The festival is a happy celebration with gatherings of family and friends to pray for and remember friends and family members who have died.

Remembrance Day 11th Nov 2025

The day when we remember those members of the armed forces who gave their lives in conflict. The date was chosen to commemorate the end of hostilities of the First World War on 11th November 1918.

MEMO BUSINESS ADVERTS - UPDATE

Following our notice in the August and September issues of the MEMO about the possibility of changing to accept regular business adverts from businesses based outside of the MEMO's distribution area we would now like to update you on the outcome of those discussions.

We have reviewed all of the comments sent in by our readers which were almost entirely in favour of the change and are now pleased to announce that the committee has decided to amend the constitution of the magazine to allow regular business adverts from all businesses, wherever they are based.

Adverts from businesses outside of the MEMO distribution area will be included in a separate section to local businesses and will also be charged a bit more with charges being as follows:

Standard Business Advert: £11 per issue or £110 subscription (11 issues) max. 40 words excluding title & contact details, plain text.

Premium Business Advert: £15 per issue or £150 subscription (11 issues) Max 1/6 of a page with border, image and formatting.

To advertise please contact Jeff Trueman on 07443 453121 or by email at jeff.midedenmemo@gmail.com

PUBS, SHOPS & RESTAURANTS

The Shepherds Inn, Melmerby



Under new ownership

New Opening times:

Thurs, Fri & Sat 3pm to close

Food served from 5-8pm

Sunday 12 to close

Food served 12-7pm

Booking advised

Telephone 01768 889064

Facebook: The Shepherds Inn

Website: shepherdsinn.pub

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

Nisa
Making a Difference Locally



EDENHALL COUNTRY HOTEL

Fish & Chip Friday
Bar meals served daily

Evening meals served 5.30 to 8.45pm

Sunday 12 to 2pm and 5.30 to 8.30pm

Mid week lunches can be arranged for
large groups

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



The Shepherds Inn
The Village Green,
Langwathby CA10 1LW

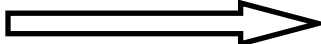
E: stephen@shepherds-inn.co.uk
T: 01768 881463

reservations@shepherds-inn.co.uk
www.shepherds-inn.co.uk

Serving good homemade food every day from 12 noon until 7.30pm
including our famous Wathby whale and shortcrust steak and ale proper pie.

And, we have been told, the best shortbread in the World!

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.

LOCAL PLAYGROUPS

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

BUSINESS AND LOCAL SERVICES

ANDREW BRISCOE CARPET & UPHOLSTERY CLEANING

30 Years experience in the carpet cleaning industry.

Van mounted carpet cleaning system for all types of carpets.

Upholstery cleaning including Viscose, Linen and fine fabrics.

Rug cleaning drop off or pick up service.

National Carpet Cleaners Association Corporate Member.

Office Tel: 01768 865812 Mobile: 07850 805251

Acrestone Cottage, Winskill CA10 1PD



Tel: 01768 881413. Mobile: 07510 416851

Email: mc.castleview@hotmail.com
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.



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.

Late night appointments available Wednesdays & Thursdays.

CULGAITH SAFE & LOCKS: 24 hour Emergency Response 07790 613320

Services provided: Emergency entry to your home, business or car/van; Lock servicing/replacement and fitting; Key cutting, home and business security advice.

Website: www.safeandlocks.com E-mail: safeandlocks@hotmail.co.uk

BUSINESS AND LOCAL SERVICES (continued)

COLIN DAWSON LTD: ELECTRICAL AND DAIRY ENGINEERS



All types of Electrical Installation and testing carried out.

Bagged animal, poultry, and wild bird seed.

A wide range of household and electrical supplies, workwear, tools and general hardware is

available from our shop at High Mill, Langwathby.

Tel: 01768 889084 email: dawson@xlninternet.co.uk

www.colindawsonltd.co.uk

DELTA ROOFING SERVICES are a reliable, trustworthy, and professional team of local roofers. We are local roofing and roof repairs specialists and are fully qualified in all aspects of domestic, commercial, and industrial roofing, with many years of experience.



Fully Guaranteed Roofing Services for Peace of Mind

• Tiled, Slate & Flat Roofing • Fibreglass Roofing (GRP) • High Performance Felt Roofing • Single Ply Roofing • Velux roof window repairs • UPVC Fascias, Soffits & Guttering • Chimney re-pointing and re-building • Lead flashing work • Professional Roof Cleaning

No money taken upfront - Pay when you're 100% satisfied

Contact Number: 07554 567183 Email: info@deltarooftingservices.co.uk

FELLSIDE GROUNDWORKS LTD: Council approved – all types of commercial and domestic groundwork undertaken: Drives, tarmac, concreting, curbing, walling, drainage etc. Also plant hire and small tool hire at reasonable rates. Please call John on 07825 768911 or 01768 881158. Or email: fellside.groundworks@gmail.com



Covering all your electrical works for the last 25 years.

Our local, friendly, and reliable team cover all aspects of electrical work.

Contact us today for a free, no obligation estimate.

Tel: 017684 80754 - 24 Hour Emergency Response

Email: info@fieldviewelectrical.co.uk

Web: www.fieldviewelectrical.co.uk

12 Moorside, Hunsonby, Penrith CA10 1PL



Green Stuff - Garden and Home Services

Specializing in all areas of grass care. Regular or one off grass cutting, strimming, fertilizing and moss control. Hedges and bushes cut, trimmed and pruned. Green waste can be taken away. Garden joinery and general handyman work undertaken. No jobs too small. Fully insured with free no obligation quote.

Contact Simon 07966699154. Watsons79@gmail.com



HARTSIDE PROPERTY MAINTENANCE: City and Guilds qualified plumber based in Gamblesby. Installs and repairs to domestic water systems from Alston to Penrith. 24/7 year round emergency callouts available. 10% discounts for OAP'S, BlueLight card holders and veterans/armed forces personnel.

Call Harvey Moore today on 07307380760.

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:

Yogic Arts Meditation

Breath Work Cold Immersion Training

Contact: Ian Rigg 07743967222 or visit ian-rigg.com

KIRKMAN CONSTRUCTION: all aspects of groundworks, stonemasonry, bricklaying, plastering and associated general building. Conversions, restorations, new build, landscaping and more. Heritage and conservation works including lime-work (pointing, building, plastering) and dry stone. Operated plant hire. Commercial, domestic and agricultural work undertaken. Tel: 01768 593500
Email: theyard@kirkman.construction www.kirkman.construction

M.J. ELECTRICAL Friendly and Reliable, Local Electrician based in Gamblesby. All aspects of electrical work undertaken. Free quotations available. Call Michael for all your electrical queries: 01768 881799 or 07760 444525
Email: mjenningselectrical@gmail.com



Mobile: 07811 362632 Tel: 01768 897151

Email: paulmoffet@hotmail.co.uk

**New builds, extensions and garden/
boundary walls**

Fully qualified with 25 years experience



Physiotherapy led Pilates classes at The SP8 Physio Pilates Studio

7 Salkeld Road, Langwathby, CA10 1ND

On Mondays at 9.30am. Suitable for beginners. More classes to be added.

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



Contact: Andy Speight 07596 957027

or email: sp8physiopilates@gmail.com

Chartered Physiotherapist and APPI registered Pilates Instructor



PINE TREE NURSERIES & GARDEN DESIGN SERVICES

Glassonby CA10 1DZ Tel: 07899 722530 / 07391 450735

Email: pinetreenurseries@gmail.com

Wander round our display beds and choose from a large selection of perennials, shrubs, conifers, grasses and trees.

Friendly advice always available.

Opening times: Wed - Sun 10am - 5.30pm including Bank Holidays.

www.pinetreenurseries.co.uk

BUSINESS AND LOCAL SERVICES (continued)



PS Tree : For all your Tree and Hedge care needs.

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

All waste can be removed or chipped as required.

Previous work can be viewed by following PS Tree on Facebook.

For a free, no obligation quote, please contact Dave Willetts

Tel; 075000 49755 www.pstree.co.uk email; david.willetts2@gmail.com

ROY HODGSON LOCAL BUILDER: All aspects of building work undertaken. No job too small. Fully qualified (C&G) with over 30 years experience.

For a free, no obligation quote please call 07721 730108 or 01768 88658

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



TITHE COTTAGE FURNISHINGS

Professional, friendly service making all types of curtains, roman and roller blinds, pelmets, cushions and more. Provides measuring and quotation service, with no obligation. Wide range of fabrics, curtain poles, tracks and trimmings available. Alternatively why not recycle existing furnishings into new window dressings?

Call Catherine Atkinson on 01768889179 / 07443899659

Email: tithecottagefurnishings@talktalk.net



NEW ADVERTISERS

ARE YOU OR ANYONE YOU KNOW LOOKING FOR A CLEANER? I am gauging interest with a view to setting up my own cleaning business based in Langwathby (but can cover outlying areas).

If you would like a weekly or fortnightly clean or have any other requirements then please do not hesitate to contact me to discuss further.

Email cragjessiebeth@aol.com or mobile 07555319652

OUT OF AREA BUSINESSES



Lakeland Logs



Quality kiln-dried hard & softwood logs from a local family business delivered to your door. Standard 9" and smaller 6-7" logs available as well as kindling and firelighters.

Order online www.lakelandlogs.co.uk/shop



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 November issue by NOON FRIDAY 14th NOVEMBER 2025

Items ready to be typed can be sent 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 26th November 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

14th November

The MEMO website is www.midedenmemo.org.uk

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

CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR NOVEMBER 2025

Sunday 2nd November

Addingham	9.30am	Holy Communion	Fiona Jenkins
Gamblesby	10.00am	Little Acorns	Local Team
Langwathby Methodist Chapel	11.00am		Lois Morton
Langwathby Methodist Chapel	5.00pm	Taizé	Taizé Team

Saturday 8th November

Kirkland	4.00pm	Holy Communion	Archdeacon Ruth Newton
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Sunday 9th November

Gamblesby	2.00pm	Remembrance	Jan Blackshaw
Langwathby,	10.45am	Remembrance	Bryan Gray
Village Green/St Peter's			
Skirwith	11.00am	Family Worship and Baptism	Fiona Jenkins

Tuesday 11th November

Ousby	10.30am	Remembrance	Archdeacon Ruth Newton
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Sunday 16th November

Culgaith	9.30am	Holy Communion	Fiona Jenkins
Langwathby Methodist Chapel	11.00am	Holy Communion	Ros Watson

Sunday 23rd November

Culgaith	10.30am	Village Hall, Cafe Church	Local Team
Gamblesby	10.00am	Little Acorns	Local Team
Gamblesby	2.00pm	Holy Communion	Ros Watson
Langwathby, St Peter's	11.00am	Holy Communion by Extension	John Doidge-Harrison
Ousby	10.00am	Holy Communion	Archdeacon Ruth Newton

Sunday 30th November

Kirkoswald Chapel	10.00am	Advent Sunday	Ros Watson
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Ecumenical Christian Community

<https://eastofedenmc.org.uk>