

July
2026

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

and the
wider area



Sponsored by

Langwathby Stores & Post Office
The VIC, Culgaith
Tithe Cottage Furnishings
Parish Councils: Culgaith, Hunsonby, Langwathby
PCC of Langwathby
Langwathby Methodist Chapel
SP8 Physio Pilates

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

See the Quiz on page 2

MidEdenMemo



These words were written the day after local elections in May, on David Attenborough's 100th birthday. Whoever the Welsh elect they will have to listen to Derek Walker, their Commissioner for Future Generations. I am delighted about his job. The Welsh think it important that actions we take today do not disadvantage future generations. The thought is something like 'if you hungrily eat all the seed corn today, it may mean no bread for our children's children'. Every generation needs a David for that reminder. Earth is our only home.

In 2021 a Bill was in the House of Lords for England to appoint such a person. Although I don't know what happened to it, if others also want to adopt this 'for the common good' approach, then this is the country I want to live in. I want us to care about the state we leave the country in for those who come after us. Which means that I must live with such a value myself now.

Former Chief Rabbi Jonathan Sachs' last book told us that he yearned for the values of 'for the common good' to be commonly held. Those at the bottom of our society must be treated the same as those at the top not only for *their* sake but also for that of future generations.

I think I accept that such a mission must start with me. But maybe we could embrace the thought in small communities like ours. It's an old idea but hopefully we haven't lost it along the way, have we?

Peter Bowes

EAST OF EDEN MISSION COMMUNITY CONTACT DETAILS

Please visit our website for news and details of all services:

www.eastofedenmc.org.uk

Revd Fiona Jenkins: Mission Community Leader & Priest in Charge Designate of the Kirkoswald Group Benefice

T: 07725 404668 E: revdfionalazonby@icloud.com

Revd Ros Watson: Part time Methodist Supernumary Minister

T:01768 351244 E: ros.watson@methodist.org.uk

Dean Lawson: Local Lay-Pastor East Cumbria

T: 07897 736024 E: dean.lawson@cumbriamethodists.org.uk

Revd Becky Richards: Associate Priest

T: 01768 639014 E: revbeckyeastofeden@hotmail.com

DATES FOR YOUR DIARY

JULY 2026

1 st	Langwathby & Edenhall WI, Hunsonby Community Centre	7:30pm
3 rd	Pea, Pie & Quiz Night, Culgaith Village Hall	6.30pm
5 th	Café Church at Culgaith Village Hall	10.30am
10 th	Come & Play, Culgaith School	2.00pm
14 th	Soup Lunch, Skirwith Village Hall	12.00pm
16 th	Teddy Bear's Picnic, Culgaith School	2.00pm
18 th	Coffee Morning, Kirkland & Blencarn Village Hall	10.30am
21 st	Fun Tuesdays, Gamblesby Chapel/Green	10.30am
28 th	Fun Tuesdays, Gamblesby Chapel/Green	10.30am
30 th	Boon Night – St Cuthberts, Edenhall	6.00pm

AUGUST 2026

4 th	Fun Tuesdays, Gamblesby Chapel/Green	10.30am
5 th	Book Club, Kirkland & Blencarn Village Hall	7.00pm
11 th	Fun Tuesdays, Gamblesby Chapel/Green	10.30am
16 th	Annual Duck Race, Skirwith Village Hall	2.00pm
18 th	Fun Tuesdays, Gamblesby Chapel/Green	10.30am
30 th	Sports Day, Kirkland & Blencarn Village Hall	3.00pm

SEPTEMBER 2026

3 rd	'Oasis', Langwathby Methodist Church	10:30am
12 th	Ousby Show, Ousby Village Hall	2.00pm
13 th	Open Day, St John's Church, Skirwith	10.00am
16 th	Langwathby Community Fellowship, Langwathby Methodist Church	2.00pm
16 th	Book Club, Kirkland & Blencarn Village Hall	7.00pm
17 th	Meeting Point, Langwathby Methodist Church	10:15am

Cover Artist

We'd like to thank Janis Young for kindly producing this month's lovely cover drawing of a Comma Butterfly on Ragwort.

The MEMO would also like to apologise to Vickie Everatt whose beautiful picture of a horse was on the cover last month.

Due to an oversight the 'thanks to the cover artist' section was pushed onto the second page and was smaller than intended.

LANGWATHBY METHODIST CHURCH

*“Oasis”, Meeting Point and the Community Fellowship
are taking a summer break in July and August*

Next “Oasis” – Thursday 3rd September

Community Fellowship – Wednesday 16th September

Meeting Point – Thursday 17th September



See you then!



MEMO QUIZ

(answers on page 7)



1. What is the main ingredient in hummus?
2. What is the hardest natural substance on earth?
3. Which solar system planet has the most moons?
4. What is a squirrel's nest called?
5. How many dots are on a pair of dice?
6. Which city is known as the eternal city?
7. Who was the first woman to win a Nobel prize?
8. In what country was Elon Musk born?
9. In American currency 10 cents make a what?
10. Who allegedly 'fiddled while Rome burned'?

Skirwith Village Hall

Tuesday 14th July 12.00pm-1.30pm

Come along for some home-made scan. A choice of soups, sweet delights and home-made bread. The crack is good too!



Sunday 16th August 2pm - Annual Duck Race

Bring some little people, they love it. £2 per duck.
Refreshments in village hall.

St Luke's Church, Ousby

Report of Mini Bug Safari and Flower Foray with Produce Stall and Refreshments

On the afternoon of Saturday 13th June there was an event held at St Luke's Church, Ousby. This was linked to the annual national Churches Count on Nature where during one week each year people are invited to explore their local churchyard, record the plant and animal species found there and celebrate the beauty, peace and hidden biodiversity to be found in these green spaces which are open to everyone.



At the same time a produce stall and refreshments were available in the church to raise funds for the church.



Thank you to all those who spent so much time and effort organizing the event and working to provide sandwiches, cakes, jams, plants and other produce. Unfortunately turnout was low. However, the people who did attend enjoyed the conversation, cakes and searching the churchyard for the flowers, gravestone symbols and insects and snails to be found there.

In total, 52 different species of flowers and grasses were found in the churchyard and have been listed and reported back to the central Churches Count on Nature. Thank you to Linda Robinson for her help with that.



People may not be aware that the money to maintain the church building and churchyard all has to come from local fund-raising and donations. No centrally provided budget is available. So, if the church is to remain available for baptisms, weddings and funerals, and for people to be able to visit family graves and enjoy the history, nature and peaceful space both inside and out, then it is important for as many people as possible to support the events organised to raise the funds to make this possible. We hope to see you next time.



**THE VIC
CULGAITH'S FRIENDLY
COMMUNITY CAFE
Everyone welcome!**



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

Delicious homemade cakes plus Farrer's tea & coffee.

As usual we'll be serving our renowned home baking!! If you are new to the area do call in and say hello. **You will be very welcome.**

What Happened When You Were Destitute Before the 1830s

In the Medieval era the abbeys, priories and monasteries saw to helping their local poor people as part of their Christian calling. This all ceased in the 1530s when Henry VIII abolished them, bit by bit. For twenty years, in times of political instability, there was no official provision at all. By the 1560s bands of tramps (some honest, some not) roamed England and the government acted, issuing an Act to set up a system of local relief by each applicant's parish officers (funded by the parish rate) overseen by the county JPs, whom claimants could petition (in writing) in hope of a handout order. He or she had to attend the next sitting of the JPs, held quarterly (hence the name quarter sessions) in four different places (Penrith's was in mid-October, when the races were held on what is now Penrith Golf Course, a very 'County' occasion) and be interviewed in person to see if they were honest or shifty. The JPs (local landowners) could also be approached in their home town where at least two would do for a 'Petty Session'. This was usually in the main hotel's bar. The JPs would order the weekly sum to be paid (or reject it), but there was no guarantee that their parish overseer (a local farmer) would indeed pay it. You would have to petition the JPs again. The Parish Clerk (or the Vicar) would write out your petition in the proper wording.

Thanks as always go to Jeremy Godwin

Culgaith Parish Council

Monday 18th May 2026 at 7.30pm

In Culgaith Village Hall

Present – 7 Councillors, 1 WAFC Councilor and 1 member of the public.

Annual Parish Meeting – Minutes of the 2025 meeting were signed as a correct record. A Parishioner raised concern that a non- residential building had been erected in Culgaith without obtaining planning permission. The next meeting was agreed as the 17th May 2027 in the Culgaith Victoria Institute.

Annual General Meeting: Chair, Sue Smith and Vice-Chair, Pauline Topping were re-elected. The Annual Report was presented and unanimously accepted. The Land and Asset Register and the Risk and Financial Management Assessment for 2026/2027 were agreed. The Insurance cover arrangements for 2026/2027 were confirmed.

May Council Meeting

The following key issues were discussed: -

- **WAF Councillor – Reported to meeting.**
- **Pedestrian Hazard - Black Swan Corner** – In hand with highways.
- **Culgaith 20 mph Request** – Public Consultation is in progress
- **Pothole Reported** – By Corner House – Skirwith.
- **Generator Funding for Community Facilities** – In hand with E NW.
- **Roadside Ditch – Kirkland to Skirwith Road** – Reported more work needed
- **Skirwith Village Green – Hand Rail and Steps required by Beck Cottage.**
Work completed.
- **Poor Road Surface Opposite ‘Jinks Bank’ Property, Culgaith** – With highways
- **Back Lane, Culgaith – Potholes by Drove Road Corner** - With highways
- **Blencarn Dangerous Exposed Metal Plate Drain Cover** – Work completed.
- **Blencarn – Potholes and Poor Road Surface** – With Highways.
- **Overflowing Ditch** – South of Howrigg Farm/Before T junction. Work Completed.
- **Skirwith – Hazardous Building by Roadside** - Reported to WAFC
- **Rural Needs Housing Survey** – To discuss in detail at July meeting.
- **Parish Broadband Issues** – Small Group set up to take the issue forward
- **Memorial Bench Agreed** – To remember the late Cllr Laura Wilson.
- **Culgaith School** – Agreed to donate to 150th anniversary-stained glass window.
- **Planning**
2023/1208/FPA Land at Settle Close Culgaith Residential development of 4 No. Dwellings. Supported, however, with major qualifications

Date and Venue of Next Meeting

6th July – Skirwith Village Hall.

Full minutes are available on: - www.culgaith-pc.gov.uk

John Fleming – Parish Clerk. clerk@culgaith-pc.gov.uk

LANGWATHBY & EDENHALL WOMENS INSTITUTE PROGRAMME 2026

THIS YEAR WE ARE MEETING IN HUNSONBY COMMUNITY
CENTRE ON THE FIRST WEDNESDAY OF THE MONTH AT 7.30PM



Wednesday 1st July

“The History of Brougham Castle”

Mark Blayney

Competition: Photo of a Cumbrian Scene

Hostesses M Sutcliffe, A Threlkeld

North Lakes Field Archers Skirwith, Penrith, Cumbria

Registered with the National Field Archery Society

We are a local well established field archery club based at Skirwith Village Hall. As a field archery club, we also have a woodland course set up in the local area. Our regular weekly club sessions offer a relaxed and sociable atmosphere together with our indoor league competitions.



If you fancy trying your hand at Field Archery and would like more information contact Dave Fuller on 07929 251928 or email northlakesfieldarchers@gmail.com

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 email lucystreatfield@gmail.com with your request by 31st August.

Culgaith Village Hall (aka The Victoria Institute)

If you want to get in touch, or book the hall for a private event, please email culgaithhallbookings@gmail.com or telephone Val 01768 216995.

Sunday 5th July 10.30am Café Church.

Come along for an informal, all age, café style worship. Includes light refreshments. All are welcome.

100 Club Winners for May:

1st prize £50 - No 73 Geraldine Gaizely

2nd prize £20 - No 3 Jon Begg

3rd Prize £10 - No 8 Michelle Emerton

Join the 100 club: It costs £2 per month, it's drawn 'live' on the last Thursday of the month at 3pm in the VIC Cafe. Proceeds go towards running costs of the village hall.
Prizes: 1st: £50 2nd: £20 3rd: £10

Kirkland and Blencarn Village Hall - Coffee Morning Saturday 18th July 10.30am – 12.30pm



Come and join us for delicious homemade cakes, tea, coffee and good company.

A warm welcome awaits you.



Kirkland and Blencarn Village 50/50 Lottery

June Results:

1st Linda High

4th Jilly Scott

2nd Clare Stewart

5th Finn Morton

3rd Jane Porter



MEMO QUIZ ANSWERS



- | | | | | | | | | | |
|--------------|------------|--|-----------|-------|---------|----------------|-----------------|-----------|------------------|
| 1. Chickpeas | 2. Diamond | 3. Jupiter (115 officially recognised) | 4. A drey | 5. 42 | 6. Rome | 7. Marie Curie | 8. South Africa | 9. A dime | 10. Emperor Nero |
|--------------|------------|--|-----------|-------|---------|----------------|-----------------|-----------|------------------|

Langwathby Parish Council

Thursday 21st May 2026 at 7.30 pm in Langwathby Village Hall
Present – 5 Councillors. 1 WAF Councillor.

The following key issues were discussed: -

- **Finance** - - Audited accounts were approved
- **Potholes and Poor Road Surface**, Salkeld Road to Briggle Beck – Work completed
- **Double Yellow Lines – Culgaith Road**, work completed, however the lines were not extended to where originally agreed. To consult with Highways.
- **Langwathby- Salkeld Road** – Jetting of Concrete Slit Drain. Still in hand with Highways.
- **Pothole Around Manhole Cover** by Culgaith Road/A686 Junction.
- **Footpath Obstructed** – Eden House, Edenhall – Make enquiries to resolve the issue
- **Drainage Issue – Sunnyside Edenhall.** – Report to Highways
- **Recycling Centre Relocation** – Matter still unresolved.
- **Flooding by the Langwathby Bus Shelter.** Work completed.
- **‘Place Action Group’ – Rural Housing Survey**
- **Funding Available for Art and Culture Sector in Eden and Furness**
- **Resignation of Cllr C Henderson** – Grateful thanks was expressed for his conscientious dedication while in post.
- **Encouraging Parishioners to Come Forward as Councillors.** – Chairman to put together an article for the Memo.
- **Langwathby Village Green Tree Safety Survey** – To be actioned.
- **Overflowing Waste Bin** – Top Langwathby Bank
- **Grants and Honorariums 2026** were discussed and awarded
- **Planning**

2026 0605 HOU. Old Headmasters House Culgaith Road Langwathby.

Installation of an electric vehicle charge point on the East elevation wall of the dwelling, as part of Westmorland and Furness Council's EV Pavement Channel Trial.

No Comment

2026/0755/FPA. Atherstone Langwathby. Variation of condition 2

(approved plans) for design amendments, addition of solar panels and a lean-to extension, attached to approval 19/0393 (Conversion of existing barn to two storey residential dwelling and associated yard to garden). **Supported**

Date of Next meeting. - Thursday 16th July 2026

John Fleming – Parish Clerk.

A full set of minutes are available on www.langwathby-pc.gov.uk

Langwathby New Playground - Parking

Visitors to the new playground are asked to park responsibly and under no circumstances to park on the village green. Your co-operation would be greatly appreciated.

The Joseph Hutchinson Charity

The Joseph Hutchinson Charity invites funding applications from young people (16–27) who have been living in the villages of Hunsonby and Winskill for at least twelve months.

We offer financial support for university, college, apprenticeships, and accredited training courses. Submission deadline 5th October 2026.

The Joseph Hutchinson Charity invites funding applications from local groups, organisations, and institutions with projects, renovations, and activities that promote the educational, social, environmental, and recreational development of people living in the villages of Hunsonby and Winskill.

To request an application form for either of the above please email

- Sally Metcalfe – s.metcalfe827@btinternet.com
- Will Bashall – wjb@wbashall.co.uk
- Kate Stannard – kate.stannard@gmail.com

Every application is assessed individually.

Submission does not guarantee that a grant will be awarded.

**Submission deadline:
5th October 2026**





FUN TUESDAYS

10.30am to 12.30pm

Gamblesby Chapel/Green

led by Claire Slee and Jan Blackshaw

21 July to 18 Aug inclusive

A chance for young folks to enjoy crafts,
games and playtime whilst adults can
join 'He Brews' Coffee morning

All are welcome

Kindly sponsored by the Methodist Church North West England District

**ST JOHNS CHURCH, SKIRWITH - OPEN DAY
SUNDAY 13TH SEPTEMBER 10.00am – 4.00pm**

to help raise money for the upkeep of the church

Admission fee £2.50 per adult and £5.00 per family (2 adults and 2 children) to include refreshments

It would be nice if we could have a display in the church of local talent, young and old, to include the following: paintings, collages/montage, textiles, pottery, photographs or memories you would like to share. Any “budding” florists who would like to do a display for the church would be very welcome.

Please contact Susan on 01768 88246 or Letitia on 01768 879086 for further information.

ST CUTHBERT’S CHURCH – EDENHALL

BOON NIGHT

TUESDAY 30TH JUNE 6.00 – 8.00PM

All villagers and supporters are invited to attend a summer “Boon Night” to help with the tidying and cleaning up of the church and churchyard. You are welcome to bring your own tools and cleaning materials, but tools will be provided and all ages and abilities are welcome.

Refreshments will be provided by Edenhall Estate.

PUBS, SHOPS & RESTAURANTS



The Shepherds Inn

On The Village Green, Langwathby, Cumbria CA10 1LW

Tel 01768 881463

New Spring Menu available

Quiz Night starting 7pm – second Sunday of the month

Check our [website](#) for Event Dates and Times

Open Every Day for Good Homemade Food and a Warm Welcome

PUBS, SHOPS & RESTAURANTS (continued)

Plan your visit to
The Shepherds Inn
Melmerby



Enjoy delicious, home-made food cooked from scratch using quality ingredients in a warm and welcoming setting.

For dates for quiz nights, live music, the chippy van and special events, please visit our website.

Open: Wed – Sun (see website for times)

 **01768 889064**

 www.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



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 Tel:01768 881454

www.edenhallhotel.co.uk/

Nisa
Making a Difference Locally



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

BUSINESS AND LOCAL SERVICES (continued)



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

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

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

FELLSIDE GROUNDWORKS LTD: Council approved – all types of commercial and domestic groundwork undertaken: Drives, tarmacking, 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@fv-electrical.co.uk

Web: www.fieldviewelectrical.co.uk

12 Moorside, Hunsonby, Penrith CA10 1PL



BUSINESS AND LOCAL SERVICES (continued)



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 07307 380760

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 07966 699154. Watsonsj79@gmail.com



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

LE DERAILLEUR BIKE MAINTENANCE

Weekend explorer, daily commuter or performance driven rider, Le Derailleur delivers expert care and bespoke solutions.

SERVICES: Repairs, Maintenance & Servicing, Advice, Planning & Custom Builds. Supporting all cycling disciplines, ages and budgets

Dane Tel. 07817 876304 Shire Cottage, Ousby, CA10 1PT  [@lederailleur2023](https://www.instagram.com/lederailleur2023)



Mobile: 07811 362632 Tel: 01768 897151

Email: moffetconstruction@hotmail.com

Web: www.moffetconstruction.co.uk

New builds, extensions and garden/boundary walls

Fully qualified with 25 years experience

BUSINESS AND LOCAL SERVICES (continued)

M.J. ELECTRICAL Friendly and reliable electrician. All aspects of electrical work undertaken. Free quotations available. Call Michael for all your queries: mobile 07760 444525, landline 01768 877892 or Email: mjenningselectrical@gmail.com



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.

pinetreenurseries.co.uk/



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: 07500 049755 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

Physiotherapy led Pilates classes at The SP8 Physio Pilates Studio



7 Salkeld Road, Langwathby, CA10 1ND

On Mondays at 9.30am, 10.30am + More classes to be added.

Suitable for beginners. Tuesdays at 6.00pm

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



Contact: Andy Speight 07596 957027 or

email: sp8physiopilates@gmail.com

Chartered Physiotherapist and APPI registered Pilates Instructor

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: seamstress@tithecottagefurnishings.co.uk



BUSINESS AND LOCAL SERVICES (continued)



WALKING4PAWS
Cumbria
Where every walk is an adventure

WALKING4PAWS Cumbria

Fully insured dog walking service. Door to door walk pick up, home drop in, pet taxi. Covering Penrith and all surrounding villages. Reliable, responsible, caring, fun!
Over 20 years dog handling experience.

Contact **Debbie** for details and a free consultation.

Tel: 07881 308303 www.walking4pawscumbria.co.uk

Email: walking4pawscumbria@gmail.com

OUT OF AREA BUSINESSES



Family run local business offering carpets, hard flooring and beds. Free measuring. Find your Perfect Bed. Free Bed deliveries and installation, from budget to bespoke.

Call in and try before you buy – free parking

For more information check out our website:

thearchescarpetcentre.co.uk (01768) 866770

EDEN PLUMBING

Specialising in bathroom fitting, complete job from start to finish.

Also, general plumbing.

Richard Metcalfe, Temple Sowerby, 07950 901180,

email: edenplumbing@hotmail.com,

website: edenplumbing.pro/



FAHRENHUT SAUNA

Fahrenheit sauna is a mobile traditional wood-fired sauna located just outside Pooley Bridge, handmade and owner-run. Take a dip in Ullswater between sauna with breathtaking views.

Book online for more details and availability via our calendar.

www.fahrenheitsauna.co.uk



KITCHEN CABINET TRANSFORMATIONS by PoppySue.

Based in Penrith. Does your unloved kitchen need a makeover? I can help!

Hand Painted or Vinyl Wrapped. Smaller decorating jobs also considered.

Tel 07759 395443 www.poppysuekitchentransformations.co.uk

All aspects of home care & maintenance, decorating, plumbing repairs.

IT, smart home help & setup, odd jobs. Complete holiday & empty property cover
22+ years of private client work. References & fully insured.

Enquiries: J Davidson Tel: 07743 588518 Email: jwilliam.davidson@outlook.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:

Editorial Enquiries: Jane and Attracta - editor@midedenmemo.org.uk

Business Advert Enquiries: Abi - business@midedenmemo.org.uk

Community Advert Enquiries: Abi - community@midedenmemo.org.uk

Payment Related Enquiries: Martin - treasurer@midedenmemo.org.uk

All copy for the July issue by NOON FRIDAY 10th JULY 2026

Items ready to be typed can be sent to: typists@midedenmemo.org.uk

Payment should accompany the advert request.

Cheques payable to 'The MEMO' or hard copy can kindly be left at Langwathby Stores. Please include your contact details.

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 necessary.

**MEMO distributors will be able to collect from Langwathby Church
on Wednesday 22nd July 2026**

MEMO CHARGES FROM 1ST JANUARY 2026

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

£9 per third of page entry or £90 subscription (eleven thirds for the year).

Sponsorship (name on front cover) £65 minimum - this donation does not include advertising within the Memo.

Business Adverts:

Subscriptions are for 11 issues i.e. 1 issue free

Standard Business Directory Advert £10 per issue or £100 subscription

Max. 40 words excluding title & contact details, plain text.

Premium Business Directory Advert £14 per issue or £140 subscription

Max 1/6 of a page with border, image and formatting.

Out of Area Business Adverts:

Standard Business Directory Advert £11 per issue or £110 subscription

Premium Business Directory Advert £15 per issue or £150 subscription

MEMO COPY DATES FOR 2026

10th July

14th August

11th September

9th October

13th November

CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR JULY 2026

Sunday 5th July

Culgaith	10.30am	Café Church in the Village Hall	
Edenhall	11am	Holy Communion	Rev Fiona Jenkins
Langwathby Methodist Chapel	11am	Morning Worship	Richard McGregor
	5pm	Taizé Evening Prayer	
Skirwith	9.30am	Holy Communion	Rev Fiona Jenkins

Fifth Sunday after Trinity

Sunday 12th July

Gamblesby	10am	Little Acorns	Claire Slee
	2pm	Afternoon Worship	Rev David Newlove
Kirkland	9.30am	Holy Communion	Archdeacon Ruth Newton
Langwathby St Peter's	11am	Holy Communion	Bishop John Thompson

Sixth Sunday after Trinity

Sunday 19th July

Culgaith	9.30am	Holy Communion by Extension	Julie Barrett
Langwathby Methodist Chapel	11am	Morning Worship	Dean Lawson
Melmerby	11am	Holy Communion by Extension	Julie Barrett

Seventh Sunday after Trinity

Sunday 26th July

Gamblesby	2pm	Holy Communion	Rev Ros Watson
Langwathby St Peter's	11am	Morning Prayer	John Doidge-Harrison
Ousby	10am	Holy Communion	Rev Becky Richards

Eighth Sunday after Trinity



Ecumenical Christian Community

<https://eastofedenmc.org.uk>