MEMO

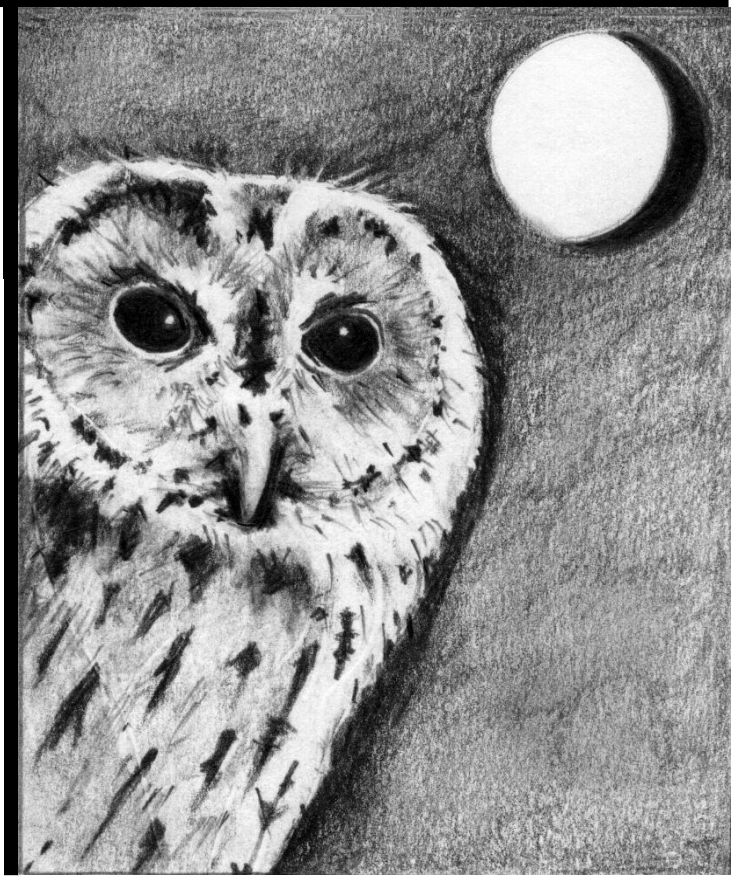
MID-EDEN MAGAZINE
www.midedenmemo.org.uk

November 2026

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

Please see details of copy deadline for adverts for January events on page 1

See the Quiz on page 2

MidEdenMemo

Blessed are the peacemakers, for they will be called children of God. Matthew 5:9

Dear All,

Remembrance Sunday will soon be upon us. There will be church services in many of our churches in the East of Eden Mission Area to which all are invited. Some may prefer to visit a war memorial alone or lay flowers, others may remember at home or watching The Royal British Legion Festival of Remembrance. Wherever we are, we will spend some time remembering the sacrifices of women and men who have died or been injured in the service of our country. We will be able to give thanks for them and the freedoms that we enjoy because of all that they gave. We can also reflect on the devastating effect of war and commit ourselves to work for peace.

Mahatma Ghandi said that, "Peace is not something that you wish for. It is something that you make, something that you do, something that you are, something that you give away."

As Christians we are called to be peacemakers. Not to make peace at any price, not keeping the 'peaceful' status quo by ignoring injustice or bowing to the loudest, most powerful, voice because that is not true peace. True peace involves standing in solidarity with those who are vulnerable, disadvantaged and who have no voice.

True peace always involves effort, sacrifice and commitment.

So, let us honour God and our fallen by being true peacemakers in our homes and communities. How will you work for true peace in this coming week?

Every blessing,

Ros Watson
Minister of East Fellside Methodist Church
at Alston, Gamblesby, Kirkoswald & Langwathby

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

OCTOBER 2026

21st	Langwathby Community Fellowship, Langwathby Methodist Chapel	2.00pm
21st	Winter Whist Series, Blencarn Village Hall	7.00pm
24th	Film 'The Wild Robot' at The Vic, Culgaith	5.00pm
25th	Film 'Brooklyn', Skirwith Village Hall	4.30pm
28th	Book Club Meet Up, Blencarn Village Hall	7.00pm
29th	Eden Animal Rescue Fund Raiser at The Vic, Culgaith	2.00pm

NOVEMBER 2026

1ST	All Saints Day Commemoration, St John the Baptist, Melmerby	3.00pm
2nd	Culgaith Parish Council Meeting, venue tbc	7.30pm
4th	Langwathby WI, Christmas Cookery	7.30pm
4th	Winter Whist, Kirkland & Blencarn Village Hall	7.00pm
5th	Oasis, Langwathby Methodist Chapel	10.30am
7th	Wine Tasting at The Vic, Culgaith	7.30pm
7th	Christmas Craft Fair, Gamblesby Community Centre	10.00am
10th	Coffee and cake, Skirwith Village Hall	11.00am
18th	Community Fellowship, Langwathby Methodist Chapel	2.00pm
18th	Winter Whist, Kirkland and Blencarn Village Hall	7.00pm
19th	The Vic AGM, following on from the Craic	later on between 2 and 4pm
19th	Meeting Point, Langwathby Methodist Chapel	10.15am
20th	Story of Culgaith, Culgaith Village Hall	7.00pm
21st	Family Film Hoppers, Culgaith Village Hall	5.00pm
22nd	Film 'H is for Hawk' Skirwith Village Hall	5.00pm
29th	Highlights music night, Skirwith Village Hall	7.30pm

DECEMBER 2026

2nd	Winter Whist, Kirkland and Blencarn Village Hall	7.00pm
3rd	Oasis, Langwathby Methodist Chapel	10:30am
9th	Book Club, Kirkland and Blencarn Village Hall	7.00pm
11th	Bingo & Grand Prize Draw, Kirkland and Blencarn Village Hall	7.00pm
16th	Winter Whist, Kirkland and Blencarn Village Hall	7.00pm

Could you help support the MEMO? Become a MEMO Sponsor.

Sponsorship costs a minimum of £65. The names of our sponsors appear on the front cover for all issues in the year of sponsorship.



The **DECEMBER** issue of the MEMO is a double issue. Please ensure any adverts for events in January reach us by the December issue **copy deadline** of noon on **Friday 13th November**.

Cover Artist

We'd like to thank Gina Mumford for kindly producing this month's cover drawing of a Tawny Owl in the autumn moonlight.

LANGWATHBY & EDENHALL WOMEN'S INSTITUTE PROGRAMME 2026

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

NOVEMBER 4TH - 'CHRISTMAS COOKERY'
Hazel Feddon

Competition: An edible Christmas tree decoration

Hostesses: B Davey, S Bell

MEMO QUIZ

(answers on page 8)

1. Which planet in the solar system is closest to the sun?
2. What is the capital of Australia?
3. What is the chemical symbol for gold?
4. Which software company HQ is at Redmond, Washington?
5. On which weekday does the Jewish Sabbath begin?
6. If you are standing upon the Spanish Steps, where are you?
7. What year did World War Two end?
8. Who was the first woman to win a Nobel Prize?
9. Pink Ladies are what type of fruit?
10. In which country was Elon Musk born?

Langwathby Back Lane
PLEASE DRIVE SLOWLY

The absence of pavement, in places makes walking on Back Lane hazardous for pedestrians and children. Langwathby Parish Council ask that motorists please be aware of this and drive slowly and safely at all times.



Your co-operation would be 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 Farrer's tea & coffee.

The **VIC AGM** takes place on Thursday 19th November, towards the end of the afternoon. So please come along to the 'Craic' as usual, then join us for the meeting. This is your opportunity to hear of our activities over the past twelve months and plans for the next twelve. Your views and ideas are welcomed.



♪♫♪ YOUR CAROLS, YOUR CHRISTMAS ♪♫♪
AT ST LUKE'S CHURCH OUSBY
DECEMBER 2026 TBA

This Christmas we're handing the song book to you!
At our Carols of Praise service, we'll be singing the festive favourites **you** choose.

Whether it's a joyful classic, a peaceful lullaby, or a rousing celebration, tell us the carols that make your Christmas shine.

How to choose:
Drop your carol requests in the box at the back of the church or ring Sheila on 01768 881853.

Let's fill the church with the songs that fill our hearts with hope, joy and the wonder of Christmas.

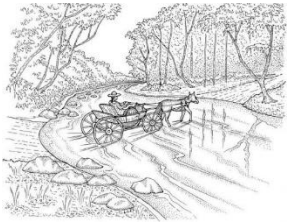


Come ready to sing, smile and celebrate the greatest story ever told!

Service date and time to be announced soon.

The Lang Wath of Langwathby

This is still there, on the old road (pre 1680's, when Langwathby Old Bridge was built) from Langwathby to Edenhall, in use since Neolithic times. It proceeds from the east end of Langwathby, where today's road turns left, hence down the field to the Wath. On the far side it runs up the Desert Strip (sandy soil) to the former Edenhall School.



The ford is diagonal, and would seem long indeed to its users. There's a reason for this – the action of the rivers current is to push you to the further edge downstream.

The Neolithic folk knew a thing or two. Their marked stones show the ford to its users.

When the village's founders settled here, next to the ford, the place name shows that they were Norse farmers come up river by boat.

Edenhall's settlers were Angles (Germanic), who preferred to keep their heads down in their shallow hollow between the church and the hall, invisible to river-users.

Stepping-stones also crossed rivers, but not in MEMO's area. They crossed the swamp on the road for Skirwith at Sowyersteps (now bridged), as its place name shows.



Thank you to Jeremy Godwin
for both articles in this issue of the MEMO



Kirkland and Blencarn Village Hall

Christmas Grand Prize Draw and Bingo Evening

11th December 7.00 pm
Everyone welcome!



October Results: **Kirkland and Blencarn Village 50/50 Lottery**

1st Giles Sharp 2nd Cathy Bach 3rd Esha Holloway
4th Jane Porter 5th Charlie Morton

Please email blencarnandkirklandvillagehall@gmail.com for any enquiries.

Melmerby Village Hall Lottery

Winners September

1st E Mark £20
2nd Wilkinson family £10
3rd J Allen £5
4th C McAneney £5
5th A Burford £5



Winners October

1st C Jones £20
2nd G Nicholson £10
3rd Brownlee family £5
4th A Philips £5
5th T & H Wright £5



Culgaith Parish Council



The Switching Off of Analogue Telephones

'What happens if I have no internet connection or no computer?'

Culgaith Parish Council is advised as follows:

- Contact your telephone provider who will supply you with a dedicated 'landline only', free, small box or adaptor, to keep your traditional phone working as it did before.
- Keep your current telephone handset(s) and phone number (in most cases)
- Digital phones need mains electricity, so your phone will not work during a power cut, unless you use a free battery backup unit, provided by your telephone provider.

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.

Upcoming Events



Saturday 7th November, 7.30pm - Wine Tasting.
Join Roger and Jon for another challenging wine tasting where you will be required to taste wine and have a chat.
£10 a head.
Let roger.leech1@gmail.com know if coming.

Friday November 20th, 7pm

The Story of Culgaith and its Schools
Marking the 150th anniversary, this talk will cover the opening and early days of Culgaith School, with photographs of the masters and pupils of times gone by.

There will be the story of how the school came to be built, and how the children of Culgaith and Blencarn were schooled in the previous century.

Sat Nov 21st, 5pm - Family Film: Hoppers



Bring along a picnic to enjoy this film on the big screen in the company of others.
Scientists find a way to transform human consciousness into robotic animals. This new technology is used to uncover the mysteries of the animal world.
Cert U / run time 1hr 44 mins / released 2026

100 Club September draw winners:
1st Prize – 40 James Blacklock £50
2nd Prize – 65 Gillian Marchant £20
3rd Prize – 50 Chris Ridd £10

Kirkland Stories

Kirkland was once much bigger, as the blocked-up aisle of the church shows.

A tradition heard by the then vicar fifty years ago said that it had once been the burial ground for Garrigill, at the other end of the ancient track (still there) from Kirkland up and over the fell behind Cross Fell past Greg's Hut and Cash Well.

One day a funeral party set out for Garrigill, the corpse in shroud or coffin on the back of a pony, and walked the track to Kirkland.



They were tired, hungry and thirsty on arrival and visited each of the seven pubs in Kirkland's street one by one. The pony got sick of waiting for them and walked back to Garrigill, corpse and all.

The pubs were more likely to be beer houses i.e. they had beer now and then (a pub must have it all the time and an inn have room for overnight guests).

'Seven' often occurs in folk-tales so perhaps there were fewer then. There is no trace of this in the local parish register.

Kirkland's patron saint St. Lawrence is said to have been roasted to death on a grid-iron. After a while on it he said 'Turn me over. I'm done on this side.'!

🎄 🎅 ⚠️ **WARNING WARNING** ⚠️ 🎄 🎅 🎄

Carol singing? Around Langwathby

We are relentless in our aim to punish the residents of Langwathby and have decided to inflict our singing on the village again on Mon 21st of December.

Our singing isn't up to much, so we will not be collecting for a charity (or singing lessons) but just to spread joy and festive good will
Mulled wine, mince pies and chocolate will be gratefully received and the mulled wine will no doubt improve the quality of the singing as we go on!

If you have any favourite songs you would like us to ruin please let us know and we will do our best. Also if you prefer us not to visit you then we can add you to the growing list. Or hiding behind the sofa with the lights off works too!

Please come and join our small group, if you would like a bit of fun and Christmas cheer. Christmas hats must be worn, obviously!

Meet in the Shepherds Inn, Langwathby at 5:30pm Monday 21st.
For more information and date of one practice session, please contact Sarah on 07929622754 or email on sergreenop@gmail.com.

Christmas Craft Fair

Gamblesby
Community Centre

what3words: encourage.warned.cattle

Saturday 7th November

10am – 4 pm

Free Entry

Refreshments & Raffle

In aid of

First Responders and
Addingham Church



Cash preferred please

MEMO QUIZ
ANSWERS

1. Mercury
2. Canberra
3. Au (Latin Aurum 'Shining Dawn')
4. Microsoft
5. Friday
6. Rome
7. 1945
8. Marie Curie
9. Apple
10. South Africa

THANK YOU SO MUCH

Culgaith Village Show and Sports Day would like to thank:

- Nick Scaife - for all his work throughout the year on the Rec Ground
- The Rec Ground - for kindly hosting the show
- All those who came to help set up and take down the show

Our wonderful and generous **sponsors** this year:

- Steve Thompson
- Ashberry Guest House
- Ian Smithies
- The Vic
- Castlerigg Consultants

We couldn't do it without you!

The show team are very grateful for the support received at this year's show. We are delighted to announce a £500 donation towards the new play park at Culgaith Recreation Ground.

The next show will be held on Saturday, 21st August 2027

From the team:

Sarah Ruddick (Chair), Freya Onek (Secretary), Will Onek (Treasurer), Paul Lowthian (Bar Committee Member), Emma Sturch-Lowthian (Marketing & Fundraising), Chris Walshe (Committee member) and Mac Findlay (H&S Committee member).

Langwathby Parish Council

Thursday 17th September 2026 at 7.30 pm in Langwathby Village Hall
Present – 7 Councillors. 2 WAF Councillors. No members of the public.

The following key issues were discussed: -

- **Finance**
- **Edenhall Carriageway Flooding – Sports Field Area** – In hand.
- **Double Yellow Lines from A686 junction on the A6412 to Culgaith.** Working with Highways to strike a balance between road safety and resident parking.
- **Langwathby Recycling Centre Closure**
- **Overgrown Footpath to River by Langwathby Bridge.** Pruning done
- **Footpath Obstruction –** Overgrown Branches by Eden House, Edenhall – in hand.
- **Hogweed on Ladies Walk**. – A future control programme.
- **Back Lane – Speeding Reported**. Safety concerns raised over pedestrians and children being at danger from speeding vehicles.
- **Edenhall Information Kiosk –** Gratefully repainted by a parishioner
- **Edenhall Bus Shelter.** Agreed to maintenance repairs where necessary.
- **Langwathby Information Kiosk –** Agreed to reglaze and paint.
- **Penrith Swimming Club** – Supported their 'Leaning to Swim' issue.
- **By Langwathby Bridge** - Saplings by wall needing pruning or removal
- **Edenhall –** Drainage run off reported causing drains to block with gravel.
- **Changes to the National Planning Framework.**
- **School Transport** - Rules governing free school transport.
- **Planning**

  2026/0769. High Barn, Langwathby. Erection of building over existing external feed area. Supported

  2026/1537/LBC. White House, Langwathby. Listed Building consent, replacement of 2 open fires with wood burning stoves. Supported

  2026/1667/FPA. Barn N High Barn Langwathby. Conversion Agri Barn to dwelling and Assoc works. Supported with provisos

  2026/1404/TCA Eden House Edenhall. Tree works Supported

  2026/1642/OPA Land North of Springway Langwathby. Outline application with all matters reserved for residential development. Supported

Date of Next meeting. - Thursday 19th November 2026
Langwathby Methodist Chapel.

John Fleming – Parish Clerk.

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

Skirwith Village Hall

Tuesday 10th November, 11.00-12.30 coffee, cake and catch up.

Sunday 22nd November – Film H IS FOR HAWK.
Doors open 4.30, Film 5pm. Tickets £5.
Contact helen_stoupa@yahoo.co.uk
Bring some snacks for post-film catch up.





Sunday 29th November 7.30pm Highlights rural touring scheme presents DUANE ANDREWS & THE HOT CLUB OF CONCEPTION BAY. Tickets £15.
Book www.highlightsnorth.co.uk
Or ring / text Helen 0798 0821287

At Langwathby Chapel in November

a warm welcome awaits you…

Oasis

Thursday 5th November from 10.30am
Coffee and conversation,
followed by a half-hour reflection
and a light lunch





Langwathby Community Fellowship

Wednesday 18th November 2.00pm
A talk by John Leveson
"The Transplant Games"

Meeting Point

Thursday 19th November from 10.15am
…. for coffee and conversation in a warm space.



PUBS, SHOPS & RESTAURANTS

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

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/

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

POST OFFICE

The Shepherds Inn

On The Village Green, Langwathby, Cumbria CA10 1LW
Tel 01768 881463

New Autumn Menu available

30th of October Pizza Night
8th of November Quiz Night
15th of November GNAA Bingo
29th of November Wine and Cheese tasting
13th of December Quiz Night
20th of December Live Music Andrew Fearnley
25th of December drinks only
31st of December New Years Eve party

Check our website for event dates and times and menus.

Open Every Day for Good Homemade Food and a Warm Welcome

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

Castle View CONSTRUCTION
New Builds - Extensions - Renovations

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

Chloe's HAIR & BEAUTY

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

Field View Electrical Ltd

NICEIC APPROVED
TRUSTMARK Government Endorsed Quality

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

CELEBRATING 25 YEARS ANNIVERSARY 1997-2022

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

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

IAN RIGG

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

Jan Blackshaw
Independent Celebrant
For all of life's milestones
With compassion and integrity
Contact : jan.blackshaw@yahoo.com
Tel – 07956219747

KIRKMAN CONSTRUCTION: Stonemasonry & heritage works. Fixer & banker masonry, walling & facing. Lime work (pointing, rendering & plastering, limewash, torching, limecrete), dry stone, cast guttering. **Groundworks, landscaping, plant hire**. Site clearance, earthworks, access, drainage, foundations, paving, reclaimed materials. **Repairs, renovations, conversions.**

T: 01768 593500 **E:** theyard@kirkman.construction **Web:** 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

MOFFET CONSTRUCTION

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)



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/

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

PS Tree

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

SP8 PHYSIO PILATES

Physiotherapy led Pilates classes at The SP8 Physio Pilates Studio
7 Salkeld Road, Langwathby, CA10 1ND
Suitable for beginners
On **Mondays at 9.30am & 10.30am**.
Tuesdays at 6.00pm.
Thursdays at 5.30 & 6.30pm.
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
Andy Speight 07596 957027 or sp8physiopilates@gmail.com
Chartered Physiotherapist and APPI registered Pilates Instructor



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
Instagram

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

BUSINESS AND LOCAL SERVICES (continued)

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

The Arches
Carpets, Flooring & Bed Centre

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
The Arches Carpet Centre, Units 1&2 Hartness Road, Gilwilly Ind Estate, Penrith, CA119BD

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
Fahrenhut 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.fahrenhutsauna.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 - 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 December issue by
NOON FRIDAY 13th NOVEMBER 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 25th November 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

13th November

CHURCH SERVICES IN OUR CHURCHES AND CHAPELS FOR NOVEMBER 2026

Sunday 1 November

Skirwith	9.30 am	Holy Communion	Rev Fiona Jenkins
Gamblesby	10.00 am	Little Acorns	Claire Slee
Edenhall	11.00am	Holy Communion	Rev Fiona Jenkins
Langwathby Chapel	11.00am		
Melmerby	3.00pm	Thanksgiving & Remembering	Rev Becky Richards
Langwathby Chapel	5.00pm	Taizé	Taizé Team

Sunday 8 November **Remembrance Sunday**

Langwathby	10.45 am	Remembrance	Rev Becky Richards
Culgaith; Edenhall; Kirkland; Melmerby Ousby; Skirwith	10.45am	all attend Langwathby	
Gamblesby	2.00pm	Remembrance Service	Rev Julia Reid

Sunday 15 November

Culgaith All Saints	9.30am	Holy Communion	Rev Fiona Jenkins
Melmerby	11.00am	Holy Communion	Rev Fiona Jenkins
Langwathby Chapel	11.00am		Bryan Gray
Addingham	3.00pm	Holy Communion by extension	Julie Barrett

Sunday 22 November

Ousby	10.00am	Holy Communion	Rev Becky Richards
Langwathby St Peter's	11.00am	Morning Worship	Rob Richards
Gamblesby	2.00pm	Holy Communion	Dean Lawson

Sunday 29 November

Gamblesby Chapel	11.00am	EEMC Advent Service

East of Eden Mission Community

Ecumenical Christian Community

https://eastofedenmc.org.uk