

The Link

THE PARISH MAGAZINE FOR ORTON, TEBAY AND RAVENSTONEDALE WITH NEWBIGGIN-ON-LUNE



July/August 2021

**THE LINK IS PUBLISHED BY THE
PAROCHIAL CHURCH COUNCILS
OF ALL SAINTS', CHURCH, ORTON,
WITH ST JAMES' CHURCH, TEBAY,
AND ST OSWALD'S CHURCH,
RAVENSTONEDALE
WITH NEWBIGGIN-ON-LUNE**

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THE LINK DEADLINE IS THE 13TH OF EACH MONTH

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CHURCH LETTER

From the Rev. Sandra Ward

Dear all

It is good to be back with you. I spent a couple of years in the benefice of Lorton and Loweswater with Buttermere – a short vacation perhaps? I enjoyed the beautiful area and the people there. When I thought about the word vacation (apart from acknowledging that it would have to be a staycation this year) my mind thought of the word 'vocation'. My vocation took me to Lorton and Loweswater with Buttermere and now I am 'retired' from parish ministry (if there is such a word) but I am assisting where I can and I am still Chaplain at Penrith Hospital.

By the time you read this we will just have celebrated Petertide and this is ordination time. The weekend nearest the Feast of St Peter the Apostle on 29th June and the days between are the traditional time for men and women to be ordained to the diaconate or to the priesthood. The other traditional time to be ordained is Michaelmas, the season around the Feast of St Michael and All Angels on 29th September.

On Saturday 26th June Bishop James will lay his hands on their heads with the words "Send down the Holy Spirit on your servant N for the office and work of a Deacon/Priest in your Church" and they will be sent out to begin their new ministry among us.

We in the High Westmorland Benefice have been richly blessed with ordained and authorised lay ministry. However we now need more ministry and it is a great opportunity for those who feel called to spread the Gospel in many different ways. Christ said, "You did not choose me, but I chose you and appointed you so that you might go and bear fruit" (John 15:16) and

Isaiah responded to God's call: "Whom shall I send? and who will go for us?" And Isaiah said, "Here I am. Send me." (Isaiah 6:8)

But these men and women who are to be ordained this year are not being ordained to minister *for* us, they are being ordained to minister *with* us and to unlock, through their leadership and their example, the real ministry of the church – the ministry of all God's people. Authentic ministry generates more ministry – it's one of the ways we know when the Holy Spirit is at work among us. In some parts of the church, it's the custom to send round "ember cards", little cards giving the date of ordination, the name of the ordaining bishop and a request to pray for the candidate, their family, and the place in which they will serve. That custom isn't so much known in the High Westmorland Benefice but please do pray for the candidates as they prepare not only for a special day but for a lifetime of service. You may like to use this prayer which is a special prayer for ordinands at their ordination:

***Creator, Redeemer and Sustainer
God, you who call your faithful
people into a life of service,
help us to nurture and hold in love
all those who are ordained at this
time in the life of your Church.***

***Teach us your ways,
that we might recognise your
Mission in the world,
your compassion in caring for
others, and your love deep within
every human heart.***

***We ask this in your Holy Name,
as one undivided Trinity of love,
now and for evermore.***


Amen.

NOTE - The management committee of *The Link* regret that it is unable to distribute literature for other organisations. Articles received after the 13th may be held over until the following month.

Next deadline - for the September issue: **13th August**

Front Cover: Sandbed Lane in Fell End (photo by Libby Bateman)

SUNDAY SERVICES IN OUR CHURCHES FOR JULY 2021

Sunday 4 July <i>Fifth Sunday of Trinity</i> <i>Sidesperson:</i> 2 Samuel 5:1-5, 9-10 2 Corinthians 12:2-10 <i>Green</i>	Orton, 10:30am Holy Communion <i>Sandra Ward</i> <i>Chris Bland (replacing Andy)</i> <i>John Dunning</i> <i>Chris Bland</i> <i>Prayers: Jackie Huck</i>	Tebay, 10:30am at the Methodist church	Ravenstonedale, 10:00am Family Service <i>Tim Parkinson</i> <i>Tim Parkinson</i>
Sunday 11 July <i>Sixth Sunday of Trinity</i> <i>Sidesperson:</i> 2 Samuel 6:1-5, 12b-19 Ephesians 1:3-14 <i>Green</i>	Orton, 10:30am Service of the Word <i>Rosemary Campbell</i> <i>Chris Bland</i> <i>Elizabeth Crossley</i> <i>Olive Bland</i> <i>Prayers: Angela Milburn</i>	Tebay, 10:30am Holy Communion <i>Sandra Ward</i>	Ravenstonedale, 10:00am Service of the Word <i>Neil Hughes</i> <i>Hilary Law</i>
Sunday 18 July <i>Seventh Sunday of Trinity</i> <i>Sidesperson:</i> 2 Samuel 7:1-14a Ephesians 2:11-22 <i>Green</i>	Orton, 10.30am Holy Communion <i>Chris Jenkin</i> <i>Mary Jenkin</i> <i>Mary Jenkin</i> <i>Angela Milburn</i> <i>Prayers: Elizabeth Crossley</i>	Tebay, 10:30am Service of the Word <i>Rosemary Campbell</i>	Ravenstonedale, 10:00am Holy Communion <i>Fran Parkinson</i> <i>Diana Fothergill</i>
Sunday 25 July <i>Eighth Sunday of Trinity</i> <i>Sidesperson:</i> 2 Samuel 11:1-15 Ephesians 3:14-21 <i>Green</i>	<p style="text-align: center;">High Westmorland Parishes United Service Holy Communion from Shap, 10:30am <i>Fran Parkinson</i></p> <p style="text-align: center;">Also on Zoom - Meeting ID: 815 8434 1166</p> 		

SUNDAY SERVICES IN OUR CHAPELS FOR JULY 2021

All services are subject to change due to Coronavirus situation		4 th	11 th Action for Children Sunday	18 th	25 th
Tebay	10.30 a.m. 6.30 p.m.	LA	LA Connexion Svce on Zoom	S Radford HC	W Ousby
Orton	10.30 a.m. 6.30 p.m.	P Rigby	T Dent HC Connexion Svce on Zoom	T Longworth	W Riley
Newbiggin-on-Lune	10.30 a.m.	Open Air LA	OA Connexion Svce on Zoom	P Hilland	S Radford HC
Ravenstonedale	2.00 p.m.	LA	S Radford HC Connexion Svce on Zoom	A Sterling	T Taylor

Vinlife Cumbria Fellowship: Every Sunday in Orton Market Hall, 10.30 a.m.

SUNDAY SERVICES IN OUR CHURCHES FOR AUGUST 2021

Sunday 1 August <i>Ninth Sunday of Trinity</i> <i>Sidesperson:</i> 2 Samuel 11:26-12:13a Ephesians 4:1-16 <i>Green</i>	Orton, 10:30am Holy Communion <i>Chris Jenkin</i> <i>Chris Bland</i> <i>Olive Bland</i> <i>Mary Jenkin</i> <i>Prayers: Angela Milburn</i>	Tebay, 10:30am at the Methodist church	Ravenstonedale, 10:00am Family Service <i>Diana Nicholson</i> <i>David Morris</i> <i>Caroline Morris</i>
Sunday 8 August <i>Tenth Sunday of Trinity</i> <i>Sidesperson:</i> 2 Samuel 18:5-9, 15, 31-33 Ephesians 4:25-5:2 <i>Green</i>	Orton, 10:30am Service of the Word <i>Olive Bland</i> <i>Chris Bland</i> <i>Jackie Huck</i> <i>Prayers: Elizabeth Crossley</i>	Tebay, 10:30am Service of the Word	Ravenstonedale, 10:00am Service of the Word <i>Rosemary Campbell</i> <i>Diana Fothergill</i>
Sunday 15 August <i>Eleventh Sunday of Trinity</i> <i>Sidesperson:</i> 1 Kings 2:10-12, 3:3-14 Ephesians 5:15-20 <i>Green</i>	Orton, 10.30am Holy Communion <i>Sandra Ward</i> <i>Mary Jenkin</i> <i>Olive Bland</i> <i>Mary Jenkin</i> <i>Prayers: Chris Bland</i>	Tebay, 10:30am Service of the Word <i>Martin & Pam Lawson</i>	Ravenstonedale, 10:00am Holy Communion <i>Chris Jenkin</i> <i>Hilary Law</i>
Sunday 22 August <i>Twelfth Sunday of Trinity</i> <i>Sidesperson:</i> 1 Kings 8:22-30, 41-43 Ephesians 6:10-20 <i>Green</i>	Orton, 10:30am Service of the Word <i>Rosemary Campbell</i> <i>Chris Bland</i> <i>Elizabeth Crossley</i> <i>Susan Basnett</i> <i>Prayers: Jackie Huck</i>	Tebay, 10:30am Holy Communion <i>Fran Parkinson</i>	Ravenstonedale, 6:00pm Evensong <i>Fran Parkinson</i> <i>Richard Best</i>
Sunday 29 August <i>Thirteenth Sunday of Trinity</i> <i>Sidesperson:</i> Song of Solomon 2:8-13 James 1:17-27 <i>Green</i>	<p style="text-align: center;">High Westmorland Parishes United Service Holy Communion from Ravenstonedale, 10:30am <i>Fran Parkinson</i></p> <p style="text-align: center;">Also on Zoom - Meeting ID: 883 3773 6883 <i>Readers: David & Caroline Morris</i></p>		



SUNDAY SERVICES IN OUR CHAPELS FOR AUGUST 2021

All services are subject to change due to Coronavirus situation		1 st	8 th	15 th	22 nd	29 th
Tebay	10.30 a.m. 6.30 p.m.	W B Robinson	P Hilland Cnxn Svce on Zoom	J Betts	P Rigby	T Dent
Orton	10.30 a.m. 6.30 p.m.	LA	J Ousby Cnxn Svce on Zoom	S Radford HC	LA	D Askew
Newbiggin-on-Lune	10.30 a.m.	LA OA	LA OA Cnxn Svce on Zoom	LA OA	LA OA	LA OA
Ravenstonedale	2.00 p.m.	LA	S Radford Cnxn Svce on Zoom	J Worsfold	S Radford	A Sterling

Vinlife Cumbria Fellowship: Every Sunday in Orton Market Hall, 10.30 a.m.

A VIEW FROM TEBAY

From Rosemary Campbell

Here we are racing through June already. It has been nice to have warmer weather and not quite as much rain!

Families Together in Tebay and Orton have been busy putting planters with plants in around the village. I grew some but they are a bit behind; but I hope they will be joining their friends soon.

It has been a lovely time for bluebells. My favourite patch is on a field at Fell End just outside Ravenstonedale. It is magnificent.

As I write this there are lovely groups of pink campion on the roadsides. It's amazing that you can get an app now to identify flowers!

Owing to a local bird-catching cat moving to pastures new, it is so lovely to have birds back in the garden, and to be able to feed them without drawing them to their demise. I got a huge water pistol but I was never quick enough to catch the cat!! It would be good if cat owners put bells on their collars to protect birdlife.

This week's theme was when Jesus talked about a mustard seed (*Mark 4:30-32*). Let's pray that we can grow into a tree and become hospitable and caring to others in our community. I love that picture of the Tree of Life.



Amazing achievement, Katie!



Katie James aged 8 from Tebay and her rescue dog Subtle are walking 49 miles in June to raise money for Animal Rescue Cumbria as part of her brownie charity badge. She has raised £270 so far. She is walking 49 miles as that is how long the centre has been open. All the money raised will go towards vital equipment for the shelter and the work they do, rehoming over 400 cats and dogs every year.

If anyone would like to contribute, please email amandajames03@btinternet.com for details.

2-bed property wanted

Looking to re-locate back to Tebay or surrounding areas, hoping to purchase a 2-bed property, preferably with garden or good size patio area. If you can help, contact mob. **07591 077066**. a.s.a.p. (If no reply, please try again or text!)

HURD—THE FINAL WORD

Just a word to say thank you to everyone who contributed to my leaving gift after four years here as Vicar of the High Westmorland. It was exceedingly generous and much more than I had anticipated.

Because of this I have decided to give some of it to the Royal British Legion and Combat Stress, two well known military charities, plus some to an as yet undecided locally based charity.

I will keep the remainder to buy something that will remind me of my time here in Ministry among the parishes of Bampton, Orton, Ravenstonedale, Shap and Tebay.

My farewell conducted on Zoom was led by my colleague and Curate Fran and turned out to be a more emotional experience than I had envisaged..!! and despite the emotion I did enjoy the service although not sure I recognised the person who tributes were made about.

The upside of that was that I didn't get to say all that I wanted and therefore you were spared too many words from me, although Sharon had a funny story to tell regarding our trip to the Holy Land. Perhaps another time.

Sharon and I have thoroughly enjoyed out time living among you and we are glad that we have not moved too far away.

I am glad too that by the time you read this our church buildings will be open for Sunday worship again and it will seem like a new beginning.

May God continue to bless you and walk by your side now and always.

Adios amigos....

Alun

Editor's note:

*This letter from the Revd. Alun Hurd should have appeared in the June issue of **The Link**, but somehow it got left out. This was entirely the Editor's fault, and so we offer our apologies to both writer and readers!*

Baptisms, Weddings and Funerals

If you want to make enquiries about a baptism at any of the Anglican churches of the benefice, please contact the **Curate, Rev. Fran Parkinson**—tel. 23393. Email: curate.hwparishes@gmail.com.

If you would like to ask about a wedding or funeral, please in the first instance contact the **Mission Community Administrator, Joyce Keetley**, on 07741 327318 or applebyme@carlisle-diocese.org.uk.

Joyce will speak to you about arrangements and discuss your options with you.

Brilliant achievement by Ross of Tebay!



Last August, Ross Jenkin took on a massive challenge: to be the first person ever to complete the Big 4 UK mountain running challenges back to back, all within one week. (He called it "The Big 4 at 40".) They are The Paddy Buckley Round in Snowdonia, The Denis Rankin Round in the Mountains of Mourne in Northern Ireland, The Charlie Ramsay Round in the Ben Nevis range, Scotland, and The Bob Graham Round in the English Lake District – totalling approximately 400km, 32,000m of ascent, 152 peaks and over 100 hours of mountain running.

Last year things didn't quite go according to plan – weather and injury stopped him, with gale force winds on the knife edge ridges of the Ring of Steel in Scotland, and the excruciating pain of extreme tendonitis bringing the attempt to a slow and devastating stop at the end of the Paddy Buckley in Snowdonia.

Sunday 13th June this year saw Ross starting a second attempt – a little older (but still 40!), a little wiser, and ready to take on the challenge for a second time. It was tough, it hurt - a lot, but with an amazing support team of about 70 people from all round the country, running with him, or giving road support, not least his courageous wife, Maria, Ross has achieved this world-first success.

At 2 a.m. on Sunday 20th June he *ran* up to the door of the Keswick Moot Hall—exhausted, but triumphant, and pretty emotional with it! His small crowd of supporters cheered, as he hugged his almost equally exhausted wife. **Well done, Ross! We're so proud of you!**

Please support his charity appeal:

<https://uk.virginmoneygiving.com/rossjenkin2>



Sunny conditions on the Paddy Buckley
© Ross Jenkin collection

Upper Eden Medical Practice

Covid Vaccinations update

We are no longer giving first vaccines here at the Surgery. We have now attempted to contact all patients who are due their second vaccines. If anyone feels they may have been missed then they need to contact us urgently.

The following information is on our website:

COVID vaccination certification

We are unable to issue this certificate at the practice. Please see the Gov.uk website for further information.

Proof of your vaccination status will be available on the **NHS app**, which is also valuable for accessing your health records and ordering repeat prescriptions.

Alternatively, you can call the NHS helpline on 119 and ask for a letter to be posted to you.

This must be at least 5 days after you've completed your course of the vaccine, the letter may take up to 5 days to reach you.

Shingles vaccination

Patients become eligible for routine vaccination against shingles when they become 70 years of age and all those aged up to and including 79 years are now eligible to receive the vaccine until they become 80 years of age. Individuals who were eligible for the Shingles vaccination programme who turned 80 years during the COVID-19 pandemic and missed the opportunity to be vaccinated, either due to lockdown or because they were shielding at home and unable to attend their general practice, can continue to be vaccinated up to 31st July 2021.

Please contact the Surgery to book an appointment.

<https://www.upperedenmedicalpractice.co.uk/News/a778c2d8-e6e9-49a0-a0cf-ba9191fb690b>

☎: 017683 74015



Orton Surgery and Shap Medical Practice

COVID VACCINATIONS

We are delighted to say that we have finished vaccinating the first dose of the COVID vaccine to our patients who are aged over 50, have specific underlying health conditions or are registered carers.

We are currently busy arranging all second vaccine appointments for patients who had their first vaccine in March and early April.

For the most up-to-date information follow the Eden Primary Care Network Facebook page as the situation changes quite quickly. Once again, thank you for all your support.

APPOINTMENTS

Sadly it is not possible at the moment to book a face to face doctor's appointment at Orton surgery. The doctors and nurses are continuing to operate a "telephone first" system at Shap Medical Practice. It is also possible to have a video consultation if you wish.

If a face to face consultation is needed, it will be arranged for you on the same day at Shap surgery. Some telephone and video appointments can be pre-booked online, otherwise contact the surgery at 8.30am to arrange one. Surgery attendance for appointments will be kept to a minimum to reduce the risk of infection to our patients.

Please check the NHS 111 website if you are unwell with cough, fever or change in sense of smell or taste symptoms.

MEDICATION

Prescriptions will be available for collection from the Orton Village Hall between 10am and 11am on TUESDAYS. Any not collected will be returned to Shap.

If you have difficulty collecting your prescriptions please let us know. We can arrange delivery or refer to the 'Good Sam' Service for help.

If you have internet access then please check the practice website and Facebook pages for updates.

Dr. McCabe Dr. Woodstrover Dr. Kehoe
and all the staff

01931 716230

<https://www.shapmedicalpractice.co.uk/>

TEBAY PRIMARY SCHOOL

The children were invited by Families Together in Tebay and Orton to grow some bulbs in school. The plants that grew were then planted into the planter opposite the Cross Keys with help from Mr and Mrs Jenkin and Mrs Huddleston and Joy.

There are 6 planters around the village, all with the same message 'New Life New Hope 2021'. We look forward to seeing the flowers bloom.



Mental health awareness week (10th – 14th May)

The 5 pillars of wellbeing in school are as follows:-

- Connect,
- Keep learning,
- Be active,
- Give and
- Take notice.

We looked at one of these themes each day and included a task we encouraged the children to do at home.

Monday – Connect

No phones, TV or devices at meal times today – just enjoy cooking, eating and washing up together

Tuesday – Keep learning

Ask your child to teach you something they have learnt at school today

Wednesday – Be active

Encourage your child to walk to school safely

Thursday – Give

Give a hand around the house today

Friday – Take notice

Have a look around you outside – sense the season and recognise how it makes you feel.

Class 1 and 2 - Transport.

Class 1 and 2 are learning about transport. They all enjoyed a walk to see the old trains that belong to Freddie's granddad. Thank you, Claire and Freddie, for taking us. They saw

- A Fruit 'D' Van used in the 1950 – 1960's; these were used to transport fruit,
- A class 20 diesel locomotive used in the 1960's, these can still be seen on the main-line but are very rare,
- A 9F Steam locomotive (92219), these were retired from steam in 1954. This type of steam engines could be seen on the west coast main line passing through Tebay carrying freight.



Tebay Primary School has places for children in Nursery for September 2021 and January 2022. We can offer COVID secure school visit's for potential new starters contact 015396 24239 or email

admin@tebay.cumbria.sch.uk

to arrange a visit.

Visit our website:

www.tebay.cumbria.sch.uk

Follow us on twitter:

<https://twitter.com/TebaySchool>

Tracy Morland. School Administrator.
Tebay Primary School. Tel: 015396 24239
admin@tebay.cumbria.sch.uk



Did you know?



Tebay Primary School Nursery....

- Nursery places available – April and September 2021
- Government funding is available for the term following their 3rd birthday – free 15 hours per week.
- Ability to pay for more hours if needed
- Half and full day sessions available.
- We offer 30 hour's provision for those eligible.
- Varied activities following the EYFS curriculum
- Small class sizes; all needs are catered for.
- Fully qualified staff.
- Extensive outdoor learning.



We would be happy to show you around (COVID safe) and discuss your child's individual needs

For more details or to arrange a visit contact Tracy Morland on **015396 24239** or email admin@tebay.cumbria.sch.uk



Parish Registers

Funerals

ELLIOTT: On Friday 30th April 2021, the funeral took place at St. James' Church, Tebay, of the Revd. Ian David Elliott (80), of High Bank, West End, Orton, followed by cremation at Beetham Hall Crematorium

WHITEHEAD: On Thursday 10th June 2021, the funeral took place at All Saints' Church, Orton, of Maureen Whitehead (67), of Cotegill, Gaisgill, followed by burial in the churchyard.



Full-Time Nursery Places Available

Did you know that Orton CE Primary School can offer Part-Time, Flexible or Full-Time Nursery Places for children from their 3rd Birthday? Nursery care is offered from 8am—5.30pm Monday to Friday during term time.

Orton CE Primary School is a really happy and caring setting where experienced staff work hard to meet the needs of each individual child. We accept Nursery vouchers and can support you with applying for any Nursery funding that you may be entitled to. If you would like to find out more or arrange a visit please get in touch with either Vicky or Emma at the school on 015396 24268

email - head@orton.cumbria.sch.uk
<https://www.ortoncofeprimary.co.uk>

Orton CE School is a happy place to learn, grow and thrive.

Westmorland Dales FAMILY AND OTHER HERITAGE EVENTS

Thursday 1st July:

Drystone Walling Taster Day

A chance to learn the skill of drystone walling from an experienced waller from Yorkshire Dales National Park Authority.

Saturday 3rd July:

National Meadows Day at Piper Hole Farm.

- **Guided, self-guided walks** with Farmer 'Frank Hunter' plus wildflower meadow advice from Cumbria Wildlife Trust throughout the day around some of Cumbria's finest upland Hay Meadows. These traditional hay meadows boast a breath taking display of wildflowers at this time of the year.

- **Marvellous meadow walk for children** at Piper Hole Farm

Discover the marvellous meadows at Piper Hole and the extraordinary array of wildflowers, bees and minibeasts on this explorer walk for children.

Thursday 8th July: Grassland and Wildflower ID course

A wildflower and grasses identification course for intermediates with Cumbria Wildlife Trust.

Monday 12th July:

Identifying bumblebees for beginners.

Join Carol Edmondson the Bowland Meadow Makers Officer as we walk the bumble bee transect at Cumbria Wildlife Trusts Bowber Head Farm learning more about their decline in numbers, ecology and how to identify the more common species.

Wednesday 14th July:

Lammerside Loop Health and Heritage Walk

The walks and talks are popular so you'll need to reserve your place/s early via the events section of the

Westmorland Dales Scheme website:

www.thewestmorlanddales.org.uk

We've just finished scheduling a number of walks exploring the Westmorland Dales as well a number of online 'Heritage Talks' which are all being provided for free via the Westmorland Dales Landscape partnership Scheme. We are now accepting bookings via our website for all of these activities.

All of the information is available on the events section of our website at www.thewestmorlanddales.org.uk but do email me if you have any further questions in the meantime.

Chris-James@fld.org.uk or phone: 01539 756624



Great Asby View

New interpretation for the Westmorland Dales

As part of the Westmorland Dales Landscape Partnership Scheme, a Heritage Funded project, we would like to support new interpretation in our Westmorland Dales villages. This could be general information welcoming all to the Westmorland Dales, or it could be specific information telling the stories of a particular village, for all to enjoy.

Over the coming months, the project will be hosting consultation displays about our interpretation proposals, both online and in village centres, and inviting comments from the community. If you would like to be involved, share ideas or research or have your say in any way, please get in touch!

Contact: Amanda Walters, Interpretation Officer

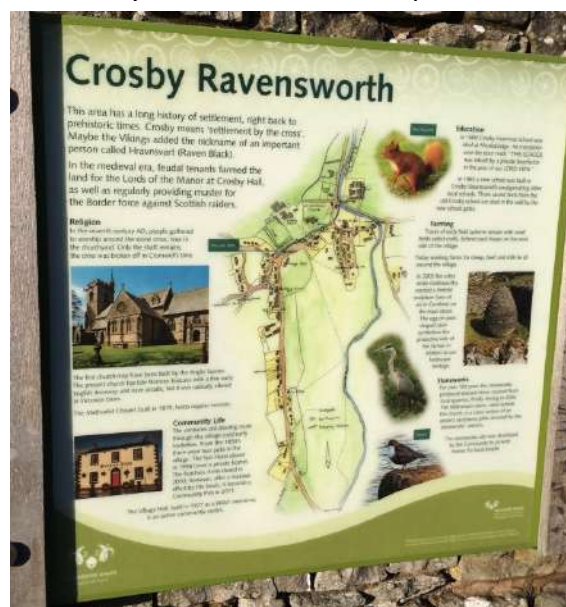
Westmorland Dales Landscape Partnership

Unit 1B, The Sidings, Tebay, Penrith, CA10 3XR

Tel: 01539 756623

amanda-walters@fld.org.uk

Below: Crosby Ravensworth's Interpretation Board



Hot, Cooked Food, delivered locally!

There are several local businesses who deliver hot food to our area, in one case, to your home (for reheating at your leisure), and others arriving in a van to serve you where you can come and collect it.

The Link decided to feature some of these, both to encourage such businesses developing their market in a difficult context, and to inform our local residents where and when they can obtain tasty food, as a change from home cooking!

Seasons & Stone Ltd

This small family-run business is based in North Stainmore. They provide a range of home-cooked, vegetarian dishes, which can be eaten fresh or frozen to enjoy at a later date. They cook seasonally and source locally, and supply their food in bio-degradable and compostable packaging.



Order Monday, they will deliver to your home on Thursday - at present twice a month - a new menu each time.

Ring up for details of March's menus, and place your order by phoning **07590 919085**

Thursdays

Multi Award Winning Fish & Chips
Served every Thursday 16:30 – 19:00
At Tebay Recycling Centre

Order via our app, or website or at the van! "Shappy Wheels"

UK TOP 10 Mobile Fish & Chips on your doorstep!

FRY MAGAZINE Awards 2020/21

Download on the App Store
GET IT ON Google Play

The Mini Eden Coffee Outreach Van



The wait is over! Barista prepared coffees, teas, plus cakes and snacks are coming to your village! Locally sourced artisan produce, lovingly prepared, at affordable prices. Our Van will also be fitted with lego play and activity panels, to help make your visit fun for the little people, too. Children's clothing and gifts from our Kirkby Stephen shop can be brought to you by request, or to browse.

TEBAY (Social Club Car Park)

Tuesdays 9am – 11am

CROSBY RAVENSWORTH (in Butchers Arms car park)

Tuesdays 12noon – 2pm

SMARDALE NATURE RESERVE - Saturdays 11am – 3pm

in partnership with the Cumbria Wildlife Trust -
10% of sales will go to the CWT

Card payment preferred, please follow the social distancing measures we have in place

*Covid restrictions permitting – please do keep an eye on www.loveminieden.co.uk or follow us on Instagram / Facebook @loveminieden for regular updates, news, and offers.

Orton Drop-In

We had hoped to re-open the Orton Drop-In soon, but the weather has been a bit too chilly for meeting outdoors! And the delay for relaxing all Covid rules means we must wait for a more appropriate date to open again indoors— hopefully after 19th July!

Please **LOOK OUT** for notices on the Village Community Notice Board and the Post Office Board.

Looking for Spiritual Food?

On Zoom

Every second Thursday

8.00 – 9.30pm

13th May Mark Aldridge

10th Jun +Emma Ineson

8th Jul Andrew Sterling

Email kristy@pattimore.com for the Zoom link

THE FILLING STATION

Orton



Saturday 10th July, 14th Aug

Leanne | Market Coordinator

Orton Farmers Ltd

07969 335598 info@ortonfarmers.co.uk

<http://www.ortonfarmers.co.uk/>

REFRESHMENTS at the Farmers' Market

Weather permitting, coffee and biscuits will be served **outside All Saints' Church** on the Farmers' Market days on 10th July and 14th August, from 10 a.m. to 12 noon.

Also bric-a-brac and raffle. Covid precautions will be maintained. (No parking at church)

Note: Beckside garden may also be open if fine.

Free admission. Plants for sale. Donations for church.



June Farmers' Market—Welcome to the church!

It was a good turnout for refreshments, book/puzzle stall, music stall, a raffle and an outdoor Bric-a-brac stall to attract the visitors. And the event raised the very surprising and very pleasing total of £298.77.

(Photos contributed by Paula Thornley)



**The Square,
Orton, CA10 3RX
015396 24225**

Your local one stop shop – we stock:

Milk, fruit and vegetables

Bread and cakes

Sandwiches/pies freshly made/baked daily

Sliced ham

Cheeses including local Piper Hole Farm goat's cheese

Slack's bacon and sausage

Farrer's coffee freshly ground to order

Greetings cards including variety from local artists

Large selection of general grocery items

Opening Hours – Village Stores

Monday 9 am to 6 pm

Tuesday – Saturday 8 am to 6 pm

Sunday 10 am to 2 pm

Opening Hours – Post Office

(temporary opening hours dovetailing with Tebay Post Office to provide postal services from Monday to Saturday inclusive – see separate entry for Tebay Post Office opening hours)

Tuesday 9 am to 5 pm

Thursday 9 am to 5 pm

Saturday 9 am to 4 pm

We hope to see you soon.

Jayne and Neville Grove

orton.village.stores@btinternet.com

Tebay Post Office

will be open as at present on Mondays, Wednesdays and Fridays, closing for lunch between 1 and 2 p.m.

This means that you will have access to an open Post Office six days a week.



YOGA WITH ALISON

New Yoga Class Coming to Orton!

Hello! I will be starting a new yoga class in the Market Hall here in Orton commencing Tuesday 6th July from 7pm to 8pm.

A bit about the yoga:

I will be teaching a Hatha style of yoga. Poses will be combined with breathwork and meditation. Hatha is a slower style of yoga that focuses on alignment. As such it's a great yoga for beginners as poses are broken down step by step. Studies have shown yoga to benefit posture and alignment, muscle strength and endurance, cardio endurance, flexibility and balance, as well as being beneficial for conditions such as anxiety. Beyond that it connects mind, body and soul and its benefits go with you off the mat and into your everyday life. It really is life enhancing!

A bit about me:

After practising Pilates for 8 years I decided to give yoga a go. To be honest when I started yoga I was really inspired to get more flexible and master various poses. However, yoga had a different idea and what began as an "exercise" class has turned into a decade long experience that has changed my life in ways I couldn't have imagined!

I began my journey with Hatha yoga. Within months of practising this style of yoga I began to notice changes in how I lived and experienced my life. Opening up and releasing parts of my physical body literally opened and released parts of my mind and emotions that I wasn't consciously aware of.

I broadened my yoga experience with Ashtanga, Yin, Power and Restorative classes and workshops and travelled to Scotland and India to attend retreats.

With time my practice has taken on a more spiritual element and I enjoy the esoteric elements of yoga; philosophy, breathwork and meditation.

A few years into my practice, after becoming disillusioned with our work (we ran our own business), and the general direction of our lives, my husband and I decided to sell everything, buy a motorhome and travel. For two years we had an amazing time and loved the freedom travelling gave us but we appear to have put down roots again – not that it's hard living in such a beautiful place!!

Having a permanent base inspired me to do my yoga teacher training and I completed 200 hours of training in the Hatha style of yoga in September 2020.

A bit about you:

All you need is your body and an open mind. You don't need to be flexible or even aspire to be flexible. Yoga really is for everyone. Why not come along and have a go?

If you're unsure about joining a class or have specific needs I also offer one to one sessions that can be tailored specifically for you.

I hope to see you on the mat!

All the best,

Alison Dobson

Mobile: 07950435136

highlights

rural touring scheme

Could you help bring arts performances to Orton?

The village needs new Highlights Rural Touring volunteers to join the team bringing shows to Orton Market Hall.

There are lots of opportunities to get involved:

- Choosing shows to come to Orton from the Highlights menu;
- Promoting and publicising shows locally;
- Dealing with box office ticket sales and enquiries;
- Welcoming performers with a meal on show day;
- Setting up the Hall for each show;
- Providing interval refreshments for performers and audience;
- Keeping in touch with the Highlights staff team in Penrith.

The ideal is to have a team of people to share the work and make joint decisions about shows.

Highlights is a great way to contribute to village life and bring something a bit different to Orton.

If you'd be interested in finding out more, please call Sally on 07960 989235 or Peter and Judith Cattermole on 07815 130180 or have a look at the Highlights website at

<https://highlightsnorth.co.uk/>.

Sally Seed, Stoneleigh Communications

@CommunicatorSal

07960 989235 www.stoneleighcomms.co.uk

The right words to the right people in the right way

ORTON BUS SHELTER CHARITY BOOKS

For the 3 months of March, April and May £760 has been donated and sent to the Hospice at Home. Thank you again for your continued very generous support.

From the 6 months from the 1st of July to the end of December we will be sharing the donations equally between the Air Ambulance and All Saints' Church.

Our village church has had a very serious loss of income due to the Covid-19 restrictions. These have prevented the very popular Exhibitions and Coffee Mornings from being held since April 2020 with the consequential large drop of income. In "normal times" these events contribute very significantly to the income of the church. We feel that one way that our community can help is that from July onwards, half of the donations from the bus shelter will go to the Air Ambulance and half to Orton Church.

We hope that you will continue to donate books and other items in order to continue our very successful "Charity Bus Shelter" and support our village church and also a very worthy charity.

Thank you again for all your support.

Olive & Chris Bland

News from rton School

Adventure Day...

Class 3 had an adventure day on Thursday up at the school field. What a great day it was. We started the day playing a variety of getting to know you games so that the leaders, Gem and Rach could learn all of our names.

After a very tasty and filling packed lunch (thank you Mrs D and Mrs D). We spent the afternoon painting with paint made from natural ingredients, using paint brushes we made ourselves using leaves, flowers, feathers and sticks found under the tree. We had a water challenge, clay modelling, canvas prints using leaves and flowers and hammers! We also made medallions from wood, which we sawed ourselves. The day finished with tea around the fire pit. We had bean casserole, jackets and cheese all cooked on the fire. Class 4 will have their turn the following week!



Roman bakes for...

Class 3 have been learning about habitats and endangered animals.



After being inspired by his learning, Roman decided to take action! He baked and sold over 100 (very yummy) cakes! Raising money for the WWF. Roman sponsored an endangered animal for each of the four classes here at school.

Class 1 received a tiger;
class 2 a jaguar,
class 3 a leopard and
class 4 an orangutan.

We are all extremely proud of you, Roman!



Wheelchair basketball...

All four classes at school got to try and experience wheelchair basketball. Nat came into school to teach children all the skills needed to play. We all soon realised how tricky and tiring on the arms this was! It was a fantastic experience for both the children and staff!



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Growing strong in a caring and safe environment
Thriving and flourishing to go out into the world

Christian Value...





News from All Saints' Church, Kasese, Uganda (parish linked with All Saints', Orton)

WhatsApp messages from Rev Robert Zziwa and Rev. Nelson Walina, vicar of All Saints' Church, Kasese.

From Robert: 21st May: Here is my 4th child, Elisha, born 9th May, and his elder sister, Rebecca



31st May: I am on my way back to college for studies. We are now in 3rd year, first semester.

From Nelson, 3rd June: My wife Melina (below) is looking after a mango tree that we planted at our garden in memory of our friend Ian

Elliott, whose funeral was Friday 30th April.

We planted this tree on Friday 30th. We shall miss him but keep him in memory for the contributions to us as family and as church in Uganda.



Ian's wife, Ronnie replied: What a lovely thing to do. Thank you. That is very special for me to see.

6th June: We are sending our prayer requests. In Uganda we have encountered the second wave of Covid-19, and lockdown.

The President addressed the nation and has directed the closing of schools, churches, party gatherings etc., for 42 days, beginning with tomorrow. 42 days are two months' salary payments, so you can imagine that prayers are needed.

14th June: The second wave of Covid-19 is very serious. People have hidden in their homes, sales of clothes have been closed.

Compared to the first wave lockdown this is going to affect the church financially more than the last. Yesterday, Sunday, just 6 Christians brought in only 51,000 shillings (about £10).

Kindly pray hard for us because numbers of those tested positive are increasing—72 cases in Kasese alone. You can imagine. We have buried 5 lives.

My Layreader went home for annual leave until lifting of lockdown. We have remained lonely at the church courts with Melina my wife.

We answered: You will all be in our prayers at this morning's Morning Prayer.

He replied: Amen. Thanks in advance. Prayer works. Otherwise we are stranded but I have high hope that God will make us through this situation. I do remember May 2020, when your Zoom team prayers with you, friends, men and women of God; actually God answered our prayers. Thanks so much for your care.

18th June: The government has ruled no movements for 42 days, both public and private means of transport have been suspended.

This follows the closure of the churches and schools. Many things from today have been closed. Now going to our garden to harvest maize and g-nuts so that we can get food is no way. Melina was to go there tomorrow (*it is some kilometres away*) but she can't now.

As all Christians are in shock, they are not bringing anything to church. (*The weekly church giving by the people is the sole income for the minister.*) Remember the first wave—they could bring something for the church so that we got what we used. I trust God will have to put ways and means to sustain his servants and his flock.

Thanks for your prayers. Our children in Kampala have some flu—we have raised them on phone. They are drinking hot water

Our grandchild (*living with them*) got a bad breathing through the nosals, we took her to clinic in the night hours but she is now breastfeeding.

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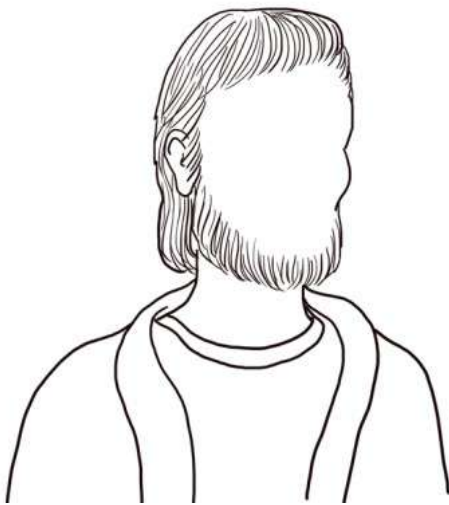
Hope you enjoy this page—let us know if you have any ideas of what else you would like to see here: linkpines@hotmail.com

Making Good Choices

Read this story from the Bible.
You can find an online Bible here:
<https://www.biblegateway.com/>



Add the expression Paul might be making, as he has to decide whether to stay with his friends or go to be with Jesus.

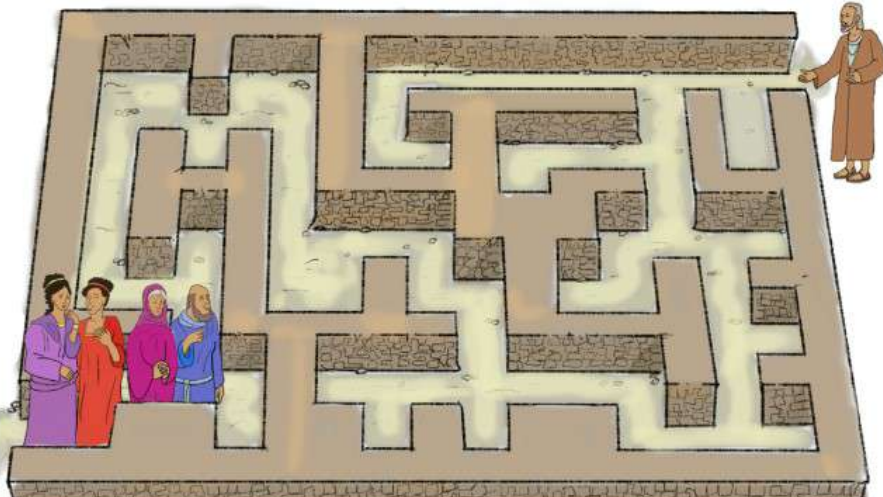


Philippians 1.21-30

Paul helps us to think about making the right choices and sticking with them when it's hard.



Find the right path for Paul to be with the Philippians.



Family time

Talk How do we know the right choices to make?

Do Watch *Moana* [U]. Moana chooses to take on a daring mission to help her people. She keeps going, even when it's hard.

Pray Lord Jesus, like Paul, help me to think about other people through the choices I make. **Amen.**

Newbiggin-on-Lune

Open Air Service

on the
village green
at 10-30AM
on **Sunday 4th of July**

Guest Speaker:

Mr Ben Fawcett,
N-on-L Methodist Church.

LUNE LADIES

Hopefully, at the time of going to press, we may be able to get back to near normality in the not too distant future and Lune Ladies can start up again. BUT we need one or two willing ladies to take up the mantle and organise us; organise speakers; visits during the summer months and the Christmas Party; with ideas and advice from members.

Please get in touch with me if you are interested in keeping a successful and enjoyable ladies group functioning; shouldn't take up too much of your time! Give me a call on 015396 23226 or 07866 142153.

Carole Clayton
Lune Ladies (retired)

Midsummer Family BBQ

FRIDAY 23rd July

From 6.30pm onwards



Newbiggin on
Lune Public Hall

Adults £6
Children £3

BBQ/Pay bar/
Raffle

BOOKING ESSENTIAL,

tickets available from

Ian Clayton (23226),

Anne Brownrigg (23594),

Jim Wardrope (23288).

**If Covid regulations change then arrangements
may vary.**

YDMT Climate Change Action Sees 56 New Woodlands Created Across Yorkshire Dales

A [film](#) released by Yorkshire Dales Millennium Trust (YDMT) showcases the beauty of new woodlands that have been planted in the fight against climate change thanks to the charity's *Together for Trees* campaign, which is supported by players of People's Postcode Lottery.

YDMT has helped to create 56 new woodlands in the Yorkshire Dales and surrounding area over the last three winters.

More than 70,000 trees have been planted to help tackle climate change, encourage wildlife into the area and bring people together through the tree planting across the Dales.

"The way people have supported Together for Trees has been humbling," Mike Appleton from the Trust said. "Backing from individuals and partners has allowed us to create beautiful woodland that everyone can enjoy for generations to come."

"It also means we can look to the future to extend our work and reach our target of planting 100,000 trees. We are aiming to support 100 more landowners over the next three years to create new woodlands, restore hedgerows and plant individual landscape trees."



Land Wanted

Land wanted in or around Newbiggin-on-Lune.
Please contact Bethan on 07792 805116.

Ravenstonedale



St. Oswald's Church

Here are two dates for your very empty diary!

Friday 17th September

Auction of Promises

Sunday 10th October

Harvest Festival Lunch

*Looking forward to seeing you in person
again!*

RAVENSTONEDALE PARISH HISTORY GROUP

WEDNESDAY 15th SEPTEMBER

7.30 PM

**Ravenstonedale High Chapel Community &
Heritage Centre**

**A HISTORY OF THE COLDBECK AREA OF
NEWBIGGIN ANGLE**

with

Les Neal

**Admission: Members £2.00 Non Members £3.00
including refreshments**

**For more information contact Val Fermer on
07798 688057 or see**

www.ravenstonedalehistory.org.uk

Subject to Government restrictions being lifted

DATE FOR THE DIARY

**SATURDAY, OCTOBER 16TH,
2021**

**RAVENSTONEDALE COMMUNITY
& HERITAGE CENTRE**

‘A BIT OF A DO’

TIME TO



EAT!



DRINK!

BUT MAINLY

BE MERRY! (AT LAST!)



Tickets on sale from September

Full details in September Link

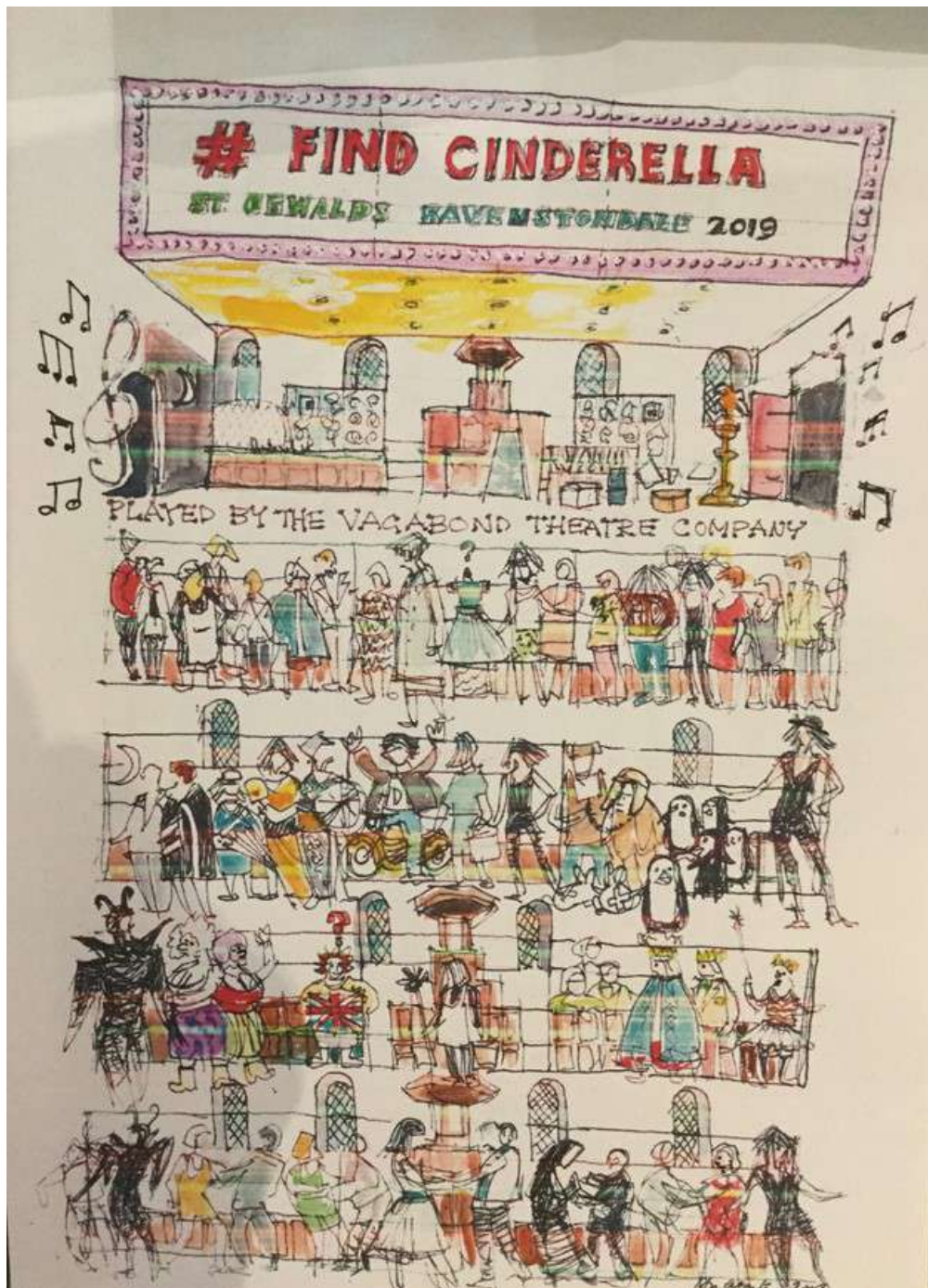
Thank you!

We wish to say a big Thank You to Mr Percy Robinson, who has decided to retire from mowing the churchyard at St Oswald's Church, Ravenstonedale. He has done it for over 25 years. It is a big job, and he will be hard to replace!

So again, many thanks! We wish him Best Wishes for the future.

From all at St Oswald's,

and the Parish of Ravenstonedale with Newbiggin-on-Lune.



THE VAGABONDS ARE RETURNING!

IF YOU ENJOYED THE SHOW IN 2019 PUT THE DATES IN YOUR DIARY NOW

FRIDAY 3rd AND SATURDAY 4th DECEMBER

IN ST OSWALD'S CHURCH

It is not too late to volunteer to be involved - on and off stage roles are available

email djfothergill@googlemail.com.

It is great fun and a good way to get to know people if you are new to the area.

Digging the Past: a community archaeology test pitting project in Ravenstonedale

Are you interested in history or archaeology? Have you ever wondered about the history of your village? If so, then *Digging the Past*, a village test pitting project led by the YDNPA might just be the opportunity you were waiting for! The project is part of the Westmorland Dales Landscape Partnership scheme and will investigate the village of Ravenstonedale.



It will involve volunteers digging up to thirty small 1x1m test pits around the village. No prior experience is needed and full training will be given. The method used is designed to be

easy for anyone with no prior experience.

The test pits will be supervised by professional archaeologists from the YDNPA and a specialist archaeological

contractor, so relevant expertise will be on hand to guide you and identify what you have found. The test pits are excavated by hand, with the turf carefully removed and spoil stored on sheeting to avoid any mess. Test pits are fully re-



instated and the turf carefully put back upon completion. Even if you are not able or don't wish to dig you can still participate in other ways. For example in helping with processing and washing finds.

The aim is to get volunteers and the local community involved in recovering a range of archaeological finds throughout the village from the topsoil, for example such as pottery sherds. We can then build up a picture of patterns of past activity and learn about the history of how a settlement developed over time. The delivery is being designed to take into account potential restrictions and the ongoing challenges caused by the pandemic.

If you would like to learn more the YDNPA will be excavating a **live demonstration test pit in Ravenstonedale on Saturday the 24th of July 2021 on Glebe Field from 10:30am** (next to St Oswald's Church) which will be open to the public. This will be subject to any restrictions in place at the time and we recommend getting in touch via the information below nearer the time to check the event is still on.

The YDNPA's Community Heritage Officer will also be giving an **online talk on the *Digging the Past* project on the 1st of September 2021** as part of the WDLF heritage talks series. For details and to book your place see

<https://www.friendsofthelakedistrict.org.uk/Pages/FAQs/Site/westmorland-dales-hidden-landscapes-partnership/Category/westmorland-dales-heritage-talks>

If you are interested in volunteering, or would be willing to have a test pit excavated in your garden or land around the village, please do get in touch with the YDNPA's Community Heritage Officer via email Douglas.Mitcham@yorkshiredales.org.uk or phone 01969 652 353.

Images of test pitting during the Bainbridge We Dig Community project led by YDNPA in 2017
(©YDNPA)

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MONDAY ROUTE 571: Brough to Kendal

	OUTWARD	RETURN
Brough Clock	10.35	16.15
Kirkby Stephen	10.50	16.00
Kirkby Stephen West Station	10.55	15.53
Ravenstonedale School	11.00	15.45 Garhill
Newbiggin on Lune village hall	11.05	15.40 on A685
Mount Pleasant bus stop, Tebay	11.18	15.29
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

THURSDAY ROUTE 570: Shap to Kendal

	OUTWARD	RETURN
Ravenstonedale School	10.07	16.30
Shap	10.45	15.57
Orton	11.10	15.37
Mount Pleasant bus stop, Tebay	11.18	15.26
Barnaby Rudge bus stop, Tebay	11.20	15.27
Kendal Morrisons bus stop	11.45	15.00
Stricklandgate	11.51	
Blackhall Road	11.55	14.55
Morrisons layover 1.30 hours depart	13.15	
Blackhall Road layover 1.45 hours		

Revised 29-03-21

WEDNESDAY ROUTE 572: Kirkby Stephen to Barnard Castle

	Summer	Winter
Departs Bus Depot	09.20	09.20
Ravenstonedale School	09.30	09.30
Kirkby Stephen Station	09.40	09.40
Kirkby Stephen Square	09.50	09.50
Brough Clock	10.00	10.00
Middleton in Teesdale	10.40	
Barnard Castle	11.20	10.45
Barnard Castle	14.40	13.20
Brough Clock	15.15	14.02
Kirkby Stephen Square	15.28	14.15
Kirkby Stephen Station	15.38	14.25
Ravenstonedale School	15.46	14.33
Depot	15.58	14.45

We also operate the
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Kendal - Tebay - Shap - Penrith
on **TUESDAYS & FRIDAYS**
see website or call for a timetable

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(Phone area code: 015396, unless shown otherwise)

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Office: Vicky Percival: 24268
Friends of Orton School: Sharon Potter: 07500 956899
shazzaboomw@yahoo.co.uk
Tebay Primary School: Headteacher: Mrs. Lisa Bland
Office: Tracey Morland: 24239
Friends of Tebay School: Claire Penhallurick 07986 692527
Catchment Area Secondary School:
Kirkby Stephen Grammar School: 01768 371693
For Little Children:
Tebay: "Twinkles": (currently suspended)
Orton: Tiny Hillbillies: Pat Alexander: 24303
Ravenstonedale: Dinky Dales Nursery Ltd:
Julie Procter and Keeley Morland: 23670
Scout Group – Scouts, Cubs, Beavers
Shap area: Jackie Wright: 01931 716490
Kirkby Stephen: Lois Wiseman: 01768 341107
Appleby Guides: Leagh Wilkinson: 07869 078977
Appleby Brownies: Alison Taylor: 01768 361241,
Emma Williamson 07800 564170
Appleby Rainbows: Sue Grainger: 07876 403895
Kirkby Stephen Brownies and Guides: Audrey Gray: 07889
093848
Northern Inter-Schools Christian Union (NISCU):
Ruth Evans, ruth.evans@niscu.org.uk
Appleby Deanery Network Youth Church Pioneer Minister:
Rachel Milburn, Rachel.Milburn@carlisle-diocese.org.uk
Families Together in Orton and Tebay: Pam Lawson: 26028
Tebay Kids' Band: Pam Lawson: 26028

Miscellaneous

Orton/Tebay Parish Clerk: Margaret Longworth: 24900
Orton Market Hall Bookings: Julie Renwick-Smith: 24796
ortonmarkethall@outlook.com
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371369 (with Surgery in Tebay)
Shap Medical Practice: 01931 716230
(with Surgery in Orton)
Vets: Kirkby Stephen: 01768 371359
Appleby: 017683 51507
Shap: 01931 716024

Adult groups

Archaeological Society: Jan Hicks: 01931 714122
Arts Society, Appleby: Gillian Stoddart: 01768 862501
Badminton: Richard Percival: 24352
Band: Appleby Town Band: Chris Jenkin: 24410
Kirkby Stephen Silver Band: Caroline Souter:
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Bell Ringers: Julian Thorpe: 24166
Bingo: Jillian Hewitt: 01931 715000
Boccia: Felicity Lawler: 015396 24465
Book Club: Sally Seed: 24907
Bowls at Newbiggin: Stephen Dickinson: 07766 833500
Combined Churches Choir: Chris Jenkin: 24410
Community Choir: Alison Mott: Alison@mott.me.uk
Concerts:
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Kendal: contact@lakelandsinfonia.org.uk
First Responders: Steve Dunkinson: 24286
Folk Dance Club: Chris Bland: 24258
Greenholme Show: Keith Golding: 01931 715446
Heating Oil Syndicate: Chris Jenkin: 24410
Howgill Harriers Running Club:
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Local History Societies:
Orton and Tebay: Mary Jenkin: 24410
Ravenstonedale: Val Fermer: 07798 688057
Lunch Clubs:
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At Old School Tea Room, Tebay: Bernard Thornborrow:
24272
Men's Meeting, Newbiggin: Jonny Capstick: 23141
Orchestra: Cobweb Orchestra: Richard Best: 23470
Quiz Team, Orton: Sally Seed: 24907
Sew and Sews, Orton: Gillian: 23653
Volunteer Social Car Scheme: Dennis Humphreys:
26052
Women's Groups:
Orton: Pat Alexander: 24303
Lune Ladies: Carole Clayton: 23226
Women's Institute: Jackie Huck: 24266
Mothers' Union: Angela Milburn: 24382

Websites

Church Websites:

High Westmorland parishes: <http://hwparishes.org.uk>
Entries in the Church of England's "A Church Near You" directory
Orton: <https://www.achurchnearyou.com/church/12220/>
Ravenstonedale: <https://www.achurchnearyou.com/church/12221/>
Tebay: <https://www.achurchnearyou.com/church/12223/>
Orton Community Website: <https://ortoneden.co.uk>
Orton Parish Council: <https://ortonpc-eden.org.uk>
Tebay Parish Council: <https://tebaypc.org.uk>
Ravenstonedale village website: <https://www.ravenstonedale.org>
Ravenstonedale Parish Council: <https://www.rdalepc.uk>

Churches' Facebook pages

Orton: <https://www.facebook.com/AllSaintsOrton/>
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