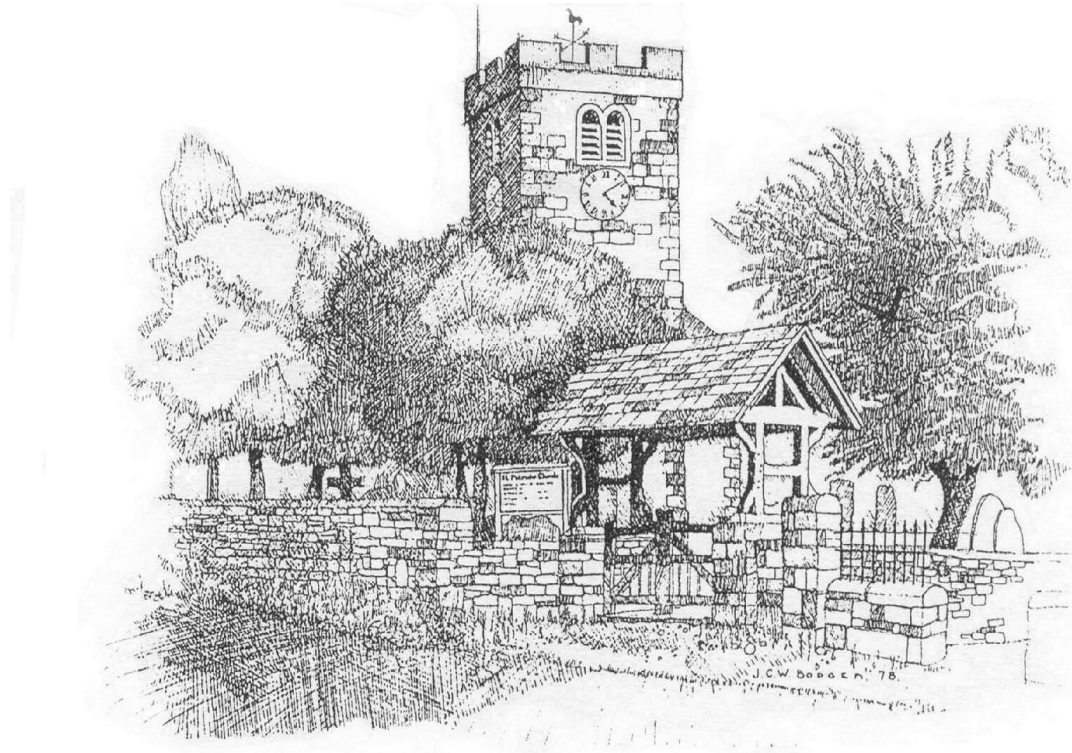


BAMPTON PARISH NEWSLETTER JUNE - JULY 2018



Dear Friends

Well, here we are in “Flaming June” – let’s hope so anyhow!

I have been reflecting on creativity in recent days, especially the work of William Morris. It has been good to see more aspects of his beautiful work in designs on lifelong cups for sale in Farrer’s Tearooms in Kendal and on china plates etc in TKMaxx. We are familiar with his work in curtain material and wallpaper designs which have always been popular.

I love the Hymn “Angel voices ever singing”, especially when it refers to “craftsman’s art and music’s measure for Thy pleasure all combine”. They are wonderful words to sing in our places of worship as we look around, especially in cathedrals and churches like the one at Wreay designed by Sarah Losh. It is south of Carlisle and well worth a visit. There are beautiful stained glass windows in St Martin’s church in Brampton designed by Burne Jones, a contemporary of William Morris. More locally there are 19th century chancel windows in Bampton church showing scenes from the gospels with the latest window for the Millennium depicting the church’s patron saint, St. Patrick; in the church in Ravenstonedale there is a window of St Cecilia, the patron saint of music; and who cannot be moved by the windows in Orton Church depicting the angels – such magnificent colours.

In our own homes it is lovely to have beautiful pictures and art work around us. William Morris used to say, if you want a golden rule that will fit everybody, this is it: "Have nothing in your houses that you do not know to be useful or believe to beautiful" It's an echo of those lovely words in Philippians 4 v 8: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, what is admirable – if anything is excellent or praiseworthy – think about such things." Wow! What fabulous words and what an inspiration to draw to us to positive thinking.

I love the rendering of Ephesians 2 v 10 in the New English Bible where it says: "You are God's work of art". How wonderful that God sees us as something beautiful and a work in progress. We may not reckon much to ourselves, and people may put us down and ill treat us. The bottom line is that God created us and loves us dearly and sent His Son to save and redeem us and to Him we are precious! So let's remember this as we face another month ahead.

Rosemary Campbell

Contact Details

Alun Hurd, Vicar	01931 716048
Sandra Ward, Associate Priest	01539 624125
Tony Hall, Church Warden	01931 713204
Elizabeth Coy, Church Warden	01931 713211
Kathy Jenkins, Church Warden	01931 714400

From the Registers

Interment and Service of Thanksgiving for the life of

Norman Walker Buckle (who died 3rd April)

Wednesday, 11th April

Drop in for Coffee

Our drop-in dates for the next two months are **Wednesday 13th June** and **Wednesday 11th July**, any time between **10.30am** and **12 noon** in the Church Hall. This is not a fund raising event; it is just an opportunity to get out and meet people so do come and join us. If you would like to come and need a lift, then please contact me. We look forward to seeing you.

Diana Nicholson (713194)

ST PATRICK'S CAFE CHURCH

COME AND JOIN US!

WHAT IS IT? An informal service starting with coffee and cake!!

WHEN IS IT? On the third Sunday of each month starting at **10am**

WHERE IS IT? In the Church Hall

On **June 17th** – Father's Day – we shall be looking at Fatherhood
and on **July 15th** at Women and Equality

Thank you!

The PCC would like to thank Ann Taylor who has kindly sponsored the cost of production of this edition of the newsletter.

Church Bells

At last, after an interval of 5 months, the church clock is operational again and the chimes can be heard across the parish. The final job is to repaint the clock face and this will be done by Cumbria Clock Company as soon as it can be fitted into their schedule.

At the Striking Competition on 12th May, organised by the West Cumbria Branch of the Carlisle Diocese Guild of Bell Ringers, the Bampton team came third out of 13 teams that took part – a very creditable effort indeed.

Inside the belfry work has been continuing in the past weeks and it has been admired recently by visiting ringers. Our existing ringers are gradually improving their technique and this will continue once we bring into more frequent and general use the simulator system.

The PCC have decided to hold a special event on 25th August to mark the completion of the bells project and detailed information about this will be in the next newsletter.

Bampton PCC

Tinclar's Library

The Library will be open in the Church Hall on **Monday 4th June** and **Monday 2nd July** from **7pm – 9.30pm**.

The Trustees

En Vacances!

The French Group has continued to meet regularly throughout the year, expanding our vocabulary and hopefully we've grown more confident in conversing in French. We are taking a break over the summer months but will be resuming again in September. If you'd like to join us then, please contact Marion Jones on 713555.

Yoga

Olivia has now started her yoga teacher training and as a student teacher is insured to teach one yoga class a week. These are held on **Wednesday evenings, 6.30pm-7.30pm** in the Small Hall and cost £4 per class.

The classes are very gentle and basic, and are held on a drop-in basis, but I'd be grateful if you could let me know if you'd like to attend so I can gauge numbers. If you'd like to give yoga a try but don't have any equipment, I do have a couple of spare mats and blocks; likewise if you have any questions about the classes, just give me a call, or pop into the shop for a chat.

Olivia (713351)

Bampton Amblers

Our spring walks have seen grey, showery days in April but beautiful sunny spells in May. Notwithstanding the weather we have managed to scale the heights of Dale Head and Hindscarth in the Derwent fells; some Coniston fells including Wetherlam and Swirl How; and that well known fell near Ambleside, Helm Crag otherwise known as The Lion & The Lamb. Local walks included favourites such as Smallwater, Knipe Scar, Heughscar Hill and Arthur's Pike...most of them rounded off, as usual, with a welcome cuppa! Forthcoming dates for your diaries are as follows:

Wednesday 6th June Meet at **7.00pm** David & Heather (716861)

[Easy: Bampton Grange, Rosgill & Scarside – 4 miles – 550 feet of ascent]

Sunday 10th June Meet at **10.00am** Janet (713541)

[Mod/Easy: A Westmorland Borrowdale walk – 4½ miles]

Tuesday 19th June Meet at **6.00pm** Katharine (713392)

[Easy: Beda Fell – See PO notice board for details]

Tuesday 26th June Meet at **9.30am** [See PO board for details]

Wednesday 4th July Meet at **6.30pm** Ruth (713197)

[Easy: Wet Sleddale – See PO notice board for details]

Sunday 8th July Meet at **10.00am** Andrew (713343)

[Mod: High Street via Riggindale – 6¼ miles – 2,375 feet of ascent]

Wednesday 18th July Meet at **4.30pm** Andrew (713343)

[Easy: The famous Shap Chippy walk – 3½ miles – 200 feet of ascent]

Monday 23rd July Meet at **9.00am** David (713392)

[Hard: Carl Side, Long Side & Ullock Pike – [See PO board for details]

Wednesday 1st August Meet at **7.00pm** [See PO board for details]

Meet at the Memorial Hall in Bampton and bring a packed lunch, unless advised otherwise. Please note that start times may vary from those quoted depending on the nature of the walk, so please see the notice board in Bampton Post Office for full details of/changes to all walks. In the event of bad weather please contact the above leaders.

Heather and Alison

Bampton Memorial Hall

Annual General Meeting

The AGM will take place on **Wednesday 4th July at 7pm** in the Main Hall. All local residents are very welcome to attend the meeting.

Recycling Facility

Don't forget to recycle your glass, paper, card, cans etc at the facility by the Hall. Remember, the Hall receives valuable income from the Council for the recycling collected. A gentle reminder also – please do flatten all cardboard boxes as this makes much more space within the bins. Please also be sure to put all bottles in the bins and don't leave them on the ground where they could get broken and cause danger of injury. Many thanks.

Bampton Memorial Hall Committee

Bampton Sports

Sunday July 1st will be a fun afternoon for everyone, whatever your age or fitness level. With races, teas, side stalls, tombola, fell and cross country events, there's something for everyone....so plan to be there. Gates open **12.30pm**: Sports will be opened at **1pm**. We would appreciate some more helpers to make the day go smoothly. There are lots of different jobs and just a short stint of your time can make the afternoon even more worthwhile. So why not be part of it? If you could help to serve teas between 2pm-4pm, please contact Lesley (713530) or if you have some time for anything else, please ring Vickie (713466)

Alison (713350)

Educational Grants: The Bampton Endowed Schools Endowment

Last year the Charity made 10 grants totalling £2,750 to local young people. These awards were mainly to help them financially while they took part in a variety of post-secondary school courses at college or university or while undertaking apprenticeships.

The Trustees now invite applications for financial support from those who will be undertaking courses at any University, college or institution of higher or further education in autumn 2018. Consideration will also be given to applications from those who will be taking part in other forms of post-secondary education (including the study of music or other arts) to prepare for entry into any occupation, trade or profession.

To be eligible the applicant must be:

- Under the age of 25 on 1st September 2018
- Resident in the civil parish of Bampton, Cumbria or to have attended Bampton Endowed School.

An application form can be obtained from: Nigel Eccles, Bryham Croft Barn, Knipe, Penrith CA10 2PU (01931 713311) or preferably by email from neccles@btinternet.com

Completed application forms must be received by **30th September 2018**.

The Village Panto

A date for your diaries – the initial read-through will be on **Tuesday 10th July** at **7.30pm** in the Memorial Hall. If anybody wishes to read for a part or is just prepared to help out in any other way, please come along – new faces are always welcome. The panto will be performed on **January 17th, 18th & 19th** and rehearsals are likely to be on Tuesday and Thursday evenings. After the read-through we will cast the panto and a full read-through will be held in September (date to follow) with rehearsals beginning in October.

Should anybody be interested in any way, but unable to attend, then please just give either of us a ring beforehand with your details.

Heather (716861) & Alison (713350)

Pilates

Hi all, in case you have not received the message, Pilates in Bampton is back up and running: normal times, **7pm & 8pm** on **Monday** evenings. If anyone new would like to join us then please come along and try it out. All are welcome. You can contact me on 07411 902674, or email at penrithpilates@gmail.com. Details can also be found at: www.penrithphysiopilates.co.uk Cheers, see you soon, Alexis.

Bampton Parish Council

At the Council annual general meeting which preceded the normal council meeting Jim Campbell was elected as Chairman and Mike Jones as Vice-chairman. They had both taken on these roles temporarily following the resignation of Richard Carruthers and Vicky Buss earlier in the year. Kerry Harmer was welcomed back as a councillor and India Tuer was also co-opted. All the council's financial documents have been put onto the village web-site and can be studied on the council page there, as well as being available for scrutiny at my house – details on the notice board at the hall.

There is now a full complement of councillors and their contact details will be put onto the web-site.

At the ordinary council meeting there was some discussion about the current state of the roads with particular mention of a large and constantly re-appearing hole near Brandscroft. Jim Campbell, as Highwaysman, had contacted CCC Highways about the problem. But as Neil Hughes pointed out there is an enormous backlog of road problems that need attention and Highways can not attend to them all quickly. The new telegraph poles along the Burnbanks road were also discussed – they are apparently for high-speed broadband wires. The council had not officially been informed that they were to be erected for this purpose although generally such works are notified beforehand. The LDNPA will be consulted about these poles and their effect on the landscape.

The new extension of the Millennium footpath along to the river bank has been officially recognised and authorised and it should be finished shortly. Planning decisions were noted and new applications considered.

The next meeting will be on **Tuesday July 24th** and everyone is welcome to attend. There is always a part of the agenda when you can bring up matters that you want to draw to the attention of the council.

Marion Drinkwater, Clerk (716054)

Village Choir

The next meeting of the Village Choir will be on **Monday 4th June**, usual time (**6pm**) and place (Bryham House). During the summer months we will then have a break and begin again in September – please look out for dates in the next edition. Do come and join us if you like a good sing – all are welcome.

John Garside

Bampton and District Local History Society

Our final meeting of the 2017-2018 session took place on Tuesday May 1st when Patrick Neaves led a walk around Shap prehistoric sites, starting from the Old Courthouse, Shap. A group of some 20 supporters braved a drenching to follow the course of the 'avenue of stones' that once linked two stone circles – one was sited at what is now the terrace of houses on the A6 at Karl Lofts and the other at the 'hill of skulls' (Skellaw Hill) beside the Bampton- Shap Road at the junction for Keld. Most of the avenue of stones linking the circles has been lost; several may be seen lodged at the base of field walls and as gateposts that were erected when fields were enclosed in the 19th century. Some isolated survivors such as the Goggleby Stone may still be seen and on another in an adjacent field there are cup and ring carvings that are rare in the county. We saw only a fraction of Shap's ancient stones and monuments, but as we slithered over stiles and across fields Patrick's clear and lively commentary showed how important Shap is as a centre for prehistoric remains.

Your committee is busy planning the BDLHS programme for 2018-2019. It will be varied, with topics such as local railways, postal services, and indigenous malaria. The next meeting will be our AGM on **Tuesday, October 2nd** when Jim Bownass will present 'Memories of Cumbria' using vintage film and photographs. We look forward to seeing you there – meanwhile, enjoy your summer pastimes.

Pat Garside, BDLHS

New shop opening hours

Olivia only has to run the Post Office at Askham on a Monday afternoon now, so we have been able to make the opening hours at Bampton Shop & Tea Room a bit more regular. Plus with summer now here, we have extended our hours to open all day five days a week.

The **shop hours** are: **8.30am-1pm Monday and Tuesday, 8.30am-5pm Thursday to Saturday, and 10am-4pm on Sunday.** We have plenty of staples, including bread, milk, coffee, tea and eggs, as well as other 'essentials' such as biscuits, chocolate, local beers and other alcohol, and, with summer now here, a good range of English Lakes ice cream.

The **tea room** is open **Wednesday to Sunday, from 10am–4pm**, serving light lunches, soups, sandwiches and savoury snacks – plus plenty of cakes and a variety of hot and cold drinks of course.

Don't forget that as well as our own homemade cakes, we have gluten-free cakes from Fiends Fell Pantry, and other goodies from Tray Bakes of Penrith. We are very happy to take group bookings for any kind of special occasion – why not pop in to see us and find out what we can do.

And just a reminder that the **Post Office** is open **9am-1pm Monday, and 9am-12 noon Tuesday and Wednesday.** As well as buying stamps, sending parcels and other post-related things, you can also draw money from a UK bank account, pay bills and order your travel money.

Graham and Olivia

Bampton CFR

As spring turns to summer the team are busy keeping their skills and knowledge up to date with regular training sessions. So far this year Chronic Obstructive Pulmonary Disease (COPD) and Asthma have been looked at and discussed and this week we will be refreshing our Basic Life Support, CPR and defibrillation skills.

If you think you'd like to join the team and help provide essential emergency cover for the local community please feel free to get in contact with me for an informal chat or look at the Nwas CFR page <http://www.nwas-responders.info/>

All applications are submitted through the web page and are confidential.

If you feel unwell and think it is a medical emergency DIAL 999 or 112 and ask for AMBULANCE. Any on call CFR's will then be tasked by Ambulance control to attend if appropriate. CFR's will not be tasked to attend all 999 calls but will be asked to attend the following type of emergencies: abdominal pain, severe allergic reaction, breathing problems, fitting, diabetic emergency, chest pain, stroke, loss of consciousness, collapse, cardiac arrest, respiratory arrest, some trauma. We will not normally be tasked to any incident involving children under 12.

*Christine Hill, Bampton CFR Team,
07771 934996/01931 713210
christinehillski@gmail.com*

The local bus

The bus is run by Fellrunner and operates every **Thursday**. It will leave **Burnbanks at 10.00am**, travelling via **Grange Bridge (10.07am)** and leave **Bampton at 10.14am** to arrive at **Penrith Bus Station at 10.48am**. The return bus will leave **Penrith Bus Station at 1.30pm** to arrive back in **Bampton at 2.02pm** and **Burnbanks at 2.16pm**. For those in the Rosgill area the bus reaches **Rosgill Head around 9.45am** and returns **around 2.30pm**. Fellrunner tell us it is a 'hail and ride' service i.e. the bus will stop if you flag it down. However, it would be better to ring 01768 88232 in advance so the driver has warning. Use it or lose it!

Bampton Village Website - www.bamptonlakedistrict.org.uk

Please send any updates for the website to Chris Cant on chris@phdcc.com or 713240. Any new photos very welcome.

PARISH DIARY (Note MH = Memorial Hall)

JUNE

Sa 2 nd	Bell Ringing practice, 11am-12.30pm
Su 3 rd	Holy Communion by Reservation with Neil, 10am
Mo 4 th	Village Choir, Bryham House, 6-7pm

Pilates, MH, 7-8pm and 8-9pm
 Tinclar's Library Open Evening, Church Hall, 7-9.30pm
 We 6th Yoga, Small Hall, 6.30-7.30pm
 Bampton Amblers. Meet at MH, 7pm
 Sa 9th Orton Farmers' Market, 9.30am-2pm
 Bell Ringing practice, 11am-12.30pm
 Su 10th Bampton Amblers. Meet at MH, 10am
 Holy Communion with Sandra, **6pm**
 Mo 11th Pilates, MH, 7-8pm and 8-9pm
 Tu 12th Short service of Morning Prayer at St. Michael's, Shap, 9.30am
 We 13th Drop In For Coffee, Church Hall, 10.30-12 noon
 Yoga, Small Hall, 6.30-7.30pm
 Sa 16th Bell Ringing practice, 11am-12.30pm
 Su 17th 'Café Church', Church Hall, **10am**
 Mo 18th Pilates, MH, 7-8pm and 8-9pm
 Tu 19th Bampton Amblers. Meet at MH, 6pm
 We 20th Yoga, Small Hall, 6.30-7.30pm
 Sa 23rd Bell Ringing practice, 11am-12.30pm
 Su 24th Holy Communion with Chris Jenkin, **10am**
 Mo 25th Pilates, MH 7-8pm and 8-9pm
 Tu 26th Short service of Morning Prayer at St. Patrick's, Bampton, 9.30am
 Bampton Amblers. Meet at MH, 9.30am
 We 27th Yoga, Small Hall, 6.30-7.30pm
 Sa 30th Bell Ringing practice, 11am-12.30pm

JULY

Su 1st Holy Communion with Alun, **10am**
 Bampton Sports. Gates open 12.30pm, official opening at 1pm
 Mo 2nd Pilates, MH, 7-8pm and 8-9pm
 Tinclar's Library Open Evening, Church Hall, 7-9.30pm
 Tu 3rd Short service of Morning Prayer at St. Michael's, Shap, 9.30am
 We 4th Bampton Amblers. Meet at MH, 6.30pm
 Yoga, Small Hall, 6.30-7.30pm
 Memorial Hall AGM, MH, 7pm. All welcome
 Sa 7th Bell Ringing practice, 11am-12.30pm
 Su 8th Bampton Amblers. Meet at MH, 10am
 Holy Communion by Reservation with Diana, **6pm**
 Mo 9th Pilates, MH, 7-8pm and 8-9pm
 Tu 10th Panto read-through, MH, 7.30pm
 We 11th Drop In For Coffee, Church Hall, 10.30-12 noon
 Yoga, Small Hall, 6.30-7.30pm
 Sa 14th Orton Farmers' Market, 9.30am-2pm
 Bell Ringing practice, 11am-12.30pm

Su 15th 'Café Church', Church Hall, **10am**
Mo 16th Pilates, MH, 7-8pm and 8-9pm
We 18th Bampton Amblers. Meet at MH, 4.30pm
 Yoga, Small Hall, 6.30-7.30pm
Sa 21st Bell Ringing practice, 11am-12.30pm
Su 22nd Holy Communion with Sandra, **10am**
Mo 23rd Bampton Amblers. Meet at MH, 9am
 Pilates, MH 7-8pm and 8-9pm
Tu 24th Bampton Parish Council Meeting, MH, 7.30pm. All welcome
We 25th Yoga, Small Hall, 6.30-7.30pm
Sa 28th Bell Ringing practice, 11am-12.30pm
Su 29th Holy Communion with Chris Jenkin, **10.30am.**
 Joint service at Shap
Mo 30th Pilates, MH 7-8pm and 8-9pm
Tu 31st Short service of Morning Prayer at St. Patrick's, Bampton, 9.30am

AUGUST

We 1st Bampton Amblers. Meet at MH, 7pm

Copy deadline for the August/September issue is 5pm on Tuesday 24th July.
Please send all items to Heather Pitt (Tel no: 01931 716861)
pathfinders2728@gmail.com; Jane Storey (Tel no: 01931 713490)
roger_storey@btinternet.com; or leave at the Post Office. Thank you.

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