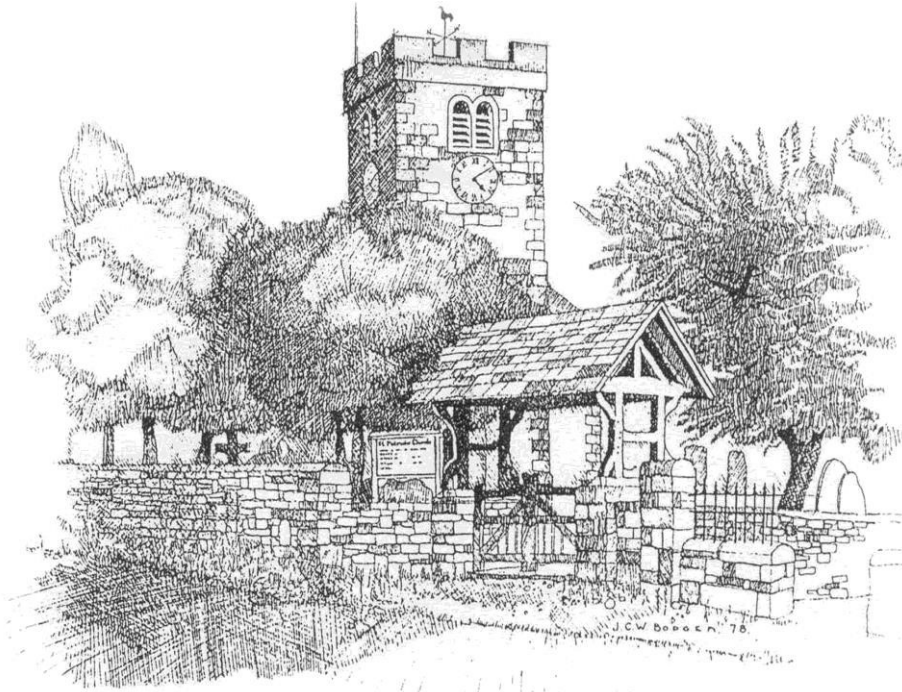


BAMPTON PARISH NEWSLETTER JUNE – JULY 2021



Dear Friends

It is still the beginning of May as I write this, but it will be June before you read it and, all being well, we shall once again be able to invite people into our homes, pay family visits and enjoy meals out together. I know that we have all been longing for the days when we can go where we like, visit whomever we like, even hug those dear to us.

As we begin to return to normality I have not only been thinking of all the suffering, sorrow and anxiety caused by the pandemic in the UK and throughout the world, but I have also been hoping that some good things may come out of this dreadful time.

In the churches of our benefice there is the great sadness caused by the death of Ian Elliott, one of the retired clergy who ministered to us, and whom we all loved and respected. That is the dark side of the pandemic. Our churches have only just reopened after the lockdown during which time services have been on Zoom, sometimes streamed live from one of the churches. Not everyone has been willing or able to join in these but those of us who have taken part have found a new closeness to members of other churches, a chance to be inspired by some of the life stories they have to tell and the opportunity for very different types of service. That is a positive outcome of Covid.

Out in the wider world the best and worst of human nature has been seen. Some people have profiteered from the sale of PPE, some people have refused to wear masks and have even tried to spread the virus, governments have refused to

follow the best scientific advice, domestic violence has increased, and poor countries still struggle to obtain the vaccines which they need. And we have all been made very conscious of the terrible inequalities in our own society, the poor housing, the many families who have to rely on foodbanks, the many people who have not been able to isolate, even where their work conditions are not safe, because without a regular income from a job they could not pay their rent or feed their children.

But this pandemic has also shown us the good side of humanity in the dedicated work of doctors, nurses and other health workers in the NHS, in the work of care staff both in our care homes and among individuals, in the kindness of our neighbours, in the large number of people volunteering to help organize the vaccination centres, in Captain Tom's walk and all those who gave so generously to support what he was doing, in the generous response of people who, getting a free vaccine themselves have given money so that people in other countries can also be vaccinated.

And another thing we have seen in recent weeks is that we are not powerless, that we can help to alter things. The outcry from ordinary football fans caused the Super League to founder before it started. Without the Black Lives Matter movement would justice have been done in the case of George Floyd's murder? If we don't forget the lessons which this pandemic has taught us, if we all continue to speak up about the crisis in social care, about the building of houses which really are affordable, about the low level of benefits and the difficulties in applying for them, about the abuse on social media, then perhaps the "new normal" will be better than the "old normal". But we don't only need to speak; if we can afford it we also need to be prepared to act, to have a little less ourselves, to be willing to pay more taxes, to give more generously to charity.

Many of you who read this will not be churchgoers; you may, justifiably, be critical of the church, but I am sure that the Christian message of forgiveness and love for your neighbour is one that you believe in. Jesus fed people, healed them, forgave them and he taught his followers to do the same. This is what we all, whether we call ourselves Christians or not, strive to do. But Jesus also taught that God loves each one of us and that he would send his Holy Spirit to give us strength to cope with all the difficulties and sorrows which we face in life and to bring us comfort and joy. And, for Christians, that is something that we have found to be true.

Diana

Contact Details

Fran Parkinson, Curate	015396 23393
Tony Hall, Church Warden	01931 713204
Kathy Jenkins, Church Warden	01931 714400
Elizabeth Coy, Asst. Church Warden	01931 713211

Alec Graham

Alec Graham, Hon Fellow of St Johns College and of Worcester College Oxford, and latterly Bishop of Newcastle, sadly died, peacefully, on Sunday 9th May at his home in Butterwick. In accordance with Alec's wishes, there will be no Memorial service for him and his funeral will be private. Alec will be buried with his parents and grandmother in their grave in Margate Cemetery in Kent.

Church Services

Services will now continue on **Sunday mornings beginning at 10.00am** – the 3rd Sunday 6 o'clock service will not be held at present and the 4th Sunday service will be by Zoom. Full details are given in the diary section at the end of the newsletter. Café church services will be held in church – cake will be provided but please bring a flask with your own coffee!

Renew Wellbeing Cafés

A Renew Wellbeing Café is a space where it's OK to be not OK. Since November 2020 we have been running Renew Wellbeing Cafés on Zoom on Tuesday afternoons and Friday mornings.

Hosted by Christians from local churches, we are open to people of all faiths and none. We share a variety of hobbies and activities which help look after our well being. We also begin and end each session with an optional time of meditation and prayer.

As Covid restrictions ease we are looking forward to being able to open up physical café spaces, although we will also continue with a weekly Zoom session for the time being.

We have identified our first venue, the Cricket Club at Appleby, and plan to hold weekly sessions for a trial 3 month period. In order to do that we estimate the running costs for 3 months would be approximately £500 and we are actively seeking donations and grants to support this.

If you or your church are able to donate, or if you would like more information about attending or helping with a Renew Wellbeing Café , please email Kristy Pattimore (kristy@pattimore.com) or phone Kath Woods on 017683 41677.

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 whom the 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 our 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

Memorial Hall

Bampton Memorial Hall are missing 2 small folding tables in the hall and we would like them returned please. With all that has gone on things get forgotten, so we would like them returned as soon as possible.

Also, we have found a Sony DVD player in the IT room at the Small Hall when we were cleaning out and wondered if someone had forgotten to take it home – probably after the Panto. Please let Lesley know on 713230 so we can return it. Thank you.

Village Choir

This surely will be the last of these playlists. So perhaps a bumper month with four suggestions for summer listening.

First another of the wonderful Vaughan Williams folk song arrangements, 'Linden Lea', which we have sung regularly in the choir. This version sung by Ian Bostridge:

<https://youtu.be/lncPMZz5lxc>

I don't think that I have included any Gilbert and Sullivan in the previous lists. What then could be more appropriate than 'The Flowers that Bloom in the Spring' from The Mikado? This is from the outstanding production by Jonathan Miller with Eric Idle as Ko-Ko:

<https://youtu.be/vPmBrgWpRLc>

The next suggestion is one of nostalgia for me, 'Sweet Thames Flow Sweetly' by Ewan MacColl, reminding me of walks along the Thames with Pat many years ago. Here sung by 'Maddy Prior and the girls':

<https://youtu.be/I0-ustTd4xI>

And finally more fun with G&S from that same Mikado production, Ko-Ko's 'A Little List'

<https://youtu.be/6URZJ31bwv4>

John Garside (713294)

Tinclar's Library

The library will be open on Mondays by appointment. Please contact Margaret (713325) or Sue (713434) for further details.

The Trustees

French Group

Bonjour à tous. The French Group is planning to re-start fortnightly sessions from **Monday June 7th, 2-3pm** in the Small Hall. We have a lot to catch up on so there will probably be quite a bit of English spoken in our first session! We usually open with some conversation and then have a focus for the rest of the meeting. For example, the book *Le Petit Nicolas* is a popular choice of humorous short stories that we can translate from French into English. If you would be interested in joining a friendly, supportive group and would like to know more of what we do then please feel free to contact me.

à bientôt

Marion Jones (713555 or mjoneskili@gmail.com)

Bampton & District Local History Society

Despite the restrictions on meeting in the Memorial Hall brought about by the effects of the Covid 19 pandemic, members of the Bampton & District Local History Society (BDLHS) enjoyed a very successful season of monthly meetings during 2020/2021. By utilising "Zoom", members were able to listen to, and participate in, a range of interesting topics ranging from "A Century of Women's Protests", "Corpse Roads in Cumbria", "A Viking Longhouse", "History of Lime Kilns", "Street Names of Carlisle", and in May, a visit to the site of the 1874 drowning tragedy on Haweswater.

The 2021/2022 season of meetings will start on **5th October** with the Annual General Meeting and a talk on the Border Reivers. Subject to the easing of restrictions, it is hoped that this and all future meetings will be held in the Bampton Memorial Hall.

New members and visitors are always welcome to join the BDLHS and anyone interested should make contact with the membership secretary, Heather Pitt (716861).

Andrew Yates, Chair BDLHS

Pilates

Pilates has continued through this last year with great success online, providing twice weekly classes to those who came online with me. There will be a weekly online class continuing, as well as a new online class of Pilates for Runners that started in 2021. I do hope that the face to face Pilates classes will be starting back up in Bampton Memorial Hall on a Monday evening very soon, as soon as it feels right and safe to do so.

If you would like information on any of the above please contact me on 07411 902674 or penrithpilates@gmail.com. Thanks.

Alexis Dykes

Bampton REMOTE Cinema January 2021

We are reaching the stage when the future is looking a lot brighter to resume Bampton cinema at the Memorial Hall. The aim is to start the new season as usual come autumn time. It is still too soon to be planning dates or films yet but we hope to get that underway in the summer. So keep a sharp look out for news in the parish newsletters and by posters around the village, parish website and Cinema FaceBook page. It might not be possible to have all the details in time for the August/September edition of the parish newsletter so apologies in advance but normal service should hopefully be resumed thereafter. It's all so exciting!

Meantime we welcome Sue Goble to our cinema committee and bid a fond farewell to Katharine Cooke after a long run of catering manager in chief. Thank you so much for all the hard work.

Call Hazel (713311) or Dave (713586) for any questions about the cinema and Lesley for hall (713530).

Bampton REMOTE cinema committee: Hazel, Mike, Vickie Sue and Dave

Bampton Recreation Field

The Bampton Recreation Field was the playing field of Bampton Endowed School until closure of the school in 2005. With the aid of a grant from Sport England, the field was purchased on behalf of the local community, and the Bampton Recreation Field Group established to promote and oversee the use of the field for sporting and recreational activities. Many sporting events and activities have been held, but for a variety of reasons, including the current Covid 19 pandemic, interest has waned in recent years.

An open meeting is to be held in Bampton Memorial Hall on **Wednesday 23rd June** commencing at **7pm** to explore ways and means of encouraging use of the field for its original purposes of supporting and promoting sporting and recreational activities by the local community. It is hoped that a new group can be formed to take forward these aims and objectives into the future, and that as many people as possible will take the opportunity to attend the meeting, and express their opinions, and contribute to the discussions.

I look forward to welcoming you to the meeting in the hall on Wednesday 23rd June at 7pm.

Andrew Yates, Treasurer, Bampton Recreation Field Group

Sports Committee

Unfortunately there will be no Sports Day in July due to Covid-19. However, we do hope to be able to hold an event on a smaller scale later in the year. If you would like to be join the Sports Committee please contact Vickie Haddock 713466.

Bampton Sports Committee

Bampton Community First Responder team

With the relaxation of COVID regulations the team are back training in person! As May is Stroke awareness month it seemed very apt that May's training was on the medical emergencies Stroke and Transient Ischaemic Attack (TIA or Mini Stroke).

Remember think FAST!

Face: has one side of the person's face drooped?

Arms: can the person raise both their arms equally?

Speech: is their speech slurred?

Time: if the answer to any of the above is YES, it's Time to dial 999.

Bampton has always shown great support for the CFR Team and the importance of Community resuscitation has recently been emphasised. The newly published 2021 Resuscitation Council UK Guidelines emphasise that a person in Cardiac Arrest has the best chance of survival if good quality chest compressions and defibrillation are administered as quickly as possible. So, it's not only what a paramedic or the hospital can do for the person that improves chances of survival but the actions of friends, relatives and neighbours. In light of this the importance of having a public access defibrillator and also highly trained CFR's with defibrillators is very important in more remote areas and I'd like to thank the team and the community for their continuing support and enthusiasm.

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 NWSA 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
christinehillski@gmail.com*

Recycling

Please everyone flatten boxes, crush tins, put bottles in the containers and foil container only foil, NOT FOOD OR CANS.

Please help in this way or we lose this facility. We are relying on everyone to be helpful. Thanking you all in advance.

Bampton Memorial Hall Trustees.

Recipe Book

As you may have read about over the past few months, the Community Support Group, which sent out the news sheets over the lockdown periods, has been compiling a recipe book of people's recommended foods with recipes old and new, sweet and savoury. We hope that the book will be printed in the next few weeks so look out for it in the Village Shop. In addition to the recipes, it is full of photographs of local interest. So, in addition to giving you some new ideas to try, it could make an ideal present. Any profits from the book will be shared between the Bampton Memorial Hall and Hospice at Home, Carlisle and North Lakeland.

Alison Jones (713350)

EDUCATIONAL GRANTS: THE BAMPTON ENDOWED SCHOOLS ENDOWMENT

Last year the Charity made 8 grants totalling £2800 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 2021. The scheme is being extended this year to include those students undertaking courses at sixth-form level. 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 2021
- Resident in the civil parish of Bampton, Cumbria or to have attended Bampton Endowed School.

An application form can be obtained from: David Cooke, Mill Craggs, Bampton, Penrith, CA10 2RQ (01931 713392) or by email from cooke856@btinternet.com

Completed application forms must be received by **30th September 2021**.

TRUSTEES OF THE BAMPTON ENDOWED SCHOOL ENDOWMENT

There are 7 Trustees who manage the above Trust, which had a new scheme drawn up in 2010 following the closure of Bampton Endowed School in 2005. 3 Trustees are appointed by the Parish Council, 3 by the Trustees themselves and 1 Trustee is ex-officio, to represent Lord Lonsdale, a long-standing tradition since the opening of the school in 1877.

Several of the Trustees are retiring shortly following many years of service as a Governor and/or a Trustee of the school. If you have good organisational skills or can offer experience of dealing with financial matters and liaising with other groups such as the Charity Commissioners, and would like to find out more about the work involved, which is not onerous but involves an annual commitment to administer the Trust, please contact one of the following:

Chairman: Philippa Cullen on email : philippa.cullen@icloud.com Treasurer: David Cooke on email: cooke856@btinternet.com

Secretary: Margaret Pearson on email: margaretpear@aol.com

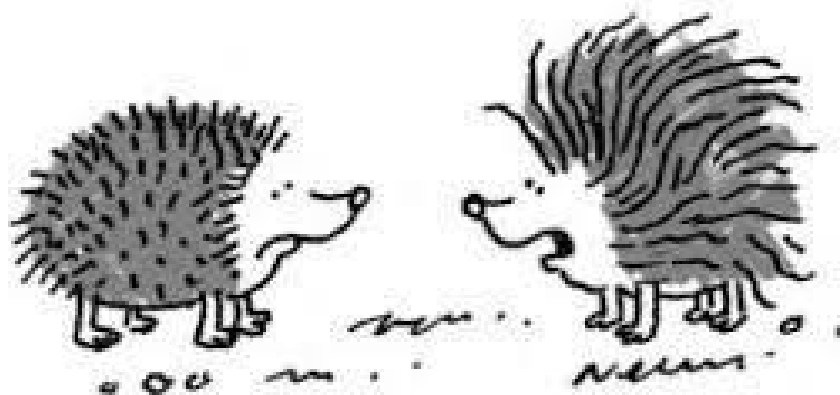
Bampton Village Website - www.bamptonlakedistrict.org.uk

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

The local bus

Face masks must be worn on the Fellrunner bus weekly **Thursday** service. The bus will go down **Rosgill Hill at 9.47am**, then travel via **Bampton Grange (9.53am)** to **Burnbanks (10.00 am)** and leave **Bampton at 10.14am** to arrive (via Morrisons) at **Penrith Bus Station at 10.48 am**. The return bus will leave **Penrith Bus Station at 2.00pm** to arrive back in **Bampton at 2.32pm**, **Burnbanks at 2.46pm** and **Rosgill at 3.00pm** (subject to passenger requirements). Bus passes can be used and children under 16 years travel free.

Copy deadline for the August/September issue is 5pm on Friday 23rd July. Please send all items to Heather Pitt (Tel no: 01931 716861) pathfinders2728@gmail.com; Jane Storey (Tel no: 01931 713490) jane_storey@btinternet.com; or leave at the Post Office. Thank you.



Yours is the out of lockdown look

PARISH DIARY

(Note MH = Memorial Hall)

JUNE

- Su 6th** Holy Communion by Extension with Diana, **10am**
Mo 7th French Group, Small Hall, 2-3pm
Tinclar's Library – open by appointment only
- Su 13th** 'Café Church', in the Church, **10am**
Mo 14th Tinclar's Library – open by appointment only
- Su 20th** Holy Communion with Sandra, **10am**
Mo 21st French Group, Small Hall, 2-3pm
Tinclar's Library – open by appointment only
- We 23rd** Bampton Recreation Field Group, Open Meeting, MH, 7pm
- Su 27th** United Zoom service from Tebay led by Chris Jenkin, **10.30am**
Mo 28th Tinclar's Library – open by appointment only

JULY

- Su 4th** Holy Communion with Fran, **10am**
Mo 5th French Group, Small Hall, 2-3pm
Tinclar's Library – open by appointment only
- Su 11th** 'Café Church', in the Church, **10am**
Mo 12th Tinclar's Library – open by appointment only
- Su 18th** Holy Communion by Extension with Diana, **10am**
Mo 19th French Group, Small Hall, 2-3pm
Tinclar's Library – open by appointment only
- Su 25th** United Zoom service from Shap led by Fran, **10.30am**
Mo 26th Tinclar's Library – open by appointment only

Eden Valley Bespoke Tiling Services

Are you looking for any tiling work to be done?
If so please contact Katie Hodges on 01931 716749 /
07946 328806 or email edenvalleypoketiling@gmail.com
Free estimates. All work guaranteed. Fully insured.