

BAMPTON PARISH NEWSLETTER DECEMBER 2021 – JANUARY 2022



Dear Friends

I don't know about you, but the older I get the more childish I become about Christmas!

From the moment that we change the clocks, the nights draw in and there's a nip in the air, I start to wonder how long I have to wait before I can listen to Christmas music and watch Christmas movies. I'm like Buddy in the film *ELF* who gets mega excited about everything Christmassy-related and starts shouting "*SANTA!! Santa's coming, I know him!*" at the top of his voice! Or perhaps you resonate more with Mr Scrooge and are a bit more "*BAH Humbug!*" about the whole thing!

It seems that Christmas isn't just a day anymore, it's a whole festive season! According to The Telegraph, for many families it officially begins with the release of the John Lewis advert which this year was on Nov 5th (9 days earlier than last year!) and tells the magical tale of 14-year-old Nathan, who discovers that an unexpected guest and space traveller, Skye, has landed in the woods beside his home. As he introduces her to the season's traditions, from decorating the tree to eating mince pies, their friendship develops and we see the magic of Christmas through the eyes of someone experiencing it for the very first time.

But regardless of whether you're an Elf or a Mr Scrooge (you know who you are!) there is something very magical about this season, and it's captured in all those emotional Christmas adverts that tug at our heart strings. We know that what we really want for Christmas doesn't come wrapped in a ribbon, and yet, we still become like little children and enter this other world, a world of enchantment, where dreams can come true and love really is everywhere.

We do believe, if only for a moment, in the miracle of Christmas!

Except the trouble with Christmas is that it isn't just when the crackers appear, it's also when the cracks appear. It can often be a time when the gaping holes in our lives and our relationships are most keenly felt. The truth is, for many of us, Christmas will be messy, because life is messy. And it's not just that other people can mess us about, we can mess up too! And we only need to think about the difficult year that we've had coping with Covid, and the struggles around the world that we hear in the news, or the anxieties around climate change, and injustice, and that can make us feel less joyful and more hope-less.

We know that the love, joy, peace and hope that we long for won't be found under a Christmas tree. If we're really honest with ourselves, we know too that what we need this Christmas isn't really another visit from Santa. What we really need is a Saviour.

That's why, I believe, the Christmas story can bring us the hope that we truly long for. One of the bible writers, a guy called Luke, says it like this: *And in the same region there were shepherds out in the field, keeping watch over their flocks by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with great fear. And the angel said to them, "Fear not, for I bring you good news of great joy that will be for all people. For unto you is born this day in the city of David, a Saviour, who is Christ the Lord.*

In the Church we have just entered the season of Advent when we celebrate that this Saviour has come, that 2021 years ago, this man we call Jesus Christ, broke through into human history. He was spoken of by the prophet Isaiah as a coming King, yet he was a King like no other. He didn't come sporting palaces, wealth, and titles; rather he came in humility, grace and truth. He didn't come and sit in power on a golden throne; he came and sat with the beggars, the prostitutes, and the outcasts. He didn't come to overthrow the present kingdom but, he said, to usher in the kingdom of heaven. In fact, there was nothing grand at all about this King, perhaps that's why people had such a hard time recognising him.

He came, instead, right into the mess and the brokenness of our world proclaiming good news for the poor, sight for the blind, release for prisoners and freedom for the oppressed. He was nothing that people had

expected, but everything they had hoped for. No wonder that the angels were singing! ☺

At the heart of Christmas



And he is the reason why we will have joy this Christmas season, because, at the heart of Christmas, there is a Saviour.

So do join us, if you can, to celebrate the birth of Jesus in any of our services across the Benefice.

Details for Bampton can be found below.

Fran

Contact Details

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

From the Registers

Interment and Service of Thanksgiving for the life of

Anthony Hall (who died 10th October)

Thursday, 21st October

COME AND JOIN US

at

ST PATRICK'S CAFE CHURCH

on Sunday 12th December at 10am in the Church Hall

to hear a talk by Gary Ion.

January's theme is still to be arranged.

Do come and share in our fellowship.

Christmas at St Patrick's

The Carol Service this year will be held on **Sunday 19th December at 6pm.** Mulled wine and mince pies after the service!

Christmas Holy Communion with Christopher Jenkin will be on **Christmas Eve at 9pm**, again followed by mulled wine and mince pies afterwards.

Bampton PCC

Join us* in person or on zoom for a . . .



On Wednesday 15th December
at the Abbey Kitchen, Shap
drop in from 10am.

*There will be free mince pies and cups of tea! And don't forget
your Christmas jumper!! ☺*

For the Zoom link contact . .
Fran Parkinson – curate.hwparishes@gmail.com

**The churches of High Westmorland*

Annual Boxing Day Quiz: Sunday, 26th December

This year's quiz will be held in the village hall in aid of the Coronary Care/Cardiac Unit at the Cumberland Infirmary.

Doors open 7pm for a 7.30pm start.

£3.00 entry per person (pay on the door). Maximum 6 per team.

Prize for winning team. Raffle. Bring your own alcohol.

(Optional) Christmas attire will be rewarded.

Any donations for prizes/raffle prizes will be greatly appreciated.

Come along for an evening of fun with friends!

Wendy, Alison K & Lee

Memorial Hall 50/50 Club 2021

Congratulations to all this year's lucky winners and best wishes to the winners of the bumper December draw (1st prize £63, 2nd £25, 3rd £15), I will be in touch with the lucky winners before Christmas.

Very many thanks to everyone who purchased numbers this year, lucky numbers for some!! The money raised helps towards the costs of ongoing maintenance and upgrades to the halls such as the new doors, windows, lighting and heating in the Main Hall. There is always something that needs doing and The Village Hall Committee really appreciates the money raised from the 50/50 club.

For the 2022 Draw it will be possible to apply for your numbers in a variety of ways:

- Fill in the enclosed form and return to Lucinda at Bampton Hall or via the Post Office
- Email Lucinda for a form, info@cumbriahorsetrials.com
- Or apply directly online via trybooking. By doing it this way you may be able to 'bag' the number you want. www.trybooking.co.uk/BICX

Please make sure all forms are returned to Lucinda and online purchases are completed by **5th January 2022**.

The 50/50 Club is open to everybody and only costs £12 per year – i.e. £1 per month. Full details are on the application form.

Best of luck to everybody for 2022.

Lucinda Weymouth 713245 info@cumbriahorsetrials.com

French Group - Une petite pause

The French group will meet on **December 13th** before taking a short break over the festive season. We will resume in the new year on **January 10th** If your New Year Resolutions include renewing your acquaintance with the French language then we would be delighted to see you. Please see the diary section for full details of times and venue.

Joyeux Noël et bonne nouvelle année.

Marion Jones 713555

Community Lunches

There will be another 'Soup & Pudding' lunch on **15th December** from **12 noon to 1.30pm**. All age groups are welcome.

If anybody needs transport, please contact Jane Storey on 713490 and we will try to arrange for a lift to and from the hall.

Alison Jones, Alison Kitchen, Vickie Haddock, Jane Storey

Bampton & District Local History Society

The 2021/2022 season of the Bampton & District Local History Society, (BDLHS), got off to a flying start following the easing of restrictions brought about by the Covid pandemic. The October meeting received a presentation on "Ancient Paths & Lonnings", whilst in November, Val. Corbett, of Helton, gave a talk on Helen Sutherland, a renowned art collector and patron of the arts. On **Tuesday, 7th December**, there will be the local history quiz. This will be held from **3pm to 5pm** in the Bampton Memorial Hall. There will also be an opportunity for members to see some of the archive material held by the BDLHS, including the Tithe Map. An interesting programme has been planned for next season's meetings held on the first Tuesday of each month. We begin on **Tuesday, January 4th at 7.30pm** with a presentation on the activities of the Border Reivers. Meetings of the BDLHS are open to members and visitors alike, and new members are always welcome to join. Those interested in joining should make contact with the Membership Secretary, Heather Pitt (716861).

Andrew Yates, Chair BDLHS

Bampton Valley Community Pub

Positive progress is being maintained on the Community Pub initiative. We are having various discussions with helpers and local firms on refurbishment plans for the Mardale Inn and are finding no significant surprises. We are also pursuing different options for parking. Our further development of the tenant business plan is getting good feedback from experienced operators. We remain very conscious of the potential risks for all of us on this project – and are focused on mitigating them appropriately.

To avoid the noise and financial challenges of Christmas, we have pushed the Share Offer to February 2022. Before then we are working to identify and apply to suitable grant providers including the Government's Community Ownership Fund (COF) due for Round 2 in December 2021.

We have launched a dedicated BVCP website – the quick link for it is www.bvcp.info – and you can also find us on Facebook and Twitter by searching for 'Bampton Valley Community Pub'.

If you are not online and would like updates please either send a note to BVCP Secretary at Howes Beck Barn, Bampton, CA10 2RQ or call Rich & Kate on 713140

Tinclar's Library

The library is now open as normal, **every Monday 12-2pm**

The Trustees

Looking ahead for Bomby Green

After a splendid summer, we are now planning for next year. A large area of the green needs to be cut once a year to ensure there is room for the wildflowers to develop and spread. Next year we hope to be able to arrange for someone in the community to cut and take away the grass after the flowers have set seed.

Taking up where we left off, we are progressing work on the stone seat. We hope to create a small area, accessible by a mown path from the small stone bridge over the ditch and close to the river. The stone seat will make this a place for a picnic or simply to sit and watch the world go by. With the help of good friends in the village, this should be in time for next summer.

As always, we could do with extra pairs of hands so, please, if you feel able to help with simple maintenance of the shrubs and rougher areas, let me know, by phone 713392 or at kallycooke@gmail.com

Katharine Cooke for the Bomby Green committee

Bampton Community First Responder Team

The team are continuing to respond as and when they can. I'm very happy to say that the whole team has passed their annual assessment with flying colours and we are continuing to train online and face to face. After a long break due to COVID, CFR's are now allowed to observe on ambulances again, something which I know the CFR team value greatly as it gives a better insight into what happens next with their patients. It also benefits the Ambulance crews as they also become better informed about the CFR role and how it can benefit patients prior to the ambulance arriving.

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 07771934996
christinehillski@gmail.com*

Bampton REMOTE Cinema 2021

Final film for the first half of the season but we will be back in the spring, so keep watching this space for further dates and screening programme.

Saturday January 15th: *Looted Year 2019 Certificate 15*: Shot in Hartlepool, Redcar and Stockton, this impressive first feature avoids grim-up-north clichés and stars This Is England's Thomas Turgoose. Synopsis: Rob loves driving and stealing cars and lives life at a hundred miles an hour. He manages to keep his life of crime separate from caring for his father at home, who thinks he is out job hunting. When a bigger, riskier job goes terribly wrong, help comes from an unexpected quarter.

Tickets are on sale at Bampton Shop and Post Office for film and meal (£10 full, £7 U16). Please book tickets early to avoid disappointment! Dates these are available are on posters around the parish, generally 2 weeks before the film, up to the preceding Wednesday. Or for film only, tickets are available at the door on the night (£5 full £2 U16). Bar and ice-creams of course are on sale and there is a short interval. The **meal** is served at **6pm** and the **film** starts at **7:30pm**.

Thanks to all our chefs who have dazzled with main courses and puddings, simply the best and better than all the rest! Dan and Justin are spot on with ticket sales at Bampton Shop and Post Office and a really vital part of the whole operation. And thanks to Bampton Memorial Hall for the brilliant bar and the spotless venue.

Keep being Covid aware at film evenings and leave by the double doors at the fire exit when leaving the hall at the end of the evening. There is no need to help tidy up at the end but thank you for the thought as always!

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

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

Move It or Lose It

Pauline Ireland has been teaching fitness classes in our community for over ten years and has now extended her programme to include classes that are specifically designed for older adults (60yrs upwards).

The aim of the specialist classes is to improve people's Flexibility, Aerobic health, Balance and Strength (FABS for short) gently and steadily. The exercises can be done seated or standing and can be adapted to suit individuals' particular needs.

They are also designed to be fun and delivered in a friendly environment where both men and women can meet to improve their health. They are aimed at people who would find normal gym classes unsuitable or might feel that regular exercise might be beyond them.

Pauline, the only specialised ‘Move it or Lose it’ instructor in Cumbria, adds:

“Behind the fun nature of the class, there is a serious mission to help people stay independent for longer. It’s unbelievable to think that 25% of women and 7% of men over 70 don’t have sufficient leg strength to get out of a chair without using their arms. When people lose their strength, they also start to lose their independence, so undertaking a suitable exercise programme helps turn back the clock and helps people to keep doing the things they love for longer”.

The ‘Move it or Lose It’ classes will be held in the Memorial Hall on **Mondays from 10.30-11.30am**. On top of this, Pauline is also running several other classes that may appeal to a variety of needs in the community:

- **Beginners’ fitness class on a Tuesday at 6.30pm**
- **Stretch & Core for Runners and Cyclist Wednesday 6.30pm**
- **Core & Balance Thursday at 6.30pm**



For further information on start dates or to book a place on one of the above classes, please contact Pauline on 0778 8979640 or email pauline.ireland@moveitorloseit.co.uk

COMMUNITY FITNESS - 2021
WITH PAULINE IRELAND

DAY	CLASS	INTENSITY	ICON
MONDAY	'Move It or Lose It' 10.30-11.30am, Bampton Community Hall	★☆☆☆☆	
TUESDAY	'Low Intensity Exercise to Music' 6 - 7pm, Bampton Community Hall	★☆☆☆☆	
THURSDAY	Core, Balance & Stretch' 6.30-7.30pm, Bampton Community Hall	★☆☆☆☆	

£6 PER CLASS - PAYMENT
OPTIONS AVAILABLE

PAULINE.IRELAND@MOVEITORLOSEIT.CO.UK TEL. 0778 8979640

Bampton Walking Group

Meet at Bampton Memorial Hall at 10am. A Poster with more details will be in the village shop prior to each walk. In the event of inclement weather contact the walk leader to check if the walk is going ahead.

All welcome including well behaved dogs.

Tuesday, 7th December: Easy walk around Burnbanks. Looking at abandoned Copper Mines and Glacial Erratics. Walk leader Jan Shepherd, 01931 713541.

Sunday, 26th December: Boxing Day Walk. Moderate walk up Naddle Valley. Approx. 5 miles. Bring packed lunch. Walk leaders Ken and Rita Jones, 01931 713201/07831 190417.

Tuesday, 11th January: Easy, local walk (location of walk to be decided). Walk leader Ruth Carruthers, 01931 713197.

Saturday, 22nd January: Moderate walk. Harper Hills. Bring packed lunch. Walk leader Margaret Lightburn, 01931 713325.

Monday, 7th February: Hard walk. Location of walk to be decided. Walk Leader Alison Jones, 01931 713350.

Saturday, 19th February: Moderate walk. Walk Leader required.

Anybody can lead a walk, so, if you have a favourite walk, easy/moderate or hard, that you would like to share, please contact Rita Jones on 01931 713201/07831 190417 with a proposed date etc. which can be included in the program.

Bampton Tree Group

A new volunteer group is being set up in the Bampton area to start replacing some of our aging field trees. As well as being an important part of the landscape, trees provide shade for stock, habitat for wildlife, store carbon and help to protect from flooding. As you look around though, you will see many mature and over-mature trees but very few younger ones to replace them. If you would like to help restore and enhance the tree population, there are several ways you can become involved.

Landowners – we need sites and permission. We would work with you to agree on species, location and protection.

Willing volunteers – people to help with the physical work of planting trees and putting up tree shelters.

Money – if you would like to help but don't feel able to be involved practically, donations towards the cost of trees and materials would be very welcome.

Bampton Tree Group is being supported and helped by the Bampton Trust, the Woodland Trust, Spring to Sea CIC and the RSPB. If you would like to be involved, please phone Mike on 713555, Cat on 713653 or email mikejonesburnbanks@gmail.com

Birthday celebrations

The start of 2022 will be very exciting – the reason being that I will be 80 on 26th January. So, on **Saturday 29th January**, there will be a get together for afternoon tea at Bampton Memorial Hall between **2pm – 6pm**. Everyone is welcome to pop in and see me and my family and help me celebrate my birthday. I will be pleased to see you all.

Maureen Barber

Bampton Cook Book

Stuck for a Christmas present? Look no further....we still have books for sale. Not too expensive; easy to post or take away to see friends; original; full of the delights of Bampton in pictures; and of course, lots of recipes for all tastes – simple and delicious. Throw in that they include a contribution to charity....and what's not to like! Your problems are solved. Books can be bought from the shop or from Patrick Lacey or Alison Jones.

Macmillan

Once again you the Community have made this year's Coffee Morning the best ever: £833. A BIG, BIG thank you to everyone who helped on the day; baked; all who came on the day; and for the many donations. See you all again next year.

Lesley White

Extracts from '100 Years Ago' in the Herald October/November 1921

There had been a fine autumn after a dry summer followed by blizzards and rain in November.

A post-war slump had led to increasing numbers of tramps, many of them ex-army, seeking work.

Motoring was on the increase. Charabancs (large single deck open cars) started to obstruct the local roads and were banned by Westmorland County Council from using local roads.

Jeremy Godwin

The local bus

Face masks are now optional on the Fellrunner bus weekly **Thursday** service. The bus will go down **Rosgill Hill at 9.47am**, then travel via **Bampton Grange (9.55am)** to **Burnbanks (10.02 am)** and leave **Bampton at 10.11am** to arrive (via Morrisons) at **Penrith Bus Station at 10.40 am**. The return bus will leave **Penrith Bus Station at 1.00pm** to arrive back in **Bampton at 1.27pm**, **Burnbanks at 1.38pm** and **Rosgill at**

1.53pm (subject to passenger requirements). Bus passes can be used and children under 16 years travel free.

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.

Copy deadline for the February/March issue is 5pm on Sunday 23rd January. 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.



PARISH DIARY

(Note MH = Memorial Hall)

DECEMBER

- Sa 4th Bell Ringing practice, 11am-1pm
Su 5th Holy Communion by Extension with Neil, **10am**
Mo 6th Tinclar's Library, Church Hall, 12-2pm
Tu 7th Bampton Walking Group, meet MH, 10am
BDLHS, Local History Quiz, MH, 3-5pm
Sa 11th Bell Ringing practice, 11am-1pm
Su 12th 'Café Church', Church Hall, **10am**
Mo 13th Tinclar's Library, Church Hall, 12-2pm
French Group, Small Hall, 2.30-3.30pm
We 15th Community 'Soup & Pudding' lunch, MH, 12 noon to 1.30pm
Sa 18th Bell Ringing practice, 11am-1pm
Su 19th Carol Service, **6pm**. All welcome. Mulled wine & mince pies
in Church afterwards
Mo 20th Tinclar's Library, Church Hall, 12-2pm
Fr 24th Holy Communion with Chris Jenkin **9pm**. Mulled wine &
mince pies in Church afterwards
Su 26th Bampton Walking Group, meet MH, 10am
United Zoom service, **10.30am**
Annual Boxing Day Quiz, MH. 7pm for 7.30pm

JANUARY

- Su 2nd** Holy Communion with Fran, **10am**
Mo 3rd Tinclar's Library, Church Hall, 12-2pm
Tu 4th BDLHS, MH, 7.30pm, "The Border Reivers"
Sa 8th Bell Ringing practice, 11am-1pm
Su 9th 'Café Church', Church Hall, **10am**
Mo 10th Tinclar's Library, Church Hall, 12-2pm
French Group, Small Hall, 2.30-3.30pm
Tu 11th Bampton Walking Group, meet MH, 10am
Sa 15th Bell Ringing practice, 11am-1pm
Bampton Cinema, MH, "Looted". Doors open 7pm
Su 16th Service at **10am**
Mo 17th Tinclar's Library, Church Hall, 12-2pm
Sa 22nd Bampton Walking Group, meet MH, 10am
Bell Ringing practice, 11am-1pm
Su 23rd Service at **10am**

Mo 24th Tinclar's Library, Church Hall, 12-2pm
French Group, Small Hall, 2.30-3.30pm
Sa 29th Bell Ringing practice, 11am-1pm
Maureen's 80th birthday celebrations, MH, 2-6pm
Su 30th United Zoom service, **10.30am**
Mo 31st Tinclar's Library, Church Hall, 12-2pm

The Abbey Kitchen

Main Street, Shap, Penrith, CA10 3NQ

Tel: 01931 719177 Email: info@theabbeykitchen.co.uk

CAFÉ TAKEAWAY GIFTS

JENNY AND THE TEAM LOOK FORWARD TO SERVING YOU

Tuesday to Saturday 8.30am to 4.30pm

Music Lessons

Face-to-face or online tuition in percussion, drums, piano, brass and theory.
20 years experience teaching (Guildhall, Royal College of Music,
Trinity/Laban) and performing (London Symphony Orchestra, Philharmonia,
Adele, Kanye West and the Kings Consort). Beginners, advanced students and
those who want to brush up their skills are all welcome!

Steve and Katie 01931 716749 Rosgill

stephen.burke.mail@gmail.com