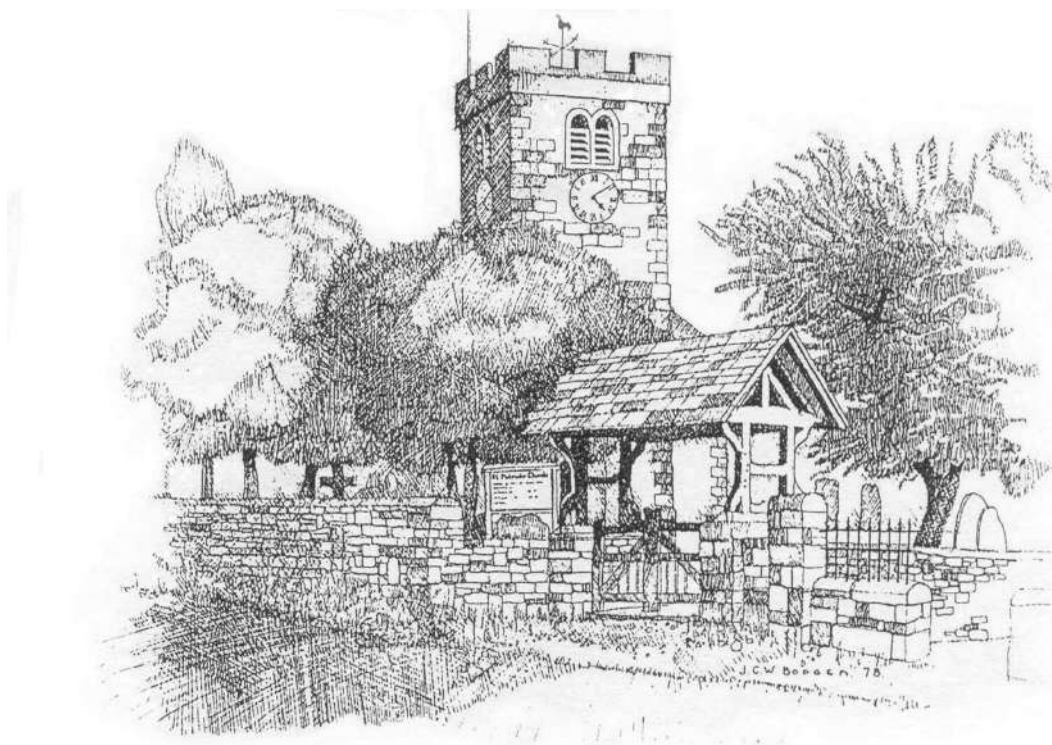


BAMPTON PARISH NEWSLETTER FEBRUARY – MARCH 2022



Dear Friends

It will be well into the New Year when you receive this but I do send you all my very best wishes for 2022. Let's hope that it is the year when Covid is finally brought under control, so it becomes more like flu, and that we can return to living "normal" lives. Let's hope, too, that the pledges made at the Glasgow summit meeting on climate change are kept and all countries begin to take the threat to our planet seriously.

Christmas is well and truly over, but I am now looking again at the cards, letters and emails I received from friends from all periods of my life and from many parts of the world. Although I quite understand my granddaughter's decision not to send cards because of the millions of trees that are felled to produce them and because she feels that she would rather give the money that she would have spent on cards and postage to various charities, yet I am very glad that many people do not feel that way. I enjoy receiving them so much and without them I think that I would have lost touch with many people; they have helped to keep friendships and family links alive.

They have also brought back many happy memories of times spent with various people. One card that I received was from a friend whom I have known since I was three and we started nursery school together just after the World War 2 was over. It made me remember playing in the Wendy House with her, mostly happily, but occasionally squabbling over whose turn it was to act as mother. I also remembered very happy times when we were both brownies and then both guides. Then there was the email from Nazarius, now a professor at Makerere University in Uganda, who visited us at Christmas in the 1990s, his visit organized by the charity Host which arranges for overseas students, often very lonely during vacations, to spend time with ordinary families in the UK. He has visited several times since then, once with his wife Regina, and has kept me up to date with his family news and photographs.

What a joy it is to have friends, particularly the one or two close friends you know you can always call upon in an emergency, with whom you can share your worries, sorrows and frustrations as well as your happiness.

Jesus was that sort of friend. He was not a loner, nor someone who was admired and trusted but who was up there on a pedestal. In many places in the gospels we read of him being with his friends, going to weddings with them, eating with them, going out in their boats, being part of their day to day lives. And Christians believe he can be that sort of friend to us still, that today we can still share our sorrows and joys with him, still ask for his guidance. Of course we call it praying, not talking, and think of him as the Spirit of God alive in the world today rather than as a 1st century Palestinian man, but it is that relationship with him, with God, that keeps Christians throughout the world, even those facing persecution and even death for their beliefs, his faithful followers.

Enjoy your friends this year; enjoy football matches, shopping trips, meals out, walks, an evening at the pub, laughing together, or anything else that you like to do with them. For friendship and love are the things which will last and bring us real joy.

Diana

Contact Details

Kathy Jenkins, Church Warden

01931 714400

Elizabeth Coy, Asst. Church Warden

01931 713211

Christmas Coffee Morning

It was so good to resume the coffee morning after an absence last year due to Covid restrictions. Coffee and cakes, Christmas gifts across a wide range and the usual raffle were very successful – so important as this continues to be the most significant event in our financial year. The church has, of course, to be self-sufficient and this is thanks to the unending generosity of our parishioners and visitors.

A big ‘thank you’ goes to all our friends and neighbours in the parish and, of course, to all the tireless voluntary workers on the day, who helped us to achieve an excellent result of £800.

Christmas Carols and The Children’s Society

As always, our Christmas Carol Service was well supported with traditional carols and readings followed by delicious mince pies and mulled wine. As ever, our collection was in aid of others in need and this year we were able to send The Children’s Society £111. Many thanks to all who supported this worthy cause.

COME AND JOIN US

at

ST PATRICK'S CAFE CHURCH

on Sunday 13th February at 10am in the Church Hall

Chizzer Childs will lead a discussion on

‘Faith in the Age of Technology’

Do come and share in our fellowship

Remembering Day Sunday 13th March 10.00am

All of us have been saddened by the loss of family and friends, a loss that can be harshened by the extraordinary conditions in which we have had to live over the last 2 years.

With this in mind, the lay team at St Patrick's are holding a Remembering Service on **Sunday 13th March at 10.00am**. Everyone is invited to come along, and if you would like to suggest a favourite hymn or perhaps a reading (poem, secular prose or bible reading) please let us know. If you would like the name of a loved one to be read out at the service please let us know that too. We very much want the service to reflect the choice of those attending so please put your suggestions forward to any of the following contacts:-

Kathy Jenkins 714400
Diana Nicholson 713194
Maureen Barber 713314

Lent Lunches

This year we are able to hold our usual lunches in the Church Hall and we would love to see you there – delicious home-made soup and plenty of chat!

These will take place from **12 noon – 1.30pm on the following Tuesdays:**

March 8th, March 15th, March 22nd, March 29th and April 5th.

This year all donations will be shared between the Salvation Army for their work in running the local foodbank and UNICEF to help provide aid for starving children.

Lent Discussion Group

We shall be following the course based on the Church of England project “**Living in Love and Faith**” which encourages us to consider and discuss issues of identity, sexuality, relationships and marriage, issues which, in spite of their importance, have, in the past, often not been discussed honestly and openly in the church. These discussion groups are open to everyone and we should very much value your input. All meetings are from **2.30-4pm**. The dates and venues are:

Monday 7th March at Leyton Barn, Bampton Grange, hosted by Maureen Barber.

Monday 14th March at 65 Burnbanks, hosted by Diana Nicholson.

Monday 21st March at Irving House, Sleagill, hosted by Kathy Jenkins.

Monday 28th March at Bridge End, Bampton Grange, hosted by Andrew Yates.

Monday 4th April at 65 Burnbanks, hosted by Diana Nicholson.

World Day of Prayer

Every year, on the first Friday in March, churches throughout the world join in an ecumenical service prepared by women of a particular country. This year the service has been prepared by women from churches in England, Wales and Northern Ireland and is entitled “I know the plans I have for you”. Our service will be held at **St Michael’s, Shap** at **2pm on Friday 4th March** and will be followed

by refreshments. Though written by women this service is for everyone, not just women.

A Plea for Help

The church council is distributing letters to every household in Bampton asking for help in specific areas so that we can keep St. Patrick's as a presence in the valley, working for the people of Bampton. Most of the church council are approaching their sell-by date and would appreciate assistance with many routine, but time-consuming, tasks. Please look carefully at the letter and consider if your skills could help us.

An important position in the team is that of Churchwarden. Up until last year this role was carried out by Tony Hall and Kathy Jenkins, assisted by Elizabeth Coy. With the sad loss of Tony, and when Elizabeth is on Orkney, an assistant would be useful. Such an assistant would have to be a worshipping member of the congregation.

Here are the areas where help would be appreciated, together with a contact who will give you more information.

Routine tasks such as church opening/closing, clock winding,
boiler & oil tank checks, meter readings; Cemetery,
grass cutting and maintenance

Andrew Yates 713343

Catering (Seasonal suppers, Lent lunches,
monthly drop-in Coffee Morning),

Flower Arranging

Maureen Barber 713314

Collation of Welcome Packs for newcomers

Shadow Treasurer

Marion Jones, 713555

Assistant Churchwarden

Kathy Jenkins 714400

Bell Ringing

Visiting ringers and anyone who might be interested in learning how to ring are always welcome. However, in view of the current COVID safety measures, anyone visiting the Tower is asked to contact the Tower Captain well in advance on 01931 716822 before visits can be confirmed.

Thank you!

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

Bampton PCC

Le groupe français

Ce petit groupe continue de se réunir une fois tous les quinze jours pour explorer la langue française à un rythme tranquille. Nous changeons notre date et heure au mercredi à 14h30, rendez-vous dans la Petite Salle. Toutes les dates de février et mars sont dans la section au dos de la newsletter.

If the above paragraph intrigues you and you would like to come and join us, we would be very pleased to welcome you.

Marion Jones 713555

Community Lunches

The dates for the “Soup & Pudding” lunches in 2022 are as follows:-

16th February 12 noon to 1.30pm

16th March 12 noon to 1.30pm

13th April 12 noon to 1.30pm

All age groups are welcome. If you would like to come along but need transport, please contact Jane Storey on 713490 and we will arrange for a lift to and from the hall.

*Alison Jones, Alison Kitchen, Vickie Haddock, Rita Jones,
Jane Storey*

Red Kite (*Milvus milvus*) – A First for me in the Lowther Valley

My daughter alerted me to a red kite flying round over the Howes and Ireland Wood on the afternoon of Monday 3rd January. We watched this beautiful bird for about 5 minutes before it drifted eastwards towards the river. I discovered subsequently that it was seen that morning sitting on a post near the river and then again in a tree near the suspension bridge on the 6th. A third bigger than the common buzzard it is unmistakable with a deeply forked tail which is flicked constantly and large white wing patches.

Was this bird from Dumfries and Galloway, Grizedale where 90 birds were released in the early 2010s, or maybe the NE where more birds were released this century and as many as 70 have been counted in one roost?

I would appreciate receiving any more reports of sightings. Who knows, perhaps we will have a breeding pair in time.

David Cooke (c coke856@btinternet.com)

Bampton REMOTE Cinema 2021

Saturday February 12th: *Saving Grace* (2000, cert 15, 92 mins):

The best medicine: inspiring to anyone who is or has been in a tough jam, whether financially or emotionally, this is a totally feel-good, lots of laughs, film: starring Brenda Blethyn, (Vera), Craig Ferguson, Martin Clunes and Bill Bailey.

Saturday March 12th: Film to be decided.

Saturday April 23rd: *The Last Bus* (2021, 12, 86 mins): Join us for this road movie, best of British style, with Tom Harper (played by the redoubtable Timothy Spall) as he travels the length of the UK by bus on an epic mission. Not to be missed.

Saturday May 7th: *Mothering Sunday* (2021, 15, 104 mins):

Starring Colin Firth, Olivia Colman, Josh O'Connor and Odessa Fairchild, this drama takes us back to 1924 on a warm spring day. The housemaid and foundling Jane Fairchild finds herself alone on Mother's Day. Her employers are out and she has the rare chance to spend time with her secret lover. But events that neither can foresee will change the course of Jane's life forever.

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**. Film titles are correct at time of going to press...titles may change at short notice.

Big thanks to all our audience, to the brave cooks for the marvellous meals (how lucky we are), to Dan and Justin at the Post Office, to the hall bar run by Lesley and Maureen, and finally to Angela for the upkeep and cleaning of the hall.

Keep being Covid aware at film evenings and depart quickly 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*

Rainfall 2021 – Mill Craggs – Bampton – A Year of Highs and Lows

Quite a change from 2020. January unseasonably dry despite Storm Christoph. 19 days when the temperature dipped below 0c. The dry and chilly weather continued for first half of February, coldest night of year 10th/11th, but from 14th to 25th 235mm of rain fell of which 82mm fell on 24th with the inevitable floods. More floods were suffered on 10th/11th and 28th/29th March.

The next quarter, April to June, was a wet May sandwiched between a very dry April and June. Not good for grass and vegetable growth.

The drier than average weather continued through July, August and September with only 51% of average rainfall and +30c highs in July.

October was a very wet beginning and ending with more floods. However November redressed the balance despite Storm Arwen and year ended very mild 11.2c on New Year's Eve. Overall average rainfall in total, but peaks and troughs.

January 2022 is looking like being less than 50% of average rainfall, but what will February bring or for that matter the rest of the year? Like Boris unpredictable!

	Rainfall mm	% of Average 1993-2020	Min Temp
January	112	60	-8.3c
February	269	182	-9.0c
March	232	219	-5.7c
January-March	613	139	
April	11	15	-6.1c
May	137	161	-4.1c
June	22	25	1.7c
April-June	170	68	
July	56	63	6.1c
August	55	50	3.6c
September	47	43	2.4c
July-September	158	51	

October	340	230	-0.7c
November	78	65	-6.6c
December	132	94	-3.6c
October-December	550	105	
January-June	783	113	
July-December	708	85	
Year 2021	1,491	98	

David Cooke

Marathon

This is to let the community know that the Half Marathon will take place on the **6th March**; this is of course if restrictions do not change. Exact times are not yet known but the start time is around **9am until around 4pm**.

The Hall committee hope that this will not cause too much inconvenience and we wish all the runners a great day. Thank you.

Lesley White (Chairperson)

Queen's Jubilee Event

On **Wednesday, February 23rd at 7.30pm** in the Memorial Hall a meeting will take place to organise how the village can celebrate this momentous occasion. Please come along with ideas or offers of help so we can put together an exciting event. See you on the night.

Maureen Barber

Jane Gregg – Died 1st December 2021

Jane and Ian Gregg, who lived at Grange Farm, were involved in many organisations in the village and in the Penrith area. Soon after they came to Bampton they established the Bampton Trust, a body which initially supported the local school and has provided us with the shop and several houses for local people. It is a real legacy to us all. Jane was also part of the group which wrote the history of our village, 'Ploughing in Latin'. Nine years ago they moved from Bampton to live in South Cumbria. Our thoughts are with Ian and the family.

Alison Jones

Bampton Pilates



Pilates is continuing in Bampton Memorial Hall at **5.30pm and 6.30pm on Monday evenings**. Every class has a different focus, and we use different equipment to facilitate improving our strength, mobility and flexibility. All equipment is provided. Please contact Alexis on 07411 902674 or penrithpilates@gmail.com.

Bampton & District Local History Society

The 2021/2022 season of the Bampton & District Local History Society (BDLHS), continued with the annual local history quiz on 7th December, and on 4th January, an excellent talk on "The Romance and Reality of the Border Reivers". On **Tuesday, 1st February** Jean Scott-Smith, the well known local historian, will be giving a presentation "Mardale: A Lost Lakeland Community", and on **Tuesday, 1st March**, members will be having a talk from Jean Turnbull on "The impact of Motor Transport on Westmorland - 1900 to 1939". This promises to be a most interesting evening.

On **Tuesday, 5th April**, Rob David will be giving a talk on Howtown in the wartime summer of 1940, when it was a "hotbed" of Communist activity.

Meetings of the BDLHS are held in Bampton Memorial Hall, commencing at **7.30pm**, are open to members and visitors alike. The Society welcomes new members, and those interested in joining should make contact with the Membership Secretary, Heather Pitt (716861).

Andrew Yates, Chair BDLHS

Bampton Trust

The Trust would like to thank Thomas Thompson, who has stepped down as a Trustee after many years' service. He will be missed and his contribution to the work of the trust is much appreciated. In his place, we now welcome a new trustee, Anna Cooke, who brings a great deal of knowledge and experience to the team. We are also pleased to welcome our new secretary Annabel Postings and treasurer Alison Kitchen, who both make the work of the trust go much more smoothly.

The Trustees

Bampton Community First Responder Team

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*

Tinclar's Library

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

The Trustees

Bampton Walking Group

Meet at Bampton Memorial Hall at 10am unless otherwise stated. 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.

Monday, 7th February: Hard walk. From Mardale up on to High Street, returning via Kidsty Pike. Take a packed lunch. Be prepared for cold weather. Leader: Alison Jones (01931 713350) **Leave Memorial Hall at 9.30am.**

Saturday, 19th February: Moderate walk. Oddendale to the Coronation Tree, Coal Pit Hill, returning to Oddendale. 5 to 6 miles about 500 ft elevation. Take a packed lunch. There are several stone circles in the area which we can have a look at. Leader: Rita and Ken Jones (01931 713201)

Thursday, 3rd March (or a date to suit walk leader)
Moderate walk. Leader required.

Sunday, 13th March: Hard walk. To be decided. Leader: Alison Jones (01931 713350)

Tuesday, 22nd March (or a date to suit walk leader)

Easy walk. Leader required.

Friday, 1st April: Moderate Walk. To be decided.

Leader: Rita and Ken Jones (01931 713201)

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.

Rita and Alison

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 April/May issue is 5pm on Wednesday 23rd March. 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)

FEBRUARY

Tu 1 st	BDLHS, MH, 7.30pm, "Mardale: A Lost Lakeland Community"
We 2 nd	French Group, Small Hall, 2.30-3.30pm
Sa 5 th	Bell Ringing practice, 11am-1pm
Su 6th	Holy Communion with Chris Jenkin, 10am
Mo 7 th	Bampton Walking Group, meet MH, 9.30am Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Sa 12 th	Bell Ringing practice, 11am-1pm Bampton Cinema, MH, "Saving Grace". Doors open 7pm
Su 13th	'Café Church', Church Hall, 10am
Mo 14 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 16 th	Community 'Soup & Pudding' lunch, MH, 12 noon to 1.30pm French Group, Small Hall, 2.30-3.30pm
Sa 19 th	Bampton Walking Group, meet MH, 10am Bell Ringing practice, 11am-1pm
Su 20th	Holy Communion by Extension with Neil, 10am
Mo 21 st	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 23 rd	Queen's Jubilee Event meeting, MH, 7.30pm
Sa 26 th	Bell Ringing practice, 11am-1pm
Su 27th	Joint Holy Communion service at Shap with Sandra, 10.30am
Mo 28 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm

MARCH

Tu 1 st	BDLHS, MH, 7.30pm, "The impact of Motor Transport on Westmorland - 1900 to 1939"
We 2 nd	French Group, Small Hall, 2.30-3.30pm
Th 3 rd	Bampton Walking Group, meet MH, 10am
Fr 4 th	Women's World Day of Prayer, 2pm, St. Michael's, Shap
Sa 5 th	Bell Ringing practice, 11am-1pm
Su 6th	Holy Communion by Extension with Diana, 10am Haweswater Half Marathon, MH, 9am-4pm
Mo 7 th	Tinclar's Library, Church Hall, 12-2pm Lent Discussion Group, Leyton Barn, Bampton Grange, 2.30-4pm Pilates, MH, 5.30pm and 6.30pm
Tu 8 th	Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
Sa 12 th	Bell Ringing practice, 11am-1pm Bampton Cinema, MH. Doors open 7pm

- Su 13th** Bampton Walking Group, meet MH, 10am
Remembering Day service, **10am**
- Mo 14th** Tinclar's Library, Church Hall, 12-2pm
Lent Discussion Group, 65 Burnbanks, 2.30-4pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 15th** Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
- We 16th** Community 'Soup & Pudding' lunch, MH, 12 noon to 1.30pm
French Group, Small Hall, 2.30-3.30pm
- Sa 19th** Bell Ringing practice, 11am-1pm
- Su 20th** Joint Holy Communion service at Bampton with Alun, **10.30am**
- Mo 21st** Tinclar's Library, Church Hall, 12-2pm
Lent Discussion Group, Irving House, Sleagill, 2.30-4pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 22nd** Bampton Walking Group, meet MH, 10am
Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
- Sa 26th** Bell Ringing practice, 11am-1pm
- Su 27th** Service of the Word, lay led, **10.30am**
- Mo 28th** Tinclar's Library, Church Hall, 12-2pm
Lent Discussion Group, Bridge End, Bampton Grange, 2.30-4pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 29th** Lent Lunch, Church Hall, 12.00-1.30pm. All welcome

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

Penrith Physio Pilates

Experienced physiotherapist Alexis Dykes, specialising in injury rehabilitation, scarwork, pelvic and spinal pain, myofascial release and 1:1 Pilates.

Clinic based in Motherby; CA11 0RJ. Contact Alexis on: **07411 902674**

penrithpilates@gmail.com www.penrithphysiopilates.co.uk