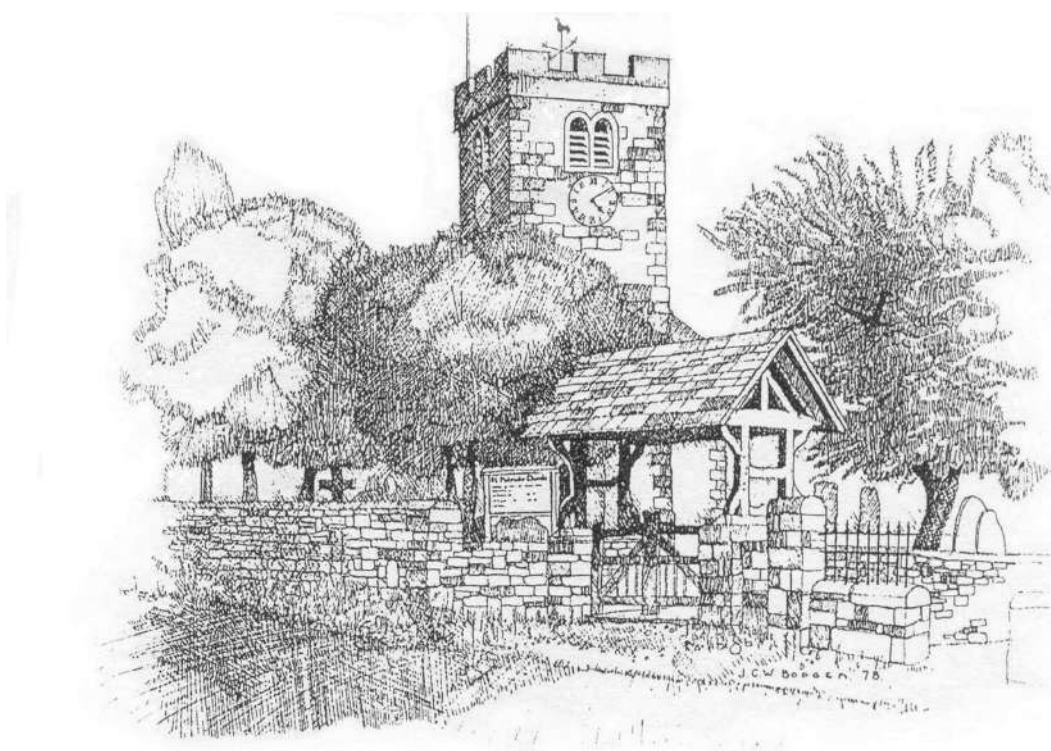


BAMPTON PARISH NEWSLETTER OCTOBER – NOVEMBER 2022



Dear Friends

We give thanks for the life of Queen Elizabeth, for her lifetime of unstinting service to this country, for her dedication to duty, her generosity of spirit, her unwavering Christian faith and for the sense of stability which she brought to our nation.

Strengthen Charles our King at this the beginning of his reign. May he be supported in the ceaseless round of duty to which he is now called and inspired in the service of us his people and in the peoples of the Commonwealth.

Bampton PCC

Contact Details

Kathy Jenkins, Church Warden	01931 714400
Elizabeth Coy, Church Warden	01931 713211

From the Registers

Baptism

Poppy Primrose Grace

Sunday, 28th August

Interment and Service of Thanksgiving for the life of

Hilda Mary Ostle (who died 8th September)

Thursday, 22nd September

COME AND JOIN US

at

ST PATRICK'S CAFE CHURCH

On **Sunday, 16th October at 10am** in the Church Hall
for a talk about relations between the Palestinians and Israelis.

On **Sunday, 20th November**

Kristy and Dan Pattimore, Pioneer ministers in our Deanery,
will talk about their work at the Wellbeing Café

Café Church

You will see that Café Church is to be held on the 3rd Sunday of the next two months to enable us to have Harvest Sunday and Remembrance Sunday services on the customary dates.

Please do come along and listen to a talk by Mike Reed on the very interesting topic of the problems in the 'Biblical lands'. November's talk will be just as informative but in a very different sphere. Everyone is most welcome to join us.

Festive Supper

Once again our annual Christmas supper will be held this year. The date will be **Friday 18th November at 7pm** in the Church Hall. The format will be similar to that of last year, not a turkey and tinsel meal but traditional winter fayre to put you in the Christmas mood nice and early! The cost is £15 each so reserve your place by ringing Maureen Barber on 713314. Don't forget to book early as numbers are limited and it's always a popular event!

Christmas Coffee and Gifts Morning

It's already time to think about Christmas, and this year our Christmas Coffee and Gifts Morning will take place on **Saturday, 3rd December from 10am till 12 noon**. The entry price for **adults is £3 (children free)** and will include tea/coffee and a selection of delicious cakes. The usual array of items will be on sale: preserves, gifts, books and good quality bric-a-brac. In addition our usual raffle will take place, with excellent prizes for the festive season including £50 in cash and a very desirable Christmas food hamper. Raffle tickets will be available in advance from PCC members and for sale on the day and will be drawn at the event. Make a note in your diaries and get all your festive needs without leaving the valley!

Bell Ringing

Visiting ringers and anyone who might be interested in learning how to ring are always welcome. Practice dates (see Diary Dates) are subject to change. Please contact the Tower Captain in advance on Tel: 01931 716822 in order to confirm a date and time before your visit. Thank you.

Bampton PCC

Le groupe français

Nous avons apprécié de nous retrouver dehors sous le soleil de l'été. Maintenant, à l'approche de l'automne, nous continuerons à nous rencontrer, mais à l'intérieur où il fait chaud. Si vous êtes francophile et que vous cherchez quelque chose de nouveau pour vous occuper au cours des semaines à venir, venez nous rejoindre. Vous trouverez les dates dans l'agenda à la fin de la newsletter.

Marion Jones (713555)

SCAMS warning!

Scams are rife and you'd be hard-pressed to find anyone in the UK who hasn't been targeted. They come from virtually all angles, whether by letter, text, call, email or online. And sadly, scams have become more sophisticated as time has gone on, and they continue to deprive people of millions of pounds each month.

Be vigilant when reading email especially when they are unexpected. Key things to look out for are: the address the email has come from; poor grammar; urgency i.e. you must do this now; impersonal greetings; and branding – it may look like it's from a company you know but check the colour and font as it may be a copy.

For more info check out the Action Fraud website. Report the scam to the police through Action Fraud on 0300 123 2040, or report a scam anonymously at <https://www.actionfraud.police.uk/>

Indoor Bowls

The indoor bowling season will start at **7pm on Wednesday, 5th October** at the Memorial Hall. We look forward to seeing "seasoned players" back after our long break and welcome anyone who would like to join us as our first session will be an introductory evening. So why not call in to "have a go", just bring soft footwear. Contact me for further details. kenarmstrong396@gmail.com 01931713309

Tinclar's Library

We have been given Sylvia Hindmarch's scrapbooks by her daughter, Christine. They are a fascinating record of events in Bampton. If you would like to come and have a look, we will be open as usual **every Monday from 12 noon until 2pm**. Any more items of interest that need a home are always welcome.

The Trustees

The Village Choir

The Village Choir used to meet regularly until Covid struck, which meant we had to stop singing altogether. We lost momentum, especially when John and Pat Garside left the valley and moved to Cornwall. For many years they generously offered us hospitality and led us in our musical endeavours. Time has moved on and a few of us would like to restart our singing sessions. In the first instance, we'll meet on **Tuesday, 11th October at 2.30pm, in the Church Hall**, when we can discuss what arrangement suits us best for future practices. We may even sing! If you're interested but can't make that time, please let me know and I'll keep you informed. Musical accompanists will be very welcome too.

Marion Jones (713555)

Bampton REMOTE Cinema New Season

It's on with the season!

15th October 2022 **The Phantom of the Open (UK 2021, cert 12)**

19th November 2022 **Top Gun Maverick (2022, 12A)**

10th December 2022 **The Railway Children Return (2022, PG)**

14th January 2023 **Elvis (2022, 12A)**

The Phantom of the Open: A crane operator from Barrow-in-Furness dreams of being a golfer and enters the 1976 British Open qualifying, claiming to be a pro. His spectacular losing streak captures the hearts of the press and public, but the golfing elite is less thrilled. Based on a true story: starring Mark Rylance and Sally Hawkins.

Top Gun Maverick: Tom Cruise returns as Maverick! This long-awaited sequel delivers a thrilling and emotionally moving spectacle that matches – and some say surpasses – its predecessor.

Tickets will be on sale at Bampton Post Office and Shop for **The Phantom of the Open** from **Wednesday 28th September** to **Wednesday 12th October** if you wish **supper + film**; tickets are on sale at the door on the night for film only as usual. It's useful to have a contact list for those buying a supper ticket plus film so please record that. If you wish a vegetarian option that can be recorded then too.

Adult meal + film: £12; U16 meal + film: £9. Film tickets remain the same price, **adult: £5; U16:£2**. Abbott Lodge ices will continue to be sold at £1:50 at the short interval. Dates tickets are available for **Top Gun Maverick** and **Elvis** will be on posters around the parish, generally 2 weeks before the film up to the preceding Wednesday. **The Railway Children Return** will be a family matinee with no meal so tickets on the door only – just turn up. Please see posters for film start time.

As always there is the bar, courtesy of the village hall with the finest wines known to humanity, beers and soft drinks. **Supper** is served at **6pm** and the **film** starts at **7:30pm**.

Thank you for a great opening evening on September 17th for The Duke. Especial thanks to the cooks, Janet Shepherd and Ruth Carruthers: yummy!

Call Hazel (713311) or Dave (713586) for any questions about cinema matters.

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

Bampton Tree Group

Autumn is here, and it will soon be tree planting time again. Last season's trees have done well and survived the dry summer – there was obviously enough rain at the right times to keep them growing. We have a couple of planting projects already lined up for this year but if anyone does have some land that would benefit from a few trees, a small copse or even a single tree, we'd be glad to hear from you. Last year we had some great help from our volunteer planters, and offers of help would be welcome again. We also received some generous financial donations to help pay for trees and other materials, so if you would prefer to help in this way, please do get in touch with Mike or Cat. We now have a group bank account so any cheques can be made out to Bampton Tree Group.

mikejonesburnbanks@gmail.com; cat_glendinning@yahoo.com

Memorial Hall 50/50 Club 2022

Congratulations to all this year's lucky winners, and the most recent September winners:

1st Prize: £20 Anne Barber

2nd Prize: £12 Heather & David Pitt

3rd Prize; £10 Stead & Marilyn Bowness

and best wishes to the winners of remainder months and especially the Bumper December draw (1st prize £61, 2nd £20, 3rd £15).

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, there is always something that needs doing and The Village Hall Committee really appreciate the money raised from the 50/50 club.

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.

For the 2023 Draw you can apply for your numbers in a variety of ways:

- Apply directly online via trybooking. By doing it this way you may be able to 'bag' the number you want. <https://www.trybooking.co.uk/BJZC>
- Email Lucinda for a form, info@cumbriahorsetrials.com
- Fill in the form which will be included in the December Newsletter

Please can all forms be returned to Lucinda and online purchases be completed by 5th January 2023. Best of luck to everybody for 2023.

Lucinda Weymouth 713245

The Village Panto

Sadly there were not enough people interested to stage the panto in the New Year. But all is not lost and who knows what next year will bring? Several ideas were mooted by those present at the meeting and so we decided to have open minds and perhaps come up with something slightly different for the next production. All ideas would be gratefully received.

Heather (716861) & Alison (713350)

Duck Race

Here are the results of the Duck race.

All ducks sold: 1st Prize of £50 to the Cooke family who then kindly donated it to the hall – we thank them most sincerely; 2nd prize of £30 to Dot King; and 3rd Prize of £20 to Sue. Ten prizes of £5 each were given out. Thank you to everyone who helped in any way.

Bampton Memorial Hall Committee

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.

Soup & Pudding Lunches

The soup & pudding lunches will be starting again **in October**. Doors of the Memorial Hall will open **at 12 noon**. The price remains at £5 for a bowl of soup with bread, a pudding and tea & coffee. The dates are as follows:-

Wednesday 12th October

Wednesday 16th November

Wednesday 7th December

Wednesday 11th January

If there is anyone who wants to come but needs a lift please ring Jane Storey on 01931 713490. We look forward to seeing you all!

Able Community Care

Since 2019 Able Community Care has given out, free, almost 80,000 'DO NOT KNOCK' door stickers to older and disabled people who do not wish to answer the door to strangers.

Able Community Care is a nationwide, live-in care provider which was established in 1980. Originally, we just gave out door stickers to our clients, but the demand has grown and since then we have received requests for the door stickers from around the UK.

If you would like to receive any door stickers to give out to older or disabled people you know, please email info@ablecommunitycare.com with how many you would like to receive and an address to send them to – no addresses will be kept or passed on.



www.ablecommunitycare.com

Bampton Community First Responder Team

The team have recently met up to train with this training session consisting of a discussion about Stroke and TIA signs and symptoms, assessment tools and management. The next team meeting will be coming up soon and we will continue to train to be ready to help the community when needed.

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 NWS 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

Recycling

In view of the fact that a lot of unrecyclable items keep appearing in the recycling containers at the hall, here is an explanation of what goes where.

BLUE bags: for household waste, polystyrene, bubble wrap, cling film and plastic bags. Kerbside collection every Monday.

GREEN bags: for all plastic containers washed and squashed. These are collected every fortnight on a Tuesday.

A calendar is available: you can obtain this and bags by ringing 01768 817817 or email www.eden.gov.uk. If your bags are not being collected use these numbers to report it. At the site please flatten all cardboard, this way we can get more into the containers. We thank you for reading.

Bampton Memorial Hall Committee

Bampton Parish Council Boon Day

Please meet on **Saturday, 15th October at 10am** outside the Mardale Inn.

Please wear appropriate clothing.

Bin bags/litter pickers will be provided – please take the opportunity to come and help tidy your parish.

Refreshments provided.

Sandie Watson (Clerk)

Bampton & District Local History Society

The next season of meetings of the Bampton & District Local History Society (BDLHS), commences on **Tuesday, 4th October** with an illustrated presentation by Jean Scott-Smith, "Over Shap by Track, Road, and Rail". This promises to be a very interesting talk given by the well known and respected local historian. The Annual General Meeting of the BDLHS precedes the talk. The Society meets in the Bampton Memorial Hall on the **first Tuesday of each month at 7.30pm**. On **1st November** Eleanor Kingston, of the Lake District National Park Authority, will be giving a presentation on the High Street Roman Road Project, which took place during the Summer. The popular annual quiz, (which will be an afternoon event), takes place on **6th December at 3pm**. The meetings of the BDLHS are open to members and visitors. Anyone interested in joining the Society should make contact with the Membership Secretary, Heather Pitt (716861).

Andrew Yates, Chair BDLHS

Raft Race 2022

Well the raft race proved yet again that this community can come together and enjoy a fun afternoon. It was great to have so many on the bridge at the start and then accompany the rafts to the swing bridge. Given the relatively low number of rafts there was great support which allowed us to send a cheque for £120 to the Great North Air Ambulance Service. As ever, thanks go to participants who put time, effort and creativity into their raft building, spectators and the ever faithful helpers without whom the event cannot run. Massive thanks to everyone.

(I wonder if Charlie has stopped jumping up and down yet?).

Tim Ward

A Progress Report on Bomby Green

It's nearly a year since we reported on the Green. In the main, the Green has been allowed to look after itself. A number of people have commented on the lovely displays of wildflowers so nature has plainly been doing a good job. However, by the end of the recent summer of good growing weather, it needed tidying. We were asked by Lowther, the landowners, if they could cut the area to collect the wildflower seeds for use in their rewilding projects. We were pleased to accept this offer but time has run out and instead a local farmer has topped the area this year. This means the grass is not so short and the mown grass is left to lie, not quite so good in the long run, but maybe we will benefit from some later forming seeds, which may set as a result.

At this time of year, we usually tidy up some of the shrubs and brambles which edge the green especially along the riverbank. We would like to form a working party to do this and we would welcome any help. A date has not been set but if you contact me, I will be sure to let you know.

Katharine Cooke kallycooke@gmail.com

For the Bomby Green Management committee

Bampton Sport and Social Committee

Well it's about time to try and get a committee going to bring the Summer Sport back to life but also extend the scope to include more social events. For example: wine tasting; a ceilidh; maybe even a beer festival! To do this we need keen enthusiastic people willing to get involved. If you would like to be part of the team there will be a meeting at the village pub on **Thursday, 13th October at 7:30pm**, everyone welcome.

Vickie Haddock (713466)

Extracts from '100 Years Ago' in the Herald – September 1922

Bampton Sports, 2nd September, included C & W Wrestling (entries confined to the parish); Askham and Lowther Brass Band; admission 1s 3d (now £4.25) including tea. Dance and supper that evening. The day was fair (one shower at noon). All enjoyed themselves.

Quotation: "Broadcasting is not a craze," says Marconi, "it is here to stay."

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 December/January issue is 5pm on Wednesday 23rd November. Please send all items to Heather Pitt (Tel no: 01931 716861) pathfinders2728@gmail.com or Jane Storey (Tel no: 01931 713490) roger_storey@btinternet.com. Thank you.

PARISH DIARY

(Note MH = Memorial Hall)

OCTOBER

Su 2nd	Holy Communion by Extension with Neil, 10am
Mo 3rd	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Tu 4th	BDLHS, MH, 7.30pm, "Over Shap by Track, Road, and Rail" by Jean Scott-Smith preceded by the AGM
We 5th	French Group, Small Hall, 2.30-3.30pm Indoor bowls, MH, 7pm
Th 6th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 9th	Harvest Sunday service with Diana
Mo 10th	Tinclar's Library, Church Hall, 12-2 Pilates, MH, 5.30pm and 6.30pm
Tu 11th	Village choir, Church Hall, 2.30pm
We 12th	Soup & Pudding Lunch, MH, 12 noon
Th 13th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement Bampton Sport & Social Committee meeting, Village pub, 7.30pm
Sa 15th	Boon Day. Meet outside the Mardale Inn, 10am Bampton Cinema, MH, "The Phantom of the Open". Doors open 7pm
Su 16th	'Café Church', Church Hall, 10am
Mo 17th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 19th	French Group, Small Hall, 2.30-3.30pm
Th 20th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 23rd	Morning Payer, 10am
Mo 24th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Th 27th	Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
Su 30th	United Benefice service at Orton, 10.30am
Mo 31st	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm

NOVEMBER

Tu 1st	BDLHS, MH, 7.30pm, presentation on the High Street Roman Road Project by Eleanor Kingston
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We 2nd French Group, Small Hall, 2.30-3.30pm
 Th 3rd Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
 Su 6th Holy Communion with Chris Jenkin, **10am**
 Mo 7th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 Th 10th Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
 Su 13th Remembrance Sunday service, **10am**
 Mo 14th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 We 16th Soup & Pudding Lunch, MH, 12 noon
 French Group, Small Hall, 2.30-3.30pm
 Th 17th Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
 Fr 18th Festive Supper, Church Hall, 7pm
 Sa 19th Bampton Cinema, MH, "Top Gun Maverick". Doors open 7pm
 Su 20th 'Café Church', Church Hall, **10am**
 Mo 21st Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 Th 24th Bell Ringing practice, 2-4pm & Saturdays by prior arrangement
 Su 27th United Benefice service at Ravenstonedale, **10.30am**
 Mo 28th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 We 30th French Group, Small Hall, 2.30-3.30pm

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

Wednesday to Saturday 8.30am to 4.30pm

Sunday 10.00am to 3.00pm

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