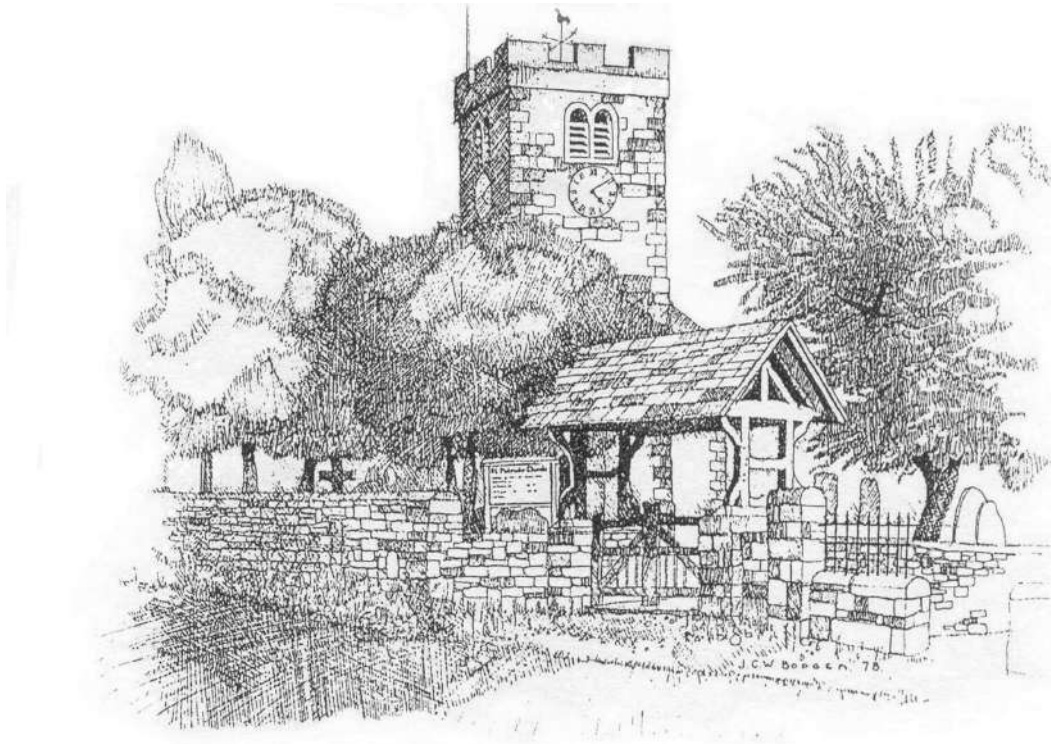


BAMPTON PARISH NEWSLETTER FEBRUARY – MARCH 2023



Hello,

I am the new Church of England minister for North Westmorland, an area embracing Shap, Bampton, Askham, Lowther, Brougham, Clifton and Brougham, Cliburn, Bolton, Morland and Crosby Ravensworth (with apologies to the churches and localities within that circle that I haven't mentioned – you are not forgotten!). I am also acting as Rural Dean, with responsibility for Appleby Deanery, including Appleby itself, and the wider area down to Brough, Kirkby Stephen, Orton and Tebay. I hope you will excuse me using this month's article just to introduce myself and my family.

I have come here from the south west of the County, around the top of the Duddon Estuary. I had responsibility for seven churches there, and for a year I was also the interim Methodist Minister. I have moved with my wife, Charlotte, and daughter Anna, who is on a gap year before university. We have a son, William, who lives in Hertfordshire in one of our former parishes. He works as a planter, machine operator and HGV driver for a large tree nursery.

Charlotte and I met at university, where we both studied law. Charlotte practised as a solicitor before leaving work to look after our two children. I was a barrister for 20 years, first in independent practice and then helping to set up a London litigation practice for a US law firm. In my early days, I practised in charity, company and insolvency law, but gradually moved into commercial IT,

construction and technology projects, including spacecraft (not as exciting as it sounds, unfortunately). In my spare time, I enjoy fiddling with my trusty Land Rover, which has been with me for nearly 15 years now, and is back from the dead, having been written off by a careless motorist while parked during my ordination service.

I gradually reduced the amount of legal work I was doing, to give me more time for church commitments. After completing my ministerial training, I was curate of two rural parishes in Hertfordshire. Having worn many volunteer hats, I never forget that the life of any community (the church included) depends upon the time and efforts of its unpaid army of volunteers.

Charlotte retrained as a primary school teacher when our daughter started school. She was headteacher of a small school in Hertfordshire, and is now Director of Education for the Diocese of Carlisle, supporting our family of 104 church schools. I have been involved in church and community school governance, from pre-school to Key Stage 5, for about 16 years now, so I look forward to helping all the schools in my new patch, as well as getting involved in youth work.

With such a large area to cover, it is impossible for the vicar to do everything, or even to know everything that he or she ought to be doing. I am hugely blessed to have the support of (and to support in my turn) a large team of ministers and other volunteers across all our churches. Please do not hesitate to get in touch, for any reason, using the contact details below. I hope over time to get to know, and to be of service, to everyone, churchgoer or not. Please stop me in the street, outside school, in the shops or in the pub and introduce yourself. You will recognise me when I am dressed in black with a funny collar, but I am the vicar in my shorts and t-shirt too.

We will be making our home in Morland Vicarage, 01931 719210 (a new number, if you still have the old one). You can get in touch via email too: stephen@northwestmorlandchurches.org.uk

I look forward to making further contributions to the magazine that will not be all about me!

Stephen Tudway

Contact Details

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

From the Registers

Wedding

Rhiannon Catherine Southam to Nathan Gray Saturday, 17th December, 2022

Christmas Coffee Morning

Once again this event, with its coffee and cakes, Christmas gifts across a wide range and the usual raffle, was a very successful one – 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 a very good result of £682, considering the awful weather we had on the day.

Christmas Eve Service and The Children’s Society

Also, in view of the icy weather conditions, the Carol Service had to be cancelled this year. However, we included an element of this in our Christmas Eve Service and the collection raised enabled us to make a donation of £150 to The Children’s Society. Many thanks to all who supported this worthy cause.

Lent Lunches

Once again we will 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:**

February 28th, March 7th, March 14th, March 21st and March 28th

This year all donations will go to Penrith & Eden Refugee Council.

Lent Discussion Group

In the Lent Discussion group this year we shall again be using one of the York Lent courses. Everyone is welcome (and we should especially welcome those of other denominations, other faiths and those who do not subscribe to any faith as this will make our discussions more thought-provoking.)

All meetings are from **2.30-4pm**. The dates and venues are:

Monday 27th February at Leyton Barn, Bampton Grange, hosted by Maureen Barber.

Monday 6th March at 65 Burnbanks, hosted by Diana Nicholson.

Monday 13th March at Irving House, Sleagill, hosted by Kathy Jenkins.

Monday 20th March at Bridge End, Bampton Grange, hosted by Andrew Yates.

Monday 27th March 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 the Christian women of Taiwan. Our service will be held at **St Michael’s, Shap** at **2pm on Friday 3rd March**. Though written by women this service is for everyone, not just women.

March Services

In view of the recent changes to form the North Westmorland Parishes, details of March services may be subject to change. Please see the Church notice board for confirmation of the service details.

St. Patrick's Day

There will be a service in Church on **Friday, 17th March** at **6.30pm** to celebrate our patronal saint's day. After the service refreshments (tea, coffee and cake) will be served in the church.

Church Graveyard

The PCC is looking for volunteers to help to cut the grass within the graveyard in spring/summer to help to keep it looking tidy. Please contact Andrew Yates on 713343.

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.

Thank you!

The PCC would like to thank the people who have donated items to the Food Bank and to Joan and Ray Bruin who have delivered them to the Salvation Army in Penrith. We will leave the boxes in the church porch for future donations.

Bampton PCC

50/50 Club 2023

Thank you to everyone who has purchased numbers for this year's 50/50 club, may you have a 'Lucky Number'. Your numbers are displayed in the Village Shop.

The January draw has taken place. Congratulations to the lucky winners so far.

1st Prize: £20 No. 49 Noel & Kathleen Longmire

2nd Prize: £12 No. 33 Carole Willett

3rd Prize; £10 No. 28 Angela Murphy

and best wishes to the future winners of 2023.

Please do get in touch if you would still like to purchase a number, there is a draw once a month, around the 15th.

What happens to the money? 50% of the entry monies received is given in prizes and 50% is donated to Bampton Memorial Hall. The amount of the monthly cash prize is worked out depending on the number of Numbers purchased, with a bigger cash prize for the December Draw.

Lucinda Weymouth, 713245, info@cumbriahorsetrials.com

Bampton REMOTE Cinema

We've got a great menu for the second half of the film season!

18th February **The Banshees of Inisherin (2022) 1 hr 54 min, certificate R**

18th March **The Woman King (2022) 2 hrs 15min, PG-13**

15th April **Mrs Harris goes to Paris (2022) 1 hr 56 min, PG**

The Banshees of Inisherin: A bit about this Irish fable: winner at the Golden Globe awards, heaps of BAFTA nominations, this end-of-friendship film swings between the hilarious, the horrifying and the heartbreaking. It's the most talked of but least seen film that you can't afford to miss this spring. Starring Colin Farrell and Brendan Gleeson (they both starred *In Bruges*) you'll know them when you see them. The only drawback is, the certificate does not allow under 17s - sorry!

The Woman King: Loosely inspired by historical events, this is a remarkable story of a unit of all-female warriors who protected the West African kingdom of Dahomey in the 1800s with skill and fierceness unlike anything the world has ever seen. It stars Oscar winner Viola Davis in a magnificent career best.

And **Mrs Harris goes to Paris?**.....details in the next newsletter!

Tickets for **Banshees** (if you wish a pre-film meal plus film) will be on sale from **Wednesday 1st February to 15th February**, courtesy of **The Mardale**. Please note the change in ticket sale point. **Adult meal + film: £12; U16 meal + film: £9. Supper** is served at **6pm** and the **film** starts at **7.30pm**. Tickets are on sale at the door on the night for film only: **adults £5, U16s £2**. It's very useful for us all 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. The menu is chicken casserole and apple crumble. We have a bar for soft drinks, beers and wine and Abbott Lodge ice-creams available at the interval, only £1.50.

We are extremely grateful to Bampton Shop for handling the ticket sales for all this time and to The Mardale for taking this on. (Please note The Mardale is closed on Mondays and Tuesdays.) The same dates in March will apply to **ticket sales for The Woman King, 1st to 15th March**; the main dish is beef casserole.

Thank you so much for your support since September 2022 on monthly Saturday nights at your cinema on the doorstep; huge thanks to Bampton Memorial Hall for the splendid venue facilities and the bar. We look forward to seeing you this spring when you will be assured of a very warm welcome.

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

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

Askham REMOTE Cinema

15th February, 6.30pm for a 7pm start, 'Belfast' at Askham Village Hall:
Adults £5; U 16s £3.

Rainfall 2022 - Mill Craggs – Bampton – A Very Average Year?

For the past 30 years I have been keeping rainfall records for Mill Craggs and the total of 1,542mm (60.7ins) for the year was only 1.25% over the 30 year average.

However, the monthly average ranged between 36% in January to 202% in February, with 8 months having below average rainfall.

The year started wet, windy and mild and there followed nearly 3 weeks of anticyclonic dry days and chilly nights concluding with Storms Malik and Corrie. Desmond, Eunice, Franklin and Gladys followed in February and only 4 days when there was no rain. A mild month when only 2 days had below 0c temperatures. March was another mild month with the temperature peaking at over 20c on the 26th during a 10 day dry spell.

April was another below average rainfall month, with frosts. Similarly in May with no frosts, unusually. June redressed the rainfall shortfall and generally did not live up to its tag of “Flaming”. But July and August certainly were and exceptionally hot days were experienced from 9th to 16th of August, compensated by 25mm of rain from 18th to 24th. September climaxed on 30th with 40mm of rain after the first ground frost was experienced on 17th, but not registered on thermometer. The third quarter was the 4th driest of the recording period but wetter than 2021.

The autumn quarter was wet and mild except for a chilly snap at end of November to 16th December – a year low temperature of -10.8c was recorded on 15th, a 5 year minimum.

So averages can be misleading and we don't seem to be suffering from lack of rainfall overall, just at the wrong time?

What will 2023 bring? To date RAIN, 188mm as I type, already in excess of the average for January and 60% of January 1999 the wettest January recorded so far.

Forecast is for rain or snow every day for next fortnight at least. Odds on 300mm+.

	Rainfall mm	% of Average 1993-2021	Min Temp
January	66	36	-5.1c
February	307	202	-4.4c
March	54	49	-4.2c
January-March	427	96	
April	60	79	-3.9c
May	78	90	2.3c
June	108	127	2.9c
April-June	246	100	
July	55	63	6.0c
August	40	37	3.7c
September	92	86	1.4c

July-September	187	62	
October	237	154	0.1c
November	252	148	-4.5c
December	193	96	-10.8c
October-December	682	130	
January-June	673	97	
July-December	869	105	
Year 2022	1,542	101	

Update on January: This has been a month of two halves. 1st to 15th 250mm of rain, high winds, mild and floods around. From 16th light snow, cold, -7.1c on 17th but sunny days and light breezes. No more rain forecast for a week.

David Cooke

Soup & Pudding Lunches

The soup & pudding lunches will be continuing on the dates below. 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 8th February

Wednesday 8th March

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!

Bampton & District Local History Society

The 2022/2023 season of meetings of the Bampton & District Local History Society (BDLHS), continued on 10th January with a talk by Mrs. Jean Jackson on Shap Abbey, its history, and association with Bampton, Shap and the local area. The next meeting of the BDLHS is to be held in the Bampton Memorial Hall at **2pm** on **Tuesday 7th February**, and the speaker is Dr. William D. Shannon M.A., PhD. The subject of his talk is "Cumbria & the Jacobites". This will include references to the 1715 and 1745 rebellions, and the last battle on English soil at nearby Clifton. On **Tuesday 7th March** at **7.30pm**, Mrs. Sue Bletcher, Trustee of the library, and local resident, will give a talk on the Tincler Library, one of the few remaining local parish libraries in the County. On **4th April**, at **7.30pm**, Mr. Andy Lowe will be giving a talk on "Bank Barns, Boskins and Beeboles". As always, refreshments will be served. 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

The Bampton Trust Update

As you will know, Justin and Dan are giving up the tenancy on the shop and tearoom at the end of February. We are sorry to see them go and wish them well in whatever they decide to do next.

Our recent survey showed that the shop is an important part of the village and we would be very reluctant to lose this asset. We have explored the options available and reflected upon past experiences and are working towards an agreement that will hopefully keep the shop open.

We are talking with the Management Committee of Bampton Valley Community Pub (BVCP) and exploring a model where they would manage the B&B rooms together with the pub's own letting rooms. They would then sub-let the shop out on a reduced rent to a commercial partner who would run that side of the business. As you will see from the article below, they are in negotiations with the owners of Askham Stores and we are all optimistic that this partnership will succeed.

The Trust and BVCP have always believed that the pub and the shop can work together for the good of the community. Through this new partnership, we are optimistic that the Valley can now retain a village shop, letting rooms and a pub for the long term.

Trustees of the Bampton Trust

Bampton Valley Community Pub (BVCP) Update

The Valley's community owned pub, The Mardale Inn in Bampton, is building on its success from 2022 and extending its kitchen opening hours.

On Fridays and Saturdays, the kitchen is now open from noon offering light lunches. All other food serving times remain the same as **Wednesday to Saturday** evenings from **5pm to 8pm** and **Sunday** lunch from **noon to 4pm**.

On **Fridays until the end of March** and to help folks get out during the dark days of winter, we will be hosting 'Bampton Valley Seniors Winter Friday Lunches'. This enables anybody who is over 65 and living in the Valley to enjoy a 20% discount on their food and drink between **noon and 2pm**. There is a pick up and drop off car service provided by volunteers for the Bampton Valley villages. Please call the pub on 719202 between 11.30am and noon on Friday.

The Mardale continues to host a number of events including the first pub quiz of the year on **Sunday 29th January** at **6pm** for an hour or so. Come with a team of up to 6 or join a table. £2/head to enter with a new format on the prizes.

On **Sunday 12th February**, our first charity music gig of 2023 is with 'Stivvy & The Wilk' at **5.30pm for 90 minutes**. Funds are being raised for Every Life Matters and Annie Mawson's Sunbeams Music Trust. All latest event details and (kitchen) opening hours are listed online at www.themardaleinn.com

Finally, you will have read the previous article from Bampton Trust about the village shop in Norbrock House. In our planning at BVCP, we have always believed that the pub and the shop should be very complementary in supporting the community.

With the tenancy becoming vacant at the shop, we are now exploring the possibility of BVCP taking responsibility for the letting rooms at Norbrock House and partnering with the owners of Askham Stores to extend their shop business into Bampton Valley. The 'Norbrock Annex' would be run as an addition to the four letting rooms being refurbished in The Mardale.

The format of the new shop, Bampton Valley Stores, would be similar to Askham Stores but on a smaller scale. It would offer general groceries, including fresh fruit and veg, meat from Cranstons and The Chopping Block in Penrith, fresh milk from the Abbott Lodge Jersey Farm in Clifton, and a Friday delivery of fresh bread from More? Bakery in Staveley. Newspapers and magazines would be stocked, as well as a range of locally made gifts and cards. There would also be a small cafe area serving tea, coffee, cakes, hot pies and sandwiches to eat in or take away.

There is a lot of further planning to undertake but we are optimistic that partnering with the Trust and James & the team from Askham, we can jointly develop the pub and shop as strong community assets for the Valley.

Shap Post Office

Following the resignation of the postmaster, the above branch will be closing temporarily on **Friday, 10th February at 500pm.**

The vacancy is currently being advertised on the Post Office website www.runapostoffice.co.uk and applications will be carefully considered.

Most postal services will continue to be available from Bampton Post Office which operates from the Memorial Hall on **Wednesdays between 9.00 – 10.30am.**

Le groupe français

Nous poursuivons nos sessions dans la petite salle, en essayant une gamme d'activités pour élargir notre vocabulaire. Les nouvelles idées sont toujours les bienvenues, alors rejoignez-nous si vous êtes intéressé. Les dates et heures sont dans la section à la fin de la newsletter.

Marion Jones (713555)

Half Marathon

On **Sunday 5th March** the half marathon will take place at Bampton Memorial Hall. Please note that from **8am until 4pm** the car park will be needed for this event. If there are any volunteers to help prepare or serve food and drinks on this day please phone Lesley on 01931 713530. Your help would be appreciated for one or more hours whatever you can spare. Looking forward to this yearly event.

Tinclar's Library

The library will be open every **Monday from 12 noon until 2pm.**

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 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 07771934996 christinehillski@gmail.com

The Coronation!

A meeting will take place at the Mardale Inn on Wednesday **1st February at 7pm** to arrange events for the coronation of King Charles. If anybody has any ideas please come along and let's talk about them. Everybody is welcome and we will be pleased to see you.

Maureen Barber

The Village Choir

The Village Choir is now meeting once a fortnight on Friday afternoons in the Church Hall. We have a broad range of music to keep us occupied so, if you have an hour to spare, please join us and help us grow. It is good exercise to sing!

Marion Jones (713555)

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

Exercise Class

Would you like to join a friendly, fun exercise class with local people who like getting together every **Tuesday at Askham Village Hall 6pm**.

This class is for beginners or for those who have not exercised for a long while. We focus on fun activities, stretch, move to music, tone the body and end the

class with relaxation. If you'd like to join us, call Pauline Ireland on 07788 979640 or email paulineireland291@yahoo.com

Extracts from '100 Years Ago' in the Herald – January & February 1923

Stormy mid February, otherwise all as usual for weather.

Big funeral at Shap, 2.30pm 1st January, with several wreaths from Bampton, for George Hall, 17, only son of George and Mary Margaret Hall, Hegdale. He died on 28th December. He was well-known in Bampton, Rosgill, Shap etc. His family has been at Hegdale for years.

Married at Askham Church, 10th January, John, elder son of Mr. & Mrs. W. Routledge, Ash Hill, Rosgill, to Mary Louisa, only daughter of Mr. & Mrs. J.S. Branthwaite, Helton.

Lord Lonsdale has now (report 10th February, P 1) sold Manchester Corporation the lands for the gathering-ground for its new Haweswater Reservoir for £175,000; rent-roll of these is £2,700 p.a. (£1 then – £80 now).

The Shap and Bampton Reading Rooms' Whist Match was "won by the Bamptonians again", Tuesday 6th, at Shap. Dinner after and concert.

A visitor from a Lancashire city went to the Bampton School Concert, and was amazed at how well run it was. (Report 17th February, P 3).

Jeremy Godwin

The local bus - Please note new timetable from 5th January 2023

Face masks are now optional on the Fellrunner bus weekly **Thursday** service. The bus will go down **Rosgill Hill at 10.10am**, then travel via **Bampton Grange (10.18am)** to **Burnbanks (10.25am)** and leave **Bampton at 10.34am** to arrive (via Morrisons) at **Penrith Bus Station at 11.05am**. The return bus will leave **Penrith Bus Station at 1.15pm** to arrive back in **Bampton at 1.42pm**, **Burnbanks at 1.53pm** and **Rosgill at 2.08pm** (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 Thursday 23rd March. 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)

FEBRUARY

- We 1st Coronation events meeting, Mardale Inn, 7pm
Fr 3rd 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
- Sa 4th Bell Ringing practice, 11am-1pm
Su 5th Holy Communion with Stephen Tudway, **10am**
- Mo 6th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 7th BDLHS, MH, 2pm. Talk on 'Cumbria & the Jacobites' by Dr William D Shannon
- We 8th Soup & Pudding Lunch, MH, 12 noon
French Group, Small Hall, 2-3pm
- Fr 10th 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
Village choir, Church Hall, 2.30pm
- Sa 11th Bell Ringing practice, 11am-1pm
Su 12th 'Café Church', Church Hall, **10am**
'Stivvy & The Wilk', The Mardale Inn, 5.30pm for 90 mins.
- Mo 13th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- Fr 17th 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
- Sa 18th Bell Ringing practice, 11am-1pm
Bampton Cinema, MH, "Banshees of Inisherin". Doors open 7pm
- Su 19th Service of the Word with David Jones, **10am**
- Mo 20th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- We 22nd French Group, Small Hall, 2-3pm
Ash Wednesday joint service at Bampton, **7.30pm**
- Fr 24th 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
Village choir, Church Hall, 2.30pm
- Sa 25th Bell Ringing practice, 11am-1pm
Su 26th Holy Communion by Extension with Neil, **10am**
- Mo 27th 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 28th Lent Lunch, Church Hall, 12.00-1.30pm. All welcome

MARCH

- Fr 3rd 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
- Sa 4th Women's World Day of Prayer, 2pm, St. Michael's, Shap
Bell Ringing practice, 11am-1pm
- Su 5th Holy Communion with Stephen Tudway, **10am**
Haweswater Half Marathon, MH, 8am-4pm
- Mo 6th Tinclar's Library, Church Hall, 12-2pm
Lent Discussion Group, 65 Burnbanks, 2.30-4pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 7th Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
BDLHS, MH, 7.30pm. Talk on the Tinclar Library by
Mrs Sue Bletcher
- We 8th Soup & Pudding Lunch, MH, 12 noon
French Group, Small Hall, 2-3pm
- Fr 10th 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
Village choir, Church Hall, 2.30pm
- Sa 11th Bell Ringing practice, 11am-1pm
- Su 12th 'Café Church', Church Hall, **10am**
- Mo 13th Tinclar's Library, Church Hall, 12-2pm
Lent Discussion Group, Irving House, Sleagill, 2.30-4pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 14th Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
- Fr 17th 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
St Patrick's Day service in church, 6.30pm, followed
by refreshments
- Sa 18th Bell Ringing practice, 11am-1pm
Bampton Cinema, MH, "The Woman King". Doors open 7pm
- Su 19th Holy Communion with Stephen Tudway, **10am**
- Mo 20th 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 21st Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
- We 22nd French Group, Small Hall, 2-3pm
- Fr 24th 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 2pm
Village choir, Church Hall, 2.30pm
- Sa 25th Bell Ringing practice, 11am-1pm
- Su 26th Holy Communion by Extension with Neil, **10.00am**
- Mo 27th Tinclar's Library, Church Hall, 12-2pm
Lent Discussion Group, 65 Burnbanks, 2.30-4pm
Pilates, MH, 5.30pm and 6.30pm

Tu 28th Lent Lunch, Church Hall, 12.00-1.30pm. All welcome
Fr 31st 'Bampton Valley Seniors Winter Friday Lunches', The Mardale Inn, noon – 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

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

