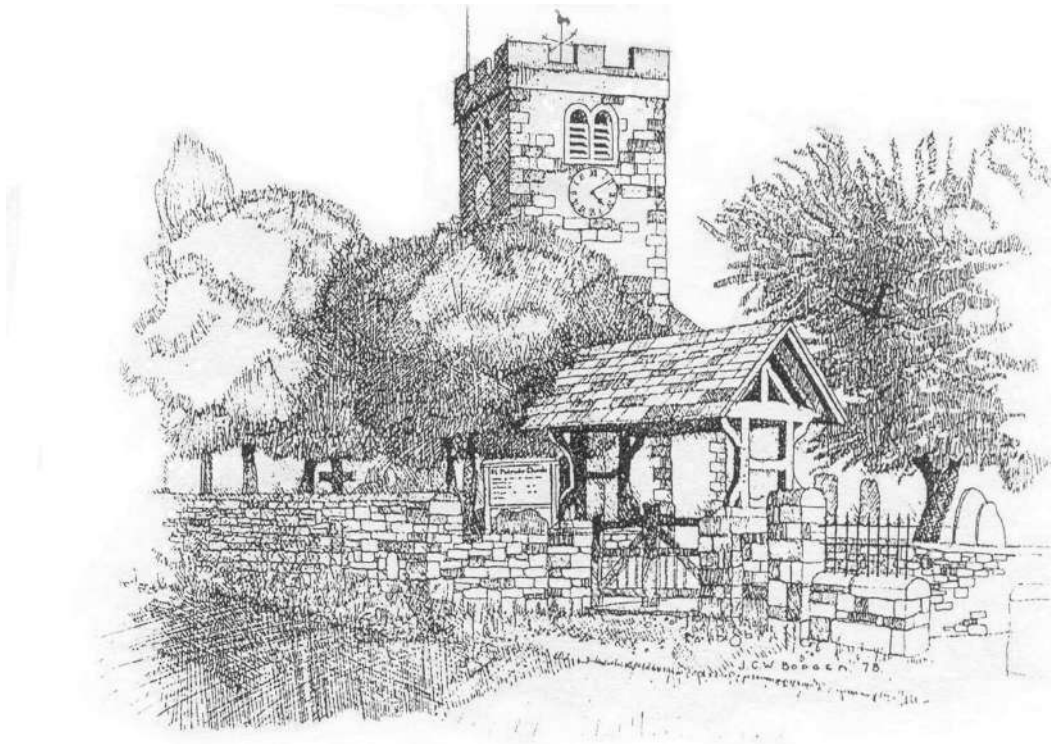


BAMPTON PARISH NEWSLETTER JUNE – JULY 2023



Hello,

I came to serve, not to be served

I hope you had a good coronation weekend, whatever the occasion meant to you. In our schools, I was very impressed with the knowledge and understanding of our young people: a large number had watched on TV, and spoke with their usual thoughtfulness and insight about what they had seen.

For some of us, the occasion will have been deeply important. For others (including many interviewed by the newspapers) it was a good reason to party, or to bring community together. For a significant minority, it represented the continuation of a political settlement that they believe to be inappropriate in a modern democracy. In all three categories, our attitude to the spectacle of the morning, the Westminster Abbey service, and the procession which followed, will vary from delight and fascination, through disinterest, even to revulsion.

Church of England clergy are among those who must take oaths of loyalty to the monarch and their lawful successors, so you will not find me advocating a Republic. But I do celebrate and give thanks that we live in a society which is so comfortable with itself, that it can even tolerate dissent

about who our Head of State should be. In many nations of the world, disagreement on such a point is well within the sphere of offences that might result in our disappearance, imprisonment or torture. Defending the right of those we disagree with to express their disagreement publicly and forcefully (and, up to a point, inconveniently) is an essential precaution against the possibility that our own legitimate views and rights will be trampled on.

Whatever we make of royalty, let's focus on the opening words of the coronation, which set the expectation for all that followed. A young chorister stood boldly before the King and said, "*Your Majesty, as children of the Kingdom of God, we welcome you in the name of the King of Kings.*" The King replied, "*In his name, and after his example, I come not to be served but to serve.*" It's a promise, using Jesus' own words, that each of us should be able to make and mean. The world would truly be transformed by it.

North Westmorland News

I believe that June sees the last mass-printed copy of North Westmorland News, which will hereafter follow many other local and specialist publications into a predominantly, but not exclusively, electronic distribution. As a former editor of a print parish magazine, I know and understand very well their value, and also the enormous effort they involve in editing and production. So I would like to add my personal thanks and applause (as something of a latecomer to the scene) for Alex, who continues to edit the magazine; and for all those who over the years have been involved in the herculean tasks of editing and distribution. Regrettably, we cannot argue with the judgment of parish treasurers that the annual loss on production costs of £6,000 (when other ministries are being cut) was neither sustainable, nor capable of simple remedy.

Do remember that, in addition to the direct email distribution of the magazine and its availability online, the option remains for those who need it to receive a hard copy of the magazine. I, for one, will be happy to run a few off on my printer each month and drop them off for you.

Some will be reading this in newsletters which are already electronic, others in print magazines funded by different means. Do give thanks for, and support to, all those who make community and church communications possible. The labour, I know well, is significant, but the value is great.

Stephen

Contact Details

Elizabeth Coy, Church Warden

01931 713211

Maureen Barber, Church Warden

01931 713314

From the Registers

Interment and Service of Thanksgiving for the life of

Joan Lilian Bruin (who died 13th March) Friday, 14th April

Service of Thanksgiving for the life of

Nancy Ion (who died 26th April) Thursday, 11th May

COME AND JOIN US
at 9.45am in the Church Hall for
ST PATRICK'S CAFE CHURCH
On **Sunday, 11th June**
the subject is 'Reasons to be Cheerful?!'
And on **Sunday, 9th July**
it is 'Sea Sunday'

Lent Lunches

Once again the lunches proved successful with a variety of homemade soups being made available. A total of £347 was raised which, this year, was donated to the Penrith & Eden Refugee Network.

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

Bampton & District Local History Society

The April meeting of the Bampton & District Local History Society (BDLHS), welcomed back Mr. Andy Lowe who gave a very interesting talk on "Bank Barns, Boskins & Beeboles" to a well attended and appreciative audience. The concluding meeting of the 2022/2023 season held on 2nd May was a guided tour of Shap Abbey led by Mr. Harry Hawkins, who included references in his talk to the history of the Abbey during the early centuries of the last millennium. Both meetings attracted attendances of over 20 members and visitors.

The first meeting of the 2023/2024 season will be held in the Bampton Memorial Hall on **Tuesday 3rd October at 7.30pm**. 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

Tinclar's Library

The library will be open every Monday **from 12 noon until 2pm** during June and July


The Trustees

A message from our new Ukrainian Friends

My name is Evgenia, and I want to share my story and dream with you. I came here with my family from the Kiev region because of the devastating war happening in Ukraine. We are grateful that we found refuge in England. We have met incredibly kind and compassionate people here who welcomed us and helped us adapt. I want to express my admiration and gratitude to God for the people who live here, for their open hearts and willingness to assist us. The warmth and hospitality of the locals have exceeded all our expectations. Additionally, it's so wonderful to enjoy the magnificent landscapes and marvellous wildlife every day, something we missed living in the city.

Before immigrating, I taught mental arithmetic at a private school for child development. It's a unique method based on arithmetic calculations using Japanese abacus beads, which helps develop memory, thinking speed, attentiveness, and prevents dementia. I have witnessed how this method has helped children become more confident and successful in their studies. I have noticed that there are many kind and positive elderly people living here, and I want to serve them with my knowledge. Mental arithmetic can benefit not only children but also the elderly. Scientifically proven, it improves memory, concentration, and overall well-being.

My dream is to open my own mental arithmetic school and assist people of all ages. I want to share my experience and knowledge to help individuals unleash their potential and simply bring them positive emotions. My happiness lies in making both children and adults happy. I truly hope that I can contribute to the life of this village and help its residents.

To sign up for a free trial session, you can contact me by  Telegram, WhatsApp, Viber +447990355511.

Rosgill newsletter deliveries

This is a plea for somebody to come forward to deliver the newsletters to the 29 properties in the hamlet of Rosgill. At once every 2 months this is a small job which provides an invaluable service to the residents. Should nobody volunteer then, as from the August – September edition, the newsletters will be left for individuals to collect in the old bus shelter on the Shap to Bampton Grange road.

Anybody willing to take the job on should contact the Editor for further details – contact details appear towards the rear of the newsletter.

Bampton Parish Council

Forthcoming date for your diary:

- **Tuesday, 18th July at 7.30pm** Parish Council Meeting. Please contact the Clerk with any items to be considered

Sandie Watson, Clerk to Bampton Parish Council
clerkbamptonpc@gmail.com

Bampton Family Fun Day

Sunday, June 18th Family fun day at Bampton Sports field next to the village hall. Gates open at **12pm**. Lots of fun for all the family including a craft fair, raffle, bouncy castle, bar provided by The Mardale Inn, welly throwing, dog show (including dog fancy dress), afternoon tea, Ice creams, races, plus lots more.

There is also a competition tent with both junior and senior classes.

The classes are Best 4 decorated cup cakes, Best photo from the Eden valley, Best flower arrangement, Best Father's Day card and Best model made from recycled material. Entries to be on the field by **11am**.

For more information or to volunteer to assist on the day please contact Vickie Haddock shoequeen346@btinternet.com or 01931 713466

Educational Grants: The Bampton Endowed Schools Endowment

Last year the Charity made 13 grants totalling £4,550 to local young people. These awards were mainly to help them financially while they took part in a variety of post-16 educational courses at college, university, sixth-form or while undertaking apprenticeships.

The Trustees now invite applications for financial support from those who will be undertaking courses at any university, college or institution of higher or further education or at sixth-form level, in autumn 2023. Consideration will also be given to applications from those who will be taking part in other forms of post-16 education (including the study of music or other arts) to prepare for entry into any occupation, trade or profession.

To be eligible the applicant must be:

- Under the age of 25 on 1st September 2023
- Resident in the civil parish of Bampton, Cumbria or to have attended Bampton Endowed School.

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

Completed application forms must be received by **30th September 2023**.

Le groupe français

Le printemps est arrivé et les bois sont magnifiques couverts de jacinthes des bois et de stellaire. Le groupe français continue de se réunir dans la Petite Salle mais, lorsqu'il fait beau, nous nous retrouvons à l'extérieur pour profiter de l'air frais. Merci de nous rejoindre si vous passez. Les dates auxquelles nous nous rencontrons sont à la fin de la newsletter.

Marion Jones (713555) mjoneskili@gmail.com

Coronation Weekend

On behalf of the Village Hall Committee a BIG THANK YOU to all who helped, especially to Billy and Gillian Burrell for getting the decorations up – these were made by Janet Shepherd.

On Saturday morning we enjoyed watching the Coronation on the big screen, which Hazel Eccles and Patrick Lacey set up. A good number of people came along; food, coffees and teas were available – the food was provided by a donation from the fish farm at Burnbanks, sent to Maureen who organised the occasion thorough the Coronation sub-committee. A splendid cake was made by Janet Shepherd in the shape and decor of the Union flag, it was enjoyed by all. In the evening Billy and Marie entertained us and there was more food that had been provided, with cakes by Janet and smoked salmon – once again these provided non-stop eating.

On Sunday Bampton Valley Community Pub (BVCP), organised a BBQ at The Mardale Inn; the road was shut between 10am and 8pm with 168 meals being served at just £5 each. The atmosphere was wonderful and in the evening live music followed. Thank you to everyone involved.

Coronation Mugs

These were purchased with contributions from the Bampton Trust, BVCP and BMH, and were given to all children who were 16 and under in the Parish on Coronation Day, as a memento of this historic event.

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

The Village Choir

Wednesday afternoon has proved to be the best time for us to meet up and we are currently working on two pieces where we can sing together in parts best suited to our vocal range. If you would like to join in then we meet fortnightly in the Church Hall, **2 – 3pm**. The dates are shown in the diary section.

Marion Jones (713555) mjoneskili@gmail.com

Bampton Community First Responder Team

The team have been continuing to meet up to train with our last training session being on Burns with the emphasis being on cooling the burnt area as quickly as possible under cool running water for at least 20 mins. This first aid intervention can be undertaken by anyone and can make a huge difference to the amount of damage caused. We also recapped on Wounds and Bleeding with the focus being on control of catastrophic haemorrhage or a 'big bleed'. We discussed what is classed as a 'big bleed', when and how to apply a tourniquet and next steps in treatment. The next team meeting will be coming up soon and we will continue to train to be ready to help the community when needed.

I would also like to take this opportunity to thank everyone who has recently donated to the Bampton CFR team. It is very much appreciated. The team are very fortunate to be in a good financial position due to the previous fundraising efforts of the community, however, with our equipment nearing the end of its life we will need to start replacing it soon. 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*

Bampton Valley Stores

A warm welcome from James and the team at the newly named, Bampton Valley Stores. We are delighted to be up and running, supporting Bampton, Bampton Grange, Burnbanks, Butterwick, Knipe and Rosgill. We are open 7 days per week; 9am to 5pm Monday to Saturday and 10am to 3pm on Sunday. If you would like to get in touch with either of our stores, please call 01931 712187 or email askham.stores@outlook.com.

We have a wide range of general groceries in store and we are pleased to announce that since our alcohol licence was approved we now have beers, ciders, wines and spirits available along with a small range of tobacco products.

Our coffee shop provides fresh bean-to-cup coffee (provided by Farrer's) and a selection of teas. As well as cakes and sweet treats from The Lakes Bakery and sandwiches from Lakes Sandwiches, hot pies will be available in store soon.

Our popular sourdough bread from the More? Bakery in Staveley is now available in Bampton. Bread will be available from Friday afternoon each week. To avoid disappointment, if you would like to place an order, please let us know by Tuesday afternoon. We have a selection of meat from The Chopping Block: butchers in Penrith, available from Thursday mornings. Reservations need to be placed by Tuesday morning. Abbott Lodge Jersey Milk is now available and comes in fresh on Monday and Friday afternoons.

We have a small selection of locally sourced gifts in store, including Bampton Valley Stores branded biscuits and fudge and we will be expanding this range very soon to include cards, candles, pottery and Herdy products.

Newspapers and magazines are available on a reservation basis; however, we do have a very limited number of newspapers to purchase each day. Please let us know if you require any newspapers or magazines to be ordered.

Please do stop by to see us, we look forward to welcoming you.

James and the Team

Bampton Trust

Stead Bowness has retired from the Trust, and we will very much miss his practical advice and extensive local knowledge. This means that we have a vacancy for a new Trustee, so if you think you would like to join this small team of people working for the benefit of the Bampton community, please do get in touch. You could contact any of the current Trustees (listed on the village website) or email bamptontrust@gmail.com

Bampton Valley Community Pub Update

As we head towards summer with refurbishment of our six bedrooms complete, The Mardale Inn is now open and welcoming folks seven days a week. Our hours in **June** are from **4pm Monday to Thursday**, and **noon on Friday, Saturday and Sunday**. Closing time remains at 10pm apart from Friday and Saturday when it is extended until 11pm.

We are delighted that Emily, Louise and Wullie have joined our permanent team to support extended (kitchen) hours – and to welcome weary travellers from all over. Many other part time staff from the Valley are obviously helping them too. With more time available, our ‘locally sourced’ Chef Nick is taking the opportunity to plan some exciting changes in our food offer for the summer. Watch the notice boards and other channels for further updates!

Our sincere thanks are due to the Coronation Committee for organising such a splendid recent May weekend with Saturday at the Hall and Sunday at the pub. It was great to see the events so well attended, including the many from the Valley who enjoyed the closed road outside The Mardale on Sunday and the Street Party in the afternoon. The evening was topped off with The D:Ukes from Askham playing a memorable gig and everybody warmly welcoming a large party of young Ukrainians.

Both Saturday and Sunday were truly memorable community days in the Valley.

Finally, The Mardale Inn has been in the press a lot recently, including a 5 page spread in June’s ‘Cumbria Life’ highlighting our new rooms, our funding partners and our fantastic local partner suppliers. We also hit the heights of an editorial in the Herald on Saturday 20th May under the headline of ‘Cheers to our pubs’. With multiple threats to other pubs in the Eden area, the article was emphasising the importance of ‘this key part of our cultural and social fabric’ and the fortunate position we are in today in Crosby Ravensworth and Bampton Valley.

As the Herald editorial concluded, ‘Fancy a pint, anyone?’!

The BVCP/Mardale Inn Team

Bampton REMOTE cinema

We look forward to preparing an exciting programme of films ready for the August-September newsletter. Keep watching this space!

Meantime, on BBC iplayer Storyville series, there is a gently comedic, profoundly moving film made in 2022 called “A Bunch of Amateurs”. It’s a respectable 90 minutes long; worth a look. Happy viewing whatever you’re watching and have a great summer.

Call Hazel (713311) for any questions or requests for films.

Bampton REMOTE cinema committee

Extracts from ‘100 Years Ago’ in the Herald

Bampton 1801 – 1829

(Mainly from Parson and White’s Directory, 1829)

Bampton parish had 600 people in the 1801 Census; 595 in 1811’s; and 614 in 1821’s. Its soil in the valley bottom was very fertile. The two ancient owners were Patrick de Culwen and one of the Cundales, whence its two parts’ names of Bampton Patrick and Bampton Cundale.

The de Culwens became Curwens of Workington. By 1770 Bampton Patrick belonged to Francis Warwick Esq. (of Warwick near Carlisle), who sold it in 1772 and died soon after. His purchaser was E. W. Hasell Esq. of Dalemain, whose ancestor was Lady Anne’s steward.

Bampton Cunsdale was sold to the Clyburnes of Cliburn, who sold it to the Lowthers.

Thornthwaite was originally a thorny clearing in a large forest; it was there by 1274. By 1829 its manor house (Thornthwaite Hall) had a road to it from Bampton. The road’s name was (is) Walmgate, there by 1366, when it ran through land full of snakes (grass-snakes, slow-worms, adders etc.) as its name shows.

The parish had three libraries, begun in 1710, 1750 1757, comprising a total of 800 books, open to Bampton parishioners. It had three schools, each endowed to help pay the running costs, viz the Grammar School, (which) ranks as high as any in the county, founded by the Rev. Dr. Sutton, 1623, endowed with over £80 p.a. (now in 2023 = over £8,000); Measand Free School, est. 1713, worth £40 p.a.; and Rough Hill School, est. 1662 by Edmund Noble and worth £9 p.a., taught by Miss Ann Noble. The Master of the Grammar School is the Rev. John Bowstead these 52 years; he ran it as a boarding school; high standard. He was also Curate of Mardale.

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 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 August/September issue is 5pm on Sunday 23rd July. 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)

JUNE

Th 1 st	Bell Ringing practice, from 7pm
Su 4th	Holy Communion by Extension with Neil, 9.45am
Mo 5 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 7 th	Village choir, Church Hall, 2-3pm
Th 8 th	Bell Ringing practice, from 7pm
Su 11th	'Café Church', Church Hall, 9.45am
Mo 12 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 14 th	French Group, Small Hall, 2.30-3.30pm
Th 15 th	Bell Ringing practice, from 7pm
Su 18th	Holy Communion with Stephen, 9.45am Family Fun Day. Gates open 12pm
Mo 19 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 21 st	Village choir, Church Hall, 2-3pm
Th 22 nd	Bell Ringing practice, from 7pm
Su 25th	Holy Communion with Sheila Clark, 9.45am
Mo 26 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 28 th	French Group, Small Hall, 2.30-3.30pm
Th 29 th	Bell Ringing practice, from 7pm

JULY

Su 2nd	Holy Communion with Sheila Clark, 9.45am
Mo 3 rd	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 5 th	Village choir, Church Hall, 2-3pm
Th 6 th	Bell Ringing practice, from 7pm
Su 9th	'Café Church', Church Hall, 9.45am
Mo 10 th	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
We 12 th	French Group, Small Hall, 2.30-3.30pm
Th 13 th	Bell Ringing practice, from 7pm
Su 16th	Holy Communion with James Bell, 9.45am
Mo 17 th	Tinclar's Library, Church Hall, 12-2pm

Tu 18th Pilates, MH, 5.30pm and 6.30pm
 Bampton Parish Council Meeting, MH, 7.30pm. All welcome
 We 19th Village choir, Church Hall, 2-3pm
 Th 20th Bell Ringing practice, from 7pm
Su 23rd Holy Communion with Stephen, **9.45am**
 Mo 24th Tincar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 We 26th French Group, Small Hall, 2.30-3.30pm
 Th 27th Bell Ringing practice, from 7pm
Su 30th Joint Holy Communion service with marriage blessing,
 with Stephen at Crosby Ravensworth, **11am**
 Mo 31st Tincar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm

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

Mental Arithmetic

Private lessons in mental arithmetic online. Develop memory, speed of thinking, attentiveness and also it prevents the development of dementia. Classes are suitable for both children and adults. Sign up for a free trial lesson with Evgenia by , Telegram, WhatsApp, Viber +447990355511

