

BAMPTON PARISH NEWSLETTER OCTOBER – NOVEMBER 2023



Hello,

In 2018, the school of which my wife was headteacher celebrated its 70th anniversary. It had been rebuilt in 1948, after a stray bomb, intended for Hatfield Aerodrome, demolished the Victorian building. For the celebrations, the headteacher's log book was retrieved from the archives. The most notable entry from 1948 was one that recorded a two-week closure of the school, in the middle of term, so that the children could help with the harvest. Back then, it was all hands to the pumps – or rather, scythes. These things are still in living memory. The odd hand went up in church this week when I asked if anyone remembered it. A few also remembered time off for potato picking.

Harvest has always been about more than just the week in which the local cereal or grass crop was brought in. When I was studying in Cambridge, you couldn't ignore the beet harvest, which went on continuously from about September to March. Lorries rolled constantly into the huge, smelly

factory at Bury St Edmunds. Out the other end rolled neat, clean packs of *Silver Spoon* sugar.

Research released in 2016 suggested that more than a quarter of UK children under 8 didn't know that eggs come from chickens. Another survey of children aged 6 to 11, conducted in 2019, showed that one third didn't know that tuna was a fish, and that one in ten thought that eggs were laid by cows. At the same time, 90% said that they liked being in the kitchen and most had some grasp of the 'five a day' principle. It isn't that people don't want to eat, or even to eat well, but some are growing up without an adequate understanding of where our food comes from.

We can't be expected to keep ourselves healthy, let alone make decisions (and vote!) on complex questions like agricultural policy and land use, if we don't have an understanding of how plants, animals and minerals are harvested, reared and mined. There are hard choices to be made in the coming decades about how we generate energy and obtain the resources that we need. Hard choices require good and generous understanding.

Harvest in church has always tended to be driven by the main crop of the area in question. In the recent past, there has also been tension as congregations switch from the traditional display of fresh produce, to the rather less inspiring (but more easily distributed) pile of tins.

What should unite harvest in every place and every time is the emphasis on thanksgiving: the idea that we depend upon the resources of the earth, and those who harvest, extract or process them for us, in order that we should all be sustained in comfort, health and life.

It's possible to be thankful, to celebrate good things and those involved in their provision, without taking either for granted; without assuming that we have an entitlement to whatever we want, whenever we want it. Seasonality, standards in environment and welfare, sustainability and the supply chain are under threat today like never before – as are many of the communities on which we depend for our national production.

Harvest is a time to be thankful. It is also a time to move beyond holding up a tin of meat or vegetables on one day of the year, saying thank you, and then shipping it off to a charity. There's a daily challenge to be faced in choosing how we eat, how we produce food and other goods. It's a live issue every day of the year.

Stephen

Contact Details

Elizabeth Coy, Church Warden

01931 713211

Maureen Barber, Church Warden

01931 713314

COME AND JOIN US
for
ST PATRICK'S CAFE CHURCH
on **8th October at 9.45am** for our Harvest Service, followed by a
Bring and Share lunch
and
on **5th November 9.45am** Dave Scott from Butterwick
will be speaking about his Buddhist faith

Festive Supper

The date for this year's annual Christmas supper will be **Friday, 17th 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 will be £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, 2nd 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

Tinclar's Library

The library will be open every Monday **from 12 noon until 2pm** during October and November.

The Trustees

Bampton Parish Council

Help with the cost of living

Are you struggling to meet the increasing costs of food, energy, water and other essential bills? Westmorland & Furness Council have received £1M in Government funding to support low income households including families with children of all ages, pensioners, unpaid carers, care leavers and disabled people.

The fund will support residents with essential costs related to energy, food, water and essential wider costs. A sustainable contribution towards energy costs is particularly encouraged, for example the insulation of hot water tanks, fitting draft excluders to a door, or replacing inefficient lightbulbs or white goods.

Applications can be made online by 31st March 2024 or you can call the Welfare Team on 0300 373 3300.

Welcome

We are delighted to welcome David Bletcher, who has joined the Parish Council as a Councillor and we look forward to his positive contributions towards local issues that may affect our residents.

Bampton & District Local History Society

The 2023/2024 season of meetings of the Bampton & District Local History Society (BDLHS) commences on **Tuesday, 3rd October** with an address by Lee Schofield. Lee, the Site Manager for RSPB at the Haweswater Estate, is also the author of an award winning book for Nature Writing, and is well known to many residents in the area. His subject is "Fighting for Nature on a Lake District Hill Farm". The meeting is to be held in Bampton Memorial Hall **at 7.30pm**, commencing with a short AGM of the BDLHS.

The season continues with the next meeting of the Society on **Tuesday 7th November at 7.30pm** with a talk by Donald Angus of Threlkeld, "A History of Mining in the Lake District".

The December meeting will be an afternoon meeting **from 2pm on 5th December**, and will be held in the Mardale Inn by kind invitation of the BVCP. The Inn itself will be the subject, introduced and led by Phil Sweetland, exploring past history, and the more recent events leading to its reopening as a community asset. Members are invited, and indeed encouraged to bring memories, photographs and reminiscences of The Mardale Inn at St. Patrick's Well.

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 (07970 154084).

Andrew Yates, Chair BDLHS

The Crown and Mitre

As many of you know the Crown and Mitre was sold in October 2021 and has been operating as a large, unmanaged, single use holiday let, since then. The new owner failed to apply for planning permission for this change of use, which resulted in the Lake District National Park issuing a planning enforcement notice on the 29th September 2022.

In June of 2022, a large number of residents of the village, backed by the Parish Council, managed to have the Crown and Mitre accepted as an Asset of Community Value, which we believe helped persuade the park to issue its enforcement.

As expected, Joof Hotels (as they were known then) put in an appeal against this enforcement. This allows the company to continue to operate as a large self-catering unit, until the appeal is heard.

Bampton Grange residents will be well aware of the adverse impact which the current use of the Crown & Mitre (and the actions of some of those who have hired it) has had upon the area and upon those who live nearby.

During the last eight months representations have been made about the situation to a variety of local bodies and we have now heard that the appeal is unlikely to be heard until the end of the year. This will take the form of a hearing, which all concerned individuals are allowed to attend. We have been advised that it would be in our favour to have as many people as possible supporting the enforcement to attend the appeal hearing. We would also like to take this opportunity to thank all of those who have expressed their concerns. It has been greatly appreciated.

If you would like to know when the hearing actually takes place, then please contact Aileen or Alison at the email address below and we will let you know as soon as we have a date.

*Peter and Aileen Salway (aileen.salway@hotmail.co.uk)
David and Alison Kitchen (oldforgebampton@btinternet.com)*

Le groupe français

L'automne est arrivé donc nos réunions dehors sont probablement terminées. Nous espérons que les tempêtes ne nous empêcheront pas de continuer à nous réunir à la salle des fêtes. Rejoignez-nous si vous souhaitez explorer la langue française. Please join us if you would like to explore the French Language. Dates at the end of the newsletter.

Marion Jones (713555) mjoneskili@gmail.com

Bampton Valley Community Pub Update

It's certainly been a busy Summer at The Mardale Inn. Our six bedrooms have been very well utilised by 'Coast to Coasters', 'M6 Overnighters' and many others who have enjoyed a stay in the friendliest Valley in Cumbria! Whilst under a deal of pressure to juggle diners and drinkers in a small building, our team have done a fantastic job continuing to build The Mardale's unique reputation. Many visitors have reported how welcoming colleagues and locals are, as well as being very complementary of great service received.

The Summer has already proved its financial value in attracting the visitor income that is so critical to survive the less hospitable winter months and to support predictable employment for a team of awesome colleagues. This applies both to the pub and to Bampton Valley Stores.

The pub has directed its visitors to our local shop to buy locally sourced goods that it uses day to day – as well as sandwiches, pasties, papers, coffee and ice creams etc. With parishioners' ongoing support, we are optimistic that the pub and the shop can sustain a heart to Bampton Valley delivering both convenience and local employment.

One of the most satisfying aspects of the pub is the opportunity to give local youngsters well managed, early work experiences. We are very deliberate about adhering to appropriate maximum hours legislation but as youngsters progress in their lives, we are always eager to hear from new folks who want to join us. Please pop into the pub anytime to chat about possibilities – send an email to jobs@themardaleinn.com or message us on Facebook.

Our Autumn/Winter opening hours are already in place (4pm onwards Monday to Thursday and from noon on Friday, Saturday and Sunday). Food is served seven days a week from 5.30pm as well as lunchtimes on Friday, Saturday and Sunday.

We are also reintroducing a number of popular things from last year. From **October 6th** for instance, the 'Bampton Valley Seniors Friday Winter Lunch' promotion of 20% off will return **from noon to 2pm**. This year with our new windows, doors and insulation, we can truly guarantee a 'Winter Warm Spot' to enjoy the afternoon with friends. We are also continuing to make small accessibility improvements to make it easier for older visitors (for instance we will offer a wheelchair ramp on request in the near future).

Darts will be returning on Wednesday nights as well as more music nights. The Pub Quiz will be every fortnight on a Sunday evening from mid-October. Our various Valley committees & groups are encouraged to meet in, or at least retire to, the Pub Snug from time to time. Just let us know when and we can reserve the area for you.

Chef Nick is working on plans for a new Autumn menu which will include more locally sourced produce. We are aiming to do some Theme Nights including a Burns Night in January. The 'Mardale Inn Loyalty Card' (MILC) will finally appear in October offering coffee shop style discounts to 'loyal locals'!

As you can see, lots of things are planned at your 'community local'. Please look out for further information on our website at www.themardaleinn.com and our Facebook page as well as posters in the pub and around the Valley. We look forward to seeing you again soon – and always welcome any additional ideas to make the Mardale 'More Than a Pub'.

The BVCP/Mardale Inn Team

Community Lunches

Autumn has arrived and it is now time to begin the monthly Community Lunch in the Memorial Hall again. We will be offering a choice of soup and pudding, home-made bread, tea or coffee and chocolates – and the price has remained the same as last year at £5.00 per person. The dates are as follows:-

17th October

14th November

12th December

16th January

13th February

12th March

Doors open at 12 noon.

If you would like to join us but cannot get a lift, please contact Jane Storey on 01931 713490. We look forward to seeing you all again.

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

The village choir meets fortnightly in the Church Hall. Most people have been busy over the summer so we're still building up our repertoire of old favourites and new pieces. Come along if you like to sing. The dates and times are in the diary section of the newsletter.

Marion Jones (713555) mjoneskili@gmail.com

Memorial Hall 50/50 Club 2023

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

1st Prize: £20 Marion and Mike Jones

2nd Prize: £12 Noel and Kathleen Longmire

3rd Prize; £10 Heather & David Pitt

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

Indoor Bowls

Our Winter Indoor Bowls season will return on **Wednesdays at 7pm** in Bampton Memorial Hall starting on **4th October**. New players are always welcome, so if you would like to "Have a Go" just turn up at the Hall. Equipment is provided with tea, biscuits and chat at half time.

Contact me for further details: kenarmstrong396@gmail.com or 713309

Bampton REMOTE cinema

It's on with the season!

14/10/2023 The Unlikely Pilgrimage of Harold Fry (2023, 12, 108 mins)

11/11/2023 Everything, Everywhere, All at Once (2022, 15, 139 mins)

16/12/2023 Mission Impossible Dead Reckoning Part 1 (2023, 12A, 163 mins)

20/01/2024 Pretty Red Dress (2022, 15, 110mins)

The Unlikely Pilgrimage of Harold Fry: stars Jim Broadbent and Penelope Wilton and is based on the bestselling novel by Rachel Joyce. "These boots are made for walkin'" and that's just what he does all the way from South Devon to Berwick-Upon-Tweed. This original and heartfelt take on the coming-of-age story will tug at your heartstrings.

Everything, Everywhere All at Once: Much more than a sci-fi movie (a first in the genre for Bampton Cinema) this is the best of absurdist comedy drama, winning seven Oscars and Best Picture at the Academy Awards. A Chinese American is swept up into an insane adventure in which she alone can save existence by exploring other universes and connecting with the alternative lives she could have led.

Tickets will be on sale at Bampton Stores **for Harold Fry on Wednesday, 27th September to Wednesday, 11th October** if you wish supper + film... and who wouldn't as it's a fish and chip supper...of course! Tickets are on sale at the door on the night for film only as usual. It's useful for us to have a contact list for those buying a supper ticket plus film and the shop will record that. Do please take advantage of the vegetarian option available as we are happy to provide for that. Look out for the posters for **the November film, ticket dates for that will be available from Wednesday 25th October to Wednesday, 8th November**, same place, same price.

Adult meal + film: £12; U16 meal + film: £9. Film ticket price, adult: £5; U16:£2.

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** in Bampton Memorial Hall and **the film starts at 7.30pm**. Ice-creams at the interval with a new flavour added, mango sorbet and our familiar favourites: Just Jersey, Blackcurrant and Chocolate for only £2.

Thank you for a great reception on September 16th for A Man Called Otto. Especial thanks to the crumble cooks, Vickie Haddock and Catherine Lacey and to Bampton Stores for handling the tickets with aplomb.

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

Hazel, Mike, Dave, Sue: Bampton REMOTE Film Committee

Bampton Valley Stores

Many thanks to all of our customers for helping to make it such a successful start at Bampton Valley Stores. The team and I have enjoyed seeing the village shop come to life over the short few months that we have been there. It has been a pleasure getting to know the residents of Bampton and those further afield and welcome those who have not been into the shop for a while. I would also like to thank the members of the Mardale committee and the Bampton Trust for their support throughout and for helping us to settle in so quickly.

The shop could not have been luckier to open its doors with such a fantastic team; Cheryl, Jacqui & Jonny have all gone above and beyond to support each other and to make sure the shop is exactly what the village needs. We sadly say goodbye to Jonny, who is leaving us for pastures new in Wetheral and to Cheryl, who is beginning her long awaited dream of owning and running her own shop in Shap. We wish them both lots of luck for their future adventures.

Bampton Valley Stores stocks a range of essential groceries as well as locally made products and gifts. The More? Sourdough bread from Staveley has been hugely popular and can be reserved weekly. The Chopping Block butchers in Penrith provides us with our meat selection and Cranstons with a selection of pies. The coffee shop has a new, recently installed coffee machine, serving Farrer's coffee from Kendal. If you require anything that you cannot find on our shelves, please do ask as it could be brought from Askham the following day or ordered for you. Either ask in store or call/email James on 01931 712187/askham.stores@outlook.com

As we move into the winter months, we will now be stocking logs and kindling. Our hours for the shop at both Askham and Bampton will also be changing to the following from Sunday 1st October:

Askham: Mon – Sun 8am to 4pm

Bampton: Mon – Sun *9am to *3pm

*This is to still allow for the collection of newspapers and stock to and from Askham during their hours of business.

Thank you once again from James and the team at Bampton Valley Stores.

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*

End of Summer Ceilidh Thanks

Thank you so much to everyone who came and had fun at my fundraising ceilidh at the start of September. It was a terrific evening with lots of jolly dancing and some incredible live music from Eden Valley Ceilidh Band and their caller, Douglas, who put up with us very well! We raised an amazing **£752.96** for Project Trust.

A massive thanks to Leslie and Maureen who ran the bar and Lucinda who cooked a great spread for the buffet.

For those who would like to follow my journey in Senegal: you can keep an eye on our Facebook/Instagram Page [@yenegals.in.senegal](https://www.facebook.com/yenegals.in.senegal)

Thank you and see you all in a year!

Alexa

Bomby Green, an update

Autumn time again, after a summer of mixed fortunes. The early hot and dry weather meant there were fewer flowers early on but later once the rain had come there was a fine display. We were let down in connection with the green being mown but a local farmer stepped up and topped it. Our thanks go to him. Just taking the longest growth will keep the green tidy but in future a proper cut would help flowers to flourish.

As always if anyone is interested in helping to keep the green in good shape, you will be very welcome. Contact me on kallycooke@gmail.com.

Katharine Cooke for the Bomby Green management committee

Bampton Mobile Post Office

Bampton Post Office operates from the Memorial Hall on **Wednesdays between 9.00 – 10.30am**: most postal services continue to be available from this mobile unit.

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 December/January issue is 5pm on Thursday 23rd November. Please send all items to Heather Pitt (Tel no: 07970 154084) pathfinders2728@gmail.com or Jane Storey (Tel no: 01931 713490) roger_storey@btinternet.com. Thank you.

PARISH DIARY (Note MH = Memorial Hall)

OCTOBER

- Su 1st** Holy Communion with Sheila Clark, **9.45am**
Taizé service with Stephen, **6pm**
- Mo 2nd** Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- Tu 3rd** BDLHS, MH, 7.30pm, "Fighting for Nature on a Lake District Hill Farm" by Lee Schofield, preceded by the AGM
- We 4th** Village choir, Church Hall, 2-3pm
Indoor Bowls, MH, 7pm
- Th 5th** Bell Ringing practice, from 7pm
- Su 8th** 'Café Church', Church Hall, **9.45am**
- Mo 9th** Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm
- We 11th** French Group, Small Hall, 2.30-3.30pm
Indoor Bowls, MH, 7pm
- Th 12th** Bell Ringing practice, from 7pm
- Sa 14th** Bampton Cinema, MH. "The Unlikely Pilgrimage of Harold Fry" Doors open 7pm
- Su 15th** Holy Communion with James Bell, **9.45am**

Mo 16th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

Tu 17th Community Lunch, MH, from 12 noon

We 18th Village choir, Church Hall, 2-3pm
Indoor Bowls, MH, 7pm

Th 19th Bell Ringing practice, from 7pm

Su 22nd Holy Communion with Stephen, **9.45am**

Mo 23rd Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

We 25th French Group, Small Hall, 2.30-3.30pm
Indoor Bowls, MH, 7pm

Th 26th Bell Ringing practice, from 7pm

Su 29th Joint Holy Communion service, with Stephen at Shap,
10.30am

Mo 30th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

NOVEMBER

We 1st Village choir, Church Hall, 2-3pm
Indoor Bowls, MH, 7pm

Th 2nd Bell Ringing practice, from 7pm

Su 5th 'Café Church', Church Hall, **9.45am**

Mo 6th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

Tu 7th BDLHS, MH, 7.30pm, "A History of Mining in the Lake
District" by Donald Angus

We 8th French Group, Small Hall, 2.30-3.30pm
Indoor Bowls, MH, 7pm

Th 9th Bell Ringing practice, from 7pm

Sa 11th Bampton Cinema, MH. "Everything, Everywhere, All at
Once" Doors open 7pm

Su 12th Remembrance Sunday service, **9.45am**

Mo 13th Tinclar's Library, Church Hall, 12-2pm
Pilates, MH, 5.30pm and 6.30pm

Tu 14th Community Lunch, MH, from 12 noon

We 15th Village choir, Church Hall, 2-3pm
Indoor Bowls, MH, 7pm

Th 16th Bell Ringing practice, from 7pm

Fr 17th Festive Supper, Church Hall, 7pm

Su 19th Holy Communion with James Bell, **9.45am**

Mo 20th Tinclar's Library, Church Hall, 12-2pm

We 22nd Pilates, MH, 5.30pm and 6.30pm
 French Group, Small Hall, 2.30-3.30pm
 Indoor Bowls, MH, 7pm

Th 23rd Bell Ringing practice, from 7pm

Su 26th Holy Communion with Stephen, **9.45am**

Mo 27th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm

We 29th Village choir, Church Hall, 2-3pm
 Indoor Bowls, MH, 7pm

Th 30th Bell Ringing practice, from 7pm

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