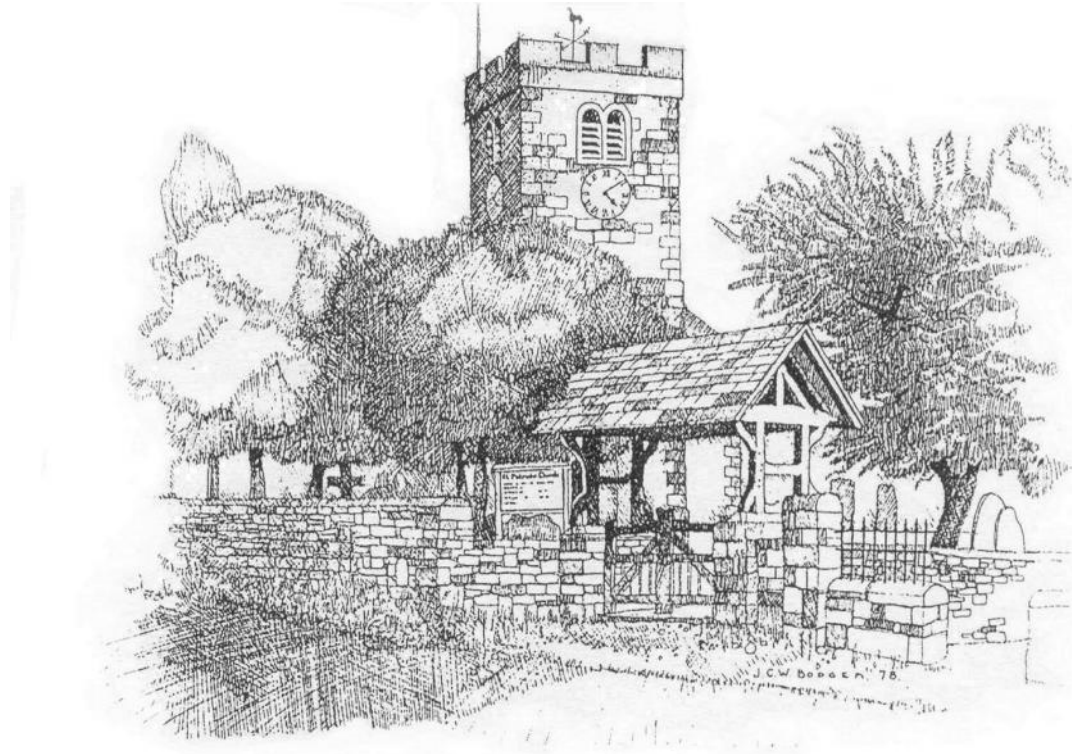


BAMPTON PARISH NEWSLETTER AUGUST – SEPTEMBER 2015



Dear Friends

It is a saying attributed to Desmond Tutu and goes a little like this, 'If you are busy pulling bodies out of the water it is worth taking a walk upstream to see who is throwing them in'.

'Walking upstream' was the title of a talk given by the Bishop of Manchester, David Walker, in Kendal recently. He was speaking to an ecumenical group about the work he has done to support 'homeless' people. His work started with listening to the stories of people who found themselves homeless. He started to sense a pattern and through that got involved with work on the causes of homelessness. He has been involved at local, county, regional and latterly national level trying to address the subject of those who were homeless. He was arguing, like Desmond Tutu, that sometimes we can get so busy trying to sort out the immediate consequences of a problem that we fail to look for its deep seated cause – further up stream.

However, while I found his story very interesting what particularly struck me was his thinking about what made a 'home'. He argued that although people may actually have a place to lay their heads, if that place was not their space, if they could not decide who comes into the space and who stays out – then these people were homeless. So they could be 'couch surfing'; sleeping on friend's sofas or using night shelters but if they did not have their own space, a place they could

totally switch off, then they were in a very real sense 'homeless'. I had always thought of homelessness as people who slept on the streets and people like those who sell 'Big Issue' in Kendal and Penrith. However, his definition made me think more deeply about the issue. Surely we do not have elements of homelessness in this area – do we?

However, I got to think. If somebody cannot afford to move out of their parent's home because the local rents are too expensive or gathering a deposit for a house in the area is beyond their means – they too could not really decide who is in their space. They may love their family dearly but feel that they need their own space and can't have it. In a sense they are without that place they can relax – in a way they are suffering a form of 'homelessness'. Or if a person has to travel away from Monday to Friday or longer in order to find work to support themselves and possibly their family. When they live in B&Bs most of the time – that feeling of being separated from those they love – is that a kind of 'homelessness' too? Or if a person cannot live in their community anymore because they are living in a house that is now considered by somebody else to be too big for them; even if there are no smaller houses in the area to live in. When they have to leave their 'home community' and live in a strange place or pay extra money they cannot afford....to what degree is that 'homelessness'? Of course it is different from having no place at all...but that sense of isolation, not having 'your space', is a very real rural issue. Jesus knew about this sense of homelessness. It is recorded in Matthew 8:20 that he said, "Foxes have dens and birds have nests, but the Son of Man has no place to lay his head". He obviously felt that the nomadic lifestyle his itinerant ministry imposed on him meant he felt the sense of isolation, of not having a place where he could just relax and regulate who came in and out of 'his space'. Instead the Gospels tell of times when he was exhausted but still people came demanding more from him. How he must have longed for a quiet place just to rest and recuperate in order to face the world afresh on his own terms. So often when we have homes it is difficult to realise just how hard it is for those who are forced to be constantly restless, on the move. When we reflect on this and how Jesus felt their pain amidst his own life, it helps us reflect on those who are 'homeless' today. It is not something that individuals can sort out – we can help a few individuals but these are just the 'bodies' we see. However, we can encourage our elected representatives to know that we will support them in trying to tackle the root causes of these kinds of 'homelessness'.

Two issues come to mind. Those who need places to live here in this area and those who we hear about on the news who flee from what was once home, risking life and limb, desperate to get away. Indeed they may experience only fear now where once they felt 'at home'. To tackle this kind of homelessness will take more than just dealing with the immediate problems. However, those of us with homes can pray and support those who seek to change the situation 'upstream'. That way perhaps eventually we may see less of this pain 'downstream'.

*Yours,
Beverley*

Contact Details

Beverley Lock, Priest in Charge	01539 624045
Sandra Ward, Curate	01539 624125
Tony Hall, Church Warden	01931 713204
Elizabeth Coy, Church Warden	01931 713211
Kathy Jenkins, Church Warden	01931 714400

Parish Records

In Memoriam

L/Cpl Tom Mounsey, 1st Battalion Border Regt. KIA at Gallipoli, 11th June 1915 aged 24

L/Cpl James Mounsey (brother of the above) Canterbury Mounted Rifles, New Zealand Expeditionary Force, KIA at Gallipoli, 7th August 1915 aged 25

Drop in for Coffee

Our drop-in mornings are continuing to be a great success, providing opportunities for a warm drink and a catch-up. Our drop-in dates for the next two months are **Wednesday 12th August** and **Wednesday 9th September**, any time between **10.30am** and **12 noon** in the Church Hall.

As before, this is not a fund raising event; it is just an opportunity to get out and meet people. If you would like to come and need a lift, then please contact me. We look forward to seeing you.

Diana Nicholson 713194

Three special services in August

Sunday 9th August at 6pm. You are invited to an informal (we hope outdoor) service at Aragon, Naddle Gate, followed by a bring and share picnic supper. We hope that the weather will be kind so that we can all enjoy Chizzer's garden, but there is room for everyone inside if it is wet! Many thanks to Chizzer for the invitation. All are very welcome whether you live in the village or are visiting.

On **Sunday 16th August at 10.30am** there will be a joint service with Shap, at St. Patrick's, Bampton to commemorate the 80th anniversary of the last service at Mardale. The order of service will be the same as the original order of service. There will be exhibitions about Mardale at the back of the church and refreshments after the service. Again, all are very welcome to attend.

The service on **Sunday 31st August at 10.30am** is at the Shap Wells Hotel and will encompass a Well Dressing done by some of the participating churches, an open air element to the service at the Well and the joint choirs of the High Westmorland Parishes and those of Leith – Lyvennet Parishes. An optional lunch at the Hotel can be booked. This was a terrific service last year and everyone is welcome to come and join in.

Bampton PCC

Christian Outreach

A five week course will be run this autumn at Bampton Church Hall examining the Christian outreach in the developing world. It will take place on five **Wednesdays** beginning on **7th October & concluding on 4th November** from **7.30pm – 9pm**.

This course will encompass the moral dilemmas of offering support to people in countries that are dependent on western support and will be led by Mr. Neil Hughes, Reader and with a real interest in this subject.

If you are interested please can you let Neil know at: neil.hughes@cumbria.gov.uk or ring 01931 713401.

Boon Days

Many thanks to everybody who came along to the recent Boon Days when work was undertaken at the Knipe Road cemetery and around the church – we now have a beautiful weed-free path! Please keep an eye open for dates in the next magazine – your assistance is always invaluable.

Andrew Yates 713343

Village Choir

The Village Choir will begin again on **18th August** and meet every **Tuesday** in the church hall throughout August and September. We shall be concentrating on items for the Old Time Music Hall in November and always welcome new members, musicians as well as singers – there are no auditions! Check the diary section at the end of the magazine and come and join in when you can.

Marion Jones

Tinclar's Library

Excursion to St. Mary's Church, Wreay – this follows the article in the June/July Newsletter. The date of the visit is **Wednesday 19th August**. We will offer car sharing to those who require transport and set off from the Memorial Hall at **10.30am**. There is a turning off for Wreay from the A6 at Low Hesket. Lunch is available from 12 noon at The Plough Inn in Wreay, but we will need to gather at the Church by 2pm as we will be shown round by a local guide at that time. This excursion is open to all comers, but would anyone who has not yet registered their interest with John Stacey kindly do so on 713306.

The Library will be open in the Church Hall on **Mondays 3rd August and 7th September** from **7-9.30pm**.

The Trustees

Pilates

Pilates is thriving in Bampton with men and women, old and young, of all shapes and sizes, enjoying a good stretch and a feeling of well being – and at the same time working on any injuries they may have. Please do join us on **Mondays 7-8pm or 8-9pm** at the Memorial Hall. For further details contact Alexis Jones on 07411 902674 or visit my website www.penrithphysiopilates.co.uk

French Group

After a long 'hot' summer during which I'm sure you have all been practicing your French, the conversation classes will resume on **Monday 7th September at 2pm.** All are welcome.

Marion Jones

Bonfire Night

I know summer is not over but time marches on! We need volunteers to keep this a very enjoyable event so will be very pleased to see new helpers at a bonfire meeting to discuss the event in the Crown & Mitre on **Thursday 3rd September at 8pm.**

Maureen Barber

Dominoes

There will be a Domino evening on **Thursday 20th August** and on **Saturday 19th September**, both at **7.30pm** in the Memorial Hall. All welcome.

Dot Lightburn 713206

Bampton Memorial Hall

Annual Report of the Trustees for the Year 1st May 2014 to 31st March 2015

The Memorial Hall has continued to be very well used throughout the year. Events take place on most days with a very wide range of activities involved. What a busy place is Bampton! Long-standing users include the Parish Council, WI, Bampton Local History Society, Indoor Bowls, Pilates, the Red Squirrels Toddler Group, and a Dominoes Group. The Remote Touring Cinema, sponsored by Eden Arts, continued their successful shows with seven events and now include a pre-film meal in the Hall. Over the last three years a total of 19 films has been shown and films are set to resume in the autumn. Bampton First Responders use the Hall for their regular training sessions and a successful Big Breakfast was held during the year as a fund raising event for the team. The Hall also provides the base for Bampton Sports Day, the Raft and Duck races on the river and the Winter Sports. Regular users of the hall facilities from outside the parish included the RSPB, Mountain Rescue and Outward Bound groups while United Utilities held a meeting for the parish to discuss their plan for the Haweswater catchment area. Once again the Eden Runners' Half Marathon was based at the Hall with over 500 participants taking part. A team of Hall and WI volunteers provided a wide range of refreshments and, in spite of very taxing conditions, the event was deemed a great success. The event provides a welcome income to the Hall as well as achieving good publicity for the village and the Hall facilities. The field adjacent to the Hall has become a popular venue for camping groups who welcome the combination of Hall facilities and open air spaces.

The stand-out event of the year was the village pantomime, Jack the Giant Slayer. The production, over three nights, was another outstanding performance. Although it stretched the cast (and the Hall facilities) to the limit, it again demonstrated the

importance of the Hall in contributing to the great community spirit that is characteristic of Bampton.

Many improvements to the Hall and regular items of maintenance were undertaken during the year. Repairs were done in the shower room and the disabled toilets, new emergency exit doors were installed, a new gate and fencing adjoining the field were put in place and the main gates were repaired, repainted and rehung. The stage was strengthened in preparation for the panto and a new handrail by the stage steps was installed. The improvements made last year to the Small Hall have proved a great success. During this year portraits of Admiral Sir Charles Richardson and Charles Noble Stacey were rehung and a short biographical description, prepared by the History Society, added. The History Society most generously provided the funds to install a set of wall mounted display panels that can be used by village organisations to display their activities.

50 new chairs were purchased to replace about half of the old and very tired existing chairs; it is hoped to replace the rest during the coming year.

The cost of maintaining the Hall continues to rise and so it is vital that the many sources of income keep growing. These include Hall lettings (just over £4,000 this year), the 50:50 Club (£1,004), income from the pv panels on the roof (£1,653), from the recycling facility (£498) and car parking fees (£194). Major expenses included insurance (£992), water, electricity and gas (£959), repairs (£3,101) and purchase of other equipment (£1,417). On a total income of £14,361 there was a surplus of £2,629 which will be put towards our reserves for future maintenance and capital expenditure.

Of increasing concern during the year has been the amount of 'fly-tipping' around the recycling area. This is difficult to police and control, the result is unhealthy and unsightly, and requires members of the committee having to clear the mess. We would encourage anyone who sees such tipping activity to tell a member of the committee and, if possible, identify the culprit.

During the year Laila Carruthers relinquished her role as Bookings Secretary; many thanks to Laila for helping to make a significant increase in the range and number of bookings. Lucinda Weymouth has taken over the bookings role in addition to being secretary. As always the Hall can only continue to operate because of the voluntary help of many in the village. The Trustees wish to thank all who have contributed to the success of the Hall during the past year. Particular thanks are due to the Trustees and Committee members who devote much time to ensuring the continuing success of the Hall.

John Garside, Chair, Bampton Memorial Hall

Bowls

Although bowls usually recommences around the middle of September, as several members will still be away on holiday it has been decided that **Wednesday 7th October** will be the first night this year. New players are always welcome so why not come along and give it a go!

Malcolm Evans

Bampton Amblers

We are half way through summer and have enjoyed some lovely evening walks around Dalemain and Dacre, up Hallin Fell and (nearly all the way up) Dodd! These have been contrasted with ascents of Barrow, Outerside and The Knott – all very enjoyable – in quite good weather. Our evening walks will continue throughout August while some daylight is still available but will cease from the beginning of September. We have been joined by some new walkers over the summer and hope to see more fresh faces during the next couple of months. Some routes have yet to be finalised but dates for your diaries are as follows:

Tuesday 4th August Meet at 6.30pm Alison (713350)

[Easy: Wet Sleddale round – 3 miles]

Tuesday 11th August Meet at 9.30am David & Heather (716861)

[Hard: Swarth Fell & Wild Boar Fell – 9½ miles] *We shall be taking the Classic Bus from Ravenstonedale to Aisgill on this walk*

Thursday 20th August Meet at 6.30pm David & Heather (716861)

[Easy: Rough Hill & Stanegarh – 3¾ miles]

Monday 24th August Meet at 9.30am David & Katharine (713392)

[Mod: Longlands Fell, Great Sca Fell & Brae Fell – 6 miles]

Tuesday 1st Sept Meet at 7pm Ken & Rita (713201)

[Easy: To be arranged]

Friday 11th Sept Meet at 9.30am Leader required

[Hard: To be arranged]

Monday 14th Sept Meet at 10am Alison (713350)

[Easy: To be arranged]

Tuesday 22nd Sept Meet at 9.30am Leader required

[Mod: To be arranged]

Meet at the Memorial Hall in Bampton and bring a packed lunch, unless advised otherwise. Please note that start times may vary from those quoted depending on the nature of the walk, so please see the notice board in Bampton Post Office for full details of/changes to all walks. In the event of bad weather please contact the above leaders.

Heather Pitt and Alison Jones

Bampton WI

The June outing to Tullie House Museum and Art Gallery was very interesting particularly the displays and we ended the day with a lovely meal at the Rose and Crown in Low Hesket. In July we made our usual tea and cakes for the Sports Day at the village hall with a good assortment on offer. For the July meeting we had an illustrated talk by Alison Jones on her holiday, entitled ‘The Spirit of Shackleton’ – a journey which took Alison all the way to Easter Island and ended up at Port Stanley in the Falkland Islands. In August we have no meeting but in September our speaker will be David Herron from the Lifeboats.

Elsie Mounsey

Bampton & District Local History Society

The June meeting was an extremely interesting look at 'Ownership matters: property and power in Bampton 1800-1939' by Prof Pat Garside. She started by defining her talk as 2 questions:

1. Who owned Bampton?
2. Does it matter who owned Bampton?

Pat said Bampton is a large parish of almost 11,000 acres with several settlements other than Bampton and Bampton Grange. The population of the Parish has stayed fairly consistent with a noticeable upsurge when the reservoir was being constructed and a steady decline to the present day. Land ownership has always been fragmented in Bampton and does not fit into the normal pattern of one single 'lord of the manor'. Bampton had 5 manors with no one landowner owning the whole of the parish. The fact that Bampton was part of the disputed border lands led to the people being given a special kind of tenancy, more in common with freehold tenure, at which 16th century landowners tried to chip away but which tenants fought to retain. The 1836 Tithe Map has the largest landowner as the Earl of Lonsdale with 919 acres – around 25% of Bampton – and 10 other landowners owning around 60%. The 1910 National Survey showed how successful the Earl of Lonsdale had become: owning 50% more land than in 1838. The Noble sisters also owned a lot of land, building Beckfoot in 1910 and were supporters of Rough Hill School. In the 1920's, work on Haweswater reservoir resulted in 60% of parish land being transferred to Manchester Corporation. Pat summarised by answering her initial questions: in Bampton, it was not so much who owns the property that matters but the terms and conditions under which they own it.

The July BBQ was also a success – despite the cold and rainy weather – with around 40 people attending. Thanks to Pat and John Garside for agreeing to host the BBQ at the last minute (so that everyone could be inside and out of the cold!); Christine Evans in particular for her organisation of the event; and to all those who made salads, puddings and prepared the BBQ food.

The next meeting of the Society is **Tuesday 6th October** 'Northern England Hiring Fairs 1890 - 1938' - *Dr Stephen Counce*, followed by the AGM. This year 2 of the Committee posts need to be filled – Christine Evans is standing down after a long and very successful period as Programme Secretary and I have to stand down as Chairwoman to return to university in Liverpool. If you are interested in either post and would like to find out more please contact me.

Christine Hill, Chairwoman, BDLHS (713210)

A Great Day out at Bampton Sports

First, it didn't rain; well not until it was nearly all over. In fact the weather was perfect for running around and enjoying outdoor pursuits, not to mention sitting watching others doing just that. Second there was an excellent turn out for the races, more than 70 children ran in the junior cross country races, over quite a tough course along the river and, for the older ones, up to the old milk stand. Joan Bruin gave a fine speech reminding us that we need to ring the changes to keep the

sports alive and there were three new features, a display of maypole dancing, a bouncy castle and a stall and display provided by Eden Rivers Trust.

The old favourites still prove popular, from the tombola to the duvet race. Good numbers ran in the fell race and the tug of war was contested by lengthy lines of all ages and sizes. Those who generously sponsored the new trophies were invited to present them to the cross country race winners. There were plaques and medals to keep so the trophies themselves are now being engraved with the first of what we hope will be a long line of names. But where were the senior girls? – not one competed for the cup presented by the WI. We hope for better next year.

Trophy results were:

Fell race:

Tippet Cup: Connie Hurton
Bampton Trust Cup: Nigel Wood

100 metres:

Hutchinson Cup: Islay Aitken
Martin Cup: Alec Robinson

Cross country for under 16s:

Russell family for junior girls: Esme Walkingshaw
Bampton Rovers FC for junior boys: Liam Barr
Mavis and Neville Robinson for inter girls: Martha Richards
Bampton Bowling Club for inter boys: Barnaby Walkingshaw
Ion family for senior boys: Sam Almond

To all those who ran in any of the races well done and thank you – without you Sports Day would not be Sports Day. There will be photos on the website.

We were happy to see some new faces helping on the day and thanks to them, not forgetting the hard work of the old faithfuls, we were able to run proceedings more smoothly. Plans are already afoot for 2016, so watch for details and if you feel you can help in any way, please let us know.

Katharine Cooke for the Bampton Sports Committee

VEG is back to help you grow – Penrith & Eden District Freegle

Don't forget the Visiting Edible Gardens (VEG) event at Chris Cant's garden and orchard on **20th September** from **2pm**.

Chris Cant 713240.

Bampton Cinema – 2015/2016

We've submitted our choices for dates and film titles to REMOTE cinema so we will hear the outcome in plenty of time for the next issue of the parish newsletter: we plan to screen 4 varied and exciting films from October to January. We have taken into account what sort of films you would like to see. Meantime, although we are not required to have young people on the committee, we would be pleased to hear from any keen young person willing to learn about the equipment set-up and give a helping hand on the night. The only issue is that some films may carry a 15 certificate.

Remember to like us on Facebook and follow us on Twitter and look us up on the parish website. Have a happy summer!

Hazel Eccles for Bampton REMOTE cinema committee

Bomby in Bloom

As I type there is an amazing display of wildflowers and flowering grasses on Bomby Common. It seems better and better each year, thanks to the programme of an annual cut and some extra strimming. The yellow rattle sown in 2009 has spread, too, keeping the coarser grasses under control.

We are now planning a programme of maintenance to keep on top of all the growth. A work session will be held on **August 8th** (9th if weather is no good on the **Saturday**) from **10.30am** onwards and all hands will be welcome. Bring gloves and heavy duty rakes. On **Sunday September 13th** we are holding a combined event. There will be a Treasure Hunt for younger people, the history walk on the green itself, postponed from the History Society barbecue, and coffee, soft drinks and cakes at the Hall. This will start at **11am** and we hope to see as many villagers as possible.

The committee were pleased to welcome new members at our recent meeting. The Green is a village asset for all to enjoy, so it is important that the community can maintain the space for the future.

Katharine Cooke for the Bomby Green Management Committee

Bampton Community First Responders

Every second counts. Would you know what to do in an emergency?

On **Saturday September 12th** Bampton CFR team will be having an open meeting with 2 hours of workshops and practical training in Recovery position and CPR. It is free and is open to everyone (although under 16's should be accompanied by an adult). It will take place at Bampton Memorial Hall from **4pm - 6pm**. By the end of the 2 hours we hope that everyone who attends will know what to do and be confident to act if confronted with a life threatening emergency in the vital minutes before the emergency services (including CFR's) arrive. For more information on the workshops and training or on becoming a CFR, phone Christine on 01931 713210.

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 asked by Ambulance control to attend if appropriate.

Christine Hill for Bampton CFR Team

The Bampton Endowed Schools Endowment

This is just a reminder that the closing date for applications for an educational grant this year is **26th September 2015**.

The Trustees invite applications for financial support from those who will be undertaking courses at any University, college or institution of higher or further education in Autumn 2015. Consideration will also be given to applications from those who will be undertaking other forms of education (including the study of music or other arts) to prepare for entry into any occupation, trade or profession.

To be eligible to apply for a grant the applicant must be:

- Under the age of 25 on 1st September 2015 and
- Resident in the civil parish of Bampton, Cumbria or to have attended Bampton Endowed School.

An application form and further information can be obtained from: Nigel Eccles, Bryham Croft Barn, Knipe, Penrith CA10 2PU (01931 713 311) or preferably by email from neccles@btinternet.com

Bampton Parish Council

At the recent meeting of the Parish Council concerns were expressed over some matters that have caused ongoing problems – namely dog fouling of grass verges and footpaths and recycling at the village hall. Dog owners and walkers are again reminded that it is their responsibility to clear up after their pets. It is an offence to leave dog waste in a public place and in the 30mph areas it can result in a large fine. Fly tipping is also an offence and this is what it is when you leave anything outside the collection skips in the recycling centre. If the skips are full please take your items home.

Unfortunately Mike Jones has had to resign from the council so there will have to be a by-election or co-option to replace him.

Among other matters discussed was the work to be done to repair the damage to the river bank – much more on this will be advised later as this is a long term project involving several agencies.

The next meeting will be held on **Tuesday 22nd September**.

Marion Drinkwater

Changes at The Old Courthouse, Shap

Cumbria C C will continue to provide library services at The Old Courthouse in the form of a Library Link on a self-service basis. Initially the hours will be the same (Monday 11am – 2pm; Tuesday 2pm – 5pm; Friday 2pm – 7pm; Saturday 10am – 2pm) but the aim is to increase these in due course, especially on Saturdays. The Old Courthouse has several rooms/exhibition spaces and enquiries are welcomed from anyone interested in hiring facilities – broadband and WiFi are already available! Also, if you have any spare computer equipment in good condition, please contact us. There will be an **Open Day at The Old Courthouse** on **Friday 14th August 2-7pm** – keep an eye out for further details and come along!

shapcommunitycio@gmail.com or call 07555 021295/01931 717539

Events in Shap

St. Michael's Village Show – **Saturday 5th September** in the Memorial Hall – show opens **12.30pm** – auction **2.30pm**

Pies, Peas, Puddings & Poetry – **Saturday 26th September** in the Green Room, Shap Memorial Hall – **7pm** (see posters for details).

Highlights Rural Touring Autumn Performances at Shap Memorial Hall. **‘Different Strings Music – 3 Boxes’** on **Saturday 17th October** at **7.30pm**
Adult: £9 Conc.: £8 Child: £5 Family £23 (2 Adults + 2 children or 1 Adult + 3 children. For more information tel: 01931 716273. *Bring your own Booze.*

Janet Wood

Albatrosses, Sea-lions and Penguins – Wildlife of the Falkland Islands – an illustrated talk on **Saturday 12th September 7.30pm for 8pm** at Shap Memorial Hall. £6 individuals, £15 family, all proceeds to the Shap Memorial Hall. Price includes refreshments and booklet. Pay at the door.

For full details visit my website: www.mott.me.uk Stephen Mott 716122

Shap and Swindale Educational Trust

Applications are invited for those who are following or intend to follow courses of further education. Applicants must live in the parishes of Shap or Bampton. Applications in writing to: Mr E. Hodgson, 5 Oak Tree Close, Shap, Penrith, Cumbria CA10 3PR. Not later than **20th September**.

The local bus

The bus is run by Fellrunner and operates every **Thursday**. It will leave **Burnbanks at 10.00am**, travelling via **Grange Bridge (10.07am)** and leave **Bampton at 10.14am** to arrive at **Penrith Bus Station at 10.48am**. The return bus will leave **Penrith Bus Station at 1.30pm** to arrive back in **Bampton at 2.02pm** and **Burnbanks at 2.16pm**. Bus passes can be used. Use it or lose it!

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.

PARISH DIARY (Note MH = Memorial Hall)

AUGUST

Su 2nd	Holy Communion by extension with Diana, 9.15am
Mo 3rd	Pilates, MH, 7-8pm and 8-9pm Tinclar's Library, Church Hall, 7-9.30pm
Tu 4th	Bampton Amblers. Meet MH, 6.30pm
Sa 8th	Orton Farmers' Market, 9.30am-2.30pm Bomby Green work session from 10.30am. All hands welcome.
Su 9th	Informal (outdoor) service at Aragon, Naddle Gate, 6pm followed by a bring and share supper
Mo 10th	Pilates, MH. 7-8pm and 8-9pm
Tu 11th	Bampton Amblers. Meet MH, 9.30am

We 12 th	Drop In For Coffee, Church Hall, 10.30am-12noon
Fr 14 th	Red Squirrels Toddler Group, MH, 9.45-11.15am
Su 16th	Joint Mardale memorial service with Shap at Bampton, 10.30am
Mo 17 th	Pilates, MH, 7-8pm and 8-9pm
Tu 18 th	Village Choir, Church Hall, 6-7pm
We 19 th	Tinclar's Library excursion to Wreay Church
Th 20 th	Bampton Amblers. Meet MH, 6.30pm Dominoes, MH, 7.30pm. All welcome.
Su 23rd	Holy Communion by extension with Neil, 10am
Mo 24 th	Bampton Amblers. Meet MH, 9.30am Pilates, MH, 7-8pm and 8-9pm
Tu 25 th	Village Choir, Church Hall, 6-7pm
We 26 th	CAMEO, Church Hall, 7.30pm
Fr 28 th	Red Squirrels Toddler Group, MH, 9.45-11.15am
Su 30th	Joint service at Shap Wells Hotel for <i>all five parishes</i> , 10.30am
Mo 31 st	NO Pilates

SEPTEMBER

Tu 1 st	Village Choir, Church Hall, 6-7pm Bampton Amblers. Meet MH, 7pm
Th 3 rd	Bonfire meeting, Crown & Mitre, 8pm
Su 6th	Family service & baptism with Diana, 10am
Mo 7 th	French Group, Church Hall, 2-3pm Tinclar's Library, Church Hall, 7-9.30pm NO Pilates
Tu 8 th	Village Choir, Church Hall, 6-7pm WI meeting, MH, 7.15pm, David Herron from RNLI Lifeboats.
We 9 th	Drop In For Coffee, Church Hall, 10.30-12 noon
Fr 11 th	Bampton Amblers. Meet MH, 9.30am Red Squirrels Toddler Group, MH, 9.45-11.15am
Sa 12 th	Orton Farmers' Market, 9.30am-2.30pm Community First Responders workshops, MH, 4-6pm
Su 13th	Various events on Bomby Green from 11am. See article for details. Holy Communion with Sandra, 6pm
Mo 14 th	Bampton Amblers. Meet MH, 10am French Group, Church Hall, 2-3pm Pilates, MH, 7-8pm and 8-9pm
Tu 15 th	Village Choir, Church Hall, 6-7pm
Sa 19 th	Dominoes, MH, 7.30pm. All welcome.
Su 20th	Holy Communion with Clive Pattinson, 9.15am VEG event at Chris Cant's from 2pm
Mo 21 st	French Group, Church Hall, 2-3pm Pilates, MH, 7-8pm and 8-9pm

Tu 22nd Bampton Amblers. Meet MH, 9.30am
 Village Choir, Church Hall, 6-7pm
 Bampton Parish Council Meeting, MH, 7.30pm. All welcome.

Fr 25th Red Squirrels Toddler Group, MH, 9.45-11.15am

Su 27th Communion by extension with Neil, **10am**

Mo 28th French Group, Church Hall, 2-3pm
 Pilates, MH 7-8pm and 8-9pm

Tu 29th Village Choir, Church Hall, 6-7pm

We 30th CAMEO, Church Hall, 7.30pm

Copy deadline for the October/November issue is 5pm on Monday 21st September. Please send all contributions to Heather Pitt (01931 716861) pathfinders2509@btinternet.com or to the Post Office. Thank you.

Mobile foot care in your own home

Do you have toenails you can't reach or cut anymore? Or corns, hard skin, dry, cracked heels? I can help with these problems.

Ring Carol for an appointment in your own home: 07841 713152

Also Foot Care Clinic at Shap MH on Fridays – ring for appointment.

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