

# BAMPTON PARISH NEWSLETTER

## DECEMBER 2015 – JANUARY 2016



### *Dear Friends*

As I write this letter – New Zealand did it – they won the Rugby World Cup 2015. Well done – especially due the tremendous evidence of team work throughout the competition. They deserved to win. We can all learn from the All Blacks and develop a greater understanding of, and belief in, each other.

During Beverley's sabbatical there has been a wonderful effort amongst everyone to assist me in keeping the presence of God in our parishes. I cannot thank enough the retired clergy, Local Lay Ministers, churchwardens, secretaries, treasurer's, organists, readers, intercessors, Andrew Glanville and Fran Parkinson for their thoughts in the Link, to name but a few of the team that have been excellent in guiding me when I have not been sure about some processes and walking alongside me in planning and leading services. Team work will be important in our new Mission Communities as we all work together on an ecumenical basis in using our special gifts or talents as part of that team. I feel that we really have worked well together as a team recently – thank you and welcome back Beverley. We need a rest now!

Team work is important now as we prepare for Christmas – in our families we need to organise as a team Christmas day schedules, lunch and presents. Once again at church we will need to organise and prepare for the Christmas services.

Our Christmas story has much evidence of team work. Mary and Joseph, as a team, took baby Jesus to Bethlehem and then worked hard to keep him safe by avoiding Herod's slaughter of infants by returning via Egypt. This was team work as both cared for baby Jesus. The angels appeared in a '*shining throng*' to the shepherds as the hymn tells us and yet more evidence of team work – here it was to spread the good news of Jesus' birth to others. Then we hear how the three wise men or kings decided to travel together and work as a team to visit Jesus.

Don't forget this Christmas just how important team work is and whether you are planning and preparing Christmas with others in a team of two, three or more (or even one perhaps) you are never alone – after all it is at Christmas that we celebrate the birth of Jesus Christ – when God came to be with us so that we may never be alone but always working with God as a team for the glory of his Kingdom.

Have a good Christmas. God bless.

*Yours,*

*Sandra*

### **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**

Pte Lowther Lonsdale Little Kitchin, 1<sup>st</sup> Battalion Border Regt. KIA at Gallipoli 6<sup>th</sup> December 1915 aged 32

### **Christmas Services**

A lack of carol singers means that there will not be the traditional carol singing around the village this year. However, everybody is invited to come along and join in the Carol Service on **Sunday 20<sup>th</sup> December** at **6pm**. After the service there will be mulled wine and mince pies.

The **Christmas Eve Service** will be at **9pm**, led by Beverley. Everybody is warmly invited to attend and again there will be mulled wine and mince pies after the service.

This year the Christingle Service will not be on Christmas Eve, but on **10<sup>th</sup> January**. We shall be celebrating the Feast of the Epiphany, when we think of the three kings coming to Bethlehem. Come and make your Christingles in the Church Hall at **3.30pm** ready for the service at **4pm**.

*Bampton PCC*

## **Christmas Coffee and Gifts – Saturday 5<sup>th</sup> December**

We hope the Christmas coffee and gifts morning is already in your diary but if not it's from **10.30am – 12.30pm** in the Church. Come and enjoy delicious coffee and cakes and then browse the stalls for Christmas decorations and gifts, books, cakes and preserves. The raffle will be drawn – tickets available at the door and there are some wonderful prizes including a Christmas hamper, a Christmas drinks hamper and £50! Entry price for **adults** is **£3 (children free)** and will include tea/coffee and home bakes. See you there!

*Bampton PCC*

## **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 9<sup>th</sup> December** and **Wednesday 13<sup>th</sup> January**, 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*

## **Confirmation**

There will be a Confirmation Service for this Area (Deanery) on **Sunday 13th March** at **3pm** at St. Oswald's Church, Ravenstonedale with Bishop James Newcome. This is an opportunity for people of any age to 'confirm' that they are Christians and to receive the 'laying on of hands' as a sort of commissioning as Jesus' Apostles commissioned people in the Bible. It is a very simple act of kneeling before the Bishop and hearing him say, 'Confirm O Lord your servant (name) with your Holy Spirit' as he lays hands lightly on your head. However, it is always very moving.

I remember my Confirmation on 15<sup>th</sup> May 1972 as clearly as yesterday. Not just because I am getting old...which we all are...but because from that time I felt it was my responsibility to go to church, read my Bible, pray. It was my way of saying, 'this is for me...not my parents' faith, not what I have been told I should do...this is my faith.'

In a world that is often apathetic towards the Christian faith or even hostile, this can be a brave thing to do. If you think this is for you or someone you know then please ring for further information.

*Rev. Beverley Lock 015396 24045*

## **50/50 Club**

We are now at the end of the 5<sup>th</sup> year of running the Memorial Hall 50/50 Club – congratulations to all this year's lucky winners. I'm pleased to report that we have raised over £1,000 this year with 50% going in the monthly prizes. Very many thanks to everybody who has supported this fund raiser.

Now is the time to enrol for the 2016 draws. Application forms are available now from Bampton Post Office or from Christine Evans at Brandscroft, Gatefoot. Forms should be returned by **30<sup>th</sup> December 2015** to be included in the January 2016 draw. For those who regularly buy papers/magazines from the Post Office, application forms will be inserted in them.

The 50/50 Club is open to everyone and only costs £12 per year – i.e. £1 per month. Full details are on the application forms. Best of luck to everybody for 2016.

*Christine Evans*

## **Sports – Winter and Summer**

A date has been fixed for the Winter Sports, to be held as always indoors, in the Bampton Memorial Hall. **Sunday February 28<sup>th</sup>** is the date for your diaries. This free event is always great fun, a way for the children to let off steam in a large space and for the adults to reconnect with their inner child, playing silly (and not so silly) games. Doors open at **1.30pm** and we have all run out of energy by about **4pm**.

We have made a few forward plans for next summer. **Sunday July 3<sup>rd</sup>** is the date to put in your new diary. There are a few 'job vacancies' if you would like to be part of this village event. We need someone with experience to run the burger bar and both the secretary and the treasurer feel that the time has come to pass on the baton to newer brains. Offers very welcome. The next committee meeting is on **11<sup>th</sup> February** at Mill Craggs and we'd be happy to see any new faces. You can contact me (01931713392) beforehand for details or any other committee member.

*Katharine Cooke for the Bampton Sports Committee*

## **Tinclar's Library**

The Annual Reception for Friends of the Library was held in St Patrick's Church Hall on 9th October. The speaker was Richard III society member Norma Benathon from Lancaster, who was able to bring some balance to the record of the last Plantagenet king, much maligned by his successors, and highlight his strong connections with the Northern Counties, including Penrith Castle.

The Library will be open in the Church Hall on **Mondays 7<sup>th</sup> December and 4<sup>th</sup> January** from **7pm – 9.30pm**.

*The Trustees*

## **Bampton Amblers**

Autumn has brought a variety of weather for our walks – from downpours around Heltondale to glorious climbs around Rosthwaite, above Hartsop and to the local gem of Smallwater. At the end of a walk to Howtown, on a glorious day, we enjoyed our traditional post-walk refreshments and were joined by other villagers for tea and home made scones – delicious! The walking year was then rounded off with our usual Jacob's Join supper at Alison's – once again a great evening.

With Christmas on the horizon our December walks are minimal but we hope that one or two of you might be tempted to join us in the New Year. Dates for your diaries are as follows:

**Tuesday 8<sup>th</sup> December** Meet at **10.00am** Leader required

[Easy: short Christmas mystery walk]

**Sunday 3<sup>rd</sup> January** Meet at **1.00pm** Leader required

[Easy: See PO notice board for details]

**Tuesday 12<sup>th</sup> January** Meet at **9.30am** David & Heather (716861)

[Mod: See PO notice board for details]

**Tuesday 19<sup>th</sup> January** Meet at **1.30pm** Leader required

[Social stroll: See PO notice board for details]

**Saturday 30<sup>th</sup> January** Meet at **9.30am** Andrew (713343)

[Hard: See PO notice board for details]

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*

## **Pilates**

Pilates will be continuing up until Christmas, the last classes being on **Monday, 21<sup>st</sup> December**. There will then be a 4 week break, so there will be no classes until **Monday, 25<sup>th</sup> January**. People are welcome to come along to a class at any time, whatever your age or fitness level – male or female. Classes are either **7 pm – 8 pm** or **8 pm – 9 pm**.

*Alexis 07411 902674 or [penrithpilates@gmail.com](mailto:penrithpilates@gmail.com)*

## **French Conversation Group**

The group will continue to meet mainly at fortnightly intervals, at 2pm, in the Church Hall. However, the first meeting of the New Year will not be until 11<sup>th</sup> January – please refer to the diary section for all the dates. In Marion's absence I will co-ordinate the meetings. New members are always welcome.

*Roger Storey 713490*

## **Bampton Community First Responders**

The Team are continuing to train on a monthly basis to keep our skills up to scratch. We are also waiting for delivery of a fourth pager to allow more of the team to be more contactable when on call and also safer when we're responding.

Thank you all for your support, without which we wouldn't be able to continue helping the community.

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 Crown and Mitre Christmas events calendar for 2015**

Our Christmas menu starts on the **4<sup>th</sup> December** with lots of festive dishes for you to enjoy, see our website for the full menu [www.crownandmitre.com](http://www.crownandmitre.com)

**3<sup>rd</sup> December** – Dominoes – **8pm** prompt: prizes for winner and runner up.

**10<sup>th</sup> December** – Darts – **8pm** prompt: prizes for winner and runner up.

**25<sup>th</sup> December** – **12 - 2pm** lunch time drinks.

**26<sup>th</sup> December Boxing Night** – Quiz – **7.30 pm**: maximum 5 people per team, £1.50 per person, all proceeds to North lakes Hospice at Home. Prizes for 1<sup>st</sup> and 2<sup>nd</sup> not forgetting the booby prize!

**31<sup>st</sup> December** – New Year's Eve Party: there is a fantastic New Year's Eve special party menu (see website for more details) followed by Bud White disco and of course the fireworks at midnight and Auld Lang Syne.

**28<sup>th</sup> January** – Quiz: this time for the First Responders!

**25<sup>th</sup> February** – Quiz: in aid of the North Air Ambulance Service.

These are all incredible local charities so please try and come and support them. Merry Christmas and a Happy New Year from everyone at the Crown and Mitre.

*Jane and the Team*

## **Bampton First Aid Course**

On **12-13<sup>th</sup> December** I will be running an Outdoor 2 Day Emergency First Aid course in Bampton Memorial Hall. This will cover recovery position, CPR, control of bleeding, choking, common medical emergencies and skeletal injuries as well as opportunities to practice the newly acquired skills. The course is open to all residents of Bampton and the surrounding area (aged 16 and over) and will cost **£45**. The normal cost of this course is £125 but it is hoped that the discounted price will enable as many people as possible in the local area to become trained in first aid. Places are limited and are on a first come first served basis so if you are interested or would like some more information please get in touch with me as soon as possible.

*Christine Hill 01931 713210 / 07771934996 [christinehillski@gmail.com](mailto:christinehillski@gmail.com)*

## **Bampton WI**

At the October meeting we had, as a guest night, 22 ladies in total from other WIs and the village to hear Corinne Potter give her talk 'A Knock on the Door'. Corinne explained she was a retired bailiff and her clients were people who either would not or could not pay. Clients would not answer the door, letters or phone calls and Corinne had sometimes had to ask the police to go with her – she had some very amusing stories to tell us. In November we all met at the fish and chip shop in Shap. After supper we held our AGM with the following re-elections: President – Elsie Mounsey; Secretary – Hazel Eccles; Treasurer – Aileen Salway; Vice President – Rita Jones; Press Officers – Christine Evans & Heather Pitt. Sue Bletcher & Lizzie Lindwall were appointed as new programme planners. Elizabeth McKenzie-Gray is to be our Link Delegate to Brighton in June 2016. All members welcomed new member Jo McIntyre from Whale who brings our membership up to 15 which is great. On **December 13<sup>th</sup>** is our Christmas lunch at Dalemain and on **January 12<sup>th</sup>** we are having a games night so if any member has a really good game please bring it along.

Bampton WI members would like to wish everyone a lovely Christmas and a Happy and Peaceful New Year.

*Elsie Mounsey*

## **New Ideas for Bomby Green**

Now we have a few welcome new faces on the committee, we have come up with a few new ideas to improve the green. There's a suggestion that we put up a few bird boxes, in time for next spring's nesting. As the committee doesn't have much in the way of funding, we wonder if anyone would like to sponsor a bird box. Please let us know.

We are looking at ways of raising funds to help with future maintenance.

Work this autumn has seen the bridge end of the green cleared, in time for the cuttings to be piled on the bonfire. While this work was being done we noticed that the wall between the green and the bridge and the road is in need of repair. We are in touch with Highways and the Parish Council about this.

Like all traditional features of local life the green needs constant care, so thanks to all those who have lent a hand during this last season. It is much appreciated.

*Katharine Cooke for the Bomby Green Management Committee*

## **Macmillan Coffee Morning held this year in the Memorial Hall**

What a wonderful response! A big, big, thank you to everyone who gave their time, cakes, produce, plants, donations and most of all for getting together again for a chat and coffee. You are the best: we raised £620 – a magnificent amount! Thank you so much.

*Lesley White*

## **Bonfire Night**

Weather wise, Bampton bonfire night was mild and free from rain. An excellent display of fireworks was watched by a mixed audience, from young children to grandparents.

The evening would not have been a success without an army of volunteers. Firstly, I would like to thank the people who lit the bonfire early – this resulted in the fire taking a good hold which gave out welcome light and heat. Then the organiser and team of people who set off the fireworks; the workers on the stalls – including those who both assemble and take them down; the collectors with their buckets; and lastly, let's not forget those who donate items.

However, we still have an ongoing problem with un-burnable items being left at the bonfire. Leaving such things as microwaves is irresponsible and can be dangerous, amounting to nothing less than fly-tipping!

Although we made a loss of £25 there will be a bonfire and firework event next year. Thank you for all your support.

*Maureen Barber*

## **Bampton Parish Council**

At the latest meeting of Bampton Parish Council Vicki Buss was co-opted to fill the vacancy left by the resignation of Mike Jones and she was welcomed by Chairman Richard Carruthers.

The half yearly financial report, which can be seen on the parish web-site, was presented by the Clerk and accepted. The internal audit had been carried out by new auditor David Cooke who took over from David Pitt. Also on the financial side the draft budget for 2016/17 was discussed and it was agreed that the precept, the money claimed from EDC for running the council, would be set at £4,500 again as it was last year. There was strong opinion that some significant projects should be carried out to justify the need for this funding and it was agreed that the council would give 20% of the cost of reparative work to be done by Highways to the informal parking area beside Grange Bridge. This will not mean any large changes but the area will be properly graded to facilitate better drainage and will be tarred so that parking should be easier in future. Highways engineers will also carry out repairs to the bridge where there are saplings growing out between the stones and old pointing is falling out. It was suggested that a working group should be established to carry out gully clearing and ditch maintenance as Highways cannot do this regularly enough to prevent flooding. If you are interested in joining such a group please contact Richard Carruthers. Thank you.

The next meeting of the council will be held on **Tuesday January 19th**. All parishioners are welcome to attend and you are reminded that if you have any matters that you think should be discussed at a meeting you can contact any councillor. They are there to serve the parish.

Richard Carruthers 713280; John Stones 713351; Bethany Leckie 713675; Neil Hughes 713401; Ray Bruin 713172; Liz Hall 713204; and Vicki Buss 713520

*Marion Drinkwater (Clerk)*



## **Bampton and District Local History Society**

The society's AGM, held on November 6<sup>th</sup> was well attended and members were able to pay their respects to Anne Key, a committee member for the last 6 years, who had recently died. One new member, Cherry Roberts was elected to serve on the Committee but there is another vacancy. Expressions of interest would be most welcome and we look forward to welcoming a new face.

Members heard a report on BDLHS activities, 2014 – 2015 which showed that six meetings with a speaker had been held plus three of a more social nature –the Xmas quiz, a very good joint visit with the Tinclar Library to Wreay Church and village and finally the Society BBQ at Bryham House. It was a good varied programme that was well supported by members and several visitors. Membership numbers are being maintained - currently 45-50 paid up members.

For the future, it was noted that the Committee had committed £2,000 to support a postgraduate student at the University of Lancaster who is to study the activities of the Haweswater Action Committee in opposing plans to raise the level of the dam and reservoir in the 1970s and 1980s. The Society will receive a copy of the thesis, a lecture, materials for an exhibition and contributions to the society's website. The student selected, David Morgan, begins in October 2015 and should complete the work by October 2016. He will present the results of his work at the society's 2016 AGM.

Our 2015 – 16 programme began with two very interesting talks. The first, by Stephen Counce, was concerned with the role of hiring fairs in northern England in the 19<sup>th</sup> and 20<sup>th</sup> centuries and the second, by Anthea Boulton, brought real voices from farms in Dentdale to remind us of a language and a way of life now rapidly passing from many people's experience. Few of us will forget the flavour, smell and feel of pig's foot pie that one farmer's wife from Gawthrop described!

We look forward to meeting friends, old and new, at the History Society's 2015 Xmas quiz on **Tuesday 1<sup>st</sup> December from 7.00pm**. It will be at the Crown and Mitre and the mood will be festive. There will be refreshments and prizes. Come along, make up a team and test your wits!

*Pat Garside, BDLHS*

## **Bampton Village Store**

We would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year, in spite of current world events. Would customers please note the opening/closing times of the shop during the festive holidays.

Christmas Eve	8am till 1pm	
Christmas Day	10am till 1pm(ish) – please note, newspapers NOT published	
Boxing Day	10am till 3pm	
27 <sup>th</sup> December	9am till 4pm	
28 <sup>th</sup> December	9am till 1pm	– Bank Holiday, no Post Office services
New Year's Eve	8am till 1pm	
New Year's Day	10am till 1pm(ish)	

Don't forget that if you run short of anything, please ring us, and we will endeavour to help you.

*Janet and John*

### **Community Festive Lunch - 9th December from 12 noon**

Come along to the Memorial Hall for a friendly Christmassy afternoon and enjoy a 3 course meal of melon to start, roast pork and all the trimmings, followed by either trifle or Christmas pudding. If you have any dietary requirements please let Petra know (713108). £10 per head and tickets are available from John or Jan at the post office. This is not about raising money; it's about bringing the community together so the ticket price is to just cover costs.

*Petra Russell*

### **Bampton Cinema: – 2015-2016**

**Saturday 19 December:** *The Elephant and the Bicycle* (France, Belgium 2013) cert U, 9 min & *How to Train Your Dragon 2* (USA 2014) cert: PG, 100 min, genres: animation, action, adventure. An elephant lives in a town among people and works as a street cleaner. One day, he sees a big billboard advertising a bicycle. It seems the perfect size for him! This is the minute the elephant's life changes: he has to get this bicycle whatever it costs him.

The thrilling second chapter of the epic *How to Train Your Dragon 2* returns to the fantastical world of the heroic Viking Hiccup and his faithful dragon Toothless. The inseparable duo must protect the peace and save the future of men and dragons from the power-hungry Drago.

This is a film evening (no supper but bar and ice-creams) for all the family to enjoy before Christmas. (And our first attempt at a double bill!)

**Saturday 23 January:** *A Little Chaos* (UK 2014) cert 12, 116 min, genre: period romance. Director: Alan Rickman. Cast: *Alan Rickman, Kate Winslet, Matthias Schoenaerts, Stanley Tucci, Helen McCrory*. A landscape gardener with instinct and flair, Sabine De Barra (Kate Winslet) is the breath of fresh air that the stuffy geometry of Versailles needs. Brought in by strict garden chief André Le Nôtre (Matthias Schoenaerts), a man who prizes order above all, she is soon charming all she meets and innovating with fresh approaches to shrubbery. For his sophomore feature Alan Rickman has fashioned a spritely period romp, demonstrating a confident feel for the material. There is much pleasure taken in the wit and flow of royal society; Rickman himself plays King Louis XIV with a dry bemusement that will delight fans.

Green-fingered romantics, this is your film to savour in the bleak midwinter.

The venue is Bampton Memorial Hall, **doors opening at 7pm**. Tickets are on sale at the door on the night, price **£4 adults, £2 U16**. **Film plus supper ticket can be bought in advance at Bampton Post Office, price £8 adults; £6 U16 for *A Little Chaos* by Wednesday 20 January.**

We're on Facebook, Twitter and the parish website where you'll find links to film trailers.

We can't thank all who helped (planned and impromptu) enough for making '71 and **Withnail and I** evenings such community success stories. You know who you are and we certainly appreciate your energy and skill. Thanks to our loyal audience for your kind comments and turning out in the rain!

If you would like to find out more about Bampton cinema and can commit some time and enthusiasm to help out on the night please contact:

*Hazel Eccles (713311), Katharine Cooke (713392), Mike Jones,  
for Bampton cinema committee*

### **Room at the inn?**

Charity HOST is seeking friendly people who could volunteer to offer an invitation to adult international students for a day, weekend, or four days at Christmas. Learn about other cultures, welcome a guest far from home, and make the world a little friendlier! To be put in touch with your local organiser, visit [www.hostuk.org](http://www.hostuk.org) or call 020 7739 6292.

### **Exciting New Courses in Shap!**

Shap CDC is offering the following range of courses over December, January & February:

Christmas Wire Wrapping & Wire Sculptures; Art for All – Improvers; Tai Chi; Confident with Colour; Crochet For Beginners; Silk Paper Making; Felt Rugs; Cold Connections; Family History; Getting to Grips with your Tablet/Laptop; French Conversation Beginners & Intermediate; DSLR Cameras for Beginners; Yoga; Contemporary Still Life & Flower Painting; House History; Windows 10; Creative Writing; Shappy Chic; Fabulous Fleece Flowers; Spring Photography; Pastels Workshop; Make a Shopping Bag!; Website Design using Wordpress; Dressmaking; Spring Songbirds & Hares.

For more info please check the website [www.shapcdc.org.uk](http://www.shapcdc.org.uk) and contact us at [cdc@shap.cumbria.sch.uk](mailto:cdc@shap.cumbria.sch.uk) or ring *Julie on 01931 716447*

### **New Initiatives at The Old Courthouse, Shap**

Various successful events were held in October: a mid-day Freegle session; a Halloween Fun event; and a fascinating workshop on Flint Knapping. We hope to repeat some in the future.

A 'Cuppa and Company' session now takes place **every Friday afternoon** from **2pm - 4pm** with various games and activities or just a chat and a cuppa.

A monthly get together for musicians and for those who are interested in learning to play an instrument is held at **2pm** on the **last Sunday of the month**.

An exhibition of work by local artists opened at the end of November.

Several new initiatives are being planned for the New Year, including a monthly Poetry and Story evening, and 'Learn to Play Bridge'. To register an interest or offer to help with any of these events or if you have ideas for other activities at The

Old Courthouse then please email: [admin@theoldcourthouse.org](mailto:admin@theoldcourthouse.org) or tel. 07555021295.

*Janet Wood, Shap Community CIO [wood\\_watersfarm@hotmail.com](mailto:wood_watersfarm@hotmail.com)*

## **Shap Medical Practice**

**Opening times:** 8.30am – 6.30pm Mon/Tues/Wed/Fri; 8.30 – 1.00pm Thurs.

Please note the dispensary is closed for lunch between 1.30pm and 2pm Mon/Tues/Wed/Fri and closes at 1.00pm on Thursdays. Surgery times may vary during holiday periods. The surgery is closed on public holidays and for protected learning time sessions for staff training on Thurs 21<sup>st</sup> January 2016.

**Emergency arrangements:** Outside normal surgery hours please dial 111 the NHS 111 service.

**Telephoning for results:** Please phone for the results of test or investigations after one week. If you have made an appointment with a GP to review the results please check that they have been received before attending.

**Ordering medication:** In addition to handing in repeat prescriptions at the Surgery, you can now order online and book appointments too. Please go to [www.shapmedicalpractice.co.uk](http://www.shapmedicalpractice.co.uk) for more information. You must still allow 2 full working days notice.

**Child Health Clinic:** Our health visitor Sharon Coates runs this clinic in the Old Courthouse Library, Shap on the first Thursday of every month 1.15pm to 3pm. She can be contacted on 01768 245615.

**NEW Hearing Aid Cleaning and Maintenance clinic** is held at Shap Surgery on the 2<sup>nd</sup> Wednesday of the month between 10.30pm and 12pm. If you would like to volunteer to help with this clinic (full training will be provided) please contact Sue Graham, Practice Manager.

**NEW Optician Clinic** – for NHS eye test patients only – please ring 017683 53199 for an appointment.

## **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](http://www.bamptonlakedistrict.org.uk)

Please send any updates for the website to Chris Cant on [chris@phdcc.com](mailto:chris@phdcc.com) or 713240. Any new photos very welcome.

## **Thank you!**

I can hardly believe that my first year as editor is coming to an end....where has the time gone? I am still getting into the swing of things but have enjoyed the task over the past 12 months and should like to say a big 'thank you' to you all for

helping me along the way: the advertisers; John at the Post Office for taking in contributions; the distributors who deliver in all weather conditions; the contributors for accepting any early deadlines; and of course, the readers, without whom this edition would be unnecessary.

Whilst I hope there will not be any problems in the future, Jane from Su Simba has agreed to be my 'deputy' in case of need.

I hope you all have a happy Christmas and a very peaceful New Year.

*Heather Pitt*

## **PARISH DIARY** (Note MH = Memorial Hall)

### **DECEMBER**

- Tu 1<sup>st</sup> BDLHS, Christmas Cumbria Quiz, Crown & Mitre, 7.30pm
- We 2<sup>nd</sup> Prayer Group at 65 Burnbanks, 10.30am  
Indoor Bowls, MH, 7.30pm
- Th 3<sup>rd</sup> Dominoes, Crown & Mitre, 8pm
- Sa 5<sup>th</sup> Christmas Coffee & Gifts Morning, Church, 10.30am-12.30pm
- Su 6<sup>th</sup>** Holy Communion with Beverley, 9.15am
- Mo 7<sup>th</sup> French Group, Church Hall, 2-3pm  
Pilates, MH, 7-8pm and 8-9pm  
Tinclar's Library Open Evening, Church Hall, 7-9.30pm
- Tu 8<sup>th</sup> Bampton Amblers. Meet MH, 10am
- We 9<sup>th</sup> Drop In For Coffee, Church Hall, 10.30-12 noon  
Community Festive Lunch, MH, 12 noon
- Th 10<sup>th</sup> Darts, Crown & Mitre, 8pm
- Sa 12<sup>th</sup> Orton Farmers' Market, 9.30am-2.30pm
- Su 13<sup>th</sup>** Holy Communion with Sandra, 6pm  
WI Christmas lunch at Dalemain
- Mo 14<sup>th</sup> Pilates, MH, 7-8pm and 8-9pm
- We 16<sup>th</sup> Indoor Bowls, MH, 7.30pm
- Sa 19<sup>th</sup> Bampton Cinema, MH, "The Elephant and the Bicycle" &  
"How To Train Your Dragon 2". Doors open 7pm
- Su 20<sup>th</sup>** Carol Service with Beverley, **6pm**. All welcome. Mulled wine  
& mince pies in Church afterwards
- Mo 21<sup>st</sup> French Group, Church Hall, 2-3pm  
Pilates, MH, 7-8pm and 8-9pm
- Th 24<sup>th</sup> Holy Communion with Beverley, **9pm**. Mulled wine  
& mince pies in Church afterwards
- Fr 25<sup>th</sup> Holy Communion. Joint service at Shap **10am**  
Lunch time drinks, Crown & Mitre, 12-2pm
- Sa 26<sup>th</sup> Quiz, Crown & Mitre, 7.30pm
- Su 27<sup>th</sup>** Holy Communion by extension with Diana, **10am**
- Th 31<sup>st</sup> New Year's Eve festivities at the Crown & Mitre with disco and  
fireworks at midnight. Come and join in the fun

## JANUARY

- Fr 1<sup>st</sup> Orton Farmers' Market, 9.30am-2.30pm  
Su 3<sup>rd</sup> Holy Communion with Beverley, 9.15am  
Bampton Amblers. Meet MH, 1pm  
Mo 4<sup>th</sup> Tinclar's Library Open Evening, Church Hall, 7-9.30pm  
Su 10<sup>th</sup> Come to Church Hall at 3.30pm to make your Christingle.  
Christingle service with Sandra, **4pm**. All welcome  
Mo 11<sup>th</sup> French Group, Church Hall, 2-3pm  
Tu 12<sup>th</sup> Bampton Amblers. Meet MH, 9.30am  
WI meeting, MH, 7.15pm, Games Night  
We 13<sup>th</sup> Drop In For Coffee, Church Hall, 10.30-12 noon  
Indoor Bowls, MH, 7.30pm  
Su 17<sup>th</sup> Holy Communion with Clive Pattinson, 9.15am  
Tu 19<sup>th</sup> Bampton Amblers. Meet MH, 1.30pm  
Bampton Parish Council Meeting, MH, 7.30pm. All welcome.  
We 20<sup>th</sup> Indoor Bowls, MH, 7.30pm  
Sa 23<sup>rd</sup> Bampton Cinema, MH, "A Little Chaos". Doors open 7pm  
Su 24<sup>th</sup> Holy Communion by extension with Neil, **10am**  
Mo 25<sup>th</sup> French Group, Church Hall, 2-3pm  
Pilates, MH 7-8pm and 8-9pm  
We 27<sup>th</sup> Indoor Bowls, MH, 7.30pm  
CAMEO, Church Hall, 7.30pm  
Th 28<sup>th</sup> Quiz, Crown & Mitre  
Sa 30<sup>th</sup> Bampton Amblers. Meet MH, 9.30am  
Su 31<sup>st</sup> Joint service at Shap, **10.30am**

## FEBRUARY

- Mo 1<sup>st</sup> Pilates, MH, 7-8pm and 8-9pm  
Tinclar's Library Open Evening, Church Hall, 7-9.30pm  
Tu 2<sup>nd</sup> BDLHS, MH, 7.30pm, 'Germans & Austrians in Cumbria During  
The First World War' by Rob David

**Copy deadline for the February/March issue is 5pm on Friday 22<sup>nd</sup> January. Please send all items to Heather Pitt (Tel no: 01931 716861) [pathfinders2509@btinternet.com](mailto:pathfinders2509@btinternet.com); Jane Storey (Tel no: 01931 713490) [roger\\_storey@btinternet.com](mailto:roger_storey@btinternet.com); or leave at the Post Office. Thank you.**

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