

Bampton Parish Newsletter

FEBRUARY – MARCH 2015



Dear Friends

In this first letter of the New Year please may I begin with a huge “thank you”, I did enjoy the Christmas services. The candle light, the children, families together, that feeling of the common story of Jesus’ birth bringing together the community. Thank you, all of you, who came to take part. It made it very, very special.

However over the Christmas and New Year holiday I was stuck again by just how much is done by those who organise our services and look after the church buildings in our parishes. The weather this winter has meant that at least one of our churches has water ingress - it was literally bucket after bucket of water! Insurance claims, paper work, the sheer physical hard work of moving furniture and water ...so much volunteer effort! I did not hear a single complaint – just sorrow for an old building that needs help. From those who decorate, clean, put the heating on and off, lock and unlock the buildings, deal with all the paper work that is linked with running these small charities, those who provide our magazines – contribute, edit and distribute, those who preach, prepare music, arrange flowers ... the list goes on. Not to mention all the work needed to keep

our churchyards respectful and well maintained or all the fund raising that goes on to keep the buildings open. The members of our churches and chapels do such a lot so that the stories of Jesus - and the groups of people who bear his name - can still be at the centre of our communities. Thanks you all very, very much.

Have you ever wondered why they do it?

People are all individual and I expect they will say this in different ways but I believe that most will talk about how they connect with Jesus. It may be in the way they have met him in church as a child. It may be that they have been helped through terrible experiences and feel they want to give something back. It may be that they want this building to still be here for future generations. The reasons will be many and varied but the fact is they give their time because they care. Thank you in advance to all of you who will attend our places of worship this year. By your presence you will join the fellowship and encourage grieving families, joyful couples and proud parents. May I make a plea? In your New Year resolution will you include saying a "thank you" to those who work to keep the religious buildings and fellowships in the centre of our communities? Will you also accept a challenge? - come along and find out a bit more about the Jesus who inspires so many.

Yours, Beverley

Contact Details

Beverley Lock, Priest in Charge	01539 624045
Sandra Ward, Curate	01539 624125
Morag Lloyd, Church Warden	01931 713202
Tony Hall, Church Warden	01931 713204
Elizabeth Coy, Church Warden	01931 713211

Christmas Coffee and Gifts Morning

Many, many thanks to everyone who worked so hard to make this event the great success that it was. And, of course many thanks to everyone who came along and enjoyed the occasion. We raised £1,000 – quite an achievement!

Drop in for Coffee

The weather was not kind for our first drop in morning but the hardy souls who braved the conditions thoroughly enjoyed their coffee and chin wag. Our drop in dates for the next two months are **Wednesday 11th February and Wednesday 11th March**, any time between **10.30am** and **12 noon** in the Church Hall.

This is not a fund raising event; it is just an opportunity to get out and meet people for a coffee and a natter. If you would like to come and need a lift, then please contact either of us. We look forward to seeing you.

Joan Bruin 713172 or Diana Nicholson 713194.

Lent Lunches

As usual, we will be holding lunches on Mondays throughout Lent starting on **Monday 23rd February** and finishing on **Monday 23rd March**. Lunch, from **12 noon until 1.30pm**, will be delicious homemade soup with bread, followed by tea or coffee. There is no charge for this but all donations will go to The Red Cross to help its work in so many troubled places across the world. Everyone is welcome so do come along and have an enjoyable and sociable lunch while raising money for an excellent cause.

Lent Discussion Groups

During Lent, there will be a series of discussion groups each Tuesday, from **2.30pm-4pm**. We will be following the York Course, as we have done before, and this year's course is entitled "Praise Him." We use the course as a guide and our discussions are wide ranging. If you enjoy a good discussion, or enjoy listening to a good discussion, then do please come along. Everyone is very welcome indeed. The schedule is as follows.

24th February	Irving House, Sleagill, hosted by Kathy Jenkins
3rd March	65, Burnbanks, hosted by Diana and Philip Nicholson
10th March	Bridge End, Bampton Grange, hosted by Andrew Yates
17th March	Scar View, Butterwick, hosted by Elizabeth Coy
24th March	65, Burnbanks, hosted by Diana and Philip Nicholson

Easter Services

What! Already? I know that it seems as if we have only just recovered from Christmas, but Easter is early this year and our Easter activities will begin on **Thursday 2nd April** with our **Passover Supper** in the Church Hall at **7pm**. Those of you who have attended this before will know that it is an evening of eating, drinking and singing and occasionally, even some dancing! This is a bring and share supper and so if you are planning to go, please will you let Marion Jones know (713375) so that we can better co ordinate who brings what. This is a most enjoyable and sociable event, so do come along and join in the fun.

On **Good Friday, 3rd April** there will be a short service for the day at 10am.

On **Saturday 4th** we will be decorating the Church from 1pm, with our usual Service of Light at 6pm. And on **Sunday 5th** Bishop Alec will lead our Easter celebrations at **10am** – note slightly later start time for this service.

Bampton PCC

Bampton WI

In December, eleven members went to Dalemmain for Christmas lunch, which was thoroughly enjoyed by us all.

Sadly our January meeting, scheduled for 13th had to be cancelled because of the weather. The speaker that evening was to be Sue Davis from Eden Carers and

we were planning to have a Burns Supper after the talk. Instead, all members had the Burns Supper delivered to their homes two days later!

On **10th February** Chizzer Childs will talk to us about “Land of the Pharaohs” with slides and music. On **10th March** we have Emma Marshall from Radio Cumbria. Emma is Community and Events Fundraiser and was one of the key people involved with the Jigsaw appeal for Eden Valley Children’s Hospice for which we raised £100 at Bampton Sports with our cake sale.

Elsie Mounsey

Tinclar’s Library

An early announcement so that you can put the date in your diary – the Annual General Meeting of the Friends of the Library will be held in the Church Hall on Monday 11th May at 6.30pm.

The Library will be open as usual in the Church Hall on **Monday 2nd February** and **Monday 2nd March** , from 7-9.30pm.

The Trustees

Carol Singing

Thank you to everyone who donated to the collections during the carol singing. Four stalwarts braved the elements around Bampton Grange, Bomby Green and Gatefoot, collecting £35 for the Great North Air Ambulance Service and £35 for Hospice at Home. The carol service raised £190 which was sent to the Red Cross for use in the Ebola Crisis in West Africa.

Marion Jones

Used Stamps

Please keep saving your used stamps. They can be taken to the Post Office by kind permission of John, or given to either Elsie Mounsey or to me. We give them to Charities who sell them to make a little extra money. Many thanks to those who have been saving them over the last few years and here’s looking forward to lots more of you doing so.

Sylvia Hindmarch

Bampton & District Local History Society

The Christmas Quiz was well attended and I think we all had fun testing our local knowledge. The picture round, in particular, generated some good discussions and the questions on the Society’s talks of the past year certainly tested our memory skills! Thanks in particular to Jane at the Crown & Mitre for hosting the quiz and to the committee members who provided the refreshments. BDLHS next meeting is **Tuesday 3rd February** at 7.30pm in Bampton Memorial Hall. The speaker is Jean Scott-Smith and the topic is “The History of Shap Granite Works” which promises to be an interesting look at this local

industry. The **March** meeting, also **Tuesday 3rd**, is “Remembering World War One - The War Means Whisky” by Michael Rose.

Christine Hill, BDLHS

Bomby Green – a coffee morning

Did you know? Did you know that Bomby Green is just one of seven pieces of land that make up Bampton Common? That within living memory it was grazed so that the surface was like Butterwick Common? That until five years ago it was so neglected that it was almost impossible to walk or ride on it?

The Bomby Management Committee has been working to make the green an amenity for the whole village since 2009. While we hope the village is pleased with the results, we are concerned that the work needed is getting too much for us. The coffee morning on **Saturday February 7th** in the Memorial Hall from 10am will give us an opportunity to show you some of our work and hopefully recruit your assistance.

There will be coffee and cakes for an entry price of just £2 and a chance to look at some old photographs of the green. Please come along and support us in our work to maintain this important part of Bampton village life.

Katharine Cooke for the Bomby Green management committee.

Bampton Amblers

Our recent programme of walks, though reduced in view of the time of year, was varied and unaffected by the weather. The “Christmas” walk was an amble around The Squadrons and Whalemoor rounded off with a lovely soup & mince pie communal lunch. The first walk of what we hope will be another good year, was a circular walk past Carhullan and apart from a short hail shower at the start, the weather became bright and sunny and once again ended with tea and cakes. New faces are always welcome and our programme of walks is varied in order to provide, hopefully, something for all – whatever your ability. Dates for your diaries are as follows.

Tuesday 3rd February Meet at 10.30 a.m. Alison Jones (713350)
(Easy: Bampton to Rosgill and back - 3½ miles – transport can be arranged one way if required)

Sunday 8th February Meet at 9.30 a.m. Andrew (713343)
(Mod: Shap Abbey via Rosgill and Naddle - 8¾ miles)

Tuesday 17th February Meet at 9.30 a.m. Alison Jones (713350)
(Hard: Ascent of Blencathra)

Friday 27th February Meet at 9.30 a.m. David & Heather (716861)
(Mod: Ascent of Latrigg- 5¾ miles)

Sunday 8th March Meet at 9.30 a.m. Andrew (713343)
(Hard: Selside Pike and Swindale Common - 6¾ miles)

Wednesday 18th March Meet at 10.00 a.m. Alison Jones (713350)
(Easy: Along the river to Askham (with an option to walk back) - 4¼ miles)

Friday 27th March Meet at 9.30 a.m. David & Heather (716861)

(Mod: Bennethead and Sparket Mill - 7 miles)

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 Voluntary Car Scheme

A very big thank you to all our voluntary car drivers who amongst them did 167 journeys from January 1st to 23rd December 2014. Some of these journeys have been to a whole range of hospitals including Kendal, Carlisle, Whitehaven and Penrith while others have been to dentists, opticians and doctors' surgeries or to meet trains or do the weekly shop.

This service is vital to the people of Bampton and we must try to ensure that it keeps going. Shap has been trying to get a voluntary car scheme like ours off the ground but has so far been unable to recruit enough drivers. So our drivers have stepped in on a few occasions and taken people from Shap for hospital appointments - and very grateful these folk have been too.

Thank you again all our drivers and if anyone would like to become a driver, then please contact me.

Elsie Mounsey, 713157

Bampton Community First Responder Team

Bampton CFR team has had a steady trickle of call outs over the last year. The area covered by the team extends from Helton and Whale (which we share with the neighbouring Hackthorpe and Askham team) up the valley to Rosgill and Burnbanks and includes all the surrounding hill farms, as well as the Haweswater Hotel. So I am very happy to welcome 2 new members to the team, Paul and Judy Thomson, who are currently undergoing training and should become active CFRs very soon.

The team is also awaiting the arrival, with much anticipation, of 2 Airwave pagers. This means that, when on call, we will be much more readily contactable by Ambulance control as they are not dependent on a mobile phone signal. It will also provide greater safety for team members when called out, particularly at this time of year, as the pagers are GPS enabled and our location will be known to Ambulance control at all times. The team currently has one pager which has been provided by North West Ambulance Service but has agreed to pay for another 2 at £20 per month per pager. The team also has monthly team training meetings, again with the Hackthorpe and Askham First Responder team, which include scenarios to keep our skills up to the required levels and learning more about topics such as brain injuries, diabetes, wounds and bleeding. A very worthwhile addition to our regular training has been the opportunity to spend a day observing ambulance crews at work. Most of the

team has now done this and I think it's given us a much greater appreciation of the work of ambulance crews and what happens to our casualties once we hand them over to the crew.

Thank you all for your support, without which we wouldn't be able to continue helping the community. The team is planning some more fundraising activities this summer which I do hope you'll be able to support.

If you feel unwell and think it is a medical emergency DIAL 999 or 112 and ask for AMBULANCE. Any on call CFRs will then be asked by Ambulance control to attend if appropriate.

Christine Hill, Bampton Community First Responders

Crown & Mitre – February and March Events

13th and 14th February is Valentines weekend so come and enjoy a Valentine's candle lit dinner for two on either of these dates. If you pre-book we will include a bottle of House Wine with your meal. This offer applies to a minimum of two people and must include a main course. The Menu is available on our Facebook page, in the Post Office or at the Pub itself.

On **21st February** join George for a **Karaoke Night**. Who can resist coming to watch Pete Lightburn dueting to Abba's "Dancing Queen"!!! Starts at 9.pm

13th March is **Ladies Night!** Fizz and Tapas, just for the girls, and at only £9.50 a head. Full details to be found on our Facebook page, in the Post Office or at the Pub. We look forward to seeing you!

Jane and the Team

Bampton Summer Sports July 5th

By the time you read this, the winter sports will probably be over so it's time to look forward to the summer event. As usual, the afternoon will feature old favourites from Bat the Rat to WI teas (no A to Z – yet!) However, the committee is always looking to increase the fun and we are ordering a Bouncy Castle – and not just for the kids! John Stones has applied for an RAF flypast and we await the outcome.

We did ask for sponsors for a cup to award for the junior winners in the cross country. We need six of these in all and there is still a chance to offer and maybe, have your name on the cup. The Tippet Cup is now over a hundred years old and keeps his name alive in the valley.

We are pleased to have some younger committee members but still need more help especially on the day. So look out for more details about the Bampton Sports 2015, to be held on Sunday July 5th.

Katharine Cooke for the Bampton Sports Committee

Red Squirrels Toddler Group

The group meets fortnightly on a Friday from 9.45-11.15am and the children have fun playing, drawing and making things while we adults have fun drinking coffee and catching up on the gossip! If you and your toddler haven't been

before, we should love to see some new faces. Dates for the next two months are as follows – **6th and 20th February** and **6th and 20th March**.

For more details contact Beth 713675.

Children in Need Appeal

The final total for the 2014 Children In Need Appeal was a whopping £91:32! I would like to say thank you to all who contributed - you know who you are. And to those who didn't, don't be shy of the bucket this year!!! Many thanks.

John Stones

Bampton Big Breakfast

The Big Breakfast is to be held once again on the **Saturday 21st February**, 9.30am to 1.30 pm in the Memorial Hall. All proceeds will go to the Bampton Community First Responders so please come along for a delicious breakfast and help to support this excellent charity.

Petra Russell

Bampton Village Website - <http://www.bamptonlakedistrict.co.uk>

Chris Cant, who looks after the website is planning to give it a bit of a revamp. If you have information or photos to put on the website, please send them to him at chris@phdcc.com

Bampton Cinema – 2014-15 Season

Continuing our season of films in Bampton, we present the following. On **Saturday 28th February** *Tangled* (PG) 2010, 100 minutes, a children's matinee at **2:30pm** and on **Saturday 14th March** *Mrs Doubtfire* (PG) 1993, 125 minutes at **7:30pm**. *Tangled* re-tells the Rapunzel tale in classic animated Disney style. The heroine has 70 feet of magical golden hair and lives in a faraway tower. One day, Flynn Rider, the kingdom's most wanted bandit, finds the hidden tower and helps Rapunzel fulfil her true destiny. It's a great film to enjoy with the children and grandchildren. Come and let *your* hair down!

We couldn't let our season of films go by without this tribute to the late Robin Williams – *Mrs Doubtfire*. After out of work actor Daniel Hilliard (Robin Williams) loses custody of his three children to his ex-wife Miranda (Sally Field), he dresses up in drag to become the matronly Mrs Doubtfire, the family's new nanny, to enable him to see the children every day. This has become a much-loved cinema family favourite and will melt your heart.

The venue is Bampton Memorial Hall, **doors opening at 7pm for evening performances, 2pm on Saturday 28th February for *Tangled***. Tickets are on sale at the door, price **£4 adults, £2 U16**. Or a **film plus supper ticket can be bought in advance at Bampton Post Office, price £8 adults; £6 for U16 for evening performances only**. Supper is served at **6pm**. The bar is open and ice-creams are on sale at the interval.

We hope to bring you another film in April: your suggestions welcomed; we are also on the parish website.

Hazel Eccles for Bampton REMOTE Cinema Committee

50/50 Club

Very many thanks to all of you who are supporting this fund raiser for 2015. Your allocated numbers are displayed in the Post Office.

If you have forgotten to renew your membership or you are a new member, **it is not too late to join**. Application forms and full instructions are available from John at the Post Office. As the next draw is in March, the fee will be £10 for the remaining ten months of the year. All monies collected are shared equally between the cash prizes and Memorial Hall funds. Remember, ***if you are not in it, you can't win it!***

Christine Evans, 713645

Pantomime 2015 – Jack the Giant Slayer

Once again, despite poor weather and lots of illness in the population, the Bampton Pantomime again delighted audiences for 3 nights in mid January. As usual, its strength is in involving people throughout our community, from 8 years old to 70+, who work together over the previous weeks and eventually it comes together - something we never assume in advance! Teamwork is the key, whether acting, backstage or technical, bringing together people whose lives may not often overlap. Heather Pitt wrote a great script - an essential starting point - and others then revealed great skills in many different ways. In addition to those who have been involved before, it is always lovely to include new people. This year, we were very appreciative of the work of Mike Jones from Burnbanks who did the wonderful scenery painting, of Julian Russell who stepped up to cover illness at less than 24 hours notice and the inclusion of Jim and Emma Campbell in the cast. We hope that they will all stay with us in the future.

The Panto will have raised nearly £2000 for Memorial Hall funds - a truly worthwhile amount. However, perhaps the most important thing is the place of the Panto as a great community event, whether you are involved in the production or are part of the vital audience. So thank you to everyone for being part of its success.

Hopefully, a DVD of the panto will be available shortly via the Post Office.

Alison Jones

Rainfall 2014 - Mill Craggs, Bampton.

I started keeping records of daily rainfall in January 1993 and each year has its own peculiarities, 2014 being no exception.

As the table below demonstrates, January and February were very wet and carried on from December 2013, though March was drier but still above average, the quarter was the wettest on record. There followed 4 months of below average rainfall, but August made up for this. The driest ever September was followed by the wettest ever October which was followed by below average rainfall for November and December.

Overall the year was 24% wetter than average, but only the 3rd wettest after 2000 and 2009. Many other areas of the UK had their wettest year for over 50 years as witnessed by the floods which were so much featured in the national media. Incidentally it was also a warmer year and the lowest temperature recorded was the night of 23rd /24th March at -5.2c, closely followed by 28/29th December at -5.1c, mild for Bampton, but only 5 months of above zero minima.

	Rainfall mm	% of Average	Min Temp
January	312	169	-2.3c
February	364	280	-1.6c
March	106	110	-5.2c
January-March	782	190	
April	80	98	-2.0c
May	82	90	+0.1c
June	31	38	+2.8c
April-June	193	76	
July	73	84	+4.5c
August	197	206	+2.7c
September	10	9	+3.0c
July-September	280	95	
October	285	191	-1.5c
November	134	77	-2.0c
December	161	83	-5.1c
October-December	580	112	
January- June	975	147	
July- December	860	106	
Year 2014	1835	125	

So what will 2015 be like? Already by 19th January there has been 120% of the average January precipitation and the temperature fell to -7c on 17/18th, colder than any night in 2014.

David Cooke

Better Walking – Better Posture – Better Life

Heather Rhodes, a physiotherapist who designed Pacerpoles - a type of walking pole which several of us in Bampton now use - has agreed to come and talk to anyone who is interested about using poles to improve your walking. You don't have to be going on a major expedition to benefit from using poles. Indeed, if your walks are quite short, it is important that your walking is as easy and beneficial as possible. She will demonstrate how to use the poles correctly to improve posture and therefore maximise the benefit to you from walking. It all helps for a healthier life.

She is coming on **Monday, February 9th at 2.00 pm** in the Memorial Hall. All are welcome - no obligations.

For more information contact Alison Jones, 713350

New Service at Shap Medical Practice

Community Outreach Clinic provides an Information and Advice Service on the following topics - Money Matters, Transport, Home & Care, Staying Independent, Local Services, Work & Learning, Social & Leisure, Volunteering.

The clinic is held at Shap Medical Practice on **alternate Wednesdays from 10am to 12 noon**. It is by appointment only. To book an appointment please telephone 01768 245911 or email edenhub@ageukcarlisleandeden.org.uk

Sue Graham, Manager, Shap Medical Practice

Pilates

After a midwinter break, Pilates resumes on **Monday 26th January**, with two classes, 7 - 8 pm or 8 - 9 pm. Everyone is welcome, male or female, young or older – it's good to stretch, strengthen and look after your body. Just come along or for more information, contact me.

Alexis, 07411 902674

Highlights Rural Touring at Shap Memorial Hall

The Snow Bear – Sun. 1st Feb. 3.30pm

A winter's storytelling show with music & puppets

A gorgeous seasonal treat for children and their families with a brand new, winter's storytelling show inspired by Norwegian folk tales. *The Snow Bear* features live music, puppets and projections and a beautiful miniature theatre. This Scandinavian themed show is packed with adventures and lots of audience involvement. Children are invited to bring along their favourite teddy. Suitable for children, especially 4 – 7 years, and their families. **Tickets:** Adults £6, Child £5, Family £20 (2 Adults/2 Children or 1 Adult/3 Children).

Bookings: 01931 716273 or online at www.highlightsnorth.co.uk

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

Su 1st	Holy Communion with Bishop Alec, 9.15am. Winter Sports, MH, from 1.30pm.
Mo 2nd	French Group, Church Hall, 2-3pm. Pilates, MH, 7-8pm and 8-9pm. Tinclar's Library, Church Hall, 7-9.30pm.
Tu 3rd	Bampton Amblers. Meet MH 10.30am Village Choir, Church Hall, 6-7pm. BDLHS, MH, 7.30pm, Jean Scott-Smith on the History of Shap Granite Works.
We 4th	Yoga, MH, 2.30-4.30pm. All welcome. Indoor Bowls, MH, 7.30pm.
Fr 6th	Red Squirrels Toddler Group, MH, 9.45-11.15am.
Sa 7th	Bomby Green Coffee Morning, MH, from 10am.
Su 8th	Bampton Amblers. Meet MH 9.30am Taize (Taysay), a service of music & reflection by candlelight with Beverley, 6pm.
Mo 9th	French Group, Church Hall, 2-3pm. Better Walking – Heather Rhodes, MH, 2pm. Pilates, MH, 7-8pm and 8-9pm.
Tu 10th	WI meeting, MH, 7.15pm, Chizzer "Land of the Pharaohs".
We 11th	Drop In For Coffee, Church Hall, 10.30-12 noon. Yoga, MH, 2.30-4.30pm. Indoor Bowls, MH, 7.30pm.
Fr 13th	Valentine's weekend special deal at the Crown & Mitre.
Sa 14th	Orton Farmers' Market, 9.30am-2pm. Valentine's Day, see special deal at the Crown & Mitre.
Su 15th	Holy Communion with Clive Pattinson, 9.15am.
Mo 16th	French Group, Church Hall, 2-3pm. Pilates, MH, 7-8pm and 8-9pm.
Tu 17th	Bampton Amblers. Meet MH 9.30am. Village Choir, Church Hall, 6-7pm.
We 18th	Ash Wednesday Service, Shap 10am & Ravenstonedale 7.30pm. Yoga, MH, 2.30-4.30pm. Indoor Bowls, MH, 7.30pm.
Fr 20th	Red Squirrels Toddler Group, MH, 9.45-11.15am
Sa 21st	Big Breakfast, MH, 9.30-1.30pm. (in aid of First Responders) Karaoke Night, Crown & Mitre, from 9pm.
Su 22nd	Family Holy Communion with Beverley, 10am.
Mo 23rd	Lent Lunch, Church Hall, 12-1.30pm. All welcome. French Group, Church Hall, 2-3pm. Pilates, MH 7-8pm and 8-9pm.

Tu 24 th	Lent Discussion Group. 2.30-4pm, Irving's House, Sleagill.
We 25 th	Yoga, MH, 2.30-4.30pm. All welcome. Indoor Bowls, MH, 7.30pm. CAMEO, Church Hall, 7.30pm.
Fr 27 th .	Bampton Amblers. Meet MH 9.30am.
Sa 28 th .	Bampton Cinema, MH. "Tangled". Doors open 2pm
MARCH	
Su 1 st	Holy Communion with Beverley, 9.15am.
Mo 2 nd	Lent Lunch, Church Hall, 12-1.30pm. All welcome. French Group, Church Hall, 2-3pm. Pilates, MH 7-8pm and 8-9pm. Tinclar's Library, Church Hall, 7-9.30pm.
Tu 3 rd	Lent Discussion Group. 2.30-4pm, 65, Burnbanks. Village Choir, Church Hall, 6-7pm. BDLHS, MH, 7.30pm, "Remembering WW1 – The War means Whisky" with Michael Rose.
We 4 th	Yoga, MH, 2.30-4.30pm. All welcome. Indoor Bowls, MH, 7.30pm.
Fr 6 th	Red Squirrels Toddler Group, MH, 9.45-11.15am. Women's World Day of Prayer Service, St. Michael's, Shap, 2pm
Su 8 th	Bampton Amblers. Meet MH 9.30am. Holy Communion with Bishop Alec, 6pm.
Mo 9 th	Lent Lunch, Church Hall, 12-1.30pm. All welcome. French Group, Church Hall, 2-3pm. Pilates, MH, 7-8pm and 8-9pm.
Tu 10 th	Lent Discussion Group. 2.30-4pm, Bridge End, Bampton Grange. WI Meeting, MH, 7.15pm. Emma Marshall of Radio Cumbria.
We 11 th	Drop In For Coffee, Church Hall, 10.30am-12noon. Yoga, MH, 2.30-4.30pm. All welcome. Indoor Bowls, MH, 7.30pm.
Fr 13 th	Ladies' Night at the Crown & Mitre.
Sa 14 th	Orton Farmers' Market, 9.30am-2pm. Bampton Cinema, MH. "Mrs. Doubtfire". Doors open 7pm
Su 15 th	Service for Mothering Sunday. 10am.
Mo 16 th	Lent Lunch, Church Hall, 12-1.30pm. All welcome. French Group, Church Hall, 2-3pm. Pilates, MH. 7-8pm and 8-9pm.
Tu 17 th	Lent Discussion Group. 2.30-4pm, Scar View, Butterwick. Village Choir, Church Hall, 6-7pm.
We 18 th	Bampton Amblers. Meet MH 10am Yoga, MH, 2.30-4.30pm. All welcome. Indoor Bowls, MH, 7.30pm.
Fr 20 th	Red Squirrels Toddler Group, MH, 9.45-11.15am.
Sa 21 st	Dominoes, MH, 7.30pm. All welcome.

Su 22nd Holy Communion with Beverley, 10am.
Mo 23rd Lent Lunch, Church Hall, 12-1.30pm. All welcome.
 French Group, Church Hall, 2-3pm.
 Pilates, MH, 7-8pm and 8-9pm.
Tu 24th Lent Discussion Group. 2.30-4pm, 65, Burnbanks.
We 25th Yoga, MH, 2.30-4.30pm. All welcome.
 Indoor Bowls, MH, 7.30pm.
 CAMEO, Church Hall, 7.30pm.
Fr 27th Bampton Amblers. Meet MH 9.30am.
Su 29th Palm Sunday. Joint service at Shap. 10.30am

Copy Deadline for the April/May issue is 5pm on Tuesday 24th March. Contributions please to Heather Pitt 01931 716861 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.

Julian Russell Fdsc. Arb – Tree & Garden Services

All aspects of tree work, large and small, including pruning, felling, hedge cutting and planting. Wide range of gardening services also available.

Free specialist advice and quotations.

Qualified, experienced, insured and *local*. **Tel: 01931 713108**

Very experienced Secretary/PA

Available for ad hoc projects – audio/shorthand, manuscripts, administration projects, document editing etc.

Contact Jane Storey 01931 713490