

Bampton Parish Newsletter

JUNE – JULY 2015



Dear Friends

So elections are a distant memory and some won and some lost. Some will be planning out new strategies and squaring up to the new challenges ahead. Others will be facing a future that they did not choose; one that is imposed on them. Both need resources to cope with the new situation.

It is not just a different job or suddenly having no job that takes some adapting to; although both can be life changing. There are all sorts of experiences in life that can throw us. A bereavement, a new baby, a sudden loss of good health, hearing or sight, a lifelong friend who moves away or becomes estranged, a hobby or activity that we have enjoyed is suddenly not possible any more – even a place we have known all our lives that one day is dramatically transformed. All these things and many, many more demand that we call on resources from within ourselves to adjust. This is difficult when most other things in our lives stay the same; but when several things change at once...it can be devastating.

How do we build resources within ourselves to cope? Well the wisdom of those who have gone before gives us strategies to ponder. Many over the centuries

have found inner strength to cope by spending a time each day – in good times and in bad – to centre the mind on their breathing. For some this has been combined with prayer and/or meditation. Some have used chants to help them focus the mind or they have exercised ‘mindfulness’. The use of a mature spiritual person has often helped people to find a way through to a focus; as a guide or companion. This strategy has found expression in many different cultures and religions but the main thing seems to be that you have to invest in these practises **before** you need the power of focus, rather than when there is a crisis. Preparing our inner resources takes time and effort. Christians have found that the use of prayer, words from Scripture repeated thoughtfully, taking control of those negative thoughts that circle in our minds and write the defeatist back script to our lives...all these have been helpful spiritual disciplines that have helped people build up resilience in times of difficulty.

If Jesus spent time focusing on his Father God – then it must be a good thing. In the Garden of Gethsemane he was facing a painful and shaming death but he prayed and found the strength to face the difficulties and cope.

I hope all who went through the election – those in the new government and those who were not – will find time for prayer. As for me...if it was helpful for Jesus to pray – then that is the best recommendation – ever.

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

From the Register

Wedding

Paul David Matthew Rossall to Natalie Louise Gibson

Saturday, 2nd May

Service of Thanksgiving for the life of

Donald Langdale (who died 8th May 2015)

Monday, 18th May

Thank You!

As can be seen below, there are changes afoot in the bell ringing circle. Bernard Kirkbride is stepping down as Bell Captain and a successor is being sought. The PCC wish to express their thanks to Bernard for many years of valuable service – his contribution and support will be greatly missed by all residents of the Parish

Church Bells – Volunteers Wanted

The church bells are rung infrequently now because of the difficulty of assembling a team (5 persons) of ringers. A mixture of old age and people leaving the parish has meant that it is with increasing difficulty that we can man (and/or woman) the bells. We just about manage for the odd wedding!

We would welcome volunteers (preferably under 70 years of age!) to be willing to ring as and when required. Ladies don't be put off. At the moment 2 of our 5 ringers are ladies. Once one gets the knack, the actual ringing is not too physically demanding. Training can be organised to suit individual availability. If you think you might be interested please contact me or any member of the Church Council. Thank You.

Bernard Kirkbride 713368

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 10th June** and **Wednesday 8th July**, 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.

Christian Aid Collection

This year we raised £297 which will increase to over £300 when Gift Aid is added. Many thanks to all who gave and, especially, to those who delivered and collected envelopes.

Diana Nicholson 713194

Two 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. Again, all are very welcome to attend.

Bampton PCC

Boon Days

Many thanks to everybody who has helped in the past – your assistance is always invaluable. Our next Boon Day is at the Knipe Road cemetery from **9am on Saturday 27th June**. Strimming and raking of grass are the main tasks, as well as general tidying up and maintenance. If you are available to come and join the group your help would be greatly appreciated.

Andrew Yates 713343

Tinclar's Library

We are planning an excursion to **St. Mary's Church, Wreay** near Carlisle in early August. The church is described by Simon Jenkins, the author of *England's Thousand best Churches*, as one of the most eccentric small churches in England. He lists it as one of the top two churches in Cumbria and includes it among the top hundred churches in England.

The church was commissioned and designed by a local woman, Sarah Losh, in memory of her sister and parents. She was the daughter of an educated ironmaster, John Losh, the owner of a Newcastle factory. Sarah and her sister were taken to Italy in 1817 and when her sister died in 1835, Sarah determined to pour into her memorial all that she had acquired of art and architecture.

The church is a striking place packed with symbolism, with fine craftsmanship, and with many curious and unusual things. Both outside and inside of the church are adorned with numerous carvings of flora and fauna. Each corner of the side elevations is adorned by a monstrous gargoyle, and the pulpit is a hollowed out trunk of bog oak of considerable antiquity. The eagle lectern and pelican reading desk rise out of trunks covered in bark. There are 84 windows at various levels, mostly glazed with stained glass brought in from various sources. A replica of the C7th Bewcastle Cross stands in the churchyard near a mausoleum and memorials of the Losh family.

The design of the building was entirely Sarah's own work, and her gardener did much of the wood carving and a local mason the stonework. Wreay appears to have been the creation of a single original mind. Sarah Losh was an individual genius, a Charlotte Brontë of wood and stone. The Arts and Crafts movement took half a century to catch up with her.

If the excursion receives sufficient support, a consulting architect in the village would be willing to give us a detailed conducted tour of the church and surrounds. Members of the group could either bring their own lunch or eat at the Plough Inn (within sight of the church). Would those interested in coming please notify John Stacey on 713306 **by Monday 22nd June**. Further details will follow later.

The Library will be open in the Church Hall on **Mondays 1st June and 6th July**.

The Trustees

Dominoes

There will be a Domino evening on **Saturday 20th June** and on **Saturday 25th July**, both at 7.30pm in the Memorial Hall. All welcome.

Dot Lightburn 713206

Bampton Memorial Hall

The Bampton Memorial Hall AGM followed by a committee meeting will be held on **Monday 8th June at 8pm** in the Small Hall. All are welcome. If anyone would like to stand as a committee member please contact John Garside on 713294.

Recycling centre – please note that the Clothes Bank will be removed and not replaced.

To book either hall please contact Lucinda Weymouth on 713245 or lucinda@douglasweymouth.com

Bampton Trust

The Trustees are pleased to say that Susan Bowman has agreed to fill the vacancy of trustee that has recently arisen. We know that she will bring to the role her deep knowledge of the local community together with the experience she has gained whilst working away from the valley.

The Trustees

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

The popular Visiting Edible Gardens (VEG) programme returns to Eden this year, with lots of tips on offer for anyone keen to grow their own fruit and veg. There's a bumper crop of free visits for 2015 all across Eden, including Bampton, organised by the Penrith and Eden District Freegle group as part of the 'Grow Your Own' campaign to help local people grow food.

The range of venues has also blossomed, featuring walled gardens, Edwardian glasshouses, polytunnels, tiny townhouse gardens and even a pig farm – all giving would-be growers an insight into fruit and veg that grow well in Eden.

There are free seeds and plants available at many of the events, and the local Freegle website is a great way to pick up some free tools and plants.

The first VEG event is on 16 May and they run through to late autumn, with the Bampton event at Chris's garden and orchard on 13 September. The programme also includes other types of events where you can get veg tips and kit. There are full details at www.penrithact.org.uk/veg or call Chris Cant on 01931 713240.

The Freegle 'Grow Your Own' campaign is part of the Sustain Eden programme, funded by the Big Lottery and managed by Cumbria Action for Sustainability (CAfS).

Bampton Amblers

Unseasonal snow in April meant a change of route but 3 hardy walkers still braved the elements for an exhilarating local walk which was greatly enjoyed. In addition to other local day and evening walks we have scaled the heights of Bowscale Fell, Bannerdale Crag, St. Sunday Crag and Birks – the last two on a glorious day with uninterrupted views of breathtaking clarity. Dates for your diaries are as follows:

Tuesday	2 nd June	Meet at 9.00a.m.	David & Heather (716861)
[Hard: Red Pike, High Stile & High Crag: 7¼ miles]			
Wednesday	10 th June	Meet at 6.00p.m.	David & Katharine (713392)
[Easy: Ascent of Dodd & Osprey viewing 3½ miles – Bring a picnic]			
Saturday	20 th June	Meet at 9.00a.m.	David & Heather (716861)
[Moderate: Brough, Great Musgrave & Fox Tower: 7 miles]			
Wednesday	24 th June	Meet at 7.00p.m.	David & Heather (716861)
[Easy: Dacre, Pooley Bridge & Dalemmain: 5 miles]			
Tuesday	30 th June	Meet at 9.30a.m.	Andrew (713343)
[Moderate: Barrow & Outerside from Braithwaite: 5 miles]			
Wednesday	8 th July	Meet at 5.00p.m.	Alison (713350)
[Easy: Hallin Fell: 4½miles – Bring a picnic]			
Sunday	12 th July	Meet at 9.30a.m.	Andrew (713343)
[Hard: Angle Tarn & The Knott: 7½ miles]			
Tuesday	21 st July	Meet at 3.30p.m.	Alison (713350)
[Easy: Around Loughrigg: 4 miles – Followed by a pub meal]			
Tuesday	28 th July	Meet at 9.45a.m.	David & Heather (716861)
[Moderate: Catbells via the ferry: 4¾ 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 & District Local History Society

The Society enjoyed a very interesting talk on 'Cattle Droving through Cumbria 1600 – 1850' by Peter Roebuck in April. Peter Roebuck is Emeritus Professor of History at the University of Ulster and now lives at High Hesket in a former droving venue which sparked Peter's interest in the history of cattle droving.

Although cattle droving had been in existence since Neolithic times it was a major part of the economy in the 17th, 18th and 19th centuries after King James I/VI banished the Border Reivers in 1610. Politics continued to influence droving when Ireland was banned from droving cattle – mostly because Irish cattle were thought to be superior to British cattle!

From April to October cattle were driven through Cumbria from Scotland and Ireland en route to markets in Lancashire and beyond. Cattle were traded for beef and leather; their hooves were used to make glue and even their hair was used in plaster for roofs. The cattle had to be shod to enable them to cover the huge distances they were driven – particularly on the old A6 from Carlisle to Lancaster. Other routes used included Hardknott Pass!

Cattle droving was not a lucrative business, with the 'top man' being paid a commission of 1 shilling a day. It was then up to him if the rest of the men in the droving team were paid anything at all. Being a cattle drover required the men to be vets, accountants and route finders. The droving trade was serviced with accommodation and food provided at stations for the drovers and their cattle as they moved south.

Very few records concerning droving remain in existence but Peter has discovered records relating to a cattle station at Musgrave Hall Estates in Edenhall where transactions with drovers took place. In 1650 – 18,364 cattle were registered; 1662/63 – 26,440 cattle were registered and in 1675 – 20/30,000 were registered. By 1712 – 11,267 cattle were registered in one month. Big business indeed!

The next meeting is on **Tuesday 2nd June** in the Memorial Hall and the topic is 'Ownership Matters: "Property & Power in Bampton 1800 – 1939"' by the Society's previous Chair – (Prof) Patricia Garside. The annual **BBQ** will take place on **Tuesday 7th July** at Brandscroft, Bampton, with a prior walk – see posters for full details.

Christine Hill, BDLHS

Bampton Cinema – 2014-15 Season

That was such a brilliant finale to the most successful season yet, we were all but singing *we are sailing*....Master and Commander was a popular choice: we had some new faces, young people and regulars plus the insights from the audience that really added to the scene. The meal vanished lickety-split, the main brace got well spliced and we sold out of ice-creams. Thanks to all for playing your part.

We have good news. There *is* going to be a further season beginning in the autumn; details will follow in due course in the parish newsletter and website and follow us on Facebook and Twitter. We're grateful for your new ideas and comments to give us all a grand night out at Bampton cinema!

Hazel Eccles for Bampton REMOTE cinema committee

Sunday 5th July – Bampton Sports

Preparations are well advanced for this year's sports day. All we need is your support on the day and good weather! Joan and Ray Bruin who have been stalwart helpers over the years will officiate and open proceedings at 1pm. Maureen Barber's daughter and son-in-law are bringing their barbecue skills from South Africa to take over the burger bar. Other refreshments will be provided by the WI, the ice-cream stall and the bar.

It is a sports day, though, and there will be ample opportunity to burn off those calories in the usual mixture of straight and wacky races. Other attractions will include a display of maypole dancing. Anyone interested should contact Alison Jones, who would be happy to make up an adult team if enough people fancy trying this traditional skill.

A Bouncy Castle has been booked and there will be Bat the Rat, Smash the Crockery, Pat Holmes' Tombola and other side shows. Posters will give more details so watch out for those, nearer the date. If you'd prefer to watch, please bring your own garden chair if possible and sit back to watch the efforts of the fell runners and the children in the cross country. Cups have been provided by generous sponsorship for each category of the junior cross-country so we expect to see some competitive running.

Raffle tickets will be on sale soon for a fine array of prizes.

As always we rely on help from around the village and anyone who is able to help on the day can contact me or any committee member. Of course, we may get to you first!

Gates open at 12.30pm. Entrance is £2.50 with under sixteens free. There is plenty of free parking. See you there!

Katharine Cooke for the Sports committee

Bampton Community First Responder Team

The Bampton CFR team is going from strength to strength and I am pleased to announce that we now have 2 fully trained new members – Paul and Judy Johnson of Burnbanks. We are, however, always on the look out for more new members to help further increase our coverage of the area. If you are interested please contact me for more information or an informal chat on 01931 713210; email: christinehillski@gmail.com. Alternatively apply online through the NWS Community First Responder website: <http://www.nwas-responders.info/>.

The team also have 2 new Airwave pagers which make us more easily contactable (they are not reliant on mobile phone signal) and should enable a quicker response by team members when called out by the Ambulance Service.

The ongoing costs of the pagers have to be met by the team but we have been helped greatly with this by a very generous donation from Bampton PCC for which we are extremely grateful. A 'Big Breakfast' was also run earlier in the

year to raise funds – thanks to Petra Russell and family for organising and running that event! Plans for more fundraising events during the summer are underway so watch the notice boards for further details.

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 Community First Responders

Bampton WI

In April we had a small meeting before our guests arrived. An open invitation to any meeting at Crosby Ravensworth and Maulds Meaburn WI this year was received; Hazel has the programme for any member to see; and a letter from the Jigsaw Appeal thanked us for the donation we had given them in March. Elsie and Elizabeth were pleased to receive allocated places at the Buckingham Palace garden party on the 2nd June. Our speaker for the evening was Jan Berry who demonstrated Sugar-craft by constructing a magnolia flower with professional flower paste. Thanks were given to Jan by Aileen Salway for a very interesting demonstration followed by an enjoyable supper and Laura Harker from Pooley Bridge thanked Bampton WI for a lovely evening. In May, with several members away on holiday, another small meeting was held. The newsletter gave details of many interesting things to do – cruising on Lake Windermere; Painting for Pleasure at Orton; Lace workshop at the WI office in Kendal; and many more. Ann Timmins, the Hon. Treasurer from CWFWI Board of Trustees, came to inform and discuss the AGM resolution for the Royal Albert Hall in London on 4th June. Sylvia and Elsie went to Pooley Bridge WI on 21st May, where members modelled items during a fashion show given by Kitty Brown of Carnforth.

Elsie Mounsey

The Bampton Endowed Schools Endowment

Last year the Charity made grants totalling £2,400 to local young people. These awards were mainly to help them financially while they took part in a variety of post-secondary school courses at college or university.

The Trustees now invite applications for financial support from those who will be undertaking courses at any University, college or institution of higher or further education in autumn 2015. Consideration will also be given to applications from those who will be taking part in 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 the applicant must be:

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

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

Completed application forms must be received by **26th September 2015**.

Bampton Parish Council

At the first parish council meeting following the election Bethany Leckie and Mike Jones joined re-elected councillors Richard Carruthers, Liz Hall, Ray Bruin, Neil Hughes and John Stones to serve the parish for the next four years. Outgoing councillors Jeannie Wright and Jim Campbell were thanked for their work over the last years. Richard Carruthers was elected as Chairman and Mike Jones as vice-chairman and reports were received from the Chairman and Clerk. Because the Council is in a sound financial position the precept for the coming year was reduced which made a small difference to the amount of council tax that you pay. The precept is a sum of money that is given to PCs by EDC to enable them to function. In future, in accordance with new transparency legislation, all PC documents such as agendas, minutes and financial reports will be put onto the council's web-site so everyone can see exactly what is going on.

If you have any concerns that you would like councillors to discuss or any ideas for parish projects please contact any councillor.

Richard Carruthers 713280

Ray Bruin 713172

Bethany Leckie 713675

Liz Hall 713204

John Stones 713351

Mike Jones 713375

Neil Hughes

The next meeting of the PC will be on **Tuesday July 21st**. All parishioners are welcome to attend.

Marion Drinkwater

Opt4 Community Energy

An energy initiative that saved Cumbrians thousands on their gas and electricity bills drew to a close at the end of April. Opt4 Community Energy, based in Penrith, reached the end of their two-year funding period during which they

tackled fuel poverty through energy-saving advice, draught-proofing measures and a switching service to help householders move to cheaper energy tariffs – even winning a national award along the way.

“Almost half of the households we helped were in fuel poverty, which affects Eden more than virtually anywhere else in the UK,” said Peter Ward, who led the Opt4 project. “To reach them, we developed partnerships with housing associations and charities across Cumbria and beyond, supporting them in switching, which is the easiest way to cut energy bills. We saved the average household £180 a year and they will now have the confidence to switch regularly and continue to save, which is a legacy we’re really proud of.”

Thanks to part-funding from Opt4, an Affordable Warmth advisor will support households in Eden for another six months, and their website will continue to offer advice. The project also provided employment and development for two members of staff.

Opt4’s parting advice to households is to switch to a cheaper tariff, cut out draughts in the home, and submit gas and electricity meter readings regularly to avoid large bills building up.

Opt4 was part of the Sustain Eden programme, financed by The Big Lottery and managed by Cumbria Action for Sustainability.

Ed Appleton 01768 593110 or email ed_appleton@opt-4.org

Fund raising events in Shap for St. Michael’s Church

Open Garden at The Hermitage – Sunday 21st June 1–4.30pm

Admission £2 – Afternoon Teas.

‘Everything in the Garden’ – Floral Art Demonstration by Patti Dawson.
Saturday 27th June 7 o’clock for 7.30pm at Shap Memorial Hall.

Tickets: £7 Tel 01931 716273 (*includes raffle ticket and complimentary savouries*). *Wine/soft drinks available.*

Janet Wood

Shap Community CIO – Update May 2015

Things are starting to move very quickly and the charity is hoping to take over the running of the building (the Old Courthouse) at the end of June – if all things go to plan! In addition to working with Cumbria County Council to retain Library Service provision and continuing to provide a base for Shap Pre-school Playgroup we are talking to many different partners about new services and facilities that we could offer from the Old Courthouse in the future that will benefit those living in Shap and neighbouring communities as well as visitors to the area. We hope to have events and exhibitions running throughout the year and provide an information point for visitors and locals alike.

This is how you can help

- **Let us know your ideas** for the services you would like to see provided
- **Register your interest** – visit our website, sign up for our newsletters
- **Project Manager** – our hardworking, enthusiastic committee is seeking a Project Manager to support us on an "as needed" basis. If you have the relevant experience and are able to contribute time to help us in our vision to combat rural isolation by retaining and enhancing services in the community then please contact us
- **Volunteer** – there are many ways you could help:
 - staff the information desk and provide assistance to those visiting the building
 - building maintenance, decorating, cleaning
 - join one of the working groups – fundraising, building or media and publicity.
- **Think of a name** – we would like a name that reflects the building's past as a school, courthouse and library – but also looks to the place it has in the future as a centre at the heart of the community. Let us have your suggestion.
- **Support the project** – use the services that are provided

Visit: <https://shapbuildinggroup.wordpress.com>

shapcommunitycio@gmail.com or call 07555 021295

Exciting New Courses starting Now!

Shap CDC is offering the following range of new courses over the next few months.

Fun Fitness

Thursdays 7.30pm-8.30pm

Hand Building with Clay

Tuesday 2nd June for 6 wks

Art for All-Improvers

Tuesday 2nd June for 6 wks

Mindfulness – One-day Workshop

Saturday 20th June

Exploring Photography Beginners-DSLR

Wed. 3rd June for 5 wks

Exploring Photography Intermediate-DSLR

Saturday 4th & 11th July

For more details please check the website www.shapcdc.org.uk and contact us at cdc@shap.cumbria.sch.uk or call Julie on 01931 716447

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)

JUNE

- Mo 1st Pilates, MH, 7-8pm and 8-9pm.
Tinclar's Library, Church Hall, 7-9.30pm
- Tu 2nd Bampton Amblers. Meet MH, 9am.
BDLHS, MH, 7.30pm, Ownership Matters: "Property & Power in Bampton 1800 – 1939" by Patricia Garside.
- Fr 5th Red Squirrels Toddler Group, MH, 9.45-11.15am.
- Su 7th Holy Communion with Sandra Ward, 9.15am.
- Mo 8th Pilates, MH, 7-8pm and 8-9pm.
Bampton Memorial Hall AGM, Small Hall, 8pm.
- Tu 9th WI outing
- We 10th Drop In For Coffee, Church Hall, 10.30-12 noon.
Bampton Amblers. Meet MH, 6pm.
- Sa 13th Orton Farmers' Market, 9.30am-2.30pm
- Su 14th Holy Communion with Sandra Ward, 6pm
- Mo 15th Pilates, MH, 7-8pm and 8-9pm.
- Fr 19th Red Squirrels Toddler Group, MH, 9.45-11.15am.
- Sa 20th Bampton Amblers. Meet MH, 9am.
Dominoes, MH, 7.30pm. All welcome.
- Su 21st Holy Communion with Bishop Alec, 9.15am.
- Mo 22nd Pilates, MH, 7-8pm and 8-9pm.
- We 24th Bampton Amblers. Meet MH, 7pm.
CAMEO, Church Hall, 7.30pm.
- Sa 27th Boon Day, Knipe Road Cemetery. From 9am. All Welcome.
- Su 28th Family Holy Communion with Sandra Ward, **10am.**
- Mo 29th Pilates, MH 7-8pm and 8-9pm.
- Tu 30th Bampton Amblers. Meet MH, 9.30am.

JULY

- Fr 3rd Red Squirrels Toddler Group, MH, 9.45-11.15am.
- Su 5th Holy Communion with Clive Pattinson, 9.15am.
Bampton Sports. Gates open 12.30pm with official opening at 1pm
- Mo 6th Pilates, MH, 7-8pm and 8-9pm.
Tinclar's Library, Church Hall, 7-9.30pm

Tu 7 th	BDLHS Barbecue, Brandscroft, Bampton, by kind permission of Christine & Malcolm Evans
We 8 th	Drop In For Coffee, Church Hall, 10.30-12 noon. Bampton Amblers. Meet MH, 5pm.
Sa 11 th	Orton Farmers' Market, 9.30am-2.30pm.
Su 12 th	Bampton Amblers. Meet MH, 9.30am. Evensong with Neil, 6pm
Mo 13 th	Pilates, MH, 7-8pm and 8-9pm.
Tu 14 th	WI meeting, MH, 7.15pm,
Fr 17 th	Red Squirrels Toddler Group, MH, 9.45-11.15am.
Su 19 th	Holy Communion with Clive Pattinson, 9.15am.
Mo 20 th	Pilates, MH, 7-8pm and 8-9pm.
Tu 21 st	Bampton Amblers. Meet MH, 3.30pm. Bampton Parish Council Meeting, MH, 7.30pm. All welcome.
Sa 25 th	Dominoes, MH, 7.30pm. All welcome.
Su 26 th	Holy Communion with Bishop Alec, 10am.
Mo 27 th	Pilates, MH 7-8pm and 8-9pm.
Tu 28 th	Bampton Amblers. Meet MH, 9.45am.
We 29 th	CAMEO, Church Hall, 7.30pm.
Fr 31 st	Red Squirrels Toddler Group, MH, 9.45-11.15am

Copy deadline for the August/September issue is 5pm on Tuesday 21st July. Contributions please 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.

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**