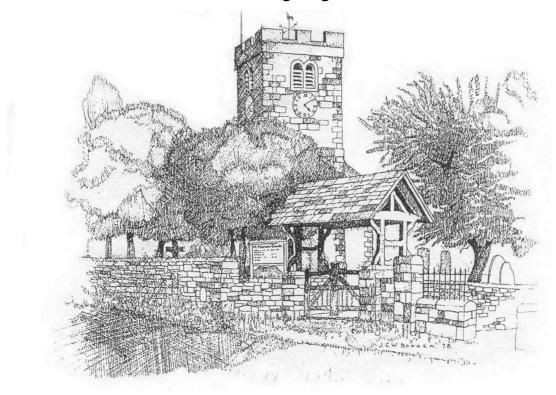
Bampton Parish Newsletter June - july 2016



Dear Friends

It was really good news when the new bridge at Pooley bridge and the Grasmere to Keswick road reopened, things are moving on after the floods. We hope that soon all those who were affected will be back to normal and in their own homes.

Not only are those things moving on, but as you know Revd. Beverley moved on – to Ambleside, and, one of our retired clergy Revd. Clive Pattinson who took a good many services at Shap and Bampton is also moving- to Bristol to be nearer family. The archdeacon has also moved on to pastures new. They will all be missed. Was it something we said?

The diocese has advertised for a new vicar for our five parishes, but as yet, no one has been appointed. So for a while we are in what is called an interregnum. What it means is that we all have to move up a notch in church terms. The result is that Diana and Neil at Bampton and myself at Shap might be doing more in

the churches than you are used to seeing. As the bible says in many places "Do not be afraid".

Revd. Sandra, our curate, is available on a part time basis, and Revd. Ian and Revd Christopher who are retired from full time ministry but conduct many services for us in the five parishes will be available for those times when only an ordained person will do. Of course we also have a welcome newcomer in the form of Revd. Tim Clarke of the Methodist church too.

We will all continue to work together, and we look forward to the future. Meanwhile, please join us in a prayer that God will guide a good man or woman to be our vicar and lead us forward into the next few years.

This year we remember our Queen's 90th birthday and the years of service she has faithfully given for us.

"I have in sincerity pledged myself to your service, as so many of you are pledged to mine. Throughout all my life and with all my heart I shall strive to be worthy of your trust."

Queen Elizabeth 11, June 2nd 1953

She realises that it is by God's grace and mercy that she serves as our Queen. Let us keep her majesty and her faithful service in our prayers this month. God Bless

Elaine Allison, Local Lay Minister & Rvd Sandra Ward

Contact Details

Stewart Fyfe, Rural Dean	01931 714620
Sandra Ward, Curate	01539 624125
Tony Hall, Church Warden	01931 713204
Elizabeth Coy, Church Warden	01931 713211
Kathy Jenkins, Church Warden	01931 714400

Following Beverley Lock's departure to take up her new role in Ambleside, and during the interregnum while her replacement is being sought, the clergy in the five High Westmorland parishes are being led by the Rural Dean, Stewart Fyfe, ably supported by Sandra Ward. We are trying to reduce Sandra's substantial workload, so Stewart will be the first point of contact for births, marriages and deaths. His contact number is 01931 174620.

From the Registrar

Leonard William Holme, aged 79, (1937-2016) died on Monday May 2nd, and the funeral at St.Patrick's and interment in the Knipe Rd. cemetery was on Tuesday, May 10th.

Events at St Patrick's

On **Sunday 12th June 6pm** we are holding a short service of praise and thanksgiving to celebrate the Queen's official 90th birthday, followed by a barbecue in the churchyard (or the Church Hall if the weather is inclement). Everybody is warmly invited.

On **Friday 8th July 7.30pm** we are holding a Candlelit supper in the Church hall, with an Italian theme, £15 per head.

St Michael's Church, Shap

Tribute to HM Queen Elizabeth II **Saturday 11th & Sunday 12th June** "Crowning Glory" Exhibition of Memorabilia plus a competition (open to all) Floral Crowns and Decorated Hats (bring to church 2-4pm Friday) 1.30 – 4.30pm Teas

A Quiet Meditative Service

Please join us on **Sunday 10th July at 6pm** for a quiet meditative service in the Taize tradition.

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 8th June and 13th 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.

Diana Nicholson 713194

Church Bells

The proposal to install a new peal of six bells was outlined in the April/ May issue of the Parish Newsletter. Bampton Parochial Church Council (PCC) have now received all the estimates for work required to install new bells in the church tower, and the preservation of the existing set of five bells. The structural survey of the church tower confirmed that the proposed new ring of bells can be safely hung for full circle ringing without any adverse effects occurring on the tower structure. The PCC will now proceed with an application to the Diocesan Advisory Committee for the installation of a new set of six bells. The historic 18th century bells and their original frame will be retained and preserved to chime out the quarters and hours for the clock. If the

application is successful an appeal for financial support will be launched in the Autumn.

Andrew Yates

Tinclar's Library

The Library will be open in the Church Hall on Mondays 6^{th} June and 4^{th} July from 7pm - 9.30pm.

The Trustees

THE BAMPTON ENDOWED SCHOOLS ENDOWMENT

Last year the Charity made 10 grants totalling £2,500 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 2016. 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 2016
- 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 30th September 2016.

Crown & Mitre

Due to chef's recent health related absences, from time to time we will only be able to cater for residents. We will put a note on the door when this is the case. However, we are using some very talented relief chefs, each of whom has fresh ideas and menu plans. So please do call and check if you are thinking of coming to us for a meal, and we can let you know what specials are available.

Jane Storey, Crown & Mitre, 713225

Road Safety

Mention has been made of the way in which some drivers pass the school bus when it is stationary. It is at this time when children are arriving at or leaving the bus stop so please take care, be patient and don't overtake when the bus is stationary to avoid any serious accidents occurring.

Wildflowers on Bomby Green

As usual the green is looking at its best with plenty of flowers especially along the river edge. Campion, wood anemone and jack-by-the hedge are flowering just now. Lady's Smock, also known as Cuckoo Flower or even Mayflower, (which indicates when to look for it) can be seen providing food for orange tip butterflies. The snowdrops were lovely earlier on, despite the winter floods. Willing helpers in the autumn helped to make this possible by keeping the rougher growth under control.

We have had an offer from a group of Scouts staying for a week's camp in July to help further. With their help we hope to create an area of shorter grass near the river bank where people can picnic. In keeping with the rest of the green, this will be a very natural looking space – no signs, no picnic tables and no waste bins.

We were concerned about the state of the bridge wall but this has been taken in hand by the Parish Council and Highways.

Katharine Cooke for the Bomby Green Management Committee

Not long now to Bampton Sports Day!

We are now busy in the run up to Bampton Sports Day on Sunday July 3rd. Raffle tickets will be on sale before you know it! There will be a bouncy castle and the usual sideshows as well as the traditional races. We were wondering if among the newer members of the community anyone had novel ideas for activities which we could add to the programme. There is a limit on time and space but we are open to ideas – just contact anyone on the Sports Committee, or me on (01931713392).

Those who were at last year's Sports will remember the new cups for winners of the Junior Cross Country. Among the donated cups was one presented by the WI for the 'Girl First Home' in the 12-16 age group. Sadly, this cup wasn't won as there were no runners in this category. So where are all the girls?

Posters around the village as well as the website will give all the details you need. So let's hope for a fine day and another great Bampton Sports.

Katharine Cooke for the Bampton Sports Committee

Peter Pan seen over Bampton!

As mentioned in the last newsletter the read-through will be on **Thursday 14th July** at **7.30 pm** in the Church Hall. If anybody wishes to become involved in the production, whether treading the boards or behind the scenes, then please come along – new faces are always welcome. If you're otherwise engaged on

the night but are interested in taking part, or have children who want to be in the panto, please ring either of us beforehand with your details.

Heather Pitt 716861/Alison Jones 713350

Bampton Cinema June-July

The best season yet for ticket sales has come and gone despite floods and diversions. Somehow, we got away with it. *Dark Horse* in April was a popular choice, our first documentary.

Stunning ideas from the questionnaire in April; thanks for your feedback, (looks like a musical is a must-have and more cowboys!). It's helpful when choosing the programme to have a sense of which films were enjoyed and which only soso (or worse) though overall you rated the film choices as good. And the short films were a fun addition. Whatever the film, it's still a great night out. The reason for that is your company, good crack, tasty meal and the bar. Thanks goes to Petra and family for most of the meals, Katharine, Joan and Maureen Ostle for the rest, Lesley and Maureen, ever cheerfully, organising the bar. We don't know where we'd be without David's number crunching to keep us up to speed, the equipment roadies Pete and Ken, everyone else who helped and of course, Bampton Memorial Hall for the venue.

So it's on with the show next season: details to follow in parish newsletters, our Facebook page (www. facebook.com/Bamptonvillagecinema) and the parish website where you'll find photos and a link to the promo video.

Hope it's a lovely summer for you, keep in touch and see you in the autumn.

Hazel Eccles (713311), Katharine Cooke (713392), Mike Jones, Bampton REMOTE cinema committee.

Bampton and District Local History Society Summer 2016

After the serious content of our Spring meetings, our programme takes a more lighthearted turn in June and July. We only need the weather to catch up!

First though to report on our April meeting, where Alan Clowes came to speak on the home of Quakerism in Cumbria. He stressed the anti-establishment, anti-Catholic beliefs of groups like the Westmorland Seekers, who were particularly numerous in Kirkby Stephen in the late seventeenth century. George Fox, founder of the Quaker movement, attracted an audience of 1000 people when he preached on Firbank Fell in 1652. In our own parish, we know that families like the Braidleys, who lived at Low Knipe, were very early converts to Quakerism and paid the penalty for failing to attend the established church through frequent fines. We are very grateful to Alan for opening up this topic which we have wanted to include in our programme for a long time.

Two features of the BDLHS programme which are greatly enjoyed by members as well as other friends and relations are our summer visit – this year to Vaugh Steil courtesy of Catherine Lacey – and the summer party – this year on **Tuesday, July 5**th at Nick and Lizzie Lindwall's in Rosgill. As we historians know 'Time and Tide wait for No Man' and we are planning some innovations

at the summer party this year. We would very much like to know what you think of the changes so do watch for details and come along.

Pat Garside, BDLHS

An invitation!

Barbara Fox & Gwenda Gofton invite you to celebrate the publication of 'When the War Is Over'. It is the tale of the evacuation from Newcastle to Bampton during the Second World War of my mother, Gwenda (still a frequent visitor to the village 75 years later!), and her older brother, Douglas. They were aged 6 and 9 when they arrived, and spent three years living with Dougle and Evelyn Thornton in the schoolhouse, a safe and happy time for them. John Stacey was a fellow evacuee in the schoolhouse, and he and Gwenda were reacquainted many years later!

The event takes place in the small Memorial Hall on **Tuesday July 12th**, and people can drop in any time between **9.30 am and 12.30pm**. Light refreshments will be served, and there will be photos and wartime memorabilia to look at. I am asking that anyone who does want to buy a book on the day for the special price of £6 lets me know in advance on the email address or telephone number below as I will need to order these specially as the official publication date is not until July 28th, but there is no obligation to buy.

When I was in Bampton at the end of April I did my best to put an invitation through everyone's door, but it wasn't possible to get round everywhere. If people could spread the word and let others know that all are invited, I would be very grateful!

Barbara Fox 01293 571331 whenthewarisover@yahoo.com

Village Choir

The choir has met regularly over the last two months, enjoying music-making with folk songs, music from 'the shows' and short attempts at part singing. We will continue to meet on alternate Monday evenings at Bryham House, from 6pm to 7pm over the summer period whenever a viable group can be formed. Provisional future dates are 20th June and 4th and 25th July. All are welcome – do get in touch if you would like to join us; there is no need to be able to read music, just to enjoy singing!

John Garside 713294

Pilates

Pilates will continue to be held on **Monday** evenings with classes at **7-8pm** and **8-9pm**. We will soon be doing a 'trip' into the Outer Hebrides! Please note, classes will not be held on the following dates:-

Monday 18th July

Spring & Summer Events at RSPB Haweswater

As the birds start finding their voices, and the trees start to show us some greenery, it's a good time to look forward to the arrival of spring and summer. To help you enjoy some of the wildlife on your doorstep, the RSPB will once again be running a programme of events around Haweswater. All of these events are free, but we ask that you contact us to let us know you are coming:-

Open Farm Event Wed 8th June 4pm meet at Swindale

Cattle Grid

Moths & More
A Guided Walk through Swindale

Sat 2nd July 8am meet at Naddle Farm
Sun 3rd July 10am start meet at Swindale

Cattle Grid

In Search of Mountain Ringlets Sat 9th July 10am meet at Mardale Head

Car Park

Moths & More

Sat 20th Aug 8am meet at Naddle Farm

Bat Night

Fri 9th Sep 7.30pm meet at Naddle Farm

For more information, or to book a place, please contact vanessa.moss@rspb.org.uk or call 01931 713376

Yoga

Our new teacher, Ellen Pogson takes the yoga classes in the Small Hall, Tuesday evenings 5pm-6.30pm. The class will be tailored to suit all abilities. There are still places available so if you want to try it, come and join us.

Jane Storey 713490

Bampton Annual Parish Meeting

Did you know that Cumbria Highways is responsible for enough road to stretch from Bampton village hall to San Sebastian in Spain or the amount of road gritted would stretch from the village hall to the Pakistan border? Well, thanks to David Spence from Cumbria Highways the small group who attended the Annual Parish Meeting are now better informed about what Cumbria Highways is doing to maintain our road, lighting and verges. In addition the questions raised in relation to the current road closures were satisfactorily answered. The evening was rounded off with tea and a selection of Marion's excellent home bakes. Thanks to all those few who attended and David Spence for taking his time to speak to the village.

Useful contact details for highway concerns, reporting of problems etc:-Hotline 1300 303 2992

Bampton Amblers

Routes over the last two months included scaling the heights of Branstree, Bleaberry Fell and Walla Crag – all good, exhilarating walks. Next came a stroll along the river with tea at Askham Hall. Lastly we had walks over two weeks with totally contrasting weather conditions: snow as we headed for the environs of Shap Wells and glorious sunshine, all day, on our ascent of Catbells with trips to and from the start on the Derwent ferry.

We're a friendly bunch of people who look after one another so why not come along and join us on one of the following dates:

Saturday 4th **June** Meet at **9.30am** Leader required [See PO notice board for details]

Wednesday 8th June Meet at 10.30am David & Katharine (713392) [Mod: Ascent of Dodd via Osprey view point – 3½ miles – 1,600 feet of ascent] Saturday 18th June Meet at 9.30am David & Katharine (711192)

[Hard: Ascent of Clough Head – 6 miles – 2,275 feet of ascent]

Wednesday 22nd June Meet at 3.00pm Leader required [See PO notice board for details]

Monday 4th **July** Meet at **10.00am** Ruth (716197)

[Easy: Aira Force to Glenridding returning on the ferry -3 miles -370 feet of ascent]

Wednesday 13th July Meet at **9.00am** Jill (01642 645789) [Mod/Hard: Appleby to Brough along the Pennine Journey – 10½ miles – 1,245 feet of ascent]

Friday 22nd July Meet at 6.30pm David & Katharine (713392) [Easy: Short walk around Morland taking in the Quaker graveyard – post walk pizzas at the Mill Yard café – for full details see PO notice board]

Tuesday 26th July Meet at **9.45am** David & Heather (716861) [Mod: Hell Gill Bridge to Kirkby Stephen using Classic Coaches – 9 miles – 880 feet of ascent]

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. Any queries or in the event of bad weather please contact the above leaders.

Heather Pitt and Alison Jones

French Conversation Group

The group will continue to meet mainly at fortnightly intervals, on **Mondays** at **2pm**, in the Church Hall. In Marion's absence I will co-ordinate the meetings. New members are always welcome.

Bampton WI

April's meeting was well attended to hear Jean Scott-Smith tell us about weather forecasting the country way. We all know some of the sayings – 'Red Sky at Night, Shepherd's delight' and 'Rain before 7, fine before 11' and so on. May's meeting had Anne Timmins from CWFWI Board of Trustees as our guest. **8**th **June** is our outing when we will go to Ivan Day's house where Ivan is going to cook us lunch. **12**th **July** is a guest night and open meeting. Our speaker is from Grasmere Gingerbread. There will be samples and things to buy – all are welcome.

Elsie Mounsey

Bampton CFR team

Have you seen the new defibrillator on the Bampton Post Office wall? Would you be confident to know when and how to use it in a medical emergency? Bampton CFR team are having a defibrillator awareness drop in session on **Sat 4th June from 10.30 – 12.30** in the Post Office tea room. Don't be nervous! Please pop in and familiarise yourself with the defibrillator and have a 'go' with a defibrillator trainer. A CPR training dummy will also be available if you want to try doing chest compressions. Hope to see you there. The defibrillator is now registered with the ambulance service who will also be able to advise on first aid. Always call 999 for an ambulance in a medical emergency!

The Bampton CFR team would also like to thank the family of Leonard Holme for their kind donation to the team in memory of Leonard. It is very much appreciated that the team was thought of at this difficult time. The donation will help the team continue to support the local community to the best of our ability. If you feel unwell and think it is a medical emergency DIAL 999 or 112 and ask for AMBULANCE. Any on call CFR's will then be tasked by Ambulance control to attend if appropriate.

Christine Hill, Bampton CFR Team. 07771934996 christinehillski@gmail.com

Message from Cumbria Police

Please be aware that criminals are calling elderly people in Cumbria pretending to be officers and getting them to transfer money. Police wouldn't do this so just hang up. Furthermore, homes in Cumbria are receiving hoax phone calls from HMRC (Her Majesty's Revenue & Customs). Do not divulge personal or bank details. People in Eden are also receiving calls from individuals purporting to be a council officer, claiming to offer home improvement services funded through flood recovery money. The callers then attempt to arrange visits to residents' homes. If you doubt someone is a genuine caller contact police on

101 or Action Fraud on 0300 1232040. To check if Eden Council is running a particular scheme call 01768 817817 or email customer. services @eden.gov.uk

PC Karen Dakin

Events in Shap

The Old Courthouse

Monday 30th May – Saturday 4th June In conjunction with The Wordsworth Trust an Exhibition of work by the Parkhill Poets also Drop-in Poetry session – Monday 30th May 11am – 1pm and Poetry workshop – Saturday 4th June 10.30am – 2pm

contact <u>s.allen@wordsworth.org.uk</u> for details

Monday 6th June – Councillor's Surgery 6.30 – 7pm

Neil Hughes CCC and John Owen EDC

Wednesday 15th June 10-11am Beatrix Potter event

for pre-school/nursery children and parents

Wednesday 22nd June 7.30pm Meet the Author – Philip Caine

Philip has over thirty five years' experience operating projects across 3 continents within the Oil & Gas Industry, providing support in facilitates & project management to first and second tier clients in remote and hazardous locations. His latest novel 'To Catch a Fox', set in the Middle East, is a thriller that revolves around MI6's discovery and attempt to thwart a revenge plot hatched by ISIL.

Email: <u>admin@theoldcourthouse.org</u> or tel 07555021295# For further details of all activities visit: http://theoldcourthouse.org

Concert Saturday 11th June 7.30pm

Featuring Tebay Community Choir, Shap School Singing Squad Stephen Mott, organist, playing 'A Birthday Suite in Honour of the Queen' Composed by Adrian Self, Director of Music, Cartmel Priory Tickets: £5 (includes light refreshments) Accompanied children free

Tel. 01931 716273/716671

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 21st 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 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 2nd 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

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)

PARISH	DIARY (Note MH = Memorial Hall)
June	
Sa 4 th	Bampton Amblers, Meet MH 9.30am
	Defibrillation Awareness Session, 10.30-12.30pm PO Tearoom
Su 5 th	Holy Communion with Diana, 10am
Mo 6 th	French Group, Church Hall, 2pm-3pm
	Tinclar's Library Open Evening, Church Hall, 7-9.30pm
	Pilates, MH, 7-8pm and 8-9pm
Tu 7 th	Yoga, Small Hall, 5-6.30pm
Wed 8th	Bampton Amblers, meet MH 10.30am
	Drop in for Coffee, Church Hall, 10.30am-12noon
	WI Outing, Ivan Day's house
	RSPB Walk, Meet Swindale Cattle Grid 4pm
Sa 11 th	Orton Farmers' Market, 9.30am–2.30pm
	Crowing Glory Exhibition, St Michael's Shap 1.30-4.30pm
Su 12 th	Crowing Glory Exhibition, St Michael's shap, 1.30-4.30pm
	Short Service to celebrate the Queen's Birthday 6pm
	BBQ, Church Hall, after the church service
Mo 13 th	Pilates, MH, 7-8pm and 8-9pm
Tu 14 th	Yoga, Small Hall, 5-6.30pm
Sa 18 th	Bampton Amblers, Meet MH 9.30am
Su 19 th	Holy Communion with Sandra 9.15am
Mo 20 th	French Group, Church Hall, 2pm-3pm
	Village Choir, Bryham House, 6pm-7pm
	Pilates, MH, 7-8pm and 8-9pm
Tu 21 st	Yoga, Small Hall, 5-6.30pm
We 22 nd	Bampton Amblers, meet MH 3pm
Su 26 th	Informal service with Neil 10am
Mo 27 th	Pilates, MH 7-8pm and 8-9pm
Tu 28 th	Yoga, Small Hall, 5-6.30pm
JULY	
Sa 2 nd	RSPB Walk, Meet at Naddle Farm, 8am
Su 3rd	Holy Communion with Ian Elliot 10am
	Bampton Sports Day, 1pm gates open 12.30pm, MH Field
	RSPB Walk, Meet at Swindale Cattle Grid, 10am
Mo 4 th	Bampton Amblers, meet MH 10am
	French Group, Church Hall, 2-3pm
	Pilates, MH, 7-8pm and 8-9pm
	Tinclar's Library Open Evening, Church Hall, 7-9.30pm

Tu 5 th	Yoga, Small Hall, 5-6.30pm
	BDHS Summer Party, 7pm, The Thorn, Rosgill
Fri 8 th	Candlelit Supper in the Church Hall, 7.30pm
Sa 9 th	Orton Farmer's Market 9.30am – 2.30pm
	RSPB Walk, Meet at Mardale Head Car Park 10am
Su 10 th	Evensong with Diana, a Taize Service 6pm
Mo 11 th	Pilates, MH, 7-8pm and 8-9pm
	Tinclar's Library Open Evening, Church Hall, 7-9.30pm
Tu 12 th	'When the War is Over' MH 9.30am-12.30pm
	Yoga, small Hall, 5-6.30pm
	W.I. Meeting, MH, 7.15pm, Grasmere Gingerbread, Open Meeting
	all welcome
We 13 th	Bampton Amblers, Meet MH 9am
	Drop In For Coffee, Church Hall, 10.30-12 noon
Th 14 th	Village Choir, Bryham House, 6p7pm
	Peter Pan rehearsals, Church Hall, 7.30pm
Su 17 th	Holy Communion with Chris Jenkin, 9.15am
Tu 19 th	Yoga, Small Hall, 5-6.30pm
Fr 22 nd	Bampton Amblers, Meet MH 6.30pm
Su 24 th	Holy Communion with Diana, 10am
Mon 25 th	Village Choir, Bryham House, 6pm-7pm
Tu 26 th	Bampton Amblers, Meet MH, 9.45am
	Yoga, Small Hall, 5-6.30pm
Su 31 st	A joint Holy Communion with Shap at Shap, 10.30am

Editors note – Copy deadline

Copy deadline for the August/September issue is 5pm on Friday 22nd July. Please send all items to Heather Pitt (Tel no: 01931 716861) pathfinders2509@btinternet.com; Jane Storey (Tel no: 01931 713490) roger_storey@btinternet.com; or leave at the Post Office. Thank you.

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