April 2020 2nd Edition

MEMO

Mid-Eden Magazine

with news from the Parishes of The Cross Fell Group



NOTE: April's Memo had gone to print before the recent Coronavirus restrictions were put in place - so please take this into account as information on events will be out of date.

Sponsored by.

Langwathby Stores & Post Office.

Home and Garden – Nigel and Jill Preston, Winskill.

The VIC, Culgaith.

Tithe Cottage Furnishings.

Parish Councils: Culgaith, Hunsonby, Langwathby

PCCs: Addingham, Culgaith, Edenhall, Langwathby Langwathby Methodist Chapel.



EASTER - GOD'S GIFT OF NEW LIFE

"Why do you look for the living among the dead? He is not here..... He has risen!" (Luke 24 v5)

I'm so glad that, in this country, Easter comes at the time of year when creation seems to be waking up after that period of cold weather and long nights. For too long the garden seems to have been locked to any signs of life, almost as though it's waiting for Spring to free it from the stranglehold winter seems to force upon it.

But now I see crocuses poking through the soil and new leaves on the rose bushes. New life is breaking free in every corner of the garden. Soon migratory birds will return from their months of exile in warmer climes and small mammals will sleepily emerge from hibernation. Winter can't hold back the inevitable emergence of colour and vitality that Spring brings.

So, at Easter time, we can, if we wish, focus on holidays, Easter eggs and old films on the telly. But what if we delve a little deeper into the reasons behind the season? If we do, we'll find something much richer, something that has the power to change our lives forever. Easter offers us the possibility of knowing that God is near and the chance to get to know Him. We are part of His creation, individually crafted with our own, unique mix of qualities and attributes. And the creator loves His creation and offers us the gift of life for all eternity. All because of His son, Jesus Christ, who was killed on Good Friday and was buried. Everyone thought that was the end but, thankfully, God had other plans.

Someone said to Joseph of Arimathea, 'That was such a beautiful, costly, hand-hewn tomb. Why did you give it to someone else to be buried in?'

'Oh,' said Joseph, 'He only needed it for the weekend!'

At Easter we remember that empty tomb of Jesus – yes, empty and never to be filled again. After the darkness of Good Friday, when we think of Jesus' sufferings and His life being extinguished for our sakes, Easter day is upon us, the stone rolled away, the tomb empty and Jesus risen! Evil and death couldn't hold Him. Jesus is alive and promises new life for anyone who will turn to Him in hope and faith. Have a joyful and blessed Easter time.

Rev Colin Marchment

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DATES FOR YOUR DIARY		
APRIL		\
1st	WI Meeting, "The History of Biscuits" Langwathby Village Hall	8.00pm
2nd	First Thursday Meeting Point, Langwathby Methodist Chapel	1 15am
2nd	VIC's Grand National Special	2. 10pm
2nd	Hunsonby Swimming Club AGM, The Shepherds Inn. Langwathby	7.00 pm
5th	Temple Sowerby Bowling Club Open Day	2.00 m
11th	Langwathby Messy Church, Langwathby Village Hall	10.30a h
14th	Soup & Lunch, Skirwith Village Hall	12 Copm
15th	Women's Fellowship, Easter Lunch, Langwathby Manadist Classel	2.00pm
15th	Hartside First Responders AGM, Camblesby Communic Centry	7.30pm
18th	Eden Valley Players, Ousby Community Cen	7.15pm
19th	Big Breakfast, Langwathby Village Hall	10.00am
20th	Defibrillator & Cardiac Trest Semina & with the Cardiac Trest	7.00pm
21st	Melmerby & District Gardeners Cres Memerby Village Hall	7.30pm
30th	VIC presents Facello	2.00pm
MAY		
1st	Kirl sswald & Alston was thoust Circuit Spring Event, Langwathby VH	7.00pm
6th	plassonby F Council No ting & AGM	7.00pm
8tb	75th V.F. Day Shratton Service, Ovany	10.30am
9th	75th V.E. Day Compution Spring Fair, Kirkland & Blencarn Village Hall	2.00pm
Aith	Lar athby May Day	1.00pm
300	Ous Chur hir ête, Oushi	
JUNE		
	WI Wedding Exhibition & Archives, Langwathby Church & Village Hall	
27th	Culgaith Drek Race & Celebrations Race 3.30pm/Celebrations 5.00pm	

MEMO SHORTS

Eden Valley Friends of Dementia UK thank everyone who supported 'Time for a Cuppa' at Melmerby on March 7th. £500 was raised to add to our Specialist Dementia Nurse fund.

CLERGY CONTACT NUMBERS

For all enquiries about baptisms, weddings, funerals, or other church-related matters, please ring either:
01768 881212 (Canon Stephen Pye) or
01768 881720 (Rev Colin Marchment)

COVER ARTIST

We'd like to thank **Tom Harrington**, **Age 7 from Langwathby School**, who has kindly produced this month's cover drawing for us. See inside the back page for other great drawings from other pupils

About The Memo A team of over 40 volunteers collate, type, proof & distribute your Memo each month to produce a community based publication. We are grateful to the support given by businesses & sponsors. You can contact us as follows:

For editorial, general or non-business enquiries contact:
Chris Forrester 01768 881015; e: chris.midedenmemo@gmail.com
For business advert enquiries contact our business coordinator:
Jeff Trueman 01768 881163; e: jeff.midedenmemo@gmail.com
For payment related enquiries contact our treasurer:
Sheila Ripper 01768 881348; e: treasurer.midedenmemo@gmail.com

All copy for the April issue by Noon FRIDAY 10th April 2020

Items ready to be typed can be sent directly to midedenmemo@gmail.com or to Chris Forrester, Bank House, Langwathby, CA10 1LW - (across the road from "The Shepherds Inn") Payment should accompany the advert request.

Cheques payable to 'The Memo'; Payment can also be made by BACS/ electronically please contact Jeff or Chris as above for details or confirmation of charges for your advert.

The Committee maintain the right to edit and/or withhold material as deemed necessary.

With regret the general distribution of the Memo has had to be suspended as a result of the Coronavirus pandemic.

Alternative distribution mechanisms are being investigated.

MEMO CHARGES WAIVED CURRENTLY

The Mid Eden Memo has been supported by our business and non-business advertisers for many years and now in these extraordinary times we want to return that support to our community and businesses that operate from it who all face the challenges the Coronavirus pandemic brings.

Thus from the next issue of the Memo, May 2020 as we had already gone to print with April's Memo, all fees for all business and non-business adverts and subscriptions will be waived for a minimum period of six months. The Memo has limited emergency funds so we cannot keep this going indefinitely but we will review this position after this initial six month period. We would welcome contributions from any advertisers or supporters that feel they are able to help us maintain this for as long as possible.

Please all stay safe, stay home and support our NHS and other key workers.

MEMO COPY DATES 2020

April 10th

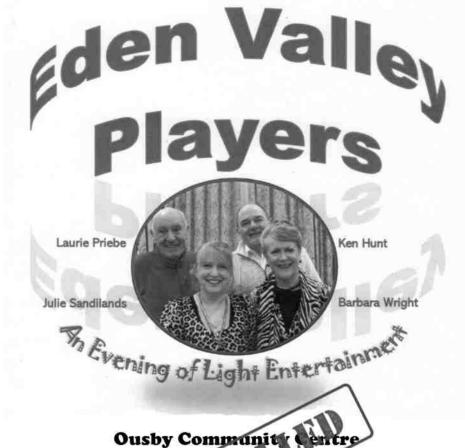
June 12th

July 17th

August 14th

May 15th September 11th October 16th

November 13th



Saturday 18th April at 7:15pm

Tickers £6.00 includes tea, coffee and biscuits Bring your own alcohol if you wish

Contact Richard on 01768 881328

Please help us replace our Heating System

Culgaith Parish Council

Monday 2nd March 2020 at 7.30pm in Blencarn Village Hall

Present 10 Parish Councillors and County Cllr C Driver.

There were no members of the public present.

The following key issues were discussed: -

- Report received from County Cllr C Driver
- Report received, in his absence, from District Cllr R Orchard.
- Planning 20/0020 Rose Walk, Culgaith Supported
- Langwathby Road out of Skirwith Report received and noted from Highways.
- **Newbiggin Scar** Freezing surface water was creating a road hazard in winter conditions. –Reported that maintenance work has been completed.
- Kirkland Bridge Highways asked to edit Sav maps. 'Not suitable for HGVs.'
- Foot of 'The Pea' Drainage Issue In hand with Highways
- Safety Tree Pruning by Recycling Site Skirwith Work in hand.
- Safety Tree Pruning Kirkland. In hand with Electricity NW.
- Lottery Grant Application 'Parish Community Tree Planting' grant application – Reported not successful.
- 'The Pea' Tree Safety Pruning completed by Highways
- Rushed Wall Culgaith. Black Barn' in Culgaith. Work completed
- Skirwith 'Bring' Site Festive Period Collections EDC response was noted.
- **Skirwith Defibrillator Funding –** Suggest a grant be applied for in July.
- Skirwith Green Skip to be provided, again, for 2020 season.
- **Potholes** Church Street, Skirwith and Culgaith/Langwathby road Reported to Highways
- Foot Path by Tarn Villa Culgaith Replacement signs Still in hand with Highways.
- **Cumbria in Bloom Competition** Noted
- CSE Climate Emergency Support Workshop, 13/3/20 Newbiggin VH
- Cumbria Litter Pick 20th and 21st March Reported
- Police Report February Noted

Citizens Advice Bureau - Looking for recruits - Interested

Contact: - 03300 563037 www.ca-ce.org.uk

Hunsonby Swimming Pool - Donation of £100 agreed.

Date and Venue of Next Meeting:-

Monday H May Calleath Annual Parish Meeting/AGM/May meeting this meeting will be followed by the AGM and May Council Meeting. Actoria Institute Culgaith, commencing at 7.30pm.

> Full minutes available on www.culgaith.org.uk John Fleming – Parish Clerk.

Glassonby Parish Council Meeting 4th March

Key points discussed:

- Planning Lacey Caves footpath planning application has been passed in two
- Phase one to hopefully start this summer with full funding approved \Rightarrow from the substation to just before the caves.
- Phase two is from the bridge to Riverwood field \Rightarrow and they are still trying to obtain funding.
- Tree Inspection A quote had been received to check the 20 trees within the parish this was passed.
- Climate Change The Glassonby Gazette had been distributed. The Parish website had been updated with all the minutes and agendas.
- Parish Litter Pick The annual litter pick is expected to take place at the end of march / beginning of April date TBC.

Next meeting 6th May 70m Ober the ing followed by AGM Following meeting 6th July.

Kirkland and Blencarn Village Hall

Advance Notice of Spring Fair on VE 25-Celebration Weekend Saturday, 9th May at 2000 in the Hall All the usual stalls in chain coaces, tombola, competitions
Photo Competition theme is "75"

All events in our hall are cancelled until further notice. A BIG thank you to everyone for putting themselves out to assist the wider community

Kirkland and Blencarn 50/50 Club March winners

1st Lesley Howes 2nd Luca Littlewood 3rd Julie & Steve Enright 4th Dave Hartland

5th Raymond Graham

Kirkland & Blencarn Village Hall 50/50 Club

The first draw of the new season will take place on the first weekend in April. If you are an existing member we thank you for your valuable support and hope that you will rejoin.

New members wishing to support the Village Hall are welcome to join the club. Half the money raised helps finance the upkeep of the Village Hall and the remainder is used to fund twelve monthly prize draws. The cost of a subscription is £12 per year.

For more details contact Caroline Richardson, Smithy House, Blencarn, CA10 1TX (07970 596117).



HARTSIDE FIRST RESPONDERS: AGM **Gamblesby Community Centre**

Wednesday 15 April 2020 at 300 pm

(this is subject to active which may be given about postpocie desire meetings in light of the Covid 19 outbreak)

Operational since 2011, we respond to appropriate 999 calls in Gamblesby, Unthank, Melmerby, Ousby, Winskill, Hunsonby, Glassonby, Little Salkeld, Langwathby and all places in between.

If you are interested in becoming a First Responder please come along and talk to us or contact our secretary, Alison Smith, on 01768 881066 or alisonhartsidecfr@btinternet.com

> We NEED responders from the villages where none of our volunteers live.

Being a first responder doesn't have to change your life.

It could change someone else's.



CULGAITH VILLAGE SHOW

Sunday 6th September 2020 Check closer to the date!

Winter hibernation is over and it's time to start growing, making and photographing entries for this year's show. If you live, work or play in the village we hope you will enter.

This year, alongside cut flowers and flowers in a pot, there are categories for all the usual veg and fruit. Get the children involved with a herb in a pot or grow an enormous sunflower.

Adult categories for the photographers among you are: People at play, Flowers, Fungi, Reflections, Seen in Culgaith, Summers day, Tree(s), Clouds, Industrial, Hills of the north, Extreme weather, Wildlife, Wall(s), and a Close up.

Children's categories are: Flower(s), Mountains , Wildlife, and a Photo with a caption.

All the usual children and adult categories for baking and making, and how about painting a masterpiece or just making something and entering the 'I made it myself' categories.

The full schedule will be circulated in June but in the meantime if you have any questions please contact Roger Leech 07841378121 or roger.leech1@gmail.com





for nature nature this summer!

If you have grass in your garden, you're invited to join in a bid to boost insects in Eden, all while bringing some lovely colour to your lawn. Households are being asked to leave their grass to grow longer this summer, giving wildflowers a chance to bloom, which helps insects including bees and other pollinators.

"The staggering decline in insect numbers both here and globally has been widely reported in the media," said Chris Cant, from Penrith Action for Community Transition (PACT), the volunteer group behind the Long Grass for Nature campaign. "More than 40 per cent of insect species are declining. Given that about three-quarters of crops grown by humans rely on insects to pollinate them, we all have a stake in helping their numbers to recover. Many species of birds and other wildlife also rely on insects for their food, so if we can all give the insects a helping hand in our gardens, we'll be supporting nature more widely, too." It couldn't be easier to take part. Simply choose a patch of grass, or your whole lawn if you can, and let it grow long. You can try it for the month of May or see if you can leave it all summer. Then, watch as the wildflowers like buttercups and daisies take their chance to shine. If you have a larger lawn, you could even mow a pathway through it, so you can enjoy watching all your new insect visitors. If you plan to give it a go, PACT would greatly appreciate it if you'd fill in their online form, so they can track how many people take part this summer. You'll find the form and more information on their website: www.penrithact.org.uk.

From the Herald - April 1920

Wet since November, still so in April.

Easter, 4th April, cold NW wing and rain. Swallows returned in 3rd week. The Helm blew in 1st week (mostly absent this winter). Bread and bacon prices go up on Mon 12th (subsidy out). Farm wages increased on 17th by Govt. Order.

Coal Shortage, due to lack of rail-trucks.

Mr. Robinson Nelson, Asst Overseer of the Poor in Little Salkeld, was up for absence from two audits. He said he'd got the dates wrong for the first, and for the second he wasn't home in time (was ill).

"Well", said the Chairman of the Penrith Branch, "that won't do. You could have sent us the books." Fined £2 per case, the maximum possible, plus 27s.3d costs. (Equivalent to £530 today). The Overseer of the Poor was there to help those hard up in Little Salkeld. They went to him for a handout, financed by the rates. If he thought they deserved help he paid, if not, they got nowt.

Regional District Council: Re Culgaith - Langwathby Road needs steamroller now, but 3 months waiting list, so RDC will hire one. Who owns the verge on Pea Hill. Culgaith? Culgaith School should get itself a garden, not go on using the verge.

An Irish tramp was caught stealing from the till in Gamblesby Post Office. Remanded.

Mr. William Teasdale, ex Winskill, now of Brougham Castle Farm, has begun a cheese factory for his spare milk, in Penrith.

With thanks to Jeremy Godwin



A Festival of Flowers and Weddings August 15th at Melmerby Church 10 o' clock - 4 o' clock

Check closer to the date!

Please join us at our celebration of weddings.

The church will be decorated, and we will be displaying dresses photographs and archive material. There will also be the opportunity to enjoy a wedding themed afternoon tea and Prosecco.

All in aid of Melmerby Church.

If anyone has any items that they would be willing to share, or a mannequin to help display the dresses.

Please contact: Helen 01768881291 robertrobbed@aol.com Margaret 07774220709



MEMO SUBSCRIPTIONS & SPONSORSHIP RENEWALS

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SKIRWITH VILLAGE HALL

Any events in Skirwith Village Hall are cancelled until further notice as to be expected.



Defibrillator Awareness Cardiac Arrest Response Seminar The Community Heartbeat Session planned for 20th April will take place at a later date.

The Community Heartbeat Trust will be demonstrating the use of defibrillators and explaining how the equipment works and its benefits to the community in saving precious minutes in the treatment of sudden cardiac arrest.

If you would like to attend this session for which there is no charge, please book a place with Mike 07792 673386 or email skirwithvillagehall@live.co.uk

A big thank you to all of you who supported Gill's yoga session and the coffee morning in March. Over £300 was raised for the servicing of the defibrillator and emergency phone, situated in the old phone box on the green in the centre of the village.

SKIRWITH VILLAGE HALL LOTTERY 2020

Due to the current situation, we are putting the renewal of the village hall lottery on hold for now to avoid having to hand deliver the letters and collect in the money.

We would like to remind you that the credits received from the recycling bank near the village hall brings in an income for the village. The money is divided between the village hall, the church and the playground committee. So please put your bottles, tins and paper in the containers to support our village. Last vear it brought in nearly £200. Thank you.

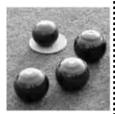
TEMPLE SOWERBY BOWLING CLUB

Our club is always looking for new members, why not come along and try a new hobby.

We are having our Op ning Day on

Come along and meet other members have cup of tea and a chat, weather permitting we might have a game, when you will be able to have go.

We have a selection of bowls available to use. just wear flat bottomed shoes. Contact Liz Burne on 07919 954 798



Melmerby Village Hall Lottery

February March January Rachel Simpson Bill Gallon **Emma Mark** Stewart Cameron Rankin Family David Monteith **Kerry Lambert Burford Family** Walpert Family Vince McClellan Russell Gallon Thomas Family Rachel Simpson **Donald Burrow** Adrian Jenkins



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BIG BREAKFAST

Langwathby Village Hall

It is with great regret that the Big Breakfast, due to take place at the village hall on 19th April is now cancelled due to

the Corona virus outbreak and social distancing measures.

As soon as this terrible time is behind us, we look forward to welcoming you all back to the hall to enjoy a Big Breakfast 🖟 and a Coffee Morning, and to celebrate being a community once again.

KIRKOSWALD and ALSTON MOOR METHODIST CIRCUIT Working within the East of Eden Mission Community

Spring Event Friday 1 May 2020, 100 pm



A social gift evening with entertainment, Fish and Chip supper provided by Katy Edgar, bring and share pudding and Traidcraft stall.

We extend a warm welcome to all - Cost is £7.50

Let us know if you'd like to come: iohna.slee@btinternet.com or 07971446286



Langwathby & Edenhall WI

April 1st at 8pm in Langwathby VH Speaker: Ros Downing on "The History of Biscules" Competition I B scuit domaine

Don't forget Coffee & Craic in the Village Hall 10am-12noon on the last Wednesday of each month. Everyone Welcome!



W.I. Swimming Mondays 2.15 - 3.00pm Penrith Leisure Centre or further details contact: Jane Jones on 01768 881839

FIRST THURSDAY **MEETING POINT**

To Meeting Point "regulars" No meeting on 2 April. We will look forward to getting together again after the current emergency.





Hunsonby Swimming Club Annual General Meeting

Thursday and Abril pm

at The Shepherds Inn. Langwathby.

All welcome to discuss and plan for the 2020 season.

Melmerby & District Gardening Club

Talk on Herbs by Helen Knowles of Helen's Herbs. Tuesday April 21 1 Me in rd Village Hall at

> Refreshments, raffle, library. Visitors always welcome £3



VILLAGE HALL COMMITTEES

At the recent Memo AGM, the committee discussed whether it would be useful for the village halls to produce a list of the regular events being held in each hall. Everyone who attends, for example, yoga, archery, dominoes, etc knows when it takes place, but other people may not be aware. By bringing this information to their attention, it may encourage more people to come, making the activity and the village hall that bit more viable. This is not intended to replace the adverts that village halls put in to advertise one off events but to list the regular weekly or monthly events. We hope to offer this listing free of charge, when and where there is space in The Memo.

Let me know if it's of interest, or if you have any questions.

Jeff Trueman - Tel: 01768 881163 or Email: jeff.midedenmemo@gmail.com

LANGWATHBY WOMEN'S FELLOWSHIP

Meet at 2pm in the Chapel Schoolroom. Next Meeting is in Wednesday 15th April in the Chapet Schoolroom.

Come and celebrate with our Easter Lunch

New members and visitors are most welcome.

Please contact Anne - 01768 881996





THE VIC **CULGAITH'S FRIENDLY COMMUNITY CAFE EVERYONE WELCOME!**

Every Thursday 2 – 4pm at the Victoria Institute, Culgaith. A warm welcome is quakanteed.

April 2nd - Grand National Special - bir the fun in our sweepstake, and you have could be the winner.

April 30th - Flucello. Live background classical music performed by a duo from Skirwith on a flute and cello

to

Prelved The Friends of Langwathby School would like to say a huge thank you to everybody involved in Preloved to Reloved clothing event on 29th February.

Rel\ved

We so appreciate the clothing donations, the storage, the delivery of leaflets, the setting up, event help and setting down, the cakes and the advertising in the memo and on social media and the people who

came along to the event.

A special shout out to the women of the WI who provided some of the yummy cakes.

We helped over 350 families and individuals with their clothing needs and raised over £600 for the school and Great North Air Ambulance.

If you'd like to be involved with this event another time please contact: preloved.langwathbv@gmail.com

Loving seeing our community come together to support others in so many ways.

COMMUNITY ACTIVITIES

VILLAGE HALLS

Langwathby Village Hall bookings - please contact Jan Morris on 01768 889085 / 07970 862049.

LOCAL PLAYGROUPS

A friendly, welcoming playgroup, open to everyone from local and surrounding areas during term time, offers a variety of toys, craft sessions, outings, snacks and story/song time suitable for 0-4 years.

Langwathby - Wednesdays 9.30 -11.30am - Langwathby Village Hall. Last Wednesday of month is a free session at Rheged Soft Play Centre. Contact Catherine - 07921 080904

PUBS, SHOPS & RESTAURANTS

SVILLAGE BAKERY

'Upstairs'

During these difficult times we are closed until further notice.

We are looking forward to reopening and are very much looking forward to seeing you all.

Everyone stay safe look after one another...

Mark, Angie, Deborah & the rest of the team x

Tel: 01768 881 811

The Old Village Bakery | Melmerby Cumbria | CA10 1HE

Holistic Horse and Hound

During these unsettling times, I would like to offer fully insured pet transport to vet appointments. If you are in self isolation but your pet must see a vet please call & I will endeavour to help.

Call Lynn Healey to discuss your requirements 07483 872 619
Or find us on Facebook
Sponsored by
'The Old Village Bakery'



Edenhall Country Hotel



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Bar meals served daily
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LANGWATHBY STORES & POST OFFICE

CORONAVIRUS EMERGENCY CURRENT OPENING HOURS

MONDAY TO SATURDAY 7AM TO 12AM 1PM TO 6PM

SUNDAY 8AM TO 12AM 1PM TO 4PM

these may change so ring to confirm

ORDERS TAKEN FOR DELIVERY OR COLLECTION



Telephone: 01768 881342



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PUBS, SHOPS & RESTAURANTS (continued)



The Shepherds Inn

The Village Green, Langwathby, CA10 1LW E: stephen@shepherds-inn.co.uk
T: 01768 881463



Bed and breakfast with 6 letting rooms

Good home-made food served 12pm till 8pm every day



The Black Swan Culgaith 01768 88223

Offering lunch menu Thursday to Sunday 12.00 – 1.45 Including Sunday Roast every week (Closed Monday, Tuesday & Wednesday lunch times)

Monday to Sunday 6.00-8.30 offering a full evening menu (Booking advised)

Monthly music evenings please check for future dates... www.blackswanculgaith.co.uk

THE FOX INN, OUSBY

Summer hours
Open Mondays from 7pm, Drinks only.
Tuesday and Wednesday Closed

Thursday, Friday, Saturday & Sunday: meals served 6pm-9pm

Quiz Night every other Thursday

Regular live music

Tel: 01768 881374 Follow us on Facebook: The New Fox



THE SHEPHERDS INN, MELMERBY

Open Wed & Thurs 6.00-11.00 Fri & Sat 5.30 -11.00 Sun 12.00 - 10.00 Traditional Sunday Lunch all day until 8.00

Tel: 01768 889064 Village Green, Melmerby CA10 1HF Follow us on Facebook: The Shepherds Inn

THE BYRE COOK - CRAFT - CREATE

We offer a selection of services such as in-house crafts and cookery workshops, within our cosy converted barn.

We also offer outside catering, with a wide range of buffets. Afternoon tea, party food bags for kids, hot pie and peas.

Please contact for more information 01768 881422 or 07950 220208



BUSINESS AND LOCAL SERVICES

A1 Electrical Services Eden

All Types of Electrical Work Undertaken

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- * Low cost LED lights up to 90% electricity saving!
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- * PAT testing & Landlords Certificates for rentals and holiday homes.
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ACUPUNCTURE & MASSAGE PENRITH Experienced Acupuncturist & Massage Therapist, treating a wide range of conditions including back pain, sciatica, frozen shoulder, arthritis, sports injuries, infertility, menstrual and menopause symptoms. IBS, migraines, anxiety & depression & cancer related fatigue & nausea. Free phone consultations for all. Contact Jules Burrell MBAcC on 07890 197759 or visit www.acupuncturepenrith.co.uk. Home visits also available. Temporarily closed during the coronavirus lockdown. Wishing you all a safe and healthy transition through this difficult time, Jules Burrell MBAcC

AROMATHERAPY, REFLEXOLOGY, INDIAN HEAD MASSAGE, REIKI, EAR **CANDLING.** Experienced therapist based in Culgaith providing treatments which may assist with various stress -related and physical conditions. Contact Susan Walker for further information on 07791 228007 or 01768 879214. Email aeracura9@gmail.com - TEMPORARILY CLOSED

BORDER WATER TECHNOLOGIES LTD: We undertake all aspects of drainage. groundworks, erosion control, wetland/pond creation, CCTV surveys of drains; also design, installation, maintenance of sewage treatment systems & tank surveys for house sale. Contact 01768 881612. Email: admin@borderwatertechnologies.co.uk or www.borderwatertechnologies.co.uk



Tel: 01768 881413. Mobile: 07510 416851 Email: mc.castleview@hotmail.com www.castleviewconstruction.co.uk

New Builds - Extensions - Renovations

All aspects of joinery, building, plastering and tiling. Suppliers and installers of UPVC windows, doors, conservatories, fascias and soffits, Free estimate and guaranteed to beat any like for like. Written guotation.



Langwathby Hall, Langwathby, Penrith CA10 1LW Call the Salon for Hair Appointments 01768 889380 For Beauty Call Marie on 07944 643337 Plenty of FREE PARKING.

Chloe's Hair & Beauty offers all aspects of Hair Dressing & Beauty Treatments for Women, Men and Children. Late night appointments available Wednesdays & Thursdays.

BUSINESS AND LOCAL SERVICES (continued)

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All types of Electrical Installation and testing carried out. Bagged animal, poultry, and wild bird seed. A wide range of household and electrical supplies. workwear, tools and general hardware is available from our shop at Highmill, Langwathby. Tel: 01768 889084 email: dawson@xlninternet.co.uk www.colindawsonltd.co.uk

CULGAITH SAFE & LOCKS: 24 hour Emergency Response 07790 613320

Services provided: Emergency entry to your home, business or car/van; Lock servicing/ replacement and fitting; Key cutting, home and business security advice. Website: www.safeandlocks.com E-mail: safeandlocks@hotmail.co.uk



Premium grass-fed Highland Beef & Lamb, raised on the Cumbrian fells. From a Red Tractor Assured farm we ensure all our animals have the highest welfare. Highland beef has a unique flavour: aged for 21 days it is rich in flavour and succulent in texture.

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email: eddiepotts@uwclub.net Mobile: 07968 642661

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FELLSIDE GROUNDWORKS LTD: Council approved— all types of commercial and domestic groundwork undertaken: Drives, tarmacing, concreting, curbing, walling, drainage etc. Also plant hire and small tool hire at reasonable rates. Please call John on 07825 768911 or 01768 881158. Or email fellside.groundworks@gmail.com



Alcumus

Electrical Contractors - Domestic & Commercial

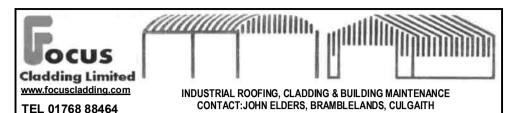
Field View Electrical is a local electrical firm trading for over 20 years! All aspects of electrical work undertaken - No job is too big or small....

So why not give us a call for your free site visit and no obligation estimate?

Tel: 017684 80754 - 24 Hour Emergency Response

Email: Info@fieldviewelectrical.co.uk / Web: www.fieldviewelectrical.co.uk Fairfield House, Stony Cove Lane, North Lakes Business Park, Penrith, CA11 0BT

BUSINESS AND LOCAL SERVICES (continued)



GARDEN SERVICES: Joe Thwaites, The Lilacs, Langwathby

Lawn mowing, strimming, pruning, hedge trimming and general maintenance.

Fully insured.

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PAUL NEARY JOINERS & BUILDERS All aspects of building work undertaken, from design and build, consultancy and site management to UPVC Windows, Doors, Loft Conversions and Fitted Kitchens. Property/Land wanted for Development or Renovation, any area considered. Call Paul on 07799 146816 for your free estimates.

BUSINESS AND LOCAL SERVICES (continued)



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Glassonby CA10 1DZ

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Email: pinetreenurseries@gmail.com

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PS TREE. Providing qualified tree management and professional tree inspections. Work undertaken includes pruning, felling, crown reduction, hedge cutting and orchard management. Qualified to provide tree risk assessments and reports. Fully insured. For a free, no obligation quote please call Dave Willetts on <u>075000 49755</u> or visit www.pstree.co.uk



ROWAN Tree Surveys t 01768 881207 m 07517 489527 phil@rowantreesurveys.co.uk www.rowantreesurveys.co.uk

Phil Scott-Collins Arboricultural Consultant providing professional tree condition reports, tree risk assessments and development site tree surveys.

ROY HODGSON LOCAL BUILDER: All aspects of building work undertaken. No job too small. Fully qualified (C&G) with over 30 years experience. For a free, no obligation quote please call 07721 730108 or 01768 88658

SEWING AND ALTERATIONS

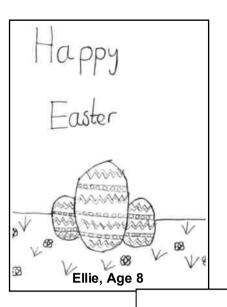
All of your sewing needs and alterations catered for.
All those jobs that you don't want to do—let me do them for you.
Contact: Jan Morris on 07970 862049 or 01768 889085

TIM METCALFE JOINER AND TILER: All types of joinery and tiling work undertaken. Fully qualified with 25 years experience. All size jobs considered. Call 01768 881827 or 07977 571237



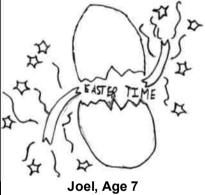
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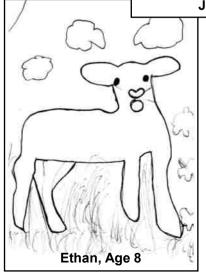




Thanks again to our cover artist **Tom** and his other classmates at Langwathby School for participating in preparing Easter drawings for the Memo.



As usual the standard was very high and it was hard to choose from them all. Here are a few more of the excellent drawings.





LOCAL ANGLICAN AND METHODIST CHURCH SERVICES

COVID-19 THE CHURCH CONTINUES TO BE ALIVE AND ACTIVE, BUT OUR BUILDINGS ARE CLOSED

Both the Church of England and the Methodist Church have issued statements announcing the suspension of all worship services and the closure of all Methodist and Anglican churches until further notice.

Whilst this will mean a huge change to our normal practice, we feel it is important to offer opportunities to continue to worship at home. To this end you are encouraged to see The Church of England and the Methodist Church printed services for home use which includes all the elements you might expect in Church.

We will provide information as to how to access these home services electronically, with the weekly notice sheet we send out and via the East of Eden Mission Community (EEMC) website and we plan to organise delivery of paper/hard copies for those who don't have access to the internet. One of our EEMC ministers will also write a reflection to go with each service to add a local flavour.

Our EEMC ministers can also be contacted by email or telephone: -

Rev Katharine Butterfield Tel 01768 898176

Email: - kmbutterfield@btinternet.com

Rev Colin Marchment Tel 01768 881720

Email: - colin@marchment.org.uk

Canon Stephen Pye Tel 01768 881212

Email:- stephen.pye@virgin.net

Rev Keith Speck Tel 01768 898257.

Email:- keithspck1@gmail.com

Rev Mark Houston Tel 01768 885669

Email: - houstonmark15@gmail.com

Please see the web site for further details. https://www.eastofedenmc.org.uk/