

HAPPY BIRTHDAY

June 2026 | Issue 25

Village ^{POST}

Connecting Bridekirk, Dovenby, Gilcruix and Tallentire

**We know
the area, the people,
the news.
We strive to support
the community and
celebrate the joys of
village life!**



Welcome to our 3rd anniversary edition

WELCOME TO EDITION 25



Contents

From the team at Village Post!

Marjory Thompson Village Post editor
email: editor@villagepost.uk tel: 07836 371035



Village Post needs
someone to do our
books please!

Anyone in our villages be able to spare a little time to help out? It's straightforward stuff but our lovely Emma (above) from Dovenby is in a high pressured, full-time job which involves a lot of travelling so is unable to continue the role.

Drop us an email at
sales@villagepost.uk

Village Post is written FOR and BY local residents. It is delivered free through your door six times a year and aims to be the 'Go To' place for local and community information.

We know
the area, the people,
the news.
We strive to support
the community and
celebrate the joys of
village life!

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or email sales@villagepost.uk

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Front cover star
Liz Chapman and
husband
Richard were
early visitors
to the stunning
flower festival in
Gilcrux
St Mary's Church,
just yards from
their home at
Ghyllbank.

The VP team



EDITOR:
Marjory Thompson



SALES:
Silvana Hewitt



**FOUNDER &
TRUSTEE:**
Meredyth Bell MBE



TRUSTEE:
Parish councillor
Roy Stenson



TRUSTEE:
Rev
Roy Annets

Thank you Gilcrux Village Hall



Village Post editor, **Marjory Thompson** writes:

I'd like to thank Helen Johnston and her team at Gilcrux Village Hall for the wonderful food, organisation, service, decor and attention to detail for my 70th birthday afternoon tea on Easter Sunday. Nothing was too much trouble. My friends and family thoroughly enjoyed the afternoon, especially the grandsons who loved the food and the toys laid on to keep them occupied. What a great place to have a special celebration on your doorstep!

Village Voices



Spurred on by the success of our last two carol singing events and encouraged by the enthusiasm these generated, Gilcrux Social Fund is planning to set up a Community Singing Group which will be open to all aged 18 and over from Gilcrux and surrounding villages.

There will be no auditions, no need to read music and no previous experience of singing in a group or choir will be required.

Our focus will be on relaxation, enjoyment, having fun and making music together.

To let us know you are interested or that you will be attending or for more information, please contact either:

Yvonne by email: vonny59@aol.com

or

Elaine by text or phone on 07784620321.

Bridekirk Dovenby Primary School

SUN 5TH JULY

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11AM - 1PM

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Events

- Pizza van
- Craft Stalls
- Games
- Tombola
- Tractors
- Raffle Prizes
- Face painting
- Pre-loved stalls
- & much more!

Come and join us for a great family fun day!

For more information email admin@bridekirkdovenby.org



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GARDENING WITH MEREDYTH

JUNE

We've enjoyed some lovely gardening weather so far this year and the next two months are going to be frantic. It's a given that the weeding and deadheading will continue. The daffodils have been splendid, but it's time to water all new thirsty plants and look for pests and rose suckers. Propagate climbers by layering them and cut back and tidy perennials. Take cuttings from pinks and sow any perennial seeds. Lift and divide overgrown clumps of bulbs. Any summer bedding plants can now go out but keep an eye out for frost forecasts! Lawns need regular cutting and edging. I've one lawn that is left to nature and it never disappoints. Harvest any matured vegetables and plant winter brassicas. Keep everything well-watered and shade and ventilate greenhouses. Check pots to look for snails and remove them.

In bloom: foxglove, rose, ornamental poppy, lilac, alliums, delphiniums, impatiens, wisteria, weigela, astilbe, clematis.



With thanks to RHS Gardening Year and Gardeners' Year Calendar

JULY

The garden is at its most colourful in July. Ensure water is kept out for birds and top up pools and water features. Containers also need regular inspection to prevent them drying out and they will need regular feeding. Look out for the many pests and diseases and keep on dead heading. It takes no time and ensures a better display. Trim conifer hedges and take cuttings. Prune early flowering plants and take semi-ripe cuttings from shrubs. Summer-prune wisteria. Divide bearded iris and take cuttings from carnations and pinks. Plant autumn flowering bulbs, lift new potatoes, onions and garlic. Pinch out runner beans at the top of their canes. Pinch out outdoor tomatoes when four trusses have formed and remove side shoots. Pick raspberries and currants and harvest herbs. Damp down greenhouses. Order spring flowering bulbs!

In bloom: azalea, potentilla, viburnum plicatum, forget-me-not, bleeding heart, ceanothus, geranium, rhododendron.



Love your kitchen

OK, I do mostly talk about food (my favourite)! If you want to be healthy, you'll need to be doing some cooking and that makes your kitchen an important place.

Factory-made food is not fresh. So it has to be preserved. These days that usually means chemicals. And because it's old, it starts to look, smell and taste worse. That means masking chemicals.

The cooking temperatures and durations are more aggressive than you would use, so the delicate vitamins, enzymes and phyto-nutrients are lost or damaged. You get more goodness from the same thing prepared fresh at home.

Short on time? Most simple meals cooked from scratch take only 20-30 minutes. If you own a phone, computer, TV or tablet, I expect you spend longer looking at their screens than it would take to make your dinner.

Keep it simple. A friend described cooking as, "common sense and the application of heat."

Buy real-food ingredients: meat, fish, eggs, cheese, vegetables, fruit. Use butter and olive oil rather than

Jackie Wilkinson
Village Post
nutritionist



spread or seed oils. You don't even need recipes if you grill a bit of meat or fish and boil a few potatoes or some rice, with veg steamed above it, or serve with salad (which is only rinsing and chopping).

It helps if your kitchen is a nice place to be.

- get comfortable there
- get familiar
- keep it clean and tidy with space to move
- have basic tools and equipment within reach - pans, knives, spoons, a peeler and cutting boards.

Know that you are taking care of yourself by preparing food.
Become part of the steady rhythm of life.
Cook with love!
Eat with gratitude!
Enjoy!

Jackie Wilkinson, Nutrition Coaching
www.learntoeatwell.co.uk



Mason's Arms CAMRA gold *'Standout winner that goes the extra mile!'*



We all know that the Mason's Arms is special for so many reasons - in particular the warmth and hospitality with a large helping of community spirit shown by Hal and Andy.

Now that has been firmly recognised with the CAMRA Gold Award presented on May 2 at the pub in Gilcrux (*pictured right*). They now progress to the county stage with possible regional and national awards.

Thanks to Hal and Andy's commitment and enthusiasm, West Cumbria CAMRA branch's three appointed judges found the Mason's Arms met all the necessary criteria of the competition

As Andy says: "It's not a job, it's a lifestyle." Typically the couple dedicated the award to their customers.

"Awards like this can't be won without the continued support of our amazing customers," added Hal.

Geoff Wilkinson from CAMRA said: "Husband and wife Hal and Andy are a winning combination who 'think outside the box' and have a games room, serve regular tasty meals as well as organising themed nights admirably serving the local rural community and many regulars.

"Hal takes great pride in the quality and choice of ales."

There are 170 pubs in the West Cumbria catchment and MA beat off stiff competition. The pub was described as a 'jewel in the rural community'.

The menu options were commended - including its signature haddock and chips as superb - and praised for its exceptional selection of beers sourced from local microbreweries.



Jack Rignall ran the London Marathon in memory of his Grandad and to raise funds for Motor Neurone Disease. He finished in less than five hours and raised over £5,500 for the charity. Gilcrux village played its part by supporting the fundraiser at The Mason's Arms on Easter Sunday and raising a fantastic £776. There were also individual donations. Jack would like to say a massive thank you for your support and a special thank you to Andy and Hal for hosting and organising the fundraiser.

Update on the fundraising efforts of Elizabeth, Henry and Heidi



Hilary Hallewell from Papcastle had a wonderful surprise for our three Borneo bound teenagers.

She met up with them to hand over a card and financial donation towards their fund-raising.

Thanks also to the Wright family from Stoneleigh, Tallentire. They donated equipment for the trip.

Thanks to Louise, Kevin, Oscar and Tabitha.



<https://gofund.me/c25a30bae>

Hi, **Heidi** here, I raised money at Easter by selling Easter gifts and got a place in the Junior Great North Run in Newcastle in September. I'm now in training as I want to continue raising money for Alzheimers in addition to the Borneo trip. I'm also busy trying to learn some basic words from the Malay language in preparation for the trip.



<https://gofund.me/cd29e32f5>

Hi, **Henry** here, my car wash is proving popular so thanks to everybody that has allowed me to clean their cars. The next one is Saturday 6 June, 11am to 3pm in our car park at the front of our house, next to the Mason Arms. I can do an external wash and/or an internal valet too. Remember you pay whatever you want as this is for my charity to get me out to Borneo for my conservation trip in the summer of 2027. I'm so grateful to everybody, especially thank my brother Charles who stepped in when I was off on a DoE camp!



<https://gofund.me/358d3bdbb>

Hi **Elizabeth** here. I'm currently cutting grass for six weeks while people are on holiday, cat feeding, watering plants at two houses and one feeding guinea pigs. I'm doing my GCSE exams but hoping to get a summer part-time job as I'm now 16. So if anyone knows of something that would be great.



Gilcrux Scarecrow winners



Kathleen West (*left*) of the Beeches Bungalow won the scarecrow 'Heroes and Villains' competition with her Hogwarts duo (*above left*) - being checked out by neighbourly competitor Henry Ellams (whose Hannibal Lecter scarecrow - complete with spooky recording - was very clever and scary).

Runner-up Henry Airey at Norall celebrated 100 years of Winne the Pooh with a beautifully made, joyful entry which had all the villagers smiling as they passed by. Brilliant entries all round!



New Governor appeal

We are looking to recruit a new Parent Governor. It is a very rewarding position and doesn't take up too much time!

If you're interested, please contact our Clerk to the Governors.

clerk@bridekirkdovenby.cumbria.sch.uk

or contact the office on 01900 829889



Year 6 on leaving our school by Harriet

Since we have been in Reception class we have made so many memories, like water fights and school trips. We're excited and scared to leave but, hopefully, we will do well in the future. Our leavers' hoodies are dark navy blue with a postbox red hood. SATS have been hard but all of us have done the best we can do. I've enjoyed spending time with my friends throughout my time in the school. They make school so much better.



RUGBY SUCCESS!

A mixed team of (Year 5 and 6) boys and girls went to a rugby tournament at Cockermouth School. We enjoyed it very much and we made sure everybody scored a try. It was a very fair mix of boys and girls scoring. We were all passing to each other, which showed great teamwork.

We won all of our matches against the other schools and ended up winning the whole event! It's inspired us to have a go at rugby outside school. All of the teams were very good and I'm happy I got the opportunity to play and represent

Bridekirk Dovenby School.

by Harriet and Eadie

A Talk by Midwives

We had Midwives Lisa and Leonie in to talk to the Year 5 children about foetal development and the role of a Midwife as part of our Science topic this term.

It was so informative and the children thoroughly enjoyed the session, asking asked really thoughtful and insightful questions.

They were fascinated by some of the facts they learned. We'll never look at a watermelon the same way again! Special thanks to Lisa and Leonie for giving up their time and coming to school, we're so grateful!



Have you a child ready to start school?

Bridekirk Dovenby Primary School Open Days

Friday 5th June 2026 @ 1.30pm - 2.30pm

OR Saturday 6th June 2026 @ 10am - 11am

Ask questions and have a tour of the building and grounds...

Just come along on the day or for further information

contact us on 01900 829889 OR admin@bridekirkdovenby.cumbria.sch.uk

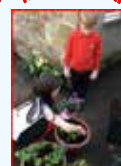
Can't make the date? An individual appointment can be provided.

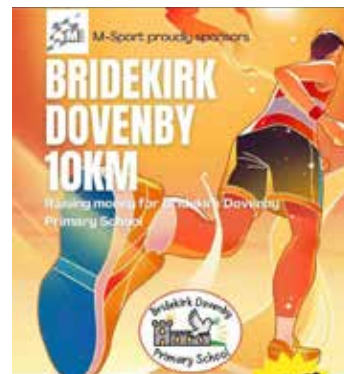
We look forward to showing you around our wonderful school!



Work Together, Aim High, Shine Bright

Bridekirk Dovenby Out Of School Club
7.45 am - 8.30 pm





Inaugural Bridekirk Dovenby 10K a great success

More than £1500 has been raised for the school through the first ever 10k through the villages, sponsored by M-Sport, on Saturday May 16.

There were 127 runners on the day, in what was almost perfect running conditions. The first runner back was Stefanos Stephanou from Derwent AC in Cockermouth in an impressive 35:01. The first female to complete the course was Lou Osborn from Keswick AC in 42:51. All the runners received medals that had been made by former Bridekirk pupil Alex Nicholson, who was at the

school etching runners names and finish times on the rear of the medal (above).

The race was organised by Bridekirk Dovenby School and marshalled by the Friends of Bridekirk Dovenby School. Thanks to everyone who came out along the route to cheer on the runners.

We are hoping to organise the race again the same week next year.

So watch this space and our Facebook page ([Bridekirk 10k](#)) for news.

The Year 3 pupils had their residential trip to Hawes End and had a wonderful time.

Newshound Anna decided to interview her younger sister and friends about their experience.

Anna: What was your favourite part about Hawes End?

Harriet: Canoeing on the lake.

Nyx: Staying up until 1 o' clock in the morning!

Tom: Having a disco in my room.

Anna: What did you have for breakfast?

Harriet: Cornflakes, eggs, bacon, hash brown and pancakes.

Nyx: Rice pops, eggs, hash brown, pancakes, cornflakes and toast with butter.

Tom: Weetabix, bacon, hash brown, rice pops and pancakes with jam.

Anna: What activities did you do?

Harriet: We made our beds all by ourselves. It was very difficult. My sheet fell off in the middle of the night!

Hawes End residential trip

Nyx: Rock climbing. I got to the top of all three of the walls. We raced on two of the walls and I won the race. Our friends held the rope I was on and pulled the rope.

Tom: Canoeing. We went to St Herbert's Island and had a treasure hunt. I almost fell into the river! I saw a dead fish skin in the lake.

Anna: Anything else?

Harriet: When we walked around the lake, we had to balance on a log and I managed to stay on it!



Joyful visit to Amatheia Care Home



For the final project of the Archbishop's Young Leader Award, our seven young leaders spent an afternoon at Amatheia Care Home entertaining the residents. Each child planned their slot in advance and practised in school. The residents were entertained with stories, a quiz, jokes, music and singing. We're very proud of all the children and the residents had a lovely afternoon. Here is a report by one of the Young Leaders, **Anna**.

We went to Amatheia Residential Home to cheer up the people's day. We were a group of seven children who spent six weeks in school and learned how to be a Young Leader.

We made a Powerpoint with some quizzes- a picture quiz, a five-question trivia round and a painting round. We got to talk to the people about our powerpoint.

We also performed a keyboard solo, a guitar solo, bunny facts, another quiz and a karaoke where they sang to us some songs and finally a "Let It Be" duet. We had lots of fun!

At the end of our performance we gave the audience a biscuit (we had one too!)

When we were going home, we got a packet of sweets. We're really thankful for the opportunity that we got that day.

Feel

Imagine

Do

Share

Our last FIDS meeting went pretty well for the Yellow team because of the fun and interactive activity. The older children (Key Stage 2) were helping the younger KS1 pupils. They were all decorating their own flower to give to the elderly. Each and everyone of them wrote a kind, uplifting message in the centre and decorated all the petals on the outside.

In the Green team, KS1 and 2 split up to do nature-friendly activities. KS1 worked on how to attract birds into our sensory garden. They thought of bird feeders and baths. Meanwhile, KS2 were talking about bringing some volunteers to build planters for the garden.

As the Green and Yellow teams were busy, the Blue team was working on internet safety - finding out the top five scams, learning what AI is and what is human-generated, even making a Powerpoint.

While all the other teams were cracking on, the Red team was planning a big surprise... (*find out in the next issue!*)

Sunny May weekend festival of flowers, scarecrows, sport and afternoon tea!



The flower festival at St Mary's Church was stunning and, together with other donations and memory baubles, raised £193.05 for the church at the Sunday afternoon tea auction in the Village Hall. Winner of the 'Heroes and Villains' themed scarecrow competition with a Hogwarts duo was Kathleen West of The Beeches bungalow. Runner-up was Henry Airey at Norall with his tribute to 100 years of Winnie the Pooh (see pics page 7).

Flower power and strawberries for afternoon tea!!!
Happy times for Arya Burns, Mollie Thompson, Ezra Burns and Sadie Thompson!

All entries were excellent and much admired. The junior trophy went to The East Eng Gang - Tommy, Jimmy and Merryn Harrington; Leo, Iona and Arlo Thwaites; and Jessica Faulder. The kids sports were organised by Mike Fitzgerald. What a splendid weekend - a real community effort!



Mike Fitzgerald and his young sporting participants enjoyed lots of races in the sun



MEREDYTH meets

Laura
Bell

It isn't often I chat to my daughter-in-law without interruption but this time all was quiet.

Laura has had a fascinating career with the Civil Service. Born in Carlisle Infirmary to Annette (*our cookery writer*) and Michael Gibb, she had the same hospital start as all my children. Initially she lived on Scotby Road, Carlisle with her mother Annette before moving to Mawbray at the age of four to live with stepdad Paul along with her oldest brother Alex. Her education started at Holme St Cuthbert Primary School until she was eleven. There were only 26 children in the whole school!

She then moved to Keswick School and was in the same class as Markus Campbell Savours MP. Laura then moved to Cockermonth School for sixth form where she was deputy head girl in her final year.

She worked at Cockermonth Tourist Information Centre in the Town Hall during weekends and holidays whilst finishing her degree in Sociology at Nottingham University. Her dissertation was on the murder of James Bulger and the social construction of childhood.

In her final year at Nottingham, Laura applied to HM Prison Service and was successful. As they were posting new starters over a period of 12 months, Laura bought a round the world ticket from Cockermonth Travel and spent three months in south east Asia and then ended up in Australia. She and her travel buddy bought a 1960s Ford Falcon called Muriel in Cairns and drove the gas guzzler down to Sydney where they spent Christmas on Bondi beach. They also drove down to Melbourne and along the Ocean Road then flew on to New Zealand and Fiji where Laura finished her trip and headed home to move to London.

Burglary and murder!!!

Laura had the misfortune of being burgled twice and witnessing a murder in her first month in London. Thankfully, it hasn't happened again since in the 22 years she's lived there. Laura spent six months at the prison service before moving to the Home Office to be Assistant Private Secretary to the prisons minister. She worked there during the 2005 election and subsequent reshuffle before moving on to work on the Serious Crime Bill, which she worked on throughout its passage through Parliament before receiving Royal Assent. Laura then moved to the Serious Organised Crime Agency to work on anti-money laundering and then to the Cabinet Office to work in the Civil Contingencies Secretariat. This role came about in response to the floods in 2009 which affected Cumbria so badly.

During that time she also got to work in COBRA during the swine flu pandemic outbreak and in the aftermath of the volcanic ash incident which closed international airspace. After the financial crash, Laura moved back to the Home Office to work on efficiency saving measures for policing, spending three months on the police strategic command course, the training programme for future chief police officers. Laura's next move was over to HM Inspectorate of Constabulary where she led the first Crime Inspection of 2014. As that project came to an end, Laura had the opportunity to



take a career break to join husband Charlie in Brazil where he was working on a new oil platform.

On her return, Laura worked back in the Home Office before going on maternity leave to welcome first son Barnaby William Bell, a whopping 11lbs 14ozs. Returning to work, Laura became the head of talent at the Ministry of Justice before returning to HM Inspectorate of Constabulary to design and lead the first inspections of the fire and rescue service sector. During that role Laura welcomed second son, Hamish Huxley Bell (a whispy 7lbs 11oz, phew)!

After the murder of Sarah Everard, Laura went to be Secretary to the Angiolini Inquiry, established to discover how an off-duty police officer could commit such heinous crimes.

After four years in that role, in January this year, Laura moved to the Security Industry Authority as Executive Director for Martyn's Law Regulation. This is a new legal obligation introduced as a result of the tireless campaigning by Figen Murray, mother of Martyn Hett who tragically died in the Manchester Arena bomb attack.

Many of her roles have come about as a result of tragedy and Laura never loses sight of the people who still suffer as a result of what happened to them and their loved ones. She reflected that it is a great privilege to be trusted with these roles.



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David's story will help other families



David with his sons.
A Different Kind of Climb
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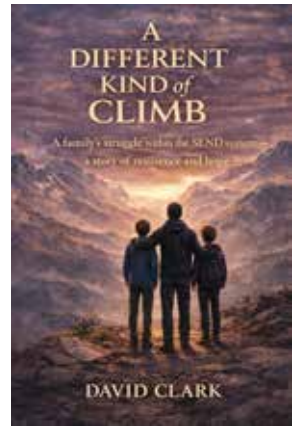
My name is David Clark and I live locally in Blindcrake. Some people may know me through local running events, fell walking, or from my time volunteering with the Jump youth group before Covid. Over the last few years, my family and I have experienced the challenges that can come with navigating the SEND system while trying to support a child with additional needs.

Those experiences eventually led me to write my book *A Different Kind of Climb*. The book is not aimed at individuals, schools or teachers. In fact, no schools or individuals are named and I've also changed the names of all children mentioned, including my own, to protect their privacy. The book is really more about the wider SEND system and the difficulties many families can face on a much larger scale. It focuses on issues such as safeguarding, delays, communication breakdowns and the emotional pressure families often experience while trying to access the right support for their children.

Throughout our experiences, there were also people who showed genuine care and support to our family during very difficult times and I will always be grateful for that.

Outside of writing, I've always enjoyed the outdoors and running. Alongside my sons, I completed the challenge of climbing all 214 Wainwright fells over several years ... and that journey partly inspired the title *A Different Kind of Climb*.

My hope with the book is simply to raise awareness, encourage conversation, and hopefully help other families feel a little less alone in their own experiences.



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Home grown cooking with Annette

Fried lemon, cucumber and cashew salad



- 1 lemon
- 1 cucumber - washed, cut in half lengthwise and seeds removed with a spoon, cut in small chunks
- Olive oil
- 2 spring onions, sliced including the green parts
- Handful of washed, dried and chopped fresh parsley/ chives/dill
- Handful of toasted cashew nuts chopped roughly
- 1 feta type cheese broken into shards
- Half teaspoon black pepper (I used Urfa Biber this time but sometimes put chilli flakes).

ANNETTE GIBBONS is well known for her wonderful cooking. A former Cumbria Woman of the Year, she hosted her own Border TV series "Home Grown". Annette has taught nutrition and cooking, run her own cookery school and organised 'Cumbria on a Plate' gourmet tours.

Summer herbs are thriving right now. The more we cut and pick them for kitchen or medicinal use, the better. They become stronger with a chop back. Left on their own they become weak and straggly.

There's a delicious beauty of growing your own herbs in a pot on the windowsill, greenhouse or in the garden. Not only do they brighten your day, they are also a provider of essential vitamins and minerals. Eat them every day fresh, stir them into a creamy sauce or dressing at the end of cooking and they can lift a dish from dull to brilliant. Once the first flush of green herbs have been cut, they keep on coming for the whole of the growing season. Freezing leafy herbs like parsley provides us with fresh green nutrients in the middle of winter. Pick, shake clean, pack in a bag or box and freeze. When you need them simply crush the contents to use straight from the freezer.

If you're looking for a zingy salad to refresh your taste buds take a look at this unusual cucumber and fried lemon dish.

Yes the lemon is fried in oil, add lots of herbs and feta and you're nearly there. As the lemons are a prime ingredient in

this salad it's important to look for organic or un-sprayed fruits - which should be washed, dried and cut into thin rounds (thickness of a pound coin).

Heat enough olive oil to cover the bottom of a frying pan on a medium heat and fry the lemon discs until golden at the edges on each side. Leave to cool. Reserve the oil to use as a dressing for the salad. Slice the lemon into small pieces. Add to a large mixing bowl along with the cucumber, spring onions, cashews, herbs, feta, urfa biber, and a pinch of salt and pepper. Mix gently and pour over the lemon oil just before serving.



Thanks to **Viki Armitage** for a lovely pic of her recent pheasant visitors to her garden at Ellenside, Bridekirk!
Looks like they are having a good old chat - a birdy blether!

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Happy 100th birthday Henry

A very important person in the history of Gilcrux Village celebrated his centenary with family and friends on May 5.

He was the first person I (Editor) interviewed for the first edition of this magazine along with his wife Sheila, who sadly died in 2022.

Former Parish Clerk, he and Sheila spear-headed a campaign to improve village paths, devised maps and organised photographic records which became exhibitions.

The couple raised money for the neglected Village Hall and officially opened it - fully refurbished - in 2012.

Henry was born just a mile from Gilcrux and moved to West House when he was eight. He and Sheila then lived there.

Thank you Henry (and Sheila) for all you've done for the village and for giving me one off the best interviews in my life as a journalist!

Cumberland Council

Want to help your community?

Become a Voluntary Car Scheme Driver

For more information contact Katy on 07788 396194 or visit cumberland.gov.uk/voluntarycarscheme

SCAN ME

THE MAGIC OF ACTION!

TOUCH A TRUCK

Cockermouth Rotary Club Family Fun Day
BIG vehicles. BIG fun.

What's on?

- **BIG trucks, tractors, emergency services vehicles.**
- **Fairground rides.**
- **Live music, delicious food and drink.**
- **CockerPaws dog show and much more...**

Where is it?
James Walker's Site.
Entrance from Wakefield Road.

When and how much?
Sunday 28th June: 11am to 4pm.
Adult tickets only £5 and children free – includes fairground rides.

A brilliant day out for all ages

"I was recently shown your Village Post," writes Katy Wood, Voluntary Transport Officer for Cumberland Council, "and it seems such a great place to ask you for help in recruiting new volunteers for our Voluntary Social Car Scheme.

"We're looking for a new Volunteer Coordinator to cover Aspatria/Bothel and one for Workington/Maryport as well as Volunteer Drivers throughout Cumberland.

Paul Healey, retiring Coordinator, said. "Being isolated in a small village makes life so difficult, it's hugely rewarding to make a difference. 'Customers' have become friends and I've benefited more than I contribute, which isn't a bad deal really! Please volunteer if you can!"

The Voluntary Social Car Scheme is intended for those people who have no other means of transport.

We have volunteers who provide a door to door service across the county to collect you from your home and take you to your chosen destination for a reasonable cost.

The service can be used for a wide variety of purposes including:

- making connections with public transport
- doing the weekly shop
- medical appointments
- just for visiting friends

Journeys are available depending on volunteers availability. You may be asked to share transport and you may need to be flexible about the times you travel.



Summertime rambling

Rev Roy with the aptly named rambling rector rose

Isn't summer a lovely time of year? Gone are the cold short gloomy days of winter and it's time to welcome those long sunny days of summer. It's a time for all the human senses to take in the fullness and richness of the wonderful world around us.

Waking up to the sunlight glistening through the trees or streaming in through the window and the sound of the birds singing the dawn chorus, instantly energises you for the day ahead.

There's a feeling of natural warmth the sun is giving you through those long, warm, cloudless days with the sunshine seeping through to your inner body making you feel better in mind and spirit.

There's the scent of flowers and freshly cut grass then the sound of busy bees buzzing busily about their business, the sound of ice-cream vans jingling merrily around the neighbourhood and of children laughing and playing outside bringing back wonderful memories of childhood.

We can watch the fragile, beautiful butterflies fluttering past from flower to flower, so much colour to please the eye. There are the summer birds, swallows, swifts and martins swooping in the blue skies, such a spectacle to delight the eyes.

Isn't it wonderful to be able to sit and relax in the garden with a nice cool drink and a good book or to have friends around for afternoon tea on the lawn or a barbecue on the patio.

Summer, giving us an all too brief but unforgettable sign of the natural wonders of the world at its best. Let's make sure that we do our best to enjoy and bathe our senses in this glorious time.

Summer blessings to you all, Rev Roy

St Marys Church News

Hello and welcome to Revd Rachel Cunliffe

On May 10 there was a wonderful celebration of ministry in Allonby, Crosscanonby, Dearham, Aspatria, Hayton and Gilcrux to welcome Revd Rachel Cunliffe as curate in charge in the presence of The Bishop of Carlisle, The Rt Revd Robert Saner-Haigh and Archdeacon of West Cumberland and the Venerable Stewart Fyfe.

The service at St Kentigern's Church Aspatria was followed by a party in the village hall. A very warm welcome to you and your family Rachel.

Great news for our Church roof

We're absolutely delighted to announce that we've been awarded funding from the wind farm community fund. These vital funds will go directly toward repairing our damaged church roof, ensuring our historic building remains safe, dry and open!

A massive thanks Tina

While we celebrate this fantastic win we also want to shine a spotlight on our local superhero, Tina Murphy who led a dedicated group to draft and submit an Expression of Interest (EOI) to the National Lottery Fund (NLF) for further support.

We're praying that this will be successful.

Regardless of the outcome, we want to extend our deepest gratitude to Tina. Her tireless hard work, energy, dedication to our church and community are truly inspiring.

Notice of tree to be removed

The tree by the main entrance to the church (the car park) has been condemned because it is leaning too much.

A forester has examined the tree and recommended its removal.

Whilst not imminently dangerous it has been recommended that it be taken down before autumn.

Scottish Power are arranging this as the tree is near an electric power line.

Would all visitors kindly use the other gate (by the green) until further notice.

Help beautify our lovely church grounds

Neighbours - our green space around the church needs some love. We're hosting a volunteer clean-up on Saturday 27 June to start at 10am. Please bring your own tools - we need push mowers, hedge trimmers, strimmers and perhaps some heavy duty extension leads! Bring hand tools rakes, loppers and garden shears or just bring yourself - we need hands to rake clippings/bag waste!

Safety first: Please wear sturdy closed toe shoes, long trousers, safety glasses and don't forget your gardening gloves. Please make sure your tools are in good working order. As the ground is uneven and the stones are historic we will hold a quick safety briefing at the start. Cold drinks, tea and cake will be provided. We really hope you can help!

Please ensure all equipment is well maintained with safety guards fitted. You must only operate your own equipment and entirely at your own risk.

Can you help? Treasurer Volunteer needed

Our lovely church is looking for a volunteer church treasurer to join our team. If you're organised, comfortable with numbers and want to make a real difference in our community we would love to hear from you.

What is involved?

- Manage money* - keep track of simple income and expenses
- Banking* - paying in donations and settling occasional bills
- Updates* - giving brief updates to the church committee
- Budgeting* - helping us plan for future projects like roof repairs!

You'll be getting involved in a wonderful project, with some fantastic people - and at a time when real changes are happening.

If you know of anybody or a business that is willing to lend us hand then please contact me!

**Jo Ellams, Church warden
07968829647.**



Revd Rachel Cunliffe admires the flower festival displays in St Mary's

**CHURCH SERVICES
and INVITATIONS
Sunday 14 June, 5pm
Sunday 12 July, 5pm
Sunday 9 August, 4pm
Sunday 13 September, 4pm
A warm welcome awaits!**



ST. BRIDGET'S, BRIDEKIRK
 People of hope and love

Services at St. Bridget's Church
 Children's Church will be available
 during the 11am services.

Rogation reminds us to give thanks

The days are lengthening and the first real warmth of late spring is beginning to be felt in fields, gardens and hedgerows.

As I sit down to write this, it is Rogation Day in the Church of England - a time when we are invited to pray for the land, for those who work it and for God's blessing on the growing year ahead.

Rogation feels especially at home in a place like ours.

For generations, people have looked to the soil, the weather and the seasons with both hope and humility.

Even now - whether we farm, garden a little, or simply enjoy the beauty of the countryside around us, we remain deeply connected to the land that sustains us all.

At St Bridget's, we hold this connection quietly and prayerfully. Rogation reminds us to give thanks for careful hands and hard work, for seedtime and growth, and for the shared responsibilities of caring for creation.

It's also a reminder that none of us stands alone. We depend on one another and on gifts we cannot manufacture for ourselves.

You're always welcome at St Bridget's - whether for worship, for a moment of stillness, or simply to sit and enjoy the peace of this ancient place.

As the growing season unfolds, may it be one of fruitfulness, patience, and kindness for us all.

With every blessing,

Christina

Revd Christina Brentnall

June

- 7: Holy Communion (11am)
- 14: Morning Worship (11am)
- 21: Holy Communion (11am)
- 28: Morning Worship (11am)

July

- 5: Holy Communion (11am)
- 12: Morning Worship (11am)
- 19: Holy Communion (11am)
- 26: Morning Worship (11am)

BRIDEKIRK FRIENDSHIP GROUP



**St Bridget's Church room,
Bridekirk**

10:30 - 12:00



We offer a warm and friendly place for people who are in need of friendship to meet others for a chat over a cup of tea, coffee and home baked cakes each Monday morning.

Why not drop in anytime in the morning, for as long or as little time as you feel comfortable. You will always find a warm welcome from our volunteers.

£3 per person

**EVERY MONDAY
MORNING**
(EXCEPT BANK HOLIDAYS)

FOR MORE INFORMATION

bridekirk_church@grasmoommc.church
 0785 8074 133

Are you feeling lonely or isolated?
Why not come along and meet the team. We love to meet new people.

Find us on:-

Facebook

www.facebook.com/stbridgetsbridekirk

Instagram

www.instagram.com/st-bridgetsbridekirk/

email

bridekirk_church@grasmoormc.church

JESUS USE MY JUMP POTENTIAL

Bible fun, friendship and prayer for school years 7-13

Christ Church Rooms Cockermouth

7 - 8:30pm

Upcoming Dates:

Sunday 14th & 28th June 2026

Sunday 5th July 2026



St. Aidan's
CUMBRIA

St Aidans

All Age

meets 3pm

every Sunday at

Bridekirk

For our program and parental permission form visit:
cockermouthareachurches.church/jump/

Go straight there:



or email us on jumpyouthgroup@gmail.com

Taking a break
for summer ...
last club
18 June

Baby & Toddler Club

ST. BRIDGET'S, BRIDEKIRK
People of hope and love

Toys &
Refreshments
provided

Please bring your
own travel
mug/lid

Date - Starting - Thursday 8th December

Time - 1-3pm. Every week

Place - St Bridget's Church, Bridekirk.

EVERYONE WELCOME

An opportunity to share time and a chat with other families whilst the children play together.

You're
Invited!



[stbridgetsbridekirk](https://www.instagram.com/stbridgetsbridekirk)



[stbridgetsbridekirk](https://www.facebook.com/stbridgetsbridekirk)



<https://cockermouthareachurches.church/st-bridgets-bridekirk/>

Join our team!

Perhaps you would like to volunteer
to join our helper rota?

For more information contact us:

bridekirk_church@icloud.com



USEFUL NUMBERS

Medical and Support Services

Cumbria Health on Call (CHOC)	111
NHS Direct	111
Castlegate and Derwent Surgery	01900 705350
West St Health Centre Wigton	01697 320209
West Cumberland Hospital (Whitehaven)	01946 693181
Cumberland Infirmary (Carlisle)	01228 523444
Workington Community Hospital	01900 705000

Dentists

Derwent Dental Care	01900 82 4111
St Helen's Dental	01900 826210
Goodwins Dental Care	01900 823467

Pharmacies

Allisons	01900 822292
Boots (C/mouth)	01900 823160
Boots (Aspatria)	01697 320236

Vets

Millcroft (Cockermouth)	01900 826666
Millcroft (Wigton)	01697 323898

Other

Non Emergency Police	101
Electricity power cut query	105
United Utilities	0345 672 3723
Samaritans	116 123 (free)
Domestic Violence Support	07712 117 986
RSPCA	01946 693585
Age UK (West Cumbria)	01229 779711
Cockermouth Emergency	
Response Group (CERG)	07852 599794
Citizens' Advice Bureau	01900 604735
Cumberland Council	0300 373 3730
Cockermouth Library	01900 822634
Aspatria Library	07557 499129




Community Balsam Bashes

Interested in Balsam Bashing?

We can help!

This year we are encouraging local communities to take the lead and set-up their own Balsam bashing groups. We can help you with:

- Balsam bashing training session with your group.
- How to lead your own sessions using our handy toolkit.
- Landowner permissions - we can advise.
- Identifying Himalayan Balsam source sites and/or suggesting strategic start points.

If you are interested please drop us an email or give us a call.

Email: info@westcumbriariverstrust.org
Call: 01768775429



At West Cumbria Rivers Trust (WCRT) we need local communities to set up their own balsam bashing groups to tackle the spread of Himalayan balsam. It is an invasive non-native species that spreads rapidly across our waterways, outcompetes native plants, reduces biodiversity and leaves riverbanks bare when it dies back in winter - making them far more vulnerable to erosion.

By hand-pulling these plants and snapping them between the first node and the roots, our volunteers have already made a real difference. However, to make lasting progress, we need wider community involvement.

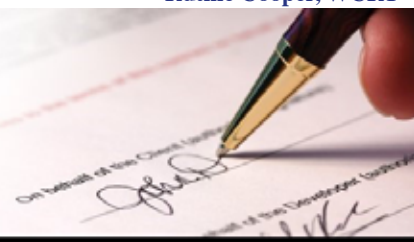
Balsam bashing is a straightforward and effective way for people to take positive action locally. By revisiting sites several times over the growing season, community groups can play a vital role in reducing its spread.

To achieve this we need to reach as many people as possible. If you're able to support the campaign, I'd be very pleased to hear from you.

Ruthie Cooper, WCRT



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By popular demand ...



Teddy's dog blog

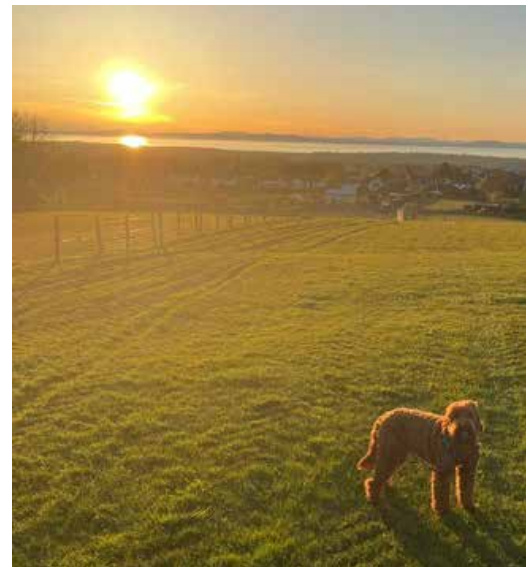
Hello Humans and Doggy Dudes,



Teddy Edward here! And, just in case you are new to our wonderful Village Post, I'm tasked with typing a Dog Blog to keep all and sundry up to speed with the local canine capers.

Talking of which, my Pawrents have recently had the pleasure of a visit from a relative from over the pond. It was absolutely marvellous, as there was a non-stop flow of visitors, all of which had to be subjected to the Teddy version of ABS. That stands for Automatic Barking System, and I selflessly implement it every time anyone approaches. It saves so much battery for the doorbell that I think I'm going to start charging for the service.

The visitors were of a range of shapes and sizes, including lots of half pint humans. They all got fed and watered to lubricate their overused vocal chords, so there were endless opportunities for wheedling treats and Hoovering up the occasional dropped chipolata.



We all hope she comes again soon, especially me! One slight problem was, she kept calling me Alfie. ALFIE? ME? Do I look like an Alfie? Strange beings these Americans, but they clearly talk a different language to us.

We thought it would be nice to take her for a trip out to see the Rannerdale bluebells, which were quite magnificent this year. We were truly shocked by the number of dog poo bags that for no fathomable reason had either been carelessly discarded along the footpath or hung in a tree.

What are your humans thinking - us dogs are hardly equipped to pick them up ourselves are we? Come on canines, get your Pawrents better trained. And, if they forget, use the recall facility. Simples!

Another thing we saw was one of those Herdy Wick sheep things who had ignored the perfectly clear notices saying 'Keep off the Flowers'. Can't they read? How come they can *Wander Lonely as a Cloud* while


I'm stuck on a lead? Rant over!

There's also been a particularly good show of cowslips in the fields and hedgerows. So, as you can see, I kindly allowed my publicist to undertake a quick photoshoot. They're such a lovely flower and I think they actually might be a protected species.

I was surprised to hear some full pint humans shouting loud instructions to one of my Doggy Dudes that he was to stop eating the cowslip immediately. I've since been mulling it over and wonder if I misheard, and it's a homophone. Either way Doggy Dudes, just don't do it! I've been loving these later evening walks, especially when that big yellow hot thing sinks into the sea and goes away until tomorrow.

All very clever and gives the Pawrents lots of opportunities to gasp in wonderment at something other than me ... for a change.

Happy days!
See you next time, and don't forget to scoop the poop.

Love, 

Teddy Edward



Take on the **10in10 challenge** sponsored by **berghaus**



The annual 10in10 challenge is organised by Yvonne Booth to raise money for MS research.

Saturday 20 June 2026

10in10 Challenge
10 Lake District peaks in 10 hours

Challenge 5
5 Lake District peaks, a family friendly walk open to all

Sign up now at 10in10.org.uk

Registered with the **FR** FUNDRAISING REGULATORY Authority
Multiple Business Society
Registered charity no. 1141292 (11/03/2019)

Chloe celebrates with a hat-trick of football success!

Chloe Moore from Tallentire has a lot to celebrate this season.

She and her team - Workington Juniors (under 10 girls) - travelled to Skegness in early May to take part in an ESF football competition - nine teams from across the UK competing over two days.

Chloe's team topped the table showcasing some incredible football over both days. This earned them a place in the final. It was a nail-biting game with the Juniors unfortunately losing 1-0 against Litherland.

But, just a few weeks later on 16 May, it was top spot when Chloe's team won the League Cup Final at the County Ground at Whitehaven (*pic below*)!

THEN!!!!

On May 24 the team entered the JB7 tournament in Blackpool - a boys tournament. And they won!!!!

Chloe and her team were the only all girls team and they won the cup!!!!



TREBLE DONE

Chloe (*far right*) with ESF runners-up cup, (*right*) with League Cup Final trophy and (*below right*) she shows off the winners' cup and medal from Blackpool.



Chloe and her team were lucky enough to meet former England player Jermain Defoe and former Lioness Jordan Nobbs at the ESF event.



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Email for VP form to editor@villagepost.uk

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