

August 2026 | Issue 26

Village POST

Connecting Bridekirk, Dovenby, Gilcrux and Tallentire

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



Happy summer to all our readers



WELCOME TO EDITION 26



From the team at Village Post!

Marjory Thompson

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Congratulations to Ken Sugden from Gilcrux who took these wonderful butterfly pics. No fancy equipment, just his iPhone, yet these are stunning in their colour and detail.

Says Ken: "I'm a retired theatre nurse working in the NHS for almost 40 years. Moved to Gilcrux in 2020 with my wife Jane.

"I enjoy travel, gardening and riding my motorcycle. I also have a lifelong passion for wildlife and love all things vintage - which is just as well I feel.

"This year has been a great one for butterflies and pollinators generally."



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.

Village Post always needs a few more volunteers in each village to help with distribution.

Contact Silvana at sales@villagepost.uk

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the news.

We strive to support
the community and
celebrate the joys of
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The VP team



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Roy Stenson**



TRUSTEE:
**Rev
Roy Annets**



TREASURER:
David Tierney

THIS PLACE

How do YOU feel about where you live? You may always have lived here, moved from somewhere else or grown up here, lived elsewhere for many years, then come back home.

Think about what you feel about your place, whether it is your house, your village or Cumbria as a whole.

Write to us (in no more than 300 words) about your place, explaining your feelings with pictures if you can!

Silvana Hewitt from Bridekirk

I was born and brought up in Whitehaven and I still have a nostalgic fondness for the town, even though some of it is pretty down-at-heel now.

It had a prestigious past and the harbour area has been impressively renovated over the years so I still like to make frequent visits.

However, after university, like many others, I made my life elsewhere. Firstly on the Wirral for eight years then moved with the family to Newbury in Berkshire - a prosperous area, with great transport links to London, France, Heathrow, lots of good shops and, unexpectedly, beautiful countryside.

I was there for over 30 years, my daughters growing up as southerners but we regularly visited family in good old Whitehaven, then in Blindcrake, where my sister has made her home.

I was quite settled down in the deep south, widowed but with lots of friends and still working ... until I was contacted by Alan, an old boyfriend from Whitehaven Grammar School sixth form. He had been a friend of my first husband many years previously and he contacted me out of the blue! He still lived near Whitehaven and, well, after a bit of wooing, I took the plunge and retired and came back yam!

Despite the affection I had for Whitehaven, I didn't fancy living there but the thought of Cockermouth really appealed. We found a bungalow in Bridekirk (the next village to my sister, much to my new husband's chagrin as he was then loaded with in-laws!)

I love it here. Cockermouth is my town and Bridekirk is my village and I'm back with the fells and the sea almost on my doorstep. Most people seem to long for warmth, blue seas, green meadows, eating outdoors on a balmy evening. Well, there's not so much of that here and our trees tend to grow sideways but that suits me fine. Whenever that does come, it's all the more



welcome. Of course, Newbury was a good place to live but there is something so ingrained, almost visceral to be part of this landscape and among these people. I also feel so comfortable getting back to my own accent, instead of softening it down south, so it's wonderful to hear the Cumbrian accent and dialect all around me. Yes, it's colder. Yes, it's windier. Yes, it's craggier ... but it's my place.

Silvana is sales and advertising trustee for Village Post and Chair of Governors at Bridekirk Dovenby School.

As part of Workington Amateur Operatic Society's 120th anniversary year, the production in October at the Carnegie in Workington is *Joseph and the Amazing Technicolour Dreamcoat*.

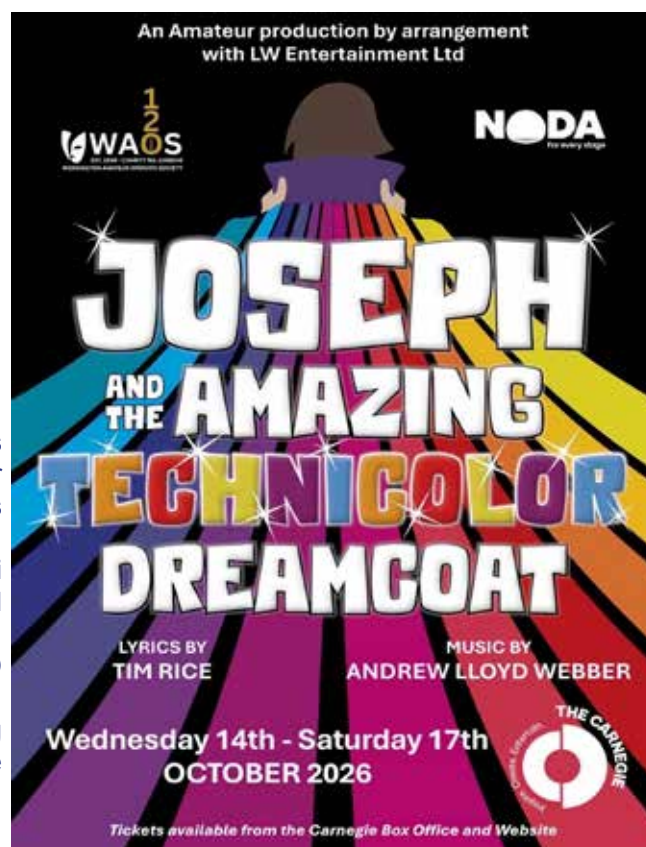
The society is thriving with adult, junior and mini sections and all three will be involved in this musical meaning there will be a cast of over 100.

It is the second time I have been MD for this show, says Liz Condron from Tallentire.

As well as Wednesday-Saturday evening productions, there is also a matinee performance on the Saturday. Tickets are already selling fast.



Liz Condron





Cockermouth is set to play host to the opening stage of the Women's 2026 Lloyds Cycle Tour of Britain.

The five-stage race will begin on Wednesday 19 August in the town and head for Whitehaven, Maryport and Silloth before returning to Cockermouth for the finish!

James A Murray
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GARDENING WITH MEREDYTH

AUGUST

Phew, what heat. My greenhouse has everything open and still I have to water every day, even though my cucumbers and tomatoes are in water pots! The rest of the garden gets the odd spray including the bird bath. My hedges need trimming - any suggestions!

Dead head and prune rambling roses after they have finished flowering. Also dead head lavender and take cuttings from fuchsias and pelargoniums. Layer pinks and rhododendrons. Water vegetables and fruit regularly. I forgot my broad beans for two days - not a happy sight. Lift and dry onions and cut and dry herbs to store.

Plant new strawberry plants and harvest the first apples and pears. Water features need extra water. Start planting daffodils and spring bulbs. Divide perennials towards the end of the month and prepare ground for making new lawns. Sow parsley and pot up herbs.

In bloom: eryngium, phlox, agapanthus, pelargonium, dianthus, lavatera, fresia and gladioli – no shortage of colour there!



With thanks to
RHS
Gardening
Year and
Gardeners'
Year
Calendar

SEPTEMBER

Start clearing any autumn debris to prevent disease and pests overwintering.

If you have a pond, put a net over it to prevent leaves falling in.

Turf new lawns, scarify and aerate established ones.

Move evergreen shrubs, reduce feeding plants in containers.

Take hardwood cuttings from roses. Plant out spring flowering bulbs and biennials. Plant containers with spring bedding. Lift tender perennials and put under cover.

Harvest the last of the marrows and courgettes. Lift maincrop potatoes and plant out spring cabbage and sow winter lettuce.

Continued harvesting of apples and pears and any autumn raspberries.

Prune climbing roses and clean out green houses for winter.

Sow hardy annuals for next year.

In bloom: rose, scabiosa, echinops, anemon, nemesia, crocosmia



In praise of tables

Years ago, we used to eat our dinner on trays, sat on the settee in the lounge in front of the TV. Here are four reasons why a table would have been better:-

1. A more upright chair at a table gives you better posture. Everything gets a bit scrunched up on the sofa - including your insides. You'll be less likely to get heartburn and indigestion if you sit up.

2. Having food on a table in front of you can increase your awareness of and pleasure from eating it. You're likely to eat more slowly and notice when you've had enough so that you can stop, and avoid mindless over-eating.

Pause before you start, look at your plate, be grateful to have something to eat, inhale and enjoy the aroma. Your body will take these signals and start preparing itself to receive nourishment.

3. They say you are what you eat. Really, you are what you absorb. You want to get the nutrients from your food into your body. Our digestive system works when we are relaxed.

Under stress your blood supply gets diverted to your muscles, ready for action.

Jackie Wilkinson
Village Post
nutritionist



The selection of programmes on the TV at tea time doesn't help. The news is ghastly these days and soaps are full of violence and people shouting at each other. If you watch TV while you eat, choose something calming. You'll extract more goodness to benefit your health.

4. Better connection doesn't just extend to your food, but also your companions. Eating at a table is more sociable and strengthens relationships.

You could leave your phone elsewhere too. Be present. Eating is a thing in its own right. A table helps you make the most of it.

Top Tip: Eat at a table

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



 **TOUCH A TRUCK**
Cockermouth Rotary Club Family Fun Day
BIG vehicles. BIG fun.



Thank you Cockermouth Rotary Club and James Walker & Co for the most amazing day out, writes editor Marjory Thompson.
My grandsons Reggie and Logan had an absolute ball. Such a fabulous event!





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Heidi Garforth from Gilcrux secured a place in the Junior Great North Run in Newcastle in September. She's now in training to continue raising money for Alzheimers in addition to the Borneo trip.

Heidi and Daisy have been friends since they were four and now they are fundraising together for their next adventure as they are both going on the Borneo trip with school.

With help from both sets of parents, they have organised an amazing evening in the Melbreak Hotel (see poster top right).

Above is a photo of the two on a wet weather adventure. The climate will be different in Borneo they hope.

The Tipis at the Melbreak presents

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Governor chat

Another school year has come to an end, with all the activities, events and celebrations that accompany it. Year 6 pupils have had their day at Carlisle Cathedral and bowling, the trip to London, their final assembly and the signing of PE shirts!

I asked some for their memories and they all mentioned the great teaching (one boy said BDS has made him smarter!), being a "buddy" to the little ones, friendships made and Amber will treasure memories of the warm feeling of Reception class which felt to her like a family. Good luck to them in the next stage of their lives.

Silvana Hewitt

Chicken chat ... by Benjamin

We have 32 chickens but not of the same breed. First breed is gold silkies. We have about eight but they are large fowl. Then we have about 14 bantam gold silkies, smaller and easier to handle. Finally marans which are black and have cuckoo feathers in them (basically lots of white lines).

Showing birds might not be as easy as you think. First thing is to check if it's a UK standard if you're in the UK. If you're in a different country, you show different breeds. Once you've finally picked a bird you need to wash it (with the right shampoo). We use something called fox poo which is a dog shampoo. Then the hair dryer comes in to dry the bird off. Don't use a towel! Travelling can be long or short distances. We've once been on journeys over six hours. Once there, you pen the birds in a showpen. Then a judge compares birds to see who could get a trophy or rosettes. The judge doesn't know anything about whose bird is whose. Finally there's the journey home with trophies, rosettes or perhaps nothing. But then there's next year and more shows.



Winner of the Joyce McDonald Cup

This award is given to a pupil who has always been reliable, hard-working, kind and a real "team player" throughout school.

This year the award was given to Isabelle Matthews in Year 6. Well done, Isabelle!

Mrs Taylor's retirement day was full of fun



The whole school and some old friends celebrated Fiona's retirement after 24 years at Bridekirk Dovenby School. Although she didn't want any fuss, the staff put together a fabulous day to show their affection and appreciation of this very special person.

Fiona was presented with a gift of travel vouchers, as she is keen to now be able to get away in term time - a dream of all teachers!

All the pupils took part in songs and dances - each year group had rehearsed their contribution.

There was also a very impressive display of cheerleaders. The Year 6 pupils took on the roles of meet-and-greet for visitors, waiters and waitresses and even a photographer. There was plenty of food - including delicious home-made cakes. For fun, the staff had even put together a buffet of Fiona's favourite snacks from over the years!

Mrs Amanda Wright, the music teacher who has been coming in to the school for years, was also retiring and she and her husband Ian played violin and keyboard for guests.

Mrs Wright was presented with flowers and good wishes from pupils and staff. It was a lovely party and Fiona will be very much missed. I'm sure many of you readers will remember her and wish her well for the future.



Mrs Taylor's treat for the school



At the end of her final term, Mrs Taylor thought she'd give the pupils a treat and hired an entertainer!

Ricky Harrison came to give the school some music, laughter and hilarious audience participation, as you can see in this picture of Mrs Herbert really going for it!

It was a great idea and hugely appreciated. Thanks, Fiona!



Annual Youth Climate Summit

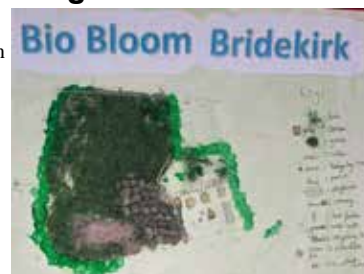
Mapping the present: planning the future!

In June Harriet, Jessica, Everley and Nieve from P5 went to the annual Youth Climate Summit at Bishop Harvey Goodwin School, in Carlisle. Ten schools participated from all over Cumbria. The team had to make a map of BDS school grounds to present to the other classes and make a speech to explain what they have done and why.

Harriet started by saying: "Today, we are sharing the hidden story of our school grounds at Bridekirk Dovenby. As 10 and 11-year-olds, we often look at our school as just a place to play or study but, for this Climate Summit, we looked at it through a scientific lens. We worked as a small group, surveyed every single corner of our grounds and collated our individual data sheets to create this master habitat map (pictured above). It doesn't just show where our classrooms are, it shows where our school breathes, where carbon is stored, and where local biodiversity thrives. Jessica then followed by giving details of the map with the contrast between "green" and "grey" areas and how they were represented on the map. Everley then added further details, both as an explanation of the findings, referencing the importance of trees, what has been done in the sensory garden and an explanation of how the map was constructed. Finally, Nieve spoke of how the school needs to make further progress and how the pupils are making suggestions to improve sustainability.

She concluded, "We aren't just mapping the present: we are planning the future."

The full speech was detailed, rigorously scientific and persuasively expressed. **WELL DONE, GIRLS!**





Feel Imagine Do Share (FIDS) replaced the School Council. Four groups represent Global (green), Community (yellow), Happy (red) and Digital (blue).



Yellow team ...

considered the topic of community and belonging and discussed what it feels like to belong. The children brainstormed different communities that we might belong to - such as school, church, or sports clubs. We then thought what it might feel like to not belong to a community and decided upon planning something which would welcome the older generation of our locality into our school or visiting them. Arrangements were made to visit the Bridekirk Friendship Group where we presented a poster designed and made by the children (pictured left). Each flower has a positive message written in the centre. The group were very impressed with the children, their conversation and domino skills! We'll certainly be visiting again soon.

Red Group ... brings smiles to our community

The red team, alongside the other groups, took part in an exciting FIDS project. Their challenge was centred around the feeling of happiness and they were tasked with creating a project that would help make people in our community happy. They worked together to explore what happiness meant to them and created a range of colourful and thoughtful posters. These sparked some excellent conversations about the things that bring joy to people of all ages.

After lots of brainstorming, the group decided that one thing guaranteed to make people happy is having fun. With this in mind, they came up with the idea of a "Break the Rules Day". They compiled a list of school rules that could be safely and sensibly broken for one day only. Pupils could choose which rules they wanted to break and paid a small charge for each. Popular choices included simple rule-breaking treats - like dress-up day, which added plenty of laughter and excitement to the school day. The event was a huge success, with children enjoying the opportunity to do things a little differently. Not only did the day bring lots of smiles and enjoyment, but it also raised money for a worthwhile cause. The funds collected will go towards purchasing new science equipment for the school. So, as well as making the children happy, the project has also made the teachers very happy too!

The red group should be extremely proud of what they achieved. Their FIDS project showed how a creative idea, teamwork and a desire to spread happiness can have a positive impact on the whole school community. Well done to everyone involved!

Green Group ... helps wildlife

The Green group have been working on our project all year, looking at how to improve our Sensory Garden. We've created lots of new wildlife habitats so our sensory garden can thrive with lots of varieties of animals. We've a wormery with lots of worms in. This will feed into growing our own food because the worms will make really good compost. We also have a pond with some insects in it and it is used as a drinking place for animals. We then have a bug hotel which has lots of different hideouts for bugs. Finally, we have a hedgehog house which we hope will provide a safe place for hedgehogs. We've decided to put up some bird feeders for our birds and we are getting a bird identification chart. We're putting a new floor in our polytunnel so that we can start using it more efficiently and we're going to build some food troughs for growing our own food. We're trying to keep our budget as small as possible and maximise the use of our space. We're excited to see it all in action! (pictured right)



Blue Group ...

This group focused on Digital and this impressive poster (above) shows what they achieved!

Green report by Anna



'VILLAGE VOICES' SINGING GROUP led by Alex Clarke
 All over 18s welcome
 Starting Thursday 10 September
 in Gilcrux Village Hall from 7-9pm
 Sessions will run fortnightly
 No requirement to read music, no auditions. Join us to relax, have fun and make music together
 For more information please contact:
 Yvonne: vonny59@aol.com or
 Elaine: 07784 620321



Returning by popular demand ...

FUN DOG SHOW

Sunday September 13, 1- 3pm
On the Village Green behind the Village Hall

For more information:
call or text Carolyn on 07704 168512
 Last year was the inaugural Gilcrux Dog Show with 12 fun classes.
 All the dogs were extremely well behaved, strutting their stuff when it came to their class.



Last year's top dogs (left to right):
Best in Show Penny; Reserve Best in Show Elton and Golden Oldie Megan!



The summer is turning out to be a very busy one for "Gilcrux Village Hall & Educational Trust" we have another wedding celebration and several birthday parties to host for which we are very grateful all such events keep the hall running and are a pleasure to be part of, we are the ideal venue for anyone looking to have a party and also for corporate seminars, meetings or training, if anyone would like more information just give me a call

Our ever-popular Lunch Club will resume on the 4 September, all welcome however must be prebooked for catering requirements. Further dates are the first Friday of the month, 12.00 pm for 12.30 pm, it's a great way to meet up friends and neighbours or make new ones!



The Annual Flower & Produce Show is on the 6 September, schedules will be available closer to the date, there's something for everyone from the keen bakers, crafters, gardeners and the children's section



On the 20 September we will be hosting a "Hospice at Home" coffee morning from 10.00am – 12.00pm, bacon and sausage butties will also be available but get in fast as they sold out in no time last year



Thank you all for your continued support

Helen Johnston - Chair **016973 21895 or helj@talktalk.net**

MONTHLY COFFEE MORNINGS

Held in the Mason's Arms, Gilcrux.
 Drop -in Thursdays, August 20 & September 17
 between 10am and 12 noon.
 You are very welcome to come along to share coffee, cake and good company.



DAY TRIP TO CENTRAL SCOTLAND
THE FALKIRK WHEEL (including boat cruise) & THE KELPIES

Tuesday September 15
To book or for more information, contact
Yvonne: vonny59@aol.com
or Elaine: 07784 620321

MEREDYTH meets

David Tierney

The power of advertising!

We recently lost our magazine treasurer of four years

Emma Williams due to pressure of work. Huge thanks go to her for her valuable contribution and her lovely company. She will still have to come to our parties though - no escape Emma.

I'm delighted to say we have a new Treasurer - David Tierney from Tallentire - who responded to our advert last edition, and he is a great addition to our editorial team.

Born in Workington on Boxing Day (and his parents *are* Mary and Joseph) he's never looked back - and he looks good in sandals!

Following local schooling he went to Leeds University to study Law and French, then onto his own car valeting business.

David then played quiz machines full time in London for many years. He made a very good living from it, playing 12 hours a day to learn the answers and making enough money to have an amazing time in London.

On his return to Cumbria, David bought an advertising franchise and ran that for a year but only just broke even. Daunted, he got an employed position as a branch manager in home credit for a couple of years. The taste of managing finances led him to obtain financial advice qualifications, returning to London to do so.

Once qualified he made a start as an adviser for Lloyds TSB, completing his two year apprenticeship, then striking out solo once again.

With zero clients he cold-called, knocking on doors in Workington and Whitehaven to find work.

In time David became very well-established with a large client base, eventually retiring from his own business gradually as a national company of advisers phased in under his stewardship.

Now he has a partner Ashleigh - who has two children Carter 11, Brody 12. David and Ashleigh have been together for nearly seven years.

David more recently joined the Rosehill Players and did some acting, giving him the impetus to fulfill a life-long ambition of writing his own play, *Swiped!* Rosehill Theatre agreed to run the play for four nights a couple of years ago and the play, centring



around two people meeting on a dating app, all but sold out.

He also volunteers as a puppy raiser for guide dogs. He gets the eight-week-old puppy and trains them. At around one-year-old they leave for guide dog school. His last dog, Dusty has left for full-time training in Atherton and the one before that, Zara, is a fully-trained guide dog to a partially-sighted gentleman near Liverpool.

In Cumbria there are around 25 puppy raisers, but when David started there were only around six. David trains them in basics - sit, heel, don't bite the postman! Guide dog coordinators visit regularly to check on the puppy's training and welfare and then look to match the puppy with suitable fosterers and, eventually, a person in need of a pooch for a guide. Now David has come to live in Tallentire and he can indulge in his hobbies of fly fishing and playing pool at Workington Conservative Club but is determined to keep busy and not become a victim of daytime television.

This was a brilliant interview! I didn't go into the fly fishing but everything else was riveting.

At Village Post, we are very lucky to get you David!

I saw some wonderful garden delights as I made my way around the village this year, collecting the Christian Aid contributions.

One garden was very special indeed, the colours and plants so carefully chosen, it almost deserved a Chelsea medal. I was quite pleased that it took me five visits before I caught the residents in.

Enjoying village gardens served as a constant reminder of the focus of this year's appeal, which was raising money for a city gardening project in the slums of Nairobi.

The money collected will go towards supporting this

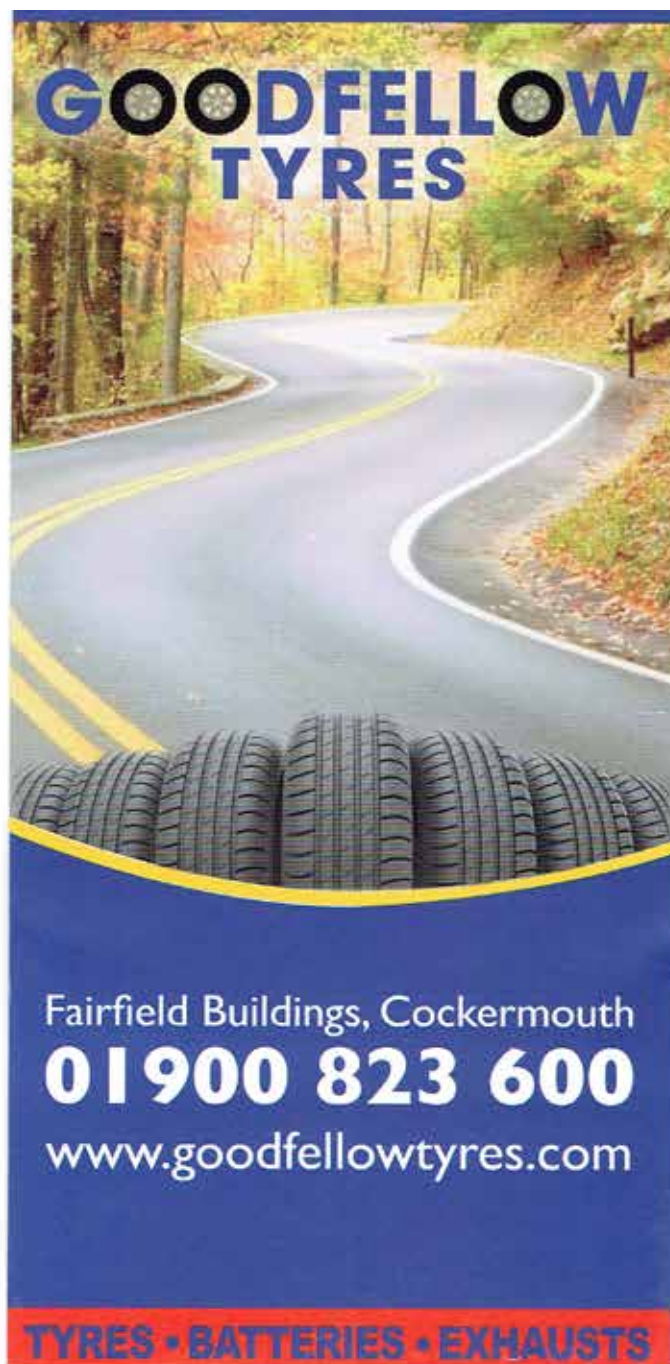
Beacon of Hope initiative, which trains and encourages women to grow their own crops in tiny urban spaces, allowing them to feed and support their families.

This project obviously resonated with a lot of people in Gilcrux, and residents were very generous indeed in their contributions, for which I am hugely grateful.

The total raised this year, which includes gift aid, was £673.68!

In these troubling and uncertain times, such an achievement is to be celebrated. On behalf of Christian Aid, thank you very much indeed.

Geraldine Baxter



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Home grown cooking with Annette

The humble new potato

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.

I'm being thoroughly spoilt this summer.

The garden has produced good quantities of lots of vegetables.

The little gem lettuce wasn't attacked by either sparrows or snails, surprisingly. Although high winds shook the garden, the sugar snap peas kept on producing fat pods despite being horizontal.

The herbs were better for being cut back and garlic has grown small but tasty cloves of the pungent stuff. I hadn't grown potatoes for years, wrongly thinking they took up too much space. This year I found space and am so glad I did.

My excitement all started with the first digging of new potatoes while my family were staying. I got so much pleasure in pulling up the plants and such smooth round new spuds fell into my basket. We ate them simply boiled with a sprig of mint then lathered with homemade butter on the plate.

So, having eaten the first serving of potatoes hot, they were perfect mixed with the other garden ingredients a day later to produce a satisfying and nutritious lunch. Use your discretion on quantities, eg add more or less garlic. Use equal quantities of natural yogurt and organic mayonnaise to give a lighter cream.

Let's not forget the all time favourite of bubble and squeak too. Fried cold potatoes in olive oil and rosemary spikes, layered cold potatoes as a topping for a stew or our own Tatle Pot. I'll grow them forever from now on.



New Potato Garden Salad

Boiled cooled new potatoes cut into mouth sized pieces

Sugar snap peas steamed lightly and cut on the diagonal

Garlic

Mint

Parsley

Mayonnaise

Natural yogurt

Cumberland mustard

Little gem leaves.

Crumbled feta

Mix the mayonnaise and yogurt together and add a little mustard and salt and pepper

Chop the herbs finely, crush in some garlic and add the potatoes and peas

Lay on lettuce leaves and add crumbled feta - keep at room temperature for an hour before serving.

Village Post always needs a few more volunteers in each village to help with distribution, especially during the holiday season. Contact Silvana at sales@villagepost.uk

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Joan Prickett art on show



After she featured in a recent edition of *Village Post* readers asked to know of future exhibitions put on by this wonderful local (Blindcrake) artist.

There are a couple of notable ones that will be happening soon.

Lake Artists' Society will be holding its annual summer exhibition in Grasmere Hall from August 1- September 9. Open daily 10-4pm. Joan has six paintings on show (*one is above right*).

In addition she has produced a whole series of paintings of Puppets & Puppeteers (see *picture below*) following being artist-in-residence at Upfront Arts Venue in Penrith during the summer of 2024.

From August onwards there will be an exhibition of her artwork coinciding with the opening of Upfront's amazing Puppet Museum.

You can contact Upfront for details of opening times:-

www.up-front.com

tel: 017684 84538

Email: joanprickett.art@gmail.com



"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.



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

Rev Roy's ramblings

Heroes rambling

This month is the 110th anniversary of the infamous battle of the Somme, in which 19,000 British soldiers were killed and another 57,000 were injured on the first day.

There were many people who became heroes during this battle which lasted many weeks, and it got me thinking about my Grand Father, John Henry Evans. He was my first 'hero', as a small child I loved my grandfather very much, and the fact he had won a Military Medal for bravery in the First World War made me feel so proud of him.

He was also injured, a bullet to the chest which ended his war, but he did survive and came home to his wife Ada and their two children, Arthur and Ada (my mother).

Another person I admire greatly was Geoffrey A. Studdert Kennedy who was a famous Chaplain during the first World War, better known as 'Woodbine Willie' because of his habit of giving out cigarettes and bibles.

He believed that his place was near the action, with his troops and he won the Military Cross for bravery at the Battle of Messines. He was also a great preacher, poet and theologian.

During his life his mission was to work with the poor and in the Christian Industrial Fellowship as the world changed during the early part of the 20th century.



Rev Roy with the aptly named rambling rector rose



He touched many people's lives and bought them comfort and hope.

I had many other heroes as a youngster - Bobby Charlton, Trevor Francis and Ian Botham amongst them - and people who have I admired greatly during my life.

Looking at the way some of these people lived, worked and played during their lives can inspire the way we live ours.

Many had strength and fortitude, many were selfless and put the needs of others before their own needs and desires.

How about you? Do you have a hero? Is there someone who stands out in your life?

Did they inspire you to live your lives better?

Remember these heroes and talk about them. After all they may inspire other people too. And maybe your life will also inspire others!

Summer blessings to you all, Rev Roy

St Marys Church

CHURCH SERVICES

Sunday 9 August, 5pm
Sunday 13 September, 5pm
A warm welcome awaits!

**Thanks to the volunteers from our June clean-up
Another is planned in the autumn!**





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.

Breakfast by the Sea

There's something lovely about summer days, isn't there? A rug on the grass, a picnic shared out of bags and baskets, children running about, the sun on our faces, and the chance to slow down a little. Maybe it's a walk along the beach, an ice cream in hand, or simply sitting with family and friends we love.

These small things can do us a world of good.

There's a scene in John 21:1-13 that feels wonderfully down-to-earth. The disciples have been out fishing all night and have caught nothing. They must have been tired, hungry and probably a bit fed up. Then, as morning breaks, Jesus is standing on the shore. He tells them where to cast the net, and suddenly it is full of fish. When they reach the beach, breakfast is already waiting - bread, fish and a fire. Jesus simply says: "Come and have breakfast."

I love that picture of Jesus. He doesn't begin with a big speech. He meets his friends with food, warmth and welcome. He gives them what they need. And, for Peter especially, this meeting by the sea becomes the beginning of being restored after failure and hurt. Jesus provides and Jesus restores.

Perhaps that is something we can carry with us this summer. In the walks, the picnics, the cups of tea in the garden, the conversations on the beach and the ordinary moments of rest, may we notice that Jesus still meets us there. He comes alongside tired hearts. He fills empty places. He invites us to receive, rest and begin again. So, may this summer be a time of refreshment for us all - a time to enjoy creation, to treasure the people we love and to remember that Jesus is still there on the shore, offering us provision, restoration and peace.

With every blessing,

Christina

Rev'd Christina Brentnall

August

2: Holy Communion (11am)
9: Morning Worship (11am)
16: Holy Communion (11am)
23: Morning Worship (11am)
30: Morning Worship (11am)

September

6: Holy Communion (11am)
13: Morning Worship (11am)
20: Holy Communion (11am)
27: 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

FOR MORE INFORMATION

bridekirk_church@grasmoormc.church
0785 8074 133

EVERY MONDAY
MORNING

(EXCEPT BANK HOLIDAYS)

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](http://www.facebook.com/stbridgetsbridekirk)

Instagram

[www.instagram.com/stbridgets-
bridekirk/](http://www.instagram.com/stbridgets-bridekirk/)

email

[bridekirk_church
@grasmoormc.church](mailto:bridekirk_church@grasmoormc.church)



St. Aidan's
CUMBRIA

**St Aidans
All Age
meets 3pm
every Sunday at
Bridekirk**

Except:

2, 9 August and 6 September



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

Christ Church Rooms Cockermouth

Upcoming Dates:

13th September,
4th and 18th October,
8th and 29th November
13th December (Christmas Party)

Sessions run 7-8:30pm

Please complete a parental permission form
fresh for the new school year. Visit:
cockermouthareachurches.church/jump/



Also: why not join Network
Youth Church at 'The Big One'
26th September

For more info
please email us
at:
[jumpyouthgroup
@gmail.com](mailto:jumpyouthgroup@gmail.com)

Mary Stothard remembered with love

Mary had a lengthy professional career as a primary school teacher, firstly in Carlisle and then at Camp Road school in Maryport. She had a specialist interest in working with children with additional needs and was able to bring learning to life for many, through her creative approach to teaching and patient manner with every child.

Her specialist expertise was also put into practice in adult education, where she taught reading skills to adult learners, who had not been able to access literacy in their own schooldays.

After retirement, her extensive volunteer role for Barnardo's and Sure Start, was in her husband Trevor's words, *not a labour of love, but an expression of her love for the children and families she worked with.*

For decades, Mary supported many who needed her help, working with families from across the region. Her voluntary public service, enabled many families to benefit from her generosity of spirit and kindness.

She was truly gifted as both a teacher and a volunteer, and her commitment brought her recognition from the charity, Barnardo's, when she received Gold awards and also a nomination for Cumbrian Woman of the Year.

Mary had a strong Christian faith and was a stalwart in the community of St Bridget's Church, Bridekirk. Those same qualities of being supportive and treating every individual with kindness, patience and respect that she had shown in her professional life, were evident in her contribution within the congregation at St Bridget's.

Mary's love of babies and young children led the then vicar Isabel to ask her to launch the baby and toddler group. This group is still active today in the church, which is a wonderful part of her legacy.

For many years she volunteered, to run the Church lunch club, as well as playing a part in baptisms, and she very much enjoyed being a reader at Sunday services.

She had lived in Papecastle, Cockermouth, since 1969, where she was well known to many people in the area.

Mary was also an active member of the All Saints Church in Kirkgate, house groups, both on Wednesday evenings and the ladies group on Friday mornings. She enjoyed helping in the church's 'know Easter' project, taking part in telling the story of Easter to school children.

Mary is survived by her husband, Trevor.



**A much loved
member of
St Bridget's
congregation
MARY STOTHARD
will be sadly
missed.**

**She passed away in
January and was
buried at her
beloved church**

USEFUL NUMBERS

Medical and Support Services

Cumbria Health on Call (CHOC)	111
NHS Direct	111
Castlegate and Derwent Surgery	01900 705350
Aspatria Surgery	016973 20209
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@westcumbriarivertrust.org
Call: 01768775429



GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?

ANDYSMANCLUB are talking groups for men to **HELP YOU** through those storms.

FIND OUT MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk #ITSOKAYTOTALK

Locally ANDYSMANCLUB meets in
Cockermouth Town Hall on Mondays at 7pm



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www.brockbanks.co.uk

By popular demand ...



Teddy's dog blog

Hello Humans and Doggy Dudes,

Teddy Edward, your Rover Reporter has been pawing the iPad again.

Since my last missive, I have been such a busy boy, even including spending a week away. Teddy on Tour!

I was not even told that we were heading off, but with me being a bit of a diva, my pawrents thought it was best to keep things quiet, as we would not want those pesky Pawparazzi photographing my every move, would we? The trip over there was in Daddy's car, with the boot full of tasty treats and the air conditioning carefully directed to my ideal spot on the back seat to ensure perfect conditions for doggy daydreams.

This took a bit of setting up, with Mummy curling up on my rug and issuing instructions (or maybe they were orders) to Daddy regarding the most appropriate wind-speed and location.

She made it quite clear that we would not be setting off or going anywhere until everything was simply perfect. I still had no idea where we were heading, but after a very pleasant doze things started to slow down, and a quick look out of the window revealed Bamburgh Castle and its beaches in all their glory. It looked absolutely magnificent, and I got so excited that I started singing at the top of my voice. This does not always go down well, but needs must when I can smell the sea and the humans cannot.

The history of the place was incredible, including



regular visits from Viking raiders like Erling Haarland.

This sounded very scary, so I decided to help and do a bit of voluntary work by going on lookout duty.

Thankfully, nothing more than the odd puffin came into view. Phew!

The accommodation was lovely and designed so



we could have Wimbledon on one side of the hearth and the World Cup on the other, Mummy's obsession with green tennis balls concerned me a bit, and I couldn't help thinking how much more fun it would be if they introduced a bit of variety and let the Tedster loose mid rally. Later in the week we took a boat trip (*above*) to the Farne Islands, which was not the best experience of my life. Getting on the boat was bad enough, but when we left the harbour there was a bit of a swell, and I really had to concentrate to hold on to my breakfast. One half pint human sitting in front of us did not manage quite as well, but thankfully there was plenty of water available to wash down the deck.

I quickly decided that enough was enough, so jumped into Mummy's lap and clung on tight, much to the amusement of our fellow passengers. I'm not sure why anyone would want to go and look at some lighthouses and hundreds of birds sitting on a mountain of pungent guano, but it was immensely popular with the humans. The next day we went over to Lindisfarne, also known as Holy Island, by driving along a road that gets flooded twice a day. Work that one out! A far more civilised way to travel if you ask me.

That was an amazing place too, other than I had to share my scone crumbs with a particularly cheeky sparrow (*below*) who had the audacity to sit on Daddy's finger. I was not happy!

Anyway, I can highly recommend a trip over there – it is as dog friendly as Keswick.

Splendid!

See you next edition,

Love,

Teddy Edward



Greengill Farm hosts the Pony Club and Joanna comes out top!



It's a long drive for Joanna and sister Emma when your event takes place at your home!

Greengill Farm hosted the Cumberland Foxhounds Pony Club dressage and show-jumping open show on Sunday 12 July. And, on her own home ground, Joanna Litt (pictured right) riding Poppy on parade won the overall points of the day.

Big thanks to the Mason's Arms for providing the chips for lunch!



How to become a VP Goodwill Partner?

Just £10 a year from every household we distribute to would cover all our costs



**You can donate monthly, annually
or as a one-off to:
VP Community Publications**

Email for VP form to editor@villagepost.uk

Whatever you can offer by becoming a VP Goodwill Partner will be most welcome and ensure a bright future for your magazine.