October 2026 | Issue 27

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!

Get ready for Halloween ...



WELCOME TO EDITION 27

From the team at Village Post!

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



Axl (6) and Reeva (3) Scott proudly show off their pets Mac (9) on the left and Penny (7) at the second Gilcrux Dog Show. Mac was third in the 'Golden Oldies' and second in 'My Best Friend' while Penny is just happy that she is with her own best friend Reeva.

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!

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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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!

Richard and Deena Crabb
from Gilcrux



We would like to introduce ourselves. We are Richard and Deena Crabb. We moved to Gilcrux in May and we live at Crabb Shack formerly known as the Barn Inn and, before that, the Barn Bistro. Before moving here, we were brought up and lived in Coventry, West Midlands where Richard worked in the glass trade for 25 years and Deena for the NHS for 25 years. Richard has now retired and Deena is semi retired and working a cleaning job a couple of days a week.

We decided to move to Cumbria after holidaying in Whitehaven last year and fell in love with the countryside and the sea. We're enjoying the quiet life and do not miss the hustle and bustle of city life.

Both of us enjoy the outdoors and exploring the local countryside. We've met quite a few of the villagers and everyone we meet is always friendly and helpful. This year we are looking forward to winter and Christmas as we have booked into the Mason's Arms for our Christmas dinner and are secretly hoping for some snow.



We must not forget our lovely Bella *(left)* who has reached the ripe old age of 16. She is a black and white cat who often sits on our fence guarding the house. She is very friendly and likes you to stop and say hello and give her a stroke.

A heartfelt thank you from the Ellams

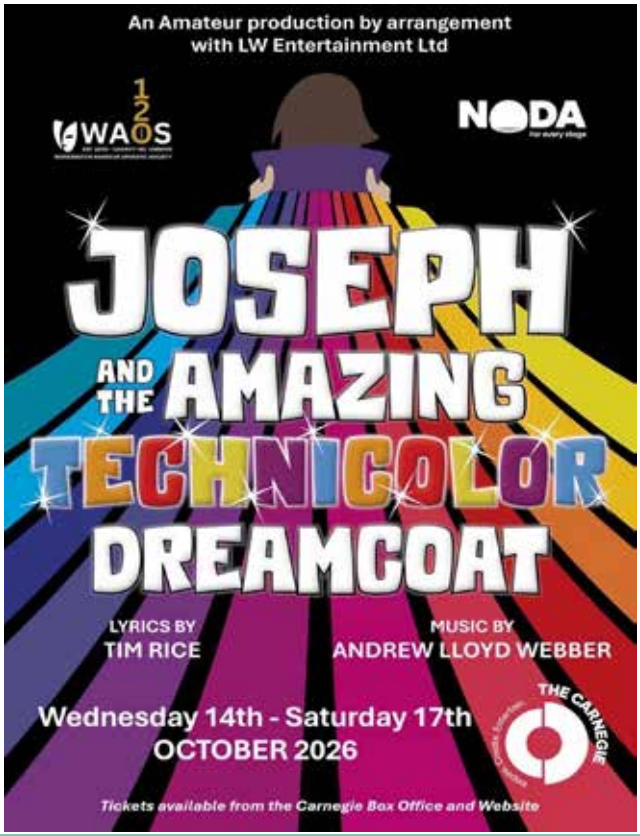
The Ellams family of Gilcrux would like to express their sincere thanks to everyone who helped following the theft of their car on 31 August at 10.56pm.

"A massive shout-out goes to all those who took the time to check and provide CCTV and doorbell camera footage," said Jo Ellams. "Your willingness to help was invaluable and showed the true strength of our community.



We're also deeply grateful for the many kind messages of support we received from friends and neighbours. Your words of encouragement meant so much during a very stressful time. A special thank you to those who helped practically, including providing a lift to the police compound, and an especially big thank you to Neil and Angela Garrison for generously lending us their spare car while we worked through the process of finding a replacement vehicle. Your kindness made a difficult situation much easier to manage.

Sadly, we live in times when we all need to take extra care to protect our valuables and keep a watchful eye out for one another. However, the support we received reminds us just how fortunate we are to live in such a caring and generous community! Thank you again to everyone who helped us in any way. Your kindness, support and generosity will not be forgotten".



Tallentire residents unite to tackle flooding

Flooding has become one of the most significant issues facing Tallentire - affecting homes, gardens and roads for many residents. While the severe flooding events of November 2025 and March 2026 are still fresh in local memories, long-time villagers recall similar problems stretching back many years, highlighting the need for a lasting solution.

by Shaun Mossop

One of the main challenges comes from large volumes of surface water flowing down from the fields surrounding Tallentire Hill. Water collects behind Fernleigh Close before flowing onto the road at the entrance to the cul-de-sac. When water levels rise, this section of road can quickly become impassable - the water also flows across and down the one-way system.
The flooding regularly disrupts travel through the village, leaving vehicles stranded or damaged and, on occasions, forcing motorists to divert the wrong way around the one-way system.
Combined with other persistent flood-prone areas on roads leading into and out of Tallentire, residents have sometimes found themselves effectively cut off unable to enter or exit the village.

Residents demand action

Following the flooding in November 2025, many residents reported incidents to Cumberland Council through its online reporting system and telephone helplines. Although reference numbers were issued, many felt there was little follow-up. Subsequent correspondence in March and July referred to site visits and promised updates, but frustration continued to grow as residents saw limited visible progress.
Seeking to raise the profile of the issue, residents approached local MP Markus Campbell-Savours during a constituency surgery in Aspatria. He suggested bringing residents and council representatives together at a public meeting to discuss the problem and identify practical next steps.

Community Meeting Highlights Concerns

The meeting took place on Friday 21 August at Gilcrux Village Hall, with around 40 Tallentire residents in attendance. They were joined by Markus Campbell-Savours MP and Karl Melville, Assistant Director for Highways and Transport at Cumberland Council.
Residents shared first-hand accounts of the impact flooding has had on their lives, including damage to homes and gardens, and the growing difficulty of travelling safely around the village. Particular concern was expressed for households that remain vulnerable to flooding and for residents of Fernleigh Close, who can become isolated when the junction to the cul-de-sac is impassible.

Council Commitments

During the meeting, Karl Melville acknowledged the complexity of understanding Tallentire's drainage infrastructure, particularly where culverts cross private land. However, he also outlined a number of commitments intended to improve the understanding of the problem and support future solutions:

1. Quarterly meetings with residents will begin in November 2026.
2. Drain cleaning frequency will increase from annual to monthly between September 2026 and March 2027.
3. Drainage and culvert mapping will continue across the area, although the work could take up to 18 months to complete.

These commitments were welcomed by residents as positive first steps towards developing a long-term strategy for managing flood risk.

A New Flood Action Group

To help coordinate local efforts and keep residents informed, a new Tallentire Flood Action Group (TFAG) has been established.
The group will provide updates on developments, share information about flooding incidents, and help ensure residents have a collective voice when engaging with local authorities and other organisations involved in flood management.
Tallentire residents can join the Flood Action Group's Facebook page by scanning this QR code.

https://www.facebook.comgroups/1469345415032175/

If you do not use Facebook you can keep up to date and join by emailing: *tallentire.flood.action@outlook.com*

Keep reporting flooding incidents & blocked drains

Residents are also encouraged to continue reporting every flooding incident and blocked drains directly to Cumberland Council, either online by searching for 'Report a Problem with Street or Road' or by calling 0300 373 3736 (Monday to Friday, 8.30am to 5pm).
Every report helps build evidence of the scale and frequency of the problem, strengthening the case for future investment and long-term flood prevention measures.
The flooding issue affects the entire community, but the recent public meeting demonstrated something equally important - that Tallentire residents are determined to work together.
With local people, elected representatives and council officers now engaged in a constructive dialogue, there is renewed hope that the village can move closer to finding lasting solutions.







GARDENING WITH MEREDYTH

October

Firstly, I would definitely rake up all fallen leaves to make leaf mould - you can start to see where you are! Dig over empty areas of soil, lay turf for new lawns, finish planting evergreen shrubs and take hardwood cuttings from shrubs. Collect berries from trees and shrubs for sowing and give conifer hedges a last trim.
Plant climbers, perennials, lilies and tulip bulbs. Divide any overgrown perennials and protect alpines from winter wet. Lift and store dahlias, gladioli and summer flowering bulbs (don't forget to label everything). Lift and divide rhubarb. Insulate the greenhouse and check any heaters are working. Sow grass seeds and finish planting spring bedding - daffodils, crocus, hyacinth, fritillarias, erythroniums, irises!
Harvest apples and pears before they are damaged. Lift and store potatoes and carrots - mine were a disaster. NB dahlias - cut the hollow stems to about four inches above the tuber then stand it upside down to allow any water to drain. Store in a cool frost-free place. This is a good time to plant all evergreens but keep them well watered. Close greenhouses at night but open in the morning to allow air circulation.

In bloom: aster, sedum, chrysanthemum



With thanks to RHS Gardening Year and Gardeners' Year Calendar

November

Wash or discard any old pots and trays that you don't intend to use. Clean out nesting boxes and put out food for the birds - every day!
If you have bonfires, first, please check for any hibernating animals. Have the lawnmower serviced and check tools are stored and clean. Remove unwanted moss from steps and paths to prevent slipping and clear invasive ivy and other climbers away from windows. Avoid walking on the lawn in frosty weather, but clear moss from your lawn with moss killer. Install heaters in green houses and insulate where necessary. Don't stop winter digging - it keeps you warm apart from anything else. Plant bare rooted shrubs and roses. Insulate the pots that remain outside in the winter and protect all tender and newly planted shrubs from frost and wind, and alpines from winter rain.
Never a dull moment!
Plant fruit trees and bushes, lift and divide rhubarb crowns. Start off amaryllis bulbs to flower for Christmas. Order seed catalogues and winter prune deciduous trees and shrubs. Prune greenhouse vines.

In bloom: viburnum, crab apple, winter jasmine, pyracantha, cyclamen



Season of mellow fruitfulness

Jackie Wilkinson
Village Post
nutritionist



The dark evenings and morning nip in the air leave us in no doubt that, after all that heat, summer is finally over. Autumn is the season when your body wants you to put on weight so that you will survive the bitter temperatures and food shortages of winter.
In these modern times, we have warm houses and year-round food, so we don't need an extra few stone to stop us dying before spring arrives. Your body doesn't know that things changed only an evolutionary blink-of-an-eye ago - it's still working the way it always has.
Suddenly we have irresistible urges to eat 'comfort foods' like blackberry and apple crumble. Yum.
Some call fruit 'free food'! It's really not. The autumn harvest is rich in fruit which contains a type of sugar called fructose which your body deals with differently to glucose, turning almost all of it into fat.
Autumn also brings nuts and seeds, high in omega 6 fatty acids. We used to only get these before winter and we're programmed to store omega 6 fat without limit. Now, we get it all year round and far more of it than is healthy, in the form of seed oils (eg sunflower oil), sometimes used for cooking. If you check the labels, you'll find that most manufactured products (puddings, cakes, biscuits, pastries) are made with vegetable oil too, not the butter you would use at home.
Omega 6 and fructose create a recipe for piling on the survival pounds and we instinctively love them.
If your mind does not agree with your body about the desirability of laying down extra fat, enjoy smaller portions of fruit puds and ditch the seed oils to save your figure.

Top tip – Go easy on the fruit and omega 6

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

Back to school with a smile



Lilly and Oliver Rayson from Tallentire. Lilly going into Year 2 at Bridekirk Dovenby School and Oliver to reception.



Amber and Leo Armitage from Bridekirk. Amber into year 9 at Cockermouth School and Leo into his last year at Bridekirk Dovenby School.



Anna Seal (11) on her first day at Cockermouth School. She volunteers at Bridekirk Friendship Group and is our youngest distributor with Village Post.
Anna is the granddaughter of David and Anne Ostle, Tallentire

We're all
ABOUT THE GARDEN

Garden landscape design and build in West Cumbria. Stone walls, hedges, paths and paving, fencing, turfing and planting...

You may know Michael and Debbie (AKA Bee) as Outerspace. Same hands, new name, just a more ecologically-focused approach is all.

aboutthegarden.co.uk or 0791-777-4775



James Lister from Oughterside Mill starting Year 7 at Keswick School



gofundme https://gofund.me/c25a30bae





Heidi Garforth from Gilcrux completed the Junior Great North Run on Saturday September 12. Heidi managed to knock several minutes off her time for the 2025 race and has signed up again for next year. Heidi continues to raise money for her Borneo expedition and the Alzheimer's charity and she wants to say a massive thank you to everyone who has supported her to date.

Heidi and Daisy are one step closer to their Borneo adventure, thanks to a wonderful Wine Tasting Fundraiser - Tasting in the Tipis.
The event was hosted by the Melbreak Hotel in their magical new Tipi event space. Caroline Hughes orchestrated the event, whilst Nick Shill expertly led the party through the wines. Otis provided the music and filled the dance floor.
Heidi and Daisy gave a speech and provided some context for their expedition. They would like to thank everyone that attended for their generosity and they want to thank the following for donating gifts and prizes: *Cottage in the Wood, Grapevine, Nyetimber, Lanchester Wines, Underscar Winery, The Secret Garden Spa, Brockbanks Solicitors, Jennings Brewery, Rivendell,The Crooked River, Pure Touch, Claire Irving, Mark Mattinson Golf Lessons, Lakes Home Centre, Melbreak Hotel, Harrison's Butchers.*
Heidi and Daisy are very appreciative and know that they are very lucky to be given such an opportunity.

Henry's fundraising thanks

gofundme https://gofund.me/cd29e32f5

A big thank you to everyone who let me wash their car this summer. Your support has helped me continue fundraising towards my trip to Borneo next summer.
Henry's Car Wash will return next spring. But, if your car is in desperate need of a clean before then, I will be only too happy to help!
I'm now busy working towards my GCSEs but my fundraising efforts continue through odd jobs right up until my departure.
During the October half-term, I'll be attempting my challenge to swim a mile in under 30 minutes, and I'll report back on how I get on.
My summer holiday in Turkey gave me plenty of opportunity to practise, as we were lucky enough to have our own swimming pool.
Thank you once again to everyone who has supported me so far.

Henry Ellams



Green fingers in the sensory garden



Sue Waterhouse (*above right*), a good friend to the school and main contributor to our garden management, arranged for volunteers to come in to do an early autumn tidy-up. Luckily, the weather was lovely (quite a surprise!) so it was a pleasure to be working outdoors.

I joined Sue alongside Laura and Sarah, both parents at the school, and we had a good clear-out. Soon Sue will set about planting bulbs with the younger pupils, giving them a chance to work with nature and an understanding of the seasons.

The Sensory Garden is such a valuable place for all, for fun play for the children and peaceful relaxation for the adults. Please drop by any time out of school hours.

Silvana





Governor chat

with Silvana Hewitt

In the last issue of the magazine, you may have noticed that the contents of my "chat" were missing!

In it, I paid tribute to the Year 6 pupils who left in July and wished them well for the next stage of their lives. They were a great group of young people and I hope they have settled in to their new schools, keeping fond memories of Bridekirk Dovenby School in their hearts. I had asked some of them what they thought of BDS and many of them 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.

Now we have new little ones in Reception and the older pupils have their turn at being Buddies.

We also have new Newshounds who are eager to begin their work. Let's hope this year is as successful and enjoyable as the last!

Have you a child ready to start school?

Bridekirk Dovenby Primary School Open Days

Friday 6th November 2026 @ 1.30pm - 2.30pm

OR Saturday 7th November 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!



Bridekirk Dovenby Out Of School Club 7.45 am - 5.30 pm



Work Together, Aim High, Shine Bright

The Newshounds of the school year 2026-2027

We have 10 very eager volunteers to make up the team of Village Post Newshounds this year. They all have a little to say about themselves ...





Hi, I'm Jessica. I would like to be a Newshound because I like writing stories and newspapers at home. I also like explaining what's happened during the week and asking other people questions. In the future, I would like to help our environment and others who need help.



Hi, I'm **Leo.** I would like to be a Newshound because I like writing, drawing and telling people about our school and what's happening. I hope to make the world a better place by helping people who are sick or very ill and helping with St John Ambulance. I also want to travel the world as a cabin crew member on a plane and explore different countries, seeing what it's like living there and what their culture and food is like.



My name is Brogan. I want to be a Newshound because I want to be better at writing. In the future, I want to work with horses because they are fun and entertaining and it keeps you outside a lot. I also like working on the farm and I like moving sheep and cows with my Grandpa.



My name is **Anna**. I'm 10 years old and I like football and swimming. I play for a football club and I swim two times a week. I want to be a Newshound because I want to spread information from our school to the surrounding villages. I also like to get my ideas out there to the world. In the future, I hope that I can help to keep our environment roaming with wildlife and clean. That can be as simple as putting your rubbish in the bin or going for a litter pick around your local area.



Hi. I am Meri and I am 10 years old. My favourite sports are swimming and athletics. I think being a Newshound will help me with my writing and spelling. In the future. I hope to be a lawyer so I can help resolve problems and help people!



Hi, I'm **Nieve**. My favourite colour is turquoise and I am very excited to be a Newshound again. I did it last year and found it a fun experience and would like to do it again with different people.

Now I'm in Year 6, I think I would like to help out a bit more and I am excited to see what new information there is to write about, especially our buddies in Reception class!

In the future, I would like to make changes, not just a few small changes but a big change. I may start off small but, eventually, I will hopefully reach my goals on climate change and discrimination about women.



Hi! My name is Everly. I want to be a Newshound because I would like to share my ideas and write about them in the Village Post! When I'm older, I want to live in a happy family and have a successful career.



Hi, my name is **Isabelle**. I am 10 years old and enjoy cheer-leading and tumbling. I do cheer for Cheer Force Knights and the same for tumbling. I want to be a Newshound because I would like to use improved vocabulary and do more writing to make it better. I also want to be a Newshound to spread news to local villages and towns.In the future, I would love to volunteer for an animal shelter and help animals that roam around here, like hedgehogs, squirrels and birds. You can help too by putting a small hole in your fence for hedgehogs or putting out a bird feeder. Bye for now!



Hi, my name is Martha and I am 10 years old. I love football and other sports. I have two sisters and a cousin. I want to be a Newshound because I enjoy writing with my friends and it will help with my spelling. In the future, I hope to stay with Carlisle United and Workington Reds football and to keep moving forward.



Hi, my name is **Chloe.** I am 10 years old and love football and swimming. I play for a club and swim five times a week. I want to be a Newshound because I want to spread local news around our area and spread joy too. I would also like to improve my writing skills whilst being a Newshound. During my lifetime, I hope to try to make our planet a cleaner place to live. I will do that by using less harmful materials and recycle as much as possible.





Smart new look for The Bush Inn

Natterfest coffee mornings launched at The Bush



Julia, Monica and Jackie with their cakes

Julia Scales and Monica Seavers, with Jackie Cowan, held the first coffee morning at the Bush on Friday August 21 then a second on September 18. The event will be held every third Friday in the month at 10am. Cost is £5.
The coffee morning has been christened "Natterfest", a rather stereotypical but wholly appropriate name for a group of mainly women! There were some men there also, it must be said, as all are welcome … and those men can natter just as much!
The cakes were great, the service impeccable and the atmosphere really positive and enjoyable.
It's a very welcome addition to social events in the villages so do remember the date and come along, by yourself or with friends!

Next dates:
Friday 23 October 10am
Friday 11 December 10am - a singalong with Liz Condron.

Villagers rally round Monica and The Bush Inn

How great is it when a village community rallies around when something goes wrong that affects many of its members.
Last month Monica Seavers of the Bush Inn, Tallentire slipped in Cockermouth and snapped her left kneecap, patella in two. She was whisked to A&E by ambulance after someone rang Julia Scales to tell her what happened. Irene Teggart went with her.
A&E strapped it and said she would have to go to Carlisle for an operation.
Obviously she couldn't climb the stairs to her accommodation in the pub so it was agreed she should stay in our cottage until she could walk properly.
Lots of people rallied round wanting to help so Caz set up a WhatsApp group called 'Monica's Angels' and those that wished to join could receive info on her progress or volunteer to bring things like her lunch or dinner, even bringing her newspaper daily. The community went into action to protect one of its own.
Next to sort out was the pub!!!!!
Jeff Peat, who has been the unpaid cellerman since Ray died, opened up the following night then Samantha Sailer worked behind the bar on the Friday with Jackie Cowan taking charge on Saturday night.
Monica went into hospital on the following Tuesday in Carlisle for her op and came back the next day with villagers Sam and Dominik Sailer taking her and bringing her back.
They also - with the help of another regular Dave - repainted the pub exterior.
Monica is still recuperating with the help of the community. This reflects on the people of Tallentire. From villagers volunteering to prepare and paint the outside of the pub, to free things being given away on Tallentire Village Life, to free fruit and plants being available.
We, as a village, should pat ourselves on the back.
A lot of villages throught the country won't have the camaraderie our village has so I think we should promote that.

Ian McAdam



Happy nattering at The Bush

MEREDYTH meets Lois Sparling

Grasmoor Mission Community Chaplain



I've admired this lady for some time for her dynamism and enthusiasm so it was a privilege to find out how she 'ticks'!
Lois was born in 1966 at Liverpool Maternity Hospital and brought up in Heswall, on the Wirral. She has a younger brother James who lives in Chicago and she adores him. Her mother was a teacher at Birkenhead High School for Girls but died at the age of 55, when Lois was just 16, and her father (who worked in insurance) died aged 69.
At the age of 10 Lois was sent to board at Wycombe Abbey School in Buckinghamshire. Her aunt and grandmother had been there before her - name put down at birth! Her grandmother helped a little with the fees and Lois also got a scholarship, which helped a little more. Lois dreaded the coach journey down to school at the start of each long term (living too far away to come home at half term). Having said that, she completed her A levels and went to Sidney Sussex College, Cambridge (locally called Sidney Sainsbury's as it was opposite the store!) The myth was that Cromwell's head was buried under the chapel floor!
Lois loved it there, made lots of friends and met her life partner Tim in the first term. They lived in the same corridor and their doors (alphabetically named) were opposite each other - Sparling and Thornton. She was awarded an 'exhibition' to Cambridge - which meant she got some money toward her fees. She was just excited to be meeting all sorts of people. When she graduated with a degree in English Literature (with a little Philosophy), she decided to stay on in education for another 12 months, doing a post-graduate degree at York. There was money available at the time 'to make Arts graduates into useful people' and the course - in programming and computer design - was much harder than her English degree, but helped her get into a career in publishing.

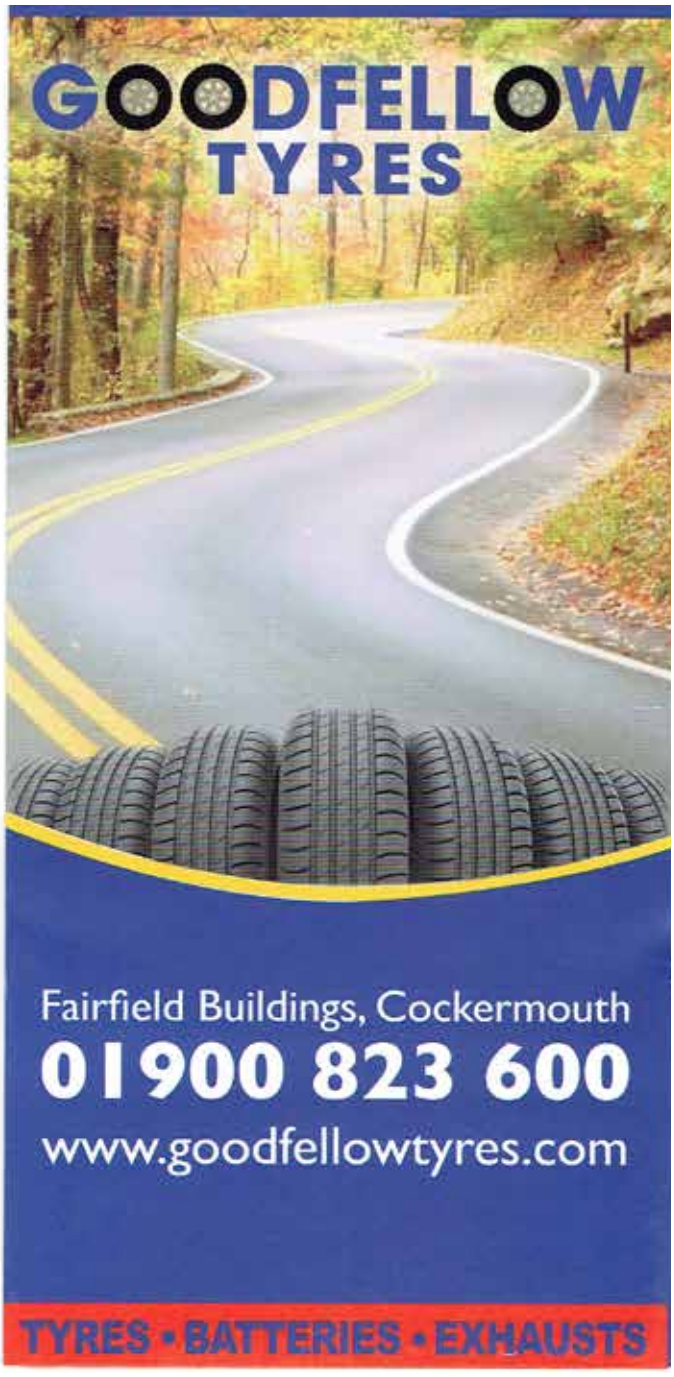
Cypriot gambling den!!!!

Lois got her first job in London (at the beginning of desktop publishing) in Soho - very exciting. Great fun with all her friends living in awful digs (hers was above a Cypriot gambling den) and so her father bought her a rape alarm as soon as he saw it!
But living cheaply in London enabled her to enjoy the cheap seats in the West End theatres and have a great time socialising.
In her time in London, Lois did several different publishing jobs including for the Fabian Society where she got to know lots of future Labour MPs and ran New Socialist magazine for a while - meeting Tony Blair and others. After a while, she went self-employed, doing all sorts of work for trades unions and charities.
When Tim finished his PhD in Cambridge, they spent eight months travelling the world. On their return they settled back to work and bought their first house in a village outside Leamington Spa.
Tim got a job with the University of Warwick and Lois worked for an educational publisher called Scholastic and then went self-employed again, sharing a business with her brother back in London. This was the time when Lois really got into volunteering. Among other things she became the first woman and youngest Chair of Royal Leamington Spa Chamber of Trade, learning how hard it can be for small businesses to get established and stay afloat. She was also the founding Secretary of the Credit Union, a school governor and on the Parish Council where she helped start a youth club. She also volunteered every week at the Leamington Christian Mission soup bus in the town centre and says she enjoyed meeting a much wider variety of people in her volunteering life than her professional life!
When Tim was offered the post of Professor of the Philosophy of Mental Health at the University of Central Lancashire, they were delighted finally to be able to move to Kendal, and onto the corner of the old Lake District Tourist Map. There Lois worked for eight years for Cicerone Press, the outdoor guide company based in the South Lakes, before finally deciding to work full-time - finally - in the voluntary sector where she has worked ever since ... in homelessness, addiction and with the South Lakes Poverty Truth Commission.
Lois and Tim lived in Kendal for 20 years before he retired. They moved up to High Lorton, with Lois becoming the first Grasmoor Mission Community Community Chaplain. She tries to make time for hobbies and is a singer with Castlegate Singers as well as in the Benefice choir in Lorton Vale. (Once upon a time she sang with Cliff Richard at the Royal Albert Hall - but not on her own!)
She has always loved going to the theatre and is enjoying living just over Whinlatter from the Theatre by the Lake, and is also a pianist. She took all her piano grades before she left school, finishing Grade 8 just after her mother passed away, and hopes to find time to get back to playing again regularly in the future.
Lois also loves reading, picking up books with great pleasure from the helpful ladies at Cockermouth Library. She particularly enjoys books about people - especially the writing of Marilyn Robinson, set in 'Bible Belt' America. And she loves writing poetry when she can find the time.
For Lois, her current work and life in the northern Lakes is a dream come true - working with volunteers, volunteering herself in various ways and walking and cycling with Tim. They have been together 41 years and recently celebrated a Civil Partnership.
She says that over recent years, working among vulnerable people of all sorts and the amazing people who choose to spend their lives supporting them, she has become braver and more trusting in God. She has learned so much about how hard life can be for people less fortunate than herself but she remains an optimistic soul.
This has been a revelation. I think we are very fortunate having Lois working with our congregations. It was an absolute privilege to interview you. Thank you very much!

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18 South William Street, Workington
Golden Charter Funeral Plans available.
Tel: 01900 602753
Email: andrew.sandelands@btconnect.com



Home grown cooking with Annette

Welcome home bowl

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 feeling happily overwhelmed by the enormous harvest in the kitchen garden on my return from a month away. Luckily I have the best neighbours who have kept everything watered, picked and frozen.

Now it's my problem to deal with courgettes that have swollen to football size. So today I needed a light lunch packed with vegetables. As the vegetables are the star of the dish I only used half the recommended amount of pasta. Orzo looks like rice. I really loved the texture of yellow courgette chunks plus lightly grated green ones. They thicken the finished dish. Use what you have to hand and enjoy a nutritious, colourful bowl of home grown veggies.

Bring a small pan of salted water to the boil. Cook the pasta. Drain and keep some of the cooking water.

In a large frying pan heat the oil and add onions, garlic and yellow courgette chunks. Stir until starting to brown at the edges of the vegetables and all is softened. Add the tomatoes and beans, stir well then add harissa and cumin and a little pasta water.



Cook one minute. Stir well with the drained pasta and grated courgette. Cut the dill finely, add and season all with salt and pepper.

If the harissa is too hot swirl in a tablespoon of fresh double cream or natural yogurt. No need to eat tonight after such a filling lunch!

Ingredients (serves two)

1 onion diced
2 cloves garlic crushed
1 tablespoon Cumbrian cold pressed rapeseed oil
1 small teaspoon harissa (I'm not keen on too fiery heat). Use more if you do.
2 yellow courgettes cut into chunks
2 ripe tomatoes cut small
Handful French beans or runner beans cut into chunks
1 teaspoon ground cumin
Fresh dill
1 round courgette grated
Salt and pepper
Orzo pasta or your choice, but half quantity

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



A busy summer in Gilcrux

Jessica (7) sweeps the board in the flower and produce show junior baking section



Jessica Faulder (*above*). Overall winner Joan Kearton (*left*). Second was Rebecca Marsh and third Sian Smith

After a few busy months with private social events in your village hall, September brought our regular village engagements.

Our first lunch club of the season saw us back with a bang with 54 guests. Lunch clubs are the first Friday of the month, 12 for 12.30 pm and must be pre-booked for catering requirements . New members always welcome. A massive thank you to the volunteers who help to prepare, serve and do the inevitable washing up!

September also saw us host our annual flower and produce show and what a great turnout we had. There was a fabulous array of crafted and baked goods and a fantastic show of floral displays and vegetables. Thanks to each and everyone who "came out & joined in" with what is probably one of the oldest village hall annual events. It was particularly fabulous to see some new residents entering into the spirit of village life.

The overall winner was Joan Kearton, second was Rebecca Marsh and third was Sian Smith. First in the children's section was Jessica Faulder *(see pics above left)*.

Keep an eye open for future events we have planned such as our Christmas wreath making. Before you know it, we will be launching the Christmas lottery, supporting St Mary's, mince pies and mulled wine after the Carol Service and pub nights for January.

Where has this year gone?

Helen - 016973 21895 or helj@talktalk.net



No surprise that Lilly Rayson from Tallentire won first prize with her famous eggs!

Village Voices
Join us ...

Village Voices hits the right note

When our newly formed Village Voices Singing Group met for the first time, Gilcrux Village Hall was very quickly bursting at the seams with song. The turnout exceeded expectations with a wonderful mix of experienced singers and total beginners, with men and women of varying ages. Chorus master Alex Clarke broke the ice quickly and, by the end of the two hour session, the group was in harmony in every sense of the word. The energy in the room was fantastic as together we melodiously belted out such classics as 'We will Rock You', 'Yellow Submarine' and 'This Little Light of Mine'.

It is well known that singing makes you feel and breathe better. It beats stress, aids relaxation and improves memory. Singing lets you express yourself, boosts confidence and can help when life gets tough as well as building a sense of community. Going by feedback, we ticked all those boxes.

We meet fortnightly on the following dates: Oct 8&22, Nov 5&19 and Dec 3&17 before Christmas break. If you would like to join in the fun, contact: Elaine on 07784620321 for more details.



Gilcrux Village Hall & Educational Trust

Saturday 24th October

10.00 am – 2.00 pm

You will be more than welcome to come along and browse the various local artisan artists and crafters who are joining us

Free entry with tea and coffee available



Start your Christmas shopping from a local source!

Gilcrux
VILLAGE HALL

Registered charity 500750

Sunday 6th December

1.00 pm – 4.00 pm



A Christmas wreath or table centre piece making work shop in the village hall, the cost is £35.00 per person and includes all materials to make your decoration /wreath, tea coffee or a sneaky mulled wine to get us in the festive spirit and some nibbles, you are more than welcome to bring along any personal embellishments you may want to include on your creation

Please bring some gardening gloves and secateurs if you have them

And any greenery you may have from your garden

Please let me know if you would like to join us, who wouldn't want to have their own home-made wreath to welcome Friends, family and Santa!

Please confirm wreath or centre piece when booking

Helen: 016973 21895 or helj@talktalk.net

Gilcrux Social Fund trip to Falkirk

The September trip to The Falkirk Wheel and The Kelpies was much enjoyed by 50 people.

Spirits were high on the journey north and the weather cleared at The Falkirk Wheel, the world's one and only rotating boat lift which links the Forth & Clyde Canal to the Union Canal 35 metres above. Following lunch in the café the group climbed aboard the giant structure and experienced the rare thrill of riding a boat up into the sky seeing sweeping views of the Scottish landscape and listening to the running commentary which was a fascinating mix of dry Scottish banter and clear historical facts.



The next stop was the Kelpies, a pair of monumental steel horse-heads built to honour Scotland's heavy working horses that powered the region's industrial heritage. They were named after shape-shifting water spirits from Scottish legend and symbolise the strength of the region's past workforce.

Hugely positive feedback forms from the day included this touching poem:

'TO RECORD A PERFECT DAY'
The Falkirk Wheel, in weather clement,
With wild and magic Kelpies too,
The coach, the folk, the coffee stop,
A day to cherish through and through

If you would like to know about Gilcrux Social Fund forthcoming trips or activities contact Yvonne: 07704791147 or Elaine: 07784620321



Second annual dog show is a great success

Gilcrux

Dolly, an eight-year-old Cockapoo from Rochdale in Greater Manchester, *(below with owner Colin Meredith)* **was delighted to come away with third place in the Visiting Dog category.**
Dolly and her family regularly enjoy holidays at The Beeches Caravan Park, where they stay in their touring caravan. She's a familiar and much-loved visitor to the park, so it was lovely to see her win a prize at the show.





Penny *(above)* **won first prize in the My Best Friend category with her young owners Will (10) and Tom Green (7) of Greengill Cottages, second in Best Six Legs with Tom and third in Gorgeous Girl and Waggiest Tail respectively.**



Kathleen West *(above)* **and Beau, runner-up Best in Show.**

Monty (Garforth) on the left came 3rd in the Best Boy Class and was very proud of himself.



Lottie Butterworth Brown (12) with overall Best in Show Lanna, her three-month-old Golden Retriever puppy





Front cover star Mac (9) - third in the Golden Oldies and second in My Best Friend.

Gilcrux Social Fund would like to thank judge Pam. What a difficult job she had!

ST MARY'S CHURCH

Harvest Service
October 11, 5pm
Please join us for our Harvest Service.
Donations of food and other non-perishable items would be greatly appreciated, as these will be given to local food banks to support those in need within our community.

Together Service and Bring & Share Lunch
October 25, 10am
A relaxed and informal service for all ages, followed by a Bring and Share Lunch at Gilcrux Village Hall.
Everyone is warmly welcome.

Remembrance Service
November 8, 5pm
Join us as we remember and give thanks for those who have served and sacrificed in times of conflict.

Carol Service
December 13, 5pm
Come and enjoy traditional carols, readings and the joy of the Christmas season. Family, friends and visitors are warmly welcomed.

Christmas Eve Holy Communion
December 24, 8pm
Celebrate with us at our Christmas Eve Holy Communion service.
Everyone is welcome.

Jo Ellams, Church Warden
tel: 07968 829647

The Perfect Blend: Village Coffee Morning strengthens community ties

Gilcrux Social Fund have been holding their monthly coffee mornings for two years now.
In October 2024 the committee first welcomed 33 people to join them in the Mason's Arms for a couple of hours of lively conversation, freshly brewed drinks and homemade cakes.
Since 2024 word has got around and our numbers have steadily grown. We now have nearly 80 people on our 'books' and are delighted with our average attendance of over 50 regulars coming through the doors of the Mason's on the third Thursday morning of each month to enjoy each other's company.
We have no secret formula for this success - just a warm welcome and time dedicated to relax amongst friends and neighbours.
As we move towards autumn and the temperature drops, proprietors Hal and Andy, will light the wood burner which adds to the warm welcome.
Whether you are new to the area or just want to catch up with old friends, we will be delighted to see you on:-

Thursdays, 10am till noon:
October 15
November 19
December 17

For more information contact Yvonne: 07704791147

Tree Removal Notice

The tree at the entrance to the Church main gate will be removed on October 26. Unfortunately, the tree has become unstable, is leaning significantly and has been assessed as a safety risk.
As the tree is situated close to overhead power lines, the electricity supply will need to be temporarily disconnected whilst the work is carried out.
All properties affected by the interruption will be notified in advance.

ST. BRIDGET'S, BRIDEKIRK

People of hope and love

As autumn settles around us, the changing colours and softer light invite us to pause. This quieter season can offer a welcome breathing space: a time to slow down, notice the gifts around us and reflect before the joyful busyness of Christmas begins.

There is much to be thankful for in the life of our church - for worship shared, friendships formed, care quietly offered and all the many ways in which people give their time, talents and prayers. Each contribution, whether seen or unseen, helps our church remain a place of faith, hope and welcome.

To everyone who supports our church now, and to all those whose generosity and faithful service have sustained it through the years, thank you.

We are deeply grateful for the legacy you have helped to build and for the part each person plays in carrying it forward.

Our Annual Gift Day will be on October 4, alongside our Harvest Celebration.

It is an opportunity to give thanks for God's generosity and, for those who are able, to support the continuing ministry and mission of St Bridget's. Every gift is received with gratitude, and simply sharing in the life of the church is itself something to celebrate.

Autumn reminds us that every season has its own beauty and purpose. As leaves fall and the days grow shorter, may we make room for rest, gratitude and the quiet assurance of God's presence with us.

Whether you have been part of St Bridget's for many years, have recently arrived, or are simply curious, you are warmly invited to join us. There is always a welcome waiting for you, and we look forward to seeing you soon.

** If you did miss our Gift Day, or would like to consider making a more regular donation to help us keep Bridekirk Church available for the wider benefit of the Community, our bank details are:*
Bank account name:
Bridekirk District Church Council
Account number: 00201146
Sort Code: 20 66 97
Branch: Barclays Bank PLC
Your gift is much appreciated, thank you!

With every blessing,
Revd Christina Brentnall

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

October

4: Harvest Holy Communion (11am)
11: Morning Worship (11am)
18: Holy Communion (11am)
25: Morning Worship (11am)

November

1: Holy Communion (11am)
8: Remembrance Sunday
(NB earlier time 10.45am)
15: Holy Communion (11am)
22: Morning Worship (11am)
29: Morning Worship (11am)



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St. Aidan's CUMBRIA

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



Memories ...

Rev Roy's ramblings

Well autumn is well and truly here! So, what have you been up to over the summer?
Have you been travelling to exotic destinations, visited different parts of our own beautiful country, or have you stayed at home and enjoyed the warm weather?
I was having an 'Autumn Clean' the other day when I came across some old photographs of family holidays with our, then, young family. There were no instant photos back then, you had to wait for them to be developed, and only then could you see whether you had taken some 'good ones'.
Or if you had forgotten to take the lens cap off or taken a picture of your feet! So many happy memories of days gone by, it warmed my heart to see the smiling faces of our young boys having fun on the beach, up a mountain, visiting cities and towns or sitting around the table with tanned faces enjoying delicious meals.
Keeping photos and looking back at them is a great way to remember what you did in your life, especially all the happy times. When things in your life are not so good, looking back and remembering can make you realise that life has had it special moments that are worth cherishing and holding on to.
Life is like a butterfly, beautiful yet fragile so memories should be cherished and savoured. Embrace life and the joy it can bring, and hopefully your happy memories will see you through life's difficult times.



Rev Roy with the aptly named rambling rector rose

Blessings to you all, Rev. Roy

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





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



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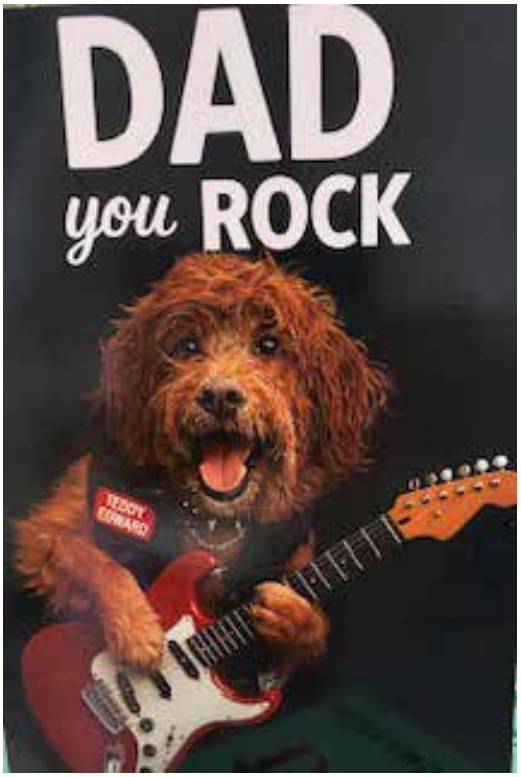
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Also KESWICK as Oglethorpe & Broatch 01768 772125 www.brockbanks.co.uk

Suggest other useful numbers for our list!

By popular demand ...





Teddy's dog blog

Teddy Edward your Rover reporter has been here, there and everywhere sniffing out stories to share with you in the October edition of our wonderful Village Post.

First things first - it was Daddy's birthday recently, and apparently quite a big one (but he has sworn us all to secrecy so I cannot possibly share what age he has reached).

I will give you a couple of clues: for those of a canine persuasion, it is our equivalent of 490 years old, so by my calculations that makes him around the same vintage as that fearsome dinosaur, Septuagenarian Rex. What a scary thought!

Mummy very kindly decorated a beautiful birthday cake but only dared to put seven candles on it to avoid having to resort to the judicious use of a fire extinguisher. A little Teddy taster of cake was kindly provided when a sliver was spotted slipping off a half pint's paper plate, and particularly good it was too. The chorus of "Oh Teddy" was a bit uncalled for, as we all know that it is the first there who gets the treat.

For the birthday celebrations we took all the family, including the half pint humans to Centre Parcs for a nice long weekend and a splendid time was had by all. It is very dog friendly, with even dedicated doggy exercise areas to enable a bit of much needed peace and quiet away from the hustle and bustle of the little people. I've not been walked so far or had as many titbits for many a year, so I am now really looking forward to his 560th.

As you have come to expect, me and my pals had to hijack the birthday celebrations to blast out some tunes and lead the way in a few dance anthems. We take our inspiration from the legendary Howlin' Wolf, Bow Wow Wow and Snoop Doggy Dog. Thankfully, Mummy managed to confiscate a sneak photo taken by those pesky Pawparazzi, which is now doing the rounds on the internet. We already all know Dad rocks - if you watch him, its usually most noticeable just before his afternoon nap. I feel a slap coming on for that one. Hee hee!





Now that we have reached October, the weather has taken a bit of an autumnal turn locally - so much so that whilst on my walk along the Prom at Maryport the other day, I ended up with part of me heading off in the general direction of Allonby. If anyone happens to spot a ginger dogtache (that is just the same as a moustache, but a bit bigger) I will happily reward them with the other half of my breakfast Bonio.

All heart - that's your Teddy.

While I am busy pawing the iPad there is much hustle and bustle, and a definite air of excitement, accompanied by the usual yells of *Andrew - where is this and where have you put that*? Rumour has it that we are off on our jollies, with Cornish pasties and cream teas on the agenda, so I have packed my swimming vest and frisbee. Can you guess where we are going?

Even though I will be happily ensconced on the back seat of my trusty chauffeur driven chariot, there have been lots of breaks incorporated into the travel plans for splashes and stretches including an overnight stay. This may be the longest Teddy on Tour Trip so far. Bring it on!

Missing you already and see you in the next edition.

Love, Teddy Edward



West Garth Well repaired

Great to see the damaged well in Gilcrux has been fully repaired and restored to its former historic beauty.
The Parish Council helped in getting the well repaired with Thomas Armstrong putting the finishing touches.
The Well was damaged last year by an HGV delivering to the building site and was in danger of collapse.





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