

August 2024 | Issue 14

Village POST

Connecting Bridekirk, Dovenby, Gilcrux and Tallentire

Super doc **JAMES**

66 miles
42 peaks
under 24 hours

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

Welcome to edition 14

WELCOME TO EDITION 14

Village^{P O S T}

Contents

Happy holiday season to all our readers!
Delighted to bring you edition 14 of Village Post.
Very impressed at our super doc's achievement. One mountain I enjoy but 42 peaks in under 24 hours is just incredible. Well done James!
Keep those stories, pictures and feature ideas coming. We can't do it without you!

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

Superhuman achievement

Our cover picture is Dr James McLaughlin who succeeded in completing the Bob Graham Round, a superhuman achievement running up and down 42 peaks within 24 hours. Fewer than 3,000 people have succeeded. James did it with six minutes to spare, setting off at 10pm and running through the night and all the following day with a support team of fellow runners. Congratulations on your amazing achievement James!



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.

Dates for delivery of your 2024 editions are:
October 28-30 Sep
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The VP team



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TRUSTEE:
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Roy Annets



Junior editor and DOVENBY REPORTER
Matthew Chambers

The Bob Graham Round is a 66 mile route over 42 peaks which runners are challenged to complete in under 24 hours. It is named after a Keswick hotelier who was the first to complete it in 1932. At the start of this year just 2,818 people had achieved it. The record time is 12 hours 23 minutes set in 2022 by American runner Jack Kuenzle. 'The Bob' features heavily in a book by Richard Askwith called "Feet in the Clouds" which gave James the idea!

James does 'The Bob'

... with minutes to spare!

James McLaughlin from Tallentire completed 'The Bob' on June 14 - the hardest and proudest sporting challenge of his 55 years.

A GP at Castlegate Surgery, he lives with wife Michelle and Westie Danny in Rook Farm Close. "Most people know us by Danny's little red boots he wears to protect his claws due to a spinal problem and how slowly he walks around the village," said James.



"I'm originally from Northern Ireland but have lived in England longer now although hopefully have still got my accent." Living before in Oxfordshire James was more of a triathlete than a runner but transitioned into ultra marathon running and hilly races - several in Cumbria. "I was soon spending way too much time on the M6," he said.

"So we started to think of a move

north - but health issues and then the pandemic got in the way until we finally managed it in 2022.

"I joined Cumberland Fell Runners who are an amazingly energetic, supportive and friendly club of men and women (and juniors) who train on the fells of West Cumbria and race all over Cumbria and further afield. 'The Bob' is something several of the club had already done and there was lots of encouragement and support for my planned attempt.

"Last year I had already planned a race called Lakeland 100 and a swim-run challenge called the Frog Graham so put off ideas of The Bob until 2024.

"At the start of this year, I finally set a date of June 14 and started assembling the team required to help (to join the Bob



James, Michelle, Danny and members of the support team

The staff at The Round pub brought out the customary free pint of beer but non-drinker James took just a sip before passing it onto delighted team mates



Graham Club you need a witness on every summit so generally contenders are joined on each of five sections by fellow runners who record times, carry spare kit and food and generally chivvy the runner along).

"I spent many long days out doing reconnaissance (recce) runs in all sorts of weather and soon felt I knew the route well enough and was as fit as I was going to get. So, on the evening of Friday June 14, I met the runners who would support me on Leg 1 at Keswick Moot Hall. At exactly 10pm we set off.

"The weather was kind until we were descending from Blencathra when the rain started. So at 1.30am Michelle was feeding me cold rice pudding and pizza from the back of my car in Threlkeld Cricket Club car park before I headed for Helvellyn with my new support team.

Fear of a slippery failure

"All went to plan down to Dunmail Raise and the next change-over but, on the leg over the rockier fells including Scafell Pike and Scafell, I started losing time on the wet slippery rock so by Wasdale I was worried I might not make it.

"Undeterred I set off up Yewbarrow and then around the fells which guard the head of the valley to Great Gable before heading down to Honister and the last change point. I knew I *might* make it but there was no time to spare, so a four minute feed stop and we headed off up Dale Head.

"In no time we were down from the 42nd and last fell Robinson and onto the road towards Keswick. I changed into comfy, dry shoes and ran/walked/stumbled my way into Keswick to be greeted by a cheering crowd of clubmates and friends in **23 hours and 53 minutes!**

"This was the hardest sporting challenge I've done but also the one I'm proudest of because it involved a load of determination from me, lots of help and understanding from my beautiful wife Michelle and enormous support and encouragement as well as practical help from my CFR club mates.

"The tradition of the Bob Graham Club is that members help others with their attempts and I look forward to supporting many contenders in the future achieve this goal. If they have as much fun and laughter as I did then it will be a memory which lasts a lifetime."





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let's get to work

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We distribute healthy vitamins for children 0-4 years and provide baby weighing facilities.

We offer printing, laminating and photocopying services - handy for printing return labels, etc. There is free Wifi throughout the building - very useful if you have an internet or power outage. There is study space and free daily use of computers if you register with the Library.

We set up board games and jigsaws for you to enjoy, and we have a large collection of dressing up costumes for the children to borrow free of charge, always good for imaginative play and particularly useful around birthdays or World Book Day. Toddlers and babies can come hear a story and join in rhymes on Thursday mornings.

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GARDENING WITH MEREDYTH

AUGUST

This is always a busy month despite the fact that the garden looks splendid. Feed and water plants that are in pots around the garden. Trim hedges regularly and prune rambling roses that are finishing. Feed and water tomatoes. Deadhead flowers as they fade and cut back lavender, but not back to old wood - they will die. Layer pinks, rhododendrons and clematis and take cuttings from favourite fuchsias, salvias and pelargonium. Should we get a dry spell - check water for birds, levels in ponds and water features. If you are planning a holiday arrange for someone to water regularly hanging baskets and pots with flowers in them. Who said gardening was easy!

In bloom: eryngium, phlox, agapanthus, lavatera, freesia, gladioli, pelargonium and dahlias.



With thanks to
RHS
Gardening
Year and
Gardeners'
Year
Calendar

SEPTEMBER

This is a tidy up period. Start to clear autumn debris and net over ponds to keep clear of falling leaves. Sow or turf new lawns and scarify and aerate existing ones. Cut back on feeding pots and divided overgrown perennials. Plant out spring flowering bulbs and spring flowering biennials and plant up containers with spring bedding. Lift tender perennials and harvest courgettes and main crop potatoes. Plant onion sets and sow spring cabbage and hardy annuals for flowering next year. Start to prune climbing roses as the flowers finish. It is a good time to put a coat of preservative on decks or other wooden furniture

In bloom: rose, scabious, echinops (the globe thistle), anemone and nemesia.



There has been a seat at the cross roads at the top of the Tallentire Hill road for many years but the concrete structure had been deteriorating for some time.

Bridekirk Parish Council purchased a new seat, which is constructed of recycled materials.

Councillor Bill Crosby removed the old seat and installed the new seat in the same position.



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SPORTS DAY: Another fabulous sports day ... a great success! Bridekirk children participated with enthusiasm, showing great teamwork and sportsmanship. Special congratulations to the yellow team for their outstanding performance and victory! Thank you to everyone involved, it was a wonderful day filled with fun and excitement!

ELECTION FEVER: When the 2024 General Election was on the horizon, children in Primary 5 deepened their knowledge and understanding of how the democratic process works. They had great fun learning about elections and democracy - one of the British values we promote. Our school council, which is elected by the children, came into Primary 5 classroom to outline to our 'political parties' their main ideas for ways to improve their school. The children were divided into five political parties and worked away to gain votes in our mock election. They had a schedule of jobs that need to be done and were working on issues raised by the school council and also some of their own ideas.



Governors' chat

This is always a busy term with various activities and events (referred to as "enrichment opportunities") for the children. I went on the Year 4 and 5 trip to Beamish and it was brilliant! If you've



never been, then do make the effort as it such a detailed reconstruction of a North Eastern village from pre WW1 to the 1950s. Our children learned a lot while having fun, especially in the sweet shop! I was very proud of them as several people working there commented on how well-behaved and enthusiastic our pupils were. The SATS results were, yet again, very impressive with our school scoring well above other schools nationally. Congratulations to all the staff and thanks to you parents/carers for producing such great kids! **Silvana Hewitt**



DAY TRIP TO BEAMISH: On Monday 17 June, years 3 and 4 went back in time to learn all about the Victorian period and life in the first half of the 20th century. We visited the pit village and learned all about the coal industry. Then we went back to school! We did a Victorian lesson where we did our '3 Rs' and wrote with a quill and ink. We experienced what school life was like for a child in Victorian times. After this we went to the fair and we enjoyed a ride on the carousel. Next we went to the town. We visited the dentist where they thought brushing your teeth with sugar was a good idea! Speaking of sugar, we also went to the sweet shop and purchased some traditional sweets that were weighed out in front of us. We then enjoyed the 1950s town where we recognised more familiar objects. A tram ride finished our amazing trip.



Things to look forward to

The school leavers' assembly happens at the end of each year where Year 6 students and Mrs Taylor make an assembly for their last primary school day. It is a really sad but fun day where we can say goodbye to our teacher as well as that it's the final day of being a Year 6.

In the assembly we do a lot of fun songs, good acting, short shows and we have a cool song for all the teachers. We tweak a song and make it fit so it's a song about our school. Also, after summer, it will be our first day at our secondary school!

by Alex Nicholson and Ted Wheeler



LEAVERS' SERVICE: Pupils in year 6 travelled through to Carlisle Cathedral for the annual school leavers' service. There were several other church schools represented in the cathedral. There were prayers and little challenges as well as a procession where every school chose two representatives to walk down the aisle with their school banner.

Challenges 1: The Lord is our Strength 2: Something Inside so Strong 3: Filling Up - Praise Aerobics 4: Change the world, Pray.

Not too long ago, us year sixes went to the Carlisle Cathedral. We had such fun but, I'll be honest, I've never seen a priest jump, run or dance! He was a very nice and comical priest. We sang, we danced, we laughed and we did lots more. It was nice seeing some familiar faces in the other schools. Afterwards, we went bowling. The main fact is that it was good and we had fun.

By Fran Lomas



TRIP TO YORK: On Wednesday 12 June, years 5 and 6 visited York for their residential. The trip was designed to cover aspects of history previously taught as well as expose children to the cultural diversity of a city. Over the three days, the children visited Eden Camp to find out more about the wars, they listened to tales of ghosts past as we walked through the cobbled city streets on our first evening.

Headley House Hotel was the perfect base and the following morning we walked to the Railway Museum, York Minster and then Jorvik and The Dig. Evening entertainment on day two was posh clothes and a game of bowling together. The final morning was a celebration of the cocoa bean ... chocolate!

We took a trip to South America and discovered the journey of chocolate to the shores of England and eventually York!

Being surrounded by chocolate all morning was tempting on the taste buds, but we did get to try the chocolate in its varying forms!

We ate our dinner to the sounds of a Spaniard playing his guitar and singing - some of us even attempted a dance! What a fabulous trip this was and one that will be remembered for a while!



Q: What was your favourite thing at York?

Ruth: Eden Camp was my favourite.

Martha: I loved York's chocolate story and how the chocolate was made.

Devon: Bowling.

Q: What did you think of the hotel?

George: It was good. The food was tasty and the puddings were amazing!

Ruth: It was so fancy and I would like to stay there again.

Martha: The rooms in the hotel were luxury!

Effie: The hotel was so nice. 9/10.

Q: Was there anything you didn't like?

All: The long coach journey!!

By Amelia Orr-Clark and Amber Armitage





JOHN GOODWIN is an artist who designed the original (and this edition's) *Village Post* masthead and advised on software, design issues and generally supported me (*Marjory, editor*) as we set up your magazine. All free of charge! This is his new venture and the artwork is stunning. I have a bottle art picture behind my computer and so many people admire it when we zoom or facetime.

Village POST



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St Mary's Church is just blooming lovely

What a wonderful community spirit there was in Gilcrux in early June for the St Mary's flower festival alongside the village scarecrow* competition (*see page 13 for pics).

There was also 'Games on the Green' sports day followed by afternoon tea in the village hall. Then all ages turned out later in June to tidy up St Mary's churchyard.

The annual village flower and produce show will be held on Sunday 1 September.



Real food picnics

Jackie Wilkinson
Village Post
nutritionist



One of the joys of summer is eating 'al fresco' - well it will be if the weather ever warms up!

Have you noticed that food tastes so much better when we eat it outside?

Psychologists have found that our physical sensations and emotional responses are greatly improved by our perception of our environment. Restaurants use this science - choosing their décor colour, patterns and music to actually make the same food taste better.

We also connect enjoyment of food with family memories: a favourite outdoor spot, the smell of grass and wild flowers, the sound of trees rustling in the breeze, the feel of warm sand on bare feet.

When our brains are stimulated, our taste buds step up a notch.

And the food - what do YOU take? On TV you'll see images of unhealthy fizzy drinks, crisps, cheese processed almost to the point of being plastic and all manner of

factory-made nibbles.

When you're on a trip to the great outdoors, why not take the real and natural approach to your lunch too?

Fruit is nice and juicy although it can attract wasps and invite the biting midge to suck your sweetened blood. Use it instead to make a refreshing drink by adding a few slices of apple, lemon or strawberry to a big bottle of water. Chill it well before you set off.

Sandwiches are common but often dry, dull and too heavy on bread.

Instead try boiled eggs, cheeses, salami, cooked chicken, lettuce, sticks of crunchy carrot and celery, cooling cucumber, peppery radishes, spring onions, ham rolled round cream cheese and cherry tomatoes that explode in your mouth.

My grandmother's special was fried chicken in bread-crumbs - so tasty!

What's your favourite?



Richard Bell **Creative Challenge** for BRIDEKIRK



Picture spotlight on Bridekirk:

Congratulations to Mel McNicholas for the winning picture of two bookend cows who definitely made a decision to pose for this shot. A £20 book token prize is on its way.



At least someone finds a good use for a Bridekirk pothole. We'd have been quackers to miss this shot, say Phil and Brian Taylor



Ash the dog sent by Jess Armett



Lucy Tompkins sent in a 'between the ears' photo taken from her Icelandic mare Snasa looking back over Bridekirk towards the fells from half way up the Tallentire hill road.

MEREDYTH meets William Hall

It wasn't until I joined in a conversation about farming at The Bridekirk Friendship Group, that I discovered the hidden talents of William Hall. William was born in Lorton, his father a working farmer with Herdwick sheep and dairy cows. William naturally followed in his footsteps. He was educated at Lorton Primary School and then went on to All Saints Secondary School which was then in what is now the Kirkgate Centre. Hunter Duff was the headmaster and Mrs Duff had the wool shop in Market Place.

After leaving school William worked with his father until he retired in 1981. He met Margaret and they got married and lived in Sunscales Avenue in Cockermouth. They then bought a house in Embleton eventually moving across the valley to a farm, Low Netherscales.

William learned his skill at building and repairing stone walls - first as an apprentice and then progressed as part of farm maintenance (hedges, ditches and general building repairs).

In 1981, when his father retired, William retained the tenancy on some land in Lorton which he farmed along with the land at Embleton. He reared mule lambs and suckler calves. By this time, they had a son Martin, now a land agent in Edinburgh and a daughter Lynne, married to a farmer at Dacre.

Local quarry stone

William is now an extremely experienced dry-stone waller. The stones usually come from a local quarry and are specific to that area. Local stone is probably from Moota and very rough, whereas Lorton stone is much smoother, like slate.

A poorly constructed wall is evident because of the cracks vertically down it - who knew!

William is responsible for repairing the lovely encircling wall of St Bridget's Bridekirk cemetery, and he is also responsible for building the wall of the garden of peace - the area for people's ashes.

He reckons he can do two metres per day and, if some stones are too big, he simply breaks them!

As a sideline William makes wishing wells. The first attempt was a decorative, non-functioning well but the second was the real thing - very difficult to construct - around a significant well hole in the ground. For a hobby, William makes walking sticks and shepherds' crooks from Rams horns on top of Hazel sticks.



William has exhibited at Loweswater and Eskdale shows, has judged at many others and is a committee member of Cockermouth Show.

William and Margaret also do sequence dancing! This is held Mondays at Embleton and Wednesday evenings at Broughton and some Saturdays at Aspatria or Embleton.

This was a fascinating interview.

I recommend anyone to visit Bridekirk Church to take in the beauty of the memorial garden and also the well-maintained surrounding wall.

Bridekirk is very lucky to have William!

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GILCRUX Old MacDonald scarecrows



Overall winners Greengill Farm. Joanna and Grace Litt with Old (Fleetwood) MacDonald



Gilcrux junior scarecrow winners: The East End crew
(l to r) Jessica Faulder, Leo, Iona and Arlo Thwaites, Tommy, Jimmy and Merryn Harrington.



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.

Home grown cooking with Annette Summer rice ring

I'm a great fan of brown rice. Whilst teaching food subjects I always included what was then described as "whole foods". Brown rice is a whole food, one with all the nutritive value that white rice lacks, plus it tastes so much better. It's easier to cook if you bring the pan with the rice in it, to a rolling boil, simmer for ten minutes, put on a lid and turn the pan off. The rice will cook through in the steam in about 20 minutes.

While the rice is cooking whisk the dressing ingredients together. Take olive oil/British cold pressed rapeseed three parts to one of good apple cider vinegar, a crushed clove of garlic and a few drops of maple syrup with salt and black pepper.

There are no real quantities of ingredients here, I just use what vegetables are in season - spring onion, carrots, peas/mangetout, red or yellow peppers (green ones aren't ripe and can cause digestive problems), celery, Swiss chard brightly coloured stems all chopped into dice and cooked gently in a little oil for a few minutes until soft and glistening.

To this I add toasted cashews, sunflower seeds, chopped peaches and finely chopped herbs to hand: parsley, dill, mint. Mix all with the drained, cooled rice, the dressing and press down in a mould or oiled bowl from which the ring can be turned out. Leave to set in the fridge but remove an hour before serving. A great centre piece to any summer celebration.



Gilcrux Village Hall & Educational Trust AGM

We hosted our AGM in June this year and welcomed some guest parishioners.

I am delighted to announce that most of the committee are staying on in their roles. However two valued trustees have resigned due to work commitments but are happy to stay on as volunteer helpers for village hall events.

All three elected members were re-elected - Chair Helen Johnston, Treasurer Julie Parnaby and Secretary Nikki Clark. I would like to take this opportunity to thank the committee for all their hard work both behind the scenes and our events.

One such event was our bi-annual flower festival & scarecrow weekend (*see pages 9 and 13*). After a lot of hard work St Mary's was ready to open in all her floral splendour for June 1 and 2. The flowers this year were so colourful and vibrant and many visitors expressed how wonderful it was to walk in and be hit by the scent! So it really was a feast for so many senses! There was a steady stream of visitors over the weekend, many joining us for a refreshment in the village hall after viewing St Mary's and our scarecrows. The theme this year was "Old MacDonald" and we had some wonderful

entries. The winner was Greengill Farm with the junior trophy going to the East End gang - well done to all who took part.

We rounded off our weekend with Afternoon Tea in the village hall where everyone enjoyed some sweet and savoury treats and we also auctioned off the floral displays. St Mary's received £468.50, some much needed funds towards upkeep.

A very big thank you to everyone who made this fabulous weekend happen and all those who attended. Not to forget the two hours of fun and games on the village green, believe it or not in glorious sunshine!

The kids had a great time all going home with a few sweeties and a medal for 'Coming Out & Joining In'!

Gilcrux Village Hall is a very popular venue for all kinds of events from fundraising, corporate meetings/training to celebrations at very reasonable rates. We have at the time of writing three weddings booked along with our regular sport and wellbeing classes, pilates, badminton and - new to the hall on Tuesday mornings - Zumba, all on your door step!

Happy summer everyone...if it ever arrives!

Helen Johnston

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- | | |
|---|-------------|
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| 2 | B Thompson |
| 3 | A Denham |
| 4 | T Johnstone |

The First Responders offer an invaluable service to the parishes of Isel, Bridekirk and Setmurthy. They are all trained in life support and give their time freely, bringing their skill and equipment to an emergency in those vital first few minutes.

The "150 club" is a main source of income to provide these volunteers with training and equipment.

If you would like to join the "150 club", or know someone who would, contact Moira Purvis on telephone 01697320534 or email

moirapurvis@hotmail.com



ST. BRIDGET'S, BRIDEKIRK
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Rev Roy's Ramblings

Taking things for granted

How many of us take things for granted?

I used to live in a big city - Birmingham - where we had lots going on around us. There are lots of theatres, cinemas, music concerts of all types in huge and small venues, the ballet, the top names in the entertainment world and lots of restaurants, museums, art galleries and sports stadiums which I must admit all of which I took advantage of as much as possible.

One thing I always dreamt of though was to live near the country and seaside. The mountains, fells, lakes, sea and fresh air ... we didn't have much greenery or fresh air in Brum. I couldn't wait to go on holiday to the countryside or to the seaside.

Now here I am living in this part of Cumbria where we have plenty of wonderful countryside and coastal paths to observe and enjoy. Lots of walking in green pastures and along sandy beaches, lakes and sea, rocky mountains and there is plenty of fresh air. It's like paradise to a an old towny like me.

Do you make the best of your surroundings? Or do you take them for granted?

Think about where you are, what time you have and, for your own personal wellbeing, make the best of what your surrounding area has to offer you and what life has to offer you. Do not take it for granted, enjoy it while you can and be thankful of where you live.

In the words of that great inspirational man, Rob Burrows:

"Every single day is precious, don't waste a moment, in a world full of adversity we must still dare to dream".



Rev Roy with the aptly named
rambling rector rose

Rev Roy Anetts



Eco Church is an award scheme for churches in England and Wales and is part of the A Rocha UK project <https://ecochurch.arocha.org.uk>

The scheme consists of three levels - bronze, silver and gold, and addresses five key areas of church life :

- worship and teaching
- buildings
- land
- community and global engagement
- lifestyle.

Its purpose is to encourage churches to care for God's earth. Working towards an award allows us to demonstrate improvements in what we are doing to care for the environment and assists us to identify areas which need to be tackled.

St Bridget's Church has already been awarded bronze and are aiming to achieve silver by the end of 2024. We want to share what we are doing and keep those who live in the parish updated with our progress.



Inside Church you will find a notice board giving more details and ideas of how you can get involved.

As part of our work we will be inviting you to various activities so you can get involved. Watch out for eco tips on how you can help save planet Earth in this column and on our Facebook page and website.

Competition time

Can you create an image illustrating how you feel mankind is damaging the world?

There will be a prize for each age group:

- under 7 years
- 7-11
- 12-16
- over 16.

Entries must have the name, age category and contact address clearly written on the back and should be posted to, or left

at: The Orchard, Tallentire, CA13 0PT.

Alternatively e-mail by Saturday 7 September to:

bridekirk_church@grasmoormc.church

The winners will be announced, and prizes awarded, at a special Eco Service on Sunday 22 September.



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

This summer edition marks the beginning of a couple of new articles for us as a church. I'm sure you'll enjoy *Roy's Ramblings* on page 15.

There you will also find our new regular post on Eco Church. Having achieved our bronze award, we're now working towards the Silver Eco Church badge. Follow us to see what we are doing for our local and global environment when it comes to climate awareness.

There's also a thank you message from me on the next page following my recent ordination as a Priest and the new autumn program for JUMP starting in September. JUMP is a great way to stay in just with friends as everyone moves up to secondary school too.

Have a lovely summer!

We look forward to welcoming you to St. Bridget's Church soon.

Rev Christina Brentnall

Services at St. Bridget's Church

Children's Church will be available during the 11am services.

August

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

September

1: Holy Communion (11am)
8: Family Service - Education Sunday (11am)
15: Holy Communion (11am)
22: Family Service - ECO Sunday (11am)
29: Morning Worship (11am)

**Advance notice: 6 October
Harvest Service (11am)**

Find us on:-

Facebook

www.facebook.com/stbridgetsbridekirk

Instagram

www.instagram.com/stbridgetsbridekirk/

email

bridekirk_church@grasmoormc.church

JUMP YOUTH GROUP

J E S U S U S E M Y P O T E N T I A L

JUMP takes a break during August! It's been wonderful to see so many new people join JUMP this last year. Why not come and join us too, it's a great way to meet up with friends. We meet 7-8.30pm on Sundays in the Church Rooms at Christ Church, on South Street, Cockermouth. If you are aged 11-18 years do come and join us anytime.

Email jumpyouthgroup@gmail.com or contact Christina on 01900 824526 or just pop along to one of our sessions. You can keep in touch with what is happening here:

<https://cockermouthareachurches.church/jump/>

DATE	ACTIVITY / TOPIC
15 Sept 7-8.30pm	Re-start: Christ Church rooms, Cockermouth Activity & Bible Based - New beginnings / Parable of the Speck and the Log
29 Sep 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Wise and Foolish Builders
06 Oct 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Lost Coin
20 Oct 7-8.30pm	Christ Church rooms, Cockermouth ***Party and games night***
10 Nov 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Two Debtors
24 Nov 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Friend at Midnight
1 Dec 7-8.30pm	Christ Church rooms, Cockermouth Activity & Bible Based- Parable of the Talents
15 Dec 7-8.30pm	Christ Church rooms, Cockermouth ***Christmas Party***

Are you
feeling
alone?

Would you
like some
company?



BRIDEKIRK FRIENDSHIP GROUP

EVERY
MONDAY
MORNING
(EXCEPT BANK HOLIDAYS)

St Bridget's Church room, Bridekirk

10:30 - 12:00

We are a small friendly group of people who meet together 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.

Our volunteers look forward to welcoming you.



FOR MORE INFORMATION

bridekirk_church@icloud.com

01900 824311

A thank you from Christina

Well, now I'm a Priest! I can bless you, forgive you in Jesus' name, marry you, anoint you when you are sick and preside at the Lord's table. What a joy it was to see so many from across our Mission Community, as well as children and teaching staff from our church schools too, when I was ordained by Bishop Rob on 30 June. It was a very special time for me, thank you for sharing it with me and thank you for all the wonderful cakes, freshly baked for our celebration afterwards, and for the lovely gifts I received.

I feel truly blessed by you all!

Christina Brentnall
from Tallentire was
ordained Priest at
St Bridget's, Bridekirk
and will serve
Grasmoor Mission
Community



Newly ordained Christina
with the Rt Rev
Rob Saner-Haigh



Baby & Toddler Club

You're
Invited!

Day - Every Thursday
Time - 1-3pm
Place - St Bridget's Church, Bridekirk.

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

Toys &
Refreshments
provided

Please bring your
own travel
mug/lid

EVERYONE WELCOME

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



stbridgetsbridekirk



stbridgetsbridekirk



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

Join our team!

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

For more information contact us :

bridekirk_church@grasmoormc.church



USEFUL NUMBERS— — — — —

Medical and Support Services

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

Dentists

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

Pharmacies

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

Vets

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

Other

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



Meet our new MP

Markus Campbell-Savours

was elected as MP for Penrith & Solway at the General Election on 4 July.

In his acceptance speech at the House of Commons he vowed to make compassion a priority.

He will be featured in an interview in the next edition of *Village Post*.

Markus lives in Keswick and his mobile is 07733 330593

Email:

hello@markuscampbellsavours.org



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By popular demand ...



Teddy's dog blog

Hello Humans and Doggy Dudes!

Teddy Edward, your Rover reporter for the *Village Post* is back on the case.

So how are you all enjoying this wonderful summer? I fear that I may have missed it, as I have been very busy burying my head in the sand, as you can see from the picture on the right!

My Pawrents took this photo at my favourite place to go for a walk and a sniff around. Allonby really is the best, so if you haven't been, then check it out.

Tell everyone that I sent you.

They will know who you mean, as most of my walks involve long periods of having to sit very still, stifling yawns whilst I hear all the same old chatter getting churned out by lots of new humans, asking about my pedigree, and commenting on the fox red colour of my coat.



Teddy Edward has highlighted a real issue that features often on our village facebook pages.

It's completely beyond belief that anyone would let their dog poop on their own doorstep.

We should follow Teddy's dad Andrew and call out these people when we see them.

The problem is getting worse!

It's definitely not true that blondes have the most fun!

I quite like the often-quoted "isn't he gorgeous" line, but I'm getting a bit sick of Daddy's reply of "And doesn't he know it"....

I'm beginning to wonder if Taylor Swift has the same issues with her fan base as I do.

Since my last article I have also had another sleep over with the half pint humans - apparently something to do with my staff attending a wedding. How very selfish of them, and it was most inconvenient, but as things turned out my time away was absolutely marvellous.

We went off to Bassenthwaite Lake to try paddle boarding, which involved getting soaking wet and making lots of noise before heading home on nice damp car seats for a roast dinner. That day was complete with a bit of snuggling up on a very comfy bed, listening to my Uncle complain that he wasn't being allowed a sufficient share of the duvet.

No chance Pal....

The next day we had a wander along Maryport promenade (as you can see on the left). Apparently this reduces the incidence of muddy paw syndrome in the car.

As if!!!!!!

Whilst we were there, I spotted a large floating vessel a long way out from shore, but I could clearly pick up the aroma of sausages cooking. This warranted further investigation.

Now I know there has been a bit of bad press recently about people not picking up dog doo. Due to a minor design fault, we dogs haven't got any pockets, so you humans need to carry a poo bag, and use it.

Simples!

Daddy and I were out the other day and saw someone fail to scoop the poop, so Daddy barked at them very loudly, saying: "It's people like you that give us all a bad name".

It really made them jump, and the poor human very nearly needed a poo bag themselves.

How I laughed.

See you all soon.



Love,

Teddy Edward, your Rover Reporter

Arthur's surprise visitors on his first camping trip

At just 14 months, animal enthusiast Arthur from Tallentire went a little further afield one sunny weekend in June.

Rather than his daily walk up Tallentire Hill visiting the sheep and cows, he spent a night camping out in Ennerdale Forest with mum, Courtney Gunson. Surprise visitors to the tent were two adorable goslings who popped in to say hello and enjoy a fluffy cuddle.



Does your child want to be a journalist?

The Young Reporter Scheme - in partnership with Newsquest - is a schools programme for students aged 14-18 years.

Since 2008, the scheme has given thousands of students huge advantages through this unique opportunity.

Registrations are open ahead of September's new intake.

For more information and how to register, head to the Young Reporter website

www.youngreporter.co.uk

This could be the start of your child's career as a journalist

Work experience on offer at Village Post obviously!!!!



Do you want to be a journalist?

Get involved in Newsquest Media Group's Young Reporter Scheme – providing young people with education and the opportunity to publish stories that matter to you.

- Open to years 10 to 13
- Prizes
- Exclusive experiences
- See their name in print

If this sounds like it might be of interest to you or someone you know spread the word or

GET IN TOUCH

info@youngreporter.co.uk 0208 722 6378
www.youngreporter.co.uk

