

August 2025 | Issue 20

# 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 20

# Contents

From the team at Village Post!

**Marjory Thompson** Village Post editor  
email: [editor@villagepost.uk](mailto:editor@villagepost.uk) tel: 07836 371035

Rose Rowlands from Tallentire held a pop up book & cake sale in July in Rook Farm Close. She raised £230 for the Macmillan Cancer Support charity in support of a good friend who lost her sister to cancer.

Said Rose: "A team of eight of us will be raising more funds by undertaking the Rob Roy Macmillan Mighty Hike on 30 August."

"We will be walking a marathon, setting off from Callander, near Stirling."

The group Justgiving page is:

[https://www.justgiving.com/page/team-caz?utm\\_medium=FR&utm\\_source=CL](https://www.justgiving.com/page/team-caz?utm_medium=FR&utm_source=CL)



## Rose Rowlands



**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 2025 editions are:**

**October** TBC - likely mid October

**December** 28 Nov-1 Dec

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## The VP team



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**Marjory Thompson**



**TREASURER:**  
Emma Williams



**SALES:**  
Silvana Hewitt



**FOUNDER &  
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**TRUSTEE:**  
**Parish councillor**  
**Roy Stenson**



**TRUSTEE:**  
Rev  
Roy Annets



**Junior editor and  
DOVENBY  
REPORTER  
Matthew Chambers**





Denise and John



Marjory and Rod

## So who needs Glastonbury?

So what does one do when one is of a certain age and one's summer music festival is cancelled?

Does one hit the garden centres, pick up the knitting, have a good moan over a cup of tea, cut the grass??

OR as Tallentire pals and neighbours Rod and Denise Wickham and Marjory and John Thompson decided to do:

***We built our own festival!***

Fabulous field acquired from a farmer, festival friends alerted, hippy gear unpacked, camper vans kitted out with lights and bunting, gazebos pitched, BBQ food prepared, music playlists agreed!

Oh and a few beers and cocktails.

**Happy summer holidays y'all.**





## Summer ice lollies advice

Nobody wants their child's summer fun to be spoiled by tooth pain or cavities.

However, many iced treats popular in summer contain lots of sugar that causes decay. Because taste buds don't work as well when they get cold, manufacturers often add extra sugar to ice lollies to guarantee a sweet taste. But saying no every time the ice cream van approaches might feel unnecessarily harsh - especially if you have fond memories of enjoying the occasional lolly when you were young.

So how can you say yes to an ice lolly without hurting your child's teeth? First, it's helpful to understand why too many iced treats could spell dental pain or decay ...

### Sugar!

Sugar and bacteria work together to create acid that can cause decay and tooth pain.

A lolly may list sugar as an ingredient, but other ingredients commonly in lollies are sugar by another name. Popular iced lolly brands sometimes contain fruit juice concentrate, glucose syrup, fructose and dextrose, which all do the same work as table sugar on the teeth. Other natural sugars like honey and fruit juice should also be eaten in moderation. A sweet treat is considered low sugar for adults if it's less than 5g sugar per 100g ... 22.5g per 100g or more is high sugar for adults and more than children should have in a whole day!

### Do a little maths...

The NHS suggests that 30g of sugar is OK for adults per day. But children are much smaller, so the healthy amount of sugar for them is also lower. Children aged 7 to 10 should have no more than 24g per day. Aged 4 to 6, this falls to 19g. Children aged 2 to 3 should have no more than 14g natural or added sugar per day. That's 3 and a half sugar cubes. The amount of sugar in lollies really varies, so it's good to check the label.

### And watch how you chomp the ice...

Although eating a lolly more quickly means less exposure time to sugar, it's good to be aware of the damage that can be caused by biting or chewing fully frozen ice. The crystals in ice can scratch away children's soft enamel. Ice can also damage fillings and can even fracture teeth. Even little fractures or small scratches can allow bacteria to get into your teeth, causing decay.

### Some delicious alternatives

If your child isn't fond of sugar-free lollies, you can make your own treats. Many kitchen shops sell home lolly kits, or you can just make small lollies by freezing fruit juice and lolly sticks in ice cube trays. Although fruit juices do contain sugar, they contain nutrients. If eaten after meals, the acid from the fruit, as well as the sugars won't have such a strong effect.

If children visit the dentist regularly, brush their teeth twice a day, eat healthy food and drink lots of water, there is no reason their teeth can't last them a lifetime, even if they do enjoy an ice lolly now and then.

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## GARDENING WITH MEREDYTH



### AUGUST

We seem to have the best gardening weather in the country - so no need to water at present! However, don't forget the birds need water. Trim hedges regularly and prune rambling roses after flowering. Deadhead spent flowers and also lavender. Take cuttings from pelargonium and fuchsia. Layer pinks, rhododendrons and clematis. Lift and dry onions and cut herbs to also dry, feed and water tomato plants regularly. Prop up heavily laden fruit trees and prune gooseberries and redcurrant plants. Plant new strawberry plants and harvest apples and pears. Plant colchicum for winter lowering. Start planting daffodils! Enjoy the summer in your garden

In bloom: eryngium, phlox, agapanthus, pelargonium, dianthus, lavatera, freesia, gladioli, clematis



With thanks to  
RHS  
Gardening  
Year and  
Gardeners'  
Year  
Calendar

### SEPTEMBER

Hard work but worth it - clear autumn debris to prevent pest and disease over wintering. Net over ponds to prevent falling leaves from cluttering. Sow or turf new lawns and scarify/aerate established ones. Reduce feeding plants in containers. Take hardwood cuttings from roses and begin dividing overgrown perennials. Plant spring flowering bulbs and plant out spring flowering biennials. Plant up containers with spring bedding. Lift tender perennials and bring under cover. Harvest the last of marrows and courgettes and lift maincrop potatoes. Plant out spring cabbage and sow winter lettuce. Continue to harvest apples, pears and autumn raspberries. Last chance for hyacinths and narcissi flowering for Christmas. Plant out onion sets and spring cabbage. Start to prune climbing roses as flowers finish. Clean greenhouses ready for winter and dig over heavy clay soil before it gets too wet. Sow hardy annuals to flower next year.

In bloom: rose, scabiosa, echinops, anemone, nemessia, crocosmia



## Hydration for a heatwave

**As I write this I'm wilting in a heatwave due to end long before you read it. That's British weather for you! Anyway, it's good to think about hydration during the summer and we might enjoy more sunshine later on.**

### How much should you drink?

That varies depending on the temperature and what you're doing. The standard two litres a day message was invented by the sports' drinks industry, not based on any science.

Hydration is important when it's hot or you're doing physical activity. Bad choices include coffee, tea, alcohol, anything fizzy (except water) and, ironically, sports drinks which are full of sugar and other unhealthy ingredients. Water and herbal teas are good, as is wet food!

Dry food (like sandwiches and crisps) plus a drink don't keep the water in your system as well as wet food.

### Soup is brilliant

Don't fancy it? Did you know there are plenty you can eat chilled - try vichyssoise.

Jackie Wilkinson  
Village Post  
nutritionist



Look at the percentage water in these raw vegetables. Plus they contain cellulose, a fibre we can't digest which holds water like a sponge. Sticks of raw veg plus some meat or cheese make a great packed lunch.

- Cucumber 95-97%
- Lettuce 96%
- Celery 95%
- Courgette 95%
- Cabbage 93%
- Cauliflower 92%
- Alfalfa sprouts 90%
- Carrots 88%

Most fruit is wet too, but very sweet so you don't want to gorge on that or you'll damage your liver, same with fruit juice. Water melon (95%) is best. Apples (85%) and oranges (70%) have less water and more sugar. Try popping a slice of lemon or lime in a jug, perhaps with a few strawberries and let them infuse in the fridge - very refreshing!

**Top tip – eat some wet food!**



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**ABOUT**

Sarah has a PhD in Rehabilitation, Sport and Wellbeing and is a Hatha and Vinyasa Yoga Teacher (500 hours YTT), with over ten years' experience.

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**Facebook Page:** Dr Sarah Green Yoga, Fitness and Nutrition  
**Instagram:** onegreen

**FEATURES & PUBLICATIONS**

- OM Yoga Magazine
- Daily Telegraph
- International Journal of Therapy and Rehabilitation
- Qualitative Research in Sport and Exercise Science
- Journal of Sport and Disability
- Health Benefits of Yoga
- Yoga Rehabilitation Theory

## News from Gilcrux Village Hall & Educational Trust

With summer hopefully just around the corner there has been lots going on with our annual sports day (*pictured right*) when we also celebrated VE day, with afternoon tea which is always a popular village event.

We have a new class in the hall on Thursday afternoon at 3.30-4.30 pm - "Chair Yoga". For the new class to be viable it needs support so please come along should this interest you.

Our Lunch Club will resume in September and now run until April being on the first Friday of the month at 12.00 for 12.30. Everyone is more than welcome however you must pre-book.

The annual flower and produce show has a new date of August 10 with an additional event of a dog show on the village green which will be hosted by the Gilcrux Social Fund. The show is always a great day show-casing how many talented bakers, crafters, gardeners and of course our fabulous little people who always produce such great entries. Schedules will be available soon, why not give it a go you could come away with a prize ticket!

## NEWS FROM GILCRUX & DISTRICT SOCIAL FUND

### Coffee Mornings

The monthly coffee mornings held in The Mason's Arms pub continue to go from strength to strength.

On June 19 our hosts Hal and Andy opened their doors once more to provide a warm welcome for 56 local people to enjoy a relaxed morning together on a lovely summer day.

Volunteers from the Social Fund were on hand to serve complimentary tea, coffee and homemade cakes, hand out raffle tickets and make sure everyone was comfortable and catered for.

Our next coffee mornings will again be held on Thursdays: August 21 and September 18. Drop-in 10am to midday. All very welcome.

*Just turn up, or for more information:*

*Yvonne on 07704791147 or Elaine on 07784620321.*

### Day Trip to Drumlanrig Castle

Our next trip will take place on September 9 when we will head to Drumlanrig Castle, Dumfries & Galloway. These trips have become extremely popular with a waiting list now the norm.

Availability permitting, anyone aged over 18 is welcome to join us.

Most will be eligible to enjoy a free outing, but those aged under 60 or not from the Gilcrux Parish will be asked to make a nominal contribution to the cost of the day.

*For more detail, or to discuss further please call: Elaine on 07784620321 or Pat on 07707666704.*

### Fun Dog Show

In conjunction with the Village Hall annual produce show to be held on Sunday 10 August, we will be holding a Fun Dog Show on the Village Green behind The Village Hall.

Categories include:- perfect pup, waggiest tail and most terrific trick. Best in show will also be awarded.

Entries will be taken from 12 noon on the day with judging from 12.30 pm. Each entry (cash on the day) will be £2 per dog per class or £5 for three classes with the same dog.

Refreshments will be available. Spectators welcome! Bring your own chair.

*For more information contact: Carolyn on 07704168512.*





## Sports Day in Gilcrux



Our Educational Trust Fund is always open for applications. We offer a grant of up to £200 and not only for education, it has a wide remit with every application considered on merit.

The hall has hosted many celebrations already this year and the calendar is filling up for the rest of 2025 and weddings booked for 2026 for which we are very grateful

For any information on any of the above please don't hesitate to get in touch.

Enjoy your summer!

**Helen Johnston**

**016973 21895 – [helj@talktalk.net](mailto:helj@talktalk.net)**



### Annual Flower & Produce Show 2025



Sunday 10<sup>th</sup> August

Doors open for registration 10.00 am – 12.00 pm



Schedules will be through your door soon



Doors open for the public - 2.00 pm

£1.50 including tea, coffee & biscuits

"Come out and join in"

Sale of donated goods 3.30 pm All welcome!





## Well done Felix!

Cockermouth Rotary Club runs an annual competition for Cockermouth primary schools.

It gives pupils in year 6 an opportunity to prepare a speech on a chosen title from four options. The winning speaker from each school then presents their speech to a panel of judges and a winner is chosen. Listening to the winners from the different schools is always an amazing experience as they are always excellent and the children are so confident in their delivery. This year Felix represented our school speaking about his hero - Rob Burrow. He spoke about his life, his achievements and his tragic death at the age of just 41. Felix spoke about the lessons he had learned from Rob and his friend Kevin and the inspiration he had from their lives and the things they had done.

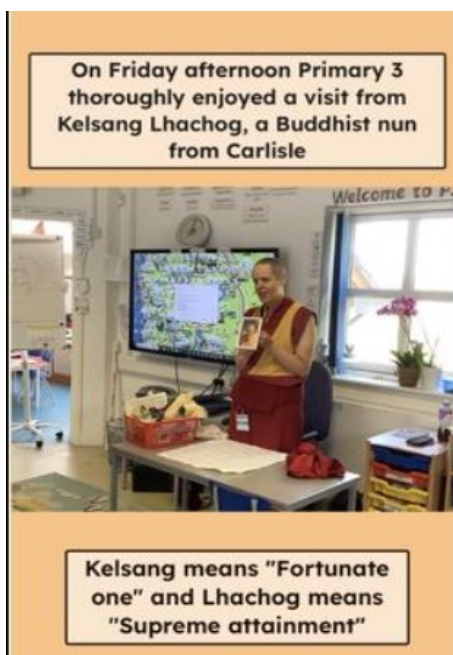
At the end of the evening, after we had heard eight speeches, Felix was overjoyed to hear that he was awarded second place (*pictured below*). Well done Felix and thank you to Rotary Club for organising another speakers' competition.



## Year 6 Leavers Visit to Carlisle Cathedral and bowling



The year six children were invited to Carlisle Cathedral to take part in the church schools' leavers service. We sang and joined in worship together thinking about our transition to secondary school. Blake read from the book of John. He did an excellent job and was congratulated at the end of the service. This was followed by a trip to Hollywood Bowl where the children had lunch followed by ten pin bowling!



## Superkind School

We are delighted to share that our school has earned the @superkind\_org #Social-ImpactSchoolsAward this year. This is a testament to the wonderful social action work that our students have put in this year to make a positive impact on our local community and wider world.

From a penalty shoot out to raise money for some re-useable sandwich wrappers to be used in school, to a Bake Sale which raised money for the children of Gaza - we have achieved so much!

Everyone is thrilled to have earned this recognition and we are looking forward to having even more social impact next year!

**#superkind**



Nineteen of our year five and six children have been taking part in the [West Cumbria Schools Orienteering League 2025](#).

All of the children performed extremely well over the four events and we are very proud of them. They did so well that we won the small school league. Bridekirk School are the defending champions and have managed to secure this trophy consistently over the years that we have been taking part.

Congratulations also go to Cameron, Blake, Lucian, Ruth, Harriet and Anna who were all on the podium for their individual events! A huge thank you to the event organisers and to all the parents who helped with transport enabling us to take part.





## British Farming Day brings the countryside to Bridekirk Dovenby School

Head Teacher Julia Fish has always valued the many farming families at the school and thought it would be great to celebrate this important aspect of our community.

On Thursday 26 June, the school field transformed into a celebration of all things rural during a hands-on British Farming Day, delivered in partnership with local farmers, families and businesses. The morning was wet and windy, with a nip in the air. Then, after lunch, the sun came out - a pretty typical Cumbrian farmer's summer day.

"I just wanted to send a message of appreciation to all staff who organised such a wonderful day for all the children," said one parent.

And what a day it was! From the moment tractors and other farm vehicles rolled onto the playground to the sound of sheepdogs weaving through flocks, it was clear this was a school day like no other.

### A living, breathing curriculum

The event embodied the school's belief that learning should be rich, memorable and rooted in real-life experiences. W Lindsay & Sons gave a live burger-making demo (with meat from a pupil's own farm), while Torpenhow Dairy taught pupils to churn butter and press cheese (*pictured right*) - with samples enjoyed all round.

In the neighbouring field, Will Nixon sheared/clipped sheep (*above right*) as children watched wide-eyed. Lindsay Threlkeld and Tom Rome demonstrated sheepdog trials to enthusiastic applause, with expert commentary from Willy Rawling. Anthony Skelton, local auctioneer and comedian, rounded things off with a hilarious mock auction - selling sheep for "millions" to howls of laughter.

Whether showing prize-winning hens (complete with shampoo and blow-dry), confidently speaking to guests, or eagerly climbing into tractors, the children showed energy, enthusiasm, and pride.

Aspatria Farmers provided refreshments and gave talks on how local grain supports livestock.

The Harper family brought along a range of rare-breed sheep, and one teacher even tried their hand at milking a (very patient) cow.

The children dried off inside as they listened to a presentation by James Frayne explaining what it means to be a vet working on our local farms. They handled the photos of scans, operations and birth far better than staff.



**Above: sheep shearing, cheese-making**  
**Below: newly coiffured prize hens**



**What will Max make with his wool?**

Thanks to support from Longhorn Shearing and others, every child went home with sunglasses and a shearing vest.

Sophie Cowan captured the day through her lens and a fundraising calendar may be on the cards. Throughout, FOBDS (the school's brilliant parent group) offered their usual cheerful, tireless support. Fresh from a glowing Ofsted visit - which praised "exceptionally positive attitudes to learning" and "an inspiring curriculum that is both broad and very ambitious" - Bridekirk Dovenby Primary School brought its learning to life in spectacular fashion.







# BACK YAM!

by Silvana  
Hewitt



## Jennings returns

**As almost everyone in the area will know by now, Jennings is back!**

I went to speak to some of the movers and shakers who have restored the brewery and given back to Cockermouth one of its best-loved treasures. Rebecca and Kurt Canfield, born and bred West Cumbrians, are the couple behind the renaissance. They both grew up with awareness of Jennings as an important fixture in the county and, when it was swallowed up by big-fish Carlsberg Marstons Group, they shared in the general sadness. Rebecca had previously been running a wine and spirits distribution business and was looking for storage facilities and perhaps a small shop ... when the thought of the Jennings site popped up! Kurt soon began thinking of what could be done and persuaded Rebecca that they could take on the challenge. Although Kurt has his own full-time business to run, they set about exploring and planning how it could work ... and now Rebecca is fully involved in the project.

Rebecca Jobson, the Marketing Manager, told me that it has been a bit of a whirlwind getting it up and ready. When they started in February, the premises were looking rather sad. The site hadn't been operational for a few years and there was a lot to do! They worked full on, right up to a couple of hours before the launch on July 4 and, with huge sighs of relief, were able to open to the public. The public tap room has been restored beautifully and visitors will be pleased to see that it retains all the character of the original. The brewery itself was too big at first so was modified.



Rebecca and Kurt Canfield

But now they wonder if they might have to expand again, such is the demand! Marstons had started brewing its own Jennings beers, keeping Cumberland Ale (but connoisseurs could tell it wasn't the same recipe)

and the premises were used mainly for storage. Buster Grant, the new Head Brewer, has brought back the original recipes and that was a stroke of luck in itself. When Kurt and Rebecca bought the Jennings brand, they didn't have the Jennings recipes. But a previous employee came along and said he knew where the original recipes were and they dug them out from the old office! So now we can all be sure that Jennings beers are the real McCoy. There is even talk of bringing back Jennings port!

Chris France, the Managing Director (another Cumbrian) has been in the brewing business since 2012, becoming a consultant for the industry in 2020. He jumped at the chance to join the business he had grown up with. He has been speaking to Lakes College about setting up apprenticeships, looking for young people with the right attitude, aptitude and enthusiasm for this work and it's always good to see training opportunities for practical careers.

Although Jennings has the historical context in its beers, times change so brewing will also have to adapt. The public response has been overwhelming as it's quite an emotional issue for many, to have our iconic brewery back.

However, there is more to come. There are thoughts about further developments on the site in order to make it a cultural hub so we'll wait and see what Jennings will offer. Of course, the old favourite events will still be kept on, such as the carol singing and brewery tours but look out for events.

Let's all make the most of our beloved Jennings which, like one of the new, very popular beers, is "Back Yam"!



Welcome  
from Chris  
France  
Managing  
Director



# MEREDYTH meets **The Reverends Nick and Sue Cole**

**It isn't every day that I meet two local vicars who also happen to be married to each other!**

**This couple are delightful company - no let-up in conversation and a great deal of laughter.**

Sue was born in Manchester and attended Harpurhey High School where she studied English, French Lit and Russian at A level and then worked in the Midland Bank in Manchester for nearly five years. She enjoyed the work (apart from a chauvinistic boss)! She then moved to Garswood, Wigan where she was on the front counter in the main Wigan branch of the bank which meant that, before the advent of computers, she had to write everything up by hand and stay until everything was accounted for - which involved some late nights!

It was while living in Garswood that Sue met Nick 30 years ago.

She left the bank to have her three daughters Jenny, Emma and Helen. The family moved to Cumbria - Broughton Cross at first while they got to know the area. That was where she gave birth to Stephen, later moving to Little Broughton, where she became a childminder for 25 years!

Nick was born in Garswood. He attended St Helen's Rainford High School - a good school but outside the catchment area so none of Nick's friends were there. He took chemistry, biology and geology at A level then attended Lancaster University where he spent four happy years, including studying for a master's in polymer sciences. When he qualified, the country was in recession and there were lots of unskilled jobs, but none for him to specialise in. So he chose teaching as he felt he could make a difference.

## **Baptism of fire**

His school was in Toxteth, and it was a baptism of fire! Taking a year 9 lesson in science, he had to break up a fight between two girls! He even received death threats from some pupils.

At this point he met Sue who was working part time behind the bar in a local pub.

Applying for a new job he shortlisted Netherhall School, Maryport and was given the job at the interview.

Nick moved to Broughton Cross with Sue and girls and worked at Netherhall for four years. He left teaching in 2000 to work at at Sellafield.

Unexpectedly (to them both) Nick and Sue came to faith. It was at Sue's daughter's wedding that she felt the Holy Spirit calling her to begin exploring her faith, initially by attending Christ Church in Great Broughton.

Two weeks later, following the death of Sue's father, Nick too felt this call.

It was further endorsed by the team rector at the time, Revd



Canon Godfrey Butland \* who inspired both of them and other members of the Grassmoor Mission Community to explore ordination and were further supported and encouraged after Godfrey's retirement by Revd Canon Jane Sharman. They attended Theological College and studied for a Higher Diploma in Theology, Mission and Ministry. Every Tuesday evening they attended Church House in Penrith for lectures. Alongside this, six times a year there was a residential weekend plus a whole week residential. This amounted to 17 days leave - a good chunk of Nick's holiday entitlement!

## **'Anna' Chaplain**

Nick finds he is drawn to the company of older people and will also be working as an Anna Chaplain.

This is a chaplain who is drawn to care for the elderly (the name comes from the Bible - Anna the Prophetess cared for the elderly).

Sue found she is drawn to hospital chaplaincy and is a volunteer on the team.

She visits once a month in Cockermouth Cottage Hospital and every week in West Cumbria Hospital. She empathises with the sick and terminally ill.

Her diamante collar and lovely smile must be an instant tonic for patients. Sue has been doing this for a couple of years alongside her growing parish ministry.

Nick meantime is acting as workplace chaplain at Sellafield and is a qualified mental health first aider.

This impressive couple devote all their time to the community and are both self-funded, so their enthusiasm and commitment are genuine Christianity.

A treat to meet and talk to them.

**\* Quick update: this lovely couple were ordained in June at Carlisle Cathedral and the now retired Revd Godfrey Butland, preached at the service in Great Broughton the following day.**



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## Home grown cooking with Annette

# Fresh tomato, basil and prawn pasta



**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.

When the shops and the greenhouse are full of tomatoes it's time to make simple, quick dishes which can be eaten hot or cold.

The range of varieties of tomato are many. This year I have included trixie - a tiny dark red cherry, ananas - large round and yellow, tigerella - a striped black and orange and black cherry - dark, luscious and small. There will be plenty to try and to include in tomato salads. Lebanese tomato salad is mixed with finely sliced red onion and chopped mint with a sprinkle of brown sugar to make them go juicy. So refreshing.

Tomatoes are best stored out of the fridge to retain their sweetness but if you make salads beforehand then bring them back to room temperature before eating.

### Method

**Cook your chosen pasta in boiling water for seven minutes. Add the vegetables and cook for another two to three minutes depending on the pasta. Drain and place in a large serving bowl, stir in the olive oil, salt and pepper and prawns. Crush a clove of garlic and add the herbs. Et voila! Bon Appétit**



### Ingredients

handful small sweet cherry toms  
mange-tout, broccoli spears,  
fresh basil and parsley a good handful  
1 or more cloves garlic  
box of fresh cooked succulent prawns, drained on kitchen paper  
2 tablespoons olive oil  
1 tablespoon lemon juice  
salt and freshly black pepper  
freshly chopped parsley/mint  
spaghetti or linguine pasta

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## Social & Junior Badminton



**Every Tuesday evening**

**Juniors: 6.30-7.30pm**

**Adults: 7.30-9.00pm**

**Gilcrux Village Hall, CA7 2QD**

All levels welcome, including beginners.  
No need to book – just come along.  
All equipment can be provided.

Any queries, please call or text  
07767 788475





## CUMBERLAND HAF

### ABOUT US

Bookings for the Summer 2025 HAF programme are now open.

HAF Holiday Activities are free for children who receive Benefit Related Free School Meals. There may be some places for other vulnerable children.

Each child can book up to 16 sessions this summer.

There are also some paid activities for children who are not eligible.



#### **LOVED this story from Al Green, Dovenby.**

*"This is Lenny one of my Bengal cats. He's a little too friendly at times and I've found out that one of our neighbours on Woodland Grange woke up to find he had let himself in through their microchip cat flap and was chilling on their dining table. My neighbour luckily is a cat lover and is very understanding and will actively discourage him. Please can anyone let me know if he is visiting your house and/or making a nuisance of himself. Please can I ask you don't feed him (although he only eats raw meat) or encourage him to come into your house, as he quite clearly is happy to share his handsome good looks with the rest of Dovenby Village."*

## Family & pet friendly with hot tubs!





**Castle Guards**  
Farm Retreat [www.castleguards.co.uk](http://www.castleguards.co.uk)

4 pods  
2 dog friendly  
Wood fired hot tubs

Bridekirk Cockermouth Cumbria CA13 0NG



# Rev Roy's ramblings

## Busy, Busy, Busy, Ramblings

I was recently reading the story of Mary and Martha in my Bible, Mary was quiet and contemplative and Martha was busy rushing around, always something to do and never a moment to spare.

It got me thinking about life in general these days, when do we ever get time to sit, rest and relax?

We have all this wonderful modern technology to make life easier, but does it?

Look at mobile phones, what did we do before they were invented? When they first came out, I vowed I would never have one. Ha, ha!! I now have a smart phone and am unable, like everyone else, to escape.

We have computers, laptops, ipads with apps that appear to be needed for everything - booking appointments, shopping etc.

You are always contactable wherever



**Rev Roy with the aptly named rambling rector rose**

you are and at any time. When you are on holiday there is no escape, when you are relaxing in the house, there is no escape - or is there? I turn my phone off at 9pm every night, because there is nothing worse than getting a message late at night referring to something important, you suddenly feel obliged to reply,

or anxious about something that needs to be done. All action stations - red alert - 'Martha mode'! Turn it off, wait till the morning, relax, have some, 'Mary quiet and contemplative time'. Remember, we all need rest, peace and time to replenish. So make some time each day to do so, you will feel much better for it.

**Peace be with you all, Rev. Roy**

*"Joshua told the people, 'Consecrate yourselves, for tomorrow the Lord will do amazing things among you.'"*

- Joshua 3:5

We're coming to the end of the first year of St. Aidan's gathering together each week to worship as a church family, and it's got me thinking about where we've come from and where we're going.

We're so thankful to God for all that has happened over the last year: for this new community that has grown; for all sorts of people playing their part in the mission and ministry that has begun; for the people we've been able to tell the good news about Jesus to; for all the fun we've had together; and much more as well.

Over the last year, we've spoken about our sense that we are playing a small part of the new thing that God is doing in Cumbria. As we head into our second year after this summer break, the sense that I have for the next season is that God is calling us to *get ready* - to 'consecrate' ourselves - for the new thing that he wants to do. What an outrageous privilege we have that God invites us to be a part of what he is doing in the world.

My prayer is that over these summer weeks, we'd each find time to connect with God, draw close to him in fresh ways, and rediscover the part he's calling us to play in his Kingdom coming in Cumbria as it is in heaven. Come on!



Blessings,  
John



St. Aidan's  
CUMBRIA



**In Genesis 2 verse 15 we read:  
"God took the Man and set him down in the Garden of Eden to work the ground and keep it in order."**

Is your garden a Garden of Eden for wildlife? Perhaps you are already a keen gardener or are just a beginner. If you don't have a garden could you consider a window box or plant pot on the doorstep?

Whatever your situation we encourage you to consider how you could garden to sustain a wildlife friendly environment. Perhaps you could include areas to support the wildlife - such as a wildflower garden, nature pool or woodland edge.

Check out the [Wildlife Trust](#) website for some quick and easy ideas. Then the [Woodland Trust](#) have a few easy tips for gardening in an environmentally friendly way - from going organic and avoiding the chemicals to ways of reusing and recycling for nature. From the many many options you could choose, if we all picked just one of them then nature would benefit enormously and you would be doing your part in caring for God's earth.



Scan the QR codes for some quick and easy tips.





## ST. BRIDGET'S, BRIDEKIRK

### People of hope and love

Like the gentle rise and fall of the tide or the steady pulse of a heartbeat, human life is shaped by rhythms seen and unseen. From the radiant promise of dawn to the hush of nightfall, our days unfurl in patterns - some as old as time, others newly made with each choice, each encounter and each challenge we meet.

There is a quiet poetry to these daily cycles, a choreography to our waking and our sleeping, our striving and our stillness. Yet, as anyone who has lived long enough knows, these patterns can be fragile, easily disrupted by sudden change. When life's tempo falters, we are reminded of something essential - the beauty and necessity of accepting and offering help.

Disruption though distressing is not unfamiliar. Each of us at some point will face moments when the life we know is transformed by forces beyond our control. We may feel adrift, untethered from the comfort of our routines. The restlessness that follows is not just physical but emotional and spiritual too. We long for normalcy, for the gentle comfort of habit, for the morning ritual of tea or coffee, for the ordinary miracle of untroubled sleep.

Yet in the hush that follows upheaval, there is an invitation. It calls us to look outward as well as inward, to recognize that the song of our lives is not a solo performance but a communal symphony. We are each of us part of something larger - a family, a neighbourhood, a group of friends. When our own rhythm falters, we can lean on the steady beat of those around us.

During my own period of incapacity recently, what shone through the pain and frustration was the gentle, persistent love of those around me. Help arrived in many forms. Meals cooked, errands run, words of encouragement and the simple gift of presence. My family, the embrace of a spouse, the steadying hand of a parent or child, the laughter of a sibling, became a lifeline. Friends and neighbours too offered their support, often before I could summon the courage to ask.

Accepting help is sometimes harder than offering it. We live in a culture that prizes independence, that tells us to "pull ourselves together," that frames receiving assistance as weakness. But there is profound strength in vulnerability, and a quiet courage in admitting that we cannot always go it alone. To be helped is to experience grace; to realise that love is not merely a feeling but an action, a choice made anew each day by those who care for us.

And just as we are blessed by the aid of others, so too are we called to offer our help in turn. Perhaps you know someone who could use your help. It need not be grand - a phone call, a shared meal, a ride to an appointment, a heartfelt note. Sometimes, it is our very presence that is needed most, the reassurance that no one is truly alone in their struggles.

As each new day dawns, let us listen closely not only to the rhythm of our own lives, but to the subtle rhythms of those around us too. May we move through the world with empathy, ready to offer help when we can, and humble enough to accept it when we must. In doing so, we become part of a larger dance, one that holds space for joy and sorrow, for solitude and togetherness, for the endless ebb and flow that is the essence of being alive.

God bless, thank you for reading.

Rev'd Christina

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

#### August

3: Holy Communion (11am)  
10: Morning Worship (11am)  
17: Holy Communion (11am)  
24: Morning Worship (11am)  
31: Morning Worship (11am)

#### September

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

**St. Aidan's All Age  
also meets 3pm  
every Sunday at  
Bridekirk**

## 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

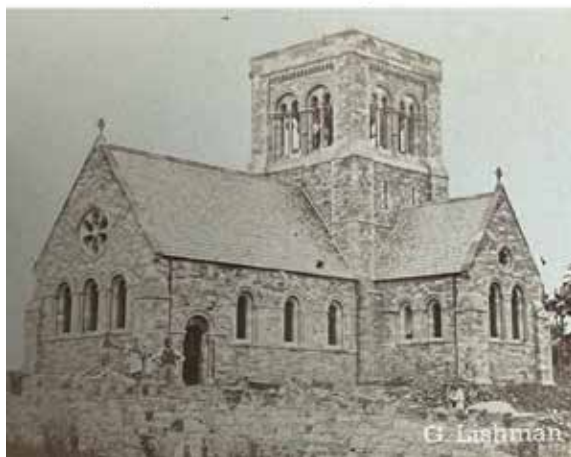
EVERY MONDAY  
MORNING  
(EXCEPT BANK HOLIDAYS)

**Are you feeling lonely or isolated?**

Why not come along and meet the team. We love to meet new people.



The new St Bridget's Church at Bridekirk under construction, circa 1867/8. The windows are yet to be fitted but closer inspection reveals there's quite a few of the construction workers dotted about this rather small carte de visite by Shilton (Cockermouth).



**Find us on:-**

**Facebook**

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

**Instagram**

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

**email**

[bridekirk\\_church@grasmoormc.church](mailto:bridekirk_church@grasmoormc.church)

**JUMP YOUTH GROUP**  
FOR OUR FUTURE LEADERS

## JUMP Autumn 2025

Introducing JUMP

Aged 11-18 ? Then JUMP is for you!

- Join us for fun games and new adventures!
- Stay in touch with friends
- Time: **7.00 – 8.30pm**
- Venue: Christ Church Rooms, South Street, Cockermouth, **CA13 9RU**
- We usually meet on 1<sup>st</sup> & 3<sup>rd</sup> Sundays:  
**7<sup>th</sup> & 21<sup>st</sup> September and 5<sup>th</sup> & 19<sup>th</sup> October 2025**  
**9<sup>th</sup> & 30<sup>th</sup> November and 14<sup>th</sup> December 2025**



### What is JUMP?

- A youth group for ages 11-18
- JUMP stands for: Jesus Use My Potential
- Make friends, discover your gifts, and have loads of fun!
- We link up with Network Youth Church for Ablaze, The Big One and camp.



Register to join in:

- Spaces are limited—register now!
- Scan the QR code to secure your spot!

To see more about us or to stay up to date: <https://cockermouthareachurches.church/jump/>

Or email [jumpyouthgroup@gmail.com](mailto:jumpyouthgroup@gmail.com) or contact Christina on 01900 824526 for more information.



# Baby & Toddler Club



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

You're Invited!

**Date - Starting -Thursday 8th December**

**Time - 1-3pm. Every week**

**Place - St Bridget's Church, Bridekirk.**

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](https://www.instagram.com/stbridgetsbridekirk)  
 [stbridgetsbridekirk](https://www.facebook.com/stbridgetsbridekirk)  
 <https://cockermouthareachurches.church/st-bridgets-bridekirk/>

Join our team!

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

For more information contact us : [bridekirk\\_church@icloud.com](mailto:bridekirk_church@icloud.com)



# USEFUL NUMBERS— — — — —

## Medical and Support Services

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

## Dentists

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

## Pharmacies

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

## Vets

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

## Other

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



**Isel and Bridekirk Parishes  
First Responders  
150 Club Draw  
July 2025**

- 1 S Bowe
- 2 T Burgess
- 3 K Morris
- 4 A Haworth

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](mailto:moirapurvis@hotmail.com)



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By popular demand ...



# Teddy's dog blog

**Hello Humans and Doggy Dudes,**

Teddy Edward - your rover reporter - welcomes you all to the July edition of our wonderful Village Post.

I've been having an absolutely cracking time lately with my pawrents and the half pint humans. It has been exactly what these long days and light evenings were made for. More please!

After chatting to my mates and hearing how good it was, then dropping lots of subtle hints (with a few not-so-subtle ones tossed in too) I wheedled a trip up to Whinlatter. What a place that is! Great for dogs, little people and the big ones too. Wonderful smells, great views, lots of sticks to chase, loads of dog treats in the cafe and I even met Gruffalo and the owl.

When we got back, I did a bit of research on the Interweb thingy and found out that apparently the owl is "wise, slightly vain and somewhat self-absorbed...."

**Who does he think he is ... me?**

The next trip out was to St Bees, where there are miles of golden sand, warm sea, a grass play area ... and some



seriously strange creatures made from jelly that think they are a fish.

I've never seen a fish looking quite like that. One was nearly the same size as me, so I quickly decided that enough was enough and told my pawrents that I was off home, so they needed to get the car started and get me out of there before any more wobbly weirdos come ashore.

On another day we went off to Bassenthwaite to watch the half pints float off into the distance on some blow-up bits of kit, whilst the pawrents lay down in the sun, drinking beer and eating.

What a dilemma for the Tedster - do I stay and help eat the picnic, or go for a swim?

**Decisions, decisions!!!!!!**

I eventually solved the problem by running from one to the other, barking encouragement at every step.

Simple! Why didn't I think of doing that sooner?

I even managed to use the distractions I was causing to stealthily help myself to an unattended sausage roll carelessly left by the people sat next to us.



They said that I was very cute, and it really didn't matter, but Mummy was suitably mortified and made me apologise.

Well worth it though!

The following day, all the exercise caught up with me, so a chilled-out time in the garden was required. I donned my shades and sunhat, then commandeered the comfiest sunbed for an afternoon nap.

Did you really expect anything less?

See you soon, and don't forget to Scoop that Poop.

**Love, Teddy Edward**







## WELCOME TO BABY JUDE

Proud big brother Arthur from Tallentire wants you to meet his little brother Jude Reilly Robinson born on May 14.

Mum Courtney and dad Matthew are rightly very proud of their lovely boys.



### M-Sport 5km race for Bridekirk Dovenby School

On July 26, the M-Sport 5km race took place in Dovenby Hall Estate and raised funds for the school!

This is brilliant news and will really help towards refurbishments and/or new equipment.

## 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](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

Locally  
**ANDYSMANCLUB**  
meets in  
James Walker  
& Co in  
Cockermouth  
on Mondays  
at 7pm



### How to become a VP Goodwill Partner?

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