

BAMPTON PARISH NEWSLETTER FEBRUARY – MARCH 2025



Hello,

January is a special time in the Christian calendar, as we celebrate the season of Epiphany. The word “epiphany” comes from a Greek word that means “manifestation” or “revealing.” During this season, Christians remember how the divine is revealed through the life of Jesus.

The story most associated with Epiphany is the visit of the Magi, or Wise Men, to the baby Jesus. The Magi brought gifts of gold, frankincense, and myrrh, which were symbols of who Jesus was, and what his purpose was. Frankincense symbolized His divinity; myrrh foreshadowed His death; gold indicated that Jesus was a king. As we explained in our school nativity services in December, the crown in Christmas crackers has the same symbolic meaning.

But what was Jesus king of?

The Kingdom of God (or Kingdom of Heaven) is not a physical place or time. It is a state of affairs in which God’s rule is complete. Jesus often spoke about the Kingdom of God. He described it as a state of perfect love, justice, mercy, peace, and truth. It’s a state in which the values of the world are turned upside down: the poor are blessed, the humble are lifted up, the rich and powerful come last.

The Kingdom of God is both here and also not yet. Jesus’ life, death, and resurrection made it possible for us to seek the Kingdom of God without being hampered by sin – the things we do wrong. But the Kingdom is not yet fully

realized, because we still live in a world where sin exists: pain, suffering, injustice and oppression. Christians believe that we are called to live as citizens of the Kingdom. Our baptism (which reflects that of Jesus, which we celebrate during Epiphany) operates like a passport. Through baptism, we have dual citizenship: both this world and the Kingdom of God. With our passport in hand, we are able to make a journey of spiritual discovery. But like a conventional passport, baptism does not oblige us to travel. God doesn't compel us to make the journey.

During Epiphany, we celebrate God revealing His kingdom to the world. The visit of the Magi is a reminder that Jesus came for everyone, not just a select group. Unlike Jesus and his earliest followers, the Magi were not from Judea; they were foreigners from faraway lands. Yet, God guided them to Jesus, showing that His love is for everyone, regardless of their background, culture, faith or status.

This is part of the message of the Kingdom of God. It is inclusive of all. Jesus welcomed outcasts, healed the sick, and forgave sinners. He showed that God's Kingdom is open to anyone who wants to believe and follow Him. Epiphany challenges us to live in a way that reflects this truth: including everyone with any exception in our attempt to heal what is wrong with the world, so that it is more like the Kingdom of God.

The celebration of Epiphany also includes the wedding at Cana of Galilee, where Jesus performed His first miracle, turning water into wine. This miracle was intended as a sign of power, but it also points to the abundance and generosity of God's Kingdom. It reveals that the Kingdom is not a joyless, holier-than-thou place. When the wedding guests have already drunk all that the host provided, Jesus supplies a colossal quantity of additional alcohol! It was a sign that God cares about fulness and joy in every aspect of life. It is a symbol of God's willingness to work with us in transforming our world, so that it might look more like the Kingdom of Heaven.

Stephen

Contact Details

Stephen Tudway, Vicar

01931 719210

Elizabeth Coy, Church Warden

01931 713211

Maureen Barber, Church Warden

01931 713314

From the Registers

Baptism

Zara Hodgson

5th January, 2025

COME AND JOIN US

for

ST PATRICK'S CAFE CHURCH

at 10am on Sunday, 9th February & Sunday, 9th March

when there will Morning Service on each occasion.

Christmas Coffee and Gifts Morning

Once again this event, with its coffee and cakes, Christmas gifts and the usual raffle, was a very successful one – so important, as this continues to be the most significant event in our financial year. The church has, of course, to be self-sufficient and that it owes thanks to the unending generosity of our parishioners and visitors.

So, a big ‘thanks’ to all our friends and neighbours in the parish and, of course, to all the tireless voluntary workers on the day. We raised £728 – quite an achievement.

Christmas Eve Carol Service with Holy Communion

The collection of £150 from this service was sent to The Children's Society. Many thanks to all who supported this worthy cause.

Services for February and March

2nd February – Holy Communion **9.30am**

9th February – Café church **10am**

16th February – No service at Bampton this week, but services are available at Askham – Holy Communion at **11am**; Shap – family service at **10.30am**; and Crosby Ravensworth – Evening Prayer at **6pm**

23rd February – Holy Communion **9.30am**

2nd March – Holy Communion **9.30am**

5th March – An Ash Wednesday service is available at Shap – Holy Communion **6pm**

9th March – Café church **10am**

16th March – No service at Bampton this week, but services are available at Askham – Holy Communion at **11am**; Shap – family service at **10.30am**; and Crosby Ravensworth – Evening Prayer at **6pm**

23rd March – Holy Communion **9.30am**

30th March – A Mothering Sunday service is available at Askham at **11am**

The World Day of Prayer

The service is on **Friday, March 7th at 2pm at St Michael's Shap**. This year the service has been prepared by the women of the Cook Islands.

Everyone is welcome, both men and women.

Lent Lunches

The PCC at St. Patrick's has decided to send £200 to the Salvation Army Food Bank in lieu of Lent Lunches this year. This will continue the tradition of supporting charities through donations from the parish.

Lent Discussion Group

The PCC have decided that, as last year, there will not be a parish Lent Discussion Group. However, if anyone would like to be involved in a discussion, details on talks in the Benefice can be found on the website at <https://northwestmorland.church/>

Bell Ringing

Visiting ringers and anyone who might be interested in learning how to ring are always welcome. Tower Practice dates (see Diary Dates listed at the back of this newsletter) are subject to change from time to time so please contact the Tower Captain in advance on Tel: 01931 716822 in order to confirm a date and time before your visit. Thank you.

Bampton PCC

Half Marathon 2nd March all day

The marathon starts at Bampton Memorial Hall, so please be aware that cars will be parking in the field and there will be people running up to Haweswater and back. Spectators, and family and friends are welcome at the hall from **8am-4pm**. On sale will be refreshments. We look forward to seeing you there.

Lesley White lesleyawh@aol.com

Bampton Walkers

As mentioned in an earlier newsletter, we have been enjoying some walks over the past few weeks. The next ones are planned for **Tuesday, February 4th** and **March 4th**. Meet at BMH at **10am**. The route will depend on the weather, probably lasting up to 4 hours. Everyone welcome.

For any further information, please contact Alison Jones, 713350

Rainfall 2024 – Mill Craggs – Bampton – A Disappointing Summer?

The year just ended was the 32nd of recording rainfall for Mill Craggs and was the 10th wettest at 1,670mm. Rainfall was only 2mm less than 2023 but the spread was markedly different. A wet first six months was followed by a relatively dry second, the exact opposite of 2023.

November was the driest month, only 30% of average while April was relatively the wettest with 284% of average. 6 months were below average, including September to December.

January started with a wet day followed by 2 weeks of frosty nights and cool days. Storm Isha from 21st followed by Storm Jocelyn brought nearly 200mms of rain and the month closed with another 50mm. January was wettest month of 2024, 288mm, 157% of average and the 5th wettest January recorded. 12 days of sub zero temperatures were recorded.

February and March together didn't total rainfall of January and were relatively mild.

April experienced Storm Kathleen as part of a wet and windy first 10 days, 140mm. But the month ended with some warm sun which continued into May until wet weather returned on 22nd and 23rd with 80mm. June rounded off the first half year with an exceptionally hot spell until the 18th and from then it was showers.

July and August were both disappointing for holidaymakers, dull and damp with Storm Lilian rounding off a poor summer.

An unusually early frost occurred on 13th September which preceded a sunny warm and dry spell. Wetter weather returned on the 24th. October was notable for a spell

of wet weather, 100mm from 16th to 21st and only 1 day when temperature fell below zero.

No significant precipitation was experienced in November until snow fell on 23rd and Storm Bert occurred on 24th but overall it was the second driest recorded which was 2004. The year concluded with Storm Darragh on 7th and 8th and a deluge on 31st when 55mm fell. December precipitation was only 89% of average and there were only 2 days when a below zero temperature was experienced, the mildest for many years.

There is an upward trend in total annual rainfall (see Note 2 below). Therefore will there be more flooding in years to come as predicted by the “experts” at recent presentations in the parish?

Will 2025 buck the trend? Certainly it has been a very picturesque few days with snow clad fells.

	Rainfall mm	% of Average 1993-2023	Min Temp
January	288	157	-8.6c
February	105	69	-3.2c
March	149	133	-3.5c
January-March	542	121	
April	212	284	-4.0c
May	139	166	5.0c
June	79	93	2.0c
April-June	430	177	
July	102	114	3.5c
August	136	127	3.9c
September	76	70	-1.1c
July-September	314	103	
October	153	51	-17c
November	52	101	-6.6c
December	179	117	-2.9c
October-December	384	73	
January-June	972	141	
July-December	698	84	
TOTAL 2023	1,670	109	

- Note 1) Driest Year 1996 952mm. Wettest 2015 2,154mm. Average 1,530mm
- 2) 10 Year Average 1993-2002 1,401mm, 2003-2012 1,538mm, 2013-2022 1630mm.
- 3) Correction for 2023 Report % of Average 1993-2022 January 143, February 14, March 191.

David Cooke

Bampton REMOTE cinema

Saturday 15th February: Swede Caroline (2024, cert 15, 1 hour 38 min) Comedy

Saturday 15th March: Sightseers (2012, cert 12, 1 hour 28 min) Comedy

Saturday 12th April: to be decided

Swede Caroline: Giant vegetable grower Caroline seeks to unearth the truth surrounding her pilfered prize marrows. Prepare to enter the quirky, sometimes slightly criminal landscape of village fete competitions. It could never happen in Bampton of course.....

Sightseers: Chris takes his girlfriend Tina on a dream caravan holiday taking in the sights of North Yorkshire and Cumbria. An innocent-sounding tale that becomes unpredictable and twisted...the ending will take your breath away. Prepare for some strong and dark comedy.

Supper plus film tickets for **Swede Caroline** will be on sale from **Wednesday 29th January to Wednesday 12th February** every morning at our brilliant Bampton Shop and tearoom: tickets are **£12 adult; £9 under 16**. Politely, please pay for your ticket at the point of receiving it; adult/U16 is indicated; the vegetarian option is marked clearly with a tick. Film only tickets are available on the door on the night at £5 adult; U16 £2.

Ticket sale dates for **Sightseers** are **Wednesday 26th February to Wednesday 12th March**. We sincerely apologise that we can't take card payments.

All our trademark entertainment is available: bar courtesy of the village hall, ice-creams from Abbott Lodge, wonderful cooking, short interval.

Screening starts at **7:30pm** and supper is served, (in the village hall) at **6pm**.

Thank you to all our amazingly talented cooks for the meals we have enjoyed forever. And thanks to our lovely audience who loyally come along for film nights. You're always sure of a very warm welcome!

For general cinema enquiries please phone 01931 713311 or 07895 354486

Hazel, Mike, Dave, Sue, Anna, Lucinda: Bampton REMOTE Film Committee

Bampton Valley Stores

We're now getting close to a year of having operated Bampton Valley Stores on a volunteer basis as a partnership between Askham Stores, Bampton Trust and the pub. The increasing support from folks in the Parish is very much appreciated as you rely on us being open, having good stock and always being ready for a friendly chat. One of our biggest trading days recently was in the middle of the January snow! It was great to see and support so many at a challenging time.

We're now planning longer hours again for Spring and Summer. We'd welcome anybody who has a few hours available on an occasional basis to join the volunteer team. Work at the Stores has proven over the last year that it's straightforward, fun and rewarding. It's a great way of meeting and supporting your neighbours in the Valley as well as greeting visitors.

If interested, please either chat with one of the volunteers in the Stores or just send a quick email to stores@bamptontrust.org to make a connection.

See you soon in the shop!

Bampton Valley Stores Volunteers

Bampton & District Local History Society

The first meeting in 2025 of the Bampton & District Local History Society, (BDLHS), due to be held on 7th January, was postponed for one week due to the icy and potentially dangerous conditions. The meeting, held on 14th January, received a fascinating presentation from Bronwen Riley of Rosgill, on the presence of Romanians on Hadrian's Wall at the time of the Roman occupation, and in Britain in modern times. The next meeting of the BDLHS will be held on **Tuesday, 4th February at 7.30pm**, when the speaker will be Sarah Banks of Askham, whose subject will be "Vicars of Askham from 1600 to 1925", which promises to be "quirky, unexpected and shocking". On **Tuesday, 4th March at 7.30pm**, the speaker will be Val Fermer from Ravenstonedale, when the subject will be "Economic Migration in the 1800's for Westmorland Families". Looking further ahead, on **Tuesday, 1st April**, Andy Lowe will be making a welcome return to Bampton, when his subject will be "Wrestlers, Crucks and Mullions". The usual themed refreshments will be provided.

Meetings of the BDLHS are held in Bampton Memorial Hall, and are open to members and visitors. Anyone interested in joining the Society should make contact with the Membership Secretary, Heather Pitt. (01931 719187).

Andrew Yates, Chairman BDLHS

Tinclar's Library

The library will be open every **Monday from 12 noon until 2pm** throughout February and March. In case of any queries, please contact Tinclarlibrary@icloud.com

Sue Bletcher, Trustee

Le groupe français

La nouvelle année nous voit reprendre nos activités autour de la langue française. Nous n'avons pas d'objectifs particuliers, si ce n'est de profiter de la compagnie des uns et des autres et d'enrichir notre vocabulaire...le tout à un rythme très doux. Vous êtes les bienvenus aux dates et horaires indiqués à la fin de la newsletter.

Marion Jones (713555) mjoneskili@gmail.com

Mardale Inn February Update

We've been getting ready for Spring at The Mardale with a mini-refurb. Colleagues, volunteers and local trades came together to do a deep clean, decorate, do minor repairs and make a number of improvements. With our new Winter Menu now on, featuring a number of local specials like Rosgill Hall Soay Hoggett Shepherd's Pie and Wild Haweswater Venison it's a great time to revisit our pristine pub (some of the specials are subject to availability because they're all cooked fresh and supplies can be limited!).

Our relaxed and popular **Community Wednesdays** continue to feature during February before the pub reverts to normal opening again in March. Before then, come and enjoy a simple £9 main meal along with discounted drinks while earning points for future special visits on your Loyalty Card.

On **Wednesday, February 5th** it's Pizza Night; on **February 12th** it's Chilli Night; on **February 19th** it's traditional Pie & Peas; rounding off on **February 26th** with

Chef Nick's special Swiss Night. We always encourage booking for a Community Wednesday meal either online at www.themardaleinn.com/eat or by calling the pub on 719202.

Other events upcoming include **Friday, February 14th** when it will be Valentine's Night with a special menu and a few extra treats on the house. Our next Pub Quiz is on **Sunday, 23rd February**. We'll also be showing key rugby Six Nations games kicking off with Ireland vs England on **Saturday, February 1st at 4.45pm**. All England matches will be shown along with some of the big Wales, Ireland and Scotland clashes. The games to be shown, and everything else happening at The Mardale, are listed on the Events section of www.themardaleinn.com.

Finally, we have two key changes with our food offer for Spring. Starting in late February and running through April, we'll be trialling a small **takeaway menu** to particularly support our farming friends during lambing (others are very welcome to use it too!). Look out for more details on Facebook, email and in the pub during February about what's on and how to order.

From **Friday, February 7th** we'll be launching a **new lunch menu** for Fridays and Saturdays with lighter options available like soup and toasties, omelette and flatbread, while still keeping on favourites like our renowned Loweswater Gold beer battered fish and chips.

We look forward to seeing you again soon in The Mardale!

The Mardale Inn & BVCP Team



CEILIDH DANCE

Saturday, 1st March 2025, 6.45pm-11pm, Village Hall, Askham, Penrith, CA10 2PG

Come and join us for a night full of dancing and live music, all to raise money for Penrith Mountain Rescue Team. There will be music

from Blue Jam, a pie and pea supper, raffle, and a licensed bar!

Please purchase tickets in advance. Adults £15: Children 5-16 years £9: Under 5's free

Email: friends@penrithmrt.org.uk

Tel: 07867 313207 or 07746 866655

Or buy at Askham Stores, Askham, Penrith, CA10 2PG (opening hours only)

Please notify of any dietary preferences at the time of booking.

To find out more about the Team go to www.penrithmrt.org.uk (Registered Charity No. 505809)

Bampton Pilates



Pilates is continuing in Bampton Memorial Hall at **5.30pm and 6.30pm on Monday evenings**. Every class has a different focus, and we use different equipment to facilitate improving our strength, mobility and flexibility. All equipment is provided. Please contact Alexis on 07411 902674 or penrithpilates@gmail.com

50/50 Club 2025

Thank you to everyone who has purchased numbers for this year's 50/50 club, may you have a 'Lucky Number'. Your numbers are displayed in the Village Store along with the list of the winners of the January 2025 draw.

1st Prize: £20 No. 33 Carole Willett

2nd Prize: £12 No. 24 Petra Russell

3rd Prize: £10 No. 61 Amy Lucas

Hopefully it will be your number in next month's draw.

If you would still like to purchase a number, do get in touch as there are still numbers available. The draw takes place around the 15th of each month.

What happens to the money? 50% of the entry monies received is given in prizes and 50% is donated to Bampton Memorial Hall. The amount of the monthly cash prize is worked out depending on the number of Numbers purchased, with a bigger cash prize for the December Draw. (£50, £26, £20)

With last year's money we purchased new dishes for the kitchen, lots of everyday glasses that can live in the kitchen rather than the bar and a fabulous new tea pot.

Lucinda Weymouth, 713245, info@cumbriahorsetrials.com

Community Lunches

The monthly Community Lunch in the Memorial Hall will continue on the dates below. We will be offering a choice of soup and pudding, home-made bread, tea or coffee and chocolates – and the price has remained the same at £5.00 per person.

The dates are as follows:-

26th February

26th March

Doors open at 12 noon.

If you would like to join us but cannot get a lift, please contact Jane Storey on 01931 713490. We look forward to seeing you all again.

A little update from the Parish Council.

This is slightly hot off the press as we only had our meeting last night, so I'll try to keep it brief! Firstly, we'd like to thank all parishioners who've attended meetings or spoken to the PC (parish council not public conveniences!) about local issues over the last year. Personally, I'd like to thank our Councillors and Clerk for their work over the last year, in particular Neil Hughes who has recently resigned after many years on the PC. Into this vacancy has stepped Tom Hodgson. I would like to think as far as PCs go we're reasonably varied in age and background; so hopefully Tom will add to the mix having grown up and now farming in the parish. Additionally, this year we have started taking some advertising of local businesses on the Parish website, with the idea that the funds from this could go towards work in the Parish. This was led by Suzanne and this year's funds will go towards sprucing up the bus shelter at the bottom of the Howes. If you have a business you would like to advertise then details can be found on the website as to how to go about this.

Outside of day to day PC issues (planning, green waste skip, street lights etc) some of the issues we've been involved with this year include but are not limited to: fruit trees for the Coronation at Bampton, Bomby and Butterwick; various highways

reports (I was glad to see the council out with the drain vac earlier this week); flooding and river concerns (both with W&F and other authorities); hopefully we've encouraged a few people on to the Cumbria Connect meetings and encouraged their engagement in the parish, with Dave attending some of the first meetings for the PC); flooding mitigations (Alan applied to W&F for gauges and additional signage on particularly flood hit road sections); set up a PC Facebook group (Suzanne) which provides useful info on the PC and W&F; liaised with W&F on reports of dog fouling (they have been out to the parish to inspect and provide additional signage); the Beacon on Knipe Scar for D-Day memorial (various councillor's and Wils and Stead, - I think Stead deserves much thanks for all his years of sorting out Parish beacons!!); and attended Lake District National Park Parish liaison meetings to raise local issues (flooding and tenant farming).

Onto the coming year: we are planning to hold a Boon day on the **26th of April**. As ever this is a good opportunity to give the parish a spring clean, so please come along to help with litter picking or pruning the willow tunnel. It was great to see quite a few people attending last year.

Otherwise, our meeting dates in the next year are all starting at **7pm** in the Memorial Hall on the following dates:

Tuesday, 18th March 2025

Tuesday, 23rd September 2025

Tuesday, 20th May 2025

Tuesday, 18th November 2025

Tuesday, 22nd July 2025

Everyone is welcome to attend whether you have an issue or just want to know what we get up to.

India Tuer (Bampton Parish Council Chair)

News from the RSPB at Wild Haweswater

Hi Bampton newsletter readers,

I'm Annabel, the RSPB's People and Partnerships Manager at Wild Haweswater, with another update from the RSPB's work at the site, in partnership with our landlord United Utilities.

In the last few months, if you have walked through Naddle Farm where our office is, you'll have noticed that we're a bit of a building site at the moment. This is due to the restoration of our Spinning Barn. Whilst not a listed building, it has cultural heritage significance for when it was used by farm workers of the past for spinning wool. Thanks to funding from FCC Communities Fund and private donors, we've been able to restore this old barn that was in a state of disrepair, bringing back as much of its original look as possible (e.g. replacing the concrete plinths with wood, as it would have been). We don't currently have any proper indoor space hosting the groups and events we have visiting our work at Wild Haweswater. This doesn't matter too much, as we spend most of our visits outdoors, but the restored Spinning Barn will provide a welcome space for us to host people. Part of it will also be a science lab for our conservation scientists, who monitor and evaluate our landscape restoration work. We're hoping for completion in April/May.

Our large-scale tree planting scheme on Mardale Common, mentioned in previous newsletters, is well underway. As you can imagine, this is challenging work in a steep, boggy environment to get all the materials (wooden posts and metal mesh) up to the site for building tree cages to protect the trees. We're using bog mats as

much as we can to protect the ground from the wheels of our quad bike, but inevitably in the wet weather of winter (which is tree planting season), some temporary cutting up occurs, which we're keeping to as minimum effect as possible.

If you're keen to learn more about our native trees in Naddle Forest, why not book a place on our upcoming Tree ID for Beginners events on **12th and 15th February?** Details on our website.



As we move into March (with hopefully some better spring weather), we'll be starting bird and plant survey season around the site too.

For more information on our work and events, or to get in touch, visit www.wildhaweswater.co.uk. If you're on social media, don't forget to follow us @WildHaweswater on Facebook, X and Instagram. See you next time!

Annabel

Restoring Nature from Penrith to Kendal: Who is Cumbria Connect?

Cumbria Connect is the local nature recovery programme working in the Lowther Valley. Funded by the Endangered Landscapes & Seascapes Programme, it is one of the largest programmes in the UK and we are focused on restoring nature across 420 square kilometres in eastern Cumbria stretching from Penrith to Kendal.

Our team of 18 are collaborating with farmers, landowners, conservationists and our local communities to create a bright future for wildlife and people.

To date, our partnership has helped reintroduce water voles back to Cumbria, created more than 2,000 hectares of woodland, worked with more than 30 farmers and started more than 25 science collaborations.

Together, we're bringing nature back, one wildflower meadow, hedgerow and restored pond at a time.

Our new website connectfornature.org.uk is now live, where you can find updates on our projects, events and read blogs on our work. Sign up for our newsletter via the sign up on our website to receive regular updates to your inbox.

Local Research in Askham/Bampton and the surrounding area

Two exciting social science research projects are currently taking place in the area as part of Cumbria Connect. Local researcher and social scientist, Alix Syder would love for you to get involved!

What is social science?

Social science helps us understand how people, nature and places interact. Real change starts with listening and by incorporating local knowledge and respecting the voices of diverse perspectives we can create a better future for both people and nature.

Meet Alix Syder

Alix is the researcher leading these two important projects and is eager to hear from local residents. She began her career in Somerset as a farm cluster facilitator on the Mendip Hills. She has since worked with farming communities in the North Pennines, Cairngorms and mid-Wales, studying how people value and use upland

landscapes. She loves to meet and talk with farmers and communities to understand what is important to people about the land they farm and landscape they live within.

Places that Matter

Alix wants to hear what makes this landscape special or important to you. Over a cup of tea, share your stories and photos of places that are important with Alix: whether it's a favourite spot, memories from a particular occasion, features of the landscape – both positive and negative – and changes you have seen.

No photography skills required – just share what's meaningful to you!

Your conversation will be anonymised and photos will only be used if you give consent.

This research will help inform the future design of Cumbria Connect's project activities and to monitor changes in the landscape.

Farming Voices

If you're a local farmer or land manager, Alix would love to hear about your land, animals and the challenges, changes and opportunities you face.

Alix can visit your farm, walk around your land and listen to your story. In particular, she'd love to hear what is important to you about the land and animals you farm, your goals, values and motivations for managing the land.

She's happy to lend a hand with any farm labour she can help with as a thank you for your time!

How to take part

If you are interested in taking part in either of these projects, or would like to learn more about social science research at Cumbria Connect, call or text Alix Syder on 07511 165058, or email at Alix.Syder@rspb.org.uk.

For more information on Cumbria Connect please visit our website www.connectfornature.org.uk

About Cumbria Connect

Cumbria Connect is a nature recovery programme focused on restoring nature across 420 square kilometres in eastern Cumbria, from Penrith to Kendal. We are collaborating with farmers, landowners, conservationists and our local communities to bring nature back, one wildflower meadow, hedgerow and restored pond at a time.

*Bailey Lamburn, Communications Manager – Cumbria Connect
Mob: 07725 217877*

Bampton Community First Responder Team

If you think you'd like to join the team and help provide essential emergency cover for the local community please feel free to get in contact with me for an informal chat or look at the NWS CFR page <https://www.nwascfr.com>

All applications are submitted through the web page and are confidential.

If you feel unwell and think it is a medical emergency DIAL 999 or 112 and ask for AMBULANCE. Any on call CFR's will then be tasked by Ambulance control to attend if appropriate. CFR's will not be tasked to attend all 999 calls but will be asked to attend the following type of emergencies: abdominal pain, severe allergic reaction, breathing problems, fitting, diabetic emergency, chest pain, stroke, loss of consciousness, collapse, cardiac arrest, respiratory

arrest, some trauma. We will not normally be tasked to any incident involving children under 12.

Christine Gillespie, Bampton CFR Team 07771934996 christinehillski@gmail.com

Bampton Mobile Post Office

Bampton Post Office operates from the Memorial Hall on **Wednesdays between 9.00 – 10.30am**: most postal services continue to be available from this mobile unit.

The local bus

A warm welcome awaits you on our friendly, weekly Fellrunner **Thursday** bus service. The bus will go down **Rosgill Hill at 10.10am**, then travel via **Bampton Grange (10.18am)** to **Burnbanks (10.25am)** and leave **Bampton at 10.34am** to arrive (via Morrisons) at **Penrith Bus Station at 11.05am**. The return bus will leave **Penrith Bus Station at 1.45pm** to arrive back in **Bampton at 2.16pm**, **Burnbanks at 2.25pm** and **Rosgill at 2.40pm** (subject to passenger requirements). Bus passes can be used and children under 16 years travel free.

Bampton Village Website www.bamptonlakedistrict.org.uk

Please send any updates for the website to Chris Cant on chris@phdcc.com or 713240. Any new photos very welcome.

PLEASE NOTE EARLIER DEADLINE FOR THE APRIL/MAY ISSUE IS 5PM ON TUESDAY 18th MARCH.

Please send all items to:

Heather Pitt (Tel no: 01931 719187) pathfinders2728@gmail.com or

Bridget Kelly (Tel no: 01931 716822) bridgetkelly1010@gmail.com

PARISH DIARY

(Note MH = Memorial Hall)

FEBRUARY

Su 2nd	Holy Communion, 9.30am
Mo 3rd	Tinclar's Library, Church Hall, 12-2pm Pilates, MH, 5.30pm and 6.30pm
Tu 4th	Bampton Walkers, MH, 10am BDLHS, MH, 7.30pm Talk by Sarah Banks
We 5th	French Group, Small Hall, 2-3pm Indoor Bowls, MH, 7pm
Th 6th	Bell Ringing practice, from 2pm
Su 9th	'Café Church', Church Hall, 10am
Mo 10th	Tinclar's Library, Church Hall, 12-2 Pilates, MH, 5.30pm and 6.30pm
We 12th	Indoor Bowls, MH, 7pm
Th 13th	Bell Ringing practice, from 2pm
Sa 15th	Bampton Cinema, MH, "Swede Caroline". Doors open 7pm
Su 16th	No service

Mo 17th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 Tu 18th Bampton Parish Council Meeting, MH, 7pm. All welcome
 We 19th French Group, Small Hall, 2-3pm
 Indoor Bowls, MH, 7pm
 Th 20th Bell Ringing practice, from 2pm
Su 23rd Holy Communion, **9.30am**
 Mo 24th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 We 26th Community Lunch, MH, from 12 noon
 Indoor Bowls, MH, 7pm
 Th 27th Bell Ringing practice, from 2pm

MARCH

Sa 1st Ceilidh, 6.45pm Askham Village Hall
Su 2nd Holy Communion, **9.30am**
 Haweswater Half Marathon, MH, 8am-4pm
 Mo 3rd Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 Tu 4th Bampton Walkers, MH, 10am
 BDLHS, MH, 7.30pm, Talk by Val Fermer
 We 5th French Group, Small Hall, 2-3pm
 Ash Wednesday service at Shap – Holy Communion **6pm**
 Indoor Bowls, MH, 7pm
 Th 6th Bell Ringing practice, from 2pm
 Fr 7th The World Day of Prayer, 2pm, St. Michael's, Shap
Su 9th 'Café Church', Church Hall, **10am**
 Mo 10th Tinclar's Library, Church Hall, 12-2
 Pilates, MH, 5.30pm and 6.30pm
 We 12th Indoor Bowls, MH, 7pm
 Th 13th Bell Ringing practice, from 2pm
 Sa 15th Bampton Cinema, MH, "Sightseers". Doors open 7pm
Su 16th No service
 Mo 17th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 We 19th French Group, Small Hall, 2-3pm
 Indoor Bowls, MH, 7pm
 Th 20th Bell Ringing practice, from 2pm
Su 23rd Holy Communion, **9.30am**
 Mo 24th Tinclar's Library, Church Hall, 12-2pm
 Pilates, MH, 5.30pm and 6.30pm
 We 26th Community Lunch, MH, from 12 noon
 Indoor Bowls, MH, 7pm
 Th 27th Bell Ringing practice, from 2pm
Su 30th Mothering Sunday service at Askham, **11am**
 Mo 31st Tinclar's Library, Church Hall, 12-2pm