

SHAP TODAY

April/May 2025

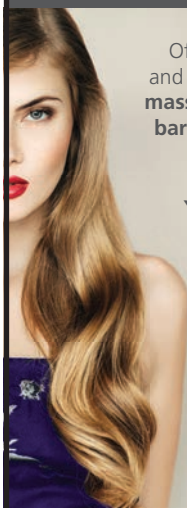


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Upcoming Events...

Saturday 19th April

Easter Bunny Bounce at 1pm
(raising money for Shap Playgroup)

Sunday 20th April

Live Music Caroline Charters from 8pm

Sunday 4th May

Live Music Pete Lashley from 8pm

Sunday 25th May

Live Music Dads Army from 8pm

Check our Facebook page for further
information and opening hours

Save the Date...

11th, 12th & 13th July 2025

Shap Beer Festival

VILLAGE CONTACTS

CLERGY

Church of England	The Rev. Stephen Tudway , Morland Vicarage	01931 719210
	stephen@northwestmorland.church	
	Ruth Hutchings , Growing Younger Minister	07436 199924
	ruth@northwestmorland.church	
Roman Catholic	Elaine Allison , Lay Minister	01931 716771
	Elizabeth Grose , Churchwarden	01931 716119
	Derrick Newsome , Churchwarden	01931 716795
	Father John Winstanley , St. Catherine's Rectory, Drover's Lane, Penrith	01768 862273
Methodist	The Rev. Stephen Radford	01768 371202

C OF E SCHOOL

Headteacher	Katie Chappell	716274
Friends of Shap School (FoSS)	Rachael Newton (Chairperson) friendsofshapschool@hotmail.com	
Playgroup Leader	Glenis Furness , The Courthouse	07519 701675
Mothers Union	J. Wood , Waters Farm	716273
Parish Council	George Grace parishcouncil@shapcumbria.co.uk	716743
Brownies (Lowther)	Kath Pearce , 3 Cooper's Place, Askham	712635
Beaver Scouts (Boys & Girls 6-8 yrs)	Emma Pattinson	07730 097509
Cub Scouts	Mike Freeman dc@edenscouts.org.uk	03333 393710
Junior Youth Club	Kim Lightburn Vanessa Yerbes Ballesteros	07743 285652 716359
Bell Ringing	J. Labram , Spout House, Keld	716311
Wasdale Flats	Office	716425
Bowling Club	Jenny Smith (Secretary)	716958
Memorial Hall	Jean Jackson	07483 233666
Shap Local History Soc.	Jean Jackson	716671
Eden Adult Learning	edenadultlearning@cumbria.gov.uk	07468 709606
The Old Courthouse	admin@theoldcourthouse.org	07555 021295
Shap Swimming Pool	info@shapswimmingpool.co.uk	07512 466172

Front cover image by Patrick Neaves

Articles/information for future issues of the magazine can be left at
The Old Courthouse Reception or emailed to cdc@shap.cumbria.sch.uk.

Closing date for June/July 2025 - 15th May

Shap Village Stores



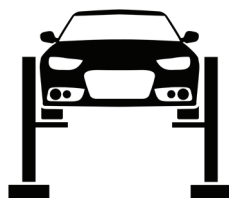
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SHAP OUTDOOR '25 FESTIVAL

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26th April - 26th May

www.theoldcourthouse.org

The Old Courthouse, Shap

April

Sat 26th Exhibition opens at The Old Courthouse

May

Sat 3rd Red Squirrel watching at Shap Wells

Sat 10th Temperate Rainforest Walk with Cumbria Woodlands

Mon 12th Full Moon Forest Bathing with At Natures Pace

Tues 13th Plantlife 'Temperate Rainforests' talk at The Old Courthouse

Wed 14th WildFood UK Forage & Feasting walk

Thur 15th RSPB Wild Haweswater Not Quite the Dawn Chorus walk

Thur 15th Science & Nature talk at The Old Courthouse

Fri 16th Living with Beavers talk at The Old Courthouse

Sun 18th Family Natures Explorers walk & explore

Tues 20th Cumbria Connect Venison & Deer Management talk at The Old Courthouse

Wed 21st Cumbria Lichens talk at The Old Courthouse

Sat 24th Deer Management for Nature Conservation walk

Sun 25th Cumbria Lichens - Information & Identification walk

Mon 26th Exhibition closes



For more information, visit www.theoldcourthouse.org





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Please contact me either by:
Facebook my page is
CakealiciousShap

Or call Teresa on 0751 7673361

“For everyone born, a place at the table”, Hymn - Shirley Erena Murray

As we journey through Lent, our minds move forward to the destination of the journey – Jerusalem – to a table with the disciples gathered round it. Jesus kneels at the feet of each disciple – from the ‘one Jesus loved’ to the betrayer, from the one who would deny Him to the doubter, to each one of them (and us!) – all are welcomed and loved at the table. Jesus takes on the role of a servant, fulfilling the humblest of tasks – the Lord of all creation, humbly kneeling at our feet and then inviting us to eat broken bread and drink poured out wine – to remember Him and His love for us.

In a painting by Sieger Koder entitled ‘The meal with sinners’, gathered round the table is a motley collection of characters – seen from Jesus’ perspective. All that is seen of Jesus are his hands (bearing the marks of the cross) holding bread which has been broken and shared. Who has come to this table, to eat with Him? We see a man wearing a Jewish prayer shawl – a reminder of the Commandments. There are three women – one with a mourning veil on her head, representing the suffering of the world; one who is old and poor, reminding us of the widow’s mite; and the third a sinful woman holding her hand to her heart – perhaps prefiguring the pouring out of her love as she wept at Jesus’ feet. A clown sits opposite Jesus – reminding us of the foolishness of the gospel; and next to him a figure representing Dietrich Bonhoeffer – the German pastor and theologian, who was executed for his faith during WWII. The final figure is an African-American who has been injured in his struggles. Each figure sits at the table, most looking towards Jesus as He offers Himself to them – and us; Jesus sees them all and opens His hands in love and grace.



The question posed for us by the painting is ‘who is welcome at the table of Christ?’ The Bible reminds us that Jesus Christ died for each and for all. As Jesus breaks the bread, he says, ‘This is my body, broken for you’ and a short time later, His body was literally broken and His blood poured out on the cross. He offers Himself for all and to all, and invites us to receive His invitation. All who are willing to receive Him, will feast at His table.



The second picture, painted by Roy D’Maistre, is one of the Table at Emmaus. The two disciples look at Jesus; the shadow of the cross is seen over the table, but now it is light. Jesus breaks the bread and they recognize Him, a moment of revelation that Jesus Christ is **alive** and then He is gone – and they say, ‘Did not our hearts burn (with joy) while we talked along the way?’

In this challenging, changing, confusing world – be assured Christ Jesus is with us, even when unseen or unrecognised and He offers you – and all of us – a place at His eternal table. David wrote in Psalm 23, ‘Thou spreadst a table before me, in the presence of mine enemies’ – sin and death are overcome. God’s love bids us welcome! Come! Today there is a place for you (and me) at the table! God bless you this Easter in Jesus name.

Rev Stephen Radford

PS The painting by Roy D’Maistre is part of an exhibition by the Methodist Modern Art Group, being held at Kirkby Stephen Methodist Church from 14-28 April. All welcome!

2025 Claiming Dates

Sat 30th August

Village Show in the Memorial Hall

Sat 6th December 10 -11.45

St Michael's Christmas Coffee Morning, M. Hall

Market Dates:

26th April, 24th May, 28th June, 26th July, 23rd August,

27th September, 25th October, 22nd November, 20th December



Shap Farmers' and Makers' Market

9am -1pm

Food/Art/Craft/Plant stalls
plus much more - indoors and outdoors
**Shap Outdoor Festival exhibition -
organisation stands, activities**

Saturday 26th April

Music on the Terrace 10.30am - 12.30pm

***Shap Community Band* and Friends**

Saturday 24th May

Music on the Terrace, 10.30am -12.30pm

The Lidos, 50s/60s cover versions

The Three Inch Fools present...

The Most Perilous Comedie of Elizabeth I

Keld Village, near Shap, CA10 3QF

24 June, 7pm - picnics from 6pm

Tickets from www.threeinchfools.com

Elizabethan theatre is flourishing. But will a brand-new Tudor musical romp, in which Good Queen Bess takes to the stage herself, be the making of this heroine or spell the beginning of her downfall?

The stage is set for regicidal rivalries, devious dramatics, and plotting playwrights. Beset by misunderstandings and a script that...let's just say... needs some work, this production promises to be largely historical, always hysterical.

As the old saying goes...thy show must go-eth on!

This is an outdoor performance, and will go ahead, come rain or shine



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SHAP COMMUNITY ENTERPRISE

The following grants awarded at February meeting;
Shap Swimming Pool - £4,000 for replacement shop window, pool vacuum and general repairs

Shap Football Club - £700 for line marking machine and markers

Wasdale Residents Association - £780 for 1 year of free community craft sessions (open to all Shap residents)

Total grants this quarter £5,480.

The next meeting of the Trustees is 8th May.

Applications to be received by 30th April.



Bus Charity reaches 10 Year Anniversary (1st February 2025)

This week, The 106 Bus Partnership celebrates its 10th year of running the 106 bus service between Kendal and Penrith. The Partnership was set up in the wake of the withdrawal of bus service subsidies across Cumbria in 2014 which resulted in many rural bus routes being cancelled.

With vulnerable residents left isolated and unable to get into key service centres such as Penrith or Kendal, local Councillors and residents joined together to find a solution. The partnership initially launched with seed-funding from Parish Councils along the route and a grant from Eden Housing Association. For the first two years the service operated under the accountable body of the County Council but soon moved to form as an independent charity in 2017.

Recognising the challenges of rural transport, specifically the long distances and low passenger numbers, the Partnership sought to develop a gap-funded model. Every two years the Charity holds an open procurement, inviting bus service operators to tender to run the route. The operators are paid a commercial rate, and fares collected by the service are used to contribute towards the cost of the bus, the charity then raises funds to pay for the inevitable gap between the cost of running the service and the fares collected. Over the past 10 years the Charity has delivered a bus service on 1324 days, carrying almost 65,000 passengers, of which more than 75% have been bus pass users. Over this same period, the Partnership has paid more than £250,000 in contract fees and has raised £94,000 in funds through grants, donations and fundraising activities.

Shap Parish Councillor and 106 Bus Committee member, Alan Sowerby commented, "It was awful when we lost the bus service; many people were left feeling very isolated, so a group of us got together to plan how we could make it work. Folk in Shap and other villages along the route really value the service and the work that the committee and trustees put in to keep it running.

We weren't sure how long we could keep it going for initially but it has stood the test of time and remains very popular so will hopefully be around for many more years to come. Much of this is down to the continued support of the parish councils from along the length of the route.

The route is currently run by Cumbria Classic Coaches, which are really good at looking after the passengers; it's like a family onboard the bus, with everyone looking out for each other. The driver, Ian is always welcoming and keeps an eye out for people who need any extra help. They even have a whip-round on the bus to buy chocolates for the children at Lowther school at Easter and Christmas."

For further information, please contact the 106 Partnership Secretary, Libby Bateman on 07759665233 or mail@libbybateman.com

SHAP BOWLING CLUB

The Bower, Memorial Park, Shap



SATURDAY 5th APRIL 2025

9.00am to 12.00 noon

SPRING COFFEE MORNING

Tea, Coffee, Cakes

SUNDAY 6th April 2025

2.30 to 4.30pm

BOWLING OPEN DAY

Come along and try bowls



Shap Local History Society Meetings at The Old Courthouse 7.30pm

Monday 28th April

Maurice Steele's audio visual presentation
Wonderful Woodlands (tribute to the Ash tree)

Monday 19th May

Short AGM followed by **Ann Taylor (Upper Eden LHS)**
Rev. James Simpson, Historian and 'Bishop' of Shap

Admission - Members £1.50, Visitors £3.50

Note: Subscriptions are due for renewal (£10 individual/ £15 for couples).

Shap Medical Practice

Coffee Morning

Saturday 26th April

10am-11.30am

Members of the PPG, Practice Manager, GPs and Nurse in attendance to talk about the developments of the Surgeries and PPG.

Demonstrations of equipment purchased via the equipment fund.



Refreshments are free to all our patients.

Easter Coffee Morning



Saturday 19th April

10 - 11.30am in

St Michael's Church

Bring & Buy Cake Stall

Chocolate Egg Draw

Easter craft activities for children

CHURCH NEWS

ST MICHAEL'S CHURCH

5th April	7.00pm	Service of Welcome for Revd Chris Smith at Crosby Ravensworth
6th April	10.30am	Methodist Service
13th April	10.30am	Palm Sunday Family Service
17th April	6.30pm	Maundy Thursday, meal and informal communion
18th April	12noon – 3pm	Walk of Witness
20th April	10.30am	Easter Sunday Communion
27th April	10.30am	Holy Communion
4th May	10.30am	Methodist Service: Commemoration of VE Day
11th May	10.30am	Holy Communion
18th May	10.30am	Family Service
25th May	10.30am	Holy Communion

Other Easter services and events across the North Westmorland Benefice

From Palm Sunday, Hodge Hill Stations of the Cross in Crosby Ravensworth, available every day for two weeks, for self-guided viewing.

Holy Week	7.00pm	Talk Series, Prayer: A JOURNEY BACK IN TIME TO AD33 IN 3 PARTS Monday at Cliburn, Tuesday at Clifton, Wednesday at Morland
Good Friday	7.00pm	Stations of the Cross, Crosby Ravensworth
19th April	6-8.00pm	Holy Saturday, Youth campfire and Easter vigil, Crosby Ravensworth
20th April	7.00am	Dawn Service (Communion, refreshments), Askham
21st April	4pm	Easter Sunday Songs of Praise at Crosby Ravensworth

Wasdale Services 2pm on the fourth Tuesday of the month

For more details of services and events taking place in other North Westmorland Parishes, visit: <https://northwestmorland.church/>

Baptisms, Weddings and Funerals

To make enquiries about a **baptism** at any of the Anglican churches of the benefice, please contact the **Rev. Stephen Tudway** —tel. 01931 719210

stephen@northwestmorland.church

If you would like to ask about a **wedding, funeral or a new or amended churchyard memorial**, please in the first instance contact the **Mission Community Administrator, Joyce Keetley**, on 07741 327318 or applebymc@carlisle-diocese.org.uk. Joyce will speak to you about arrangements and discuss your options with you.

You are invited to a **Service of Welcome for the Reverend Chris Smith** **Saturday 5th April, 7.00pm at St Lawrence's Church, Crosby Ravensworth**
Chris is joining the North Westmorland Benefice Ministry Team as Curate and he will be living in the Vicarage at Shap

In February members of the **Shap Zero Carbon Reading Group** put their hard earned 'carbon literacy' to work putting together a coherent response to a current application for planning permission for a gas powered 'peaker plant' just north of the Shap Tata Steel lime kilns.

We have read in several books, over the past three years, not only how the greenhouse effect of increased atmospheric CO₂ is causing catastrophic changes to the world's climate, but that a number of other gases are also significant contributors. Principal amongst these is methane, which is the main component of the 'natural' gas we burn in our boilers and cookers. Natural gas may seem to be a clean fuel, and indeed we cannot see, smell, or taste the emissions that are created when it is burnt, even though these emissions of CO₂ are causing global warming. But more significantly, the leakage of unburnt methane into the atmosphere has eighty times the warming power of carbon dioxide, and when the source of gas is from fracking, it has been calculated that using the gas as a fuel will be even more polluting than coal. This is principally because of leakages of gas inherent in the extraction, and transport processes.

The quantification of greenhouse gas emissions is an important part of the environmental impact assessment that should be part of an application for planning permission for anything that could cause significant environmental harm, and last June in a case before the supreme court of the UK, Lord Leggatt stated that local planning authorities had to take into account the emissions from the whole lifetime of a fossil fuel, and not just the particular individual process being applied for.

Members of the reading group, working on behalf of the Parish Council, drew this matter to the attention of the County Council planners at their February meeting, with the result of a temporary deferral of the vote while County Councillors look into this legal case history and decide whether the planning proposal would result in 'significant environmental harm'. As the total lifetime emissions from the 25 year period of the proposed gas power plant is calculated to be in the order of 3.5 million tons of CO₂ equivalent, the reading group's conclusion was that this sounds highly significant, but whether our County Council has the ability to stand up against the advice from its own planning officer and the power and wealth of the applicant, remains to be seen.

For further information about the Reading for a Zero Carbon Shap Group contact Dave on 07484632210 or Peter 07837816795.
Our next two meetings are **Tuesdays Apr 15th and May 20th, 7pm** at The Old Courthouse Shap.

Allotment News April/May 2025

Easter time used to be the traditional time for putting in main crop potatoes. Of course Easter is a moveable feast, but main crop can go in about mid-April. Put the seed in about 40cm apart, 15-25 deep and the rows should be around 60-75cm apart. Cover the newly emerging shoots as they come up, (this is known as 'earthing up'), so the potatoes don't turn green.

Hardy Herbs

If you have a sunny spot that tends to be fairly dry, try herb rosemary, it is gorgeous on lamb and on roast potatoes. Goes well with sweet potatoes too. I struggled to grow this from seed, though have now managed one plant out of a whole seed packet! But I would actually recommend buying a reasonable plant and putting that in. Chives need consistently moist soil, and that we have in abundance in Cumbria. The herb is versatile, difficult to kill and the flowers look pretty in an arrangement. Common Thyme is another hardy herb that's useful in the kitchen.

Try new veg.

Have you thought of trying a few new varieties of veg. this year? We had great success with yellow courgettes, they seemed to have a more delicate flavour than the green ones. I can fully recommend Sungold tomatoes, they are yellow too, and so sweet. I haven't managed to get home with any from the allotment, I eat them off the bush! Remember to feed your tomatoes once they begin to flower with a potassium feed, (Tomorite or something similar), they are hungry plants. There is a Black Cherry tomato if you want something really unusual, but to me they look a bit weird. It takes all sorts!

Victoria

Gardening Group Events

23rd April 7pm Compost Talk/Social/seed swap at The Old Courthouse

27th April possibility of visit to Open Garden, at Summerdale House near Kirkby Lonsdale. It is open with the National Garden Scheme gardens for charity. One and a half acres of walled country garden and they can provide home made teas. Entry is £6.

For more details or to register an interest contact Victoria
Email: victoria@theoldcourthouse.org



Catholic Parish of St John Boste

St Catherine's Church Penrith - Sunday Mass 8.30am And 10.30am

Our Lady of Appleby – Sunday Mass 4.00pm

Easter Triduum 2025

April 17th Maundy Thursday – Mass of the Lord's Supper 7.00pm at St Catherine's.

April 18th Good Friday – Stations of the Cross 10.00am at St Catherine's

Liturgy of the Passion 3.00pm at St Catherine's and Our Lady of Appleby.

April 19th Holy Saturday 7.00pm Easter Vigil Mass at St Catherine's

April 20th Easter Sunday Mass 8.30am and 10.30am at St Catherine's 4.00pm at Our Lady of Appleby.

For full information about all services and events see [new](http://www.stjohnboste.org.uk) parish website – updated weekly at www.stjohnboste.org.uk

St Michael's Church Electoral Roll is due for revision. If your name has been on the Church Electoral Roll, you will have been given or have had delivered a new form to complete. These need to be back with the Electoral Roll officer by 19th April. If you wish to be added to the Roll, please contact Jean Scott-Smith (01931 716386)

ANNUAL PAROCHIAL MEETING

will be held on **19th May 1.30pm in St Michael's Church**

Nomination forms for churchwarden and PCC members are available from the secretary. Please contact Elizabeth Grose for details on 01931 716119 or email lizgrose@btinternet.com

17th April Maundy Thursday Service 6.30pm at St Michael's

Service at table (includes light supper) Please book in advance via wardens.

(Monetary donations towards cost of refreshments appreciated)

Good Friday Walk

Mark this special day by joining our Walk of Witness with acts of worship at St Michael's Church and Shap Abbey. Meet at St Michael's at 12 noon, walk to Shap Abbey, time to picnic if you wish, before returning to St Michael's for Hot Cross Bun and tea and closing worship. All welcome (including dogs on leads).



Easter Day SONRISE SERVICE 6.00 am (Sunrise 5.58am)

arranged by Anglican and Methodist churches in the Shap, Tebay, Orton, Ravenstonedale and Appleby area. Wrap up warm, and come to Raise Howe on the east side of Orton Scar (just above the cattle grid on the B6260). Appleby Town Band will accompany the hymns.



Speaker: Rev. Andrew Sterling, Appleby Methodist Church.

Find the location using What3Words, search **songbook.option.august**.

THANK YOU from St Michael's PCC

Thank you to all who organized and supported the Shrove Tuesday Quiz which raised £121, and to those who provided and served refreshments at the March market, raising £222 for church funds.

The Reverend Martin Dew As we go to print we have heard the sad news that Martin died recently. He and his wife, Liz, lived at Shap Vicarage 2009 – 2013 when Martin was a much valued member of the ministry team in our parish.

The Great Cumbrian Litter Pick 2025 Friday 4th and Saturday 5th April

Let's get together again for a cleaner Cumbria!

Every day we read more news about the global, harmful effects of plastics and other discarded materials on our environment. Litter not only spoils how our beautiful Cumbrian landscapes look, it also creates toxins and pollutants that are harmful to the land and the wildlife and livestock that live here. Carelessly chucked-away rubbish can clog and pollute our waterways, affect our soils and be incredibly harmful to creatures that unwittingly ingest it, or become tangled in our discarded debris.

Would you like to get involved? Register to run your own school or community litter pick (select private if it's a litter pick that others can't join in on or select public if you'd like others to be able to join you). If you are happy to do so we will add you to our supporters page of the Great Cumbrian Litter Pick [website](#). Any amount of litter collected all helps, just let us know how many people were involved in your litter pick, how many rubbish bags you fill, an estimate of the distance (miles) covered and any common or unusual finds, so we can add your efforts to our county wide tally of incredible achievements. Of course, we would love to see any images of you in action or the rubbish collected too (consent form required for any under 16's). Please email kay-andrews@fld.org.uk with your results and any questions.

Shap - New Fell Race, 26 July 2025 Start 1300

New for 2025, High Wether Howe Fell Race is a fun and friendly race of 14km approx. 485m of ascent over the local fells of Ralfland Common.

Race registration and start and finish will be from Stepps Hall CA10 3QD.

Please leave your car in the village there is no parking down at race HQ.

Entry is on the day and is just £8 - please bring cash.

Refreshments available after the race (cash). Prizes for the first local man and woman.

We will be making a donation to Shap Community Enterprise Fund.

Race organiser: Stephen Pyke - "Spyke"

For more information—Contact: spyke1@btinternet.com

Important information:

(1) Runners must be 18 years of age or over.

(2) Participants are responsible for ensuring they dress appropriately for the conditions on the day and the Race Director may introduce mandatory kit/clothing requirements

(3) We welcome participants who are new to fell-running. But be mindful, it is a challenging route. Participants should ensure they are capable of safely completing the course.

(4) This is a category B fell race, operated under Fell Runners Association (FRA) rules, and licensed by the FRA. FRA Rules for Runners apply <https://www.fellrunner.org.uk/>



The Old Courthouse, Shap
visit www.theoldcourthouse.org for details of events
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The Library at The Old Courthouse is a warm place for reading, working, computers with FREE WIFI, hot drinks available or just to drop in for some company. All welcome.

- ◆ Craft and Chatter- Thursday afternoon, drop in with your craft project.
- ◆ Cuppa and Company – Friday afternoons
- ◆ Writing Group – Saturdays, monthly 10am - noon
email victoria@theoldcourthouse.org for further information.
- ◆ Zero Carbon Shap , Environmental Reading Group, Tuesdays 7pm
15th April, 20th May

Exhibitions

Sat 22nd March- Mon 21st April 'Emotive Art', original railway artwork by Alan Gunston

26th April - 26th May Shap Outdoor Festival, See back cover for special events taking place.

31st May – 29th June Tirril Art Group

5th July – 3rd August 'Above Eden' exhibition by local artists

SHAP ARTISTS' OPEN STUDIO TRAIL 26th/27th JULY 2025

Participants will be invited to exhibit one or two pieces of work at the Exhibit 'A' Gallery, The Old Courthouse in Shap in the 'Above Eden' exhibition **5th July – 3rd August**.

Contact Deborah or Suzanne for further details and to request an application form.

deborahwindsor51@gmail.com

suzanne@muiryhillarts.co.uk



VE Day 80th Anniversary 8th May 2025

We are hoping to hold a daytime social commemorative event on **Monday 5th May** at The Old Courthouse. Please keep an eye out for further information.

Do you or any members of your family have any records of memories of VE Day or VJ Day that you would like to share with us?

Please contact Janet, tel 01931 716273 or email: janet@theoldcourthouse.org

SHAP MEDICAL PRACTICE

Peggy Nut Croft, Shap, Penrith Cumbria CA10 3LW

Tel: 01931 716230 Fax 01931 716231

Surgery Coffee Morning

On **Saturday 26th April** the Surgery at Shap will be open to all our patients for a coffee morning between **10am – 11.30am**. We will have current members of the PPG in attendance along with Practice Manager, GPs and Nurse to talk about the developments of the Surgeries and PPG. We will be demonstrating equipment that has been purchased through the equipment fund. Refreshments are free to all our patients.

Appointment System

To ensure timely access to care, we have a structured appointment system in place. When you contact us, our reception team will ask for a brief reason for your appointment. Based on this, they will offer you the most appropriate appointment type and timescale. This may be a telephone or face-to-face appointment with a GP, a nurse, or our local First Contact Physio.

For GP appointments, you will be offered one of three categories: Red, Amber, or Green. Red appointments are for same-day emergencies, where it is clinically important that you are seen immediately. Please ring as early as possible if you need to be seen that day, to help our receptionists and doctors manage your care effectively. For pre-bookable Amber and Green appointments, you can ring at any time during the day. You may be offered an appointment within the next few days or a routine appointment up to two weeks ahead. Pre-booked appointments also give you more flexibility to request your preferred GP.

We appreciate your feedback and support in making this system work effectively for everyone.

Dispensary

You can collect your medication from the Shap Dispensary **4 working days** after submitting your prescription. We'll send you a text message to confirm when your medication is ready for pickup.

Dispensary hours are:

Monday, Wednesday, and Friday: 9:00 am – 1:00 pm, 3:00 pm – 6:00 pm

Tuesday and Thursday: 9:00 am – 1:00 pm

Change of Personal Details

Please inform the Practice if your address, telephone or email address has changed.

Protected Learning Dates

Shap Surgery and Dispensary will be closed for training from 1pm on the following dates:

Thursday 3rd April

Thursday 15th May

Wednesday 11th June

HISTORY IN BUILDINGS 100 by Jean Scott-Smith St. Michael's Church part 2 1899 to present



The main changes to the church took place in 1898-9 with extensive restoration and reordering, this included building the morning chapel and new vestry, complete new roof and heightening of the nave and chancel. The south aisle roof that had been sloping, was replaced by a flat roof. The beautiful carvings on the altar and pulpit are the work of Mr J.M. Kirkbride of Carlisle. The old communion rails were retained.

The Shap Granite Company donated the steps for the chancel and sanctuary and the font of polished Shap pink granite.

The new east window has stained glass depicting the Crucifixion and was donated by Miss Clark of The Rockery, Shap. Other stained glass windows were installed; one of St. Michael, another depicting Ruth and Boaz. In the mid 1950s two more coloured windows were added, the coat of arms of the late Queen Elizabeth II, and another showing the Annunciation. The pews were replaced, and the nave floor covered in parquet blocks. A new organ was installed in the chancel, and a brass lectern in the form of an eagle was donated.



Recent changes include the installation of the lovely Millennium window in the morning chapel, dedicated on Michaelmas Day 2000.

More recently, work was undertaken to make the building more 'user friendly' moving some pews on the south aisle, glazing-in the Morning chapel to form a small meeting space, installing under-floor heating and relocating the granite font from the original baptistry area to the front of the south aisle and installing a kitchen and toilet in the former baptistry area.

For nearly one thousand three hundred years the church of St. Michael in its various forms has kept watch over our village as it has grown and changed. May our church on the hill continue to bear witness to the love of God.

Shap CE Endowed Primary School

As Easter approaches, we're reflecting on a busy and exciting Spring term packed full of wonderful events and memorable experiences at Shap CE School.



World Book Day was a real highlight, full of creativity and imagination. Instead of traditional costumes, the children decorated white t-shirts to represent their favourite books – and the results were fantastic! Outdoors, our children built reading shelters and played book-themed games designed by their Reading Chums. One of the most popular activities was the 'Book in a Box' competition, where children created amazing dioramas showing key themes and characters from their chosen stories.

Comic Relief was another brilliant day, thanks to our dedicated School Council who helped plan and run the event. Inspired by Billy Monger and his epic Comic Relief challenge, our whole school took to the running track – together, we clocked up an incredible 198.8 miles! Some children ran as many as 8 miles each, all with huge smiles and a wonderful sense of achievement. We also held a popular bake sale (thank you to all our families for the delicious donations) and had lots of fun with our Red Nose art competition. In total, we raised an impressive £122.87 for Comic Relief – well done everyone.

Other exciting enrichment activities have taken place, we were thrilled to reach the finals in both bowling and rock climbing, and we were incredibly proud to attend Young Voices in Manchester, singing alongside thousands of other children and enjoying the energy of live performances, including some amazing street dancers.

We were also excited to welcome Mobius Loop to school for a Digital Creativity Day. Their tech-filled truck gave children the chance to experience VR headsets linked to their current topics, record and produce music, and create short broadcasts. The children became directors, presenters, sound technicians and camera operators – some of the children thought it was their 'best day ever', and allowed our clever 'techy children' to shine.

Looking ahead, we'd love to invite local families to our 'Come and Play' sessions, held on the last Thursday of each month during term time. Our next sessions will be on 24th April and 26th June, from 1.15pm to 2.30pm. Children can play in our Catbells classroom or explore the yard on our Big Toys – drinks and snacks are provided too.

To keep up with all the latest news and updates, don't forget to check out our weekly newsletters, available on our website: www.shap.cumbria.sch.uk – just click on the 'Newsletter' tab on the homepage.

Wishing everyone a happy and restful Easter break
from all of us at Shap CE Endowed Primary School!
Katie Chappell - Headteacher

SHAP C E PRIMARY SCHOOL ADMISSION TO SHAP SCHOOL NURSERY

Jan 2026 (Spring Term)

If your child was **born between 1st Sept 2022 and 31st Dec 2022** they are eligible to receive up to **15hrs free nursery education from Jan 2026**

All children within the age range above, will be entitled to 15hrs per week however some children may be entitled to the full 30hr per week, depending on family circumstances. Parents should view www.childcarechoices.gov.uk and may then be issued with an Eligibility code, which should be passed to the school office along with their NI numbers

15hrs entitlement per week could be 5 mornings (8.45am – 11.45am)
30hrs entitlement per week = (please ask at school)

For children not eligible for the extra free sessions, we do offer places where a fee is chargeable for hours over their 15hr entitlement. Please ask within school.

*** The closing date for applications is 26th September 2025**

Places allocated according to date of application

Application form SA13 may be collected from the school or downloaded from the Westmorland & Furness Council website.

For further details please see Mrs Julie Hunter (School Office Manager)
Shap CE Primary School, Main Street, Shap, Penrith, Cumbria CA10 3NL
Tel: 01931 716274 admin@shap.cumbria.sch.uk

SHAP PLAYGROUP

at The Old Courthouse (around the back)

Mon/Tue/Wed 9.45 - 11.15am

0-1 year £1.50 1-5yrs £3 per child

This includes a drink & snack Tea/Coffee £1 You are welcome any day. Please try & come along to keep the Playgroup going

If you need any information, please ring Glenis Furness on 07519 701675

Come & Support Shap Playgroup at the Farmers Market—Saturday 24th May

We will be doing teas/coffees, scones & cakes

Playgroup AGM at The Old Courthouse

Thursday 12th June in the Playgroup Room 6.30-7.30pm

SHAP YOUNG PEOPLE'S LOTTERY

Playgroup/Swimming Pool

31st Jan £60 Kath Carruthers £20 Margaret Graham

28th Feb £60 Helen Atkinson £20 Georgina Parker

You've got to be in it to win it!

Contact Glenis if you would like to join telephone: 07519701675