

NORTHERN FELLS GROUP

(Northern Fells Rural Community Development Group)

For people living in the seven civil parishes of Boltons, Caldbeck, Castle Sowerby, Ireby with Uldale, Mungrisdale, Sebergham with Welton and Westward with Rosley.

SERVICES AND ORGANISATIONS BOOKLET APRIL 2012

This booklet lists most of the services, businesses, clubs and other organisations, which are based in the seven parishes within the Group and can be printed from this website. Printed copies can also be obtained from the Group Coordinator on request. If a service or organisation in which you are involved is not mentioned and you would like it to be added to the website list, or if you wish any of the entries on the website list to be amended or deleted at any time, please contact the Group Coordinator.

NORTHERN FELLS GROUP CONTACT NAMES AND TELEPHONE NUMBERS:

Group Coordinator : Diane Barraclough, Northern Fells Group Office,
Millhouse Village Hall, Millhouse, Hesket Newmarket, Wigton CA7 8HR Tel 016974 78094
Email: info@northernfellsgroup.org.uk Website: www.northernfellsgroup.org.uk
Transport Coordinators (Minibus Bookings): Carol Hickson and Julia Trotter 016974 78787
Funding Coordinator Sue Clarke 016973 71202
Lend a Hand Group Coordinator: Gail Dewis 016974 77196
Lend a Hand Medical Loan Service (supported by Red Cross) Doreen Gleed 016973 71264
Benefits Awareness Worker: Antoinette Ward 016974 78220
Youth Activities: Diane Barraclough 016974 78094
Reverb Music (8-18): Alex Green 016974 76581
Caldbeck Tai Chi Classes: Doreen Gleed 016973 71264
Millhouse Fitness Classes: Philippa Groves Tel 016974 78555
Mosedale Coffee Shop (Summer only): Antoinette Ward 016974 78220

VILLAGE AGENTS

Group Coordinator: Anne Burgess Tel 016973 49741 anneburgess52@googlemail.com
Village Agents help and support people in obtaining assistance and advice from a wide range of organisations and services.
Boltons and Ireby with Uldale: Emma Jennings Tel 07874241604
emma.jennings@northernfellsgroup.org.uk
Caldbeck and Sebergham with Welton: Julia Trotter Tel 07976 529275
julia.trotter@northernfellsgroup.org.uk
Castle Sowerby and Mungrisdale: Philippa Groves Tel 016974 78555
philippa.groves@northernfellsgroup.org.uk
Westward with Rosley : Anne Burgess Tel 016973 49741 anneburgess52@googlemail.com

LUNCH GROUPS AND DROP INS

Caldbeck at Oddfellows Arms Inn: Antoinette Ward Tel 016974 78220
Castle Sowerby at Millhouse Village Hall : Philippa Groves Tel 016974 78555
Hesket Newmarket at Denton House : Susan and Alan Armstrong Tel 016974 78415
Ireby at Globe Hall : Barbara Boyes : Tel 016973 71580
Mungrisdale, Mosedale, Hutton Roof and Berrier at Mill Inn, Mungrisdale:
Lesley Smith Tel 017687 79397
Rosley at Rosley Village Hall : Dorothy Smith Tel 016973 42546
Sebergham at Sour Nook Inn: Jean Dickinson 016974 78475 or Mary Brough 016974 78213
Uldale at Mae's Tea Rooms : Ann O'Loughlin Tel 016973 22665
Welton at Royal Oak Inn : Ann Ivinson Tel 016974 76468 or Royal Oak Tel 016974 76910
Westward at Westward Parish Hall : Ethel Pigg Tel 016974 78344

Friday Weekly Drop In (10.00 – 11.30) at Millhouse Village Hall : Antoinette Ward
Tel 016974 78220

Tea Drop In at Bolton Low Houses Village Hall : Sally Vaux Tel 016974 78626

Time for Tea at Rosley Village Hall : Anne Burgess Tel 016973 49741

For further details of the Northern Fells Group and its activities, please see the website

www.northernfellsgroup.org.uk

NORTHERN FELLS RURAL COMMUNITY DEVELOPMENT GROUP

Registered in England and Wales as a Company Limited by Guarantee No. 4504085

Registered as a Charity No. 1093814

Registered Office: Millhouse Village Hall, Millhouse, Hesket Newmarket, Wigton CA7 8HR

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EMERGENCY SERVICES, POLICE AND LOCAL AUTHORITIES

Police, Fire and Ambulance Emergency Numbers Call 999 or 112

For Mountain Rescue Call 999 or 112 and ask for Police and then Mountain Rescue

Police Non Emergency Number Call 101 Email enquiries@cumbria.police.uk

Cumbria County Council, The Courts, Carlisle CA3 8NA Tel 01228 606060
information@cumbriacc.gov.uk www.cumbria.gov.uk

Allerdale Borough Council, Allerdale House, Workington CA14 3YJ Tel 01900 702702
Fax 01900 702507 enquiries@allderdale.gov.uk www.allderdale.gov.uk

Eden District Council, Town Hall, Penrith CA11 7QF & Mansion House, Penrith CA11 7YG
Tel 01768 817817 Fax 01768 890470 customer.services@eden.gov.uk www.eden.gov.uk

PARISH COUNCIL CLERKS

Boltons (including Bolton Low Houses, Bolton New Houses, Boltongate, Sandale and Mealsgate) Clerk : Mrs Elizabeth Clark, 15 Howgill Close, Bolton Low Houses, Wigton CA7 8PG Tel 016973 45665 boltonspc@aol.co.uk

Caldbeck (including Hesket Newmarket and Haltcliff) Clerk : Mrs Antoinette Ward, Mardale, Upton, Caldbeck, Wigton CA7 8EU Tel 016974 78220 aw.caldbeck@googlemail.com

Castle Sowerby (including Millhouse, Hewer Hill, Sowerby Row, Sour Nook and Newlands) Clerk : Howard Eastwood, High Barn, Hewer Hill, Hesket Newmarket, Wigton CA7 8HY

Ireby and Uldale (including Ruthwaite and Aughertree) Clerk : Ms Janice Rae, 33 Scholars Green, Wigton CA7 9QW Tel 016973 42138 / 01900 702549 jan@rocky71.freereserve.co.uk

Mungrisdale (including Mosedale, Bowscale, Haltcliff Bridge, Hutton Roof and Berrier) Clerk : Mrs Veronica Stockdale, Holly House, Churchtown, Sebergham, Carlisle CA5 7AH Tel 016974 76035 clerk@hollyhse.co.uk

Sebergham (including Welton, Warnell & Churchtown) Clerk: Ms P L Gauntlett, 54 Inglewood Crescent, Carlisle CA2 6JL Tel 01228 534565 plg511@ukonline.co.uk

Westward (including Rosley, Brocklebank, Red Dial and Curthwaite)

Clerk : Mrs Elizabeth Clark, 15, Howgill Close, Bolton Low Houses, Wigton CA7 8PG
Tel 016973 45665 westwardclerk@aol.com

PARISH RELATED WEBSITES

Caldbeck : www.caldbeck.org.uk
www.caldbeckvillage.co.uk

Castle Sowerby : www.castlesowerby.org.uk

Ireby and Uldale : www.irebyvillage.co.uk

Mungrisdale : www.mungrisdale.com

Sebergham : www.seberghamwelton.co.uk

Westward : www.westward.org.uk

www.rosley-cumbria.co.uk

PARISH MAGAZINES AND NEWSLETTERS

Boltons and Ireby and Uldale (Link-Up) Mrs Lorna Reynolds, High Meadows, Thornthwaite, Wigton CA7 8NG Tel 016973 71034 link.up@ymail.com

Caldbeck, Castle Sowerby, Rosley, Sebergham, Welton, Westward, Mrs Roberta Bowen, Clay Dubs, Caldbeck, Wigton CA7 8ER Tel 016974 78100 warnellmagazine@gmail.com

Mungrisdale (Churches Together) Mrs Hilary Dyer, The Larches, Lamonby, Penrith CA11 9SS Tel 017684 84634 hilary@thelarches.net

Rosley Link Mrs Marion Grave Tel 01228 711250 marion.grave@virgin.net

VILLAGE AND PUBLIC HALLS AND MEETING ROOMS

Bolton Low Houses Parish Hall : John Hunter, Tredoron, Bolton Low Houses, Wigton CA7 8PF Tel 016973 42062

Boltongate Bell Institute Church Hall : Mrs Betty Grainger, Avalon, Boltongate, Wigton CA7 1DA Tel 016973 71909

Caldbeck Parish Hall : Mrs Pat Shaw, The Bield, Upton, Caldbeck, Wigton CA7 8EU Tel 016974 78639

Ireby Globe Hall : Mrs Barbara Boyes, Court Lea, Ireby, Wigton CA7 1DS Tel 016973 71580

Ireby WI Hall : Bookings Tel 016973 71843 wihall@ireby.org.uk

Millhouse Village Hall : Mrs Diane Scott, Briardene, Millhouse, Hesket Newmarket, Wigton CA7 8HR Tel 016974 78312 dilou42@hotmail.co.uk

Mungrisdale Village Hall : Emily Manger, Millfield Lodge, Hutton Roof, Penrith CA11 0XT Tel 017684 84435 emily.manger@mungrisdale.com

Rosley Village Hall : Debbie Williams, The Old Vicarage, Rosley, Wigton, CA7 8BZ Tel 016973 44255

Old School, Sebergham : Mrs Poppy Hollins-Gibson, Churchtown House, Sebergham, Carlisle CA5 7HS Tel 016974 76276

Sebergham Village Hall : Mrs Connie Foster, Roe Foot, Sowerby Row, Carlisle CA4 0QG Tel / Fax 016974 76452

Welton Village Hall : Judy Ivinson, Two Stones, Welton, Carlisle CA5 7ES Tel 016974 76597

Westward Parish Halls : Philip Saunders, Nightingale, Westward, Wigton CA7 8LZ Tel 016973 44654

VOLUNTARY TRANSPORT (See also Motoring and Transport)

Northern Fells Group Minibus : Transport Coordinators, Mrs Carol Hickson and Mrs Julia Trotter Tel 016974 78787

Boltons, Ireby and Uldale Voluntary Car Service : Mrs Pauline Bibby, Rose Hill, Boltongate, Wigton CA7 1DA Tel 016973 71382

Caldbeck and District Voluntary Car Service : Mrs Antoinette Ward, Mardale, Upton, Caldbeck, Wigton CA7 8EU Tel 016974 78220 aw.caldbeck@googlemail.com

CHURCHES AND PLACES OF WORSHIP AND CHURCH GROUPS

Church of England :

Boltongate, All Saints

Ireby, St James

Uldale, St James

Rev Peter Streatfield, The Vicarage, Bassenthwaite, Keswick CA12 4QH Tel 017687 76198

Caldbeck, St Kentigern

Castle Sowerby, St Kentigern

Rosley, Holy Trinity

Sebergham, St Mary

Welton, St James

Westward, St Hilda

Rev Norman Robinson, The Vicarage, Rosley, Wigton CA7 8AU Tel 016973 43723
normalrevs@aol.com Priest in Charge
and

Rev Malcolm Riches, The Rectory, Brewery House, Caldbeck, Wigton CA7 8EW Tel 016974 78233
malcolm.l.riches@googlemail.com Associate Priest

Mungrisdale, St Kentigern

Rev Helen Brett Young, The Rectory, Patterdale, Penrith CA11 0NL Tel 017684 82209 hmbrettyoung@hotmail.com

Caldbeck Methodist Church : Rev Kim Hurst, 27 Kirkland Meadows, Wigton CA7 9JE
Tel 016973 42468 or Mr Chris Hannam, Todcrofts, Caldbeck CA7 8JH Tel 016974 78485

Castle Sowerby Free Church : Mr Allan Stobart, Ritchie Ghyll, Hewer Hill,
Hesket Newmarket, Wigton CA7 8HZ Tel 016974 78470

Hesket Newmarket Free Church : Mr Peter Stobart, Newlands Lodge, Hesket Newmarket,
Wigton CA7 8HP Tel 016974 78669

Mosedale Friends' Meeting House: Colin and Lesley Smith, Brow Bottom, Bowscale,
Mungrisdale, Penrith CA11 0XH Tel 017687 79397

Boltons, Ireby and Uldale Mothers Union : Mrs Dawn Bruin, Matala, Thornthwaite,
Wigton CA7 8NG Tel 016973 71658

Caldbeck Church Mothers Union : Mrs Ann Wade, Manor Cottage, Fellside, Caldbeck,
Wigton CA7 8HA Tel 016974 78214

Caldbeck Methodist Chapel Ladies' Bright Hour : Mrs Betty Jardine, The Heads,
Brackenthwaite, Wigton CA7 8AS Tel 016973 42529

Westward Mothers Union : Mrs Rita Fell, Barkers Cottage, 20 George Street, Wigton
CA7 9PN Tel 016973 49183

MEDICAL AND HEALTHCARE

Caldbeck Surgery, Friar Row, Caldbeck, Wigton CA7 8DS Tel 016974 78254
Practice Manager 016974 78181 Fax 016974 78661 www.caldbecksurgery.co.uk
Calls out of hours automatically redirected to **CHOC** (Cumbria Health on Call) 03000 247 247

District Nurses, Caldbeck Surgery, Friar Row, Caldbeck, Wigton CA7 8DS
Tel 016974 78320

First Responders : In Emergency Telephone 999 or 112

For Information: Boltons, Ireby and Uldale : Doreen Gleed Tel 016973 71264
Caldbeck and Hesket Newmarket : Philippa Groves Tel 016974 78555

Health Visiting Team, Northern Fells Area, Wigton Hospital, Cross Lane, Wigton CA7 9DD
Tel 016973 66608

Heartstart : In Emergency Telephone 999 or 112

For Information: Philippa Groves Tel 016974 78555

Karen Royall, Therapeutic Massage, Fellside End, Caldbeck, Wigton Tel 016974 78443
kzmorgan37@hotmail.com

Meadow Bank Nursing Home, Curthwaite, Thursby, Carlisle CA7 8BG Tel 01228 710279

Medical Loan Service (supported by Red Cross) Contact Doreen Gleed, (Northern Fells
Lend a Hand Group) Tel 016973 71264

Midtown House, Residential Care Home, Caldbeck, Wigton CA7 8EL Tel 016974 78528

SCHOOLS

Boltons C of E Primary School (Mrs Amanda Pitcher), Bolton Low Houses, Wigton
CA7 8PA Tel 016973 42217 Fax 016973 349452 admin@boltons.cumbria.sch.uk

Fellview County Primary School (Mrs Norma Bagot), Upton, Caldbeck, Wigton CA7 8HF
Tel / Fax 016974 78437 admin@fellview.cumbria.sch.uk www.fellview.cumbria.sch.uk

Ireby C of E Primary School (Mrs A Dickinson), Ireby, Wigton CA7 1DS
Tel 016973 71367 Fax 016973 71086 office@ireby.cumbria.sch.uk

Rosley C of E Primary School (Miss Stephanie Wilson), Rosley, Wigton CA7 8AU
Tel 016973 42776 Fax 45350 admin@rosley.cumbria.sch.uk www.rosley.cumbria.sch.uk

PLAYGROUPS

Bolton Low Houses Pre School Play Group Contact Boltons School Tel 016973 42217

Caldbeck Baby and Toddler Group Contact Rachel Irving Tel 016974 78232

Caldbeck Pre School Play Group Contact Fellview School 016974 78437

Ireby and District Parent and Toddler Group Contact Ireby School Tel 016973 71367

Ireby and District Pre School Play Group Contact Ireby School Tel 016973 71367

Millhouse Pre School Play Group at Millhouse Village Hall : Contact Rachel Irving
Tel 016974 78232

Rosley Busy Bees Pre School Group Contact Rosley School Tel 016973 42776 or
Sue Shardley Tel 07919 422527 or Liz Osborne Tel 016973 44225

YOUTH ORGANISATIONS

Caldbeck Beavers (Boys and Girls 6 – 8 years) { Liam Benson Tel 07787 175564}

Caldbeck Cubs (Boys and Girls 8 – 11 years) { or Jan Cooper Tel 016973 44971}

Caldbeck Young Farmers Club Secretary : Sarah Gate, Stoneleigh, Cumdovock, Dalston, Carlisle CA5 7JH Tel 01228 711559

Discovery Club (Primary School Children) in Caldbeck Parish Hall (Run by Heskett Newmarket Free Church) : Helen Stobart Tel 016974 78669

Drop In (Ages 10 +) Various locations : Celia Stobart Tel 016974 78500

Ireby Youth Group Sue Clarke, Fern Lea, Ireby, Wigton CA7 1EQ Tel 016973 71202

Northern Fells Group Youth Activities Contact Diane Barraclough Tel 016974 78094

Quest Club (After School Group for Juniors) in Caldbeck Parish Hall

Malcolm Riches Tel 016974 78233 or Lee Brown Tel 07902 025925

Reverb Music Activities (8 - 18) Alex Green, The Forge, Welton, Carlisle CA5 7ER
Tel 016974 76581

CLUBS, SOCIETIES AND OTHER ORGANISATIONS

Bolton Low Houses Bowls R H Bicknell, 1 Solway View, Bolton Low Houses, Wigton CA7 8PE Tel 016973 44051

Bolton Low Houses Keep Fit Class Philippa Ireland Tel 07990 638401

Bolton Low Houses Tea Drop In (NFG) at Bolton Low Houses Village Hall : Sally Vaux
Tel 016974 78626

Caldbeck Area Film Society (CAFS) Sally Vaux, Brownrigg, Caldbeck, Wigton CA7 8EG Tel 01697478626 or Torquil McLeod, The Banks, Heskett Newmarket CA7 8JG Tel 016974 78747

Caldbeck Art Group Janet Stanyer, Wallace Lane Farm, Brocklebank, Wigton CA7 8DL
Tel 016974 78188

Caldbeck Badminton at Caldbeck Parish Hall : Jane Taylor Tel 017687 79339

Caldbeck Bowling Club The Green, Caldbeck : Lawrence Hayton, 56 The Hawthorns, Syke Road, Wigton CA7 9LE Tel 016973 42930 lawrence-hayton@btinternet.com
Clubhouse Tel 016974 78681

Caldbeck Cricket Club Townend, Caldbeck: Alan Armstrong, Denton House, Heskett Newmarket, Wigton CA7 8JG Tel 016974 78415 Clubhouse Tel 016974 78340

Caldbeck Commoners' Association Secretary : Tim Cartmell, The Old Rectory, Caldbeck, Wigton CA7 8 Tel 016974 78484 timcartmell@lineone.net

Caldbeck and District Gardening Club Alison Watson, Paddigill, Caldbeck, Wigton CA7 8EG Tel 016974 78026

Caldbeck and District Local History Society Mrs Diana Greenwood, Whelpo House, Caldbeck, Wigton CA7 8HQ Tel 016974 78270

Caldbeck Lunch Group (NFG) at Oddfellows Arms: Mrs Antoinette Ward Tel 016974 78220

Caldbeck Multi Purpose Tennis Court Mrs Antoinette Ward, Mardale, Upton, Caldbeck, Wigton CA7 8EU Tel 016974 78220 aw.caldbeck@googlemail.com

Caldbeck Players Secretary : Mrs Pauline Woolfenden, Greenrigg Farm, Caldbeck, Wigton CA7 8HJ Tel 016974 78212 greenrigg@btinternet.com www.caldbeckplayers.co.uk

Caldbeck Tai Chi Classes (NFG) at Caldbeck Parish Hall Doreen Gleed 016973 71264

Caldbeck Thursday Club (Over 60's) John Wooler, Pond View, Caldbeck, Wigton CA7 8ER
Tel 016974 78512

Caldbeck and Heskett Newmarket Sheep Dog Trials Committee Ann Armstrong, Scalerigg, Heskett Newmarket, Wigton CA7 8HX Tel 016974 78492

Castle Sowerby Lunch Group (NFG) at Millhouse Village Hall : Philippa Groves
Tel 016974 78555

Cumberland Farmers Foxhounds, Welton Kennels Tel 016974 76248

Cumberland Hunt, Westward Park, Wigton CA7 8AP Tel 016973 42391

Eden Valley Guild of Spinners, Weavers and Dyers, Meets at Mungrisdale Village Hall : Rachel Cosgrove Tel 016974 78024

Greenquarries Shooting Ground, Rosley, Wigton CA7 8BU Tel 016974 76575

Heskett Newmarket Allotments Antoinette Ward, Clerk to Caldbeck Parish Council, Mardale, Upton, Caldbeck, Wigton CA7 8EU Tel 016974 78220 aw.caldbeck@googlemail.com

Hesket Newmarket Lunch Group (NFG): at Denton House Susan and Alan Armstrong
Tel 016974 78415

Hesket Newmarket Play Area Association Secretary : Mrs Sue Braithwaite, Caldew House,
Hesket Newmarket, Wigton CA7 8JG Tel 016974 78582 sjbencore@aol.com

Hesket Newmarket Show Committee Secretary : Mrs Helen Greenbank, The Faulds,
Caldbeck, Wigton CA7 8HH Tel 016974 78125 Helen@thefaulds.co.uk

Ireby Bowling Club Sarah Ashburner, 9, Suncroft, Ireby, Wigton CA7 1ES Tel 016973 71234

Ireby Festival Charles Devlin, Bank Top Cottage, Ireby, Wigton CA7 1EA Tel 016973 71645
irebyfestival@googlemail.com www.musiciniireby.co.uk

Ireby Lunch Group (NFG) at Globe Hall: Barbara Boyes Tel 016973 71580

Ireby Sports Carnival and Over 60's Committee A Leader, Clynder, Ireby Wigton CA7 1DS
Tel 016973 71234

Joyce Wilkinson Charitable Trust c/o Cumbria Community Foundation, Dovenby Hall,
Cockermouth CA13 0AN Tel 01900 825760 Fax 01900 826527 www.cumbriafoundation.org

Keep Fit Classes, Westward Parish Halls Anne Pool, Westward WI Tel 016973 43410

Millhouse Fitness Classes (NFG) in Millhouse Village Hall Philippa Groves, Northern Fells
Group Tel 016974 78555 philippa.groves@northernfellsgroup.org.uk

Millhouse Village Hall Friday Drop in (NFG): Antoinette Ward Tel 01697478220

Mungrisdale Films Mike Bohling, Wilton Hill, Troutbeck Penrith CA11 0SZ Tel 017687 79602

Mungrisdale, Mosedale, Hutton Roof and Berrier Lunch Group (NFG) at Mill Inn,
Mungrisdale Lesley Smith Tel 017687 79397

Mungrisdale, Skiddaw and Bassenthwaite Commoners Association

John Rowlands, Low Beckside Farm, Mungrisdale, Penrith CA11 0XR Tel 017687 79246

Mungrisdale Swaledale Sheep Show Mike Sutton Tel 017687 79691

Mungrisdale Writers Group, Secretary, Jill Faux, Cardew Farm Cumdivock, Dalston,
Carlisle CA5 7JQ Tel 01228 710661

Northern Fells Broadband John Stanyer, Wallace Lane Farm, Brocklebank, Wigton
CA7 8DL Tel 016974 78188 jbstanyer@aol.com www.northernfellsbroadband.co.uk

Rosley Art Group Mrs Dorothy Smith, Wheatsheaf Cottage, 1 Townend, Rosley, Wigton
CA7 8BZ Tel 016973 42546

Rosley Book Group Mrs Mary Robinson, The Vicarage, Rosley, Wigton CA7 8AU
Tel 016973 43723 LMEJacobsGhyll@aol.com

Rosley Bowls and Social Club John Simpson, Oakdene, Sandy Brow, Wigton CA7 8AT
Tel 016973 44909

Rosley Craft Club Mrs P Elliott Tel 016973 43181

Rosley Lunch Group (NFG) at Rosley Village Hall: Dorothy Smith Tel 016973 42546

Roslet Tai Chi Classes at Rosley Village Hall Nigel Catterson Tel 016974 76524

Rosley Time for Tea (NFG) at Rosley Village Hall : Sally Vaux Tel 016974 78626

Rosley Young Women's Group Mrs Eileen Reid Tel 016973 43089

Sebergham Village Hall Dancing Classes Mrs Connie Foster, Roe Foot, Sowerby Row,
Carlisle CA4 0QG Tel / Fax 016974 76452

Sebergham Lunch Group (NFG) at Sour Nook Inn: Jean Dickinson Tel 016974 78475 or
Mary Brough Tel 016974 78213

Uldale Commoners Association, Elizabeth Moore, Townhead, Aughertree, Ireby,
Wigton CA7 1EP Tel 016973 71608

Uldale Lunch Group (NFG) at Mae's Tearooms : Anne O'Loughlin Tel 016973 22665

Uldale Sports Committee, (Play Area and Tennis Court) Mrs Doreen Glead
Tel 016973 71264

Welton Lunch Group (NFG) at Royal Oak Inn : Ann Ivinson Tel 016974 76468 or Royal Oak
Tel 016974 76910

Westward Flower Club Mrs J Kitchen Tel 016973 43799

Westward Lunch Group (NFG) at Westward Parish Hall : Ethel Pigg Tel 016974 78344

Whelpo Rugmakers, Mrs Diana Greenwood, Whelpo House, Caldbeck, Wigton CA7 8HQ
Tel 016974 78270

Women's Institute Secretaries :

Caldbeck WI : Mrs P Richardson, Brooklyn, Caldbeck, Wigton CA7 8ED Tel 016974 78458

Ireby WI : Mrs Ann Garland, Ruthwaite Farm, Ireby, Wigton CA7 1HG Tel 016973 71445

Mungrisdale WI : Please see local notice boards for information

Rosley WI : Mrs Jennifer Hetherington, Hillside Farm, Brackenthwaite, Wigton CA7 8AS
Tel 016973 43404

Sebergham WI : Mrs M Mattinson, Park View, Hesket Newmarket, Wigton CA7 8HP
Tel 016974 78127

Uldale WI : Mrs Janice Havelock, Boltongate Farm, Boltongate, Wigton CA7 1DA
Tel 016973 71815

Westward WI : Mrs Lilian Bell, Allanby, West Road, Wigton CA7 9RG Tel 016973 42859

HOTELS, PUBLIC HOUSES, GUEST HOUSES, RESTAURANTS, CAFES & TEAROOMS

Denton House Guest House and Restaurant, Hesket Newmarket, Wigton CA7 8JG
Tel 016974 78415 info@dentonhouseguesthouse.co.uk www.dentonhouseguesthouse.co.uk

Greenhill Hotel, Red Dial, Wigton CA7 8LS Tel 016973 43304
info@greenhillhotel.co.uk www.greenhillhotel.co.uk

Hesket Newmarket Tearoom, The Village Shop, Hesket Newmarket, Wigton CA7 8JG
Tel & Fax 016974 78229

Kelsey Hotel, Mealsgate, Wigton CA7 1JP Tel 016973 71229 Fax 016973 71372
kelseyhotel@talktalk.net www.kelseyhotel.co.uk

Lane Head Farm Country Guest House, Troutbeck, Penrith CA11 0SY Tel 017687 79220
info@laneheadfarm.co.uk www.laneheadfarm.co.uk

Lion Inn, Ireby, Wigton CA7 1EA Tel 016973 71460

Mae's Tea Room and Gallery, The Old School, Uldale, Wigton CA7 1HA Tel 016973 71369
info@maestearooms.co.uk www.maestearooms.co.uk

Mill Inn, Mungrisdale, Penrith CA11 OXR Tel 017687 79632
info@the-millinn.co.uk www.the-millinn.co.uk

Mosedale Coffee Shop, Meeting House, Mosedale **Summer Only** Northern Fells Group
Coordinator, Village Hall, Millhouse, Hesket Newmarket, Wigton CA7 8HR Tel 016974 78094

Oddfellows Arms Inn, Bolton Low Houses, Wigton CA7 8PA Tel 016973 44452

Oddfellows Arms Inn, Caldbeck, Wigton CA7 8EA Tel 016974 78227 Fax 016974 78056
info@oddfellows-caldbeck.co.uk www.oddfellows-caldbeck.co.uk

Old Crown Pub, Hesket Newmarket, Wigton CA7 8JG Tel 016974 78288
www.theoldcrownpub.co.uk

Old Smithy Tearoom, Caldbeck, Wigton CA7 8EL Tel 016974 78246
richard@rawsonpottery.fsnet.co.uk www.oldsmithycaldbeck.co.uk

Overwater Hall Hotel, Ireby, Wigton CA7 1HH Tel 017687 76556 Fax 017687 76921
welcome@overwaterhall.co.uk www.overwaterhall.co.uk

Royal Oak Inn, Curthwaite, Wigton CA7 8BG Tel 01228 710219

info@royaloakinncurthwaite.co.uk www.royaloakinncurthwaite.co.uk

Royal Oak Inn, Welton, Carlisle CA5 7ES Tel 016974 76554

Snooty Fox Country Inn, Uldale, Wigton CA7 1HA Tel 016973 71479
bookings@snootyfox-uldale.com www.snootyfox-uldale.co.uk

Sour Nook Inn, Sebergham, Carlisle CA5 7DY Tel 016974 76017 Mob 07759 469064
sournook@btinternet.com www.sournook.co.uk

Sun Inn, Red Dial, Wigton CA7 8LP Tel 016973 42167

The Woodwork Shop, Ice Cream Parlour and Tearoom, Unit 2, Midtown, Caldbeck,
Wigton CA7 8DZ Tel 016974 78252

Watermill Café, Priests Mill, Caldbeck, Wigton CA7 8DR Tel 016974 78267
info@watermillcafe.co.uk

Woodlands Country House Hotel, Ireby, Wigton CA7 1EX Tel 016973 71791
stay@woodlandsatireby.co.uk www.woodlandsatireby.co.uk

BED AND BREAKFAST

Boltongate Old Rectory, Boltongate, Wigton CA7 1DA Tel 016973 71647
boltongate@talk21.com www.boltongateoldrectory.com

Brantgate (Mrs D Beeston), Mosedale, Penrith CA11 0XQ Tel 017687 79346

Brow Bottom (Mrs Lesley Smith), Bowscale, Mosedale, Penrith CA11 0XH
Tel 017687 79397 browbottom69@btinternet.com

Brownrigg Farm (Mrs Sally Vaux), Caldbeck, Wigton CA7 8EG Tel 016974 78626
sallyvaux@aol.com

Daffodil (Mrs C Fisher), Banks Farm, Hesket Newmarket, Wigton CA7 8HR
Tel 016974 78137 banksfarm@mac.com www.daffodilbanksfarm.co.uk

Fiddleback Farm (Mrs Lorraine Maycock), West Woodside, Wigton CA7 8BA
Tel 016973 42197 ianmaycock@aol.com www.fiddlebackfarm.co.uk

Greenside House (Gail Dewis), Caldbeck, Wigton CA7 8EE Tel 016974 78226
Mob 07971 650002 info@greenside-house.co.uk www.greenside-house.co.uk

High Waverbridge Farm (Mrs J Bowness) High Waverbridge, Wigton CA7 8PN
Tel 016973 71322

Howbeck Lodge (Mrs C Stobart), Hesket Newmarket, Wigton CA7 8JN Tel 016974 78206
christine@howbecklodge.co.uk www.howbecklodge.com

Mosedale End Farm (Mrs Joanne Fell), Mosedale, Penrith CA11 0XQ

Tel 017687 79605 enquiries@mosedaleendfarm.co.uk www.mosedaleendfarm.co.uk

Newlands Grange (Mrs Dorothy Studholme), Hesket Newmarket, Wigton CA7 8HP
Tel 016974 78676 studholme_newlands@hotmail.com

Old Rectory, (Mrs Anne Cartmell), Caldbeck, Wigton CA7 8DP Tel 016974 78484
enquiry@oldrectorycaldbeck.co.uk

Parkend (Justin and Caroline Garbutt), Rosemary Cottage, Parkend, Caldbeck, Wigton
CA7 8HH Tel 016974 78536 contact@parkendbandb.com www.parkendbandb.com

Strand Bank (Sheila Hough) Sebergham, Carlisle CA5 7HR Tel 016974 76955
Mob 079711 89924 sheila.hough@strandbank.co.uk www.strandbank.moonfriut.com

Swaledale Watch (Mrs Nan Savage), Whelpo, Caldbeck, Wigton CA7 8HQ
Tel 016974 78409 nan.savage@talk21.com www.swaledale-watch.co.uk

The Briars (Mrs D Coulthard), Friar Row, Caldbeck, Wigton CA7 8DS Tel 016974 78633

The Mill (Mrs Jean Mallaband), Millhouse, Hesket Newmarket, Wigton CA7 8HR
Tel 016974 78143 jean.mallaband@btinternet.com

Wallace Lane Farm (John and Janet Stanyer), Brocklebank, Wigton CA7 8DL
Tel 016974 78188 jbstanyer@btinternet.com

West Woodside House, West Woodside, Wigton CA7 0LW Tel 016973 43131
Mob 0781 8068060 wendy@westwoodsidehouse.co.uk www.westwoodsidehouse.co.uk

SELF CATERING (see also Caravan & Camping Sites, Camping Barns & Bunkhouses)

Also see booking agency advertisements and websites for other properties in the area

Askewmire, Branthwaite, Caldbeck Mrs S McCluskey 249, Bass Lane, Summerseat,
Bury BL9 5NS Tel 0706 829481 sarahmcc@btinternet.com www.askewmire.vpweb.co.uk

Carrock Cottages, How Hill, **Hutton Roof**, Penrith CA11 0XY Tel 01768 484111
info@carrockcottages.co.uk www.carrockcottages.co.uk

Cobblestones, Hillside Farm, **Brackenthwaite**, Wigton CA7 8AS Tel 016973 43404
yzebedee@hotmail.com

Copy Hill, Mungrisdale, Penrith CA11 0XR Mrs O Wilson Tel 017687 79636

Cruck Barn and Croft House, Berrier, Penrith CA11 0XD Tel 017684 83859
rogersavage.co.uk

Daleside Cottages, Daleside Farm, **Ireby**, Wigton CA7 1EW Tel 016973 71268

Mob 077910550270 isabel.teasdale@btconnect.com www.dalesidefarm.co.uk

Elwood House, Caldbeck, Stuart Kirkland, 29, Tycehurst Hill, Loughton, Essex IG10 1BX
Tel 016974 78418 Mob 07867 800899 info@ellwoodhouse.co.uk

Faulds Farm Holiday Cottages, Faulds Farm, **Caldbeck**, Wigton CA7 8HH

Tel 016874 78125 helen@thefaulds.co.uk www.thefaulds.co.uk

Gardener's Cottage, Bank End Farm, **Hesket Newmarket**, Wigton CA7 8HR
Tel 016974 78283

Gill Beck, Riverside, Caldbeck, Mr & Mrs D J Yorke, The Carriage House, Halton Place,
Hellfield, Skipton BD23 4JL Mob 07936 541117 susieayorke@gmail.com www.gillbeck.com

Glebe Cottage, Old Rectory, **Caldbeck**, Wigton CA7 8DP Tel 016974 78484
enquiry@glebecottage.co.uk www.glebecottage.co.uk

Green View Lodges, Welton, Carlisle CA5 7ES Tel 016974 76230 Fax 016974 76253
info@green-view-lodges.co.uk www.green-view-lodges.co.uk

Hegglehead Self Catering Cottage, Hegglehead, **Hutton Roof**, Penrith CA11 0XS
Tel 01768 484566 Hegglehead@aol.com www.Hegglehead.co.uk

High Greenrigg House Self Catering Cottages, High Greenrigg House, **Caldbeck**, Wigton CA7 8HD Tel 016974 78430 info@highgreenrigghouse.co.uk www.highgreenrigghouse.co.uk
Lakelynn Holiday Accommodation, Lakelynn, **Warnell**, Welton, Carlisle CA5 7HW Tel 016974 78239 banks181@btinternet.com
Marlowe Cottage, Caldbeck, Wigton CA7 8HF Tel 016974 76417 info@marlowecottage.co.uk www.marlowecottage.co.uk
Monkhouse Hill Cottages, Sebergham, **Near Caldbeck**, Carlisle CA5 7HW Tel 016974 76254 cottages@monkhousehill.co.uk www.monkhousehill.co.uk
2 Moot Hall, Ireby, Mrs Ruth Boyes, Anglers Lodge, Main St., Helpierby, North Yorks YO61 2NT Tel 01423 360759 info@irebymoothall.co.uk www.irebymoothall.co.uk
Mosedale House, Mosedale, Penrith CA11 0XQ Tel 01768 779122
Near Howe Cottages, Near Howe, **Mungrisdale**, Penrith CA11 0SH Tel 017687 79678 enquiries@nearhowe.co.uk www.nearhowe.co.uk
New Park Farm Cottages (Church and Sycamore Cottages), Ireby, S & A Swainson, 13 West Avenue, Wigton CA7 1EW Tel 016973 45476 www.newparkfarm.co.uk
New Park Farm Cottages (Ellen and Ash Tree Cottages), Ireby, Daleside Farm, Ireby, Carlisle CA7 1HE Tel 016973 71268 isabelteasdale@btconnect.com www.newparkfarm.co.uk
Old Saddlers Cottage, Ireby, Mr & Mrs N Perry, 33, Wragby Road, Lincoln LN2 4PA Tel 01522 532232 Mob 07721050885 nick.perry2@btinternet.com www.oldsaddlerscottage.com
Rose Cottage, Hesket Newmarket, c/o Orchard House, Bolton Wood Lane Wigton CA7 8NE Tel 016973 44643 info@rosecottageinthelakes.co.uk www.rosecottageinthelakes.co.uk
Stockwell Hall Cottage, Stockwell Hall, **Sebergham**, Carlisle CA5 7DY Tel 016974 76856 SHLMagnay@aol.com
The Barn, Manor Cottage, Fellside, Caldbeck, Wigton CA7 8HA Tel 016974 78214 walter.wade@homecall.co.uk
The Dash, Farmhouse near **Bassenthwaite**, James Irving, Stockdale, Uldale, Wigton CA7 1HL Tel 016973 71217 jamesirving@btconnect.com www.thedash.co.uk
The Garth, Mungrisdale Chris and Gilly Hockley, Blakebeck, Troutbeck, Penrith CA11 0SZ Tel 017687 79267 choc1023@aol.com www.self-catering-mungrisdale.co.uk
The Granary, Road Farm, **Ruthwaite**, Ireby, Wigton CA7 1HG Tel 016973 71524 tmc.roadfarm@btinternet.com
The Stackyard, High Blaitwaite, **Bolton Low Houses**, Wigton CA7 8PW Tel 016973 42552
The Temperance Hall, Hesket Newmarket, Dr C W Gosden, Catbells, Orestan Lane, Effingham, Leatherhead, Surrey KT24 5SN Tel 01372 459123 cliff.gosden@btinternet.com
Thistlebottom Farm Cottage, Thistlebottom Farm, **Caldbeck**, Wigton CA7 8HN Tel 016974 78663 thistlebottom@btconnect.com
Thistlewood Byre, Thistlewood House, **Highbridge**, Raughton Head, Dalston, Carlisle CA5 7DS Tel 016974 76797 dibutcher@hotmail.com
Wallace Lane Farm Cottages, Brocklebank, Wigton CA7 8DL Tel 016974 78188 jbstanyer@btinternet.com
Wham Head Lodge Cottage, Wham Head Lodge, **Hutton Roof**, Penrith CA11 0XS Tel 017684 84465 Harold@whamheadlodge.fsnet.co.uk www.whamheadlodge.com
Woodlands Country Self Catering Cottage, Ireby, Wigton CA7 1EX Tel 016973 71791 stay@woodlandsatireby.co.uk www.woodlandsatireby.co.uk

CARAVAN AND CAMPING SITES, CAMPING BARNs AND BUNKHOUSES

Blakebeck Camping Barn, Chris and Gilly Hockley, Blakebeck, Troutbeck, Penrith CA11 0SZ Tel 017687 79267 choc1023@aol.com www.self-catering-mungrisdale.co.uk
Brownrigg Hall Holiday Caravans, Brownrigg Hall, **Caldbeck**, Wigton CA7 8EG Tel 016974 78268 info@brownrigghall.co.uk www.brownrigghall.co.uk
Clea Hall Holiday Park Near Caldbeck, Wigton CA7 8NQ Tel 016973 4288 info@cleahall.co.uk www.cleahall.co.uk
Greenhill Farm Camping Site, Greenhill, Hesket Newmarket, Wigton CA7 8JG Tel 016974 78453
Hudscapes Camping Barn, Hudscapes, Hesket Newmarket, Wigton CA7 8JZ Tel 016974 78637 Bookings 01946 758198 www.lakelandcampingbarns.co.uk
Low Mill, Mungrisdale, Penrith CA11 0XG (A Benn) Tel 01768 484544 Fax 01582 585057
Low Mill Farm, Mungrisdale, Penrith CA11 0XG (P Fleming) Tel 01768 484346

Old School, Sebergham Bunkhouse : Mrs Poppy Hollins-Gibson, Churchtown House, Sebergham, Carlisle CA5 7HS Tel 016974 76276

Riverside Tourer Caravan Park, Rose Garth, Millhouse, Hesket Newmarket, Wigton Tel 016974 78571

The Larches Caravan Park, Mealsgate, Wigton CA7 1LQ Tel 016973 71379
Fax 016973 71782 thelarches@hotmail.co.uk

The Nook Caravan Park, Sour Nook Inn, Sebergham, Carlisle CA5 7DY Tel 016974 76017
Mob 07759 469064 sournook@btinternet.com www.sournook.co.uk

Throstle Hall Camping and Caravan Park, Throstle Hall, Caldbeck, Wigton CA7 8HE
Tel 016974 78618 mounsey<4@btinternet.com

Troutbeck Camping and Caravanning Club Site, Hutton Moor End, Troutbeck, Penrith CA11 0SX Tel 017687 79149

CATERING AND CATERING SUPPLIES

Ann Parry Outside Catering, Beckstones, Caldbeck, Wigton CA7 8HQ
Tel 016974 78417 ann.parry@tesco.net

Choice Catering, Debbie Bainbridge, Bankdale Head, Hesket Newmarket, Wigton CA7 8HP
Tel 016974 78535 Homebakery@aol.com www.choicecatering-cumbria.co.uk

Food & Company(Cumbria) Ltd, Cookery & Wine Workshops, Joan Gate and Margaret Brough, Matthew Rudding, Hesket Newmarket, Wigton CA7 8LD Tel 016974 78634
info@foodandcompany.co.uk www.foodandcompany.co.uk

Jill's Jams, Wavergillhead, Brocklebank, Wigton CA7 8DJ Jams, chutneys etc delivered within reasonable distance without charge Tel 016974 78461 jackandjillupthe@aol.com

Hanz On Bakery, Freezer Packs, Ready Meals, Outdoor Catering, Hannah Whitson, Witsend, Caldbeck, Wigton CA7 8DR Tel 016974 78460 hannahcrouch2003@yahoo.com
Hesket Newmarket Brewery and Visitor Centre Old Crown Barn, Hesket Newmarket, Wigton CA7 8JG Tel 016974 78066 info@hesketbrewery.co.uk www.hesketbrewery.co.uk
R Fleming, Dairy Deliveries, School House, Caldbeck, Wigton CA7 8HF Tel 016974 78480

SHOPS AND POST OFFICES (See also Miscellaneous Sales and Services)

Caldbeck Jewellers (Neil Edgar) Priests Mill, Caldbeck, Wigton CA7 8DR Tel 016974 78422

Enchanted Gifts (Carol Smith) Tithe Barn, Midtown, Caldbeck, Wigton CA7 8EA
Tel 016974 78705

Hesta Scene? Gallery, Alternative Gifts, Craft Courses (Karen Kennedy and Julie Coghlan) Tithe Barn, Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78015
info@hestascene.co.uk www.hestascene.co.uk

Joe Strong and Son, Clogmakers and Boot and Shoe Repairs, The Threshing Barn, Midtown, Caldbeck, Wigton CA7 8DP Tel 016974 78225 (Shop) 016974 78424 (Home)
Kirkland Stores and Post Office, (Martyn and Gillian Barnes) Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78252

Lofters Hair Design (Barbara Mitchell) Unisex Hair Design and Hairdressing, Tithe Barn, Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78609

Mae's Tearooms and Gallery, The Old School, Uldale, Wigton CA7 1HA Tel 016973 71369
info@maestearooms.co.uk www.maestearooms.co.uk

Michael King, The Jewellery Workshop, West Woodside, Wigton CA7 0LP
Tel 016973 45889 mkingjewellery@aol.com www.kingjewellery.co.uk

Old Smithy, Crafts and Gifts and Tearoom, Caldbeck, Wigton CA7 8EL Tel 016974 78246
richard@rawsonpottery.fsnet.co.uk www.oldsmithycaldbeck.co.uk

On the Shelf, Second Hand Books, Priests Mill, Caldbeck, Wigton CA7 8DR
Tel 016974 78770 dorothychalk@mail.com

Pow Heads Farm Shop, Pow Heads Farm, Mealsgate, Wigton CA7 1DF Tel 016973 71325

The Fair World Shop, John Peel Shelter, Caldbeck, Wigton CA7 8DY Tel 016974 78544

The Old Map Shop (Peter Rolfe), Picture Framer, School Green, Caldbeck, Wigton CA7 8HF Tel 016974 78334

The Potting Shed, Gardening Gift Shop (Joanne Watson), Croft House, Caldbeck, Wigton CA7 8DR Tel 016974 78404

The Village Shop and Post Office and Tearoom (A & E Bothamley) Hesket Newmarket, Wigton CA7 8JG Tel & Fax 016974 78229

The Woodwork Shop, Gifts, Ice Cream Parlour and Tearoom (Martyn and Gillian Barnes)
Unit 2 Midtown, Caldbeck, Wigton CA7 8DZ Tel 016974 78252

The Wool Clip Ltd, (Farmers and Craft Workers Cooperative) Priests Mill, Caldbeck, Wigton
CA7 8DR Tel 016974 78707 info@woolclip.com www.woolclip.com

MOTORING, TRANSPORT AND FUEL SUPPLIES (See also Voluntary Transport)

Bus, Coach and Train Times: Traveline 0871 200 22 33 www.traveline.org.uk

Cumbria Bus Timetables: www.cumbria.gov.uk/buses

Coach Enquiries: www.nationalexpress.com

Rail Enquiries: National Rail Tel 08457 48 49 50 nationalrail.co.uk

A D Boyes (Ireby) Ltd. Haulage Contractor, Ireby, Wigton CA7 1DX Tel 016973 71206

Allan Stobart, Central Heating Oils, Lubricants and Fuels, Low Currigg, Raughton Head,
Dalston, Carlisle CA5 7DX Tel 016974 76575 Fax 016974 76577

Andrew White, Driving Instructor, Cruck Barn, Hesket Newmarket, Wigton CA7 8JG
Tel 016974 78605 Mob 07890 441943

Barton Services, Motor Body Repairs, Uldale, Wigton Tel 016973 71672

Mob 07733 107177 Kevin@kbarnton3.orangehome.co.uk

David Whitson, Agricultural Plant and Motor Repairs and Hire, Machinery Spare Parts and
Chainsaws, Howburn, Caldbeck, Wigton CA7 8HD Tel 016974 78600 Mob 07715370967
david.whitson@btinternet.com

Graham Gash, Warnell Motor Engineering, Plant Hire, Roundhill, Welton, Carlisle CA5 7HH
Tel 016974 76337 Mob 07712 677724 grahamgash@pentalk.org

Irving Transport Ltd, Haulage Contractors, Mealsgate Station, Mealsgate, Wigton CA7 1JP
Tel 016973 71466

Jacksons Recovery, Garage Services, 24hour Recovery, Repairs and MOT, Blackwood
Service Station, Mealsgate, Wigton CA7 1AQ Tel 016973 71312 Fax 016973 71757
blackwood.ss@btconnect.com

J D Wilson, Haulage Contractor, Hill House, Rosley, Wigton CA7 8BY Tel 016973 42727

J G Mumberson, Coal Merchant, Field House, Ireby, Wigton CA7 1EQ Tel 016973 71796

Kirkland Stores Filling Station, Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78252

Peter Macdonald, Repairs, Servicing and MOT, The Garage, Upton, Caldbeck, Wigton
CA7 8EU Tel 016974 78392 Emergency 016974 78291

Piers Coghlan, Driving Instructor, 7 Hodden Court, Caldbeck, Wigton CA7 8EN

Tel 016974 78111 Mob 07788 170491 pearse1@btinternet.com

Sebergham Services Ltd., Repairs, Servicing and MOT, The Garage, Churchtown,
Sebergham, Carlisle CA5 7HS Tel 016974 76234

Stan Palmer Ltd., The Garage, Bolton Low Houses, Wigton, Car Sales and Servicing
CA7 8PF Tel 016973 43361 Email Stan Palmer Ford Limited www.stanpalmerford.co.uk

Tyson of Cumbria, Coach and Minibus Operator, Ratten Row, Caldbeck, Wigton CA7 8ER
Tel 016974 78237

AGRICULTURE, ANIMAL FEED, GROUNDWORKS, TIMBER AND GARDENS

Andrew Scott, Agricultural Contractor, Bridge House, Hesket Newmarket, Wigton
CA7 8HS Tel 016974 78772 Mob 07769 715254

Anne Louise and Maureen Harrison, Garden Design and Horticultural Services,
Meadowside, Warnell, Carlisle CA5 7HW Tel 016974 76271 louseycastle@hotmail.co.uk

BB Garden Design Rose Hill, Boltongate, Wigton CA7 1DA Tel 016973 71239

Caldbeck Tree Maintenance, Justin Garbutt, Park End, Caldbeck, Wigton CA7 8HH
Tel 016974 78536 Mob 07766 052669

Charles Miles, Coppice Products, Firewood, Fencing Contractor, Stoneraise, Westward,
Wigton CA7 8LY Tel 016973 43894

Cumbria Haylage, Horse Hay and Haylage, Michael Stockdale, Holly House, Sebergham,
Carlisle CA5 7HS Tel 016974 76035 Mob 07836 665779 www.cumbria-haylage.co.uk

D Tolson. Machine Laid Tarmacadam, Lilac House, Ireby, Wigton CA7 1EA

Tel 016973 71435 Fax 016973 71898 alan.tolsonx@virgin.net

Eden Forest Fuels, Firewood and Animal Bedding, Highmoor Dyke, Hesket Newmarket,
Wigton CA7 8HS Tel 016974 78040 www.edenforestfuels.co.uk office@edenforestfuels.co.uk

Henry Rose, Tree Specialist, Sebergham Castle Lodge, Welton, Carlisle CA5 7HG
Tel 016974 76128 Mob 07900 311556 bhlogging@hotmail.co.uk

J G Mumberson, Mini Digger Hire, Field House, Ireby, Wigton CA7 1EQ Tel 016973 71796

J G Southgate, Agricultural Contractor, Cowslaw Cottage, Wigton CA7 8ND
Tel 016973 43876 HONDALR16@hotmail.co.uk

J Stobart & Sons Ltd, Farm Foods, Newlands Mill, Hesket Newmarket, Wigton CA7 8HP
Tel 016974 78261

K & A Fearon, Lime Suppliers, Stone, Sand and Gravel, Lime Rigg, Hesket Newmarket,
Wigton CA7 8JB Tel 016974 78403 ken.fearon1@virgin.net

Marc J Southgate, Tree Services, Cowslaw Cottage, Bolton Wood Lane, Wigton CA7 8ND
Tel 016973 43876 Mob 07775 427766

Moor End Groundworks, Garden and Water Pipe Work, J Bennett, Hutton Moor End,
Troutbeck, Penrith CA11 0SX Tel 07712 618627

Osborne Services, Plant & Machinery Maintenance & Repair, Alan Osborne,
1 The Whinney, Rosley, Wigton CA7 8AY Tel 016973 44225

P J Garden Services, Garden Maintenance, Paul Hudson, Carwath Cottage, Rosley,
Wigton CA7 8AX Tel 016973 49282 Mob 078284 74398

Philip Monkhouse, Agricultural Contractor, Grange View, Caldbeck, Wigton CA7 8EE
Tel 016974 78428 Mob 07748 986978

Poultry Matters, Sales of Point of Lay Pullets, Free Range Eggs, Poultry Feed and
Equipment, Andrew and Julie Smaile, Bank Head, Brocklebank, Wigton CA7 8DH
Tel 016974 78621 Mob 07749 630772 info@poultrymatters.co.uk www.poultrymatters.co.uk

R C Turner, Agricultural Contractor, Roblan, Bolton Wood Lane, Wigton CA7 8NE
Tel 016973 43192

R G Bell and Sons, Agricultural Contractors and Plant Hire, The Wath, Caldbeck, Wigton
CA7 8EY Tel 016974 78204

R Skelton, Agricultural Contractor, Rose Lea, Ireby, Wigton CA7 1DS Tel 016973 71396

Stephen Lightfoot, Agricultural Contractor, Hillside, Mealo Hill, Bolton Low Houses,
Wigton CA7 8PD Tel 07968 099328

Wallace Lane Sawmill, Timber and Fencing, J G Robinson, Wallace Lane, Brocklebank,
Wigton CA7 8DL Tel 016974 78298

BUILDING AND CONSTRUCTION, JOINERS, PLUMBERS, ELECTRICIANS, HEATING ENGINEERS, PROPERTY DESIGN, SURVEYING AND MAINTENANCE ETC

A Steadman and Son, Cladding Manufacturers, Warnell, Welton, Carlisle CA5 7HH
Tel 016974 78277 Fax 016974 78530 sales@steadmans.co.uk www.steadmans.co.uk

Alick Grieve, Chartered Surveyor and Land Agent, Lower Height, Caldbeck, Wigton
CA7 8EF Tel 016974 78044 ag@allickgrieve.co.uk

Caldew Kitchens, Handmade Kitchens and Bedrooms, Avondale, Hesket Newmarket,
Wigton Tel/Fax 016974 78385 office@caldewkitchens.co.uk www.caldewkitchens.co.uk

Carrock Design and Build, How Hill, Hutton Roof, Penrith CA11 0XY Tel 01768 488859
info@carrockdesignbuild.co.uk www.carrockdesignbuild.co.uk

Chris Wilson Home Improvements and Maintenance Old School House, Sowerby Row,
Carlisle CA4 0QQ Tel 016974 76413 Mob 07929 421163 chriswilson@him2004.plus.com

Colin Smithson, Painter, Decorator, Handyman, 3, Upton Cottages, Caldbeck, Wigton
CA7 8EU Tel 016974 78161 Mob 07787 710061

E-Mac Builders Ltd, Mill View, Friar Row, Caldbeck, Wigton CA7 8DS Tel 016874 78367
Mob 07901 577498 emacbuilders@btinternet.com

Foster Fabrications Sheet Metal Work, Steel Fabrications, Beech Croft, Sowerby Row,
Carlisle CA4 0QG Tel 016974 76124 Fax 016974 76452 foster.fabrications@virgin.net

J A Bowness, Builder, High Waverbridge House, Wigton CA7 8PN Tel 016973 71322

Jeffrey Bowes, Chartered Building Surveyor Whelpo Head, Caldbeck, Wigton CA7 8EG
Tel 016974 78628 jeffreybowes05@aol.com www.jeffreybowes.co.uk

John Bell, Electrician, Stonegarth, Millhouse, Hesket Newmarket, Wigton CA7 8HR
Tel 016974 78620

John Murchison, Electrical and Plumbing Services Highbury, Hewer Hill, Hesket
Newmarket, Wigton CA7 8HZ Tel/ Fax 016974 78201 Mob 07775 691867

John Simpson, Electrician, Oakdene, Sandy Brow, Wigton CA7 8AT Tel 016973 44909

John Smallwood, Heating Engineer and Boiler Service 3 Dale View, Ireby, Wigton CA7 1EA Tel 016973 71867

Johnston Heating & Plumbing Ltd., Wavergillhead, Brocklebank, Wigton CA7 8DJ Tel 016974 78461 jackandjillupthe@aol.com

Keith Osborne Plumbing Services, Woodleigh, Rosley, Wigton CA7 0LU Tel 016973 42354 Mob 07944 902559

Leslie Scott, Plumber School House, Bolton New Houses, Wigton CA7 8NH Tel 016973 49794 Mob 07795 341691

Malcolm Iredale, Chartered Architect, How Hill, Hutton Roof, Penrith CA11 0XY Tel 017684 84848 mail@carrock.co.uk www.carrock.co.uk

Nether Row Construction Consultants, J W & S E Wells, Nether Row Hall, Hesket Newmarket, Wigton CA7 8LA Tel 01697478355 John@netherrow.co.uk www.netherrow.co.uk

P & R Hellon Electrical Limited Little Fellside, Caldbeck, Wigton CA7 8EZ Tel 016874 78086 Mob 07747 114058 / 07796 397427

Raymond Gibson, Building Contractor, Valley View, Ireby, Wigton CA7 1EQ Tel 016973 71526

Richard Earl, Home Improvement Services, Groundworks and Landscaping School House, Hutton Roof, Penrith CA11 0XS Tel 01768 484334 Mob 07776 08005

RMT Slating/Tiling Ltd, Roofing Contractor, Todghyll, Brocklebank, Wigton CA7 8DH Tel 016974 78570 Mob 07711 256243 rmtslating@btinternet.com

S & C Asbridge, Building & Roofing Contractor, Lyndene, Sowerby Row, Carlisle CA4 0QH Tel 016974 78626 Mob 07831 485520

Sessile Oak, Timber Buildings, Wood Carving, Keith Gibson, Sunnymede, Churchtown, Sebergham Carlisle CA5 7HS Tel 01697476471info@sessile-oak.co.ukwww.sessileoak.co.uk

Solway Industrial Doors Ltd, Brocklebank, Wigton CA7 8DH Tel 016974 78335

Steven Jackson, General Builder and Contractor, Kemlyn, Church Terrace, Caldbeck, Wigton CA7 8DR Tel 016974 78602 Mob 07767 428207

Trevor Studholme, Electrician Cala Sone, Churchtown, Sebergham, Carlisle CA5 7HS Tel 016974 76455 Fax 016974 76680

IT SERVICES

Andrew Ward, Computer Technician and Website Development and Design, 1 Brewery House Barn, Caldbeck, Wigton CA7 8GH Tel 016974 77156 a.ward@wam-design.co.uk www.wam-design.co.uk

C & G Imaging, Digital & Traditional Photographic Applications, Old School House, Sowerby Row, Carlisle CA4 0QQ Tel 016974 76413 c.andg.imaging@googlegmail.com

Rustic Web Design, Fred Mason, 2, Coach House, Ireby, Wigton CA7 1EH Tel 016973 71072 info@rusticwebdesign.co.uk www.rusticwebdesign.co.uk

Steve Razzetti, Web Design and Photography, Calebrack Farm, Hesket Newmarket, Wigton CA7 8JR Tel 016974 78075 steve@razzetti.com www.razzetti.com

MISCELLANEOUS SALES AND SERVICES

Alex Green, Goldsmith and Handmade Jewellery, The Forge, Welton, Carlisle CA5 7ER Tel 016974 76581

Angela Lynch, Parsonbridge Therapy, Parsonbridge, Bolton New Houses, Wigton CA7 8NH Tel 016973 43436

Brow Top Meats, Online Shop, Brow Top Farm, Hutton Roof, Penrith CA11 0XS Tel 017684 84237 info@browtopfarm.co.uk www.cumbriansausage.co.uk

Chelifer Books, Military History Books (Mike Smith & Deryn Walker) Todd Close, Curthwaite, Wigton CA7 8BE Tel 01228 711388 www.military-books.biz

Chris Bonington, Writing, Presentations, Picture Library Nether Row, Hesket Newmarket, Wigton CA7 8LA Tel 016974 78286 chris@bonington.com www.bonington.com

Community Action Nepal (CAN) Charity selling Nepalese handcrafts and goods, Stewart Hill Cottage, Hesket Newmarket, Wigton CA7 8HX Tel 017684 84842 www.canepal.org.uk

Creative Writing Retreats UK Author and Creative Writing Tutor, Writing Workshops and Retreats: Angela Locke, Bowscale Cottage, Mosedale, Penrith CA11 0XQ

angelic@globalnet.co.uk www.angelalocke.co.uk www.creativewritingretreats.co.uk

David Bowen Cane and Rush Seating, Clay Dubs, Caldbeck Wigton CA7 8ER Tel 016974 78100 Mob 07729 478482 drbowen@btinternet.co.uk www.canenrushreseating.co.uk

David Taylor & Co, Chartered Accountant, Boltongate Old Rectory, Boltongate, Wigton
CA7 1DA Tel 016973 71647 dataylorandco@gmail.com

Doug Scott Mountaineering, Lectures and Picture Library Stewart Hill Cottage, Hesket
Newmarket, Wigton CA7 8HX Tel 017684 84842 www.dougscottmountaineering.co.uk

Fiona Cox, Vintage Clothes and Accessories, The Barn, Caldbeck, Wigton CA7 8DP
Tel 016974 78302 fiona.cox@btconnect.com

Frankie Cranfield Art Studio, Lower Height, Caldbeck, Wigton CA7 8EF Tel 016974 78599
Mob 07887 750229 frankie@frankiecranfield.co.uk www.frankiecranfield.co.uk

Harold Edwards Mountaineering Wham Head Lodge, Hutton Roof, Penrith CA11 0XS Tel
01768484465Harold@whamheadlodge.fsnet.co.ukwww.haroldedwardsmountaineering.co.uk

Helen M Cahill, Therapist, Bowen Technique, Tel 016973 71682
therapy@helenmcahill.co.uk www.helenmcahill.co.uk

"In Stitches" Roman Blinds, Curtains & Soft Furnishings, Carol Bolton, Caldbeck
Tel 016974 78148 carol.e.bolton@btinternet.com

Joan Scott, Bookkeeping Services, School House, Bolton New Houses, Wigton
CA7 8NH Tel 016973 49794 Mob 07775 687375

JoAnne Fell, Sewing Service, Mosedale End Farm, Mosedale, Penrith CA11 0XQ
Tel 017687 79605

John Hartley Leisure, Rodeo Bull and Bouncy Castles etc, West View, Rosley, Wigton
CA7 8BZ Tel 016973 44069 Mob 07779 9177687

Jon Dale, Cabinet Maker and Antique Restorer, Moor End, Troutbeck, Penrith CA11 0SX
Tel 017687 79731 jon.dale@virgin.net www.antique-restoration.cumbria.com

Lakeland Balancing Act Holistic Therapy : Ann Blair, Ghyll Bank, Curthwaite, Wigton
CA7 8BG Tel 01228 710213 www.lakelandbalancingact.co.uk

Lynne Gibson Country Hair Care, Valley View, Ireby, Wigton CA7 1EQ Tel 016973 71526

Lorraine Gash, Piano Teacher, Roundhill, Welton, Carlisle CA5 7HH Tel 016974 76337

Mandy Peverall, Curtains and Soft Furnishings, Made to Order, Hillcrest, Welton, Carlisle
CA5 7ES Tel 016974 76387 Mob 07791 454560

Mike Christian, Vetbiz Consultancy, Technology Transfer, West Woodside Farm,
West Woodside, Wigton CA7 0LW Tel 016973 45699 vetbiz@gmail.com

Naomi Harrison, Dressmaker, Commissions Undertaken, 1, High Croft, Ireby, Wigton
CA7 1EE Tel 016973 71715

Rosley Books (Ian Blakemore) Rosley Farmhouse, Rosley, Wigton CA7 8BZ
Tel 016973 49924 sales@rosleybooks.co.uk www.rosleybooks.co.uk

Savvy Mountain Bike Rides and Hire, Swaledale Watch, Whelpo, Caldbeck, Wigton
CA7 8HQ Tel 08008 133576 Mob 07989 388830 savvyuk@live.com

Self Storage Sports Equipment, Caravans, Boats, Furniture, Business Stock etc
HighmoorDyke, Hesket Newmarket, Wigton CA7 8HS Tel 016974 78040

SJStudios, Professional Photography, Stewart Carruthers, West Woodside House, West
Woodside, Wigton CA7 0LW Tel 016973 432322 Mob 0781 8068060

stewart@sjstudios.co.uk www.SJStudios.co.uk

Sonia Charters, Holistic Health and Beauty Therapies, 2, The Whinney, Rosley,
Wigton CA7 8AY Tel 016973 44156

Susan H Glassford, Artist, Meadowbank Farm Studio, Curthwaite, Wigton CA7 8BG
Tel 01228 710071 Sue GlassfordArt@aol.com www.meadowbankfarm.co.uk

Tai Chi/ Life Dances/ Meditation Nigel Catterson, Queens Barn, Welton, Carlisle CA5 7HG
Tel 016974 76497

The Barometer Workshop, (A Stanford) Restoration and Sale of Antique Barometers etc.
Sebergham, Carlisle CA5 7HR Tel/Fax 016974 76823 info@barometerworkshop.co.uk

William Macavoy Books and Novelties, 1, High Croft, Ireby, Wigton CA7 1EE
Tel 016973 71422

Yvette Sewell, Pearls and Beads, Repairs, Restringing, Commissions etc, Howrigg Lane,
Howrigg, Wigton CA7 8BN Tel 01228 710242