

Northern Fells Group (NFG) Diary of Events & Activities June 2017

Issue
26

NFG covers Boltons, Caldbeck, Castle Sowerby, Ireby with Uldale, Mungrisdale, Sebergham and Westward parishes

Northern Fells Group



Action through Community

Look out for new events and activities on parish and local shop notice boards or in the local parish magazines or newspapers.

Please take a look at our updated website at
www.northernfellsgroup.org.uk

NFG Mosedale Coffee Shop at the Quaker Meeting House, Mosedale,

Opens for the summer on Thursday 29th June until Sunday 3rd September.

Thursdays, Fridays, Saturdays 10am – 5pm
and Sundays 2pm – 5pm

(and August Bank Holiday Monday 28th August 10 - 5)

The Coffee Shop is run by volunteers and all proceeds go to the work of the Northern Fells Group. Come and enjoy homemade cakes and delicious soups.

Bric a brac in the Barn, craft work and paintings by local artists in the Coffee Shop. If anyone would like to offer their time helping in the Coffee Shop, or their baking or soup making skills.

Please contact Antoinette Ward on 016974 78220, or email: aw.caldbeck@gmail.com

NFG Photograph Competition

Thank you to all who entered our photograph competition, it was an amazing display of local talent and our judges found it very hard to make some choices

Special thanks to our judges on the night Stewart Carruthers and Steve Razzetti Highly Commended included, Sue Braithwaite, Howard Eastwood, Catherine Eastwood, Steve Emery, Jude Emms, Lynda Huckell, David Kirkwood, Roy Knowles, Stephen Reid, Chris Rose and Henry Rose. The public vote was unanimous and went to Roy Knowles.

We look forward to seeing some of the photographs in print in future NFG publications.

Walk for Health Evening Walk & Supper afterwards at The Boot & Shoe, Greystoke

Tuesday June 13th at 5pm

Meet in front of the pub after parking in the village car park. It is essential to book supper with Helen beforehand. Contact [Helen](#) or [Barbara](#) for more details.

ART 4 ALL

At Mae's Tearoom
10am – 12 noon
Tuesdays
June 20th and 27th
July 18th and 25th
Contact Gillian for more information.

NFG Poetry Group

With The Wordsworth Trust.
Group Visit to Allen Bank, Grasmere.
Wednesday June 14th
Please contact [Helen](#) to book

Friday July 21st

Hearing Aid Checks with Caritas Care
at Millhouse Village Hall 10-11.30am PG

Due to the forthcoming election June 8th

The June Westward lunch is one week earlier on June 1st

Millhouse morning fitness session will be in the main hall at Caldbeck Parish Hall

Bolton Low Houses Pop-In one week later on the 15th June

Sebergham Lunch at Sour Nook Inn is one week earlier on 1st June

No Sour Nook Coffee on 1st June

ADVANCE NOTICE

Discover Your Inner Artist
Tuesday 8th August at Mae's Tearoom
An opportunity to try your hand and create – materials provided, ask [Helen](#)

Monthly Pop-In

at Bolton Low Houses Village Hall
Tea, coffee and homemade baking
2.00-3.30pm
Come and Join us for an informal afternoon tea and get-together
£1.50 donation
Everyone welcome! Bring a friend!
Contact [Gill](#)

KEY

Simon Braithwaite **SB**
Ken Graham **KG**
Philippa Groves **PG**
Gillian Skillicorn **GS**
Barbara Stoddart **BS**
Helen Sturges **HS**
Antoinette Ward **AW**

NFG Village Agents
and NFG Men in Sheds are



LOTTERY FUNDED

Northern Fells Group contact numbers and email addresses

Diane Barraclough 016974 78094

NFG Group Secretary

Millhouse Village Hall

Millhouse, Hesket Newmarket, Wigton CA7 8HR

diane.barraclough@northernfellsgroup.org.uk

Antoinette Ward 016974 78220

NFG Benefits Worker & Minibus Service

For help with benefits, form filling and questions

Antoinette Ward aw.caldbeck@gmail.com

Simon Braithwaite 016974 77196

NFG Lend a Hand Coordinator

simon.braithwaite@northernfellsgroup.org.uk

Carol Hickson and Antoinette Ward 016974 78787

NFG Minibus Service

Libby Graham 016974 78094

NFG Fundraising Coordinator

libby.graham@northernfellsgroup.org.uk

Philippa Groves 016974 78555

NFG Village Agent, Castle Sowerby & Mungrisdale

philippa.groves@northernfellsgroup.org.uk

Helen Sturges 016974 78556

NFG Village Agent, Caldbeck, Sebergham & Welton

helen.sturges@northernfellsgroup.org.uk

Barbara Stoddart 016973 42452

NFG Village Agent, Westward & Rosley

barbara.stoddart@northernfellsgroup.org.uk

Gillian Skillicorn 07874 241604

NFG Village Agent, Ireby, Uldale & Boltons

gillian.skillicorn@northernfellsgroup.org.uk

Ken Graham 07500 861355 or 016974 76148

NFG Men in Sheds

ken.graham@northernfellsgroup.org.uk

NFG Youth Activities

See NFG website for Holiday Programme for 6 to 16

year olds email youth@northernfellsgroup.org.uk

Doreen Gleed 016973 71264

NFG Medical Loan in association with British Red

Cross doreengleed@aol.com

NFG Oil Syndicates

Caldbeck; Edward Spratt 016974 78584

Orders February, April, July, October & December

Castle Sowerby, Sebergham & Welton

Contact **Philippa Groves** 016974 78555

Orders on 1st of February, May, August & November.

Mungrisdale; Mike Sutton 017687 79691

Orders 1st February, April, July, October & December

Rosley; Anne Burgess 016973 49741

Orders on February, May, August & November

Boltons Oil Syndicate; Gillian Skillicorn 07874 241 604

NFG Septic Tank Syndicates

Twice yearly syndicate orders will be placed depending on demand; we need to combine as many orders as possible to make a saving.

Castle Sowerby Parish

Please contact **Philippa Groves** 016974 78555.

Order dates March & November

Rosley & Westward Parish

Contact **Barbara Stoddart** 016973 42452.

Order dates May & December

Ireby Uldale & Boltons Parish

Contact **Gillian Skillicorn** 07874 241604.

Order dates March & November

Mungrisdale Parish contact in March for April order

Contact **Steve Wooley** 01768 779678

NFG Lend a Hand

MORE VOLUNTEERS WELCOME IN ALL PARISHES

Share your gardening skills? Help someone out over a difficult time? Take someone shopping?

Help with dog walking?

Just sit and chat over a cuppa?

The possibilities are endless, you can select which jobs you like and only help when you can.

Interested in finding out more?

For help or to volunteer please contact **Simon**

NFG Minibus call 016974 78787

For people without their own transport or who can't drive temporarily for whatever reason.

Please phone and if you get the answerphone leave your name and telephone number, they will ring you back to discuss your journey, availability of the minibus or alternatives and the likely fare.

The Minibus may be able to help anyone of any age: Who does not have their own transport... Who has limited access to shared transport... Who cannot drive their own cars temporarily... Who needs disabled access... Please contact the Minibus Co-ordinators on **016974 78787** or email

Carol Hickson beckgrange@yahoo.co.uk or **Antoinette Ward** aw.caldbeck@gmail.com

NFG Book Borrowing / Exchange

Borrow books, bring books, exchange books.

NFG have an ever changing selection of books on all subjects at Millhouse Village Hall available when the hall is open for events or during the regular Friday Morning Drop In between 10am - 11.30am.

For details contact [Antoinette](#) or [Diane](#)

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Also at Mungrisdale Tea & Chat, second Wednesday of every month, contact [Philippa](#) or [Lesley Smith](#)  
Or ask your village agent for more details

## NFG Men in Sheds

### Community Workshop

#### MORE MEN ALWAYS WELCOME

Tuesdays and Thursdays 10am - 2pm

The Old Joiners Shop, on the Green, Caldbeck.

Please contact [Ken Graham](#),

*All sorts of work undertaken please pop in and have a chat with Ken, tea and coffee on the go all day!*

## Tai Chi

Wednesdays from 10.30 to 11.30am at Caldbeck Parish Hall. For more details and dates please contact

[Doreen Gleed](#) on 016973 71264

Email [doreengleed@aol.com](mailto:doreengleed@aol.com)



## GET-ACTIVE GET FIT FOR LIFE

**Fun Fitness Sessions for Everybody**  
Improve your balance, improve your fitness,  
all ages – all abilities

**Millhouse** Seated Exercise, Tuesday 6.30-7.30pm

**Millhouse** Keep Fit Sessions, Tuesday at 7.30-8.30pm

**Westward** Seated Exercise, Wednesday 2-3pm and Tea!

**Millhouse** Seated Exercise, Thursday 9.30 – 10.30am

Please contact [Philippa](#) or [Barbara](#)

These sessions are taken by a qualified fitness instructor who will tailor sessions to suit those attending but remember *“every little helps”!!*

## SPINNING and Wool-craft with Carol Hine

Spinning, Felting, Weaving, Knitting, Tapestry etc

All welcome to join our friendly group  
at Millhouse Village Hall

Wednesday afternoons, see diary for dates

Please contact [Philippa](#) or [Carol Hine](#) 016974 76308 for more details and information on sharing lifts.



Regular clinics arranged  
by appointment £13

Hesket Newmarket contact [Helen](#)

Rosley please contact [Barbara](#)

Mungrisdale please contact [Philippa](#)

**Over 50? For any reason,  
are you having trouble  
cutting your own nails?**

## Ukulele Sessions with Lee Myers

Monday evenings check diary for details. [Philippa](#)



## Walking 4 Health Group Events Everybody Welcome



Fortnightly Walks from Caldbeck Parish Hall  
Two walks; short or long walk to suit start at 2pm  
in the Caldbeck area

**Also** Monthly Longer Walks with Peter Burgess  
**And** Every 3<sup>rd</sup> Wednesday Walk usually from the Royal  
Oak carpark, Curthwaite at 9.30am.

**All walk dates are in the diary**

## IT Sessions

Information & Technology sessions

Further sessions in September or they can also be run on demand contact [Helen](#) or [Gill](#)

## Language Sessions

Would you be interested in improving or learning a foreign language for the fun of it, improve your holiday French, Spanish or Italian; please get in touch with [Helen](#)

## Singing Just 4 Fun Everybody Welcome

Good for the heart and soul; fortnightly  
at Millhouse Village Hall. No singing skills required,  
just the ability to have fun and eat cake!

Please contact [Philippa](#)

## Tyson's' Coaches of Caldbeck

Tyson's are providing a weekly private hire coach trip to Carlisle on Wednesdays. For more details or to book your place on the coach, please ring [Helen](#) 016974 78556 by 4pm on Tuesday.

## FREE NHS HEARING AID CHECKS

By [Jean Mason](#) from Caritas Care.

Save yourself the journey to the clinics in Wigton and Carlisle. Jean will next be attending the Drop In coffee morning at Millhouse on **July 21<sup>st</sup>** and will be able to replace batteries and tubing.

Please ask your village agent for more details. [Philippa](#)

**If you can't find what you are looking for, ask your Village Agent for help**

## NFG Diary of Events & Activities

If you can't find something in the diary please ask your Village Agent. You can also view this document online by going on our website or ask your Village Agent to be added to our email list

**All dates are correct at the time of printing; if in doubt please ring before travelling to make sure.**

## JUNE

### June 1<sup>st</sup> Thursday

- \*Men in Sheds workshop open 10am – 2pm **KG**
  - \***CANCELLED FOR THIS MONTH ONLY** Coffee Morning at the Sour Nook Inn **PG**
  - \*Lunch at Mae's Tea Room Uldale 12 noon
  - \*Sebergham Lunch at Sour Nook Inn 12 noon
  - \*Westward Lunch at Westward Halls 12 noon **BS**
- Please note change of date due to elections**

### June 2<sup>nd</sup> Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Boltongate Drop-in 10am - 12 at the Bell Institute

### June 5<sup>th</sup> Monday

- \*Ukulele session 7-9pm at Caldbeck Parish Hall **PG**

### June 6<sup>th</sup> Tuesday

- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Walk for Health, Caldbeck Parish Hall, 2pm. **HS/BS**
- \*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm **PG**

### June 7<sup>th</sup> Wednesday

- \*Coffee and Chat at Westward Halls 10 till 11.30 **BS**
- \*Lunch Group at Denton House HNM, 12 noon
- \*Spinning & Wool-crafts with Carol Hine Millhouse Village Hall 1.30pm **PG**
- \*Gentle Exercise Session at Westward Hall 2pm **BS**
- \*Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

### June 8<sup>th</sup> Thursday GENERAL ELECTION DAY

- \*Gentle Exercise **Caldbeck Parish Hall 9.30am PG**
- Change of venue due to elections**
- \*Men in Sheds workshop open 10am – 2pm **KG**
- Please note change of dates due to elections**
- \*Sebergham Lunch at The Sour Nook Inn moved to June 1<sup>st</sup> \*\*\*Westward lunch moved to June 1<sup>st</sup>
  - \*\*\*Pop-In at Bolton Low Houses to 15<sup>th</sup>

### June 9<sup>th</sup> Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Boltongate Drop-in 10am - 12 at the Bell Institute

### June 12<sup>th</sup> Monday

- \*Ukulele session 7-9pm at Caldbeck Parish Hall **PG**

### June 13<sup>th</sup> Tuesday

- \*Men in Sheds workshop open 10am – 2pm **KG**
- \***NEW** Walk for Health Summer Evening Walk and Supper 5pm from Greystoke, please book with **Helen or Barbara**, meal at Boot & Shoe must be pre-booked
- \*Nail Cutting with AGE UK at Rosley Hall **BS**
- \*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm **PG**

### June 14<sup>th</sup> Wednesday

- \*Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
- \*Tea, Cake & Chat Mungrisdale 2-4pm **PG/LS**
- \*Gentle Exercise Session at Westward Hall 2pm **BS**
- NEW** \*Poetry Group Visit to Allen Bank Grasmere, please contact Helen for more details and to share transport.

### June 15<sup>th</sup> Thursday

- \*Gentle Exercise at Millhouse Village Hall 9.30am **PG**
  - \*Men in Sheds workshop open 10am – 2pm **KG**
  - \*Sebergham Community Lunch at Sebergham Village Hall 12 noon, pre-booking preferred **HS**
  - \*Pop In at Bolton Low Houses 2.15- 3.30pm **£1.50 GS**
- Change of date this month only due to election**

### June 16<sup>th</sup> Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Boltongate Drop-in 10am - 12 at the Bell Institute

### June 19<sup>th</sup> Monday

- \*Ukulele session 7-9pm **at Sebergham Village Hall**
- Please check before attending and for shared lifts **PG**

### June 20<sup>th</sup> Tuesday

- \*Men in Sheds workshop open 10am – 2pm **KG**
- NEW** \*ART 4 All at Mea's 10am- 12noon **GS**
- \*Walk for Health, Caldbeck Parish Hall, 2pm. **HS/BS**
- \*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm **PG**

### June 21<sup>st</sup> Wednesday

- \*Walk from Crofton Village Hall at 9.30am **BS**
- \*Cookery Mornings for Men at Caldbeck Parish Hall, pre-booking essential **PG**
- \*Mungrisdale Lunch Group 12 noon contact Lesley Smith 017687 79397
- \*Rosley Lunch Group at Rosley Hall 12 noon **BS**
- \*Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- \*Gentle Exercise Session at Westward Hall 2pm **BS**
- \*Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

### June 22<sup>nd</sup> Thursday

- \*Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Lunch at The Oddfellows Arms Caldbeck 12 noon **AW**
- \*Ireby Lunch Group at The Globe Hall Ireby next week

### June 23rd Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Boltongate Drop-in 10am - 12 at the Bell Institute
- \*Walking for Health with Peter Burgess to Loweswater, please contact Peter on 016973 49741

### June 26<sup>th</sup> Monday

- \*Ukulele session 7-9pm at Caldbeck Parish Hall **PG**

### June 27<sup>th</sup> Tuesday

- \*Men in Sheds workshop open 10am – 2pm **KG**
- NEW** \*ART 4 All at Mea's 10am- 12noon **GS**
- \*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm **PG**

### June 28<sup>th</sup> Wednesday

- \*Gentle Exercise Session at Westward Hall 2pm **BS**

### June 29<sup>th</sup> Thursday **NFG COFFEE SHOP OPENS TODAY**

- \*Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale, opens for the summer. Open Thursdays, Fridays, Saturdays 10 – 5, and Sundays 2 – 5, from 29<sup>th</sup> June to 3<sup>rd</sup> September.

**\*Ireby Lunch Group at The Globe Hall Ireby today**

### June 30<sup>th</sup> Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm
- \*Boltongate Drop-in 10am - 12 at the Bell Institute

## JULY

### July 1 Saturday

- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm

### July 2 Sunday

- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 2pm - 5pm

### July 3 Monday

- \*Ukulele Session 7--9pm at Caldbeck Parish Hall **PG**

### July 4 Tuesday

- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Walk for Health, Caldbeck Parish Hall 2pm **HS/BS**
- \*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm **PG**

### July 5 Wednesday

- \*Tai Chi Caldbeck Parish Hall 10.30am
- \*Coffee and Chat at Westward Halls 10-11.30am **BS**
- \*Lunch Group at Denton House HNM, 12 noon
- \*Spinning & Wool-Crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- \*Gentle Exercise Session at Westward Hall 2-3pm **BS**
- \*Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

### July 6 Thursday

- \*Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Coffee Morning at the Sour Nook Inn 10am till 11.30am **PG**
- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm
- \*Lunch at Mae's Tea Room Uldale 12 noon

### July 7 Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Boltongate Drop-in 10am - 12 at the Bell Institute
- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm

### July 8 Saturday

- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm

### July 9 Sunday

- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 2pm - 5pm

### July 10 Monday

- \*Ukulele Session 7 – 9pm at Caldbeck Parish Hall **PG**

### July 11 Tuesday

- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm **PG**

### July 12 Wednesday

- \*Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
- \*Cookery Mornings for Men at Caldbeck Parish Hall 10.30am **PG**
- \*Tea, Cake & Chat Mungrisdale 2-4pm **PG/LS**
- \*Gentle Exercise Session at Westward Hall 2- 3pm **BS**

### July 13 Thursday

- \*Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- \*Men in Sheds workshop open 10am – 2pm **KG**
- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm
- \*Sebergham Lunch at The Sour Nook Inn 12 noon
- \*Westward Lunch Group at Westward Halls 12 noon
- \*Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

### July 14 Friday

- \*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- \*Boltongate Drop-in 10am - 12 at the Bell Institute
- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm

### July 15 Saturday

- \*Mosedale Coffee Shop at the Quaker Meeting House, Mosedale opens 10.00am - 5pm

### July 17 Sunday

\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 2pm - 5pm

### July 17 Monday

\*Ukulele Session 7-9pm at Caldbeck Parish Hall **PG**  
**Last session till September 11<sup>th</sup>**

### July 18 Tuesday

\*Men in Sheds workshop open 10am – 2pm **KG**  
**NEW** \*ART 4 All at Mea's 10am- 12noon **GS**  
\*Walk for Health, Caldbeck Parish Hall 2pm **HS/BS**  
\*Gentle Exercise at Millhouse Village Hall 6.30pm **PG**  
\*Keep Fit at Millhouse Village Hall 7.30pm **PG**  
**Last fitness sessions till September 5<sup>th</sup>**

### July 19 Wednesday

\*Walk from The Royal Oak at Curthwaite at 9.30am **BS**  
\*Mungrisdale Lunch Group 12 noon contact Lesley  
Smith 017687 79397  
\*Rosley Lunch Group at Rosley Hall 12 noon  
\*Spinning & Wool-Crafts with Carol Hine at Millhouse  
Village Hall 1.30pm **PG**  
\*Gentle Exercise Session at Westward Hall 2- 3pm **BS**  
**Last session till September 6<sup>th</sup>**  
\*Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

### July 20 Thursday

\*Gentle Exercise at Millhouse Village Hall 9.30am **PG**  
**Last session till September 7<sup>th</sup>**  
\*Men in Sheds workshop open 10am – 2pm **KG**  
\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 10.00am - 5pm  
\*Lunch@Millhouse, the speaker this month is pre-  
booking essential by Monday 17<sup>th</sup> July PG

### July 21 Friday

\*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**  
\*Boltongate Drop-in 10am - 12 at the Bell Institute  
\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 10.00am - 5pm

### July 22 Saturday

\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 10.00am - 5pm

### July 23 Sunday

\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 2pm - 5pm

### July 25 Tuesday

\*Men in Sheds workshop open 10am – 2pm **KG**  
**NEW** \*ART 4 All at Mea's 10am- 12noon **GS**  
\*Walking for Health Evening Walk Caldbeck to  
Sebergham **HS/BS**

### July 27 Thursday

\*Men in Sheds workshop open 10am – 2pm **KG**

\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 10.00am - 5pm

\*Lunch at The Oddfellows Arms Caldbeck 12 noon **AW**  
\*Ireby Lunch Group at The Globe Hall Ireby 12 noon

### July 28 Friday

\*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**  
\*Boltongate Drop-in 10am - 12 at the Bell Institute  
\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 10.00am - 5pm

### July 29 Saturday

\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 10.00am - 5pm

### July 30 Sunday

\*Mosedale Coffee Shop at the Quaker Meeting House,  
Mosedale opens 2pm - 5pm

## Lunch Groups in NFG area

**Pre-booking is essential at the lunches so please  
ring and book your place well in advance.**

**Denton House**, Hesket Newmarket  
Contact Susan & Alan Armstrong 016974 78415

**Ireby Globe Hall Lunch Club**  
Please contact Barbara Johnson 016973 71578

**Mungrisdale Lunch Group**  
Please contact Lesley Smith 017687 79397

**Lunch@Millhouse** at Millhouse Village Hall  
Please contact Philippa Groves 016974 78555

**Lunch at Mae's Tearoom, Uldale**  
Please contact Anne O'Loughlin 016973 22665

**Lunch at the Oddfellows Arms, Caldbeck**  
Please contact Antoinette Ward 016974 78220

**Rosley Lunch Group at Rosley Hall**  
Please contact Barbara Stoddart 016973 42452 or  
Debbie Williams 016973 44255

**Sebergham Community Lunch** at Sebergham Village  
Hall Contact Helen Sturges 016974 78556

**Sebergham Lunch at the Sour Nook Inn**  
Please contact 016974 76242

**Westward Lunch** at Westward Halls  
Please contact Barbara Stoddart 016973 42452 or  
Jennifer Robinson 016974 78298