

Northern Fells Group (NFG) Diary of Events & Activities April 2018

Issue
36

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

HEARING AID CHECKS

GOOD NEWS. NFG are funding the Hearing Aid Checks with Jean Mason at Millhouse Village Hall bi-monthly until October to gauge the need for the service in the area. Please register with us now if you would like to use this service. The service will be free to users but voluntary contributions to the NFG would be appreciated to help support this service which will be reviewed in October. On Fridays from 10-11.30am on April 20th, June 15th, August 17th and October 19th. No appointments but please let us know if you are coming. **Philippa**

NFG 'Phone a Friend Scheme'

A new meaning to COLD CALLING!

We would like to set up a scheme where especially during bad weather residents who live on their own are contacted at least once a day. Please contact us

1. If you live on your own and would like to be contacted
2. If you would like to be part of this scheme and have an hour or so to spare to contact other folk

Interested? Please give your details to any one of us or to find out more please contact **Philippa**.

NEW EVENT Book Lover's Lunch

We will be meeting at Heskett Newmarket Free Church Rooms on Wednesday 23rd May at 12.30. Bring a book you have enjoyed, a book to swap or even a book you want a second opinion on. There is plenty of chat over the books but we keep anything precious away from the soup! We all bring food to share but contact Helen so we have an idea of numbers. So if you love books do get in touch with **Helen**.

Reduce Waste



Recycle the plastic tops from milk and similar drinks and juice bottles and help raise money for charity. It doesn't make a fortune but does mean that we are helping reduce the amount going into landfill. A group collected 17kgs of bottle tops in a month.

We can do better than that!!!!?

Please look out for notices of your nearest collection point. Please contact **Sheila Thompson 07340 712349** if you would be interested in helping with this scheme or if you are interested in similar recycling projects please contact **Philippa** or speak with your Village Agent. "Every little helps a lot!"

Would you like to learn to play the
Guitar?? April 16th HNM Chapel
See the article on the back page.

KEY

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

Penrith Players

Tuesday 24th
April 7.30pm.
This is a free
event, please
see the back
page for details.

Chances to learn to spin, knit, crochet, felt, weave, etc.

Have fun with wool?!!
At Millhouse or
Boltongate, see diary
for details and dates.

NFG Village Agents
and NFG Men in Sheds
are funded by



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

Colin Lock 07564 368011

NFG Benefits Worker

For help with benefits, form filling and questions

Colin Lock colin.lock@northernfellsgroup.org.uk

Simon Braithwaite 016974 77196

NFG Lend a Hand Coordinator

simon.braithwaite@northernfellsgroup.org.uk

Carol Hickson & 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 on 1st February, April, July, October & December

Castle Sowerby, Sebergham & Welton:

Philippa Groves 016974 78555

Orders on 1st 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

Orders February, May, September & November

NFG Septic Tank Syndicates

Contact your Village Agent for more details

Significant savings can be made on syndicate orders

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 Men in Sheds Community Workshop

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

Tuesdays and Thursdays 10am - 2pm
The Old Joiners Shop, on the Green, Caldbeck.

Well-equipped, everyone welcome.

Please contact **Ken Graham**.



Walking 4 Health Group Events Everybody Welcome



Fortnightly Walks from Caldbeck Parish Hall.
Two walks; short or long walk to suit start **at 2pm (summertime)** in the Caldbeck area. **Helen** or **Barbara**
Also Monthly Longer Walks with Peter Burgess.
And Every 3rd Wednesday Walk in the Curthwaite area at 9.30am. Contact **Barbara** for meeting point.
All walk dates are in the diary.

SPINNING and Wool-craft with Carol Hine

Spinning, Felting, Weaving, Knitting, Tapestry, Crochet, Peg looms etc, etc.

All welcome to join our friendly group at Millhouse Village Hall.

Wednesday afternoons, 1-4pm, see diary for dates.
Please contact **Philippa** or **Carol Hine 016974 76308**

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**.
*Also at Mungrisdale Tea & Chat, second Wednesday of every month, contact **Philippa**.*

Ukulele Group

EVERYONE WELCOME TO JOIN OUR FUN GROUP

Every Monday evening 7pm at The Old Crown HNM.

Please check the diary for details. **Philippa**.

WiFi Drop-ins

*At Mae's Tearoom Uldale & Caldbeck Parish Hall
See the Diary for dates*

Have you got a new tablet or want to find out about using the internet? Bring your tablet, iPad or laptop with you or try one of ours. Learn how to explore the internet safely, how to do online searches and email. Find out about shopping online safely and accessing online public services. Sessions from 2.15 – 4pm.

1-1 help from our friendly local volunteers.

For more information contact

Helen 016974 78556 or **Gillian** 07874 241604

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"!!**

Singing Just 4 Fun

Everybody Welcome, fortnightly term time.

Please contact **Philippa**.



Over 50? Having trouble cutting your own nails?

Regular clinics arranged by NFG with AGE UK by appointment £14

Hesket Newmarket contact **Helen**.

Rosley please contact **Barbara**.

Mungrisdale please contact **Philippa**.

WOOLCRAFTS

At The Bell Institute, Boltongate at 1.30pm every fourth Thursday of the month.

All welcome. Please see end page for more details or contact **Gill Skillicorn.**

Tai Chi

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

Doreen Gleed on 016973 71264

Email doreengleed@aol.com

Language Sessions

In French, Italian and Spanish

Informal group sessions to learn more language skills, available times, dates and venues will be advertised in the diary.

Please contact **Helen** or **Barbara** for more details.

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

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.

If you are in doubt about travelling due to weather conditions, always check first before setting out as some sessions may have to be cancelled at short notice.

[School holidays start on 29th March and schools reopen on Monday 16th April]

APRIL

April 1st EASTER SUNDAY

April 2nd Monday EASTER MONDAY

*NO UKULELE

April 3rd Tuesday

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

April 4th Wednesday

***ART FOR ALL** 10-12 at Mae's Tearoom Uldale Fun, informal, have a go! **GS**

*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 at Millhouse Village Hall 1.30pm **PG**

*Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

April 5th Thursday

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

*Lunch at Mae's Tea Room Uldale 12 noon

April 6th Friday

*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**

*Boltongate Library Drop-in 10am - 12 at Bell Institute

April 9th Monday

*Wi-Fi Drop-in at Caldbeck Parish Hall 2.15 – 4pm.

All welcome, 1-1 help **HS/GS**

*Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

April 10th Tuesday

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

*Walk for Health from Caldbeck Parish Hall, all welcome, **2pm HS/BS**

April 11th Wednesday

*Coffee & Chat at Rosley Hall 10am till 11.30am **BS**

*Tea, Cake and Chat with book swop/borrowing at Mungrisdale Village Hall 2pm - 4pm, please contact Lorraine Evans 017687 79877 or Philippa **PG**

*NFG & Theatre by the Lake Trip to see Great Expectations 2pm **HS**

April 12th Thursday

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

*Sebergham Lunch Group at The Sour Nook Inn 12 noon, please book with the pub.

*Westward Lunch at Westward Halls 12 noon **BS**

*Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

April 13th Friday

*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**

*Boltongate Library Drop-in 10am - 12 at the Bell Institute

April 16th Monday

*Wi-Fi Drop-in at Caldbeck Parish Hall 2.15 – 4pm.

All welcome, 1-1 help **HS/GS**

***NEW Learn to play the Guitar** at HNM Chapel Rooms 7-9pm **PG** [see article on back page](#)

*Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

April 17th 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**

*Nail Cutting with AGE UK at HNM **HS**

April 18th Wednesday

*Walk & Coffee from Curthwaite at 9.30am **BS**

*Lunch at Mungrisdale 12 noon, pre-booking essential, please contact Rhona King 017684 84379

*Rosley Lunch Group at Rosley Hall 12 for 12.30, please contact Debbie Williams 016973 44255

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

April 19th Thursday

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

*Gentle Exercise at Millhouse Village Hall 9.30am **PG**

*Sebergham Community Lunch at Sebergham Village Hall 12 noon, pre-booking essential **HS**

April 20th Friday

*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**

***NEW NFG Hearing Aid Checks** at Millhouse Village Hall 9.45am -11.45am **PG**

*Boltongate Library Drop-in 10am - 12 at the Bell Institute

April 23rd Monday

*Wi-Fi Drop-in at Caldbeck Parish Hall 2.15 – 4pm.

All welcome, 1-1 help **HS/GS**

*Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

April 24th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Walk for Health from Caldbeck Parish Hall, all welcome, **2pm HS/BS**
- ***PLEASE NOTE CHANGE OF VENUE** for Gentle Exercise at Caldbeck Parish Hall 6.30pm **PG**
- ***PLEASE NOTE CHANGE OF VENUE** for Keep Fit at Caldbeck Parish Hall 7.30pm **PG**
- ***NFG TRUSTEES MEETING MILLHOUSE VILLAGE HALL**

April 25th Wednesday

- *Cookery Mornings for Men, pre-booking essential 10.30am at Caldbeck Parish Hall **PG**
- *Poetry at Mae's Tearoom, Uldale from 12.30pm **HS**
- *Gentle Exercise Session at Westward Hall 2pm **BS**
- *Italian Language session 7-9 HNM chapel Rooms **BS**

April 26th 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; please book your lunch with Antoinette 016974 78220
- *Ireby Lunch Group at the Globe Hall Ireby 12 noon, please contact Barbara Johnson 016973 71578
- ***NEW Wool Crafts at the Bell Institute**, Boltongate 1.30pm **GS**

April 27th Friday

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

April 30th Monday

- *Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

MAY

May 1st 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**

May 2nd 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 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**

May 3rd Thursday

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop open 10am – 2pm **KG**
- *Lunch at Mae's Tea Room Uldale 12 noon

May 4th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**

- *Boltongate Library Drop-in 10am - 12 at the Bell Institute

May 7th Monday

- *Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

May 8th 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**

May 9th Wednesday

- *Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
- *Tea, Cake and Chat with book swap/borrowing at Mungrisdale Village Hall 2pm - 4pm, please contact Lorraine Evans 017687 79877 or Philippa **PG**
- *Gentle Exercise Session at Westward Hall 2pm **BS**
- *Italian Language session 7-9 HNM chapel Rooms **BS**

May 10th Thursday

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop open 10am – 2pm **KG**
- *Sebergham Lunch Group at The Sour Nook Inn 12 noon, please book with the pub.
- *Westward Lunch at Westward Halls 12 noon **BS**
- *Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

May 11th Friday

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

May 14th Monday

- *Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

May 15th Tuesday

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

May 16th Wednesday

- *Walk & Coffee from Curthwaite at 9.30am **BS**
- *Lunch at Mungrisdale 12 noon, pre-booking essential, please contact Rhona King 017684 84379
- *Rosley Lunch Group at Rosley Hall 12 for 12.30, please contact Debbie Williams 016973 44255
- *Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- *Gentle Exercise Session at Westward Hall 2pm **BS**
- *Wi-Fi Drop-in at Mae's Tearoom Uldale 2.15 – 4pm. All welcome, 1-1 help. **HS/GS**
- *Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

May 17th Thursday continued on next page

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop open 10am – 2pm **KG**

May 17th Thursday continued from last page

*Lunch@Millhouse 12noon at Millhouse Village Hall the speaker this month is from the North West Air Ambulance. Pre-booking by Monday 14th essential **PG**

May 18th Friday

*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
*Boltongate Library Drop-in 10am - 12 at the Bell Institute
*Walk from Crummock Water to Rannerdale and Bluebells, contact Peter Burgess

May 21st Monday

*Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

May 22nd 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**

May 23rd Wednesday

*Cookery Mornings for Men, pre-booking essential 10.30am at Caldbeck Parish Hall **PG**
***Book Lovers Lunch** please contact **Helen** for more information at HNM Free Church Rooms 12.30pm **HS**
*Gentle Exercise Session at Westward Hall 2pm **BS**
*Wi-Fi Drop-in at Mae's Tearoom Uldale 2.15 – 4pm. All welcome, 1-1 help. **HS/GS**
*Italian Language session 7-9 HNM chapel Rooms **BS**

May 24th 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; please book your lunch with Antoinette 016974 78220
*Ireby Lunch Group at the Globe Hall Ireby 12 noon, please contact Barbara Johnson 016973 71578
***NEW** Wool Crafts at the Bell Institute, Boltongate 1.30pm **GS**

May 25th Friday

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

May 28th Monday

*Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

May 29th Tuesday

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

May 30th Wednesday

*Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
*Wi-Fi Drop-in at Mae's Tearoom Uldale 2.15 – 4pm All welcome, 1-1 help **HS/GS**
*Singing Just 4 Fun at Millhouse Hall 7.30pm **PG**

May 31st Thursday

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

Some Lunch Groups in NFG area

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

Denton House, Heskett Newmarket,

Contact Susan & Alan Armstrong 016974 78415

Ireby Globe Hall Lunch Group,

Please contact Barbara Johnson 016973 71578

Mungrisdale Lunch Group,

Please contact Rhona King 017684 84379

Lunch@Millhouse at Millhouse Village Hall,

Please contact Philippa Groves 016974 78555

Lunch at Mae's Tearoom, Uldale,

Please contact Mark Nellist 016973 71369

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,

Please contact Helen Sturges 016974 78556

Sebergham Lunch at the Sour Nook Inn,

Please contact the pub 016974 76242

Westward Lunch at Westward Halls,

Please contact Barbara Stoddart 016973 42452 or Jennifer Robinson 016974 78298

~~~~

## IN CASE OF EMERGENCY

**If you think your home may be difficult to find or in an area where one postcode covers the whole valley please read the information about the**

### **North West Ambulance Service Point Taken Scheme.**

[www.nwas.nhs.uk/talking-to-us/point-taken](http://www.nwas.nhs.uk/talking-to-us/point-taken)

**This is where you can register your address and give the control centre specific directions to your property.**

**If you think you should do it -- do it now!**

## Do you live on your own?

Have you considered having  
a personal alarm?

Having one is not a sign you are useless,  
old or infirm but peace of mind for you &  
all your friends and relatives.

Personal alarms are neat and discreet.

If you would like to know more about  
getting one then chat with one of us.

It could save your life!

~~~~~

Northern Fells Group Village Agents

We always look forward to seeing you at our
events and activities but if you would prefer to
chat to any of us in private please just give us a
call and we can arrange to meet up or visit.

Philippa, Helen, Barbara & Gill

PLEASE NOTE

If you need to contact your any member of staff
of the NFG by telephone please try to do so in
normal working hours between 9am and 5pm
weekdays. Messages can be left on the office
phone. Email contact can be made anytime and
we will try to respond the same day but this is not
always possible.

If your Village Agent is away or unavailable, we
are all happy for you to contact any one of us for
help or information.

~~~~~

## OPEN MEETING with NORTH WEST AMBULANCE SERVICE

Our last meeting was very useful and a further  
meeting with North West Ambulance Service  
Patient Experience Team is to be arranged in the  
next month.

If you would be interested in sharing your views  
with them please get in touch with **Philippa**.

## WOOL CRAFTS at Boltongate

At the Bell Institute, Boltongate starting at 1.30  
pm on every fourth Thursday of the month.

Next sessions is;

**April 26th**

£2 a session including refreshments

All welcome to join our brand new group for a  
couple of hours fun with wool!

Have a go at weaving, spinning, felting, knitting,  
sewing etc.

Some materials available or bring along  
something you are already doing.

A rug, a hat, using local wool, the possibilities are  
endless!

Please contact **Gill** for more information or pop  
along and join the group.

~~~~~

NFG and Theatre by the Lake

If you are interested in tickets for any performance
then please contact **Helen** as soon as possible.
Please let her know if you are willing to be a driver
taking others. Tickets are limited and priority will be
given to people who cannot travel independently or
with limited mobility.

The following are available in 2018.

❖ Tickets for Great Expectations @ £14.00
on Wednesday April 11th at 2 pm

❖ Tickets for Sense and Sensibility @ £5.00
on Thursday 13th September at 2 pm

❖ Tickets for Jeeves and Wooster @ £5.00
On Thursday 11th October at 2 pm.

**For details of any of these trips please contact
Helen**

~~~~~

## Penrith Lions

Have again invited us to attend an event with  
Penrith Players on Tuesday 24th April 7.30 start.

***This is a free event.***

Synopsis: Arthur Miller is recognised as one of the  
classic playwrights of the 20th century.

His first play was All My Sons, a gripping post-War  
portrayal of a family facing up to their past.

Please contact any one of us if you would like to  
attend and we may be able to arrange transport.

Please contact **Philippa**

## NFIB Alert - False Telephone Preference Service Calls

### False claims of Telephone Preference Service:

Fraudsters are cold-calling victims, falsely stating that they are calling from one of the well-known UK telecommunication service providers. They call victims claiming to provide a 'Telephone Preference Service' - an enhanced call-barring service, which includes barring international call centres.

The fraudsters ask victims to confirm/provide their bank account details, informing them that there is a one-off charge for the service. Victims instead see monthly debits deducted from their accounts, which they have not authorised. The fraudsters often target elderly victims.

In all instances, direct debits are set up without following proper procedure. The victim is not sent written confirmation of the direct debit instruction, which is supposed to be sent within three days.

On occasions when victims attempted to call back, the telephone number provided by the fraudster was either unable to be reached or the victim's direct debit cancellation request was refused.

During 2017, there were 493 Action Fraud Reports relating to this fraud.

### Protect yourself:

- There is only one Telephone Preference Service (TPS). The TPS is the only official UK 'do-not-call' register for opting out of live telesales calls. It is **FREE** to sign-up to the register. **TPS never charge for registration.** You can register for this service at <http://www.tpsonline.org.uk>.
- You will receive postal confirmation of genuine direct debits. If you notice unauthorised payments leaving your account, you should contact your bank promptly.
- Always be wary of providing personal information, or confirming that personal information the caller already claims to hold is correct. Always be **certain** that you know who you talking to. If in doubt hang up immediately.

If you have been affected by this, or any other type of fraud, report it to Action Fraud by visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by calling 0300 123 2040.

## Northern Fells Group Supporter?

If you are not already a member of NFG  
How about joining our membership?  
Its only £5 a year for single membership  
or £15 for the whole family.

Please contact our secretary  
Diane Barraclough on 016974 78094  
or email

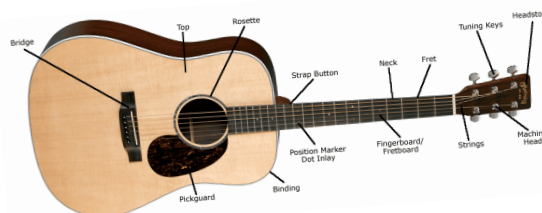
[diane.barraclough@northernfellsgroup.org.uk](mailto:diane.barraclough@northernfellsgroup.org.uk)

~~~~~

**** **NEW** ****

Learn to Play the Guitar

Our ukulele group has been very popular and some people have asked about a Guitar group. There is a possibility that we will be starting a guitar group and to that end a taster session has been set up on **Monday 16th April from 7pm – 9pm at Heskett Newmarket Chapel Rooms** (opposite Denton House). If you are interested in joining in please let us know as soon as possible. With enough support it could possibly become a regular group on a Monday evening from 7pm-9pm
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.