

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

Issue
40

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

You are all invited to attend the Northern Fells
Group Annual General Meeting at Millhouse
Village Hall on Thursday September 13th 7pm.

Please visit our stand at HNM Show where
amongst other things our Men's Cookery
Group will be running a demonstration under
the watchful eye of Margaret Brough.

HEARING AID CHECKS

NFG Hearing Aid Checks with Jean Mason at
Millhouse Village Hall bi-monthly.
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
August 17th and October 19th**

No appointments necessary. Jean can also do
home visits by arrangement (additional charge)

Book Lovers Lunch

Wednesday 19th September at 12.30pm
Hesket Newmarket Church Rooms
Please contact Helen for more details

🎵 Singing Just 4 Fun 🎵

Starts back on September 5th at 7pm PG

Spinning & Wool-Crafts Open Day

on Bank Holiday Monday 27th August
at Millhouse Village Hall 10am – 4pm

FREE ENTRY

Felting and spinning demos, come and try your hand at
something new. Contact [Carol Hine](mailto:Carol.Hine@northernfellsgroup.org.uk) for more details

NFG Coffee Shop at Mosedale Meeting House

There will be a welcome for everyone at The Coffee
Shop at the Mosedale Meeting House over the
summer! We open on June 28th and will be open
Thursdays to Sundays until September 2nd in aid of
the Northern Fells Group's activities.

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

Enjoy homemade cakes, tray bakes and soups and
freshly filled rolls and enjoy the peace and
tranquillity of the lovely Meeting House building.

Locally made art and craft work.

Books by local authors for sale.

And bric a brac for sale in the barn.

Please ring [Antoinette Ward](mailto:Antoinette.Ward@northernfellsgroup.org.uk) on 016974 78220 or
email aw.caldbeck@gmail.com
if you would like to volunteer to help, running the
Coffee Shop with other volunteers, or doing some
baking or soup making.

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

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 any one of us.

It could save your life!

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@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, 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 for Health Everyone Welcome



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

****And now summer evening walks****

All walk dates are in the diary.

SPINNING and Wool-Crafts 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 & Guitar Groups

EVERYONE IS WELCOME TO PLAY OR SING ALONG

All abilities, new starters are always welcome; learn at your own speed, easy to join in anytime.

Monday evenings 7pm at The Old Crown HNM.

Starting back on September 17th for new starters, rusty players and anyone else who fancies a try. **Philippa**.

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”!!*

WiFi Drop-ins

*Caldbeck Parish Hall and Mae's Tearoom,
There are no Wi-Fi sessions until Monday 17th
September at Caldbeck 2.15-3.45pm*

For more information contact;

🎵 Singing Just 4 Fun 🎵

Everybody Welcome, fortnightly term time. We need more singers to keep this fun group going, all ages and all abilities welcome.

Please contact **Philippa**.

WOOLCRAFTS

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

All welcome.

For more details please 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



Are you having problems 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**.

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.

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.

AUGUST

August 1st Wednesday

- *Coffee and Chat at Westward Halls 10 till 11.30 **BS**
- *No Lunch Group at Denton House in August.

August 2nd Thursday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Lunch at Mae's Tea Room Uldale 12 noon
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**

August 3rd Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Library Drop-in 10am - 12 at the Bell Institute
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**

August 4th Saturday

- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**

August 5th Sunday

- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 2pm – 5pm **AW**

August 6th Monday

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

August 7th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Evening Walk 5.30 not 5pm from High Ireby **BS/HS**

August 8th Wednesday

- *Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
- *ART 4 ALL 10-12 at Mae's Tearoom Uldale Fun, informal, have a go! **GS**

August 9th Thursday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**
- *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**

August 10th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Library Drop-in 10am - 12 at the Bell Institute
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**

August 11th Saturday

- *NFG Coffee Shop open for soups and light lunches at Mosedale Meeting House **AW**
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**

August 12th Sunday

- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 2pm – 5pm **AW**

August 13th Monday

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

August 14th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Walk for Health 2pm Caldbeck Parish Hall **HS/BS**

August 15th 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
- *Poetry at Mae's Tearoom, Uldale 12.30 **HS**

August 16th Thursday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**
- *Sebergham Community Lunch at Sebergham Village Hall 12 noon, pre-booking essential **HS**

August 17th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *HEARING AID CHECKS at MILLHOUSE 9.45-11.45 **PG**
- *Boltongate Library Drop-in 10am – 12noon at the Bell Institute.
- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**
- *Walk for Health, walk with Peter Burgess around Ennerdale at 10.30am, contact Peter for details.

August 18th Saturday

- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 10am – 5pm **AW**

August 19th Sunday

- *NFG Coffee Shop & 'Bric a Brac' barn at Mosedale Meeting House open from 2pm – 5pm **AW**

August 20th Monday

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

August 21st Tuesday

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

August 22nd Wednesday

ART 4 ALL 10-12 at Mae's Tearoom Uldale Fun, informal, have a go! **GS**

August 23rd Thursday

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

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

***Wool Crafts**, the Bell Institute, Boltongate 1.30pm **GS**

*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

August 24th Friday

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

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

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

August 25th Saturday

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

August 26th Sunday

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 2pm – 5pm **AW**



August 27th Bank Holiday Monday

***Spinning & Wool-Crafts Group OPEN DAY** at Millhouse Village Hall from 10am – 4pm FREE ENTRY, refreshments served all day, contact Carol Hine **PG**

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

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

August 28th Tuesday

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

*Nail cutting clinic with AGE UK at Rosley **BS**

*Walk for Health 2pm Caldbeck Parish Hall **HS/BS**

August 29th Wednesday no events at present

August 30th Thursday

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

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

August 31st Friday

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

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

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

SEPTEMBER

September 1st Saturday

***NFG Coffee Shop & 'Bric a Brac' barn** at Mosedale Meeting House open from 10am – 5pm **AW**

***Hesket Newmarket Show, a great day out for all the family. Please visit our NFG stand, Men's Cookery Group demonstration between 1.30-3.30pm**

September 2nd Sunday

***LAST DAY NFG Coffee Shop & Bric a Brac barn** open from 2pm – 5pm **AW**

September 3rd Monday

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

September 4th Tuesday

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

*Summer Evening Walk 5pm at Greystoke TBC **HS**

September 5th Wednesday

ART 4 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 1pm- 4pm **PG**

***Singing Just 4 Fun** at Millhouse Hall 7pm **PG**

September 6th Thursday

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

*Lunch at Mae's Tea Room Uldale 12 noon

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

September 7th Friday

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

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

September 10th Monday

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

***UKULELE** group starts back next week

September 11th 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**

September 12th 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**
- ***Spanish Conversation Group** 7.30pm, venue TBC, beginners and improvers welcome **HS**

September 13th Thursday

NFG AGM at Millhouse Village Hall 7pm All welcome

- *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**
- *NFG & Theatre by the Lake, Sense & Sensibility **HS**
- *Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

September 14th Friday

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

September 17th Monday

- *Wi-Fi drop-in Caldbeck Parish Hall 2.15- 3.45 **HS**
- ***NEW UKULELE** group meet at The Old Crown HNM starters at 7pm everyone from 8 - 9pm all welcome to play or sing along **PG**
- ***GUITAR** group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

September 18th Tuesday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- ***Taster French Conversation** 2pm, HNM Church Rooms TBC **HS**
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

September 19th Wednesday

- ART 4 ALL** 10-12 at Mae's Tearoom Uldale Fun, informal, have a go! **GS**
- *Walk from Royal Oak, 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
- *Book Lovers Lunch HNM Church Rooms 12.30pm **HS**
- *Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1pm- 4pm **PG**
- *Gentle Exercise Session at Westward Hall 2pm **BS**
- ***Singing Just 4 Fun** at Millhouse Hall 7pm **PG**

September 20th Thursday

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- ***Men in Sheds** workshop open 10am – 2pm **KG**
- *Lunch@Millhouse 12noon at Millhouse Village Hall the speaker this month is Simon Woodrow, 'Recue and guide dogs'. Pre-booking essential **PG**

September 21st Friday

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

September 24th Monday

- *Wi-Fi drop-in Caldbeck Parish Hall 2.15- 3.45 **HS**
- ***UKULELE** group meet at The Old Crown HNM starters at 7pm everyone from 8 - 9pm all welcome to play or sing along **PG**
- ***GUITAR** group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

September 25th Tuesday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- *Nail Cutting at HNM church rooms **HS**
- *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**

September 26th Wednesday

- *Cookery Mornings for Men, pre-booking essential 10.30am at Caldbeck Parish Hall **PG**
- *Gentle Exercise Session at Westward Hall 2pm **BS**

September 27th 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
- *Wool Crafts, Bell Institute, Boltongate 1.30pm **GS**

September 28th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Library Drop-in 10am - 12 at the Bell Institute
- *Walk for Health, walk with Peter Burgess, Bell Bridge, contact Peter for details.

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

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

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

We know a lot of people have now registered with this potentially lifesaving scheme

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

'Tysons' 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.

ACTIVE 10

Summer is the perfect time to be more active. And a brisk 10 minute walk every day is a great excuse to get outside and improve your health. Each 10 minute burst of exercise is known as an "Active 10".

Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.

You could walk part of your journey home, pop to the shops on foot, or get some fresh air in the evening sunshine. No gym memberships, no brightly coloured Lycra. Just 10 minutes and you!

There is evidence to show that a brisk 10 minute walk each day brings the following health benefits:

- *Increased physical fitness**
- *Greater ease in performing everyday physical activities**
- *Improved mood**
- *Improved quality of life**
- *Increased physical leanness and healthier weight**

A regular 10 minute brisk walk can make you feel better in so many ways. It can boost your energy, clear your head and lift your mood, as well as lowering your risk of serious illnesses like heart disease, type 2 diabetes, dementia and some cancers.

Or if you fancy a bit more action, join our walking group or come to one of our fitness sessions

Warmer Weather & Water Helpful hints from United Utilities

Water is a precious resource and it is always helpful, in terms of future supplies and protecting the environment, for everyone to follow advice on saving water from their water company and use water wisely. The average person in England uses 140 litres per day. We all need to increase the amount of water we save to protect our natural environment and drinking water supplies. Please help us promote water efficiency with your contacts. United Utilities' top tips for saving water, energy and money include the following:

1. Only wash full loads in your washing machine or dishwasher
2. Use a bucket and sponge to wash your car, rather than a hose-pipe
3. Have a four-minute shower, instead of a bath
4. Turn the tap off when brushing your teeth
5. Install a water butt to collect rainwater for watering your garden (see their website for discounted products)
6. Water your garden early in the morning or in the evening, when it is cooler.

You can read more on their website at www.unitedutilities.com. If you see any environmental impacts due to dry weather, such as low flows, fish in distress or algae blooms, please report it to the Environment Agency incident line on 0800 80 70 60 so we can investigate and minimise any potential impacts on the environment.

Please contact **Sheila Thompson 07340 712349** if you would be interested in helping with recycling milk/juice bottle tops or if you are interested in similar recycling projects please contact **Philippa** or speak with your Village Agent.

A collection bin is now available by the gate at Edward Spratt's house, beside the surgery in Caldbeck. Bottle tops can also be left at The Watermill Café at Priests Mill and at Heskett Newmarket Shop

Advance Notice Mungrisdale Arts & Crafts Fair is 23rd, 24th & 25th November

DATA PROTECTION

We have recently approved our Privacy Policy - if you would like a copy of this please contact your Village Agent or you can view it on our website.

Emails:

If you are receiving emails from us which you no longer require, please let us know and you can be deleted from our circulation lists

PLEASE NOTE

If you need to contact your any member NFG staff by telephone please try to do so in normal working hours between 9am and 5pm weekdays. Messages can be left on the office phone. 016974 78094 Email contact can be made anytime and we will try to respond on the same day but realistically this is not always possible.

**NFG & Theatre by the Lake: Limited tickets @ £5 each available for Sense and Sensibility Thursday 13th September and Jeeves and Wooster Thursday 11th October. Interested?
For details please contact Helen Sturges**