

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

Issue
42

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

Have a chimney?

A timely reminder from
Cumbria Fire & Rescue Services
When did you last have your chimney swept?
Do you have a carbon monoxide detector?
Please see advice on back page

All welcome to join our new look singing group

♪ *Pitch up & Sing, Good in Parts* ♪

Fortnightly on Wednesday's during term time at
Millhouse Village Hall from 7pm - 9pm

Join our informal group to sing with Alison Scott,
some popular songs, some less well known,
always fun and interesting. Contact **Philippa**

Time to think about your Flu Jabs

Available now at Caldbeck Surgery
Contact the surgery

Sebergham Craft Fair

At Sebergham Village Hall
On Saturday 3rd November

FREE ADMISSION

Refreshments, light lunch, cakes etc.
Lovely local crafts on display, spinning demos, lots
of things to see and do.

Contact **Carol Hine** 016974 76308

HEARING AID CHECKS

NFG Hearing Aid Checks with Jean Mason at
Millhouse Village Hall bi-monthly.
The service will be free to users but voluntary
contributions to the NFG would be appreciated to
help support this service.

On Friday from 9.45-11.45
October 19th & December 7th 2018

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

Mungrisdale Arts & Crafts Fair

Saturday and Sunday 24th & 25th November

FREE ADMISSION

A great day out for all the family, demos, local
artists and crafts people, Christmas wreath making
display, exciting opportunity to see and buy unique
and unusual gifts. Contact **Philippa**

♥ Book Lovers Lunch ♥

Wednesday 28th November at 12.15pm
Hesket Newmarket Church Rooms
Please contact **Helen** for more details

ARE YOU A SMOKER? Do you want to QUIT?
HELP IS AT HAND TO QUIT THIS OCTOBER

STOPTOBER

See the article at end of this month's diary

NFG & Theatre by the Lake: Limited tickets

Jeeves and Wooster

Thursday 11th October 2pm
For details please contact **Helen**

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.

Doreen Gleed 016973 71264

NFG Medical Loan in association with British Red

Cross doreengleed@aol.com

NFG Oil Syndicates

Caldbeck: Helen Sturges 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**.

For Northern Fells Group Minibus, please 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.

All walk dates are in the diary.

Spinning & 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

New Bookcases at Millhouse, Mungrisdale & Rosley.

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.

Every Monday evening for new starters, rusty players and anyone else who would like to join in. **Philippa**.

GET-ACTIVE GET FIT FOR LIFE

Fun Fitness Sessions for Everybody.

Improve your balance, improve your fitness, all ages – all abilities.

Millhouse GET ACTIVE, Tuesday 6.30-7.30pm

Millhouse GET more ACTIVE, Tuesday at 7.30-8.30pm

Westward GET ACTIVE, Wednesday 2-3pm and Tea!

Millhouse GET ACTIVE, 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”!!**

Wi-Fi Drop-ins

Caldbeck Parish Hall and Mae's Tearoom,

Check the diary for dates and venues in

Caldbeck & Uldale 2.15- 4pm

For more information please contact **Helen** or **Gill**.

🎵 Pitch up & Sing, Good in Parts 🎵

Everybody Welcome, fortnightly term time.

We need more singers to keep this fun group going, all ages and all abilities welcome.

For more information please contact **Philippa**.

WOOL-CRAFTS

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

Loads of things to try and do, everyone welcome to join our friendly group.

For more details please contact **Gill**.

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 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.

OCTOBER

October 1st Monday

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

October 2nd Tuesday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- ***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
- ***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**

October 3rd Wednesday

- *Nail cutting with AGE UK at Rosley **BS**
- ***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**
- ***GET ACTIVE** at Westward Hall 2pm **BS**
- ***🎵 Pitch up & Sing, Good in Parts 🎵** at Millhouse Hall 7pm **PG**

October 4th Thursday

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

October 5th Friday

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

October 8th Monday

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

October 9th Tuesday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- ***Walk for Health**, Caldbeck Parish Hall 2pm **HS/BS**
- ***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**

- ***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**
- ***French Conversation** at 2pm, HNM Church Rooms **TBC HS**

October 10th 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**
- ***GET ACTIVE** at Westward Hall 2pm **BS**
- ***Spanish Conversation Group** 7.30pm, venue **TBC**, beginners and improvers welcome **HS**

October 11th Thursday

- ***GET ACTIVE** 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**, Jeeves & Wooster **HS**
- *Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

October 12th Friday

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

October 15th Monday

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

October 16th Tuesday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- ***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
- ***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**

October 17th Wednesday

- ***ART 4 ALL** 10-12 at Mae's Tearoom Uldale. Fun, informal, have a go! **GS**
- ***Walk for Health** & Coffee from The 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
- *Poetry Group meet at Mae's Tearoom, Uldale, at 12.30pm. Theme: Black Poets **HS**
- ***Spinning & Wool-crafts** with Carol Hine at Millhouse Village Hall 1pm- 4pm **PG**
- ***GET ACTIVE** at Westward Hall 2pm **BS**
- ***🎵 Pitch up & Sing, Good in Parts 🎵** at Millhouse Hall 7pm **PG**

October 18th Thursday

- ***GET ACTIVE** 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 essential **HS**

October 19th 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 - 12 at the Bell Institute

October 22nd Monday

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

October 23rd Tuesday

- ***Walk for Health**, Caldbeck Parish Hall 2pm **HS/BS**
- ***Men in Sheds** workshop open 10am – 2pm **KG**
- ***French Conversation** at 2pm, HNM Church Rooms TBC **HS**

October 24th Wednesday

- *Cookery Mornings for Men, pre-booking essential 10.30am at Caldbeck Parish Hall **PG**
- ***Spanish Conversation Group** 7.30pm, venue TBC, beginners and improvers welcome **HS**

October 25th Thursday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- *Nail cutting with AGE UK HNM church rooms **HS**
- *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**

October 26th Friday

- ***Walk for Health** longer walk with Peter Burgess, for details please phone 016973 49741
- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Library Drop-in 10am - 12 at the Bell Institute

October 29th Monday

- ***UKULELE** group meet at The Old Crown HNM new starters & rusty players at 7pm, everyone else from 8 - 9pm all welcome to play or sing along **PG**
- ***GITAR** group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

October 30th Tuesday

- ***Men in Sheds** workshop open 10am – 2pm **KG**
- ***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
- ***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**

October 31st Wednesday

- ART 4 ALL** 10-12 at Mae's Tearoom Uldale. Fun, informal, have a go! **GS**
- ***Spinning & Wool-crafts** with Carol Hine at Millhouse Village Hall 1pm- 4pm **PG**
- ***GET ACTIVE** at Westward Hall 2pm **BS**
- ***Wi-Fi** drop-in Mae's Tearoom, 2.15- 3.45pm **GS**
- *🎵 **Pitch up & Sing, Good in Parts** 🎵 at Millhouse Hall 7pm **PG**

NOVEMBER

November 1st Thursday

- *Nail cutting with **AGE UK** at HNM **HS**
- ***GET ACTIVE** at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop open 10am – 2pm **KG**
- *Men in Sheds workshop open 10am – 2pm **KG**
- *Lunch at Mae's Tea Room Uldale 12 noon

November 2nd Friday

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

Saturday 3rd November

- ***Sebergham Craft Fair** at Sebergham Village Hall

November 5th Monday

- ***UKULELE** group meet at The Old Crown HNM new starters & rusty players at 7pm, everyone else from 8 - 9pm all welcome to play or sing along **PG**
- ***GITAR** group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

November 6th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- ***Walk for Health**, Caldbeck Parish Hall **1.30pm HS/BS**
- Please note new winter start time for walking group.**
- ***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
- ***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**
- ***French Conversation** at 2pm, HNM Church Rooms TBC **HS**

November 7th Wednesday

- *Coffee and Chat at Westward Halls 10 till 11.30 **BS**
- *Lunch Group at Denton House HNM, 12 noon
- ***GET ACTIVE** at Westward Hall 2pm **BS**
- ***Wi-Fi** drop-in Mae's Tearoom, Uldale 2.15- 4pm **GS**
- ***Spanish Conversation Group** 7.30pm, venue TBC, beginners and improvers welcome **HS**

November 8th Thursday

- ***GET ACTIVE** 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**

November 9th Friday

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

November 12th Monday

***UKULELE** group meet at The Old Crown HNM new starters & rusty players at 7pm, everyone else 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**

November 13th Tuesday

*Men in Sheds workshop open 10am – 2pm **KG**
***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**

November 14th Wednesday

***ART 4 ALL** 10-12 at Mae's Tearoom Uldale. Fun, informal, have a go! **GS**
*Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
***Spinning & Wool-crafts** with Carol Hine at Millhouse Village Hall 1pm- 4pm **PG**
*Tea, Cake and Chat with book swop/borrowing at Mungrisdale Village Hall 2pm - 4pm, please contact Lorraine Evans 017687 79877 or Philippa **PG**
***GET ACTIVE** at Westward Hall 2pm **BS**
***Wi-Fi** drop-in Mae's Tearoom, 2.15- 3.45pm **GS**
***🎵Pitch up & Sing, Good in Parts🎵** at Millhouse Hall 7pm **PG** at Caldbeck Parish Hall to book?? 7.30pm **PG**

November 15th Thursday

***GET ACTIVE** 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 Peter Burgess, 'Travels in Vietnam'. Pre-booking essential **PG**

November 16th Friday

*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
*Boltongate Library Drop-in 10am - 12 at the Bell Institute
***Walk for Health Group 50th Walk Celebration Party & Disco** at Rosley Hall, £5 each with Bring & Share Supper, contact Anne & Peter Burgess 016973 49741 or email anneburgess@googlemail.com

November 19th Monday

***UKULELE** group meet at The Old Crown HNM new starters & rusty players at 7pm, everyone else 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**

November 20th Tuesday

*Men in Sheds workshop open 10am – 2pm **KG**
***Walk for Health**, Caldbeck Parish Hall **1.30pm HS/BS**
***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**

***French Conversation** at 2pm, HNM Church Rooms TBC **HS**

November 21st Wednesday

***Walk for Health** & Coffee from The 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
***GET ACTIVE** at Westward Hall 2pm **BS**
***Wi-Fi** drop-in Mae's Tearoom, 2.15- 3.45pm **GS**
***Spanish Conversation Group** 7.30pm, venue TBC, beginners and improvers welcome **HS**

November 22nd Thursday

***GET ACTIVE** 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, the Bell Institute, Boltongate 1.30pm **GS**

November 23rd Friday

*Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
*Boltongate Library Drop-in 10am - 12 at the Bell Institute
***Walk for Health** longer walk with Peter Burgess, for details please phone 016973 49741
*Preview Evening **Arts & Crafts** at Mungrisdale **PG**

November 24th Saturday

* **Arts & Crafts** at Mungrisdale open from 10.30am – 4.30pm **FREE ADMISSION PG**

November 25th Sunday

* **Arts & Crafts** at Mungrisdale open from 10.30am – 3.30pm **FREE ADMISSION PG**

November 26th Monday

***UKULELE** group meet at The Old Crown HNM new starters & rusty players at 7pm, everyone else 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**

November 27th Tuesday

*Men in Sheds workshop open 10am – 2pm **KG**
***GET ACTIVE** at Millhouse Village Hall 6.30pm **PG**
***GET more ACTIVE**, Millhouse Village Hall 7.30pm **PG**

November 28th Wednesday

***ART 4 ALL** 10-12 at Mae's Tearoom Uldale. Fun, informal, have a go! **GS**
*Cookery Mornings for Men, pre-booking essential 10.30am at Caldbeck Parish Hall **PG**
***Spinning & Wool-crafts** with Carol Hine at Millhouse Village Hall 1pm- 4pm **PG continued on next page**

November 28th Wednesday continued from last page

***GET ACTIVE** at Westward Hall 2pm **BS**

***Wi-Fi** drop-in Mae's Tearoom, 2.15- 3.45pm **GS**

***Pitch up & Sing, Good in Parts** at Millhouse Hall 7pm **PG**

November 29th Thursday

***GET ACTIVE** at Millhouse Village Hall 9.30am **PG**

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

November 30th Friday

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

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

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

Advance Notice

Put the date in your diary now for Mungrisdale Arts & Crafts Fair 24th & 25th November

RECYCLING

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, The Smithy Teashop and at Heskett Newmarket PO & Shop

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!**

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

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.

Advice from
Cumbria Fire & Rescue Service
(CF&RS)

**IF YOU HAVE A CHIMNEY
PLEASE READ THIS CAREFULLY**

Chimney fires in England accounted for over 4,200 incidents dealt with by fire and rescue services between April 2016 and March 2017) As part of the national fire safety campaign, calls for homeowners to clean up their act and get their chimneys swept by an approved sweep to prevent chimney damage, and, in worse cases, household fires.

Mark Ducie, Station Manager for Prevention at CF&RS, says there are steps homeowners can take to prevent chimney fires and protect their property:

“To keep you and your family safe from fire you should make sure you have your chimney swept regularly, depending on what fuel you burn, before the colder months set in and you begin to use your fire again. To make the most of your wood burning stove, ensure you are using quality wood fuel, maintain your appliance and chimney regularly and check you are using your appliance in accordance with the manufacturers’ instructions.

“The HETAS website has a range of useful tips to help you get the best performance from your stove.

“People wouldn’t think twice about getting their car MOT’d, but home appliances often get neglected. It might not be on the top of everyone’s to-do lists, but you really can’t afford to risk leaving these things unattended.”

Mark also stresses the importance for homes to have carbon monoxide detectors fitted for those that have open fires, wood burning stoves and gas appliances.

“Carbon monoxide is known as the silent killer, you can’t see it, you can’t taste it, but it is a killer if left undetected. Please do purchase a CO alarm to keep your loved ones safe. Many detectors are now available for less than £10.”

For more information on maintaining your chimney and how it can help with fire prevention, please visit: www.chimneyfiresafetyweek.co.uk. For information on how to get the best performance from your stove, visit www.hetas.co.uk

**ARE YOU A SMOKER?
HELP IS AT HAND TO QUIT THIS OCTOBER**

STOPTOBER

Cumbria County Council is supporting this year’s Stoptober campaign from Public Health England and encouraging the county’s 59,000 smokers to take part.

The stop smoking challenge begins on 1 October 2018 and includes a combination of quit methods, Stoptober is providing a [free online Personal Quit Plan](#), which helps smokers find the right support for them – with options including face-to-face support, nicotine replacement therapies (such as patches, inhalers or lozenges) and e-cigarettes. [Quit smoking with the right support](#)

To find our more go online
Cumbria@public.govdelivery.com

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## ‘Tysons’ Coaches of Caldbeck

Tysons 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.

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Emails:

If you are receiving emails from NFG 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.