

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

Issue
31

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 Benefits Support Worker

*Applications are invited for the part-time (5 hours a week) post of Benefits Support Worker, due to the retirement of the previous post holder.

*The Benefits Support Worker is responsible for raising awareness of benefits eligibility locally, finding ways to identify residents who are eligible for benefits, and assisting them with claims.

(Remuneration £2,929.20 per annum)

*Antoinette Ward (016974 78220) will be pleased to discuss the post with prospective applicants.

*For a Job description and application form by post or email please contact Diane Barraclough, Northern Fells Group, Millhouse Village Hall, Millhouse, Hesket Newmarket, Wigton. CA7 8HR. Telephone 016974 78094.

diane.barraclough@northernfellsgroup.org.uk

Closing date for applications is 16th November and interviews will be held on Monday 20th November at Millhouse Village Hall.

Regrettably the Coffee Morning at the Sour Nook Inn on the first Thursday of the month has been CANCELLED

This was due to lack of interest, if you would like to see one reinstated in the parish, some ideas on the best day and times would be helpful. **Philippa**

Its official Hugging is good for you!!

Hugging is an easy way to keep the feel good hormone oxytocin flowing says the pioneering scientist and world expert Dr Paul Zak. A hug increases oxytocin and can help reduce stress and improve the immune system.

His prescription: Eight Hugs a day

LANGUAGE SESSIONS

In Italian, French or Spanish

Please check the diary for the dates and venues

NFG Apple juice

is available in the shops now

Contact

Anne Cartmell
016974 78484

Building Dementia Friendly Communities

People with dementia live in your area. It is possible for people with dementia to live well if those around them understand how they can help in simple ways. If you are

interested in supporting your local community to become more dementia friendly David and Cathy Rooney our local trained Dementia Champions are delivering a Dementia Awareness talk at the WI Hall, Ireby on Monday 13th November at 7.30pm.

Contact **Gillian Skillicorn** (all contact details overleaf)

Rosley & Westward Parish Septic Tank Syndicate

Barbara Stoddart 016973 42452. Order dates May & November/ December

Ireby Uldale & Boltons Parish Septic Tank Syndicate

Gillian Skillicorn 07874 241604. Order dates March & November

Saving
Communities
Money

Syndicates
in all
parishes

KEY

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

Mungrisdale Arts & Crafts Fair

Mungrisdale Village Hall

Friday 24th November Preview evening 6 – 8pm

Saturday 25th November 10.30am – 4.30pm

Sunday 26th November 10.30am - 3pm

A great time to buy unique handmade and locally produced Christmas gifts for your friends and family.

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

Antoinette Ward 016974 78220

NFG Benefits Worker

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 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:

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

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 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 Sessions with Lee Myers

EVERYONE WELCOME TO JOIN OUR FUN GROUP

Now every Monday evening at The Old Crown HNM.

Please check the diary for details. **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”!!*

SPINNING and Wool-craft with Carol Hine

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



Over 50? Having trouble cutting your own nails?

Regular clinics arranged by NFG with AGE UK by appointment £13

Hesket Newmarket contact **Helen**

Rosley please contact **Barbara**

Mungrisdale please contact **Philippa**

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

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 1.30pm (wintertime) 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

WiFi Drop-ins

At **Mae's Tearoom Uldale & Caldbeck Parish Hall**
See the Diary for November & December 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. Learn how to do online searches and use email. Find out about shopping online safely and accessing online public services. Sessions from 2.15 –3.45 pm. 1-1 help from our friendly local volunteers. For more information contact

Helen 016974 78556 or **Gillian** 07874 241604

Singing Just 4 Fun

Everybody Welcome, fortnightly term time.

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 Friday November 17th** 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, 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.

NOVEMBER

November 1st 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**

November 2nd 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 is CANCELLED until further notice PG**
- *Lunch at Mae's Tea Room Uldale 12 noon

November 3rd Friday

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

November 4th Saturday

- *Creative Crafts at Sebergham Village Hall 11am till 4pm **PG** or Carol Hine 016974 76308 **FREE ENTRY**

November 6th Monday

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

November 7th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Walk for Health from Caldbeck Parish Hall, all welcome, 1.30pm **HS/BS NOTE EARLIER START TIME**
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

November 8th Wednesday

- *Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
- NEW *ART FOR ALL** 10-12 at Mae's Tearoom Uldale Fun, informal, have a go! **GS**
- *Tea, Cake & Chat Mungrisdale 2-4pm **PG/LS**
- *Gentle Exercise Session at Westward Hall 2pm, everyone welcome. **BS**
- ***NEW TIME** Wi-Fi Drop-In, Mae's Tearoom, Uldale **2pm-4pm**, everyone welcome, beginners included. **GS/HS**
- ***NEW** Beginner Language Sessions in Spanish 7pm – 9.15pm at Caldbeck Parish Hall. **HS**

***NEW** Beginner Language Sessions in Italian at HNM Free Church Rooms 7pm – 9pm. **BS**

November 9th Thursday

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop open 10am – 2pm **KG**
- *Sebergham Lunch at The Sour Nook Inn 12 noon
- *Westward Lunch at Westward Halls 12 for 12.30 **BS**
- *Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

November 10th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Drop-in 10am - 12 at the Bell Institute
- ***FANCY DRESS** Walk for Health with Pater Burgess, meet at 10.30am walk around Uldale, taking in prehistoric monuments, 6 miles, walk in aid of 'Children in Need'. For more details please contact Peter Burgess 016973 49741

November 13th Monday

- *Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**
- ***NEW 'Building Dementia Friendly Communities 'If you are interested in supporting your local community to become more dementia friendly David and Cathy Rooney our local trained Dementia Champions are delivering a Dementia Awareness talk at the WI Hall, Ireby GS**

November 14th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- ***NEW** French Language Session. 2pm – 4pm, contact Helen Sturges
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

November 15th Wednesday

- *Walk at Curthwaite at 9.30am; contact Barbara **BS**
- *Mungrisdale Lunch Group 12 noon please contact Rhona King 017684 84379
- *Rosley Lunch Group at Rosley Hall 12 for 12.30 **BS**
- *Spinning & Wool-Crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- *Gentle Exercise at Westward Hall 2pm – 3pm **BS**
- ***NEW TIME** Wi-Fi Drop-In, Mae's Tearoom, Uldale 2pm-4pm, everyone welcome, beginners included. **GS/HS**
- *Singing Just 4 Fun, Millhouse Village Hall 7.30pm **PG**

November 16th Thursday

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop open 10am – 2pm **KG**
- *Lunch@Millhouse at Millhouse Village Hall, 12 noon. The speaker this month is Cumbria Police & Crime Commissioner, Peter McCall. All welcome, pre booking essential **PG**

November 17th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Hearing Aid Checks with Caritas Care at Millhouse Drop-In **PG**
- *Boltongate Drop-in 10am - 12 at the Bell Institute

November 20th Monday

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

November 21st Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Nail cutting with Age UK at Rosley **BS**
- *Walk for Health from Caldbeck Parish Hall, all welcome, 1.30pm **HS/BS** **NOTE EARLIER START TIME**
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

November 22nd Wednesday

- ***ART FOR ALL** 10-12 at Mae's Tearoom Uldale **GS/HS**
... followed by the ...
- *POETRY group between 1pm- 3pm Theme 'Treasured Books', Pre-book for lunch at 12 noon with Helen **HS**
- *Gentle Exercise at Westward Hall 2pm – 3pm **BS**
- ***NEW** Beginner Language Sessions in Italian at HNM Free Church Rooms 7pm – 9pm. **BS**
- ***NEW** Beginner Language Sessions in Spanish 7pm – 9.15pm Contact Helen for venue. **HS**

November 23rd 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 12 noon

November 24th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Drop-in 10am - 12 at the Bell Institute
- *NFG Arts & Crafts Preview Evening at Mungrisdale Village Hall 6-8pm **PG**

November 25th Saturday

- NFG Arts & Crafts Fair at Mungrisdale Village Hall 10.30am till 4.30pm. Refreshments available all day. Demonstrations ongoing all day. Unique and unusual Christmas gifts. All welcome **FREE ENTRY. PG**

November 26th Sunday

- NFG Arts & Crafts Fair at Mungrisdale Village Hall 10.30am till 3pm. Refreshments available. Unique and unusual Christmas gifts. All welcome **FREE ENTRY. PG**

November 27th Monday

- *Wi-Fi Drop-In, Caldbeck Parish Hall 2pm-4pm, everyone welcome, beginners included. **GS/HS**
- *Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

November 28th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- ***NEW** French Language Session. 2pm – 4pm, contact Helen Sturges
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

November 29th Wednesday

- *Cookery Mornings for Men at Caldbeck Parish Hall 10.30am Numbers limited, pre-booking essential **PG**
- *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**

November 30th Thursday

- *Gentle Exercise at Millhouse Village Hall 9.30am **PG**
- *Nail Cutting with AGE UK at HNM Church rooms **HS**
- *Men in Sheds workshop open 10am – 2pm **KG**

DECEMBER

December 1st Friday

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

December 4th Monday

- *Wi-Fi Drop-In, Caldbeck Parish Hall 2pm-4pm, everyone welcome, beginners included. **GS/HS**
- *Ukulele group meet at The Old Crown HNM 7-9pm all welcome to play or sing along **PG**

December 5th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Walk for Health from Caldbeck Parish Hall, all welcome, 1.30pm **HS/BS** **NOTE EARLIER START TIME**
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

December 6th Wednesday

- *Tai Chi at Caldbeck Parish Hall
- *Coffee and Chat at Westward Halls 10 till 11.30 **BS**
- ***Cookery Mornings for Men by invitation only this month PG**
- ***ART FOR ALL** 10-12 at Mae's Tearoom Uldale Fun, informal, have a go! **GS**
- *Lunch Group at Denton House HNM, 12 noon
- *Rosley Lunch Group at Rosley Hall 12 noon (**altered date**) **BS**
- *Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- *Gentle Exercise Session at Westward Hall 2pm **BS**
- ***NEW** Beginner Language Sessions in Italian at HNM Free Church Rooms 7pm – 9pm. **BS**
- ***NEW** Beginner Language Sessions in Spanish 7pm – 9.15pm at Caldbeck Parish Hall. **HS**
- *Singing Just 4 Fun **POSSIBLE PARTY with Wigton Group venue and time TBA PG**

December 7th 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 is CANCELLED until further notice PG**
- *Lunch at Mae's Tea Room Uldale 12 noon

December 8th Friday

- *Drop-in Coffee Morning, Millhouse 10-11.30am **AW**
- *Boltongate Drop-in 10am - 12 at the Bell Institute
- *Walk for Health with Peter Burgess to Skiddaw House 6.5 miles, for more details please contact Peter Burgess 016973 49741

December 11th Monday

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

December 12th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Nail Cutting with AGE UK at HNM Church rooms **HS**
- ***TBC** French Language Session. 2pm – 4pm, contact Helen Sturges
- *Gentle Exercise at Millhouse Village Hall 6.30pm **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm **PG**

December 13th Wednesday

- *Coffee & Chat at Rosley Hall 10am till 11.30am **BS**
- *Mungrisdale Christmas Special Combined Lunch please contact Rhona King 017684 84379 or Philippa Groves 016974 78555
- *Gentle Exercise Session at Westward Hall 2pm **BS**

December 14th Thursday

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

December 15th Friday

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

December 18th??

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

December 19th Tuesday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Walk for Health from Caldbeck Parish Hall, all welcome, 1.30pm **HS/BS** **NOTE EARLIER START TIME**

December 20th Wednesday

- *Walk & Coffee from Curthwaite at 9.30am **BS**
- ***ART FOR ALL** 10-12 at Mae's Tearoom Uldale Fun & informal, have a go! **GS**

*POETRY group also at Mae's Tearoom, Uldale between 1pm- 3pm Theme 'Midwinter', Pre-book for lunch at 12 noon with Helen **HS**

***NEW** Beginner Language Sessions in Italian Venue TBC 7pm – 9pm. **BS**

***NEW** Beginner Language Sessions in Spanish 7pm – 9.15pm Venue TBC. **HS**

December 21st Thursday

- *Men in Sheds workshop open 10am – 2pm **KG**
- *Sebergham Christmas Community Lunch at Sebergham Village Hall pre-booking essential **HS**

December 22nd Friday

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

December 24th Sunday ***Christmas Eve

December 25th Monday ***Christmas Day

December 26th Tuesday ***Boxing Day

No Men in Sheds today

December 27th Wednesday

December 28th Thursday

- No Men in Sheds today
- *Lunch at The Oddfellows Arms Caldbeck 12 noon **AW**
- **Ireby Lunch Group at The Globe Hall Ireby TBC*

December 29th Friday

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

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.

Theatre by the Lake ADVANCE NOTICE

We now have the opportunity to get reduced price tickets for certain performances by way of a new scheme for groups. We propose to take a group on Wednesday 3rd January at 2pm to see "The Secret Garden". We will organize shared cars to travel. If you are interested in having a ticket for this performance or future events like this at the Theatre by the Lake and/or being a driver taking others then contact **Helen Sturges**.

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,

please contact Susan & Alan Armstrong 016974 78415

Ireby Globe Hall Lunch Club,

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

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.

Winter Approaching Save money with NFG syndicates

Are you a member of one of our
Oil Syndicates?

We have them operational in all our
parishes

If you have a septic tank have you joined a
Septic Tank Emptying Syndicate?

Again available in all parishes

Please see the article on the second page
for contacts in your area.

- Thousands of pounds have been saved by syndicate members
- There is no charge to join any of our syndicates and they are all run by volunteers
- You do not need to order every time, only when it suits you
- You can order in between syndicate orders if needed

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## NFG VOLUNTEERS

Nearly all Northern Fells Group events and activities are superbly supported by our trusted and willing band of volunteers; we could not operate so successfully without them.

If you would be interested in joining our Lend a Hand volunteers please contact Simon Braithwaite or speak with any of us about the sorts of things we do.

It could be anything from helping with baking or tea making a drop-in or if you have good computer skills you could help support learners at a computer class. Help with shopping, small handyman jobs, dog walking. You could help coordinate an oil syndicate or a million and one other things. You only do what you can - when you can and meet likeminded folk.

## Winter Driving Tips

Driving in the winter is very different than in other times of the year. Adverse weather and longer periods of darkness (especially now after the clocks have gone back) makes driving more hazardous. Sometimes conditions can be extreme, as we have found out over recent winters, with prolonged periods of heavy snow and floods.

In very bad conditions, avoid driving completely, unless you absolutely have to make the journey and driving is the only option. Different weather conditions create different hazards throughout the winter and in different areas of the country at different times. A single journey may take us into very different weather, road and traffic conditions, so we need to be prepared for each one. This means that we need to adapt the way we drive to the conditions.

## Prepare your vehicle

It's a good idea to have your vehicle fully serviced before winter starts and have the anti-freeze tested. If you can't have it serviced, then do your own checks. In particular, check:

- Lights are clean and working
  - Battery is fully charged
  - Windscreen, wiper blades and other windows are clean and the washer bottle filled with screen wash
  - Tyre condition, tread depth and pressure (of all the tyres, including the spare)
  - Brakes are working well
  - Fluids are kept topped up, especially windscreen wash (to the correct concentration to prevent it freezing), anti-freeze and oil
- RoSPA has produced a film illustrating the most important things to check and how to do so. The film is available at:

<http://safetygoesane.wordpress.com/2011/10/05/check-your-vehicle-out-a-new-rospa-video/>  
it's also a good idea to stock up on de-icer, windscreen wash, oil and anti-freeze at the start of winter.

**P.S. ITS FLU JAB TIME AGAIN** For those eligible, flu vaccinations are available now at your local surgery. Drop-In clinics are advertised in the local parish magazines

As a result of a recent meeting with the North West Ambulance Service Patient Experience Team we highlighted some difficulties that sometimes arise when ambulances are called to our rural parts of Cumbria. Please read the following information and if you feel your house would be difficult to find then contact the Pointtaken team



North West Ambulance Service NHS Trust covers some of the most rural parts of England with a large part of the region classed as remote.

From villages to remote farms where there are people, the ambulance service is needed.

Up to the minute technology allows the Trust to find the vast majority of properties in an instant but in a bid to reassure the population their property is not off the radar, the Trust has set up the Point Taken Team, initially capturing data in the **Cumbria area only**.

After all, if you live in a rural area, you'll know that some places can be hard to find.

Hopefully, you will never need the services of a paramedic but if you are worried that an ambulance might not find your house when you have called 999, the Point Taken Team is there to put your mind at rest. All you need to do is contact the Team and give as many details as possible about the location of your property. Once the Team has these details it will check the Trust's mapping system to see if your property is clearly marked.

If it isn't, the Team can then use a variety of methods to put you on the map and enable emergency crews to accurately pin-point your address as fast as possible when you need them most.

If you live in the Cumbria area and are concerned that paramedics may not find your property when you call 999 then the Point Taken Team can put your mind at rest to make sure you are on the map.

<http://www.nwas.nhs.uk/talking-to-us/point-taken/>