

Northern Fells Group (NFG) Diary of Events & Activities July 2022

Issue
69

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 click onto our regularly updated website at

www.northernfellsgroup.org.uk

SPECIAL COST OF LIVING EVENT

The Northern Fells Group and Dementia Action Alliance are staging a special
drop-in at this month's Westward Halls coffee morning.

Experts will be on hand to give advice and ideas on how to save energy in
the home. There will be representatives from AgeUK and Cold to Cosy
Homes from Cumbria Action for Sustainability, DWP as well as NFG benefits
expert Di Bowes and NFG/Dementia Awareness Advisor Janet Wilkinson.

The event takes place on July 6 from 10-11.30am, all welcome.

C.R.A.F.T GROUP

(Can't Remember a Flippin' Thing)

A chance for folk of all ages to
share old memories and make
new ones, to have a good laugh
and a crack.

There are games, quizzes and
plenty to do.

At Millhouse village hall on
Monday, July 18 from 2-4pm.

Cake and a cuppa also available!

Contact Philippa Groves on
016974 78555

YEEEHAAAA!

Mosey on down to Bolton Low Houses Parish
Hall for Line Dancing classes!

No experience necessary.

Sessions are fortnightly starting July 6. Classes
from 2-3pm, cost £2.

Contact Ness For more information on 0771
8264700 or Gill Skillicorn, Village Agent for
Boltons, Ireby and Uldale on 07874 241604 or
email:

gillian.skillicorn@northernfellsgroup.org.uk

KEY

Diane Barraclough DB

Dianne Bowes DBo

Simon Braithwaite SBr

Ken Graham KG

Mark Green MG

Gillian Skillicorn GS

Pauline Petch PP

Antoinette Ward AW

NFG Bargain Board

New items always appreciated! Clear details
on condition, cost and contact number or
email required. Photo optional. Items will be
advertised for up to four weeks only.

No electrical items please.

contact Philippa Groves on 016974 78555

Email: bboardphilly@gmail.com

NFG Village Agents
&
NFG Men in Sheds



LOTTERY FUNDED

Thank you

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

Dianne Bowes 07752 457513.

NFG Benefits Worker

For help with benefits, form filling and questions

benefits@northernfellsgroup.org.uk

Simon Braithwaite 016974 77196

NFG Lend a Hand Coordinator

simon.braithwaite@northernfellsgroup.org.uk

Janet Wilkinson 017684 83206

NFG Dementia Awareness Advisor

Janet.wilkinson@northernfellsgroup.org.uk

Carol Hickson & Antoinette Ward 016974 78787

NFG Minibus Service

beckgrange@yahoo.co.uk

aw.caldbeck@gmail.com

Shaun Middlemore 07960 342106

NFG Village Agent Caldbeck

shaun.middlemore@northernfellsgroup.org.uk

Mark Green 016973 71710

NFG Village Agent, Castle Sowerby & Mungrisdale

mark.green@northernfellsgroup.org.uk

Pauline Petch 077304 54151

NFG Village Agent, Rosley, Wesward, Sebergham & Welton

pauline.petch@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.

NFG Medical Loan 016974 77196

simon.braithwaite@northernfellsgroup.org.uk

NFG Oil Syndicates

Caldbeck: **Anne Cartmell** 016974 78484

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

Castle Sowerby, Sebergham & Welton:

Mark Green 016973 71710

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 241604

Orders February, May, September & November

NFG Septic Tank Syndicates

Contact your Village Agent for more details
Significant savings can be made on orders

Castle Sowerby Parish

Please contact **Mark Green** 016973 71710

Order dates March & November

Rosley & Westward Parish

Please contact **Barbara Stoddart** 078817 25515

Order dates May & December

Ireby Uldale & Boltons Parish

Please contact **Gillian Skillicorn** 07874 241604

Order dates March & November

Mungrisdale Parish contact in March for April order

Please contact **Bevan Thompson**

bevan@bevanthomson.net

CATCH IT, BIN IT, KILL IT

Covid is still rife!

But there are also coughs, sore throats and other lurgi causing problems. To protect yourself and others: * Always carry tissues to catch your cough or sneeze * Bin the tissue and wash your hands with soap and water or use sanitiser gel.

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

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, Thursdays and Saturdays, 10am - 2pm
The Old Joiners Shop, on the Green, Caldbeck.
Well-equipped, everyone welcome.
Contact Ken 07500 861355 or 016974 76148

'Friendly Walkers' **Everyone Welcome**

Fortnightly Walks from Caldbeck Parish Hall.
Short or long walks to suit in the Caldbeck area.
Contact **Helen Sturges** on 016974 78556 or
hv.sturges@btinternet.com

Spinning & Wool-crafts
at Millhouse Village Hall on Wednesdays
from 1- 4pm. Sessions continue
fortnightly. Cost is £2 per session including
tea and biscuits.

Cooking for Men

At Caldbeck Parish Hall every month.
Learn a new dish or two, have a chat and
a laugh over lunch - and take tea home
with you! Some places are available,
please contact **MARK** numbers are
limited to maintain covid safety

Catch up with friends and neighbours in Gill's parishes

***POP-IN** at Bolton Low Houses Parish Hall
second Monday of the month 10 – 11.30am
***TEA, CAKE and CHAT**, Third Thursday of
the month at Ireby WI Hall 10.30 – 11.30am
***CRAFTY THURSDAYS** fourth Thursday of
the month, Bell Institute Boltongate 1.30pm

NFG Lend a Hand **MORE VOLUNTEERS WELCOME** **IN ALL PARISHES**

Would you like to help in your
community? Do you have a few hours to
spare? Could you 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? You select which jobs you like and
only help when you can.
To find out more, for help or to volunteer
please contact **Simon**.

🎵 **Millhouse Singers** 🎵
**Everybody Welcome, fortnightly during
term time 7pm at Millhouse village hall.**
Good for the lungs and the soul!
For information, please contact **Pauline**.

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 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; **some may be subject to change or not confirmed**, if in doubt please ring before travelling to make sure.

Events and activities are ongoing, but we all still need to proceed with caution. If you feel unwell at all or have been in contact with anyone with, or showing symptoms of Covid 19, please do not attend and seek medical advice.

JULY

July 1 Friday * **NFG DROP IN** Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

July 2 Saturday ***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 4 Monday ***NORDIC TREK WALKS** meet at Millhouse 3pm contact Debbie Jackman 07776162125

***GET FIT FOR LIFE** at 5pm on ZOOM contact Debbie Jackman 07776162125

July 5 Tuesday ***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**
***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

July 6 Wednesday ***TAI-CHI** 10.30 – 11.30am at Caldbeck Parish Hall contact Doreen Gleed 016973 71264

***WESTWARD COFFEE MORNING**, Westward hall 10am – 11.30, Barbara Stoddart 016973 42452

***DENTON HOUSE LUNCH** contact Susan & Alan Armstrong 016974 78415

***LINE DANCING** Bolton Low Houses Parish Hall. Classes from 2-3pm, cost £2. Contact Ness For more information call Ness on 07718264700 or Gill Skillicorn Village Agent for Boltons, Ireby and Udale on 07874 241604 or email: gillian.skillicorn@northernfellsgroup.org.uk

July 7 Thursday ***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 8 Friday ***NFG Drop In** Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

July 9 Saturday ***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 11 Monday ***POP-IN** at Bolton Low Houses Parish Hall from 10am – 11.30am contact Maggie Bateman 016973 49919 or Gill Skillicorn
***NORDIC TREK WALKS** meet at Millhouse 3pm contact Debbie Jackman 07776162125

***GET FIT FOR LIFE** at 5pm on ZOOM contact Debbie Jackman 07776162125

July 12 Tuesday

***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***FRIENDLY WALKERS** meet at Caldbeck Parish Hall at 2pm **Helen Sturges** 016974 78556

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

July 13 Wednesday ***STROLLERS WALKING GROUP**, short walks around Caldbeck, 10am from Men in Sheds workshop **Helen Sturges** 016974 78556

***TAI-CHI** 10.30 – 11.30am at Caldbeck Parish Hall contact Doreen Gleed 016973 71264

***ART 4 ALL** at Maes Tearooms, 10.30am-12

***SPINNING & WOOL-CRAFTS** at Millhouse 1-4pm

***SINGING AT MILLHOUSE**, 7pm **Alison Scott**

July 14 Thursday ***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 14 Thursday (cont) *WESTWARD LUNCH AT WESTWARD HALLS Please contact Barbara Stoddart 016973 42452 or Jennifer Robinson 016974 78298

July 15 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

July 16 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 18 Monday *NORDIC TREK WALKS meet at Millhouse 3pm contact Debbie Jackman 07776162125

***GET FIT FOR LIFE** at 5pm on ZOOM contact Debbie Jackman 07776162125

***C.R.A.F.T** group, Millhouse village hall, 2-4pm contact Philippa on 016974 78555

July 19 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

July 20 Wednesday *TAI-CHI 10.30 – 11.30am at Caldbeck Parish Hall contact Doreen Glead 016973 71264

***ROSLEY** lunch at Rosley Hall, please book with Ann Parry 016974 78417

***COOKING FOR MEN** 10.30 Caldbeck Parish Hall

***LINE DANCING** Bolton Low Houses Parish Hall. Classes from 2-3pm, cost £2. Contact Ness For more information call Ness on 07718264700 or Gill Skillicorn Village Agent for Boltons, Ireby and Uldale on 07874 241604 or email: gillian.skillicorn@northernfellsgroup.org.uk

July 21 Thursday *TEA, CAKE AND CHAT at Ireby WI Hall 10.30am – 11.30am **GS**

***MEN in SHEDS** at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 22 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

July 23 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

July 25 Monday *NORDIC TREK WALKS meet at Millhouse 3pm contact Debbie Jackman 07776162125

July 25 Monday (cont) *GET FIT FOR LIFE at 5pm on ZOOM contact Debbie Jackman 07776162125

July 26 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***FRIENDLY WALKERS** meet at Caldbeck Parish Hall at 2pm Helen Sturges

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

July 27 Wednesday

***STROLLERS WALKING GROUP**, short walks around Caldbeck, 10am from Men in Sheds workshop **Helen Sturges** 016974 78556

***TAI-CHI** 10.30 – 11.30am at Caldbeck Parish Hall contact Doreen Glead 016973 71264

***SPINNING & WOOL-CRAFTS** at Millhouse 1-4pm

July 28 Thursday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***CRAFTY THURSDAYS** at The Bell Institute Boltongate at 1.30pm, contact **GS**

***LUNCH** at Oddfellows Arms Caldbeck, 12 noon, contact Antoinette Ward 016974 78220

***LUNCH** at Globe Hall, Ireby at 12 noon. Booking essential, contact Barbara on 016973 71578

July 29 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

July 30 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

AUGUST

August 2 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

August 3 Wednesday *WESTWARD COFFEE MORNING, Westward hall 10am – 11.30, Barbara Stoddart 016973 42452

***DENTON HOUSE LUNCH** contact Susan & Alan Armstrong 016974 78415

***LINE DANCING** Bolton Low Houses Parish Hall. Classes from 2-3pm, cost £2. Contact Ness For more information call Ness on 07718264700 or Gill Skillicorn Village Agent for Boltons, Ireby and Uldale on 07874 241604 or email: gillian.skillicorn@northernfellsgroup.org.uk

August 4 Thursday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

August 5 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

August 6 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

August 8 Monday *POP-IN at Bolton Low Houses Parish Hall from 10am – 11.30am contact Maggie Bateman 016973 49919 or Gill Skillicorn

August 9 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***FRIENDLY WALKERS** meet at Caldbeck Parish Hall at 2pm **Helen Sturges** 016974 78556

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

August 10 Wednesday *STROLLERS WALKING GROUP, short walks around Caldbeck, 10am from Men in Sheds workshop **Helen Sturges** 016974 78556

***SPINNING & WOOL-CRAFTS** at Millhouse 1-4pm

***ART 4 ALL** at Maes Tearooms, 10.30am-12

August 11 Thursday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***WESTWARD LUNCH AT WESTWARD HALLS**

Please contact Barbara Stoddart 016973 42452 or Jennifer Robinson 016974 78298

August 12 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

August 13 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

August 15 Monday *C.R.A.F.T group, Millhouse village hall, 2-4pm contact Philippa on 016974 78555

August 16 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

August 17 Wednesday *ROSLEY lunch at Rosley Hall, please book with Ann Parry 016974 78417

***LINE DANCING** Bolton Low Houses Parish Hall. Classes from 2-3pm, cost £2. Contact Ness For more information call Ness on 07718264700 or Gill Skillicorn Village Agent for Boltons, Ireby and Uldale on 07874 241604 or email: gillian.skillicorn@northernfellsgroup.org.uk

August 18 Thursday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***TEA, CAKE AND CHAT** at Ireby WI Hall 10.30am – 11.30am **GS**

August 19 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

August 20 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

August 23 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm **KG**

***FRIENDLY WALKERS** meet at Caldbeck Parish Hall at 2pm **Helen Sturges** 016974 78556

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

August 24 Wednesday *STROLLERS WALKING GROUP, short walks around Caldbeck, 10am from Men in Sheds workshop **Helen Sturges** 016974 78556

***SPINNING & WOOL-CRAFTS** at Millhouse 1-4pm

August 25 Thursday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm
KG

***CRAFTY THURSDAYS** at The Bell Institute Boltongate at 1.30pm, contact **GS**

***LUNCH** at Oddfellows Arms Caldbeck, 12 noon, contact Antoinette Ward 016974 78220

***LUNCH** at Globe Hall, Ireby at 12 noon. Booking essential, contact Barbara on 016973 71578

August 26 Friday *NFG Drop In Coffee Morning at Millhouse 10am - 11.30am contact **Antoinette** 016974 78220

August 27 Saturday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm
KG

August 29 Monday

BANK HOLIDAY – NO EVENTS

August 30 Tuesday *MEN in SHEDS at the workshop on the Green in Caldbeck 10am – 2pm
KG

***LEARN TO PLAY THE UKULELE** at Ireby Black Lion pub 7pm -9pm. Please contact Mick Moore on 07885 802204 or Gill Skillicorn 07874 241 604 **GS**

August 31 Wednesday *LINE DANCING Bolton Low Houses Parish Hall. Classes from 2-3pm, cost £2. Contact Ness For more information call Ness on 07718264700 or Gill Skillicorn Village Agent for Boltons, Ireby and Uldale on 07874 241604 or email:
gillian.skillicorn@northernfellsgroup.org.uk

Need to get there?

The NFG Minibus can help anyone of any age:

Who does not have their own transport;
Who has limited access to shared transport; Who temporarily cannot drive their own car; Who needs disabled access.

Contact the Minibus Co-ordinators on
016974 78787 or email

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

If you can think of a group activity we don't cover and you think we might be able to help set up a trial session, then please contact one of the Village Agents

Fit Smoke Alarms

Test them now and monthly

A working smoke alarm can buy you valuable time to get out, stay out and call 999.

Make sure that everyone in your home knows what to do in a fire – Practice your escape route.

To request a **FREE 'Safe and Well' visit** from **Cumbria Fire and Rescue Service.**

Call **0800 358 4777** to book an appointment.

Some Lunch Groups in NFG area

Denton House, Heskett Newmarket

First Wednesday of the month

Contact Susan & Alan Armstrong 016974 78415

Ireby Globe Hall Lunch Group

Fourth Thursday of the month

Please contact Barbara Johnson 016973 71578

Lunch at Mae's Tearoom, Uldale

First Thursday of the month. Please contact Mark Nellist 016973 71369

Lunch at the Oddfellows Arms, Caldbeck

Fourth Thursday of the month at 12.00.

Please contact Antoinette Ward 016974 78220

Rosley Lunch Group at Rosley Hall

Third Wednesday of the month

Please book with Ann Parry 016974 78417

Westward Lunch at Westward Halls

Second Thursday of the month

Please contact Barbara Stoddart 016973 42452
or Jennifer Robinson 016974 78298

**If you are not already a Northern
Fells Group Supporter, please show
your support and join now**

It's only £5 a year for a single person, £10
joint or £15 for the whole family. Please
contact our secretary

DB on 016974 78094 or email
diane.barraclough@northernfellsgroup.org.uk

PLEASE NOTE

ALL OUR STAFF ARE PART TIME.

If you need to contact any member of NFG
staff by telephone, please try to do so in
normal working hours between 9am and
5pm weekdays. Messages can also be left
on the office phone 016974 78094.

**Emails can be sent anytime and we will
try to respond on the same day but
realistically this is not always possible.**

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.

DATA PROTECTION

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