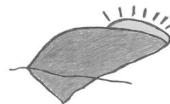


NORTHERN FELLS GROUP

(Northern Fells Rural Community Development Group)



For people living in the seven civil parishes of Boltons, Caldbeck, Castle Sowerby, Ireby with Uldale, Mungrisdale, Sebergham with Welton and Westward with Rosley.

SERVICES AND ORGANISATIONS BOOKLET JUNE 2019

(Online Edition updated from printed January 2016 Edition)

This booklet lists most of the services, businesses, clubs and other organisations, based in the seven parishes within the Group. The list will also be published and updated from time to time on the Northern Fells Group website. Please notify any deletions, amendments or new entries to the Group Coordinator.

NORTHERN FELLS GROUP CONTACT NAMES AND TELEPHONE NUMBERS:

Group Coordinator : Diane Barraclough, Northern Fells Group Office,
Millhouse Village Hall, Millhouse, Hesket Newmarket, Wigton CA7 8HR Tel 016974 78094
Email: diane.barraclough@northernfellsgroup.org.uk Website: www.northernfellsgroup.org.uk

Transport Coordinators (Minibus Bookings): Carol Hickson and Antoinette Ward
Tel 016974 78787

Funding Coordinator Libby Graham 016974 78147 libby.graham@northernfellsgroup.org.uk

Lend a Hand Coordinator : Simon Braithwaite 016974 77196

simon.braithwaite@northernfellsgroup.org.uk

Lend a Hand Medical Loan Service Simon Braithwaite 016974 77196

Benefits Awareness Worker : Dianne Bowes 07564 368 011

benefits@northernfellsgroup.org.uk

Caldbeck Tai Chi Classes at Caldbeck Parish Hall : Doreen Gleed 016973 71264

Nail Cutting Clinics : Rosley : Barbara Stoddart 016973 42452

Hesket Newmarket : Helen Sturges 016974 78556

Mungrisdale Village Hall : Philippa Groves 016974 78555

Hearing Aid Checks at Millhouse Village Hall : Philippa Groves 016974 78555

Men-in-Sheds at Old Joiners Shop, The Green, Caldbeck : Ken Graham 07500 861355

ken.graham@northernfellsgroup.org.uk

Mosedale Coffee Shop (Summer only) Antoinette Ward 016974 78220

NFG Cookery Morning for Men at Caldbeck Parish Hall : Philippa Groves 016974 78555

NFG Get Active Exercise Sessions : Millhouse Village Hall : Philippa Groves 016974 78555

Ireby Globe Hall : Barbara Stoddart 016973 42452

Westward Parish Hall : Gillian Skillicorn 07874 241604

Oil Syndicates : *See Page 15*

Energy Advice : Contact Village Agents listed below

C.R.A.F.T. Club at Millhouse Village Hall Contact Philippa Groves 016974 78555

Guitar Group at Old Crown, Hesket Newmarket : Philippa Groves 016974 78555

Poetry Group (with Wordsworth Trust) : Helen Sturges 016974 78556

Language Sessions Contact Helen Sturges 01697478556 or Barbara Stoddart 016973 42452

Reverb Music (8-18) : Contact Diane Barraclough 016974 78094

Septic Tank Scheme : Contact Village Agents listed below

Singing Just 4 Fun at Millhouse Village Hall Contact Philippa Groves 016974 78555

Spinning and Woolcraft Sessions with Carol Hine at Millhouse Village Hall

Contact Philippa Groves 016974 78555 or Carol Hine 016974 76308

Ukulele Group at Old Crown, Hesket Newmarket : Philippa Groves 016974 78555

Walking for Health Contact Helen Sturges 016974 78556 or Barbara Stoddart 016973 42452

Wifi Drop In (Caldbeck and Uldale) Helen Sturges 016974 78556 and Gillian Skillicorn 07874 241604

Woolcrafts at the Bell Institute, Boltongate Contact Gillian Skillicorn Tel 07874 r41604

Youth Activities Contact Diane Barraclough 016974 78094 youth@northernfellsgroup.org.uk

VILLAGE AGENTS (Village Agents organise events and activities and help and support residents in obtaining assistance and advice from a wide range of services and organisations)

Village Agents Group Coordinator: Diane Barraclough 016974 78094

diane.barraclough@northernfellsgroup.org.uk

Boltons and Ireby with Uldale : Gillian Skillicorn Tel 07874 241604

gillian.skillicorn@northernfellsgroup.org.uk

Caldbeck and Sebergham with Welton: Helen Sturges Tel 016974 78556

helen.sturges@northernfellsgroup.org.uk

Castle Sowerby and Mungrisdale: Philippa Groves Tel 016974 78555

philippa.groves@northernfellsgroup.org.uk

Westward and Rosley : Barbara Stoddart Tel 016973 42452

barbara.stoddart@northernfellsgroup.org.uk

LUNCH GROUPS

Caldbeck at Oddfellows Arms Inn: Antoinette Ward Tel 016974 78220

Castle Sowerby at Millhouse Village Hall : Philippa Groves Tel 016974 78555

Hesket Newmarket at Denton House : Susan and Alan Armstrong Tel 016974 78415

Ireby Globe Hall Lunch Group at Globe Hall : Barbara Johnson : Tel 016973 71578

Mungrisdale, Mosedale, Hutton Roof and Berrier at Mill Inn, Mungrisdale or Cocklakes, Troutbeck Rhona King Tel 017684 84379

Rosley at Rosley Village Hall : Barbara Stoddart Tel 016973 42452 or Debbie Williams Tel 016973 44255

Sebergham and Welton at Sour Nook Inn : Tel 016974 76242

Sebergham Village Hall Lunch Group : Helen Sturges Tel 016974 78556

Uldale at Mae's Tea Rooms : Ann O'Loughlin Tel 016973 22665

Westward at Westward Parish Hall : Barbara Stoddart Tel 016973 42452 or Jennifer Robinson Tel 016974 78298

DROP INS

Friday Weekly Drop In (10.00 – 11.30) at Millhouse Village Hall : Antoinette Ward Tel 016974 78220 aw.caldbeck@gmail.com

Boltongate Library Drop In at Bell Institute : Gillian Skillicorn Tel 07874 241604

Coffee and Chat at Westward Parish Hall : Barbara Stoddart Tel 016973 42452

Coffee Mornings at Royal Oak, Curthwaite : Barbara Stoddart Tel 016973 42452

Mungrisdale Tea, Cake and Chat Afternoons at Mungrisdale Village Hall

Lorraine Evans Tel 017687 79877 or Philippa Groves Tel 016974 78555

Pop In at Bolton Low Houses Village Hall : Gillian Skillicorn Tel 07874 241604

Sebergham Coffee Mornings at Sebergham Village Hall :Helen Sturges Tel 016974 78556

Time for Tea at Rosley Village Hall : Barbara Stoddart Tel 016973 42452

For further details of the Northern Fells Group and its activities, please see the website :

www.northernfellsgroup.org.uk

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EMERGENCY SERVICES, POLICE AND LOCAL AUTHORITIES

Police, Fire and Ambulance Emergency Numbers Call 999 or 112

For Mountain Rescue Call 999 or 112 and ask for Police and then Mountain Rescue

Police Non Emergency Number Call 101 Email enquiries@cumbria.police.uk

NHS Out of Hours Medical Care Call 111

Cumbria County Council, Cumbria House, 117, Botchergate, Carlisle CA1 1RD

Tel 01228 606060 info@cumbriacc.gov.uk www.cumbria.gov.uk

Cumbria Highways Hotline Tel 0845 609 6609 Email : highways@cumbria.gov.uk

Allerdale Borough Council, Allerdale House, Workington CA14 3YJ Tel 01900 702702 Fax 01900 702507 Out of hours 01900 871080 enquiries@allerdale.gov.uk

www.allerdale.gov.uk

Eden District Council, Town Hall, Penrith CA11 7QF Tel 01768 817817

Out of hours 01768 899327 customer.services@eden.gov.uk www.eden.gov.uk

Lake District National Park Authority, Murley Moss, Oxenholme Road, Kendal LA9 7RL

Tel 01539 724555 hq@lakedistrict.gov.uk www.lakedistrict.gov.uk

Northern Office : Old Station Yard, Threlkeld, Keswick CA12 4TT Tel 01768 779771

Area Ranger : Cath Johnson cath.johnson@lakedistrict.gov.uk Tel 01768 871407

Ranger (Projects) Park Management Team : Scott Henderson Tel 01768 871401

Mob 07799 793845 scott.henderson@lakedistrict.gov.uk

PARISH COUNCIL CLERKS

Boltons (including Bolton Low Houses, Bolton New Houses, Boltongate, Sandale and Mealsgate) Clerk : Mrs Elizabeth Clark, 11, Standingstone Heights, Wigton CA7 9DS

Tel 016973 45665 boltonspc@aol.com

Caldbeck (including Hesket Newmarket, Haltcliff and Fellside) Clerk : Simon Smith,

Sandale Barn, Sandale, Boltongate, Wigton CA7 1DE Tel 016973 71008

caldbeckparishclerk@gmail.com

Castle Sowerby (including Millhouse, Hewer Hill, Sowerby Row, Sour Nook and Newlands)

Clerk : Mrs Rachael Kelly, 29, Greystoke Park Avenue, Penrith CA11 9DB Tel 01768 863 900

parishclerk@castlesowerby.org.uk

Ireby and Uldale (including Ruthwaite and Aughtertree) Clerk : Ms Janice Rae, 33 Scholars

Green, Wigton CA7 9QW Tel 016973 42138 info@ireby-uldalepc.org.uk

Mungrisdale (including Mosedale, Bowscale, Haltcliff Bridge, Hutton Roof and Berrier)

Clerk : Ms Christine Fleming, Kerensa, Low Mill, Mungrisdale, Penrith CA11 0XG

Tel 017684 84217 mungrisdaleclerk@gmail.com

Sebergham (including Welton, Warnell & Churchtown) Clerk : Mrs Rachael Kelly, 29

Greystoke Park Avenue, Penrith CA11 9DB Tel 01768 863900

clerk@seberghamwelton.org.uk

Westward (including Rosley, Brocklebank, Red Dial, Brackenthwaite and Curthwaite)

Clerk : Mrs Julia Webster, North View, Plasketts Lane, Wigton CA7 9ES

Tel 07796 123425 westwardpc@gmail.com

PARISH RELATED WEBSITES

Boltons : <https://boltonsparishcouncil.wordpress.com>

Caldbeck : www.caldbeck.org.uk

www.caldbeckvillage.co.uk

Mungrisdale : www.mungrisdale.com

Sebergham : www.seberghamwelton.org.uk

Castle Sowerby : www.castlesowerby.org.uk

Westward : www.westward.org.uk

Ireby and Uldale : www.ireby-uldalepc.org.uk

www.rosley-cumbria.co.uk

Ireby and Uldale and Boltons : www.binsey.org.uk

PARISH MAGAZINES AND NEWSLETTERS

Boltons, Ireby and Uldale : Binsey Link, Editor : Emma Chapman . Emails to binseylink@binsey.org.uk Hard copies to 17, Portland Square, Workington CA14 4BW

Caldbeck, Castle Sowerby, Rosley, Sebergham, Welton, Westward (Warnell Parishes) All emails to be sent to warnellmagazine@gmail.com

Handwritten contributions to be left in box at back of Caldbeck Church

Editorial Coordinator : Mrs Rebecca Brockbank Tel 016973 42794

stevebrockbank@btinternet.com

Treasurer : Mrs Rachael Bonington Tel 016974 78363

Contact for Advertisers : Mrs Jennifer Collard Tel 016974 76254

Mungrisdale (Churches Together) Mrs Nancy Tweddell, Millfield, Haltcliffe Bridge, Hesket Newmarket, Wigton CA7 8HX Tel 016974 78604 nancy.tweddell@outlook.com

Rosley Link Mrs Marion Grave Tel 01228 711520 marion.grave@hotmail.co.uk

Westward Newsletter Mrs Marion Grave Tel 01228 711520 marion.grave@hotmail.co.uk

VILLAGE AND PUBLIC HALLS AND MEETING ROOMS

Bolton Low Houses Village Hall : John Hunter, Tredoron, Bolton Low Houses, Wigton CA7 8PF Tel 016973 42062 boltonsparishhall@gmail.com

Boltongate Bell Institute Church Hall : Mrs Betty Grainger, Avalon, Boltongate, Wigton CA7 1DA Tel 016973 71909

Caldbeck Methodist Chapel Meeting Room, The Green, Caldbeck

Chris Hannam, Todcrofts, Caldbeck, Wigton CA7 8JH Tel 016974 78485

Caldbeck Parish Hall : Mrs Pat Shaw, The Bield, Upton, Caldbeck, Wigton CA7 8EU

Tel 016974 78639 patshaw.caldbeck@waitrose.com

Hesket Newmarket Free Church Community Room, The Green, Hesket Newmarket

Peter Stobart, Newlands Lodge, Hesket Newmarket, Wigton CA7 8HP Tel 016974 78669

Ireby Globe Hall: Mrs Pauline Bibby, Rose Hill, Boltongate, Wigton CA7 1DA

Tel 016973 71382

Ireby WI Hall : Bookings Tel 016973 71843 wihall@ireby.org.uk

Millhouse Village Hall : Mrs Diane Scott, Briardene, Millhouse, Hesket Newmarket, Wigton CA7 8HR Tel 016974 78312 dilou42@hotmail.co.uk

Mungrisdale Village Hall : Anne Manger, Millfield Lodge, Hutton Roof, Penrith

CA11 OXT Tel 017684 84435 Mob 07789 502431 or Alan Bird Tel 017684 79794

Rosley Village Hall : Debbie Williams, The Old Vicarage, Rosley, Wigton, CA7 8BZ

Tel 016973 44255 debrajs@live.co.uk

Old School, Sebergham : Rev Eileen Reid, Caerdach, Beackenthwaite, Rosley, Wigton

CA7 8AS Tel 016973 43089 ereid2002@yahoo.co.uk

Sebergham Village Hall : Mrs Connie Foster, Roe Foot, Sowerby Row, Carlisle CA4 0QG

Tel / Fax 016974 76452

Welton Village Hall : Judy Ivinson, Two Stones, Welton, Carlisle CA5 7ES Tel 016974 76597

Westward Parish Halls : Philip Saunders, Nightingale, Westward, Wigton CA7 8LZ

Tel 016973 44654

VOLUNTARY TRANSPORT (See also Motoring and Transport)

(Contact Northern Fells Group Minibus Coordinator who will refer to Voluntary Car Service organised by Cumbria County Council listed below if minibus not available for journey)

Northern Fells Group Minibus : Transport Coordinators, Mrs Carol Hickson and Mrs Antoinette Ward Tel 016974 78787

Boltons, Ireby and Uldale Voluntary Car Service : Mrs Pauline Bibby, Rose Hill,

Boltongate, Wigton CA7 1DA Tel 016973 71382

Caldbeck and District Voluntary Car Service : Mrs Lesley Smith, 12, Lakeland Court,

The Headlands, Keswick CA12 5EU Tel 017687 80981 lesleysmith2456@btinternet.com

CHURCHES AND PLACES OF WORSHIP AND CHURCH GROUPS

Church of England :

Boltongate, All Saints) Binsey Team Ministry www.binsey.org.uk
Ireby, St James) Rev Stephen Banks, The Vicarage, Torpenhow, Wigton CA7 1HT
Uldale, St James) Mission Community Leader
and
Rev Peter Gilroy, The Vicarage, Ireby, Wigton CA7 1EX
CA12 4QH Team Vicar Tel 016973 71430 vicar@binsey.org.uk
and
Honorary Assistant Clergy
Canon Michael Braithwaite Tel 016973 23429
Rev Clare Spedding Tel 017687 75356

Caldbeck, St Kentigern) Priest in Charge :
Castle Sowerby, St Kentigern) Rev Eileen Reid, Caerdach, Brackenthwaite, Rosley
Rosley, Holy Trinity) Wigton CA7 8AS Tel 016973 43089
Sebergham, St Mary) ereid2002@yahoo.co.uk
Welton, St James) and
Westward, St Hilda) Geoff Hine, Chapel Howe, Sebergham, Carlisle CA5 7DY
Tel 016974 76308 p.hine999@btinternet.com Reader

Mungrisdale, St Kentigern Rev Bill White, St Andrew's Rectory, Greystoke, Penrith
CA11 0TJ Tel 017684 83293 revbillwhite@tiscali.com

Caldbeck Methodist Church : Rev Philip Jackson, 27 Kirkland Meadows, Wigton CA7 9JE
Tel 016973 42468 or Chris Hannam, Todcrofts, Caldbeck CA7 8JH Tel 016974 78485

Castle Sowerby Free Church : Allan Stobart, Ritchie Ghyll, Hewer Hill, Heskett Newmarket,
Wigton CA7 8HZ Tel 016974 78470

Heskett Newmarket Free Church : Peter Stobart, Newlands Lodge, Heskett Newmarket,
Wigton CA7 8HP Tel 016974 78669 www.heskettnewmarketfreechurch.org.uk

House Church : Ken Fearon, Lime Rigg, Heskett Newmarket, Wigton CA7 8JB
Tel 016974 78403

Mosedale Friends' Meeting House : Contact David Beale Tel 016974 78353

Boltons, Ireby and Uldale Mothers Union : Mrs Ann O'Loughlin, Yew Tree Cottage,
Blennerhasset, Wigton CA7 3RE Tel 016973 22665

Caldbeck Church Mothers Union : Mrs Ann Wade, Manor Cottage, Fellside, Caldbeck,
Wigton CA7 8HA Tel 016974 78214

Caldbeck Methodist Chapel Ladies' Bright Hour : Mrs Betty Jardine, The Heads,
Brackenthwaite, Wigton CA7 8AS Tel 016973 42529

MEDICAL AND HEALTHCARE, NURSING AND RESIDENTIAL CARE HOMES, THERAPY, MASSAGE, EXERCISE CLASSES, FOOT AND HAIR CARE

Caldbeck Surgery, Friar Row, Caldbeck, Wigton CA7 8DS Tel 016974 78254

Repeat Prescriptions (24 hours answerphone line) 016974 78296

Practice Manager 016974 78181 Fax 016974 78661 www.caldbecksurgery.co.uk

When Surgery closed call NHS Out of Hours Medical Care 111

Caldbeck Surgery Charitable Fund, Friar Row, Caldbeck, Wigton CA7 8DS

Practice Manager Tel 016974 78181 Secretary Mrs Anne Cartmell Tel 016974 78484

District Nurses, Caldbeck Surgery, Friar Row, Caldbeck, Wigton CA7 8DS

Tel 016974 78320

First Responders : In Emergency Telephone 999 or 112

For Information: Boltons, Ireby and Uldale : Doreen Glead Tel 016973 71264

Caldbeck and Heskett Newmarket : Philippa Groves Tel 016974 78555

Health Visiting Team, Northern Fells Area, Wigton Hospital, Cross Lane, Wigton CA7 9DD

Tel 016973 66608

Heartstart : In Emergency Telephone 999 or 112

For Information: Philippa Groves Tel 016974 78555

Medical Loan Service Contact Simon Braithwaite, (Northern Fells Lend a Hand Group)

Tel 016974 77196

Midtown House Care Home, Caldbeck, Wigton CA7 8EL Tel 016974 78528

julietickle@btinternet.com www.midtownhousecarehome.co.uk

Amy's Care CIC, Daily Social Clubs, North View, Ireby, Wigton CA7 1DX Tel 016973 71973

Mob 07803 264942 info@amys-care.co.uk www.amys-care.co.uk

Beauty By Ruth, Beauty Therapist Ruth Hird, 2, Park Head, Welton, Carlisle CA5 7HL

Mob 07854 463402 ruth-hird@live.co.uk

Brenda Hankin, Foot Health Practitioner (DipCFHP), Home Visits, Solva, Ireby, Wigton CA7

1EQ Tel 016973 71752 Mob 07887 820924 brenda.hankin@btinternet.com

Caldbeck Tai Chi Classes (NFG) At Caldbeck Parish Hall Doreen Glead Tel 016973 71264

Community Meals Service (formerly Meals on Wheels) Contact Sally Vaux 016974 78626

C.R.A.F.T.Club (NFG) at Millhouse Village Hall Contact Philippa Groves 016974 78555

Deryn Walker, Registered Bio-Energy Therapist, Todd Close, Curthwaite, Wigton CA7 8BE

Tel 01228 711388 Mob 0783 744 5741 derynwalker@aol.com www.bi-aura.com/deryn

Eden Lifeline Project, Wellfoot House, Millhouse, Heskett Newmarket, Wigton CA7 8HT

Project Coordinator : Philippa Groves Tel 016974 78656 Mob 07557 913183

www.edenlifelineproject.org.uk Secretary: Helen Kerry Tel 016974 78431

Fellside Physiotherapy (Emma Marsh) The Old Vicarage, Ireby, Wigton CA7 1EF

Mob 07595 672188 emma@fellsidephysiotherapy.co.uk www.fellsidephysiotherapy.co.uk

Fiona's Footcare (Fiona Atkinson) Foot Healthcare Practitioner, Barn End, Bolton Low Houses,

Wigton CA7 8PF Tel 016973 42688 Mob 07704 48427

Hearing Aid Checks (NFG) at Millhouse Village Hall : Philippa Groves 016974 78555

Helen M Cahill, Therapist, Bowen Technique, 1, Coach House, Ellenside, Ireby, Wigton

CA7 1EH Tel 016973 71682 helen@helenmcahill.co.uk www.helenmcahill.co.uk

Karen Royall, Therapeutic Massage, Fellside End, Caldbeck, Wigton CA7 8HA

Tel 016974 78443 kzmorgan37@hotmail.com

Lofters Hair Design (Barbara Mitchell) Ladies and Gents Hairdressing Salon, Tithe Barn,

Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78609

Lynne Gibson Country Hair Care, Valley View, Ireby, Wigton CA7 1EQ Tel 016973 71526

Meals on Wheels See Community Meals Service above

Mentoring for Adults and Young People Jude Beveridge, Row Foot. Sowerby Row, Carlisle

CA4 0QG Tel 016974 76650 Mob 07919 837592 workshops@bthere4yourself.co.uk

www.bthere4yourself.co.uk

Millhouse Fitness Classes (NFG) Philippa Groves Tel 016974 78555

Mungrisdale Yoga Contact Anne Edwards Tel 01768 484 610

Nail Cutting Clinic (NFG) at Heskett New Market Chapel Room Helen Sturges 016974 78556

Nail Cutting Clinic (NFG) at Rosley Village Hall : Barbara Stoddart Tel 016973 42452

Nail Cutting Clinic (NFG) at Mungrisdale Village Hall : Philippa Groves 016974 78555

NFG Get Active Exercise Sessions : Millhouse Village Hall : Philippa Groves 016974 78555
Ireby Globe Hall : Barbara Stoddart 016973 42452
Westward Parish Hall : Gillian Skillicorn 07874 241604

Pure Health and Beauty (Kate Reid), High Waverbridge, Wigton CA7 8PN

Tel 016973 71551 Mob 07799 768634

Rosley Tai Chi, Qi Gung, Life Dances Classes at Rosley Village Hall : Nigel Catterson

Tel 016974 76497 n.catterson@virginmedia.com

Sebergham Pilates, Tuesdays in Sebergham Village Hall

Tel Tracey Hodgson Tel 07982 063069 or Sylvia Tallontire Tel 016974 76441

Tadasana Yoga Classes at Millhouse Village Hall :Tray Hughes Tel 016974 78215

Mob 07810 166262 trayyoga@gmail.com

Tai Chi / Life Dances/ Meditation Nigel Catterson, Queens Barn, Welton, Carlisle CA5 7HG

Tel 016974 76497

Tracey Hughes, Homeopathy, Massage, Reflexology, Reiki Tel 016974 78215

Mob 07810 166262 tadasanayoga1@yahoo.co.uk

Walking for Health (NFG) Helen Sturges 016974 78556 or Barbara Stoddart 016973 42452

SCHOOLS

Boltons C of E Primary School (Mrs Amanda Pitcher), Bolton Low Houses, Wigton CA7 8PA

Tel 016973 42217 admin@boltons.cumbria.sch.uk www.boltons.cumbria.sch.uk

Fellview County Primary School (Miss Gillian McElvogue), Upton, **Caldbeck**, Wigton

CA7 8HF Tel 016974 78437 admin@fellview.cumbria.sch.uk www.fellview.cumbria.sch.uk

Ireby C of E Primary School (Mr Rob Blake), Ireby, Wigton CA7 1DS

Tel / Fax 016973 71367 office@ireby.cumbria.sch.uk www.irebycofeschool.sch.uk

Rosley C of E Primary School (Miss Stephanie Wilson), Rosley, Wigton CA7 8AU

Tel 016973 42776 Fax 45350 admin@rosley.cumbria.sch.uk www.rosley.cumbria.sch.uk

NURSERIES AND PRE SCHOOL GROUPS

Bolton Low Houses Pre School Group Contact Boltons School Tel 016973 42217

www.boltons.cumbria.sch.uk

Caldbeck Playgroup (Ages 0 – 4) Contact Rachel Irving Tel 016974 78232

Caldbeck Fellview Pre School Nursery Contact Fellview School 016974 78437

preschool@fellview.cumbria.sch.uk www.fellview.cumbria.sch.uk

Ireby and District Parent and Toddler Group Contact Ireby School Tel 016973 71367

Ireby and District Pre School Group Contact Ireby School Tel 016973 71367

www.irebycofeschool.sch.uk

Rosley Busy Bees Pre School Group Tel 07919 422527 busybees.rosley@hotmail.co.uk or

contact Rosley School Tel 016973 42776 www.rosley.cumbria.sch.uk

Rosley Playgroup Contact Hayley Airey Tel 07734 032221 hayleyairey@yahoo.co.uk

YOUTH ORGANISATIONS (See also Clubs, Societies, Sports and Other Organisations some of which have sections for youth activities)

Caldbeck Beavers (Boys and Girls 6 – 8 years) { Liam Benson Tel 07787 175564}

Caldbeck Cubs (Boys and Girls 8 – 11 years) { or }

Caldbeck Scouts (Boys and Girls 11 years +) { Jan Cooper Tel 016973 44971 }

Caldbeck Young Farmers Club Secretary : Laura Potts, Buckabank Hall, Dalston, Carlisle

CA5 7AA Tel 07775 633352 Laura-313@hotmail.co.uk

Discovery Club (Primary School Children) in Fellview School Hall, Caldbeck

(Run by Members of Heskett Newmarket Free Church) : Helen Stobart Tel 016974 78669

Drop In Youth Club (Ages 10 +) Various locations (Run by Castle Sowerby Chapel):

Chis and Jo Stobart Tel 016974 76646 or Graham and Mandy Tel 017684 83174

Northern Fells Group Youth Activities Contact Diane Barraclough Tel 016974 78094

youth@northernfellsgroup.org.uk

Quest Club (After School Group for Juniors) in Fellview School Hall, Caldbeck

Rev Eileen Reid, Tel 016973 43089 ereid2002@yahoo.co.uk or Rev Philip Jackson

Tel 016973 42468

Reverb Music Activities (8 - 18) (NFG) Contact Diane Barraclough Tel 016974 78094

Rosley After School Club at Rosley School Contact Miss S Wilson Tel 016973 42776
Y Zone, Youth Bible Study at Castle Sowerby Chapel. Contact Jo and Chris Stobart
Tel 016974 76646 Mob 07753 988682

CLUBS, SOCIETIES, SPORTS AND OTHER ORGANISATIONS

Animal Concern Warnell Small Animal Centre Contact Kevin Kerr 016974 76613
Bolton Low Houses Bowls Mr and Mrs J Wilson, Oaklands, Bolton Low Houses, Wigton
CA7 8PF Tel 016973 43608
Bolton Low Houses Tea Pop In (NFG) at Bolton Low Houses Village Hall : Gillian Skillicorn
Tel 07874 241604
Boltongate Library Drop In (NFG) at Bell Institute : Gillian Skillicorn Tel 07874 241603
Caldbeck Area Film Society (CAFS) Sally Vaux, Brownrigg, Caldbeck, Wigton CA7 8EG
Tel 016974 78626 sallyvaux@aol.com
Caldbeck Art Group Janet Stanyer, Wallace Lane Farm, Brocklebank, Wigton CA7 8DL
Tel 016974 78188
Caldbeck Badminton at Caldbeck Parish Hall : Jane Taylor Tel 017687 79339
Caldbeck Bowling and Social Club The Green, Caldbeck, Wigton CA7 8EE
Clubhouse Tel 016974 78681 Secretary: Andrew Hetherington, Hillside Farm. Brackenthwaite
Wigton CA7 8AS Tel 016973 43404 Mob 07940 794210 rahmbr@hotmail.co.uk
Caldbeck Cricket Club, Townend, Caldbeck, Wigton CA7 8JT Clubhouse Tel 016974 78340
Contact : Jayne Strong Tel 016974 78146 www.caldbeck.play-cricket.com
Caldbeck Commoners' Association Secretary : Tim Cartmell, The Old Rectory, Caldbeck,
Wigton CA7 8DP Tel 016974 78484 timhcartmell@outlook.com
Caldbeck and District Gardening Club Marjorie Watson, The Grapes, Caldbeck, Wigton CA7
8DP 016974 78190 mwatson4564@btinternet.com www.caldbeckgardengclub@btcc.co.uk
Caldbeck and District Local History Society Secretary : Mrs Elizabeth Boydell,
Curlew Cottage, The Green, Caldbeck, Wigton CA7 8ER Tel 016974 78315
Caldbeck and Heskett Newmarket Fair Trade Group Secretary : Sally Vaux, Brownrigg,
Caldbeck, Wigton CA7 8EG Tel 016974 78626 sallyvaux@aol.com
Caldbeck and Heskett Newmarket Sheep Dog Trials Committee Ann Armstrong,
Scalerigg, Heskett Newmarket, Wigton CA7 8HX Tel 016974 78492
Caldbeck Lunch Group (NFG) at Oddfellows Arms: Mrs Antoinette Ward Tel 016974 78220
Caldbeck Multi Purpose Tennis Court Mrs Antoinette Ward, Mardale, Upton, Caldbeck,
Wigton CA7 8EU Tel 016974 78220 aw.caldbeck@gmail.com
Caldbeck Players Secretary : Mrs Karen Atkinson, Bowten Croft, Friar Row, Caldbeck, Wigton
CA7 8DS Tel 016974 78546 ka.education@yahoo.co.uk www.caldbeckplayers.co.uk
Caldbeck Surgery Charitable Fund, Friar Row, Caldbeck, Wigton CA7 8DS
Practice Manager Tel 016974 78181 Secretary : Mrs Anne Cartmell Tel 016974 78484
Caldbeck Tai Chi Classes (NFG) at Caldbeck Parish Hall Doreen Glead 016973 71264
Caldbeck Thursday Club (Over 60's) Mrs Kathleen Davie, Beck Rise, Upton, Caldbeck,
Wigton CA7 8EU Tel 016974 77055
Caldbeck / Millhouse Yoga Classes at Caldbeck Parish Hall and Millhouse Village Hall
Tray Hughes Tel 016974 78215 Mob 07810 166262 tadasanayoga1@yahoo.co.uk
Castle Sowerby Lunch Group (NFG) at Millhouse Village Hall : Philippa Groves
Tel 016974 78555
Clog Dancing Group at Caldbeck Parish Hall : Mrs Pauline Woolfenden, Greenrigg Farm,
Caldbeck, Wigton CA7 8HJ Tel 016974 78212 greenrigg@btinternet.com
Community Meals Service (formerly Meals on Wheels) Contact Sally Vaux 016974 78626
C.R.A.F.T. Club (NFG) at Millhouse Village Hall Contact Philippa Groves 016974 78555
Cumberland Farmers Foxhounds, Welton Kennels, Welton, Carlisle CA5 7ES
Tel 016974 76248
Cumberland Hunt, Westward Park, Wigton CA7 8AP Tel 016973 42391
Curthwaite Coffee Mornings (NFG) at Royal Oak, Curthwaite : Barbara Stoddart
Tel 016973 42452
Eden Lifeline Project , Wellfoot House, Millhouse, Heskett Newmarket, Wigton CA7 8HT
Project Coordinator, Philippa Groves Tel 016974 78656 Mob 07557 913 183
www.edenlifelineproject.org.uk Secretary : Helen Kerry Tel 016874 78431
Eden Valley Guild of Spinners, Weavers and Dyers, Meets at Mungrisdale Village Hall
Tel 017684 84431 Gwyn Hunt or 017687 79602 Sally Bohling www.edenvalleyguild.co.uk

Energy Adice (NFG) : Contact Village Agents listed on Pages 1 & 2
Greenquarries Shooting Ground, Rosley, Wigton CA7 8BU Tel 016974 76392 or 76595
www.greenquarries.co.uk
Guitar Group (NFG) at Old Crown, Heskett Newmarket Philippa Groves 016974 78555
Haltcliffe School Trust Fund Secretary, Mrs Audrey Noble, 2 Hodden Croft Cottages, Caldbeck, Wigton CA7 8EL Tel 016974 78692
Heskett Newmarket Allotment Association Chairman : Mrs Sue Braithwaite, Caldew House, Heskett Newmarket, Wigton CA7 8JG Tel 016974 78504 sjbencore@aol.com
Heskett Newmarket Allotments Lettings Mr Simon Smith, Clerk to Caldbeck Parish Council, Sandale Barn, Sandale, Boltongate, Wigton CA7 1DE Tel 016973 71008
caldbeckparishclerk@gmail.com
Heskett Newmarket Lunch Group (NFG): at Denton House Susan and Alan Armstrong
Tel 016974 78415
Heskett Newmarket Play Area Association Chairman : Ms Jane Simpson, Brow Head, Heskett Newmarket, Wigton CA7 8JG Tel 016974 78319 janesimpson05@gmail.com
Heskett Newmarket Show Committee Secretary : Mrs Mary Brough, Howgill, Heskett Newmarket, Wigton CA7 8JB Tel 016974 78213 michaelbrough417@btinternet.com
Ireby Bowling Club Sarah Ashburner, 9, Suncroft, Ireby, Wigton CA7 1ES Tel 016973 71353
Ireby Festival Charles Devlin, Bank Top Cottage, Ireby, Wigton CA7 1EA
Tel 016973 71645 charles.irebyfest@gmail.com www.irebyfestival.co.uk
Ireby Globe Hall Lunch Group (NFG) at Globe Hall: Barbara Johnson Tel 016973 71578
Ireby Sports Carnival and Over 60's Committee Mrs Emma Mumberson, Field House, Ireby, Wigton CA7 1EQ Tel 016973 71796
Joyce Wilkinson Charitable Trust c/o Cumbria Community Foundation, Dovenby Hall, Cockermouth CA13 0AN Tel 01900 825760 Fax 01900 826527 www.cumbriafoundation.org
Language Sessions (NFG) Helen Sturges 016974 78556 or Barbara Stoddart 016973 42452
Lend a Hand Group (NFG) Simon Braithwaite, Lend a Hand Group Coordinator,
Tel 016974 77196 simon.braithwaite@northernfellsgroup.org.uk
Meals on Wheels See Community Meals Service above
Men-in-Sheds Community Workshop (NFG) at the Old Joiners Shop, The Green, Caldbeck
Ken Graham Tel 075000 861355 ken.graham@northernfellsgroup.org.uk
Millhouse Fitness Classes (NFG) at Millhouse Village Hall Philippa Groves, Northern Fells
Group Tel 016974 78555 philippa.groves@northernfellsgroup.org.uk
Millhouse Village Hall Friday Drop In (NFG): Antoinette Ward Tel 016974 78220
Mungrisdale Arts Group Contact Heather Davis Tel 017687 79602
Mungrisdale Film Nights Mike Bohling, Wilton Hill, Troutbeck, Penrith CA11 0SZ
Tel 017687 79602
Mungrisdale, Mosedale, Hutton Roof and Berrier Lunch Group (NFG) at Mill Inn,
Mungrisdale or Cocklakes, Troutbeck Rhona King Tel 017684 84379
Mungrisdale Septic Tank Syndicate Contact Steve Woolley Tel 017687 79678
Mungrisdale, Skiddaw and Bassenthwaite Commoners Association
John Rowlands, Low Becks Farm, Mungrisdale, Penrith Tel 017687 79246
Mungrisdale Swaledale Sheep Show Jo Edwards Tel 017684 82434
johanna.edwards@btopenworld.com
Mungrisdale Tea, Cake and Chat Afternoons (NFG) Lorraine Evans 017687 79877 or
Philippa Groves 016974 78555
Mungrisdale Writers Group, Secretary: Dr Kathy Johnson, Crag Foot, Glenridding, Penrith
CA11 8PL Tel 017684 82142 cathy@globalnet.co.uk
Mungrisdale Yoga Contact Anne Edwards Tel 01768 484 610
NFG Cookery Morning for Men at Caldbeck Parish Hall Philippa Groves Tel 016974 78555
NFG Get Active Exercise Sessions at Ireby Globe Hall Gillian Skillicorn Tel 07874 241604
NFG Get Active Exercise Sessions at Millhouse Village Hall Philippa Groves Tel 016974
78555
NFG Get Active Exercise Sessions at Westward Parish Hall Barbara Stoddart Tel 016973
42452
Northern Fells Broadband, Mal Hilton, Chairman, Strand Bank, Sebergham, Carlisle
CA5 7HR Tel 016974 76995 www.northernfellsbroadband.co.uk
Northern Fells Running Club Natalie Hawkrigg, Calebrack Farm, Heskett Newmarket, Wigton
CA7 8JR Tel 01697478075 northernfellsrc@gmail.com www.northernfellsrc.simpl.com

Oil Syndicates (NFG) : See Page 15

Poetry Group (NFG) (with Wordsworth Trust) : Helen Sturges 016974 78556

Rosley Archery Club in Rosley Village Hall Tel 016973 44178

Rosley Art Group : Mrs Jennifer Foster, Brackenthwaite Farm, Brackenthwaite, Wigton CA7 8AS Tel 016973 44733 andjenfos@btinternet.com

Rosley Bowls and Social Club John Simpson, Oakdene, Sandy Brow, Wigton CA7 8AT Tel 016973 44909

Rosley Craft Club in Rosley Village Hall Mrs P Elliott Tel 016973 43181

Rosley Irish Concerts in Rosley Village Hall John Simpson Tel 016973 44909

Rosley Lunch Group (NFG) at Rosley Village Hall : Barbara Stoddart Tel 016973 42452 or Debbie Williams Tel 016973 44255

Rosley Reading Group at Rosley Village Hall : Sue Buckwell, Old Park Cottage, Isel, Cocker mouth CA13 9ST Tel 017687 76056 sue.buckwell@btopenworld.com

Rosley Share Club Dorothy Shaw Tel 016973 42450

Rosley Tai Chi, Qi Gung, Life Dances at Rosley Village Hall

Nigel Catterson Tel 016974 76497 n.catterson@virginmedia.com

Rosley Time for Tea (NFG) at Rosley Village Hall : Barbara Stoddart Tel 016973 42452

Rosley 100 Club Anne Burgess Tel 016973 49741

Scottish Reeling Sessions Mungrisdale Village Hall Contact Sally Bohling 017687 79602

Sebergham and Welton Lunch Group (NFG) Sour Nook Inn Tel 016974 76242

Sebergham Pilates Tuesdays in Sebergham Village Hall : Tel Tracey Hodgson 07982 063069 or Sylvia Tallontire 016974 76441

Sebergham Village Hall Coffee Mornings (NFG) Helen Sturges 016974 78556

Sebergham Village Hall Dancing Classes Mrs Connie Foster, Roe Foot, Sowerby Row, Carlisle CA4 0QG Tel / Fax 016974 76452

Sebergham Village Hall Lunch Group (NFG) : Helen Sturges 016974 78556

Septic Tank Scheme (NFG) : Contact Village Agents listed on Pages 1 & 2

Singing Just 4 Fun (NFG) at Millhouse Village Hall : Philippa Groves Tel 016974 78555

Spinning and Woolcraft Sessions (NFG) with Carol Hine at Sebergham Village Hall

Contact Philippa Groves 016974 78555 or Carol Hine 016974 76308

Squirrels Update Contact Rosemary Bailey 016974 78575 (Greys and Reds)

or Jonny Proudlock 16974 78078 or Ewan Macfadzean 016974 78367 (Greys)

Ukulele Group (NFG) at Old Crown, Hesket Newmarket : Philippa Groves 016974 78555

Uldale Commoners Association, Secretary : Martin Curry, Lake District National Park

Authority, Murley Moss, Oxenholme Road, Kendal LA9 7RL Tel 01539 792698

Mob 07753 671 1382 martin.curry@lakedistrict.gov.uk

Uldale Lunch Group (NFG) at Mae's Tearooms : Anne O'Loughlin Tel 016973 22665

Uldale Sports Committee (Play Area and Tennis Court) Chris Shiels Tel 016973 71309

Walking for Health (NFG) Helen Surges 016974 78556 or Barbara Stoddart 016973 42452

Westward Coffee and Chat (NFG) at Westward Parish Hall : Barbara Stoddart 016973 42452

Westward Flower Club : June Kitchen Tel 016973 49369

Westward Lunch Group (NFG) at Westward Parish Hall : Barbara Stoddart 016973 42452 or Jennifer Robinson 016974 78298

Woolcrafts (NFG) at the Bell Institute, Boltongate Gillian Skillicorn Tel 07874 241604

Wifi Drop In (NFG) (Caldbeck and Uldale) Helen Sturges 016974 78556 or Gillian Skillicorn 07874 241604

Women's Institute Secretaries :

Caldbeck WI : Mrs P Richardson, Brooklyn, Caldbeck, Wigton CA7 8ED Tel 016974 78458

Ireby WI : Mrs Ann Garland, Ruthwaite Farm, Ireby, Wigton CA7 1HG Tel 016973 71445

Mungrisdale WI : Lorraine Evans, Mill Inn, Mungrisdale, Penrith CA11 0XR Tel 017687 79877

Rosley WI : Mrs Lynda Huckell, The Height Cottage, Rosley, Wigton CA7 0LU Tel 016973 42253

Sebergham WI : Miss Claire Guest, The Nook, Hesket Newmarket, Wigton CA7 8JB

Tel 016974 78063 claireguest@rocketmail.com

Uldale WI : Mrs Janice Havelock, Boltongate Farm, Boltongate, Wigton CA7 1DA

Tel 016973 71815

Westward WI : Miss Betty Jagger, Epworth, Grange Gardens, Cross Lane, Wigton CA7 9DH

Tel 016973 43848 bettyjagger23@btinternet.com (or contact Ann Bovill 016973 43410)

HOTELS, PUBLIC HOUSES, GUEST HOUSES, RESTAURANTS, CAFES & TEAROOMS

Denton House Guest House and Restaurant, Hesket Newmarket, Wigton CA7 8JG

Tel 016974 78415 dentonhnm@aol.com www.dentonhouseguesthouse.co.uk

Emily's Black Lion Inn, Ireby, Wigton CA7 1EA Tel 016973 71110

Greenhill Hotel, Red Dial, Wigton CA7 8LS Tel 016973 43304

info@greenhillhotel.co.uk www.greenhillhotel.co.uk

Hesket Newmarket Tearoom, The Village Shop, **Hesket Newmarket**, Wigton CA7 8JG

Tel 016974 78229 andy_bothamley@btinternet.com www.hesketnewmarketshop.co.uk

Lane Head Farm Country Guest House, Troutbeck, Penrith CA11 0SY Tel 017687 79220

info@laneheadfarm.co.uk www.laneheadfarm.co.uk

Mae's Tea Rooms, Restaurant and Gallery, The Old School, **Uldale**, Wigton CA7 1HA

Tel 016973 71369 info@maestearooms.co.uk www.maestearooms.co.uk

Mill Inn, Mungrisdale, Penrith CA11 0XR Tel 017687 79632

www.robinsonsbrewery.com

Mosedale Coffee Shop, Meeting House, **Mosedale Summer Only** Northern Fells Group

Coordinator, Village Hall, Millhouse, Hesket Newmarket, Wigton CA7 8HR Tel 016974 78094

Oddfellows Arms Inn, Bolton Low Houses, Wigton CA7 8PA Tel 016973 44452

Oddfellows Arms Inn, Caldbeck, Wigton CA7 8EA Tel 016974 78227 Fax 016974 78056

info@oddfellows-caldbeck.co.uk www.oddfellows-caldbeck.co.uk

Old Crown Inn, Hesket Newmarket, Wigton CA7 8JG Tel 016974 78288

www.theoldcrownpub.com.

Old Smithy Tearooms, Midtown, **Caldbeck**, Wigton CA7 8EL Tel 016974 78378

nicburton201@hotmail.co.uk

Overwater Hall Hotel, Ireby, Wigton CA7 1HH Tel 017687 76566 Fax 017687 76921

welcome@overwaterhall.co.uk www.overwaterhall.co.uk

Royal Oak Inn, Curthwaite, Wigton CA7 8BG Tel 01228 710219

info@royaloakinncurthwaite.co.uk www.royaloakinncurthwaite.co.uk

Snooty Fox Country Inn, Uldale, Wigton CA7 1HA Tel 016973 71479

info@snootyfox-uldale.co.uk www.snootyfox-uldale.co.uk

Sour Nook Inn, Sebergham, Carlisle CA5 7DY Tel 016974 76242

sournookinn@live.co.uk www.sournookinn.co.uk

Sun Inn, Red Dial, Wigton CA7 8LP Tel 016973 42167

Watermill Café, Priests Mill, **Caldbeck**, Wigton CA7 8DR Tel 016974 78267

info@watermillcafe.co.uk www.watermillcafe.co.uk

Woodlands Country House Hotel, Ireby, Wigton CA7 1EX Tel 016973 71791

stay@woodlandsatireby.co.uk www.woodlandsatireby.co.uk

BED AND BREAKFAST

Appletree House (Mr & Mrs Exley), **Mealsgate**, Wigton CA7 1JP

Tel 016973 71200 Mob 07985542822

Boltongate Old Rectory, Boltongate, Wigton CA7 1DA Tel 016973 71647

info@boltongateoldrectory.com www.boltongateoldrectory.com

Brantgate (Mrs D Beeston), **Mosedale**, Penrith CA11 0XQ Tel 017687 79346

info@brantgate.co.uk

Brownrigg Farm (Mrs Sally Vaux), **Caldbeck**, Wigton CA7 8EG Tel 016974 78626

sallyvaux@aol.com

Fiddleback Farm (Lorraine and Ian Maycock), **West Woodside**, Wigton CA7 8BA

Tel/Fax 016973 42197 ianmaycock@aol.com www.fiddlebackfarm.co.uk

High Waverbridge Farm (Mrs J Bowness) **High Waverbridge**, Wigton CA7 8PN

Tel 016973 71322

Howbeck Lodge (Mrs C Stobart), **Hesket Newmarket**, Wigton CA7 8JN Tel 016974 78206

christine@howbecklodge.co.uk www.howbecklodge.com

Lakelynn, (Julie Banks), **Warnell**, Welton, Carlisle CA5 7HW

Tel 016974 76239 banks181@btinternet.com www.lakelynncottage.co.uk

Mosedale End Farm (Mrs JoAnne Fell), **Mosedale**, Penrith CA11 0XQ

Tel 017687 79605 enquiries@mosedaleendfarm.co.uk www.mosedaleendfarm.co.uk

Newlands Grange (Mrs Dorothy Studholme), **Hesket Newmarket**, Wigton CA7 8HP
Tel 016974 78676 studholme_newlands@hotmail.com

Strand Bank (Sheila Hilton) **Sebergham**, Carlisle CA5 7HR Tel 016974 76955
Mob 079711 89924 sheila.hilton@strandbank.co.uk www.strandbank.co.uk

Swaledale Watch (Mrs Nan Savage), Whelpo, **Caldbeck**, Wigton CA7 8HQ
Tel 016974 78409 nan.savage@talk21.com www.swaledale-watch.co.uk

The Mill (Mrs Jean Mallaband), **Millhouse**, Hesket Newmarket, Wigton CA7 8HR
Tel 016974 78143 jean.mallaband@gmail.com

The Old Rectory, (Mrs Anne Cartmell), **Caldbeck**, Wigton CA7 8DP Tel 016974 78484
enquiry@oldrectorycaldbeck.co.uk www.oldrectorycaldbeck.co.uk

Wallace Lane Farm (John and Janet Stanyer), **Brocklebank**, Wigton CA7 8DL Tel 016974
78188 enquiry@wallacelanefarm.com www.wallacelanefarm.co.uk

West Woodside House, West Woodside, Wigton CA7 0LW Tel 016973 43131
Mob 0781 8068060 wendy@westwoodsidehouse.co.uk www.westwoodsidehouse.co.uk

SELF CATERING (see also Caravan & Camping Sites, Camping Barns & Bunkhouses)
Also see booking agency advertisements and websites for other properties in the area

Aiverthwaite Cottage, Aughtertree, Ireby, Wigton CA7 1EP Mob 07790 908587
info@aiverthwaite.co.uk www.aiverthwaite.co.uk

Amy's Care Holidays, The Old Chapel, Ireby Disabled and Non Disabled Self Catering Group
Accommodation. Contact Address, North View, Ireby, Wigton CA7 1DX Tel 016973 71087
info@amys-care.co.uk www.amys-care.co.uk

Beckside Cottage, Caldbeck Mob (Nicky) 07951 561787 www.ginger-cottages.com

Big Pink House, Mealsgate, Wigton CA7 1JP Group Accommodation
Tel 01900 821973 www.bigpinkhouse.co.uk

Blakebeck Farm, Mungrisdale, Penrith CA11 0SZ Mrs Judith Egan Tel 017687 79957
Mob 07789287121 Holiday cottages "Blencathra" and "The Garth" www.blakebeckfarm.co.uk

Branthwaite Stable, Branthwaite, Caldbeck, Wigton CA7 8HP Tel 016974 78241
enquiries@branthwaitecottages.co.uk www.branthwaitecottages.co.uk

Cobblestones, Hillside Farm, **Brackenthaite**, Wigton CA7 8AS Tel 016973 43404
yzebedee@hotmail.com

Crofthead Holiday Cottage, High Row, Hesket Newmarket, Wigton CA7 8JF Tel 016974
78241 enquiries@branthwaitecottages.co.uk www.branthwaitecottages.co.uk

Cruck Barn and Croft House, Berrier, Penrith CA11 0XD Tel 017684 83859
Mob 07836 272033 cruckbarn@rogersavage.co.uk www.rogersavage.co.uk

Daleside Cottages, Daleside Farm, **Ireby**, Wigton CA7 1EW Tel 016973 71268
Mob 077910550270 isabel.teasdale@btconnect.com www.dalesidefarm.co.uk

Ellwood House, Caldbeck, c/o 29, Tycehurst Hill, Loughton, Essex IG10 1BX Tel 016974
78418 Mob 07867800899 info@ellwoodhousecaldbeck.co.uk
www.ellwoodhousecaldbeck.co.uk

Faulds Farm Holiday Cottages, Faulds Farm, **Caldbeck**, Wigton CA7 8HH
Tel 016874 78125 helen@thefaulds.co.uk www.thefaulds.co.uk

Gardener's Cottage, Bank End Farm, **Hesket Newmarket**, Wigton CA7 8HR
Tel 016974 78283 holland.bankend@tiscali.co.uk

Gill Beck, Riverside, Caldbeck, Mr & Mrs D J Yorke, The Carriage House, Halton Place,
Hellfield, Skipton BD23 4JL Mob 07936 541117 susieayorke@gmail.com www.gillbeck.com

Glebec Cottage, The Old Rectory, **Caldbeck**, Wigton CA7 8DP Tel 016974 78484
enquiry@glebecottagecaldbeck.co.uk www.glebecottagecaldbeck.co.uk

Green View Lodges, Welton, Carlisle CA5 7ES Tel 016974 76230
web2015@green-view-lodges.com www.green-view-lodges.com

Hegglehead Barn Cottage, Hegglehead, **Hutton Roof**, Penrith CA11 0XS
Tel 01768 484566 Hegglehead@aol.com www.Hegglehead.co.uk

High Greenrigg House Self Catering Cottages, High Greenrigg House, **Caldbeck**, Wigton
CA7 8HD Tel 016974 78430 info@highgreenrigghouse.co.uk www.highgreenrigghouse.co.uk

Lane Head Apartment, Bolton Low Houses, Wigton CA7 8PA Tel 016973 43888
info@laneheadapartment.co.uk www.laneheadapartment.co.uk

Lakelynn Holiday Accommodation, Lakelynn, **Warnell**, Welton, Carlisle CA5 7HW
Tel 016974 76239 banks181@btinternet.com www.lakelynncottage.co.uk

Lords Mill, Caldbeck, Wigton CA7 8EW Mrs R Ward and Mr A Parsons Tel 0117 3309994
info@lordsmill.co.uk www.lordsmill.co.uk

Marlowe Cottage, Caldbeck, Wigton CA7 8HF Tel 016974 76417 Peter and Anne Burgess
Tel 07885 276496 info@marlowecottage.co.uk

Monkhouse Hill Cottages, Sebergham, Near Caldbeck, Carlisle CA5 7HW
Tel 016974 76254 cottages@monkhousehill.co.uk www.monkhousehill.co.uk

Mosedale House, Mosedale, Penrith CA11 0XQ Denise Beeston Mob 07342 345399
info@mosedalehouse.co.uk www.mosedalehouse.co.uk

Near Howe Cottages, Near Howe, **Mungrisdale**, Penrith CA11 0SH Tel 017687 79678
Mob 017721 446 106 enquiries@nearhowe.co.uk www.nearhowe.co.uk

New Park Farm Cottages (Church and Sycamore Cottages), Ireby, S & A Swainson,
Tel 016973 71571 info@newparkfarm.co.uk www.newparkfarm.co.uk

New Park Farm Cottages (Ellen and Ash Tree Cottages), Ireby, Daleside Farm, Ireby,
Carlisle CA7 1HE Tel 016973 71268 info@newparkfarm.co.uk www.newparkfarm.co.uk

Old Saddlers Cottage, Ireby, Mr & Mrs N Perry, 33, Wragby Road, Lincoln LN2 4PA
Tel 01522 532 232 Mob 07721 050885 / 07702 002158 nick.perry2@btinternet.com
www.oldsaddlerscottage.com

Rose Cottage, Heskett Newmarket, c/o Orchard House, Bolton Wood Lane Wigton CA7 8NE
Tel 016973 44643 info@rosecottageinthelakes.co.uk www.rosecottageinthelakes.co.uk

Stockwell Hall Cottage, Stockwell Hall, **Sebergham**, Carlisle CA5 7DY
Tel 016974 76856 SHLMagnay@aol.com

The Badger Sett, Newlands, Heskett Newmarket, Wigton CA7 8HP
Dom Rabon, 44, Higher Bank Road, Fulwood, Preston PR2 8PE Tel 07974 086275
info@lakesholidaycottage.co.uk www.lakesholidaycottage.co.uk

The Barn, Manor Cottage, Fellside, Caldbeck Tel 016974 78214 annwade64@gmail.com

The Dash, Farmhouse near **Bassenthwaite**, James Irving, Stockdale, Uldale, Wigton
CA7 1HL Tel 016973 71217 jamesirving@btconnect.com www.thedash.co.uk

The Granary, Road Farm, **Ruthwaite**, Ireby, Wigton CA7 1HG Tel 016973 71524
tmc.roadfarm@btinternet.com

The Mill, Mungrisdale, Penrith CA11 0XR (Self catering cottage) Lorraine Tel 01768 879877
Mob 07771 638050 themillmungrisdale@btinternet.com

The Stackyard Holiday Cottages, High Blaitthwaite, **Bolton Low Houses**, Wigton CA7 8PW
Tel 016973 42552 Mob 07901 556268 enquiries@stackyardholidays.co.uk
www.stackyardholidays.co.uk

Thistlewood Byre, Thistlewood House, **Highbridge**, Raughton Head, Dalston, Carlisle
CA5 7DS Tel 016974 76797 dibutcher@hotmail.com

Townhead House, Upton, Caldbeck, Wigton CA7 8EU Tracey and Chris Pattinson
Tel 016974 78384 tracey145@btinternet.com www.townheadhousecottage.co.uk

Wallace Lane Farm Cottages, Brocklebank, Wigton CA7 8DL Tel 016974 78188
enquiry@wallacelanefarm.com www.wallacelanefarm.co.uk

Woodlands Country Self Catering Cottage, Ireby, Wigton CA7 1EX
Tel 016973 71791 stay@woodlandsatireby.co.uk www.woodlandsatireby.co.uk

CARAVAN AND CAMPING SITES, CAMPING BARNES AND BUNKHOUSES (including Self Catering Caravans and Chalets)

Blakebeck Farm Camping Barn, Mrs Judith Egan, Blakebeck Farm, **Mungrisdale**, Penrith
CA11 0SZ Tel 017687 79957 Mob 07789 287121 www.blakebeckfarm.co.uk

Brownrigg Hall Holiday Caravans, Brownrigg Hall, **Caldbeck**, Wigton CA7 8EG
Tel 016974 78268 info@brownrigghall.co.uk www.brownrigghall.co.uk

Caldbeck Camping, Mill View, Friar Row, **Caldbeck**, Wigton CA7 8DS Tel 016974 78367
macfadzeane@gmail.com

Clea Hall Holiday Park, Westward, Near Caldbeck, Wigton CA7 8NQ Tel 016973 42880
contact@cleahall.co.uk www.cleahall.co.uk

Fellhill Pods, Luxury Glamping Pods, Fell Hill Farm, **Welton**, Carlisle CA5 7HH
Tel 016974 78257 www.fellhillpods.co.uk

Greenhill Farm Camping Site, Greenhill, **Hesket Newmarket**, Wigton CA7 8JG

Tel 016974 78453

Hudscales Camping Barn, Hudscales, **Hesket Newmarket**, Wigton CA7 8JZ

Tel 016974 78637 wr.cowx@btconnect.com www.lakelandcampingbarns.co.uk

Low Mill, Mungrisdale, Penrith CA11 0XG (A Benn) Tel 017684 84544 Fax 01582 585057

Low Mill Farm, Mungrisdale, Penrith CA11 0XG (P Fleming) Tel 017684 8434

Mosedale End Farm Glamping Pod, Mosedale, Penrith CA11 0XQ Mrs JoAnne Fell

Tel 017687 79605 enquiries@mosedaleendfarm.co.uk www.mosedaleendfarm.co.uk

Paddigill Farm Holidays, Holiday Lodges, Paddigill Farm, **Caldbeck**, Wigton CA7 8EG

Tel 016974 78026 hello@paddigillfarm.co.uk www.paddigillfarm.co.uk

Riverside Tourer Caravan Park, Rose Garth, **Millhouse**, Hesket Newmarket, Wigton

Tel 016974 78571 CA7 8HR riversidetourer@aol.com www.riverside-tourer-park.co.uk

Scales Camping and Caravanning Club Site, Scales, **Berrier**, Penrith CA11 OXE

Tel 017684 84379 bookings@scalescamping.co.uk www.scalescamping.co.uk

Sebergham Camping Barn, Old School, **Sebergham**, Carlisle (available for groups)

Rev Eileen Reid, Caerdach, Brackenthwaite, Rosley Wigton CA7 8AS Tel 016973 43089

ereid2002@yahoo.co.uk

The Larches Caravan Park, Mealsgate, Wigton CA7 1LQ Tel 016973 71379

Fax 016973 71782 thelarches@hotmail.co.uk

Throstle Hall Camping and Caravan Park, Throstle Hall, **Caldbeck**, Wigton CA7 8HE

Tel 016974 78618 mounsey.r4@btinternet.com

Troutbeck Camping and Caravanning Club Site, Hutton Moor End, **Troutbeck**, Penrith

CA11 0SX Tel 01768 779149

Wallace Lane Farm Caravan and Camping Site, Brocklebank, Wigton CA7 8DL

Tel 016974 78118 enquiry@wallacelanefarm.com www.wallacelanefarm.co.uk

CATERING AND CATERING SUPPLIES

Ann Parry Outside Catering, Beckstones, Caldbeck, Wigton CA7 8HQ

Tel 016974 78417 ann.parry@tesco.net

Choice Catering, Debbie Bainbridge, Bankdale Head, Hesket Newmarket, Wigton CA7 8HP

Tel 016974 78535 Mob 07871 743003 debbie@choicecatering-cumbria.co.uk

www.choicecatering-cumbria.co.uk

Food & Company(Cumbria) Ltd, Cookery & Wine Workshops, Joan Gate and Margaret

Brough, Matthew Rudding, Hesket Newmarket, Wigton CA7 8LD Tel 016974 78634

info@foodandcompany.co.uk www.foodandcompany.co.uk

Jill's Jams, Wavergillhead, Brocklebank, Wigton CA7 8DJ Jams, chutneys etc delivered within

reasonable distance without charge Tel 016974 78461 jackandjillupthe@aol.com

Hesket Newmarket Brewery and Visitor Centre Old Crown Barn, Hesket Newmarket, Wigton

CA7 8JG Tel 016974 78066 info@hesketbrewery.co.uk www.hesketbrewery.co.uk

The Old Smithy, Caldbeck, Wigton CA7 8EL Outside Catering Tel 016974 78378

nicburton201@hotmail.co.uk

SHOPS AND POST OFFICES (See also Miscellaneous Sales and Services)

Caldbeck Crafters Cooperative, Priests Mill, Caldbeck, Wigton CA7 8DR Tel 016974 77129

Hesta Scene? Gallery, Alternative Gifts, Craft Courses (Karen Kennedy and Julie Coghlan)

Tithe Barn, Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78015

info@hestascene.com www.hestascene.com

Kirkland Stores and Post Office, Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78252

Little Crooked Tree Gift Shop, Priests Mill, Caldbeck, Wigton CA7 8DR Tel 016974

78527 Mob 07979 180963 debbie@littlecrookedtree.co.uk www.littlecrookedtree.co.uk

Lofters Hair Design (Barbara Mitchell) Ladies and Gents Hairdressing Salon, Tithe Barn,

Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78609

Lynne Gibson Country Hair Care, Valley View, Ireby, Wigton CA7 1EQ Tel 016973 71526

Mae's Tearooms and Gallery, The Old School, Uldale, Wigton CA7 1HA Tel 016973 71369

info@maestearooms.co.uk www.maestearooms.co.uk

Michael King, Jewellery by Michael King Limited, West Woodside, Wigton CA7 0LP

Tel 016973 45889 gems@kingjewellery.co.uk www.kingjewellery.co.uk

Peter Rolfe, Picture Framer, Fellside Cottage, Fellside, Caldbeck, Wigton CA7 8HP

Tel 016974 78459

Post Office Mobile Service For enquiries Tel 0345 722 3344

Bolton Low Houses : Opposite High Grange Monday 14.40 to 15.05

Boltongate : Opposite Church Monday 11.50 to 12.20

Ireby : Opposite Sun Inn Monday 10.30 to 11.15

Uldale : Opposite BT Kiosk Monday 10.00 to 10.25

Welton : Village Green Tuesday 9.15 to 9.30

Pow Heads Farm Meat: Micro Butchery, Pow Heads, Mealsgate, Wigton CA7 1DF

Tel 016973 71325 Mob (Marie) 07931 878014

The Fair World Shop, John Peel Shelter, Caldbeck, Wigton CA7 8DY

Contact Carole 016974 78699 or Susan Beale Tel 016974 78353

The Village Shop and Post Office and Tearoom, Hesket Newmarket, Wigton CA7 8JG

Tel 016974 78229 andy_bothamley@btinternet.com www.hesketnewmarketshop.co.uk

The Wool Clip Ltd., (Farmers and Craft Workers Cooperative) Priests Mill, Caldbeck, Wigton CA7 8DR Tel 016974 78707 info@woolclip.com www.woolclip.com

MOTORING, TRANSPORT AND FUEL SUPPLIES (See also Voluntary Transport)

Bus, Coach and Train Times: Traveline Tel 0871 200 22 33 www.traveline.org.uk

Cumbria Bus Timetables: www.cumbria.gov.uk/buses

Stagecoach 01228 597222 www.stagecoachbus.com

Reays 016973 49999 www.reays.co.uk **Tyson's** 016974 78237

Coach Enquiries and Bookings: Tel 08717 818178 www.nationalexpress.com

Rail Enquiries and Bookings: **National Rail** Tel 08457 48 49 50 www.nationalrail.co.uk

A D Boyes (Ireby) Ltd. Haulage Contractor, Ireby, Wigton CA7 1DX Tel 016973 71206

Allan Stobart, Central Heating Oils, Lubricants and Fuels, Low Currig, Raughton Head,

Dalston, Carlisle CA5 7DX Tel 016974 76575 Fax 016974 76577 www.allanstobart.co.uk

David Whitson, Agricultural Plant and Motor Repairs Service, MOT repairs for cars, vans, bikes and machinery, Tel 016974 78352 Mob and Emergency 07715 370967

david.whitson@btinternet.com

Irving Transport Ltd., Haulage Contractors, Mealsgate Station, Mealsgate, Wigton CA7 1JP

Tel 016973 71466

Jacksons Recovery, Garage Services, 24hour Recovery, Repairs and MOT, Blackwood

Service Station, Mealsgate, Wigton CA7 1AQ Tel 016973 71312 Fax 016973 7175

blackwood.ss@btconnect.com

J D Wilson, Haulage Contractor, Hill House, Rosley, Wigton CA7 8BY Tel 016973 42727

J G Mumberson, Coal Merchant, Field House, Ireby, Wigton CA7 1EQ

Tel 016973 71796 Mob 07968 170967

Kevin Barton, Motor Body Repairs, Modern and Classic Cars, Welding and MOT, Uldale

Wigton CA7 1HA Tel 016973 71672 Mob 07733 107177 handyladbarton72@gmail.com

Kirkland Stores Filling Station, Midtown, Caldbeck, Wigton CA7 8EA Tel 016974 78252

Oil Syndicates (NFG) Boltons : Gillian Skillicorn Tel 07874 241 604

Caldbeck : Edward Spratt Tel 016974 78584

Castle Sowerby, Sebergham and Welton : Philippa Groves Tel 016974 78555

Mungrisdale : Mike Sutton Tel 017687 79691

Rosley : Anne Burgess Tel 016973 49741

Pearse Coghlan, Driving Instructor, 7 Hodden Court, Caldbeck, Wigton CA7 8EN

Tel 016974 78111 Mob 07788 170491 pearse1@btinternet.com

Sebergham Services Ltd., Repairs, Servicing and MOT, Peter Little, The Garage,

Churchtown, Sebergham, Carlisle CA5 7HS Tel 016974 76234

Stan Palmer Ltd., The Garage, Bolton Low Houses, Wigton, Car Sales and Servicing

CA7 8PF Tel 016973 43361 ford@stanpalmer.co.uk www.stanpalmerford.co.uk

Tyson of Cumbria, Coach and Minibus Operator, Ratten Row, Caldbeck, Wigton CA7 8ER
Tel 016974 78237

(For bookings for Carlisle Bus on Wednesdays contact Helen Sturges 016974 78556)

AGRICULTURE, ANIMAL FEED, GROUNDWORKS, FENCING, TIMBER AND GARDENS

Alastair Macfadzean, Grass Cutting, Garden Maintenance, Riverside House, Caldbeck, Wigton CA7 8DX Tel 016974 78276 a.macfadzean@btinternet.com

Andrew Scott, Agricultural Contractor, Bridge House, Hesket Newmarket, Wigton CA7 8HS Tel 016974 78772 Mob 07769 715254

Charles Miles, Coppice Products, Firewood, Fencing Contractor, Stoneraise, Westward, Wigton CA7 8LY Tel 016973 43894

Cumbria Haylage, Horse Hay and Haylage, Michael Stockdale, Holly House, Sebergham, Carlisle CA5 7HS Tel 016974 76035 Mob 07836 665779 www.cumbria-haylage.co.uk

D Tolson. Machine Laid Tarmacadam, Lilac House, Ireby, Wigton CA7 1EA Tel 016973 71435 Fax 016973 71898 alan.tolsonx@virgin.net

David W Potts, All aspects of Agricultural & Domestic Fencing, Concreting and Drainage Work, Overgreen, Westward, Wigton CA7 8LY Tel 016973 43851 Mob 07961 914658 / 07894 459025 mdpotts@hotmail.co.uk

J G Mumberson, Mini Digger Hire, Field House, Ireby, Wigton CA7 1EQ Tel 016973 71796 Mob 07968 170967

J G Southgate Agriculture Ltd, Agricultural Contractor, Cowslaw Cottage, Wigton CA7 8ND Tel 016973 43876 HONDALR16@hotmail.co.uk

J Stobart & Sons Ltd, Farm Foods, Newlands Mill, Hesket Newmarket, Wigton CA7 8HP Tel 016974 78261

K & A Fearon, Lime Suppliers, Stone, Sand and Gravel, Lime Rigg, Hesket Newmarket, Wigton CA7 8JB Tel 016974 78403 ken.fearon1@virgin.net

Kevin Barton, Garden Clearance and Mini Digger Hire, Uldale, Wigton CA7 1HA Tel 016973 71672 Mob 07733 107177 handyladbarton72@gmail.com

Laversdale Timber Co. Ltd., Timber and Fencing etc., Wallace Lane Sawmill, Brocklebank, Wigton CA7 8DL Tel 016974 77107 laversdaletimber@onebillinternet.co.uk www.laversdaletimber.co.uk

Marc J Southgate, Tree Services, Cowslaw Cottage, Bolton Wood Lane, Wigton CA7 8ND Tel 016973 43876 Mob 07775 427766

Moor End Groundworks, Garden and Water Pipe Work, J Bennett, Hutton Moor End, Troutbeck, Penrith CA11 0SX Tel 07712 618627

Osborne Services (Cumbria) Ltd, Plant & Machinery Maintenance & Repair, Alan Osborne, The White House, Brackenthwaite, Wigton CA7 8AS Tel 016973 44225 osborneservices@btinternet.com

P J Garden Services, Garden Maintenance, Paul Hudson, Carwath Cottage, Rosley, Wigton CA7 8AX Tel 016973 49282 Mob 078284 74398

P and A Mini Plant Hire, Mini Digger, 1 tonne Skip Dumper and Concrete Pecker Hire, Oak Lodge, Sebergham, Carlisle CA5 7DY Tel 07883 343329 panda.plant@hotmail.co.uk www.pandaplant.co.uk

Philip Monkhouse, Agricultural Contractor, Grange View, Caldbeck, Wigton CA7 8EE Tel 016974 78428 Mob 07748 986978

Poultry Matters, Sales of Point of Lay Pullets, Free Range Eggs, Poultry Feed and Equipment, Andrew and Julie Smaile, Bank Head, Brocklebank, Wigton CA7 8DH Tel 016974 78621 Mob 07749 630772 info@poultrymatters.co.uk www.poultrymatters.co.uk

R C Turner, Agricultural Contractor, Roblan, Bolton Wood Lane, Wigton CA7 8NE Tel 016973 43192

R G Bell and Sons, Agricultural Contractors and Plant Hire, The Wath, Caldbeck, Wigton CA7 8EY Tel 016974 78204

Richard Skelton Contracting Ltd, Agricultural Contractors, Rose Lea, Ireby, Wigton CA7 1DS Tel 016973 71396

Stephen Lightfoot, Agricultural Contractor, Hillside, Mealo Hill, Bolton Low Houses, Wigton CA7 8PD Tel 07968 099328

BUILDING AND CONSTRUCTION, JOINERS, PLUMBERS, ELECTRICIANS, HEATING ENGINEERS, PROPERTY DESIGN, SURVEYING AND MAINTENANCE ETC

Alastair Macfadzean, General Handyman, Riverside House, Caldbeck, Wigton CA7 8DX
Tel 016974 78276 a.macfadzean@btinternet.com

Alick Grieve, Chartered Surveyor and Land Agent, Lower Height, Caldbeck, Wigton
CA7 8EF Tel 016974 78044 ag@allickgrieve.com

Asbridge Builders Ltd, Building and Roofing Contractor, Lyndene, Sowerby Row,
Carlisle CA4 0QH Tel 016974 78384 Mob 07831 485 520

Caldew Kitchens Ltd, Handmade Kitchens and Bedrooms, Avondale, Hesket Newmarket,
Wigton CA7 8HR Tel/Fax 016974 78385 office@caldewkitchens.co.uk
www.caldewkitchens.co.uk

Carrock Design and Build, Carrock House, How Hill, Hutton Roof, Penrith CA11 0XY Tel
017684 25260 mail@carrock.co.uk www.carrock.co.uk

Chris Wilson Home Improvements and Maintenance (HIM) Old School House, Sowerby
Row, Carlisle CA4 0QQ Tel 016974 76413 Mob 07929 421163
chriswilson@him2004.plus.com

Colin Smithson, Painter, Decorator, Handyman, 3, Upton Cottages, Caldbeck, Wigton
CA7 8EU Tel 016974 78161 Mob 07787 710061

E-Mac Builders Ltd, Mill View, Friar Row, Caldbeck, Wigton CA7 8DS Tel 016874 78367 Mob
07901 577498 emacbuilders@btinternet.com

Foster Fabrications Sheet Metal Work, Steel Fabrications, Beech Croft, Sowerby Row,
Carlisle CA4 0QG Tel 016974 76124 Fax 016974 76452 foster.fabrications@virgin.net

Hellon Electrical Limited, Electrical Contractors, Little Fellside, Caldbeck, Wigton CA7 8EZ
Tel 016973 71771 Mob 07747 114058 paul.hellon@sky.com www.hellonelectrical.co.uk

J A Bowness, Builder, High Waverbridge House, Wigton CA7 8PN Tel 016973 71322

Jeffrey Bowes, Chartered Building Surveyor Whelpo Head, Caldbeck, Wigton CA7 8EG Tel
016974 78628 jeffreybowes05@aol.com www.jeffreybowes.co.uk

John Murchison, Electrical and Plumbing Services Highbury, Hewer Hill, Hesket
Newmarket, Wigton CA7 8HZ Tel/ Fax 016974 78201 Mob 07775 691867

John Smallwood, Heating Engineer and Oil Boiler Service Lower Ruthwaite Farm, Ireby,
Wigton CA7 1HG Tel 016973 71867 Mob 07770 815808

Johnston Heating & Plumbing Ltd., Wavergillhead, Brocklebank, Wigton CA7 8DJ
Tel 016974 78461 jackandjillupthe@aol.com

Keith Osborne Plumbing Services, Woodleigh, Rosley, Wigton CA7 0LU
Tel 016973 42354 Mob 07944 902559

Kevin Barton, Property Maintenance and Cleaning, Building, Painting, Gutter Cleaning,
Uldale, Wigton CA7 1HA Tel 01697371672 Mob 07733107177 handyladbarton72@gmail.com

Lattimer Group, Building and Construction, The Office, Roseacre, Mealsgate, Wigton
CA7 1AW Tel 016973 71495 Fax 016973 71677 www.lattimers.co.uk

Malcolm Iredale, Chartered Architect, Carrock House, How Hill, Hutton Roof, Penrith CA11
0XY Tel 017684 88859 mail@carrock.co.uk www.carrock.co.uk

Mark Ion, Wigton Electrical Limited, 3, Westward Park Cottage, Westward, Wigton CA7 8AP
Tel 016973 34301 Mob 07805 266634 admin@wigtonelectrical.co.uk
www.wigtonelectrical.co.uk

Michael Crossley, Builder, Swan Cottage, Ireby, Wigton CA7 1DS Mob 07989 564591

Mick Hogg, Stonework, Pennine View, Welton, Carlisle CA5 7HF Tel 016974 76425
Mob 07801 439919 pattihogg@btinternet.com

Nether Row Construction Consultants, J W & S E Wells, Nether Row Hall, Hesket
Newmarket, Wigton CA7 8LA Tel 01697478355 info@netherrow.co.uk www.netherrow.co.uk

P and A Mini Plant Hire Mini Digger, 1 tonne Skip Dumper and Concrete Pecker Hire
Oak Lodge, Sebergham, Carlisle CA5 7DY Tel 07883 343329 panda.plant@hotmail.co.uk
www.pandaplant.co.uk

Raymond Gibson, Building Contractor, Valley View, Ireby, Wigton CA7 1EQ
Tel 016973 71526

Richard Earl, Home Improvement Services, Groundworks and Landscaping
School House, Hutton Roof, Penrith CA11 0XS Tel 01768 484334 Mob 07776 08005

RMT Slating/Tiling Ltd, Roofing Contractor, Todghyll, Brocklebank, Wigton CA7 8DH

Tel 016974 78570 Mob 07711 256243 rmtslating@btinternet.com

Sessile Oak, Green Oak Buildings and Extensions, Wood Carving,

Sunnymede, Churchtown, Sebergham, Carlisle CA5 7HS Tel 016974 76471

Mob 07813 726607 info@sessile-oak.co.uk www.sessile-oak.co.uk

Solway Industrial Doors Ltd, Brocklebank Farm, Brocklebank, Wigton CA7 8DH Tel 016974

78335 Mob 0781862578 info@solwayindustrialdoors.co.uk www.solwayindustrialdoors.co.uk

Steadmans, Steel Cladding, Roofing and Structural Products, Warnell, Welton, Carlisle CA5

7HH Tel 016974 78277 Fax 016974 78530 info@steadmans.co.uk www.steadmans.co.uk

Steven Jackson, General Builder and Contractor, Kemlyn, Church Terrace, Caldbeck,

Wigton CA7 8DR Tel 016974 78602 Mob 07767 428207

Trevor Studholme, Electrician, Cala Sone, Churchtown, Sebergham, Carlisle CA5 7HS

Tel 016974 76455 Fax 016974 76680 Mob 07710 015319

IT SERVICES

Andrew Ward, Website Development, AW IT Services, Mardale, Upton, Caldbeck, Wigton CA7

8EU Tel 016974 77156 Mob 07905 916950 a.ward@awitservices.co.uk

www.awitservices.co.uk

C & G Imaging, Digital & Traditional Photographic Applications, Old School House,

Sowerby Row, Carlisle CA4 0QQ Tel 016974 76413 c.andg.imaging@googlegmail.com

Steve Razzetti, Web Design and Photography, Calebrack Farm, Heskett Newmarket, Wigton

CA7 8JR Tel 016974 78075 steve@razzetti.com www.razzetti.com

Swift Computer Services ,Dale Jackson, Ireby, Support, Repairs, Training & Web Design,

Tel 07931 922713 help@swiftcomputerservices.com www.swiftcomputerservices.com

MISCELLANEOUS SALES AND SERVICES

Alex Green, Goldsmith and Handmade Jewellery, The Forge, Welton, Carlisle CA5 7ER

Tel 016974 76581

Animal Concern Warnell Small Animal Centre Contact Kevin Kerr 016974 76613

Bell Bridge Livery, Horse livery yard, Bell Bridge Farm, Welton, Carlisle CA5 7HA, Tel 016974

76382 Mob 07751 654919 bellbridgelivery@hotmail.com www.bellbridgelivery.co.uk

Biggards Dog Kennels, Canine day care and overnight boarding. Jonathan Wilson, Biggards,

Caldbeck, Wigton CA7 8EY Tel 016974 78140 biggards_dog_kennels@yahoo.com

Chris Bonington, Writing, Presentations, Picture Library Nether Row, Heskett Newmarket,

Wigton CA7 8LA Tel 016974 78286 margaret@bonington.com www.bonington.com

Community Action Nepal (CAN) Charity selling Nepalese handcrafts and goods, Stewart Hill

Cottage, Heskett Newmarket, Wigton CA7 8HX Tel 017684 84842 www.canepal.org.uk

Creative Writing Retreats UK Author and Creative Writing Tutor, Writing Workshops and

Retreats: Angela Locke, Brook Cottage, Boltongate, Wigton CA7 1DA

angelic@globalnet.co.uk www.angelalocke.co.uk www.creativewritingretreats.co.uk

Cumbria Employment Solicitors, Leavy Holme, Millhouse, Heskett Newmarket, Wigton CA7

8HS Tel 016974 78222 (Michael Bauer) michael@cumbriaemploymentsolicitors.co.uk

www.cumbriaemploymentsolicitors.co.uk

David R Kerry, Vexillologist Flag Talks and Information Tel 016974 78431

carys2005@btinternet.com

David Taylor & Co, Chartered Accountant, Boltongate Old Rectory, Boltongate, Wigton

CA7 1DA Tel 016973 71647 dataylorandco@gmail.com www.dataylorandco.co.uk

Doug Scott Mountaineering, Lectures and Picture Library Stewart Hill Cottage, Heskett

Newmarket, Wigton CA7 8HX Tel 017684 84842

dougscott25@hotmail.com www.dougscottmountaineering.co.uk

Facets of Fiction, Workshops for Writers led by Mike Smith (aka Brindley Hallam Dennis)

Todd Close, Curthwaite, Wigton CA7 8BE Tel 01228 711388 brindleyhd@aol.com

Frankie Cranfield Art Studio, Lower Height, Caldbeck, Wigton CA7 8EF Tel 016974 78599

Mob 07887 750229 frankie@frankiecranfield.co.uk www.frankiecranfield.co.uk

Hill Top Furniture, Hand Made Furniture (James Macgregor) Hill Top Farm, Uldale, Wigton

CA7 1HA Tel 016973 71317 jismacgregor@gmail.com www.hilltopfurniture.co.uk

"In Stitches" Roman Blinds, Curtains & Soft Furnishings, Carol Bolton, Caldbeck

Tel 016974 78148 carol.e.bolton@btinternet.com

John Hartley Leisure, Rodeo Bull and Bouncy Castles etc, West View, Rosley, Wigton CA7 8BZ Tel 016973 44069 Mob 07779 177 687

Jon Dale, Cabinet Maker and Antique Restorer, Moorend, Troutbeck, Penrith CA11 0SX Tel 017687 79731 jon.dale@virgin.net www.antique-restoration-cumbria.com

Juno, Made to Measure, Repairs and Alterations, Clothing, Curtains and Blinds Julie, Welton Tel 016974 76743 Mob 07880 880739

Linen & Chintz, Hand sewn curtains and blinds, cushion covers, alterations to existing furnishings. Christine Pearson, Haltcliffe Tel 016974 78114 Philipandchristine1@hotmail.co.uk

Lynn Emery, Solicitor specialising in Wills, Tax and managing the affairs of the elderly & vulnerable, Hesket Newmarket, Wigton CA7 8JG Tel 016974 78303 LynnAEmery@aol.com

Mike Christian, Vetbiz Consultancy, Technology Transfer, West Woodside Farm, West Woodside, Wigton CA7 0LW Tel 016973 45699 vetbiz@gmail.com

Naomi Harrison, Dressmaker, Commissions Undertaken, 1, High Croft, Ireby, Wigton CA7 1EE Tel 016973 71715

Roger Savage Gyroplanes and Aerial Photography, Croft House, Berrier, Greystoke, Penrith CA11 0XD Tel 017684 83859 Mob 07836 272033

gyroplanes@rogersavage.co.uk photography@rogersavage.co.uk www.rogersavage.co.uk

Rosley Books (Ian Blakemore) Rosley Farmhouse, Rosley, Wigton CA7 8BZ

Tel 016973 49924 sales@rosleybooks.co.uk www.rosleybooks.co.uk

SJ Studios, Professional Photography, Stewart Carruthers, West Woodside House, West Woodside, Wigton CA7 0LW Tel 016973 43232 Mob 0781 8068060

stewart@sjstudios.co.uk www.SJStudios.co.uk

Susan H Glassford, Artist, Meadowbank Farm Studio, Curthwaite, Wigton CA7 8BG

Tel 01228 710071 Sue GlassfordArt@aol.com www.meadowbankfarm.co.uk

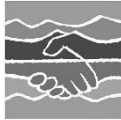
The Barometer Workshop, (A Stanford) Restoration and Sale of Antique Barometers etc. Sebergham, Carlisle CA5 7HR Tel/Fax 016974 76823 info@barometerworkshop.co.uk

Willie's Books and Gifts, (William McAvoy) 1, High Croft, Ireby, Wigton CA7 1EE Tel 016973 71422

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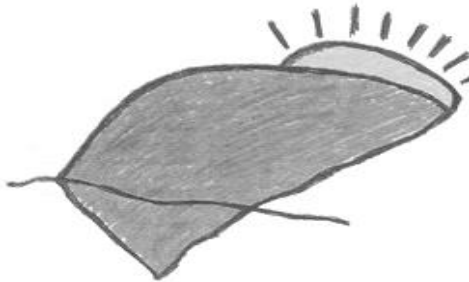
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**The printing and distribution of this Booklet have been
kindly supported by
Cumberland Building Society Charitable Foundation
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