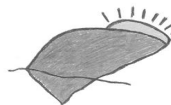


NORTHERN FELLS GROUP

(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 JULY 2017

(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 Braitwaite 016974 77196
simon.braithwaite@northernfellsgroup.org.uk

Lend a Hand Medical Loan Service Doreen Gleed 016973 71264

Benefits Awareness Worker: Antoinette Ward 016974 78220 aw.caldbeck@gmail.com

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

Caldbeck and District Walking for Health) Helen Sturges 016974 78556 or

Nail Cutting Clinics at Rosley and Hesket Newmarket) Barbara Stoddart 016973 42452

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

Men-in-Sheds at Old Joiners Shop, The Green, Caldbeck : Ken Graham 07500 861355
ken.graham@northernfellsgroup.co.uk

Millhouse Fitness Classes at Millhouse Village Hall : Philippa Groves 016974 78555

Mosedale Coffee Shop (Summer only) Antoinette Ward 016974 78220

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

NFG Gentle Exercise Sessions at Millhouse Village Hall : Philippa Groves 016974 78555

NFG Gentle Exercise Sessions at Ireby Globe Hall : Barbara Stoddart Tel 016973 42452

NFG Gentle Exercise Sessions at Westward Parish Hall : Gillian Skillicorn Tel 07874 241604

Oil Syndicates : *See Page 15*

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

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

Spinning and Woolcraft Sessions with Carol Hine at Sebergham Village Hall

Contact Philippa Groves 016974 78555

Youth Activities Contact Diane Barraclough 016974 78094

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 with 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 Lesley Smith Tel 017687 79397

Rosley at Rosley Village Hall : 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 : Contact Barbara Soddart Tel 016973 42452

DROP INS

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

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

Lesley Smith Tel 017687 79397 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, The Courts, Carlisle CA3 8NA 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 Fax 01539 740822 hq@lakedistrict.gov.uk www.lakedistrict.gov.uk

Northern Office : Old Station Yard, Threlkeld, Keswick CA12 4TT Tel 01768 779633

Area Ranger : Catherine Johnson catherine.johnson@lakedistrict.gov.uk

Ranger (Projects) Park Management Team : Scott Henderson 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, 15 Howgill Close, Bolton Low Houses, Wigton
CA7 8PG Tel 016973 45665 boltonspc@aol.com

Caldbeck (including Heskett 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 : Rachael Kelly, 29, Greystoke Park Avenue, Penrith CA11 9DB Tel 01768 863900
parishclerk@castlesowerby.org.uk

Ireby and Uldale (including Ruthwaite and Aughertree) Clerk : Ms Janice Rae, 33 Scholars
Green, Wigton CA7 9QW Tel 016973 42138 / 01900 702549 janice.rae220@btinternet.com

Mungrisdale (including Mosedale, Bowscale, Haltcliff Bridge, Hutton Roof and Berrier)
Clerk : Christine Fleming, Kerensa, Low Mill, Mungrisdale, Penrith CA11 0XG
Tel 017684 84217 mungrisdaleclerk@gmail.com

Sebergham (including Welton, Warnell & Churchtown) Clerk : Mrs Veronica Stockdale,
Holly House, Churchtown, Sebergham, Carlisle CA5 7AH Tel 016974 76035
clerk@seberghamwelton.org.uk

Westward (including Rosley, Brocklebank, Red Dial and Curthwaite)
Clerk : Mrs Elizabeth Clark, 15, Howgill Close, Bolton Low Houses, Wigton CA7 8PG
Tel 016973 45665 westwardclerk@aol.com

PARISH RELATED WEBSITES

Caldbeck : www.caldbeck.org.uk
www.caldbeckvillage.co.uk

Mungrisdale : www.mungrisdale.com

Sebergham : www.seberghamwelton.co.uk

Castle Sowerby : www.castlesowerby.org.uk **Westward** : www.westward.org.uk

Ireby and Uldale and Boltons : www.binsey.org.uk www.rosley-cumbria.co.uk

PARISH MAGAZINES AND NEWSLETTERS

Boltons, Ireby and Uldale : Binsey Link, Don Lomax, 1 California Terrace, Bothel, Wigton CA7 2JF Tel 016973 21227 binseylink@binsey.org.uk

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@virgin.net

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

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

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 0XT Tel 017684 84435 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 : Contact Richard de Robeck, Sebergham Hall, Sebergham, Carlisle CA5 7DQ Tel 016974 76349

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)

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, Brow Bottom, Bowscale, Mungrisdale, Penrith CA11 0XH Tel 017687 79397

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 Gleed Tel 016973 71264

Caldbeck and Hesket 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 Doreen Gleed, (Northern Fells Lend a Hand Group)

Tel 016973 71264

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 Gleed Tel 016973 71264

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

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, Hesket Newmarket, Wigton CA7 8HT

Project Coordinator : Philippa Groves Tel 016974 78656 Mob 07557 913183

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

Helen M Cahill, Therapist, Bowen Technique, 1, Coach House, Ellenside, Ireby, Wigton CA7

1EHTel 016973 71682 therapy@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

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 Michael Bohling 017687 79602

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

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

NFG Gentle Exercise Sessions at Millhouse Village Hall: Philippa Groves Tel 016974 78555

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

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 (Mrs Nyrie Davies), 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): Celia
Stobart Tel 016974 78500 or Mandy Tel 017684 83174

Northern Fells Group Youth Activities Contact Diane Barraclough Tel 016974 78094

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

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

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: Lawrence Hayton, 56 The Hawthorns, Syke Road,
Wigton CA7 9LE Tel 016973 42930 lawrencehayton@btinternet.com

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 Chairman and Contact : Marjorie Watson, The
Grapes, Caldbeck, Wigton CA7 8DP Tel 016974 78190 mwatson4564@btinternet.com

Caldbeck and District Local History Society Secretary : Mrs Elizabeth Boydell,
Curlw Cottage, The Green, Caldbeck, Wigton CA7 8ER Tel 016974 78315

Caldbeck and District Walking for Health (NFG) : Helrn Sturges 016974 78556 or Barbara
Stoddart 016973 42452

Caldbeck and Hesket Newmarket Fair Trade Group Secretary : Sally Vaux, Brownrigg,
Caldbeck, Wigton CA7 8EG Tel 016974 78626 sallyvaux@aol.com

Caldbeck and Hesket Newmarket Sheep Dog Trials Committee Ann Armstrong,
Scalerigg, Hesket 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 Veronica Stockdale, Holly House, Sebergham, Carlisle
CA5 7AH Tel 016974 76035 info@caldbeckplayers.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

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, Hesket 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 :
Contact Rachel Cosgrove Tel 016974 78024

Greenquarries Shooting Ground, Rosley, Wigton CA7 8BU Tel 016974 76392 or 76595
www.greenquarries.co.uk

Haltcliffe School Trust Fund Secretary, Mrs Audrey Noble, 2 Hodden Croft Cottages,
Caldbeck, Wigton CA7 8EL Tel 016974 78692

Hesket Newmarket Allotment Association Chairman : Mrs Sue Braithwaite, Caldew House,
Hesket Newmarket, Wigton CA7 8JG Tel 016974 78504 sjbencore@aol.com

Hesket Newmarket Allotments Lettings Mrs Elizabeth Clark, Clerk to Caldbeck Parish
Council, 15, Howgill Close, Bolton Low Houses, Wigton CA7 8PJ Tel 016973 4565
caldbeckclerk@aol.com

Hesket Newmarket Lunch Group (NFG): at Denton House Susan and Alan Armstrong
Tel 016974 78415

Hesket Newmarket Play Area Association Chairman : Ms Jane Simpson, Brow Head, Hesket Newmarket, Wigton CA7 8JG Tel 016974 78319 janesimpson05@gmail.com

Hesket Newmarket Show Committee Secretary : Mrs Mary Brough, Howgill, Hesket 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 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

Lend a Hand Group (NFG) Simon Braithwaite, Lend a Hand Group Coordinator, Tel 016974 77196 simon.braithwaite@northernfellsgroup.org.uk

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 Lesley Smith Tel 017687 79397

Mungrisdale Septic Tank Syndicate Contact Steve Woolley Tel 017687 79678

Mungrisdale, Skiddaw and Bassenthwaite Commoners Association
John Rowlands, Low Beckside Farm, Mungrisdale, Penrith Tel 017687 79246

Mungrisdale Swaledale Sheep Show Jo Edwards Tel 017684 82434
johanna.edwards@btopenreach.com

Mungrisdale Tea, Cake and Chat Afternoons (NFG) Lesley Smith 017687 79397 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

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

NFG Gentle Exercise Sessions at Ireby Globe Hall Gillian Skillicorn Tel 07874 241604

NFG Gentle Exercise Sessions at Millhouse Village Hall Philippa Groves Tel 016974 78555

NFG Gentle 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, Hesket Newmarket, Wigton CA7 8JR Tel 01697478075 northernfellsr@gmail.com www.northernfellsr.simpl.com

Oil Syndicates (NFG) : See Page 15

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: Debbie Williams Tel 016973 44255

Rosley Reading Group at Rosley Village Hall : Sue Buckwell, Old Park Cottage, Isel, Cockermouth 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 7960
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 SylviaTallontire 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
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 Philippa Groves 016974 78555
Squirrels Update Contact Rosemary Bailey 016974 78575 (Greys and Reds) or Jonny Proudlock 16974 78078 or Ewan Macfadzean 016974 78367 (Greys)
The Knitting Loop at The Community Rooms, Hesket Newmarket Chapel Contact Isobel Braithwaite Tel 016974 78466
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
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
Whelpo Rugmakers Contact Margaret Ashbridge Tel 016974 78205

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 : Mrs Margaret Plank Tel 017684 84733
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, (A & E Bothamley) The Village Shop, **Hesket Newmarket**, Wigton CA7 8JG Tel & Fax 016974 78229 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 info@the-millinn.co.uk www.the-millinn.co.uk

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
The Oak, Licensed Guest House, Welton, Carlisle CA5 7ES Tel 016974 76487
 enquiries@theoak-welton.co.uk www.theoak-welton.co.uk
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
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
Parkend (Justin and Caroline Garbutt), Rosemary Cottage, Parkend, **Caldbeck**, Wigton
 CA7 8HH Tel 016974 78536 contact@parkendbandb.com www.parkendbandb.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

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 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, **Brackenthwaite**, 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
Glebe Cottage, The Old Rectory, **Caldbeck**, Wigton CA7 8DP Tel 016974 78484
enquiry@glebecottagetcaldbeck.co.uk www.glebecottagetcaldbeck.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 Tel 017687 79122
mosedalehouse@hotmail.co.uk www.mosedalehouse.co.uk

Near Howe Cottages, Near Howe, **Mungrisdale**, Penrith CA11 0SH
Tel 017687 79678 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 8PH
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 Lorraine themillmungrisdale@btinternet.com

The Stackyard Holiday Cottages, High Blaithwaite, **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 Contact Tracey or Chris Pattinson
Tel 016974 78384 tracey145@btinternet.com

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 BARN 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

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

Greenhill Farm Camping Site, Greenhill, **Heskett Newmarket**, Wigton CA7 8JG
Tel 016974 78453

Hudscapes Camping Barn, Hudscapes, **Heskett 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

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
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 Craft Workers Cooperative, Priests Mill, Caldbeck, Wigton CA7 8DR
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 (Mondays only) For enquiries Tel 08457 223344
 Bolton Low Houses : Opposite High Grange 14.40 to 15.05
 Boltongate : Opposite Church 11.20 to 11.50
 Ireby : Opposite Sun Inn 10.30 to 11.15
 Uldale : Opposite BT Kiosk 10.00 to 10.25
 Welton : Village Green 9.20 to 9.35

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 (A & E Bothamley) Heskett Newmarket,
Wigton CA7 8JG Tel & Fax 016974 78229 www.heskettnewmarketshop.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** 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 Currigg, 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, The Garage, Upton, Caldbeck, Wigton CA7 8EU Tel 016974 78352
Mob and Emergency 07715370967 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,
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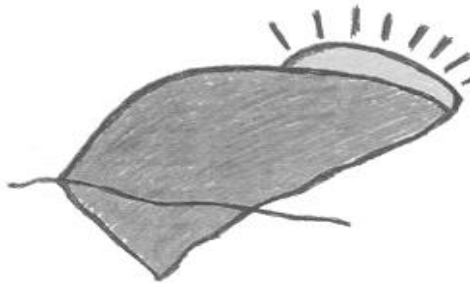
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