

Solway Plain Magazine



May 25

CHURCHES - INFORMATION

The Parish of the Solway Plain is a Registered Charity No. 1187312

Ministry Team Phone Numbers & E-mail Addresses:

Revd Canon Bryan Rothwell (Rector) 016973 31413(bryanrothwell@btinternet.com)
Revd Cornelia Noghiu (Curate) 07448285263 cornelia2014noghiu@gmail.com
Revd Malcolm Stilwell (Assistant Priest) 07918134069 (mcstilwell18@gmail.com)
Canon Geoffrey Ravalde (Associate Priest) 01228 710525 gpravalde@yahoo.co.uk
Tim Barker (Reader): 016973 31246 (twbarker2@gmail.com)
Christine Young (LLM) 016973 23172 (Christine.young6@googlemail.com)
Josephine Jefferson (LLM) 016973 51843 (josjefferson60@gmail.com)
Carolyn Fyfe (LLM) 07934610410 (celainefyfe@gmail.com)
Francess McIntyre (Parish Safeguarding Officer) 016973 44756 frannymac55@gmail.com

Solway Plain Churchwardens: (all 016973 unless stated)

<u>Bromfield:</u>	Sue Roberts 07720769635	Mary Douglas (61670)
<u>Holme Cultram Abbey:</u>	Margaret Graham (61861)	Brenda Sim (61224)
<u>Holme St Cuthbert:</u>	Brian Bailey 01900 881737	Lynda Bailey 01900 881737
<u>Kirkbride:</u>	Josephine Jefferson (51843)	Steven Sowerby (52987)
<u>Newton Arlosh:</u>	Sherry King 07712454361	
<u>Silloth:</u>	Jean Oliver (32271)	Margaret Graham (31452)
<u>Westnewton:</u>	Christine Young (23172)	Mary Hodgson (21821)

Solway Plain Churches Website

www.solwayplainchurches.org.uk

Solway Plain Magazine Office

64 Victory Crescent Maryport Cumbria CA15 7ND

Email; solwayplainteammag@yahoo.co.uk

Midweek Services in the Solway Plain :

Silloth **Thursday** 10am Said Communion.

Roman Catholic Services:

Saturday; Silloth:6pm

Sunday; Wigton: 9.00am

Maryport: 11am

Enquiries: Maryport: 01900 812157

Cornerstone Methodist Church

Meets in homes on 2nd & 4th Tuesdays at 7.00pm Contact Phil Jackson 07949 881698

Pentecostal Church

Greenrow, Silloth 10.45am & 6pm

Enquiries 016973 32248

Evangelical Free Church

Silloth **Thursday** 7.30pm

Sunday 10.45am & 6.30pm

DEADLINE FOR NEXT MAGAZINE:

By midday on 10th of each month

All copy must go to The Magazine Office by post or email

LETTER FROM THE MINISTRY TEAM

Dear Friends,

With Easter being quite late this year the month of May continues the Easter theme throughout, culminating with the celebration of Ascension day at the end of the month. At that point we are nearly though that half of the year when in church and in our thoughts we move through the great events of our Christian foundations, from Advent in December right up to Pentecost and Trinity, both to be marked in the month of June.

The other half of the year, from June to November is the long season after Trinity Sunday, in which we think about the life of the Christian today, those lives we live in the light of the great events of the New Testament, in the sunlight of the gracious promises of God, displayed to us in the resurrection and ascension of our Lord, Jesus Christ, and the renewed sending of the holy spirit, to dwell with us for ever, at Pentecost.

This recurring yearly pattern is a gift of God in nature. The way in which our seasons and days develop and alter over time, but also return each year to their starting point is both a natural pattern and a spiritual one. Things revert to where they began in an annual cycle, but it is also true, as the hymn says:

New every morning is the love
Our wakening and uprising prove.

And as all this happens, things change too. A couple of years ago I retired as Vicar of Wigton and Thursby, wondering what would lie ahead. Quite soon our dear friend Bryan will retire as Rector of the Solway Plain, and I would just like to say how much he and Anne-Louise will be missed after all these years.

Looking back on the last couple of years, one of the things I now know lay ahead was the warm welcome and gracious fellowship which all the churches of the Solway Plain parish, both lay people and ministers, extended to me from the very beginning until now. So may I take this opportunity to say thank you. And thank you to Bryan and Anne-Louise too.

With every good wish for God's blessing

Geoffrey

SOLWAY PLAIN PARISH SERVICES

Date	Time	Service	Church	Leader	Readings
4 th May Easter 3	8.00am 9.00am 9.30am 9.30am 9.30am 10.30am 10.45am 11.00am 4.00pm	HC FS HC FS HC FS HC FS Evensong	Silloth Westnewton Holme St Cuthbert Bromfield Kirkbride Holme Cultram Newton Arlosh Silloth Silloth	BR BR GR TB CN BR CN TB TB	Acts 9: 1-20 John 21: 1-19 White
11 th May Easter 4	9.00am 9.30am 9.30am 9.30am 10.30am 10.45am 11.00am	HC FS HC MP HC MP HC	Westnewton Holme St Cuthbert Bromfield Kirkbride Holme Cultram Newton Arlosh Silloth	MS TB GR BR MS BR GR	Acts 9: 36-43 John 10: 22-30 White
18 th May Easter 5	10.00am 4.00pm	United Service & Annual Meeting Healing	Bromfield Holme St Cuthbert	BR FMcl	Acts 11: 1-18 John 13: 31-35 White
25 th May Easter 6	9.00am 9.30am 9.30am 9.30am 10.30am 10.30am	HC MP HC MP HC Open Air	Westnewton Holme St Cuthbert Bromfield Kirkbride Holme Cultram Silloth Green	CN TB MS JJ CN BR	Acts 16: 9-15 John 14: 23-29 White

For Clergy names see Churches information at front of magazine

Retirement

Bryan Rothwell will be celebrating the 40th Anniversary of his Ordination on Sunday 29th June at a service which will take place in Holme Cultram Abbey at 10am followed by lunch in the Abbey. This will mark the end of almost 14 years of Ministry in the Solway Plain.

Please join us for as we mark these two significant events.

Bryan & AnneLouise will be retiring to Thursby in July.

This will be a United Service, and we will be joined by members from the Solway Mission Community.

CHURCH ROTAS

Bromfield

Date	Sidesperson	Flowers	Church Cleaning
04	Miss Wilson		PCC TEAM
11			
18			
25			

Holme Cultram Abbey

Date	Reader	Sidesperson
04	Jane	Margaret
11	Anita	Elaine
18	United	United
25	Norman	Elaine

Holme St Cuthbert

Date	Reader
04	Helen
11	Lynda
18	Rosie
25	Brian

Kirkbride

Date	Sidesperson	Flowers	Church Cleaning
04	S Sowerby	Mrs C Rudd	Mrs E Dobson
11	L Beattie		
18	United		Mrs C Harrop
25	J Jefferson	Mrs C Harrop	

Newton Arlosh

Date	Sidesperson	Flowers	Church Cleaning
04	R Pinguey	Mrs R Fell	Mrs D Brown
11	R Pinguey		
18	R Pinguey		

CHURCH ROTAS

Silloth

Date	Sidesperson	Reader	Flowers
04	J Oliver	J Oliver	
11	M Graham	A Rothwell & M Kent	
18	United	United	
25	Green Day	Open Air Service	

Westnewton

Date	Warden	Sidesperson	Flowers	Church Cleaning
04	Mrs Young	Mrs Launchbury	Committee	Church Committee Members
11	Mrs Hodgson	Mrs Szandurski		
18	Mrs Young	Mrs Walker	Mrs Launchbury	
25	Mrs Hodgson	Mr Wardle	Mrs Szandurski	

PARISH REGISTER

<u>Baptism</u>				
<u>Silloth</u>	Myla Beau Dargue	06/04/25	Canon B Rothwell	
<u>Marriage</u>				
<u>Holme St Cuthbert</u>	Harris DeMello & Elle Tweedle	12/04/25	Canon B Rothwell	
<u>Funeral</u>				
<u>Abbeytown</u>	Elinor Roper	04/04/25	Canon B Rothwell	
<u>Holme St Cuthbert</u>	Winifred Allen	28/03/25	Canon B Rothwell	
<u>Silloth</u>	Craig Thomas Glencross	28/03/25	M Gate	
<u>Crematorium</u>				
	Anne Hewitson	09/04/25	T Barker	

SOLWAY PLAIN NEWS

Healing service

Our next healing services will be on Sunday 18th May in Holme St Cuthbert Church starting at 4.00pm.

Please join us for a service of quiet prayer and reflection where we seek God's healing and wholeness. Prayer requests can be sent to Francess McIntyre 07967376356 or email prayer@solwayplainchurches.org.uk

SOLWAY PLAIN NEWS

Annual Meetings

The **Annual Meetings** for the Parish of the Solway Plain will take place on **Sunday 18th May**. We will be holding a United Service at 10.00am in **Holme St Cuthbert Church**. The Annual Meetings will take place in the Church following the service at 11.00am.

The Annual Meeting of Parishioners will elect churchwardens for the parish churches of Christ Church Silloth, Holme St Cuthbert, Holme Cultram Abbey, St Matthew's Church Westnewton, St John's Newton Arlosh & St Bride's Kirkbride, and deputy churchwardens for St Mungo's Bromfield. The Annual Parochial Church Meeting will elect the Parochial Church Council. There will be up to three members elected to the PCC from each church – which will include at least one churchwarden (or deputy) from each church to serve on the PCC alongside clergy, reader and licensed lay workers.

The seven churches of the Solway Plain parish each have their own local committee which looks after the day-to-day aspects of the church's life. If you would be interested in joining one of the committees, please have a word with us.

Electoral Roll.

The Electoral Roll will be renewed in preparation for the Annual Meetings. You need to complete a new form this year, there were forms in last month's magazine, or are available in the churches and from electoral roll officers. The roll needs to be updated by **30th April**, so please ensure any new forms are returned as soon as possible, the updated roll will be published by 3rd May.

Safeguarding

Ministry Team, PCC and committee members have all undertaken Safeguarding Training, for some it is now three years since they completed it all will/need to be renewing or completing Safeguarding to the required level.

ALL PCC members MUST complete the Foundation Level

Members of the Sub committees MUST complete the Basic Level

These modules can be completed online – a copy of the certificates when completed sent to PSO. Details of how to access the training are available from Frances McIntyre frannymac55@gmail.com

With the impending Interregnum following Bryan's retirement, Church Wardens are expected to complete the Leadership Module.

A Leadership Course has been arranged for Friday 23rd May in Holme Cultram Abbey. We already have 14 people signed up, but if you are interested in completing the training, please contact our Parish Safeguarding Officer, Mrs Frances McIntyre 07967376356 for further information.

SOLWAY PLAIN NEWS

Men's Breakfast

First Saturday of every month

9.00 - 10.15

Christ Church Silloth

Cooked breakfast

and speaker

suggested donation £5

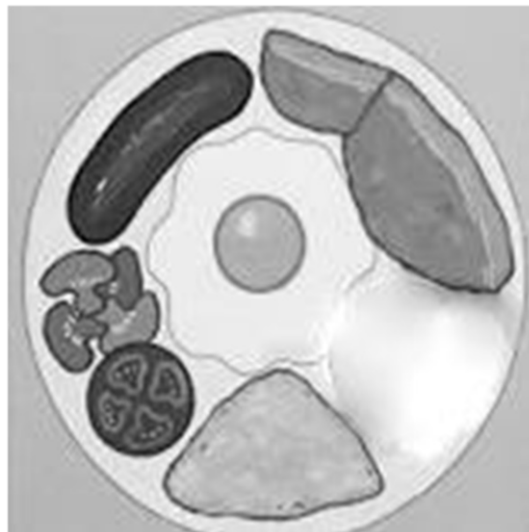
(no obligation)

For booking;

message Frances on

07967376356

or frannymac55@gmail.com



MISSION COMMUNITY PRAYER

Members of all churches in the Wigton, Silloth, Aspatria area are invited to share in times of united prayer - for the world, for our neighbours, for anything God has laid on our hearts.

We aim to meet about once a month visiting a different church of the Mission Community each time. Dates and venue are flexible so please look out for details or call Alan Fearon 016973 42454 or Tim Barker 07825 954611

SOULWAY - THE GATHERING

in Aspatria Rugby Club

Fourth Sunday of each month at 4pm

informal worship time with contemporary music,

For the next few months we will be looking at

different approaches to PRAYER

“but also w/b 25th May –

Spyatry Clean up Week.

Join a group to tidy the town's streets and spaces.”

ABBEYTOWN NEWS

Holme Cultram Abbey Events in 2025

Strawberry Teas – Saturday 12th & Sunday 13th July 2025

Brampton Chamber Choir – Sunday 20th July at 7.30pm 2025

Christmas Fayre – 15th & 16th November 2025

Christmas Dinner – Takeaway's Wednesday 3rd December and Eat in Thursday 4th December 2025

ABBEYTOWN NEWS

Holme Cultram Abbey Monthly Munch VE Day Celebration Street Party

Thursday 1st May 2025 at Holme Cultram Abbey.

This month we will be having:- A VE Day Celebration Street Party

Eat in: £8.00 (includes tea/coffee) between 12pm - 1pm





Takeaway: £7.00 with collection from 11.30am

(local delivery available please let us know when ordering)

To book/order please contact Brenda - 016973 61224 or Anita - 016973 61113.

There will be a raffle too!

Please support us if you can.



**Abbey
Tots**

Tuesdays
(term time only)

10.00am - 11.30am
at Holme Cultram Abbey

a great place for adults to meet and chat over a
cuppa while their babies/toddlers play.

Donations towards refreshments
each session would be greatly appreciated

All welcome
(this includes mams, dads, grandparents, aunties,
uncles and friends etc)

Abbeytown Community

ECO  CHURCH

Our May meeting will be a litter-pick around Abbeytown followed by pizzas and drinks back at the Abbey. Please do join us, and bring your families and dogs - dog-treats provided!

Saturday 3rd May 2-4pm

BROMFIELS NEWS

Bonus Ball Winners March

DATE	NUMBER	WINNER	AMOUNT
1	53	H Rumney	£30
8	21	M Jackson	£30
15	28	I Rae	£30
22	26	L Brough	£30
29	19	J Lee	£30

Blencogo & District Garden Club Programme for 2025/2026

Speakers and garden visits

Tuesday April 15th 7.30pm at Blencogo village Hall

Herbs by Helen Shipton –Smith Plants for sale on the night

Guests welcome to join us cost £4

Saturday May 24th Raby Castle. Leaving Blencogo village hall at 8.30am

Entry price for the Castle, garden & deer park is £16. Garden and Deer

Park £10. Cost of Bus will be available when we have

confirmation of numbers going on the bus. Guests are welcome to join us, please contact Linda to book.

Tuesday June 17th 7.30pm at Blencogo village hall

Hanging Baskets Helen Shipton – Smith Plants for sale on the night

Guests are welcome to join us cost £4

Saturday July 19th RHS Bridgewater leaves at 8.30am from Blencogo

village hall. Entry £13.35 Cost of Bus will be available when we have

confirmation of numbers going on the bus Guests are welcome to join us, please contact Linda to book.

Saturday Sept 27th Threave Gardens & Castle (National Trust)

Leaving the hall at 9am Entry fee: £8 and N/ Trust members are free

remember to bring your membership card. Cost of Bus will be available

when we have confirmation of numbers going on the bus.

Guests are welcome to join us, please contact Linda to book.

Tuesday October 21st 7.30pm at Blencogo village hall Preparing your

garden for winter. Plants for sale on the night. (Pinetree Nurseries.)

Guests are welcome to join us price £4

Tuesday November 25th Wreath making with Dot Mann 7.30pm at

Blencogo village hall. Guests are welcome to join us cost £4

January 2026 Annual dinner, Greenhill.

Tuesday February 17th 2026 To be arranged

Tuesday March 17th 2026 AGM Egg Dunk and paste egg

If you wish to join our Garden club membership is £10.

Garden visits and the cost of the bus are not paid by the club but by individual members. Please contact Nick and Linda on 07538027936

BROMFIELD NEWS

Blencogo Village Hall

STRAWBERRY TEA

Join us to celebrate the Kings birthday.
Unwind and relax with our beautifully
crafted Afternoon Tea in the charming
surroundings of our Village Hall

Saturday 21st June 2025
12 noon to 6pm
Blencogo Village Hall

80TH

ANNIVERSARY

BLENCOGO VILLAGE HALL

VE DAY CELEBRATIONS

10TH MAY 2025

1PM - 6PM

BBQ AND TRADITIONAL GAMES

1940s dressing up competition

RAFFLE

Face Painting

**AND LOTS
MORE!**

BROMFIELD NEWS

Blencogo Village Hall Save the Dates

10th May VE day celebrations and BBQ.

21st June Strawberry Teas.

6th September Annual Produce Show.

TBC Silent Disco

TBC Bingo!

October tbc Curry Night.

25th-31 October Blen Scare-crow trail.

29th November Christmas Market.



BROMFIELD PARISH COUNCIL

Summary of the Meeting held at Blencogo Village Hall at 7.30pm on Thursday 27 March 2025. Present: Cllrs. J. Clark, A. Cozens

R. Davison (Chair), S. Lunken, W. Miller and M. Underwood.

Matters discussed included: Village Hall Committee – A written update had been received. Hall Fundraising: As of 5th March 2025 we have secured over £33,000 towards the purchase of the Village Hall”.

Planning: Applications Received: HOU/2025/0029 - Threeways, Langrigg - Proposal: Driveway to front of property, proposing to drop the kerb. FUL/2025/0021 - Home Farm, Langrigg Proposal: Roof Over Existing Farmyard Midden Area (Retrospective). FUL/2025/0031 - Langfauld Farm, Langrigg - Proposal: New covered farmyard area and demolition of existing derelict stone building. Decisions: None.

Footpaths – It was agreed to request a maintenance schedule from Cumberland Council.

Dog Fouling – Incidents of dog fouling are still occurring. It was agreed to ask Cllr Thurlow if there is any further action Cumberland Council can take. Storm Damage to Bus Shelter – It was reported that damage had been caused to the Wheyrigg bus shelter during Storm Éowyn. It was resolved to accept the quotation for £180.00 to carry out the repairs.

Village Hall Funding Request – Produce Show – Members considered the request to support the annual produce show in September by providing a donation to cover the cost of the prizes. Members resolved to grant £192.50. Village Hall – Members considered the requests from the Village Hall Committee to increase the annual grant for the next two years to £3500 and to consider making a pledge towards the purchase of the Hall when all necessary funding is in place. Members resolved to increase the annual grant to £3500 for the next two years. It was agreed in principle to support the request to pledge an amount of between £3000 - £5000. The exact amount would be flexible and would be confirmed once the Committee has the other funding in place.

Date of next meeting: Annual Parish Meeting and Annual Meeting of the Parish Council 29 May 2025.

HOLME ST CUTHBERT NEWS

MAWBRAY VILLAGE HALL



Thursday 29th May at 7.30pm

Entrance £2 per person

Prize for the winning team

Bring your own refreshments and glasses

Contact Lynda: 01900 881737

Club Dates

Pool

13th & 27th May

7pm—9pm



Craft & Chat

7th & 21st May

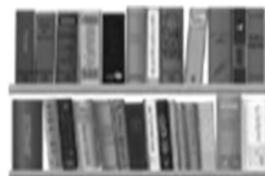
2pm—4 pm



Book & Jigsaw Exchange

1st & 15th May

3.30 pm —4.30 pm



100 Club

The winning numbers for

March 2025

1st Prize No. 8

2nd Prize No 30

3rd Prize No. 27

4th Prize No. 52

Rosie de Mello

John Pearson

Lynda Bailey

Diane Byers

Just £12 per year to help church funds

**Come on support your local church,
with a chance to win, buy a number.**

Contact Brian Bailey on: -01900 881 737 / 07542781234

HOLME ST CUTHBERT NEWS

MAWBRAY VILLAGE HALL

PLANTS and CRAFT FAIR



Sunday 11th May - 10am till 4pm
Lots of Plants

Also an assortment of crafts, gifts, jewellery, cards, jams and chutneys.

Tea room with delicious home cooked light lunches, a selection of
home baked cakes, teas and coffees.

Take away available.

Meet the author. Allie Cresswell.

A talk by local writer of
historical and contemporary
fiction.

Culterham Hall, Mawbray.
Thursday 29th. May at 3pm.

Contact Lynda Bailey 01900881737, 07926810074

Barbara Hepburn 01900881343

Refreshments

KIRKBRIDE NEWS

Monthly Draw

£20 Rob Little
£10 Linda Armstrong
£5 Christine Smithson

Kirkbride village/church hall CRAFT CLUB

Every Wednesday 1.30-3.30.

If you don't feel like crafting then come for a cup of tea/coffee and a chat. A chance to meet new friends and share craft ideas, we'd love to see you. For more information please ring Christine Smithson 016973 51686 or Josephine Jefferson 016973 51843

COFFEE MORNING

Every Friday 10.30-12.00

Come along for a chat and catch up with what's on across the Solway Plain. A small friendly group are ready to make you welcome —just come along. For more information please ring Christine Smithson 016973 51686 or Josephine Jefferson 016973 51843



NEWTON ARLOSH NEWS

Port Carlisle Bowling Club

Open again for outdoor bowling .
Welcome to new and old members or just come and try.
Saturday afternoons and Wednesday mornings
Find us on Facebook
www.portcarlislebowlingclub.co.uk
Telephone 01228 576398

NEWTON ARLOSH NEWS

St John's Church Draw

£20	No143	David Reed.
£10	No 209	Stuart Henderson
£5	No 48	Joan Kenny

Newton Arlosh Parish Hall

COFFEE MORNING

MONDAY 26th MAY 2025

10.30am till noon

Please come along and meet new friends

Tea Coffee Scones and Cakes

Will Be Served

We do ask for a donation to help with our cost.

We also have a lot more Books and magazines.

To Swap you bring one and you can take one to read

ALL WELCOME

Solway Gardening Society

May 15th 1700-1900:

The Big Plant Sale at Beaumont Parish Hall

This is the major fundraising event for the Gardening Society. all plants are locally grown, with often

uncommon varieties from members and their friends. meet, mingle, chat and buy. Highly recommended refreshments available throughout the sale.

Please support your Society by splitting and donating plants from your garden and coming and sharing a really sociable event.

Donations of plants can be left with committee members before the event or at the hall on the day from 1200 to allow for arranging and pricing before we open at 1700. Easy parking at this venue

Admission FREE to this event, Solway Gardening Society membership only £10 for a full year. Contact the Secretary, Fiona Watson

at solwaygardeningociety@gmail.com or 07896018568 for more details



SILLOTH NEWS

EVENSONG IN CHRIST CHURCH

Traditional Book of Common Prayer Evensong
will be celebrated at Christ Church
on Sunday April 6th at 4 pm.
Sung responses, psalms and canticles.
All are welcome.

Experience Easter

Pupils from Silloth schools visited Christ Church in March to learn more about the Easter story. In small groups they moved round several sites set out to represent places on Jesus's journey from Palm Sunday to his Resurrection on Easter Day. They performed various tasks (including enthusiastic shouts of "Hosanna !!" on the road into Jerusalem) and thought about Jesus washing his disciples feet, sharing their Last Supper, praying alone and suffering on the cross and finally seeing the empty Tomb after he rose again. They all joined in and asked some shrewd questions. Well done everyone.

Master Quiz

Fourteen teams competed in Tim Barker's quiz in Christ Church on March 28th. Questions were bizarre as usual but everyone seemed to take them cheerfully. For the fourth year in succession the winners came from the Mission Community Walking Football group with their team Four by Four and their other team Wild Cats were runners-up. Thanks to Colin, Liz and Bryan for making the evening run smoothly and to all those who contributed refreshments. Nearly £500 was raised to help the running of the church.

Churches Together in Silloth

On Sunday 25th May Churches Together are holding an open-air service on Silloth Green. The service will begin at 10.30am before the start of "Silloth Green Day" a community event on the Green. Find us on the main stage/trailer (you might like to bring a folding chair with you – if it is wet the service will be held in Christ Church)

Art Exhibition

Over the weekend of 24 - 26th May 11.00am-4.00pm there will be an Art Exhibition in Christ Church during Silloth Green Day weekend. There would also be musical presentations using the organ & a book fair.

WAVERTON NEWS

Dundraw W.I

Dundraw WI got off to a great start to the month with their meeting on April 1st. Introduced by our president, our guest speaker. Tracey Fawcett, began with the claim that the wives of Henry VIII were much more interesting than that of the despotic monarch. Warming to her theme 'Behind Every Great Man', Tracey's talk explored the lives of Katherine of Aragon and Anne Boleyn detailing their achievements before they fell out of Henry's favour.

After being thanked on our behalf by Jane Launchbury, Tracey kindly judged April's competitions.

The flower competition was won by Marjorie Gibson; Glynis Aspin was second. The competition for an item relating to royalty was won by Eileen Bell; Mona Kent came second. Helen Daly won the raffle. This concluded the meeting.

Dundraw Parish Council

Summary of the Meeting held on Monday 17 March 2025 at Wheyrigg Hall Hotel.

Present: Cllrs A. Austin, J. Bennett (Chair), J. Dockeray and G. Franks.

Matters discussed included: Dog Fouling: Members noted that complaints had been received regarding the increase of incidents of dog fouling in Dundraw and Kelsick. Residents are reminded It is illegal for dog owners to not clean up their dog's waste in a public area. Anyone who fails to clear up after their dog can be issued with a Fixed Penalty Notice of up to £100.

If the case goes to court this could cost the owner or person in charge of the animal up to £1,000. Devolution: The Government launched a public consultation on Monday 17 February in areas chosen for the Devolution Priority Programme. The consultation will seek views on a proposal to form a Mayoral Combined Authority for the local government areas of Cumberland and Westmorland and Furness. The full consultation document can be found on the GOV.UK page The cut-off date for the consultation is 11:59pm on 13 April 2025. To take part and have your say, please visit:

<https://consult.communities.gov.uk/lggc/cumbria-devolution-consultation>

Vacancy: A vacancy still exists on the Parish Council. If you have an interest in the community and would like to be considered for co-option or would like some more information, please contact the Clerk.

Date of Next Meeting: Annual Parish Meeting and Annual Meeting of the Parish Council - Wheyrigg Hall Hotel at 7.30 pm.

WESTNEWTON NEWS

VILLAGE HALL 100 CLUB

March

£20 Grace, Ruth, Martha & Freya

£10 G McAllister

£5 L Barry

WESTNEWTON NEWS

Bible Crack

Led by Rev Malcolm Stillwell
Monday 19th May
@ Midtown House Westnewton
7-30pm

Weekly Dominos

in the Village Hall

Saturdays @ 1-30.

£3 entry with funds raised for St Matthews Church

No booking needed, just turn up and enjoy a game.

Everyone Welcome

Sales table @ Midtown House

£50 to the Disaster's Emergency Committee

Another 20 woolly hats sent to The Mission to Seafarers

Anyone willing to fundraise or knit hats and scarves would be much appreciated. Contact Martha Walker.016973 20944

From the Library

" Before the swallows come back" by author Fiona Curnow is the latest book i have read. It involves a young girl who lives with her dad because her mother left when she was just a few years old. Her father is ill. He buys her bike and she goes off on it into the woods where she meets a Tinker boy. The story goes on and her father is attacked and killed, so she is taken to live with her step father and her mother but she doesn't settle there and takes off. She meets up with another girl and with a lot of twists and turns she ends up back at home where a lot of things have been happening to the Tinker boy as well.

There is a lot of swearing which I didn't like, I think it spoils a good story. I have been reading a book by Eddie Askew. In 1997 he became the International Director of the Leprosy Mission. In one of his daily reading he talks about his love of books, the readings are based on a verse in the Bible, then on the opposite page he does such lovely prayers of his own thoughts. He has a Bible dating back to 1720 belonging to Dr Sukely who was an Anglican minister. There is comment on Latin , Hebrew and English.

Date for the Diary

Saturday 5th July

SUMMER SALE and TEAS

WESTNEWTON NEWS

Westnewton Parish Council

Extract from the Meeting on 27 March 2025 held in the village hall at 7.30 pm. Present G Bell (Rolling Chair), R Beaty, K Conway, N Hewetson, P Sanderson, C Shepherd, M Swanson, J Love (Clerk) and 5 members of the public.

Minutes of the meeting held on 30 January 2025 agreed as a correct record.

Public Participation – Minutes would be put on the noticeboard and it was noted the new website would be live shortly.

Pavement opposite graveyard – A black bag of rubbish would be removed.

2 Brookside – the estate agents would be contacted again regarding what the prospective purchasers were being told about access to the garage.

Satellite Booster Signal - It was stated that United Utilities had tried to place monitoring equipment on the overflows in Crookhurst Beck but these could not work because of the bad signal in the area. Discussions took place about the possibility of placing a satellite booster on the village hall to run on a battery which could be paid for by the Community Fund. . An assessment would be done.

Litter Pick – a litter pick would be requested in the village and Allonby to Westnewton road.

Drain at Playground – Next steps would be to wait until the canteen had been demolished then N Hewetson would sort.

VE Day - 8 June – It was noted there were no events in the village, the school would be asked if they wanted to participate.

New website – It was stated that village green rules should be put on the new website, together with a complaints procedure etc

Finance – C Shepherd circulated a draft budget. Cheques made to G Bell £38.98, Bekah Bell £426 new website, Rocket Sites £192.

Next Meeting – Annual General Meeting 29th May, 7.30 pm in the village hall, all welcome. N Hewetson (Rolling Chair).



**North Cumbria
Integrated Care**
NHS Foundation Trust

Wellbeing Service

Here to support you to improve your quality of life

THE WELLBEING SERVICE

The Wellbeing Service is part of your GP surgery,
We are here to help you understand how your health or life circumstances could be affecting your wellbeing.

Our aim is to work together with you to: Find out what matters to you.
Help you set and reach your goals & Support you to make changes to help you live well. Also to Find other groups and services to support you, and reduce social isolation

Who can benefit from the Wellbeing Service?

The Wellbeing Service supports adults: 18 years and over who are registered with a GP surgery in the Eden and Keswick & Solway areas, Who are experiencing mild low mood and/or anxiety relating to living with a Long Term Health Condition, Or who are going through a recent life change that is affecting their wellbeing; for example bereavement, retirement, menopause, divorce, moving house, loss of job etc.

How does it work?

We use motivational coaching to support you to think about areas in your life where you would like to see positive changes.

We can also offer social prescribing (giving you information about useful services and organisations) and we run a range of educational and social groups.

How you may be feeling

You may already have a lot of information about your health condition, or how to improve your wellbeing, however putting advice into practice can be far from easy.

How to access individual support

There are two ways to access the Wellbeing Service for individual support:

GP Surgery: You can contact your GP, nurse or other health professional at your surgery, and they will arrange for the team to contact you.

Self-Referral: You can pick up a self-referral form from your GP surgery; fill this in and return it to your GP reception.

Alternatively, use the web address below or QR code to complete an online form.

<https://forms.office.com/e/6dDf2rfRVX?origin=IprLink>

Please note, unfortunately we are unable to provide a service to anyone who is currently experiencing a mental health crisis. If you are experiencing a mental health crisis, please speak to your GP surgery who can support you to access the appropriate support.

The service offer a range of free welcoming informal groups & informative courses. Please scan the QR code to access dates & to book For more information on the Wellbeing Service please: Visit

<https://php.cumbria.nhs.uk/about-our-services/wellbeing-service>

Look on Facebook: NHS Wellbeing service – North Cumbria

Email: wellbeing@ncic.nhs.uk

Search 'North Cumbria Wellbeing Service' on www.eventbrite.co.uk

