



BINSEY LINK

The magazine that reaches out to everyone in our communities

binsey.org.uk

Charity Number:
1169267

Serving and informing the Mission Community of:
Allhallows, Bassenthwaite, Boltons, Embleton, Ireby, Isel, Plumbland, Setmurthy,
Torpenhow, Uldale and Wythop

March 2021

SIGNS OF SPRING

The beginning of spring is very much around us as nature comes back to life after the hibernation of winter and given our current circumstances, we are especially thankful for these signs of new life. Here in Binsey, where farming is such an integral part of our village communities, we are very aware of all the new lambs that are being born and which we will soon see playing out in the fields.

Whether it is spring flowers, the sight of trees coming back to life or lambs and other new-born animals, all this activity serves as a powerful reminder of how nature (thankfully) is remarkably unaffected by the continuing pandemic. In this way life carries on very much as normal, whilst, we continue to be restricted in our activities and our movements.

For sheep farmers, February into March is their busiest time as thousands of lambs are born. Each birth is the culmination of planning, care, time, and expertise that has been put in over the past 12 months. This same level of care and dedication is displayed by all farmers, and everyone, who is involved in the planting and care of crops, trees, plants, flowers, and vegetables. Together they play their part in the nurturing and tending of nature as we care for every form of life that we have been given in the blessing of creation and of this world.

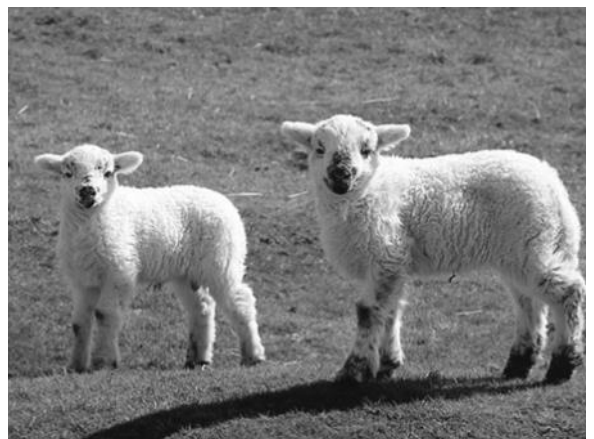
Whatever our beliefs and understanding of life, then the normal activity of spring brings much needed hope and encouragement to all of us. The birth of a child, a lamb or any animal brings a sense of joy and wonder at the amazing and precious gift of life. For that new life to grow and flourish, then along with appropriate nourishment, the most important ingredients are love and care.

For Christians, all this speaks of the love and care that God has invested in humanity and in the whole of creation. As I write this article, the season of Lent is about to begin. This is the time for Christians to enter more fully into the life and suffering of Jesus in preparation to remember his crucifixion and resurrection as we celebrate Easter. The life and death of Jesus demonstrates the profound depth of God's love for us all, and, through his resurrection that from defeat, loss and even death, there can come healing, joy, and new life.

Together spring and Easter bring a genuine sense of hope and encouragement as they show how new life and new possibilities can emerge from even seemingly hopeless situations.

As we take joy from the new signs of life around us in these coming weeks, may we not merely celebrate the wonder and beauty of creation, but take fresh hope and inspiration from God, who nourishes and sustains us and this world, with his amazing love.

With my prayers and best wishes,
Stephen
Rev. Stephen Banks



Lent

Why Reconciliation?

Lent is the perfect time to think about reconciliation; between ourselves and our Heavenly Father, and ourselves and others. We start Ash Wednesday services with words from the prophet Joel: "Even now, says the Lord, return to me with all your heart." (Joel 2:12).

During the 2nd World War, Coventry city and its cathedral was heavily bombed. Amid the burning ruins, the cathedral provost, Richard Howard, called on the people of Coventry not to take revenge. He prayed "Father forgive." Not forgive *them* (the bombers), but forgive us all, recognizing that we too need forgiveness.

Two of the burning roof timbers had fallen in the shape of a cross, and this was thought of as a symbol of reconciliation in the ongoing ministry of Coventry cathedral, of which I am a Canon.

When we listen to the news, and see a world increasingly divided, it can seem overwhelming. What can we possibly do to make a difference here in our homes and villages in rural Cumbria? We know all too well the reality of difficult and broken relationships, in our families, churches and communities. In many cases, we too, are a part of that brokenness... Yet the Bible is clear that every one of us is also part of the solution...

The New Testament Greek word for reconciliation is *katallage*, which means restoring what is broken.

That applies to every kind of relationship, whether our own with God, our relationships with one another as families, as communities, and in our care for the environment and all God's creation.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, **who reconciled us to himself through Christ and gave us the ministry of reconciliation**: that God was reconciling the world to himself in Christ, not counting people's sins against them. And **he has committed to us the message of reconciliation. We are therefore Christ's ambassadors**, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God." (2 Corinthians 5:17-20, New International Version).

Reconciliation is God's initiative. In his letter to the Corinthians, Paul reminds us that it is only because we are reconciled to God in Christ, that we in turn are given the ministry of reconciliation: between people, and with all God's creation.

Reconciliation lies at the heart of the Gospel. It does not require agreeing with everyone around us! That is what the world likes to think - that it means compromise, selling out, giving up on justice and truth. In fact, reconciliation is more often about disagreeing - in love.

There is nothing simple about reconciliation. It requires a great deal of courage and humility to name the brokenness and injustices around us. And not stopping there, but setting our sights on being agents of healing, not irritability and hate.

We will only see reconciliation *in full* when Christ returns - it is a picture of heaven. Nevertheless, we are called to usher in that kingdom now, in the way we live our lives in THIS world. Reconciliation is a long and costly journey - one that experiences set-backs and encouragements along the way. Yet the fruits of reconciled people are those of the Holy Spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Ephesians 5:22-23).

God calls every one of us to this ministry, as His reconcilers, seeking healing and restoration wherever there is suffering caused by brokenness. And when others see us living as reconciled people, they find it deeply compelling - they want to know more about what lies behind these kinds of loving relationship. And their curiosity leads them to the source of all restoration - to Christ Himself.

So in this season of Lent, perhaps think of one person you avoid or ignore, and communicate in some way, a greeting in the street, a card through the letterbox, a phone call or email, to ask how they are doing in this lockdown period. It is not covering up the differences between you or pretending they don't matter. Rather, it says "*you matter*," despite our differences.

Canon Sarah Snyder
Founding Director, Rose Castle Foundation
Archbishop of Canterbury's Special Adviser for Reconciliation programmes.



Follow Daily Care Deeply
Speak Boldly Tread Gently

Lent

Lent Library

How are we to keep a Holy Lent this year? There are many and varied ways, some of which are spoken about on this page.

One idea is to gather our favourite poetry. Poetry has long been used as a window into spirituality; a way of seeing differently. When Stephen and I were talking about this, the poem that came to my mind was W.H. Auden's 'Leap before you look.'

I've given you the first and then last two verses of the six stanzas, with apologies to Auden and purists everywhere! The sense of danger must not disappear:
The way is certainly both short and steep,
However gradual it looks from here;
Look if you like, but you will have to leap.
Much can be said for social savoir-faire,
But to rejoice when no one else is there,
Is even harder than it is to weep;
No one is watching, but you have to leap.
A solitude ten thousand fathoms deep,
Sustains the bed on which we lie, my dear:
Although I love you, you will have to leap;
Our dream of safety has to disappear.

I was introduced to this many years ago and it's refrain of 'leap before you look' has stayed with me. I think that's one of the things we're asked to do as Christians. We make that leap into faith in God on the promises that Jesus gives us, but we have nothing tangible to say that we will indeed be caught in God's loving arms. Our belief is borne out once we take that leap, but the 'dream of safety' has to disappear first. That letting go of what we clutch so tightly is the essence of faith. As we walk with

Jesus through these weeks of Lent how do we keep the sense of anticipation that we can learn more and love more, and learn and love more deeply?

Auden's poem is not a religious one, but it speaks to me of something beyond the necessity of getting through the days.

Do you have a poem that speaks to you at this time of year? Would you like to share it with us and tell us in a few words about why it's important to you? It would be lovely to make a 'Lent Library' that can carry us through these weeks and beyond.

Please let Julia Hedley have your contributions julia.hedley1@btinternet.com and we'll share them through Lent as part of our journeying towards the promise of the Resurrection.
If you'd like to receive the library, please let Julia or Stephen know.

Lent Resources

During Lent, we are also using the Lent materials, which have been prepared for all the churches across the Diocese by Bishop Emma, The Bishop of Penrith.

Bishop Emma says this about the resources:

"My hope is that these resources will offer our church communities the chance to reflect further on how we can all follow daily, speak boldly, care deeply and tread gently, particularly in this period of Lent as we reflect, recommit and rededicate all we do to God."

The resources can be found on the God for All website of the Carlisle Diocese at <https://www.godforall.org.uk/lent-resources-2021/> or there is also a link on the Binsey website – www.binsey.org.uk.

Choose any one of our churches for your special day!

Congratulations if you have just got engaged and are thinking about getting married in one of the Binsey Mission Community churches.

If you currently live anywhere within the Binsey Mission Community area, then you can get married in our churches. If you live elsewhere, but have a family connection to a church, or want to come and worship regularly in our churches, then we'd love to help you.

We expect to be able to conduct weddings again, once the present lockdown is eased. However, the number of people attending a wedding is restricted to a maximum of

15 people, which includes everyone present, and face-masks must be worn and social distancing maintained.

If you would like to enquire about what is currently possible or book a wedding, please contact our Team Rector, Revd. Stephen Banks on 016973 71541 for a friendly chat. He will be able to talk you through what is possible and what are the current differences.

We would love to welcome you into our church and help you make your life-long commitment to each other before God.

Please note that we are not currently taking any new bookings for St. Bega, Bassenthwaite due to its size, location, and to ensure the safety of all volunteers under the current climate.

St James, Uldale is also not currently available because of major restoration work.

Monthly Letter

Don't eat the snowdrops!

It was a few short weeks ago that the first snowdrops began to appear. These are a sign of hope that spring is coming. And hope is something we need more than ever in this pandemic.

According to the Woodland Trust: "The flowering of snowdrops is one of the first signs that winter is ending. As a result, the flower has long been viewed as a symbol of hope for better times ahead. However, snowdrops have a mixture of meanings. To see a single snowdrop flower was once viewed as a sign of impending death and it was considered bad luck to take one into a house. Furthermore, did you know that snowdrop bulbs are poisonous if eaten?"

More positively, snowdrops were used to treat headaches and as a painkiller. In modern medicine, a compound in the bulb is used to develop a dementia treatment. There can be miracles under our own noses!

The flower has a long association with the Christian festival of Candlemas and was often used to decorate churches during the celebration. This earned it the alternative name of Candlemas Bells."

www.woodlandtrust.org.uk/trees-woods-and-wildlife/plants/wild-flowers/snowdrop/.

Traditionally Candlemas was when the candles were blessed to be used later in the year during worship.

Most importantly, of course, it is the time when we commemorate a young family taking their baby son to be presented to the Lord, in accordance with the Old Testament Law of Moses.

Of course, that child's name was Jesus, and though he came from a normal family, greater plans were at work. None, perhaps, except a few aged prophets held out any

hope for a change in the circumstances of their lives under Roman occupation in those days. Few knew the suffering that was to come in Jesus' life. Yet, the bitterness of his death was transformed into the greatest story of good news after he rose again. If you like, the winter of sin was over, and heavenly promises began their fulfilment.

When we see the snowdrops, the winter is not quite over for us either – but summer is coming. Soon, we'll see daffodils, then, bluebells, and warmer days to enjoy at last. In the meantime, we can light a candle in memory of the losses we have endured, plus, being careful to keep one another safe, and asking for God to comfort us with the hope that can be found in Christ.

Probably, we all took for granted how 2020 started, as seemingly normal. It was not to be, with the pandemic crashing into our plans and expectations. It has been nearly a year, but like the emerging of spring flowers - there is hope with effective vaccines being administered at an amazing rate. So, it is with solid hope that we can look ahead to an ending to this crisis. However, do not eat the snowdrops - no matter how pretty they look - and do not act like the crisis is over just yet!

With love and prayers,
Rev. Peter.



From the Registers

FUNERALS

The funeral of Joan Bowe, formerly of Bothel, took place at St. Michael & All Angels, Torpenhow, on 25th January 2021.

The funeral of Betty Skelton from Whitrigg, took place at St. James, Uldale, on 27th January 2021.

The funeral of Allan Richardson from Cockermouth, formerly of Setmurthy, took place at St. Barnabas, Setmurthy, on 1st February 2021.

The funeral of Felicity Barwise from Plumbland, took place at St. Cuthbert, Plumbland, on 6th February 2021.

The funeral of Margaret Sowerby from Bassenthwaite, took place at St. John, Bassenthwaite, on 9th February 2021.

Team Items

HELP SUPPORT OUR TWELVE CHURCHES IN BINSEY

For centuries our twelve parish churches have been a spiritual home to generations of villagers. Our inspirational buildings, not only help shape the character of our villages, but are also reminders of the presence of God in our daily lives, supporting people at times of joy and sorrow.

We are very grateful to all who support our work; generously giving their time, their talents, and their money. We hope that the twelve parish churches of Binsey can continue to be very much at the heart of our community life, offering a haven of peace and reflection to all our parishioners.

There are now some challenges for us, as the current restrictions continue to prevent most social events, group meetings and fundraising activities from taking place.

Church services are very restricted in the number of people who can attend due to social distancing guidelines and the relatively small size of most of our buildings.

These regulations have a particular impact upon funerals, weddings, and baptisms, all of which are limited to only a maximum of 30 people, if the building allows. In the case of weddings and baptisms many of these services are being delayed until next year and whilst funerals must go

ahead despite the restrictions, the number of people who can attend them is greatly reduced.

All of this has had a significant impact on the income of each of our churches, and yet most of the running costs and financial commitments remain the same.

The Binsey Team receives no external funding and is entirely reliant on donations. Therefore, if any of you could consider making a financial donation, your gift would be very gratefully received.

Your donation can be made as a one-off gift or you can make a regular monthly donation instead.

If you are able to make a financial contribution, then you can send a cheque (made payable to the 'Binsey Team Ministry') to the Binsey Team Treasurer and his address details are on the back page, (please give details of whether you wish your gift to be used for any specific purpose or a specific church).

Alternatively, you can visit the website, www.binsey.org.uk, and click on the 'donate' button on the home page or 'give' on the churches page, where a direct internet link allows a financial gift to be made to any of our twelve churches using your debit card.

Stephen

Revd. Stephen Banks

Baptism in the Binsey Team Mission Community

We are really pleased when parents approach us about Baptism (also known as Christening) for their child. It's a very important step, both for parents and the child. Infant Baptism involves parents and godparents making a public commitment about their own Christian faith and the church. They are making a commitment to pray for their child, so that as they grow, with their help, and ours, they may be able to live out in practice the Christian life.

To enable parents to do this we ask that you come and join us in worship at any of our team churches at some point in the two months BEFORE the date of the baptism. After an enquiry is made, a home visit will be arranged to discuss things informally, to see what level of preparation might be appropriate and answer any questions.

We hope to conduct Baptisms after Easter and they are subject to the same restrictions as any church service; face-masks must be worn and due to social distancing and the small size of our buildings, most churches would not be able to have more than 12-15 people in the Baptism party.

For an informal chat about infant baptism, please contact the Team Rector, Revd. Stephen Banks on 016973 71541 or the Team Vicar, Revd. Peter Gilroy on 016973 71430.

Please note that we are not currently taking any new bookings for St. Bega, Bassenthwaite due to its size, location and to ensure the safety of all volunteers under the current climate. St James, Uldale is also not currently available because of major restoration work.



Binsey History by Mick Jane

The supply of water in the Binsey area 1902

We all take water for granted nowadays, all we need to do is turn on the tap and fresh water comes out, even hot water. In 1902 it was reported by Mr. W. S. Ponton (Headmaster at Allhallows school) Clerk to the Allhallows Parish Council, that in the council's opinion it was not feasible to supply Fletchertown with water according to the scale of charges per house issued by the joint Water Board, and they strongly urged the committee of the Rural District Council to endeavour to arrange terms for standpipes. These were condemned by the Chairman, Vice-chairman, and the Inspector, but the Clerk was directed to arrange a meeting with the Water Board.

After inspection, Mr. Brocklebank, along with the inspector, the Medical Officer, reported that they found three houses in want of water, and at Bank Green the water supply to Mr. Downthwaite's farm required protecting. The Clerk then asked, "where do these people get their water from?" The Inspector replied, "from ditches." He added that Mr. Johnston had to carry his water two miles in a cart. It was decided to ask the owners to provide an efficient supply to their properties. The Inspector said that would be a difficult job. The Medical Officer reported that he had examined four samples of water sent to him from Ploughlands. This contained a large amount of chlorides, but was otherwise good water.

In the 1800s, water was a great problem in most of the villages. Bolton-Low-Houses was in discussion to obtain good fresh water, as was the surrounding villages. Dr. Briggs reported that he had again examined the water from the public well at Bolton-Low-Houses and found it to contain so great an amount of ammonia as to render it totally unfit for domestic purposes. It was imperative that another supply should be provided without delay. Sewer contamination was suggested, the analysis being almost identical with the previous one before the well was cleaned out.

On 16th September 1882, Mr. Kirk, contractors of Cockermouth, arrived at Mealsgate with a staff of men, and laid out the ground for the supply of water to Fletchertown. The heavy rain of Thursday had put a stop to operations for that day, but men were now busily employed cutting the trenches. There was an abundant supply of excellent water, which was supplied from a well near the new pit at Fletchertown, which is pumped up by a neat donkey engine, and conveyed in pipes to a large reservoir a short distance from the well. Pipes would be laid from thence to the village, where standpipes would stand in secure places, so as to make it convenient access for all. It was a very great boon to the inhabitants, because hitherto the water supply has been unbelievably bad and inconvenient to get to.

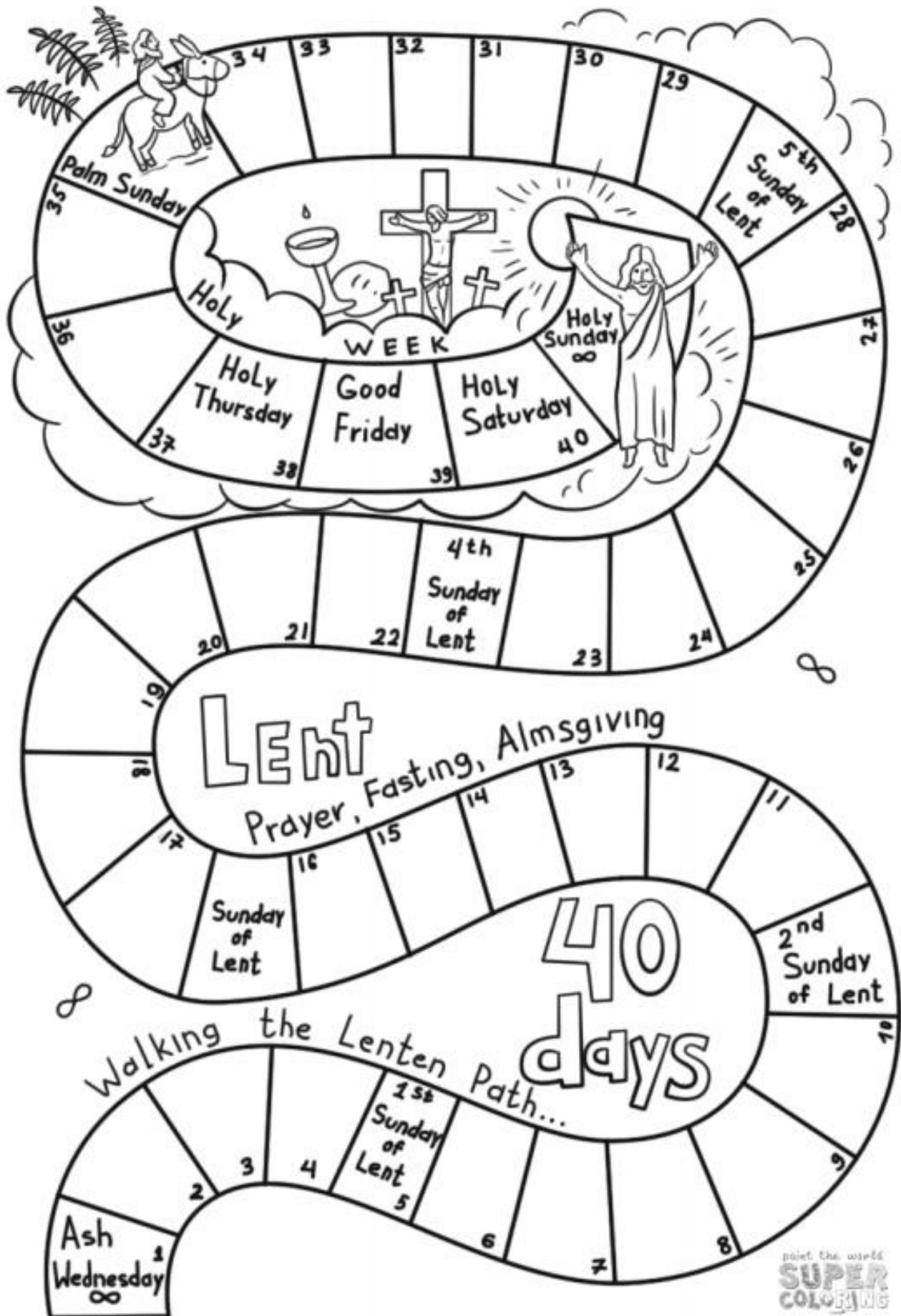
Fletchertown had a pump and trough at the Dib for many years, and there were wells scattered around the village for people to get their water. I have read that the mine owners, the Fletcher brothers, largely underestimated the amount that their new houses in Fletchertown would need as the village increased. Remember, before they built the coal mine in the 1870s, the village didn't exist. So, next time you turn on your tap, give a thought for our forbearers.

For more information on local history, you can contact, Mick Jane, 5 Front Street, Fletchertown.

Keep in touch with us on **facebook**

See what's happening in your area and the wider Christian community.
Visit **facebook.com/binseyministry** or search for **Binsey Ministry**.

Family Activity Area



Around The Parishes

Bassenthwaite

After many years, Mary Fell has retired from co-ordinating the Bassenthwaite Binsey Links. Every month, along with her sister, Elsie, Mary would collect the magazines from Torpenhow and count and deliver them to the distributors.

Your work has been much appreciated, Mary, and we would like to say a huge thank you to you and Elsie.

Ros and Richard Downing have kindly taken on Mary's role and we thank them along with all the distributors.

St. John Church remains closed at the time of writing this, but we look forward to welcoming you back as soon as we can safely do so.

Embleton

St Cuthbert

We have many artistic and talented folk living here; Maureen, a quilting expert, has suggested a new community challenge to enthuse us in these difficult times. We hope you will be inspired to join in.

Community Project; Quilt Positive. Remember the Prayer Flags last year? They are still outside St Cuthbert Church, looking good despite the ravages of the sun, rain, and wind. We thought that would be a one-off project, hoping that by now we would be slowly returning to our busy lives, but no... sadly, that is not the case.

Lockdown has returned and COVID is taking its toll on every community and every family, either directly or indirectly. So, here is another community project we hope you will take part in. It has a working title of Quilt Positive and the result will be a community quilt. Anyone can contribute and it is designed for every skill level, machine sewers or hand sewers. The quilted wall-hanging will stay in the community, displayed in church, as a reference to this time we are living through. The project is open to everyone.

The symbol of the quilt is a plus sign or cross signifying a positive and hopeful look to the future, or a way of remembering those we know who have been affected by the virus.

What we are asking you to do is to make at least one (two, three or more would be better – they are easy and

addictive to make) quilt block. Easy but detailed instructions are included with this issue and examples of the quilt block showing different stages of construction will be in the notice board at church. If you want more samples for other areas let me know.

A quilt block is a small sewn square of materials in a pattern. These blocks of pattern are then sewn together to make a quilt. Your quilt block has a cross or plus sign.

You make your blocks, hand them in and someone else will do the rest of the work.

Please consider contributing to this community project. Read the instructions, look at the notice board, and you'll see how easy it is.

Don't hesitate to get in touch with if you would like further information—Maureen Lamb: 017687 76095 or Jean: 017687 76184.

Ragbags; Unwanted clothing, linen, shoes, handbags, and belts; all welcome and thank you for keeping the donations coming. Items can be left in the porch at St Cuthbert OR in the collection bin at Ling Crest, Wythop Mill. All money raised goes to Dewode.

Any items or comments for the next edition. please send to Jean at jeanmaca@aol.com or 017687 76184 by 7th March please.

Isel

Isel and Bridekirk Parishes First Responders

150 Club Draw—February 2021

1st Prize Mr. D. Roberts, 2nd Prize Mr. A. Kennan, 3rd Prize Mrs. B. Hunter, 4th Prize Mrs. M. Pickhall.

The First Responders offer an invaluable service to the parishes of Isel, Bridekirk and Setmurthy; they are trained

in life support and give their time freely, bringing their skill and equipment to an emergency in those vital first few minutes. The "150 club" is a main source of income to provide these volunteers with training and equipment. If you would like to join the "150 club", or know someone who would, contact Moira Purvis on 016973 20534 or email moirapurvis@hotmail.com.

Setmurthy

Setmurthy Church

Again, the country is in lockdown and we await announcements for the easing of restrictions which makes planning ahead difficult, but please be reassured Sunday worship in church will recommence as soon as it is safe to do so. The church remains open for private prayer; the snowdrops are now flowering in the churchyard and other signs of spring are evident.

Parish Hall

Thanks go to Peter and Nicola for checking on the hall when the temperatures dropped and applied heat when

necessary. The hall is available for hire by contacting Mrs Edith Wise (017687 76381).

Allan Richardson

Sadly, we lost another member of our community in January. Allan and Anne farmed Brathay Hill Farm on the Higham estate until their retirement in 2002. Allan served on several of the committees in the parish and also others in the agricultural world. He was also a Rotarian and enjoyed country pursuit.

Our thoughts and prayers are with Anne and her family.

Uldale

Jane Sampson—1926-2021

The following is an extract from the tribute given by her son, Rob, at her funeral.

"You have to stop her!" My mother was about to set off alone to bike across 140 miles of dicey Pakistani roads. What to do? To stop this determined 70-year-old woman in her little red boots was a sensible idea, but challenging. "I don't think I can."

Jane Sampson, mother of six, was a woman many of us have thought about trying to stop at some point or another. It took time to appreciate her complex mix of intrepid adventurer, gifted physician, and understated follower of her Lord. Thanks to so many of you who loved her well and enjoyed the unexpected perks of walking with her during her remarkable 94 years. Perhaps, like me, there have been times you scratched your head in surprise as she rode off somewhere crazy, or woke you at 5am with one of her grand new ideas, or when you heard she turned up unannounced at a remote abbey to spend a week in silent retreat.

How can we explain how she got to be this way? I suspect she was shaped in part by her family. Maybe it was her father, a hero of the first world war, who gave her her pluck? Was it her uncle, a Noble Prize chemist, whose influence filled her with her zest for ideas? I'd like to think it was her calm, devout mother who instilled her with her affection for God.

Jane's spontaneous spirit meant her life took some unexpected turns.

When her husband died in 1986, she reminded us how she'd always wanted to serve overseas before she married a farmer. So, at 65 she was off for a twenty-year stint in the remote mountains of northern Pakistan.

When she needed a place to retire, she bought a little cottage in the Lake District, where she'd been evacuated to during the war.

You blessed her in retirement (when it finally came). It makes me smile to think of the way Keith, Jan and others rescued her from her biking adventures in the Lake District. How Andrew and Margaret drove her to church, Betty and Teresa baked her cakes, Ann dropped by for a chat and many in the church embraced her for who she was. I'm sure there are countless other selfless, unheralded ways the Uldale community blessed her besides. Thank you. As her health failed, she stayed thankful, even for my cooking, but she needed more help, and we owe an enormous debt of gratitude to those who cared for her so well.

Sally was able to cheerfully get her going in the morning, Loretta helped her make the transition to Alice's house in London and Yasmin's calm and loving support was a perfect match for Jane's quiet spirit.

Thank you one and all.

Anyone wishing to donate in her memory can send it to The Northern Fells, with an explanatory note.

Wythop

As usual, at this time of year, the churchyard is putting on a wonderful display of snowdrops. They lift the spirit as we leave winter behind and look forward to spring. As the snowdrops fade, they will be replaced by the daffodils, by which time we hope we will be able to hold services in church again. In the meantime, we appreciate the services provided by the clergy to read, watch on YouTube or join in on Zoom.

The church is open for private prayer on Wednesdays and Sundays from 10am to 4pm.

We would appreciate it if any remaining Christmas wreaths could be removed from the churchyard as soon as possible.

Women's Institute News

Bassenthwaite W.I.

Our 'Christmas Virtual Exhibition' where Ros Downing issued a challenge to create a Christmas themed item was so successful in bringing W.I. members together that Ros has offered to do a similar virtual exhibition, but this time concentrating on 'Signs of Spring'. This has been enthusiastically embraced by members, as the new life of spring gives us hope for the future. At the time of writing, we are having an exceptionally cold week, beautiful sun which lifts the spirits, but also some biting cold easterly winds and signs of spring in local gardens are being a little slow. The snowdrops are putting on a great display, but the other bulbs are being very cautious! However, the birds are beginning to tune up towards their springtime crescendo and, hopefully, we shall have some warmer

weather soon.

We are pleased to welcome Barbara Cooper Holmes to the role of treasurer. A big thank you to Sandra Hill, who has fulfilled this role for the last 12 years, for her dedication and conscientious approach over the years. Sandra has done a sterling job keeping the accounts and finances in good order and making sure the W.I. goes forward on a sound footing. Thank you to Barbara for agreeing to take on this position.

It may be some months before we can all meet again inside. We hope, as lockdown eases, we will be able to meet outside in groups for walks or even for a W.I. picnic again. Meanwhile we look out hopefully for further signs of spring and must remember to take care to stay safe.

Parish Council Information

Blennerhasset and Torpenhow

Wednesday 13th January 2021 meeting:

Matters discussed included: Cumbria Police: PCSO Peter Crome and Kerry Harris are the new PCSOs for the area. A new process has gone live on Cumbria Constabulary's website 'Road Safety Concerns Form'. This can be used for reporting requests/complaints and can be used for various issues such as speeding in the village, requests for speed limit reviews, anti-social driving/parking. Members of the public are encouraged to self-report using the online form RoadSafetyConcerns@cumbria.police.uk. Highways: An emergency road closure has been put in place for Blennerhasset Bridge. The bridge has been identified as having a low weight capacity with the bridge deck being unable to safely support vehicles exceeding 18 tonnes. The notice will be in force for 21 days but may be extended. A diversion route has been put in place.

Cumbria County Council has agreed the implementation of the 50mph speed limit on the A595 through Bothel.

Funding has been allocated for the improvements to the Greyhound/Torpenhow junction. Grass Cutting Contract 2021-22 (Village Greens) – The contract for maintenance of the village greens is due for renewal. Tenders are invited for cutting the village greens in Torpenhow and Blennerhasset, plus the strimming of the riverbank at Blennerhasset for two seasons. Tenders to be received no later than 9th March 2021. The tenders will be considered, and a contractor appointed at the next meeting.

The Parish Council currently has vacancies. If you have an interest in the community and would like to join the Parish Council, please contact the Clerk for further information.

The next meeting will be held on 10th March, 7.30pm.

Anyone wishing to join the meeting please contact the Clerk 48 hours prior to the meeting, Janice Rae—016973 42138 / bandtpc@gmail.com / www.blennerhasset.com.

Bothel and Threapland

Tuesday 12th January 2021 meeting:

Matters discussed included: Highways – The proposed 50 mph speed limit on the A595 through Bothel had been given the go ahead by Cumbria County Council. Funding had been allocated for the improvements to the Greyhound/Torpenhow junction with a public consultation commencing on 13th January. Cumbria Police: PCSO Peter Crome and Kerry Harris are the new PCSOs for the area. A new process has gone live on Cumbria Constabulary's website for reporting requests/complaints and can be used for various issues such as speeding in the village, requests for speed limit reviews, anti-social driving/parking. Members of the public are encouraged to self-report using the online form

RoadSafetyConcerns@cumbria.police.uk.

Grass Cutting Contract 2021 - The grass cutting contract is due to be renewed. Tenders are to be invited for the cutting of Threapland Village Green, Broadwell and Pinfold Greens in Bothel. Tenders to be received no later than 8th March 2021. Planning – Applications received - FUL/2020/0246 – Threapland Lees, Threapland - Erection of an agricultural building to cover over cattle handling yard. HOU/2020/0202 – Ashfield, Bothel - Formation of new attached garage to existing detached bungalow. LBC/2020/0039 – Swan House, Bothel - Listed building consent for the modernising of bathroom to include the fitting of a new window. Decisions: None.

Next meeting on Tuesday 9th March, 7.30pm.

Any parishioners wishing to attend the meeting, please contact the Clerk 48 hours prior to the meeting,

Janice Rae—016973 42138 /

janice.rae220@btinternet.com /

www.bothelandthreaplandpc.org.uk.

Parish Council Information continued...

Embleton and District Parish Council

From the January meeting:

APOLOGY:

In the February edition we announced that Ms Judith Sanderson would be joining the Parish Council. Unfortunately, Ms Sanderson is no longer available to join the council and we apologise for any inconvenience caused by the February announcement.

HEARTFELT THANKS:

Throughout this all-but-a-year of lockdowns and otherwise restricted movements, various individuals and organisations in the valley have gone out of their way to help and support those residents who have been severely limited by those restrictions and, largely, unable to venture far from home.

The Parish Council would like to take this opportunity to acknowledge the wonderful community spirit that we have here and to say a heartfelt, "thank you," to all concerned.

WYTHOP ESTATE WOODLAND MANAGEMENT PLAN:

A new Woodland Management Plan is being prepared for the Wythop Estate Woods, with the most significant works taking place in Hogg Park and Chapel Wood. It is planned that these will take the form of light thinning, some selective felling and coppicing. This work is intended to

continue to create a mosaic of age classes and growth. In addition (and subject to finances) some scrub cutting and minor thinning work will be done to improve access paths and views from Castle How Hillfort.

As part of this project the red squirrel population will be monitored and greys controlled, along with Roe Deer management. Public rights of way will continue to be maintained in a safe condition.

With regard to this latter point, we are reassured that, "with regards to Chapel Wood and the old Kelsick Chapel, there will be no restrictions either to visiting the chapel or walking through Chapel Wood.

Within Chapel Wood we will, during the period of the plan, carry out some more thinning and coppice coupe felling work. During these operations minor restrictions may apply as in the interest of safety we would request that visitors stop and wait until they could be accompanied through the work area. We would ensure that ample warning is given for any planned works."

The next meeting of the Parish Council will be on Wednesday 17 March at 7pm.

If you have a matter that you would like to raise please contact our Clerk, Becx Carter, on 077866 78283 or email embletonparishclerk@hotmail.com.

School News

Ireby

The children at Ireby School are continuing to approach their home learning with enthusiasm and are keen to share what they have been doing. The Early Years / KS1 classes enjoy their interactive Zoom lessons and daily challenges and are looking forward to starting a new topic after half term - The Secret Life of Plants. There are plans to grow delicious vegetables and create a sensory garden ready for our return, hopefully very soon. The children and parents have enjoyed the 'real time' elements of home learning which has helped bring our current topic 'Wonderful Weather' to life.

In KS2, the topic on Ancient Egypt is continuing to fascinate the children. We had a virtual visit from Queen Cleopatra live from her palace in Alexandria, a live workshop on mummies from the Great North Museum and a virtual assembly from Tullie House Museum shortly. This topic has inspired a great amount of creativity at home including mummifying fruits, making Pharaoh headdresses, salt dough cartouches and canopic jars.

During Children's Mental Health Week, we have been focusing on our own well-being and happiness; choosing many different ways to express ourselves and to feel proud of who we are as individuals. This has been through

art, playing and listening to music, cosy reading nooks, drama, baking, writing, sport, photography and designing. Two pupils, Niamh (Y6) and Sophia (Y5) completed a 10 mile sponsored walk raising money and awareness for MIND. Here is a very powerful poem written by Joshua (Y5) and Jacob (Y3), which sums up, in their own words, their lockdown experience:

When the virus is around
We can't play with our friends
We have to stay at home.
When the virus is around.
We can't go into shops
Or go to a cafe
When the virus is around.
We can go for a walk
I can play football with my brother
When the virus is around.
I feel sad sometimes
I feel lonely
When the virus is around.
I feel happy when I hug the dog
And when I play in the garden
When the virus is around.
We can play football with our friends
And meet everyone we know
When the virus ends.

School News continued...

Bothel

The half-term has flown by here at St Michael and everyone has been working really hard, either at home or at school, throughout this current period of lockdown. We have, of course, not been able to have the visits and visitors we would otherwise have enjoyed, but the children have been enjoying their usual curriculum, nonetheless. We have been setting work for the children through activities and video lessons or instructions from class teachers and have held Zoom sessions to allow the children to get together and play games, or to offer individual or group sessions that they might ordinarily have had in school.

We have been able to open as one bubble of children whose parents are key workers, while other children have been doing a super job of learning remotely from home. In KS2, the children have been learning about World War 2 and have produced some brilliant work, including building their own Anderson Shelters; the children in school worked together to build a life-size one, complete with seating and emergency provisions! In KS1 and EYFS, the children have been enjoying several themed weeks, including Chinese New Year.

Last week was national children's mental health week, and as this is particularly important at this difficult time, when children are separated from their friends and families, we

introduced our first Feel Good Friday, where children were given lots of activities to help them feel positive and courageous, as well as having a "pick and mix" of activities for the afternoon, so that they could choose things that would make them feel good. We saw so many wonderful photos of the children doing things that made them feel good, from bouncing high on trampolines, to baking delicious cakes, to spending time calling grandparents and it was a real success. The children in school had a lovely time wearing the clothes that make them feel good, making dream catchers to help them think about their hopes and dreams, and doing some yoga. I was even treated to a smoothie made by some of the children to make me feel good too! We think the children and their families gained so much from concentrating on their well-being for a day that we are going to have another Feel Good Friday this week, and I look forward to seeing lots more photos of smiling faces!

We all hope that by the next time we share news about our school, we might be getting closer to all being back together once more and that the current lockdown might be coming to a close, allowing our happy school to all be back together again. I hope you are all staying safe and I look forward to sharing more school news next time.

General

There were many health issues prior to COVID-19, underfunding of our NHS, long waiting lists, mental health, childhood and adult obesity to name but a few and as we move through and out of this pandemic following the vaccination program there will be huge problems, not only with long COVID, but also as we play catch up with all the cancelled operations, the non or late diagnosis of cancers and other serious life threatening illnesses and a serious worsening of the obesity crisis across all age groups.

WHERE CAN I GET HELP OR ADVICE?

There is a lot of help out there and listed below are just some of the contacts available, the most comprehensive of which is the first link to a directory which has everything in one place which is what many Doctors have been calling for and which contains indexes to family, youth and health directories which are really useful.

Cumbria's Family Information Directory:

<https://localoffer.cumbria.gov.uk/kb5/cumbria/fsd/home.page>

Alcohol Awareness—<https://alcoholchange.org.uk/>

This link is not just about dry January. There is advice on how to calculate units and an interesting quiz.

Very helpful, practical help with diet and exercise.

The NHS 12 week Chance to Change: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

A chance to get moving in a practical, structured way. The podcast is very helpful and motivating.

NHS Couch to 5K <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Easy to follow, NHS Strength and Flex

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>

Again, with good podcasts.

There are other useful links and below are two relating to **mental health**.

This video is very quick and informative.

<https://www.youtube.com/watch?v=CSHO9VdVRfg>

https://www.mindcharity.co.uk/wp-content/uploads/2016/03/Food_and_Mood_Booklet.pdf

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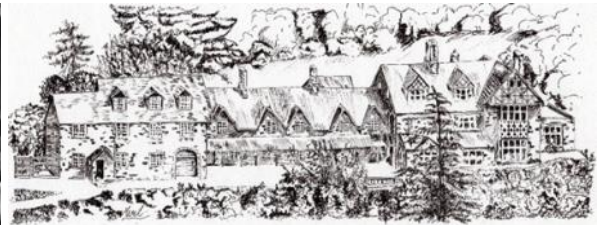
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Mrs. B. Johnson 016973 71578

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St. Cuthbert, Plumblund

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St. Barnabas, Setmurthy

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St. Michael, Torpenhow

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Copy deadline for the APRIL 2021 issue is 10th March 2021

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07967 635238

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