



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, Plumland, Setmurthy,
Torpenhow, Uldale and Wythop

June 2021

Full of Coffee Beans

Like most people, I need a good hot drink in the morning to start the engines! Mine must be a good, strong coffee, freshly ground, with a chocolatey flavour and preferably not instant coffee.

I understand that the British taste for instant coffee started when American troops brought over supplies in their rations, and naturally, shared them with us poor, island-bound Brits. I think our folks did a good job of not mentioning the Boston Tea Party!

Interestingly, coffee has some amazing properties - apart from prizing my eyes open first thing. It has gone from *goody to baddy* a few times as well. On the dark side, pardon the pun, coffee can raise our heart rate and level of anxiety. Otherwise, it contains goodies such as minerals and vitamins, antioxidants.

According to the BBC Good Food Guide - www.bbcgoodfood.com/howto/guide/health-benefits-coffee.

Coffee can help us live longer – Hurray!

It can increase energy and performance – Yippee!

It helps boost our metabolism, lowering weight – Yahoo!

It supports brain function – Smart!

It may help with our blood sugar levels – Sweet!

However, drinking too much coffee, or anything else, is not a good idea. Drinking over six cups per day is probably too much. The caffeine in coffee is a stimulant which can affect people differently, including the pain of withdrawal that pierces our brains when we suddenly stop imbibing.

Like so much in life, it is important to keep things in balance. Where possible, healthy routines and good nutrition, and mental/spiritual disciplines provide the best conditions for thriving despite our ups and downs. God has wisely designed us to have limits and boundaries in order that we might achieve and contribute to the wellbeing of ourselves, others and of his creation.

A version of Psalm 23 (*The Lord's my shepherd*) from a Japanese translation lays out some wise advice:

The Lord is my pacesetter, I shall not rush, He makes me stop and rest for quiet intervals.

He provides me with images of stillness, which restore my serenity.

He leads me in ways of efficiency through calmness of mind, and His guidance is peace.

Even though I have a great many things to accomplish each day,

I will not fret for His presence is here.

His timelessness, His all importance will keep me in balance.

He prepares refreshment and renewal in the midst of my activity.

By anointing my mind with His oils of tranquillity; my cup of joyous energy overflows.

Surely harmony and effectiveness shall be the fruits of my hours.

For I shall walk in the pace of my Lord and dwell in His house forever.

The recent pandemic has filled our cups with many challenges but maintaining the focus of our lives on the good things we can still enjoy – like a good cuppa [biscuits, optional] and nurturing our souls will do us all a lot of good.

I'll drink to that!

Rev. Peter.



Monthly Letter

Little did we know...

Who could have thought that 17 months ago we would still be suffering from the, then, newly discovered virus that was starting to spread across the world?

So much has happened during this period... scientists, doctors, medical staff, and governments all doing their utmost to develop a vaccine to combat this new threat and protect their citizens against this seemingly unstoppable threat.

As we know, the dedication, expertise and hard work of all concerned, plus seemingly 'draconian' restrictions imposed upon us, has resulted in a situation where the government has announced that it feels able to loosen the restrictions, and return slowly to a more stable way of life which we have all been yearning for. This is only after suffering many deaths, the closing of our church buildings and other large meeting places, and not being able to visit family and friends, meaning it has not been easy for any of us.

Yet, now the restrictions have been eased, we must not be complacent, we must continue to be on our guard and be cautious as the virus has not been beaten, yet! As can be seen in other parts of the world where the pandemic is still very active and destroying many lives.

What of ourselves?

We have not been unaffected by the virus, many have lost loved ones, regretted not being able to meet with friends or show our care to those bereaved or meet together as the 'Family of God' and share our faith with each other by worshipping together.

Now, today, we can meet regularly in our churches, in diminished numbers, but we can rediscover the strength of our being Christians. Yes, we will continue to mourn for those we have lost and for all those who have lost loved ones and have not been able to grieve properly. We must continue to pray, not just for ourselves, but for all those still suffering throughout the world and pray for a halt to the progress of this virus.

As Christians we must, once again, come together, show a united front and be an example to others, through our unity and love for one another, which demonstrates our love for all mankind. It is often said that being a Christian is not easy, but by coming together and showing our unity, we are able to show the strength of our faith and belief in Jesus to others. As Jesus' disciples we must continue to spread his good news.

With best wishes to all my sisters and brothers in Christ.
Graham Cox.

From the Registers

WEDDINGS

The wedding of Henry Turner & Jennifer Scoular took place at St. Michael & All Angels, Torpenhow, on 20th April 2021.

FUNERALS

The funeral of Wilson Ostle formerly of Arkleby, took place at St. Cuthbert, Plumblund, on 19th April 2021.
The funeral of Geoff Brown, from Wythop Mill, took place at St. Margaret, Wythop, on 11th May 2021.

SUPPORT OUR 12 CHURCHES IN BINSEY

For centuries our 12 parish churches have been a spiritual home to generations of villagers and 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 of sorrow.

We are very grateful to all who support our work – generously giving their time, their talents and their money. We hope that the 12 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.

However, there are now some considerable challenges for us as the pandemic continues to have 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 our website - www.binsey.org.uk and click on the 'donate' button on the home page or 'give' on the church pages, where a direct internet link allows a financial gift to be made to any of our 12 churches using your debit card.

Stephen
Revd. Stephen Banks

CHURCH SERVICES

Sunday services are taking place in 10 of our 12 churches in the Binsey Team and we are beginning to establish a more regular pattern. Face masks must be worn and social distancing remains in place. Uldale church remains closed for on-going major restoration work and St. Bega, Bassenthwaite, remains open for visitors and for private prayer, but not for Sunday services until later in the summer. We hope to hold a service outside St. Bega in July.

Full details of the church services for the Binsey Team will be published on the Binsey website (www.binsey.org.uk) and the church noticeboards each month.

Alternatively, please contact the clergy or the churchwardens for information about services.

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, if at all possible. 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 are delighted to be conducting Baptisms again, but they are still 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 15-25 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 St James, Uldale is not currently available because of major restoration work.



WEDDINGS

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 are delighted to be able to conduct weddings again, and currently a maximum of 30 people will be able to attend a wedding in June, but those restrictions are expected to ease further through the summer.

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 several of our churches are small, so not able to accommodate more than 50-60 guests (when no restrictions are in place), and St James, Uldale is not currently available because of major restoration work.

WW2 EVACUEES

It is now over eighty years since the start of WW2, and many of our readers will remember the end of that great event. Little did we know what lay in front of us then, good and bad. Well, that is what life is all about. I have seen so many changes in my lifetime and, like my parents, I am now saying to my grandchildren, "It wasn't like this in my time", but on reflection am I right? This COVID epidemic has made us think that this has been the worst time since the end of the war.

I suppose that this is what life is all about, its ups and downs. Although I do know that like most families, we lost several members, not only to the war but to many of the diseases that were doing the rounds in those days, and we had little knowledge of how to treat most things.

I keep reminding myself how lucky I am to be surrounded by our beautiful countryside. Like a lot of our population, we took the decision to move here about thirty-five years ago, and neither of us has ever regretted it. The only downside is that two of our children found it necessary to move away for work. Perhaps, when they get older, they will move back.

At the beginning of WW2, when things were looking bad along the coastlines and larger towns of our country, it was decided to send the children away, hopefully to safer ground.

"In 1939 it was thought that 1,500,000 children were affected.

In our area it was announced that, from this morning until further notice, all day schools are to be closed for instructions. Children from the North East were to be sent to this area. The school premises, in the evacuees and reception areas, need to be kept open for the assembly of children. Other schools, in neutral areas, will remain open for instructions until further notice."

Names of children should be written on strong paper and sewn onto clothes. No one can take more than a little hand luggage. On arrival at their destination, mothers with children under five, will be provided with accommodation. They should, where possible, take money until regular remittances arrive from home. However, no one should refrain from lack of money.

To spare the local shops, emergency rations, sufficient for 48 hours, will be given to persons evacuated when they arrive. All should be at the railway station between 8am and 5.30pm on the day of departure. Other travellers should refrain from attending, as passenger services are reduced.

They should take full equipment and food. Mothers and children under school age will leave on Saturday. The first day's batch of children will leave Newcastle Central Station from 8.30am to 5pm. 430 trains will operate to carry a total of 1,600 evacuees to Carlisle. That was the start of an unknown time the children were to spend away from home and family.

More information about the evacuees is in one of my books, please contact Mick Jane at 5 Front Street, Fletchertown or call 016973 71424.



Around The Parishes

Allhallows

Allhallows Community Centre

It has been lovely to have the Two by Two toddlers' group back in the centre. The Derwent Quilters group also started back at the end of May. Hopefully this is the start of getting back to normality, whilst continuing to follow all government guidelines. If you are looking to come back or are interested in hiring the centre please get in touch, contact details opposite.

Hopefully soon we will have more announcements on events taking place, please look out for information.

Contact details:

Message via the Facebook page:
www.facebook.com/allhallowscentre
Email: allhallowscentre@gmail.com
Mobile: 07593 638830

Boltons

Boltons Parish Hall

Boltons Parish Hall is now open and taking bookings again for both evening & daytime slots on a first come basis.

Use of kitchen facilities are included in hire price
Please contact Maggy on 016973 49919 or Irene on 016973 44775 for further details.

Evening Hire (6 – 10pm), £8 per hour.

Daytime Hire (9am – 6pm), £6 per hour.

Weekend Hire, £8 per hour.

Bassenthwaite

St. John and St. Bega:

Regular services have recommenced at St. John with the easing of lockdown.

The DCC Annual General Meeting was held in St. John at the beginning of May and was well supported. Topics discussed included the work to St. John spire which is to be completed shortly, and the parish share for 2021 - 2022.

St. Bega church remains open and continues to receive visits from both tourists and locals. We hope to hold an open-air service there on Sunday 4 July. The details of this will be finalised nearer the time.

Embleton

St Cuthbert

Many of you took advantage of our pop-up stalls last month for which we are very grateful. And what fun we had meeting and chatting; it almost felt like old times. We continue to raise funds for St Cuthbert and Dewode, but really want to keep some social events happening. This month we are planning to hold a pop-up community breakfast event on Saturday 26th June with a few bakes on the side to tempt you some more! We're thinking in terms of cooked bacon and sausage etc. but the resident Scot won't let us get away without porridge too. Hopefully we'll have thought more about a varied menu by then! If you are willing to donate or sponsor supplies, please get in touch 76716 for Pauline or 76184 for Jean.

We held our annual meeting at church last month and our team of volunteers began the mowing and tidying of the churchyard too. We are slowly making progress in many

ways, but of course restrictions are still in place for all our protection.

Dates for your diary: June 26th. Community breakfast: on the hill at Wythop Mill 8am- 12pm.

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 July/Aug edition please send to Jean at jeanmaca@aol.com or 01768776184 by 7th June please.

Ireby

Parish Church of St James, Ireby:

At our recent Annual Church Meeting, Barbara Boyes and Barbara Johnson were re-elected as churchwardens.

Council members elected were Lindsay Cardigan, Angela Marrs and Jacqui Spanton and Amanda Leader agreed to continue to look after our finances.

We appreciate all their help and support.

We are thankful to be holding services in church and hope that soon we will be able to meet again at social events.

Donations towards grass cutting in the churchyards are very much appreciated.

Ireby Carnival—see poster opposite. This event will only take place if COVID-19 restrictions are eased from 21st June.



Isel

Isel and Bridekirk Parishes First Responders 150 Club Draw—May 2021

1st Prize David Roberts, 2nd Prize Anna Marie Desmond Storey, 3rd Prize Sheila Sharp, 4th Prize Rosemary Prosser Drawn 7th May 2021 at Beech Farm.

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

Plumbland

PLUMBLAND SCHOOL SIBSON TRUST

The Trustees of the above trust will hold a meeting at the end September 2021 to consider all requests made to them by any eligible person for assistance from the fund. The aim of the charity is to provide pupils or ex-pupils of the school who live in the parish of Plumbland (under 25 years of age), help in furthering their education and

supporting further studies. Such support may be the funding of provision of textbook, training manuals and tools etc.

All applicants must be in writing clearly stating the reason for the request and be sent to Mr. A. Watson, Looking-Stead, Plumbland, Wigton, CA7 2ET no later than 1st September 2021.

Setmurthy

Church Cleaning & Flowers: Barbara Petecka

Thank you to those who have offered to help with cleaning & flowers in church as we enjoy services back in church. There are still spaces available on the rota.

Parish Hall—We hope we can soon start planning events to be held in the hall. For bookings please contact Mrs. E.

Wise on 017687 76381.

We are pleased to report that since the wind damage in March, repairs to the bell tower at Setmurthy have been completed, and the vestry ceiling has been replaced. Our deepest thanks go to Andrew Bell for his excellent work.

Uldale

While we still await news about our faculty application from the DAC, work is continuing to repair the leaded glass windows, two at a time, culminating in renovation of the stained-glass windows behind the altar and a new

protective screen. We continue to pray for the ongoing repairs and renovation of our beautiful church, which we have been unable to use for too long now.

Torpenhow

The TORPENHOW VILLAGE HALL committee is pleased to announce...

The COFFEE MORNING and BOOK SWOP will start again on Saturday 5th June between 10am and midday in Torpenhow Village Hall. There will also be a SALE OF COOKERY BOOKS. All welcome to share coffee and cake and chat as well as choosing some new reading material.

TORPENHOW SHOW will take place on Sunday 5th September. Everyone is invited to join in the fun by entering or coming for a cup of tea and the auction in the afternoon. The schedule is available by emailing torpenhowvillagehall@gmail.com.

Bothel Village Hall

According to government guidelines we are hopeful that a full range of activities will be permitted from 21st June 2021.

Bothel Village Hall Committee look forward to welcoming back all clubs / users and of course any new ventures.

If the go ahead is given - Bingo will take place on Wednesday 30th June 2021 at 6pm. Everyone welcome.

The 100 club was drawn for the last 5 months and the winners are: -

January 100 club

1st Greta Walker, 2nd Ian Macer, 3rd Susan Reams.

February 100 Club

1st Richard Watson, 2nd Jim Miller, 3rd Richard & Sharon Teasdale.

March 100 Club

1st Mike & Helen Norris, 2nd Gary & Debbie Winder, 3rd Adam & Kate Jackson.

April 100 Club

1st Trina Moreton, 2nd Ken Nelson, 3rd Ivor & Margaret Robinson.

May 100 club

1st David & Katie Butler, 2nd Sue Cass, 3rd Arnie & Sharon Helling.

Watch this space for future events.

Wythop

Geoff Brown, who has been a faithful member of our congregation for many years, sadly died on 29th April after a short illness. He will be greatly missed by us all. May he rest in peace.

As I write, (9th May), a lot of the daffodils in the churchyard are still flowering and giving a wonderful

display. However, this does mean that we will not be able to start cutting the grass until mid-June, if we are to have a repeat performance next year. I hope visitors to the churchyard will understand if it a little untidy for a while longer. This will also give some of the wildflowers an opportunity to grow and flower.

Parish Council Information

Embleton and District Parish Council - From the April and May meetings:

Planning Application: Ref: 7/2020/2249

Location: Lothwaiteside, Wythop

This application has been passed by the LDNPA planners, so we look forward to seeing Lothwaiteside's transformation.

LDNPA Potential Diversion of Footpaths 264009 and 201004 in Kings Wood, Wythop

These footpaths, which run westwards from the old A66 near the lakeshore, through Kings Wood and over Beck Wythop to the forestry track near the old Silica Quarry have been obstructed for many years and LDNPA are keen to create a revised route which will avoid the steepest/impassable sections.

The parish council fully supports these proposals; it's such good news to hear of footpaths being restored.

At the Annual Council Meeting on 5 May 2021 the following officers were elected to serve for 2021/2022

Chairman: Ernie Boardman. Vice-Chairman: Anne Burton
Cllr Sheila Wood—Goodbye and thank you. We said goodbye to Cllr Sheila Wood at the May meeting, when she stood down. We would like to take this opportunity to thank Sheila for her many contributions whilst serving on the council and wish her well for the future.

Parish Council Meetings after 7 May 2021. The Clerk informed all present that, sadly, the recent High Court Case seeking an extension to the current period during which remote meetings of Parish Councils can be held was unsuccessful. *Therefore, from 7 May 2021 there is no practical way for Embleton & District Parish Council to meet until after 21 June 2021 at the earliest.*

The date of the next meeting is, all being well, Wednesday 14 July 2021 at 7pm in a venue to be confirmed.

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

General

Caldbeck Surgery

The surgery is again participating in the county wide Protected Learning Times (PLT) when the entire premises

closes at 1pm one afternoon a month. The forth coming dates are Wednesday 16th June and Thursday 15th July.

School News

Bothel

The children are all fully engrossed in their new topic areas for the summer term now and it is great to see and hear all the fantastic learning going on around school. KS2's topic of rocks, soils and rivers is well underway and I was treated to an excellent explanation of the course of a river and the water cycle by the children last week and the children had great fun recreating rivers outside on the hillside! There is lots to look forward to with a visit to Threlkeld Mine and a water workshop planned, as well as Forest School sessions at Stockwood later in the term. KS1's focus this term is superheroes and as well as looking at traditional superheroes, they are learning about some real-life superheroes too, such as Sir Captain Tom Moore, Florence Nightingale and Greta Thunberg. They have also been thinking about what makes them wonderful people too and reading "We are all Wonders" in literacy. There has been lots of activity outside this term already, as we get prepared for Cumbria in Bloom and find ways to make our grounds even more full of life and welcoming to nature. The children have been busy filling planters and hanging baskets, weeding, and preparing the vegetable beds and planting tomatoes, leeks, beans, and strawberries. They have even been making sure we have lots of places for the local wildlife to feed and rest with our bug hotel, bird boxes and feeders and even our new bat boxes. Thank you so much to our local community for donating lots of the things we needed and helping with fixing the greenhouse! This term, so far, we have also welcomed back Nat for a morning of wheelchair basketball fun and the whole school have been enjoying cricket coaching with Chris. Please do check our Facebook page to see some of the things we have been up to recently and soon there will be lots on our newly updated website too.

Ireby

The Early Years / Key Stage 1 class have been enjoying some trips supporting their topic on Creature Features. A visit to The Lake District Wildlife Park (or Trotters as some of us still remember it) helped them learn how to classify different types of wild animals and develop an awareness of the need to help endangered species. The children have become particularly fond of the Red Pandas that they were able to spend some time with. They have also enjoyed a trip to Whinlatter Forest to follow the Gruffalo trail, which was a fantastic way to collect ideas from the forest to stimulate their creative writing and the children are enjoying their weekly trips to Stockwood Forest School. The children have also been learning about animal life cycles and identifying animal habitats. The children also saw how to care for a Harris Hawk and a group of rescued hens. We are so fortunate and grateful to have these opportunities to explore and learn outdoors with such amazing countryside and places just minutes away in our minibus. We are very excited about a trip planned this term to Walby Farm as well. The key stage 2 class have been outdoors a lot too as they continue exploring their topic this term - Nature. The children have been setting up scientific experiments to find the answers to their many questions about what plants need to grow, and they will be closely studying and observing their results. They have planted bulbs, herbs and sown many seeds, and made a delicious salad with edible flowers. A trip to Watchtree Nature Reserve encouraged the class to use their mapping skills and they had fun pond dipping where they identified tadpoles, newts, bloodworms, water snails and freshwater shrimps (to name a few!). A recent walk in Dodd Wood encouraged them to write mini sagas and they enjoyed storytelling and hot chocolate under the tree canopy. The KS2 class have also been having weekly swimming lessons this term at Wigton Baths which has really helped us all feel like school life is really feeling more normal now.

James Richardson Groundwork Contractor

Concreting & Foundations
Drainage & External Works
Ground Clearance & Tree Felling
Wood Chipper/Log Splitter Hire
Mob 0782 552 5557
Tel 016973 22583
www.richardsoncivils.co.uk
Croft End Plumland



JM Tree Services
Tree Surgery and hedge maintenance
Logs & woodchip for sale. Chainsaw training.
For free quotations phone 07513 769750
or email info@jmtreesurgery.co.uk
Public Liability Insurance
ABA and NPTC qualified
www.jmtreesurgery.co.uk



**SPECIALISTS IN PROVIDING
BESPOKE LEGAL SERVICES**
4 Main Street, Cockermouth,
CA13 9LQ
Clifford Court, Cooper Way,
Parkhouse, Carlisle CA3 0JG
01900 820 800 / 01228 888 999
www.bpkcumbria.co.uk

Free estimates on all joinery, including internal joinery, roofing, cladding, kitchens, wardrobes, windows, doors and commercial work.

Russell Crompton - 01697 321725

07976 962720 /

rj.joinery@hotmail.co.uk

Swan House, Bothel, Wigton, CA7 2JG

Music Tuition

Mrs Yvonne Griffin

GBSM ABSM ARCM

07949 821375



M Richard Griffin ARCM

07790200274

Piano - Clarinet - Saxophone

Music Theory - Accompaniment

All Grades

Acupuncture

Massage

Acupressure

Peter Thompson over 27 years training and experience.

Pain, Stress, Arthritis, Headaches & more.

016973 71003 / 07952 113 531

www.acupuncturemassage.co.uk

ASPATRIA FARMERS

FOR ALL YOUR HOUSEHOLD AND GARDENING NEEDS

COME IN AND GRAB A BARGAIN!

Pet Foods · Equestrian Foods & Supplements
Pest Control · Household Cleaning Products
DIY · Decorating & Hardware · Gardening Supplies
Country Clothing and Wet Weather Gear

Station Works, Aspatria, CA7 3JW 016973 20207

www.aspatriafarmers.co.uk

Aspatria Farmers

SOUTHEND GARDEN SERVICES

Grass Cutting
Pressure Washing
Garden Tidy-ups
Hedge Cutting
Rubbish Removal



Contact Paul: 07704038214

38 Southend, Wigton

M CROSSLEY Builder - Stonemason

Time served
30 years experience
Free estimates
Fully insured

07989 564 591

M & E ELLIOT (Agricultural Merchants) LTD

For all your.....

**Lime
Fertiliser
Bedding Lime
Salt**

.....needs

Just Call 016973 71379

Fiona's Footcare

Qualified Foot Health Practitioner

Fiona Atkinson

BSc, DipCFHP, MPSPract

Clinic or home visits dealing with foot and nail care. Callus, corns, fungal nails. Ingrowing toe nails. Diabetic foot care.

Tel: 07704 484287

Evening: 016973 42688

BINSEY RED SQUIRREL GROUP



Red squirrels are classed as Near Threatened in England, without conservation they could be extinct in 10 years. We're a volunteer conservation group; working closely with landowners, farmers & our community to protect our local red squirrel population.

AREAS COVERED: Applethwaite, Aughertree, Bassenthwaite, Ireby, Isel, Ruthwaite, Sunderland & Uldale.

WE NEED YOU!

REPORT

All sightings of Red & Grey Squirrels via our website. Please include the location, time & date. This information is vital in allowing us to monitor & conserve our red squirrel populations.

DONATE

We're thankful for all donations. It's quick & simple using PayPal via our website. £15 will pay for a squirrel feeder. £30 a bag of feed. £45 will train a conservation volunteer. £1300 will buy a thermal image camera.

VOLUNTEER

Join our conservation volunteers or help us at one of our fundraising events throughout the year. Contact us to find out how your skills can help!

binseyreds@gmail.com

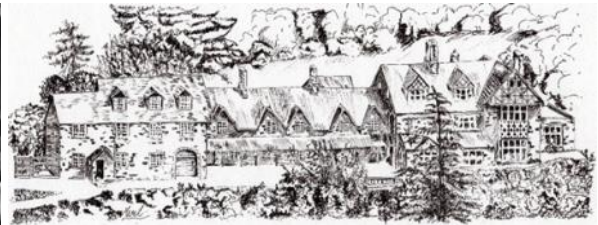
www.binseyredsquirrelgroup.com

@binsey_red_squirrel_group



RAVENSTONE MANOR

Ravenstone Manor is dog friendly, next to Dodd Wood at the foot of Skiddaw, overlooking Bassenthwaite Lake and onto the Whinlatter Hills. Originally built in 1860 for Lady Charlotte Howard as a dower house, now a family owned 22 bedroomed hotel with restaurant and bar. New bar and recently refurbished restaurant and rooms. New garden patio ready for the 'outdoor' season.



Ravenstone Manor, A591, Bassenthwaite, Keswick, CA12 4QG
017687 76240 | www.ravenstonemanor.co.uk | info@ravenstonemanor.co.uk



The Old Surgery, Outgang Road, Aspatria

ASPATRIA'S ONLY OPTICIAN

We're open:
Monday, Tuesday, Thursday, Friday
9.00am-5.30pm
Wednesday and Saturday
9.00am-1.00pm.

Private and NHS testing
We now stock Ted Baker,
Guess and Jaeger frames.
Maui Jim and Nike sunglasses
also available.

You'll find us on the B5301 to Silloth
(turn off the A596 at the Esso Garage)
opposite the Letters Inn/Park Lodge.

So call in to see us or ring for an
appointment.

FREE parking in front of The Practice.
016973 22285

LYNN EMERY

Wills, tax & probate solicitor

One of the few true specialists.
Large city firm experience
without the high prices.
Have saved millions of £'s of tax

Lynn Emery 01697 478303
| 07901 229218 | lynn@lynnemery.co.uk

Trotman Opticians

Previously Hollinshead and King Opticians

**Friendly and Profesional
Eye Examinations
and Contact Lenses**

16 King Street, Wigton, Cumbria
CA7 9DT

Open 9.00am to 5.30pm Mon to Fri
(9.00am to 1.00pm on Wed)

www.trotmanopticians.co.uk

Tel (016973) 44408



**Blaithwaite,
Bolton Low Houses,
Wigton, CA7 8PW**

Did you know that Cumbria's
award winning
'Secret Garden Spa' is right on
your doorstep? It means from
now on you don't have to travel
to Carlisle, Wigton or
Cockermouth & cope with the
stress of traffic & parking to
enjoy exceptional treatments in a
beautiful, peaceful setting.

Intrigued & would like to know
more

Please call Tina on:

07749 696693

or visit

secretgardenspa.co.uk



printing - plan printing - posters - banners - canvases - signage
- vehicle lettering - stationery supplies and a great deal more

Friendly reliable service - call us or drop in to discuss your requirements.

Tel: 01900 818884 Mob: 07885 264388

Email: michaeltaylor123@btconnect.com

Mealpot Road, Maryport, Cumbria CA15 6NE

HILL TOP FURNITURE

BEAUTIFUL FURNITURE

MADE FOR YOU IN ULDALE

Commissions welcome; please get in
touch to discuss your ideas

WWW.HILLTOPFURNITURE.CO.UK

TEL: 016973 71317

jjismacgregor@gmail.com

G. Dixon Decorating Ltd

*For all your painting and
Decorating Needs*

Over 40 Years experience

Tel: 016973 23829 Mob:
07562 139805

Whitewater Dash Organics
Organic Beef & Lamb
**Certified organic, frozen,
vacuum packed.**

Tel: 016973 71217
Stockdale, Uldale
(nr Overwater).

Ian the Electrician

Your Local Connection

All Domestic Electrical Installations,
Repairs, Inspection and Testing.

Friendly, Reliable and Professional Service.



Beech House, Langrigg

016973 23420
07727 127000



We Sell & Deliver

Kiln Dried Softwood, Hardwood & Pizza Oven Logs - BSL
Virgin Woodchip - EN Plus A1 Wood Pellets - Kindling
Coal - Smokeless Fuel - Hotmax Fuel logs - Firelighters
Peat Free Compost - Screened Topsoil - Decorative Bark &
Woodchip - Sawdust

Waste Recycling Services

We also offer recycling services for green/brash
waste + timber.



West Coast
Composting Ltd
Wilson Pit Yard
Wilson Pit Road
Whitehaven, CA28 9QJ

Tel: 01946 328008 | Email: info@westcoastcomposting.co.uk
Web: www.west-coast-group.co.uk

Psychotherapist

Thirty years experience. Based in Bothel
and registered with British
Psychoanalytic Council BPC.

Psychotherapy is a talking therapy which
is explorative and leads to a deep self-
understanding, helping with
mental health and wellbeing,
relationships, and a more satisfying life.

JudithMarianSmith@hotmail.com

07541330814

WE'VE GOT THE COUNTY COVERED!

HANDY CONCRETE
(Cumbria) Ltd.
Your Local Independent Company

From a driveway to a full construction site.

CALL US FIRST FOR A COMPETITIVE QUOTE!

www.handyconcrete-cumbria.co.uk

Workington—01900 606646

Penrith—01768 483633

Carlisle—01228 712323



BSI
Registered
Company
KM505220



Colin Graham Antiques

43 Market Place, Cockermouth

We buy & sell antiques,
collectables and lots more!

Scrap gold purchased.

Shop: 01900 824418

Mobile 07712206786

Well worth a visit

Home visits by appointment.

Smeatons Chartered Surveyors

Residential and commercial property valuations:

for mortgages, property purchases, divorce, probate, asset
management, tax assessment, help-to-buy sales and more

Structural Surveys

Bob Smeaton: 07796 338570 / 016973 20661

[rjs@smeatonscharteredsurveyors.co.uk](mailto:rjs@smeatonscharteredurveyors.co.uk)

www.smeatonscharteredsurveyors.co.uk



**Selection of homemade
cakes & scones**

Breakfast

Light lunches

Daily specials

23 Market Square, Aspatria, CA7 2HB
(next to Esso Garage).

Contact Liz: 07901 812160

Monday to Saturday - Open from 8am

The Old Bank Tearooms

STRUGGLING TO
WALK YOUR DOG?



Whatever the
reason, we can
help.

THE COUNTRYSIDE DOG WALKER

Keeping your dog happy & healthy

EXPERIENCED • FULLY INSURED • DBS CHECKED • COMPETITIVE RATES

Contact us for a "WALKER"
you can trust.

Williamsgate, Redmain, Cockermouth
07826516620

thecountrysideogwalker@gmail.com



JILL GLENCROSS

Independent Funeral Director

An independent family business. Jill offers a friendly, personal and
professional service, and is available 24 hours a day.

Please call Jill 24 HOURS / Tel: 01228 317373

PRIVATE CHAPELS OF REST - 16 The Square, Dalston,
Carlisle, CA5 7PY.

BASSENFELL MANOR
CHRISTIAN CENTRE



First Aid Courses

Emergency First Aid at Work
Outdoor First Aid

Conference Facilities

Holiday Apartment

Group Accommodation

Activity Holidays :

walking, kayaking, craft, teens

www.bassenfell.org.uk

017687 76366 in-
fo@bassenfell.org.uk

CHIMNEY SWEEP

NEIL BEATY
N.A.C.S member

Power Sweep Prompt reliable

M 07835976030
01768779085

Find me on FACEBOOK

The Larches
Caravan Park
Mealsgate, CA7 1LQ
Caravan and Camping
Accessories,
Also Caravan Servicing
Tel: 016973 71379



HUMMINGBIRD
GARDEN DESIGN

Bring love and joy to your outdoor space

Planting Plans | Design Concepts | Design Development | Project Management

Call: 07539 422665 Email: info@hummingbirdgardendesign.co.uk

www.hummingbirdgardendesign.co.uk

Cass and Telford
Roofing Services

Traditional slating,
Re-roofing and
Roofing Repairs
07766 394390 /
016973 21602



DAVID R. MOUNSEY
FUNERAL DIRECTOR

Member N. A.F.D.

24 Hour Personal Service

PRIVATE PARLOUR OF REPOSE
RICHMOND HILL, 55 QUEEN STREET, ASPATRIA.

APPLEGARTH, BROUGH STREET, ASPATRIA. CA7 3AT
Telephone: 016973 21794

FUNERAL PLANS AVAILABLE ON REQUEST
HEADSTONES AND MEMORIALS

Garden Services

GRASS/HEDGE CUTTING,
FIREWOOD MERCHANT,
SEASONED LOGS,
ALSO, LIMESTONE
GRAVEL/SUBASE TYPE 1
AND 3, 1 AND HALF TON
LOADS OR DUMPY BAGS
ANDREW CARR
TEL: 07729070155



W.S.REID LTD
(Mark Szandurski)

Joiner and Funeral Director
24hour Service

Private Parlour of Repose

OUTGANG SAWMILL, ASPATRIA

Residence:

Willow Dene, Outgang Road, Aspatria

Telephone: (016973) 20551

MASSAGE
THE BOWEN TECHNIQUE
HUMAN & EQUINE
REFLEXOLOGY REIKI
HEALING FACIALS AND
WAXING

Helen M Cahill

Tel: 016973 71682, Ireby

Home visit also available

Gift vouchers

www.helencahill.com

DL· Electrical
Services

Available for those small
electrical jobs about the house!

Also Portable Appliance Testing (PAT)

DON LOMAX

Tel: 016973 21277

Mobile: 07865 093702

Pow Heads Farm Meat
open every Monday

Have a ride up and have a look,
but if you start going downhill
you've missed us!

Home produced lamb and beef
Home made bacon and sausage.

Phone Marie for more info

07931 878 014

or see us on Facebook.

Help in your Home

Let us help make your life easier!

We offer help with decluttering and organisational assistance, for example organising paperwork or tidying a space you find stressful.

We also help with other things, including online ordering or helping you find a solution to an issue in your home that you're not sure how to address.

DBS checked & references available.

Email Rose at rose.declutter@gmail.com or call on 07712068794.

SB Property Maintenance & Handyman Services

Block paving, Decking, Fencing, Guttering, Joinery, Plumbing, Tiling, Laminate Flooring, Painting and Decorating.

Small jobs welcome.

Tel: 07879 332374

Special rate for O.A.Ps

Higham Hall College



Bassenthwaite Lake CA13 9SH 017687 76276

Day & Residential experiences with amazing tutors
across the arts, humanities & sciences

An Independent Educational Trust Charity no:1124959

Front of House Assistant

Part time – 24 hours (4 days) per week (between 7:30am and 8pm some weekends included)

£8.97/hr (Higham remains committed to exceeding National Living Wage)

A contract with paid holidays and the offer of a workplace pension.

Join our happy team keeping our adult students fed, serving at table in a professional setting.

The right person will be:

- well-presented
- willing to work as part of a service team
- flexible, professional and amiable

Due to retirement, a rare opportunity to join our core Service Team, keeping adults who attend our courses nourished for Breakfast, Lunch, Dinner and break times. Numbers can be between 10 and 50. We cater for diets and allergies and we have excellent facilities.

Food is valued highly and is one of our key strengths at Higham, alongside excellent courses in a unique, friendly and homely environment. We are a 7-day-a-week rural residential college between Cockermouth and Keswick attracting adult students from all the UK for short learning breaks.

Hospitality is valued highly and is one of our key strengths at Higham, alongside excellent courses in a unique, friendly and homely environment. We are a 7-day-a-week rural residential college between Cockermouth and Keswick attracting adult students from all the UK for short learning breaks.

Visits to see us are welcomed. <http://highamhall.com/jobs-at-higham>

Contact: George Cooke george@highamhall.com 01768 776276

Higham Hall College, Bassenthwaite Lake, Cockermouth, Cumbria, CA13 9SH

An Educational Trust providing a creative hub for enrichment and development for adults of all ages. Charity Number 1124959

Housekeeping Assistant

Part time – 16 hours (3 days) per week (between 7:30am and 4pm some weekends included)

£8.97/hr (Higham remains committed to exceeding National Living Wage)

A contract with paid holidays and the offer of a workplace pension.

Bedroom and Premises Housekeeping in co-operation with a team of 3 others. Someone who will help us maintain high standards and a friendly welcome in our busy adult residential college.

Casual Kitchen Assistant

Part time – approx 10-15 hours per week, variable (between 7:30am and 8pm some weekends included)

Higham remains committed to exceeding National Living Wage

Join our happy team keeping our adult students fed! Washing up and serving at tables in a professional setting. Shifts weekdays and weekends from 2 to 8 hours, finishing never later than 8pm.



HIGHAM HALL

Michael Coates Joinery Ltd

Tel/Fax:016973 21550
Mob: 07780 512670
All aspects of Joinery

Fitted Kitchens
Upvc Windows, Doors
Cladding
Free no obligation estimates

PLASTERER

ALAN IRVING

PLASTERING/DRY-LINING

RENDER/PEBBLEDASH

LIME PLASTER/RENDER

NO JOB TOO SMALL

ALL WORK GUARANTEED

T:01900 813042 M:07787802607

E: alanirvingplasterers@gmail.com

Foot Health Practitioner

Brenda Hankin

DipCFHP (Higher) , FPSPract

Home visits dealing with routine foot
& nail care, corns, callus,
verruca, fungal conditions,
ingrowing toe nail,
diabetic foot care.

Tel:- Mobile-07887 820 924
Evening:- 016973 71752

P Mason Painting & Roofing Contractor

All Work Fully Guaranteed

Free Estimates and Advice

For Fast Friendly Service
Call Perry on

07766 311036

ED BIRKETT

PLASTERING

TRADITIONAL LIME

PLASTERING

POINTING

HOUSE RENOVATIONS

GARDEN LANDSCAPING

FOR A FREE ESTIMATE OR

ADVICE CONTACT ED ON

016973 42471 / 07969 063747

Lakeland Cleaning Services

Specialising in Domestic &
Holiday properties.

Contact: 07757 906980.
Sales@lakelandcleaningservices.com

JOHN HUNTER - ROOFING CONTRACTORS

Slating and tiling specialists, flat roofing specialists, liquid rubber
approved installer, Upvc roofline, lead work,

Velux windows, chimney stack work.

ALL ROOFING WORK FULLY GUARANTEED.

24 HR EMERGENCY CALL OUT

Tel: 016973 26103 / 07764 357812



D E C O R

Cumbria Based Painters and Decorators

Outstanding reputation for high quality workmanship and excellent
professional customer service. We can meet all your painting and
decorating needs.

We are a professional, friendly, family run locally based painters
and decorators with over 20 years experience.

From a complete internal or external redecoration to a single wall we can
do it all. Some of our work can be viewed at www.berrylitedecorators.com

Please call Ashley on
07908 640 607 or **01900 878335**
and **017687 85120**



PLUMBER

General plumbing/heating
Oil boilers Installed, Serviced
and Repaired

Oil cookers serviced
and repaired

Tel. Chris
07709 022935

APPROVED COAL MERCHANT & MINI DIGGER HIRE

J G MUMBERSON

Home 016973 71796

Mobile 07968 170967

Field House, Ireby, Wigton, CA7 1EQ

HELLON ELECTRICAL LTD

Domestic | Agricultural
Industrial | Commercial



Friendly and reliable service,
from extra sockets to full rewires.
Based in Mealsgate, covering all local areas.
016973 71771 or 07747114058.

TAI CHI CLASSES

Bolton Low Houses Village Hall
Movement based exercise training
deep body

and mind awareness.

Stimulating - Energising -
Relaxing.

Contact J & D Haines

01697344676

www.bodymindtaichi.co.uk

KEVIN BARTON

Motor Body Repairs

Modern and Classics undertaken

Property Maintenance

No job too large or small

Portable Appliance Testing (PAT)

Holiday Cottage Management

016973 71672 / 07733 107 177
handyladbarton72@gmail.com



MEALSGATE

24 Hr VEHICLE RECOVERY
VEHICLE SERVICING AND
MOTs

FREE LOCAL COLLECTION
SERVICE AVAILABLE

CALL TODAY ON 016973 71312

ROBIN HOOD SAWMILL LIMITED BASSENTHWAITE

BESPOKE LARCH
DRIVEWAY GATES

AND

PRESSURE TREATED TIMBER
CUT TO CUSTOMERS
REQUIREMENTS.

TEL: 017687 76437

INDEPENDENT FINANCIAL ADVISER

David Hopkinson IFA Ltd

- We give advice on** • reviewing your existing investments
• life assurance to protect families • making a new investment
• funding for long term care fees • saving for retirement

Expert advice -Value for money

Home appointments available – free initial meeting
The Old Vicarage, Newton Arlosh, Wigton, CA7 5ET

016973 52446

www.davidhopkinsonifa.co.uk

Authorised and regulated by the Financial Conduct Authority



Etch & Stitch
Gifts

30 King St, Aspatria
(next to the Co-Op)

Personalised gifts for
all occasions.

Wedding accessories, party
supplies & helium balloons.

Find us on Facebook

www.CroftEndEmbroidery.co.uk

www.LakelandLaserCreations.co.uk

Tel: 07917206790

Physiotherapy direct to your home,
holiday retreat or workplace.
Virtual appointments also available.

Contact Emma on 07595 672 188

www.fellsidephysiotherapy.co.uk

f t i @fellsidephysio

Fellside
PHYSIOTHERAPY

PRIVATE • BUSINESS • EVENTS



The Binsey Team Mission Community

Mission Community Leader



The Revd. Stephen Banks
The Vicarage,
Torpenhow,
CA7 1HT

Tel. 016973 71541
teamrector@binsey.org.uk

Team Vicar



The Revd. Peter Gilroy
The Vicarage,
Ireby,
Wigton
CA7 1EX

Tel. 016973 71430
teamvicar@binsey.org.uk

Methodist Ministers



The Revd. Paul Saunders and
Deacon Kina Saunders

Tel. 01900 823273
superintendent@westernfells.uk

Honorary Assistant Clergy



Canon Michael
Braithwaite
016973 23429



Revd. Clare
Spedding
017687 75356



Revd. Julia
Hedley
017687 76844

Lay Ministers



Mrs. Hilary Chaddock
016973 42342



Mr. Graham Cox
016973 21898

Emeritus Lay Ministers

Mr. J. Spedding 017687 75356

Church Wardens

All Saints, Allhallows

Mr. L. Raven 016973 71136

Mrs. D. Hetherington 016973 20321

St. Bega & St. John, Bassenthwaite

Mr. A. Bowe 017687 76405

Mrs. S. Stockdale 07773365029

All Saints, Boltons

Mrs. E. Foster 016973 42306

Mrs. B. Grainger 016973 71909

St. Cuthbert, Embleton

Mr. K. Evans 017687 76620

St. James, Ireby

Mrs. B. Boyes 016973 71580

Mrs. B. Johnson 016973 71578

St. Michael, Isel

Mr. D. Roberts 01900 823547

Mrs. A. Thompson 01900 823763

St. Cuthbert, Plumblund

Mr. A. Watson 016973 21906

Mr. G. Cox 016973 21898

St. Barnabas, Setmurthy

Mrs. E. Marrs 01900 823329

Mr. A. Fisher 017687 76277

St. Michael, Torpenhow

Miss E. Bell 016973 71921

Mr. R. Cox 016973 22007

Mr. D. Lomax 016973 21277

St. James, Uldale

Mr. A. Coxon 016973 71939

St. Margaret, Wythop

Mrs. A. Cameron 017687 72394

Mrs. K. Brandwood 017687 76330

Binsey Team Safeguarding Officer

Jean McGrady, Globe Cottage, Wythop Mill, Embleton,
Cumbria, CA13 9YP. 01768 776 184 / jeanmaca@aol.com

Binsey Team Dementia Enablers

David and Cathy Rooney
cathy.rooney@btopenworld.com / 016973 71866

Copy deadline for the JULY/AUGUST 2021 issue is 10th June 2021

Editor - Emma Chapman

binseylink@binsey.org.uk

Hard copies: 17 Portland Square, Workington, CA14 4BW

Treasurer - Craig Williamson

accounts@binsey.org.uk

07967 635238

The Ghyll, Threapland, Aspatria, CA7 2EL