

## Looking Forward to Bampton Sports

Sunday July 13th 2008 is Bampton Sports Day. In recent years the local community has worked hard to preserve the Sports after closure of the village school.

To achieve this we are reviving the events which have been part of a traditional Lakeland Sports here for over a century. In 2006 the fell race was reinstated, with a testing course up Knipe Scar, watched by spectators on the Sports field. Last year Cumberland and Wrestling was also added to the afternoon's entertainment. This was a success and to encourage more local youngsters to take part the youth club will once again offer a practice session with a professional wrestler.

In 2008 a bike race is planned to attract even more local athletes. Of course, the regular track events for youngsters from 2 years upwards will take place along with sideshows for light relief. As we are all encouraged to take more exercise it is great to see so many little and not so little ones competing in the various races, maybe working off the calories from the ice cream stall or the afternoon teas provided by Bampton WI.

The Sports is not a profit making organisation and any surplus income goes back to the local community. There is a modest charge for entry to what is a lovely afternoon out for families. The Sports will be opened at 1.30pm by Sylvia Hindmarsh, chosen to represent the Burnbanks community as we welcome their joining local activities.

### **Volunteers Needed –an opportunity to learn, enjoy and contribute to our community!**

A local voluntary organisation, **East Cumbria Family Support Association**, needs more volunteers to support families who are experiencing difficulties and are under pressure. Volunteers visit families with young children at home, usually weekly, and give befriending and/or practical help according to need. Full training provided; our next course starts soon. Ongoing support is given and expenses paid.

For more info please contact Sarah on 01768 242145

FROM REVD CAROLE

*Thank you to everyone who made our last weeks so memorable. There were so many good times .. the special worship time at school, the last service at Wasdale and of course the 'Goodbye' Sunday service. So many people contributed to make all these occasions special for me and my family.*

*Thank you also for all the presents and cards. I have at last got round to reading all the messages. The cards will be put into an album and alongside my memory book from school will form a lasting reminder of you all.*

*We are still in Shap surrounded by packing cases .. Who knows what the future holds .. And where we shall eventually be!! .. For the time being it's here in Shap .. God Bless.  
Carole and Sam and Family.*

**The Bishop of Carlisle has appointed the Reverend Beverley Lock, at present Assistant Curate in the Beacon Team Ministry, in this diocese, as Priest - in - Charge of the benefices of Shap with Swindale and Bampton with Mardale, and Orton and Tebay and Ravenstonedale with Newbiggin on Lune.**

**Further information will be available in the August issue.**

**Shap Beavers and Cubs would like to say a big thank you to Alison Bayliffe** who has been the groups' treasurer for the past four years. We really appreciate all the support she has given and the work she has done for Beavers and Cubs in Shap and for contributing to the smooth running of the groups.

There is now a vacancy for the post of Treasurer - this role involves banking (not collecting) the subs each half-term, straightforward financial record keeping and reporting to the AGM. The new treasurer will be introduced to the procedures by Alison. Please help if you can to keep Scouting going in our village!

If interested please contact Anna Dutson on 716195

## Shap Swimming Pool

This year we will be training two new lifeguards because Charlie and Steve are both away enjoying life down under. The lifeguard training takes place during the May half-term holiday so the pool will be opening on Wednesday 28th May from 1 - 6.00pm.

Thank you to all those who have offered to volunteer each week in the shop. Your time and commitment is much appreciated. There are still a few slots left (Saturday 3 - 4.00pm and Sunday 2 - 3.00pm). If you can help out with these please call Anna on 716195.

We will be having a **Mid Summer Disco** for young people as a fund raiser for the pool on the evening of **Friday 20th June**, so keep it free! Keep an eye out for posters with details. We have had some building work done this spring so fund raising is really crucial for the pool to remain viable. The Swimming Pool Committee would like to thank those who came to the Memorial Hall to see 'The ID' play in March.

The new committee welcome you to Shap Pool, whether you are a regular or are trying it out for the first time! It's quite a sun trap up there and only costs 50p to come as a spectator. You can treat yourself to a cup of Fairtrade coffee!

## Shap AFC

Shap football teams both did very well again this season. The First team finished 2nd in Division 2 and will be promoted to Division 1. The Second team (Shap Reserves) finished 3rd in their first season up in Division 3 and just missed out on promotion. They also reached the quarter-final and semi-final in the cups. Well done to the manager and players for their efforts.

We would like to thank all our sponsors and supporters over the season and look forward to the challenges of next year. Also thank you to the Parish Council for their work to get the new stand. Anyone wishing to be involved with sponsorship for 2008/09 season should ring Fred Leach, 716335..

We are having a **Grand Raffle with 1st Prize £100** and several other good prizes. Your support is much appreciated.

## Shap Community Development Centre

UK online at Shap CDC

**Mondays during June – 6.15-8.15pm**

**FREE IT access and one to one sessions**

We can offer you FREE one to one help in using a computer to get you started. Perhaps you have been on a course before but still need some help, or perhaps a short refresher....we can help you with this as well.

## **Courses for Autumn 2008**

Our new centre brochure containing details of the ICT, Language, Art, Numeracy and Literacy courses we are offering will be available from Shap CDC, Shap Community Library and Shap Post Office from mid-July. Enrolment by post, telephone or email or by calling in at the office or at our enrolment evening at Shap CDC on Mon 8<sup>th</sup> September 6.15 – 8.15pm

## **Appointed Person First Aid Course**

**Are there any members of voluntary groups who need to take this course? If so we would like to hear from you so that we can try and arrange one in Shap and secure funding so that we can offer the course to you at a subsidised rate.**

Contact Janet or Sharron at Shap CDC,

tel 716447, or email: [cdc@shap.cumbria.sch.uk](mailto:cdc@shap.cumbria.sch.uk)

Office hours: Mon & Fri 0900 – 1200 during term-time

## SHAP MEDICAL PRACTICE

Tel. No 01931 716230

Fax. No. 01931 716231

### SURGERY TIMES

8.30 am - 6.30 pm Mon/Tues/Wed/Fri

8.30 am - 1.00 pm Thurs

Reception is closed 1.30-2.30 pm

### Protected Learning Time for Staff Development

**Wednesday 11th June    Tuesday 15th July**

The Surgery will be closed during the afternoon and the Cuedoc system will cover from 1.00 - 5.00 pm

**IN AN EMERGENCY CONTACT CUEDOC ON 01228 401999**

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### Telephoning for Results

Please phone for the results of tests or investigations between **2 and 3 pm**, one week after you have had them done

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- Have you moved house?
- Have you changed your telephone number?
- Could the doctor find you in an emergency?

Please could you inform the surgery as soon as possible so that we can update your records.

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We now have our website up and running at Shap Surgery. You can order your repeat prescription via email: go to [www.shapmedicalpractice.co.uk](http://www.shapmedicalpractice.co.uk)

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### Healthy Tips

**A reminder of the safe limits of alcohol may be useful.**

Alcohol can be a source of pleasure and enjoyment. But drinking too much can cause problems eg. Raised blood pressure, liver problems, weight gain, problems in pregnancy, emotional problems and accidents.

Safe limits    3-4 units a day or less for men

                  2-3 units a day or less for women

1 Unit = ½ pint standard strength beer, lager or cider

          = small glass of wine (100 ml)

          = single pub measure of spirits (25 ml)

Regularly drinking more than the safe limits will start to put your health at risk. For confidential help and advice call Drinkline on 08009178282 or see your GP

## New Dog Control Orders for Eden District

Please note that with effect from 21 April 2008 Eden District Council has introduced Dog Control Orders which will have implications for dog owners in our area. In brief:

### Fouling of land by dogs

It will be an offence for any person in charge of a dog, which defecates on any land not to remove the faeces. This provision applies to any land which is open to the air and to which the public are entitled or permitted to have access (with or without payment) and which is situated within a 40 mph (or less) traffic control zone.

### Dogs on Leads

Dogs must be kept on a lead at all times on any land which is within a 40mph (or less) traffic control zone and which is open to the air and to which the public are entitled or permitted to have access (with or without payment) and which is one of the following:

- all public pavements, verges and footpaths
  - all Eden District Council owned allotments in the District
  - Castle Park, Penrith
  - Cemeteries at Penrith, Appleby, Alston, Nenthead and Garrigill

### Dog Exclusion

It is proposed to designate the following sites and/or types of land in which the Council has an interest where dogs must be excluded:

- All fenced or enclosed children's play areas
  - Castletown Recreation Field, Penrith
  - Frenchfield Sports Pitches, Carleton

It will be an offence for anyone in charge of a dog on land to which the proposed Dog Exclusion Order will apply, to take the dog onto, or permit the dog to enter, or to remain on, such land.

### Penalty

Anyone who commits an offence under any of the provisions of the Dog Control Order may be liable on conviction in the Magistrates Court to a fine of up to £1,000.

The Council also intends to issue £75 Fixed Penalty Notices for Dog Control offences. Anyone who fails to pay a Fixed Penalty Notice may be prosecuted and if convicted may be liable for a fine of up to £1000.

Note: there are some specific exclusions to these Orders, notably, dogs registered with Guide Dogs for the Blind Association.

Dorothy Waterworth (Parish Clerk)  
017683 52787

**HISTORY IN HOUSES by Jean Scott-Smith**  
**No 37 – Armstrong’s shop, Main Street**



The shop was run by Edwin Armstrong; and was a general grocers, it also had a branch at Wickersgill to serve the Shap Granite Works community. Mr Armstrong was assisted in the running of the shop by his son Stanley and daughter Elsie, she taking the main responsibility for the Wickersgill branch. Mr Armstrong senior had originally been employed at William Fleming’s grocers at Midtown, before setting up his own business. After Mr Armstrong, senior, died, the business was continued by his son and daughter until they both retired.

An advertisement in the 1930’s Shap guidebook is shown on the right.

The shop traded as a Spar during the 1980’s before finally closing.

Although the frontage is little changed, the property is now a private dwelling.



**PLEASE TRY AND SUPPORT YOUR LOCAL PLAYGROUP**  
**EVERYONE WELCOME**

**Family sessions 0-5 years:** Monday - Thursday afternoons 1.15 - 3.15 pm  
 Tuesday - Wednesday mornings 9.15 - 11.15 am  
**3 - 5 years:** Monday morning / Tuesday afternoon  
 (Child able to be left under the supervision of Playleader)

9 mths - 1 year £1.10    1 - 3 years £2.20    3 - 5 years £2.90  
 Tea/coffee 60p

Call in for more details we will be happy to see you,  
 tel: 07505 879297 or Glenis Furness at home 716484

**SHAP PLAYGROUP CO-OP DIVIDEND NUMBER 2512**

**Playgroup Summer Sessions**

Tuesday Mornings	10 - 12	Family
Tuesday Afternoons	1.15 - 3.15	3-5 years only
Thursday Afternoons	1.15 - 3.15	3-5 years only

***Thanks to all who supported ‘Pudding night’ we raised £320.00***

**YOUTH CLUB/PLAYGROUP/NEW YOUTH CENTRE PROJECT**  
**LOTTERY WINNERS**

<b>21st MARCH</b>	<b>18th APRIL</b>
<b>£100 Jason Richardson</b>	<b>£100 George Stainton</b>
<b>£50 Liz Holder</b>	<b>£50 Theresa Bainbridge</b>
<b>£20 Alison Bird</b>	<b>£20 Evadne Downes</b>

**You’ve got to be in it to win it!**  
**If you would like to join the lottery contact**  
**Glenis Furness 716484**

**Shap School 100 Club Winners**

<b>April</b>	<b>Andrea Benson</b>	<b>Pat Atkinson</b>
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## SHAP C E PRIMARY SCHOOL

### ADMISSION TO SHAP SCHOOL NURSERY JANUARY 2009

If your child was **born** between  
**1st September 2005 and 31st December 2005**  
they are eligible to receive **free nursery education from January 2009**.

In Cumbria a part-time nursery place is funded for every child from the term after their third birthday. This gives a year or more of nursery education prior to a child being old enough to start school in the Reception Class.

A part-time place is five half-day sessions.

**The closing date for applications is 26 September 2008**

Places will be allocated according to date of application

Application forms are available from the Administrator:

Shap CE Primary School  
Shap, Penrith, Cumbria CA10 3NL  
Tel: 01931 716274  
admin@shap.cumbria.sch.uk

### **URGENTLY NEEDED - A Youth Club Senior Leader**

From September 2008 a new Youth Club Senior Leader is needed. If you are interested please get in touch with any committee member or ring Glenis Furness tel. 716484 for more information.

Unless one or two people are prepared to take on this role there will be no Senior Youth Club from September.

### **SHAP MEMORIAL HALL MANAGEMENT COMMITTEE**

#### **AGM**

**WEDNESDAY 25th JUNE 2008**  
**In the READING ROOM at 7.30PM**

NEW COMMITTEE MEMBERS NEEDED - SOME MEMBERS OF THE COMMITTEE WILL BE RETIRING NEXT YEAR. IF YOU ARE INTYERESTED IN YOUR MEMORIAL HALL PLEASE COME ALONG.

Registered charity no 1025300

### **St Michael's Church Summer Exhibition Weekend**

**'PASTIMES and PAST TIMES '**  
**Saturday 12th and Sunday 13th July**

**Opening times: Saturday 10.30 - 5.00pm**  
**Sunday 1.00 - 5.00pm**

Refreshments served in church throughout the exhibition  
See posters for further details

Sunday 13th July 10.30am Village Service in the Memorial Hall

### **Shap Local History Society SUMMER EXHIBITION 'Victorian Shap'**

**Open weekends 1 - 4pm**

**Monday 23rd June Visit to Maulds Meaburn Hall**  
by kind invitation of Mr and Mrs Darroch 7.00pm

**Monday 28th July Visit to Cartmel Fell LHS**  
with Jennifer Forsythe 7.00pm meeting place to be confirmed

## VILLAGE DIARY

### JUNE

Thurs 19th	2.00pm	Mothers Union	Shap Abbey&Keld
Fri 20th		Mid Summer Disco	
Mon 23rd	evening	History Society	Maulds Meaburn Hall

### JULY

Fri 4th	2.00pm	Teddy Bears Picnic	
12/13th		Pastimes & Past Times	St. Michael's
Mon 28th	evening	History Society	Cartmell Fell LHS

### CLAIMING DATES

16th August	Flower Show	Memorial Hall
12th September	Auction of Promises	Memorial Hall
26th September	Macmillan Coffee Morning	Memorial Hall
26th September	St. Michael's Meal	Green Room

### Shap Mother's Union

Invite all parents & carers with pre-school children  
to a

### **TEDDY BEARS PICNIC** **Friday 4th July (to be confirmed)**



If fine meet at Courthouse at 1.30 pm

If wet it will take place in the Memorial Hall at 2.00 pm

### *KIDS IN CHURCH*

*A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.*

*"Daddy, what happened to him?" the son asked.*

*"He died and went to Heaven," the Dad replied.*

*The boy thought a moment and then said,*

*"Did God throw him back down?"*

## CHURCH NEWS

### METHODIST CHURCH

**Morning service 10.00 am** Every Sunday in 'Cream 17' Coffee Shop except 13th July—Village Service

### ROMAN CATHOLIC CHURCH

**Vigil Mass 4.30 pm** Every Saturday in St. Michael's Church

### ST. MICHAEL'S CHURCH

1st June	11.00am	Holy Communion, Rev Rushden
8th June	11.00am	Holy Communion, Rev Ridley
15th June	11.00am	Morning Worship, Lay Led
22nd June	11.00am	Morning Worship, Lay Led
29th June	10.00am	Holy Communion at St Patrick's, Bampton
6th July	am. tba	Holy Communion, Rev Clarke
13th July	10.30am	Village Service in Memorial Hall
20th July	11.00am	Holy Communion, Rev Clarke
27th July	11.00am	Holy Communion, Canon Jenkins

### **The Reverend Carole Marsden & the Churches in Shap.**

**We, the parishioners of St. Norbert's RC Chaplet wish Carole all the best in her retirement & hope it is a long and happy one.**

The church in Shap has seen many changes as mentioned in Carole's last letter. As well as changes at St. Michael's, the Methodist Church closed in 2006 and the Catholic community had to move to St. Michael's and we are grateful to Carole and the parish committee for their generous help.

However, the Anglicans and Methodist seem to be faring better than the Catholics as it is now proposed to cease having weekend mass in Shap, probably as early as 2009. This will obviously have repercussions on village life, trade & business since Catholics who currently come here to visit friends or have a holiday will now look at other centres still having a catholic mass at the weekend. Catholics walking the coast to coast will arrange their schedules to avoid a weekend in Shap.

Whether you are a catholic or not, if you would like to comment on the above proposal, please write to Father Jerome Ainsworth, St' Catherine's Rectory, Drovers Lane, Penrith. CA11 9EL or Email: [jeromepainsworth@btinternet.com](mailto:jeromepainsworth@btinternet.com)