

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

Tue 24th Apr & Wed 23rd May

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

The Surgery will be closed Friday 6th April, Monday 9th April, Monday 7th May and Monday 28th May (other days as normal). Please order prescriptions in the normal way ensuring you have enough for the holiday period.

BOOKING AN APPOINTMENT

Review Appointments:

If the doctor tells you to come back and see her/him in the future, e.g. one week/one month, you can make your appointment before you leave the surgery (up to five weeks ahead).

Routine Appointments:

If you want to see the doctor but it is not urgent, you can book an appointment in advance.

If you wish to see a particular doctor you may have to wait a little longer for your appointment.

Acute Appointments:

If you are feeling unwell and need to see a doctor, you should ring as soon as possible **after** 8.30 am and you will be offered an appointment on the same day or, if it is exceptionally busy, the next day.

Urgent Appointments:

If you need an urgent appointment, you will always be seen by a doctor as quickly as possible after your call. The receptionist will take details and speak to the duty doctor. The doctor will then either speak to you on the phone or ask the receptionist to ask you to come down to the surgery.

Please do not abuse the system to get a routine appointment in this way. You may be putting the life of another patient at risk.

From The Vicarage

Dear Friends,

As I write to you this month we are just days from Mothering Sunday (not Mothers' Day as the card makers seem to call it) It is always a lovely time.. A joyous celebration half way through this season of Lent. At the same time I am always aware that for some it can be a time of sad reminder... of what was or might have been. So I do hope that it was a good time for you . Now we turn the corner and approach Easter. Palm Sunday is April 1st so we shall be at the great day, the best day in the church year, before we know it... EASTER DAY. Palm and Easter Sundays.. Days of great celebration.. And I hope you will celebrate. But we cannot jump from one Sunday to another without experiencing something of the intervening week. Yes let's celebrate Palm Sunday. Let's shout our Alleluias as we recall Jesus' triumphant entry into Jerusalem..

Then let us move forward to the time of those last days of our Lord's earthly life. Let us together recall just some of the events of that time. One such time will be on Maundy Thursday when we shall have our service at table, a shared meal, as we recall how Jesus himself presided at the Last Supper. Another celebration for it was then he told us to `Do this in remembrance of me'. And we do each time we celebrate Holy Communion. Then to the darkness of Good Friday. Christians throughout the world spend this day reflecting in many different ways : thinking of Jesus travelling that road to the cross for each one of us.

But of course from the darkness came light. One of my favourite images of Easter morning is of the women who scurried through the early morning gloom on their way to the tomb. I wonder what they would have talked about. We do not know. All we know is that they must have been in great sadness having seen our Lord Jesus die. But of course the darkness turned to light. They found the tomb empty and the resurrected Jesus was seen for the first time. Then what celebration!

Yes two celebrations a week apart Palm Sunday Easter Day. In between Jesus gave his life for each of us. Only if we believe that can we really celebrate on Easter Day and acclaim .. yes for me He is risen indeed alleluia. Happy Easter.. *Carole*

SHAP COMMUNITY DEVELOPMENT CENTRE

What courses would you like to take place in Shap?

We will soon be putting together our autumn programme—please help us to plan by completing this form and returning it to Shap CDC, Shap C of E Primary School or leaving it in the 'Shap Today' folder at Andersons Newsagents. Alternatively you can email us: cdc@shap.cumbria.sch.uk If you would like us to keep you informed of any future learning opportunities please complete your personal details.

Please place a tick next to any course that you are interested in:

IT Training:

IT for absolute beginners	Internet and Email
Basic Spreadsheets	Basic Databases
Desk Top Publishing - Basic	Desk Top Publishing - Intermediate
Intro to Web Page Design	Intro to Power Point
IT for farmers	Sage Accounting
Adobe Photoshop Beginners	Adobe Photoshop Improvers
PC Housekeeping & problem solving	

Computing Qualifications:

New CLAIT	European Computer Driving Licence	
ITQ Level 1	ITQ Level 2	ITQ Level 3
CLAIT Advanced Level 3 - Word Processing	Advanced ECDL	

English/Maths

Move on with English - leading to Level 1/ Level 2 qualification

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Languages

French Beginners	French Intermediate	
Spanish Beginners	Spanish Intermediate	Italian Beginners

Other courses

Family History	Digital Photography	Parenting
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Arts/Crafts - what you would like?

Dance/Exercise - what would you like?

I could attend Daytime / Evening / Weekend classes

(please tick as many options as possible)

Name:	Address:
Tel.no:	Email:

SHAP SWIMMING POOL

CHANGE IS ON ITS WAY - NEW COMMITTEE MEMBERS REQUIRED

Shap Swimming Committee will be holding their **AGM** on **14th May 2007** in the back room of **The Crown Inn at 8.00 pm**. Come along and hear how the pool has been progressing over the last 12 months or to find out how you could help keep the pool open for the future.

The committee would like to announce that after 5 years of solid commitment to a vital and wonderful village resource, with a heavy heart they are all standing down at the end of the 2007 summer season. As we enter our 20th year **NEW** members are required to ensure that the pool remains open for future generations of the village. We are all aware of how precious our spare time is, and the busy hectic lives that people have but also we are becoming more aware of the lack of resources and facilities available for our children, especially in the holidays. The pool provides a great fun meeting place for children who from the age of 8 can go **on their own!!** We provide full time fully qualified lifeguards, so you know your kids are safe!!!! Our children also benefit by learning to swim without having to take a bus trip to Penrith in school time and the cost is relatively low.

CAN WE AFFORD TO LOSE ANY OF THIS? -THE ANSWER IS SIMPLE "NO" WE NEED VOLUNTEERS TO KEEP THE POOL OPEN

If you would you like to become a committee member or could help with grant applications, painting; cleaning, helping at the pool, or helping to run adult swimming sessions please contact Judith Lightburn, Kate Thompson or any other committee member.

The committee would like to thank all those involved or who have donated either time or money to the pool, through the following events:

BINGO NIGHT at The Bull - raised £238.00 QUIZ NIGHT at The Kings Arms raised £160.60
CHRISTMAS HAMPER - raised £147.50 BINGO NIGHT at the Memorial Hall raised £236.10

Is there anybody interested in becoming a **Lifeguard** or who is a Qualified Lifeguard and looking for some hours. Please could you contact Alison Bird on 716720

Next fund raisers:

KNOCKOUT DOMINO NIGHT **THE CROWN INN** **8th APRIL at 8.00 pm**
BOTTLE BINGO **THE BULLS HEAD** **21st APRIL at 8.00 pm**

We are opening the pool on the 19th May and will close on the 8th September	
Season ticket	Single session
Family £75.00	Adult £3.00
Adult (Over 16 years) £40	Child £2.50
Child £32.00	O.A.P. £2.50
O.A.P. £32	Spectators £1.20
	Children under 3 free
Opening Times:	School Holidays & Weekends 1.00 - 6.00 pm
	Term Times 4.00 - 6.00 pm
Adult Swim	Monday & Friday 11.30 am - 12.30 pm
	Tuesday & Thursday 6.00 - 7.00 pm

TOWARDS A SUSTAINABLE FUTURE ALTERNATIVES TO WIND

A Social Evening to Raise Funds for C.O.S.T.

The Community Opposed to Shap Turbines invites everyone to a **social evening** and an informal talk by Mike Chapman presenting viable and inventive solutions to the provision of renewable energy for the 3rd millennium.

Mike Chapman was originally a Chartered Builder by profession but has spent over 20 years working with government schemes having first hand experience of the difficulties inherent to such projects. He describes himself as "an ordinary person with a lifetime of knowledge and experience who is committed to leaving the planet useable for future generations".

Please join us at 7.30 pm on **FRIDAY 13TH APRIL 2007**, at the Memorial Hall, Shap. Entry will be by donation to COST, drinks and snacks will be available and there will be a raffle.

HEALTHY TIPS

13th - 19th May is National Breast Feeding Week.

Did you know that breast feeding has the following benefits?

- Breast feeding for just 1 month has a lasting impact on health during the first 14 years of a baby's life.
- Breastfeeding reduces the risk of osteoporosis for the mother.
- Breast feeding reduces the risk of cancer of the ovary for the mother and breast cancer.
- Because the health benefits to mum & baby start right from the first feed, any amount of breast feeding is a reason to feel proud.
- Research shows that breast feeding has antibodies which protect against
- infection including gastroenteritis, respiratory illness, urinary infections & ear infections.
- Research also shows that breast feeding reduces the risk of childhood diabetes and leukaemia. It also reduces the incidence of asthma and eczema in breastfed children.
- The breast feeding mother makes specific antibodies as soon as she comes into contact with an infection which she transfers to her milk ready for the baby to receive as soon as the baby comes to the breast. So helping the baby fight infection.
- Breast feeding is convenient. There is nothing to wash, sterilize or prepare.

If you would like any further information please contact the practice health visitor (Fiona Sim) or midwife (Chantal Knight) at the surgery 01931 716230.

**Shap Annual Parish Meeting
Monday 16 April 2007 at 7.30 pm**

Memorial Hall, Shap

**This is your meeting, please come along and support your parish,
everyone welcome**

AGENDA

- 1 Apologies for absence
- 2 Minutes of the 2006 meeting
- 3 Chairman's report
- 4 Neighbourhood Watch - Presentation
(*Paul Caine, Neighbourhood Watch Development Officer*)
- 5 No Cold Calling Zones - Presentation
(*Pat Thomas, Cumbria Trading Standards*)
- 6 Question time
- 7 Reports and plans available for inspection:
Youth centre
Bowling club
- 8 Speeding/Parking Issues

**SHAP WITH SHAP RURAL PARISH COUNCIL
ELECTIONS**

Do you care about Shap?

Do you want to see improvements?

Can you make a difference?

Why not become a Parish Councillor?

It doesn't need to take over your life but your help, combined with that of others, could achieve a better quality of life for all residents. Elections will take place on **Thursday**

3 May 2007 but before that you can pick up nomination papers and guidance from the Parish Clerk, Dorothy Waterworth. These have to be with the Returning Officer at Eden District Council by **12 NOON on Wednesday 4 April 2007**.

For more information contact Dorothy on 01931 716743 or 017683 52787.

SHAP SCHOOL '100' CLUB WINNERS

2/2/07 A. Barnett 16/2/07 B. Anderson 2/3/07 L. Whittaker

**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 £1.00 1 - 3 years £2.10 3 - 5 years £2.80
Tea/coffee 50p

Call in for more details we will be happy to see you,
tel: 07763941396 or Glenis Furness home 716484

PLAYGROUP AGM Monday 30th April
7.30 pm in Playgroup Everyone welcome

**YOUTH CLUB/PLAYGROUP/NEW SPORTS HALL
LOTTERY WINNERS**

26th January
£100 Bill Fleming
£50 Margaret Haden

23rd February
£100 Hazel Milican
£50 Angela Huddart

SHAP FIRE SERVICE

Would like to thank everyone who attended & supported the Valentine's Dinner Dance as SHAP WELLS HOTEL.
£300.00 was raised for The Pride of Cumbria Air Ambulance.

Shap Community Development Centre

Courses starting after Easter

Spanish Beginners (part 2) Introduction to Desk Top Publishing
Introduction To Databases Introduction to Power Point
Tel: 716447 or email: cdc@shap.cumbria.sch.uk for details

OPEN DAY - Monday 21st May 9.00 - 11.30 am 6.30 - 8.30 pm

FREE SKILLS CHECKS available for English/Maths/IT

Come and find out what courses will be available in the Autumn.

CAREERS ADVICE - (to be confirmed) Connexions adviser will be available for appointments at the CDC on **Monday 21st May 6.30 -8.30 pm**. Tel 01539 730045 in advance to make an appointment.

PLAYGROUP
are having a
PUDDING NIGHT

Thursday 26th April
7.00 - 9.00 pm
Memorial Hall

£4 per person
for as many Puddings
as you can eat!
Everyone Welcome

CHINESE SUPPER NIGHT

Friday 27th April
7.00 pm Memorial Hall
Prawn Crackers
Our Famous Starter Platter
followed by
Two Main Dishes: *Try Both*
Sweet & Sour and A Beef Dish
Selection of Sweets
Coffee
£10 - limit 36
Tickets from Carole
BYO BOOZE



SHAP EVERGREEN CLUB WELCOMES EVERYONE TO A
COFFEE MORNING on Saturday 19th May
MEMORIAL HALL 9.30 - 11.30 AM 50P
RAFFLE * CAKE STALL

Shap Local History Society

Monday 23rd April Short AGM

Walking the Furness Way Janet Niepoljczycka

Monday 22nd May The Life of a Roman Soldier Joseph Jackson

*Unless otherwise stated, meetings are held in the Green Room
starting at 7.30 pm, entrance on the left hand side of the Memorial Hall.*

Visitors are welcome at any time, £2 per meeting

Easter Openings - continuation of last summers' exhibition with additional material
on the Railway **6th April 1 - 4 pm** **7th April 11 am - 4 pm**

8th April 1 - 4 pm **9th April 11 am - 4 pm**

Summer Exhibition 'Shap at Leisure' Opens 26th May

ST. MICHAEL'S CHURCH
CAR BOOT & ALL DAY BREAKFAST
Monday 28th May See Notice board for details

EASTER COFFEE MORNINGS
SATURDAY 31st MARCH

SHAP BOWLING CLUB
at The Bowling Green Bower
9.30 am to 12.00 noon

FRIENDS OF SHAP SCHOOL
In the School Hall
10.00 am to 12 noon

CHILDREN'S EASTER CRAFT
MORNING

WEDNESDAY 4th APRIL
10.00 am - 12.30 pm
ST. MICHAEL'S CHURCH

CRAFTS, STORY, EGGS
and all things EASTER
£1
ALL CHILDREN



'QUIZ TIME'

First Wednesday of the
Month

At Wasdale 2pm

Next one - April 4th
Queries 716126

SHAP BOWLING CLUB

The Memorial Park Shap
Interested in Outdoor Bowls?
If so, come along to our
BOWLING OPEN DAY
SUNDAY 15th APRIL
1.00 PM TO 4.00 PM
Everyone welcome - experienced or
beginners just turn up

New Members Are Always Welcome
Telephone 01931 716610
for further details

Highlights Rural Touring - Events at Shap Memorial Hall

Chuck and Albert
Friday 20th April
7.30pm

Adults £6 Conc £4.50 Family £16

Equipped with generous portions of faces, flying feet and fiddle faux-pas, these Island Acadian funny-men pack as much ESI (entertainment per square inch) into a show as an Acadian has relatives – and that's a lot!
Some of you may remember them as the male half of Barachois who were one of the all time highlights of the scheme.

To book tickets contact Janet Wood tel: 01931 716273

also

Fri. 27th Apr. 7.30 pm 'The Classic Buskers' at Soulby Village Hall Tel: 017683 71396
Fri. 14th May 7.30 pm 'The Outlaw Fulke FitzWaryn' at Tebay Club Tel: 015396 24538

VILLAGE DIARY

APRIL

Wednesday 4th	10.00 am	Children's Craft Morning	St. Michael's
Wednesday 4th	2.00 pm	Quiz time	Wasdale
Wednesday 4th	2.15 pm	Buggy Praise	Memorial Hall
Friday 6th	12 noon	Good Friday Walk	St. Michael's
Sunday 8th	8.00 pm	Dominoes	The Crown Inn
Friday 13th	7.30 pm	COST Social Evening	Memorial Hall
Sunday 15th	1.00 pm	Bowling Open Day	Bowling Green
Thursday 19th	2.00 pm	Mothers Union	Nab House
Friday 20th	7.30 pm	Highlights Rural Touring	Memorial Hall
Saturday 21st	8.00 pm	Bottle Bingo	The Bulls Head
Monday 23rd	7.30 pm	History Society	Green Room
Thursday 26th	2.00 pm	Service	Wasdale
Thursday 26th	7.00 pm	Pudding Night	Memorial Hall
Friday 27th	7.00 pm	Chinese Supper	Memorial Hall
Monday 30th	7.30 pm	Playgroup AGM	

MAY

Wednesday 2nd	2.00 pm	Quiz Time	Wasdale
Wednesday 2nd	2.15 pm	Buggy Praise	Memorial Hall
Monday 14th	8.00 pm	Swimming Pool AGM	The Crown Inn
Saturday 19th	9.30 am	Coffee Morning	Memorial Hall
Monday 21st	9.00—11.30	Open Day	Shap CDC
Monday 21st	7.30 pm	History Society	Green Room
Monday 28th		Car Boot & All Day Breakfast	
Thursday 31st	2.00 pm	Service	Wasdale

CLAIMING DATES

June 8th	Vicar's Auction
July 1st	Shap Special Sunday Village Service & Lunch
August 12th	Gardening Angels Day & Ice Creams at Vicarage
August 27th	Flower Show
September 28th	Candlelight Supper
October 31st	Halloween Party
November 16th	Turkey & Tinsel
November 30th	Christmas Fair

CONFIRMATION: There will be a confirmation service in Shap Church on Sunday September 30th This is the nearest Sunday to St' Michael's Day. And as it is a 5th Sunday of the month we will be a joint service with Bampton, Orton, Ravonstenedale and Tebay. The confirming bishop will be Bishop Alec whom many of us know as he lives in Butterwick.

I shall be arranging workshops in the summer. If you wish to be confirmed please let me know .. Even if you have mentioned it before!!

Confirmation age is usually from top class junior school upwards ... adults too welcome!

CHURCH NEWS

METHODIST CHURCH

Morning service 10.00 am Every Sunday in Walkers Coffee Shop

ROMAN CATHOLIC CHURCH

Vigil Mass 4.30 pm Every Saturday in St. Michael's Church (except Easter weekend)

Easter Vigil Service at dusk St. Catherine's Penrith

ST. MICHAEL'S CHURCH

Holy Communion 8.30 am Wed and on major Festival Days (not 11th Apr.)

Morning Prayer 8.30 am Tues & Fri

MONTHLY PATTERN OF WORSHIP

1st Sunday 11.00 am Family/Children's Service with Vicar

2nd Sunday 11.00 am Parish Eucharist with Vicar

3rd Sunday 3.30 pm Parish Eucharist with Vicar

4th Sunday 11.00 am Praise and Prayer led by Worship Group

5th Sunday We share Worship with Bampton alternating the venue
(29th April 9.15 am Bampton)

Sunday Club will continue to meet from 10.00 am every Sunday at 15 Church Street, Shap, joining in the end of Morning Worship whenever there is a service.

APRIL

Palm Sunday 1st 11.00 am The Shap Passion .. A whole service presentation by the children of Sunday Club .. Music, Drama, Singing and Palm crosses.

HOLY WEEK

Tuesday 3rd Home Communion for Easter

Wednesday 4th 10 - 12.30 Kids Easter activity day in church

Maundy Thursday 6.00 pm Joint Service at table with St Patrick's Church in Bampton church hall. Share food as we recall the last supper and worship at table .. Share a special time.

Vigil at St Michael's from 8.30 pm

Good Friday Walk 12 noon From St Michael's via Shap Abbey and Keld Chapel. Bring a picnic .. Bring the dog! Sensible shoes please. Everyone welcome

Easter Eve 5.30 pm Service of Light. We bring in the Easter candle and bless the Easter garden all by candlelight

Easter Sunday 11.00 am Come and celebrate the risen Christ

Ascension Day May 17th Deanery Service at Long Marton **7.30 pm**

BUGGY PRAISE 1st Wednesday of the month 2.15 pm in the Memorial Hall

There will be a Service of Thanksgiving for the life of Hester Frances Elphinstone at 2.00 pm on Tuesday 24th April in St. Michael's Church
All are Welcome

ST MICHAEL'S CHURCH

'Night of Colour'

a presentation by Daniel Couzens - his life journey through art

Thursday 17th May 7.30 pm in the School Hall

No admission charge