

### SHAP SWIMMING POOL

Shap swimming Pool Committee would like to thank everyone for their help & support over the past year.

We would also like to thank the 'Parish Council' & 'The Kings Arms' for their continued support.

Now to a more serious matter! We need to find **A.S.A.P.** a treasurer for this season.

Regrettably if no one comes forward the **swimming pool will close!!!!**

Also is anyone interested in becoming a lifeguard? Full training will be given.

All enquiries contact:- Kate Thompson 01931 **716008**

Judith Lightburn 01931 **716688**

Thank you

Shap Swimming Pool Committee

### SHAP Community Development Centre

#### IT COURSES

**e-Citizen - a new course for 2006 for those with little or no computing experience**

**Starting early February 2006, day and time to be confirmed - (30 hours) daytime**

**You will learn about computer hardware and software, handling files and folders on the computer and using icons and windows on a computer screen. You will be shown how to create a simple document, browse the Internet and use e-mail.**

#### Creating Cards and Posters

**Tues 28<sup>th</sup> February 7-9.00pm 5 wks**

Using Microsoft Word and Microsoft Publisher to be creative

#### Pentalk -

**starts Thursday 9<sup>th</sup> February 7.30-9.30pm**

#### Certificate in Computing Skills for Agriculture

**This is an introduction to computers for farmers with little or no computing experience.**

**The course will include how to use the internet and e-mail and how to use the British Cattle Movement Service on-line.**

#### OTHER COURSES

##### Jazz Dance for Adults

**Thursdays (term-time) 5.30-6.30**

##### Parenting course with Fiona Sim

**Mon 27<sup>th</sup> February 7.30-9.30pm tbc**

##### Spanish for Beginners

**Wed 1<sup>st</sup> March 7-9.00pm 10wks (term time)**

For details of the above contact Shap CDC

tel 01931 716447 or email; [cdc@shap.cumbria.sch.uk](mailto:cdc@shap.cumbria.sch.uk)

##### Indian Head Massage

**Tues 21<sup>st</sup> February 7-9.00pm 6 wks**

**in the Green Room, Shap Memorial Hall. Contact Appleby Heritage Centre for details**

**tel. 017683 53350**

### From the Vicarage

*Dear Friends,*

*We no sooner turn the corner after Christmas and welcome the new year and the preparation for Easter beckons. We had a very good Christmas at St Michael's and how far away that now seems but certainly worthy of a mention. I seemed to be singing carols every day and everywhere .. Wasdale, Keld, umpteen churches and of course the pub complete with mike this year- - so I could be extra LOUD. We had a new venture with our 'Round the tree service' for littlies .. Total chaos when the tree was almost demolished. We had our usual naughty shepherds and angels at the crib service after which the baby Jesus was kidnapped by an enthusiastic toddler. We have paid the ransom money and he is now back in church.*

*At home like many families we had lots of visitors who were mostly well behaved. The same cannot be said of the vicarage doge .. Charlie ate half a box of chocolate brazils with dire consequences. My other dog Fred (the agoraphobic, vegetarian) could not understand why we didn't want the tree in the sitting room watered and when shown the error of his ways decided to savage mother in laws hot water bottle also with drastic results.*

*It was a lovely time really!!*

*Ah well back to reality, if indeed reality exists, in Shap!*

*The next two months promise to be a busy time and a time when we can do something different in the run up to Easter. Lent begins on March 1st and from Thurs March 2nd I am running a course (if that's the right word) called START .. A very simple course involving looking at our life journey .. There will be video to watch, things to chat about and things to discuss and of course coffee to drink, music to listen to .. and all in an hour . Just a little extra commitment in our busy lives. I always think that we are all so involved in so many things that we do not find time to stop and think.. To enjoy who we are and how we think. This one hour, I hope, will allow us to do this. So I am hoping that some of you will join me! Details of venue will be available nearer the time.*

*By the time you read this I will be at the end of my holiday no doubt having had to cope with all the usual worries of delayed planes and lost luggage, plus the added stress of traffic on the other side of the road. I always pray for people on holiday that they may 'return refreshed and renewed' So here I am hoping for sunshine and safe journeying .. And of course looking forward to all the events to return to in Shap!!*

*With best wishes*

*Carole*

## HISTORY IN HOUSES by Jean Scott-Smith

### No 24 – The Forge

*'For want of a nail the shoe was lost, for want of a shoe, the horse was lost, for want of a horse the ride was lost - All for the want of a horseshoe nail!'*

In the days of horse drawn transport, Shap would have a great demand for the services of a blacksmith, both for local and passing trade – like repair garages today. A village forge was an important building not only providing an essential service, shoeing horses, the blacksmith would make and repair all manner of other iron goods such as farming equipment and tools, pots and pans, fire irons and gates. It was also a favourite gathering place for the menfolk of the village, who would sit around the fire enjoying a smoke and exchanging gossip.

The building featured is situated at the bottom of the Crosby Ravensworth road and this photograph probably dates from the mid 1930's and shows the original doorway and windows. It continued to be used during the 1940's by a travelling farrier. It was later converted into a bungalow with garage around 1948 by Mr & Mrs 'Totty' Proctor, they were followed by Mr & Mrs Bob Metcalfe, and Mr & Mrs Edward Wilde; the property is currently on the market.

The building jutting into the road beyond the Forge apparently once housed a fish and chip shop, but was later used as a warehouse by Fairers. It was damaged by an army vehicle during the Second World War, and demolished. The barn opposite the church gates is visible at the top of Birds Hill, looking much as it does today. The identity of the character in the foreground is unknown.

There were other smithies next to the Hermitage (now also a bungalow) this was connected with Simpson's Garage; former residents – Mr & Mrs Laurie Nicholson, Mr & Mrs Arthur Simpson and Mrs Agnes Steadman; and next to Central Buildings (formerly a bunk house, now a house) used to forge clog caulkers for Lancelot Gaddas's shoe making business; this was later used as a warehouse by Gaddas's. I am informed that these forges were also occasionally used by travelling farriers towards the end of the era of horsepower.



### DENTAL DIRECT

IF YOU WISH TO REGISTER FOR  
AN  
NHS DENTIST

PLEASE PHONE

**0845 686 2556**

OR PLEASE OBTAIN A DENTAL FORM  
FROM SHAP MEDICAL PRACTICE

If you have a dental  
emergency  
Please phone

**01228 603900**

### **Shap Medical Practice**

#### **Surgery Times**

8.30 am - 6.30 pm

Mon/ Tues/ Wed/ Fri

(Reception is closed

1.30 - 2.30 pm for lunch)

8.30 am - 1.00 pm Thurs

#### **Protected Learning Time for Staff Development.**

Wed 22nd Feb, Thurs 23rd March

The surgery will be closed during  
the afternoon and the

Cuedoc system will cover from

1.00 - 5.00 pm

**Unfortunately, under new government legislation**

**EVIDENCE OF NON-PAYMENT OF**

**PRESCRIPTION CHARGES MUST BE SHOWN**

**EVERY TIME A PRESCRIPTION IS COLLECTED**

**(unless you are under 16 or over 60)**

If we do not see your exemption certificate, we have to mark your prescription as exemption unseen and your entitlement to exemption may be investigated by the Pricing Authority.

If someone else collects your medication, they **must** bring the evidence of non-payment, sign the prescription on your behalf and complete the address section.

**THANK YOU FOR YOUR CO-OPERATION**

### **Shap Local History Society**

Saturday 4th February Archives Open & Coffee 10 - 12 noon

Monday 27th February Steam at Tebay in the 1950's Len Clarke

Monday 27th March Hadrian's Wall Anton Hodge

*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*

### Healthy Tips

January is the time for new year resolutions so how about stopping smoking? Stopping smoking is the biggest thing you can do to improve your health. You reduce your risk of high blood pressure, stroke and heart attack as well as having an improved sense of taste and smell, increased energy levels and easier breathing. You will also save money!

Evidence shows that you are more likely to stop smoking for good if you get the right support. The NHS provides free help through its Helpline & stopsmoking groups and one to one support.

NHS smoking Helpline 0800 1690169 offers the following services:

- Friendly practical advice & support on smoking and giving up.
- Details of your local NHS Stop Smoking Service
- Free information packs.
- Advice on Nicotine Replacement therapy (eg gum & patches) and help to get this medication on prescription

You can also visit [www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk) for further information or see your GP, practice nurse or health visitor.

Fiona Sim, Health Visitor, Shap Surgery

### How do I detect head lice?

1. The best way to detect head lice is by wet combing. This involves conditioning, combing the hair with a fine metal tooth comb, then checking the comb for lice.
2. Once you've found a living louse, remember to check the whole family for infection, not just the children.
3. By using wet combing regularly you can pick up on infection early, treat immediately and help protect your family.
4. If lice persist see your pharmacist, Health Visitor or GP for further treatment.
5. Bug busting kits are available from Shap Medical practice on prescription. Please give 2 days notice
6. Information leaflets are available from the surgery, school or playgroup.

### School 100 Club Winners

18/11/05	J Barnett	2/12/05	Andrea Benson
17/12/05	Jean Wildish	30/12/05	Melanie Crisp

### Youth Club/Playgroup/Sports Hall Lottery Winners

#### **2nd December**

£100 Edna Slack  
£50 Doris Taylor  
£15 Geoff Fisher (Junior)

#### **30th December**

£100 Patsy Newsome  
£50 Gladys Mason  
£15 Laura Horrocks

If you would like to join ring 716484

### **PLAYGROUP COFFEE MORNING**

**FRIDAY  
10th FEBRUARY  
MEMORIAL HALL  
8.45 - 11 am**

**CAKE STALL RAFFLE  
ETC.  
EVERYONE WELCOME**

### **ST MICHAEL'S SHROVE TUESDAY**

**FAMILY SOCIAL**

**28th FEBRUARY  
6 - 8 pm**

**MEMORIAL  
HALL**



### **Highlights Rural Touring events at Shap Memorial Hall**

Jack Drum Arts  
presents

#### **The Tale of Robin Hood**

With good King Richard away on the umpteenth crusade fighting the Axis of Evil, not-so-merry England groans under the tyrannical heel of his evil brother bad Prince John and his sidekick, the Sheriff of Nottingham. Only one man can stand up for freedom, and that is Robin Hood. From his hiding place deep in Sherwood Forest he sallies forth to rob the rich and give to the poor. But when Robin falls in love with Maid Marian, the sheriff gets a posse and rides out of town.....A pantomime for children and adults alike.

**Friday 10<sup>th</sup> March  
7.00pm**

Adult: £6 Concession: £4.50 Family: £17.50  
Tel 01931 716273

#### **The Sixth Wife**

In this fast-moving and entertaining play Katherine Parr tells her story.

**Friday 21<sup>st</sup> April  
7.30pm**

ticket prices as above

Heather and Anne Burton are leaving Shap after 56 years. They are moving to Penrith, but will continue to do funeral arrangements.

They may be contacted by telephone 01768 892999, mobile 07760 424479 or by Joyce Lucas: 01931 716676

## VILLAGE DIARY

### FEBRUARY

Friday 10th	8.45 am	Playgroup Coffee Morning	Memorial Hall
Wednesday 22nd	7.30 pm	Cameo Group	Bampton Church Hall
Thursday 23rd	2.00 pm	Wasdale Service	
Monday 27th	7.30 pm	History Society	Green Room
Tuesday 28th	6.00 pm	Shove Tuesday Social	Memorial Hall

### MARCH

Friday 10th	7.00 pm	Robin Hood	Memorial Hall
Monday 27th	7.30 pm	History Society	Green Room
Wednesday 29th	7.30 pm	Cameo Group	Bampton Church Hall

### Claiming Dates 2006

April 21st	The Sixth Wife - Highlights Rural Touring
May 21st	Car Boot Sale
June 2nd	Vicar's Auction
July 4th	Village Service and Gala
July 23rd	Open Gardens
August 5th	Garden Party
August 26th	Flower show
September 10th	Car Boot Sale
September 29th	Barn Dance

### SHAP PLAYGROUP

Have you made a new years resolution to support your local playgroup?

Shap Playgroup Ofsted registered. **WE NEED YOU**

	9.15 - 11.15 am	1.15 - 3.15 pm
Monday	3 - 5 years only Playleader Supervision	Family Session 0 - 5 years
Tuesday	Family Session 0 - 5 years	3 - 5 years only Playleader Supervision
Wednesday	Family Session 0 - 5 years	Baby Session 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday
Thursday		Family Session 0 - 5 years

Open to all 0 - 5 years

Prices: 9 months - 1 year £1  
1 - 3 years £2  
3 - 5 years £2. 70 Child is able to be left under the supervision of the Playleader

Call in and book your place or ring Glenis Furness 07763 941396

- Thanks to Shap Mothers Union for organising the Jesus Birthday Celebration.
- Playgroup Table Top sale new date to be arranged watch posters for details.
- Coffee Morning Friday 10th February

## CHURCH NEWS

**METHODIST CHURCH - now meets in Walkers Coffee Shop**  
**Morning Service 10.30 am** every Sunday

### ROMAN CATHOLIC CHURCH

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

### ST MICHAEL'S CHURCH

**Parish Eucharist 11.00 am** Every Sunday except Family Service

**Children's /family service 11.00 am** First Sunday of month

**Holy Communion 8.30 am** Wed and on major Festival days

**Morning Prayer 8.30 am** Tues and Fri

**February 23rd 2.00 pm** Wasdale service

**28th 6.00 - 8.00 pm** Shrove Tuesday Family Social

**March 1st Ash Wednesday 10.00 am** service for the day

**3rd Women's World Day of Prayer Service 2.00 pm** St. Michael's

Theme "Signs of the Times" prepared by women of South Africa.

Speaker: Kath Richardson. All welcome

**12th Stations of the Cross 6.00 pm in Hall** an exciting presentation by

Rev Brian Mcgorrian from Brough church

**26th Mothering Sunday 11.00 am** Service for the day and gifts of flowers

### St. Michael's Sunday Club

Meeting every Sunday at 15 Church St. Shap 10 am. The new programme is now available and children of all ages are welcome. Just turn up.

**'START' An hour** a week of looking at faith in our life journey .. in a light hearted way with Carole .. during Lent every Thursday morning beginning March 2nd. See posters for venue and time.

**SCISSORS CLUB** after half term 3.15 pm each Wednesday

this time .. puppets 6 - 7 years in Shap School

**There will be a Confirmation Service on May 28th** at St Michael's.

Anyone interested, adults or children see me.

### **Cameo meeting in Bampton Church Hall**

Wed 22nd Feb 7.30 pm - Bill Martindale - Tales of the Western Front  
Open meeting all welcome (men and women)

Wed 29th March 7.30 pm Cameo Group Meeting