

## SHAP MEDICAL PRACTICE

Peggy Nut Croft, Shap, Penrith Cumbria CA10 3LW  
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

### Protected Learning Time for Staff Development Wednesday 15th June & Thursday 14th July

The surgery will be closed during the afternoon and the CMOC system will cover from 1.00 - 5.00 pm

**IN AN EMERGENCY CONTACT CMOC ON 03000 247 247**

### Telephoning for Results

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

### Ordering medication

In addition to handing in repeat prescriptions at the Surgery you can now order medication on our website, just go to

[www.shapmedicalpractice.co.uk](http://www.shapmedicalpractice.co.uk)

You must still allow 2 full working days notice. Thank you

### We have changed the look of our website!



Our new website contains much more information, together with a news area which is kept up to date with information regarding our opening times.

For your convenience you can also order repeat prescriptions and cancel appointments through the website which we think you will find easy to use.

[www.shapmedicalpractice.co.uk](http://www.shapmedicalpractice.co.uk)

**PLEASE NOTE:** If you have been ordering your repeat prescriptions through our old website, you will need to log on to the new look website and re-do your order form and then click on the "send" request. Please delete the old link from your 'favourites'.

We apologise for any inconvenience caused but hope you will see the information we can now provide through the new website will be beneficial to you.

### Are you going abroad this summer?

#### Do you need any travel vaccinations?

If so, can we remind you to plan ahead. We require 4 – 8 weeks notice as some types of vaccinations require more than 1 vaccination to be given over a period of weeks.

Please call in to reception and ask for a travel questionnaire form or log onto [www.shapmedicalpractice.co.uk](http://www.shapmedicalpractice.co.uk) and click on travel information (bottom right hand corner of the home page) where there is a form that you can complete and send via the internet.

Thank-you

This morning, as I write, we are having one of those brief glimpses of the sun from the grey of the last few days. Despite the clouds, the view from our manse over the fells has been striking and surprising in its beauty. Given half a chance I would have been out with my camera each and every day, trying to capture something of the daily change. I found that as the sun broke through the small gaps in the cloud, it lit up a different part of the view, offering new highlights, focusing the eye on colours and features that might otherwise have been missed.

I often find that no two days are the same even if the sun does not put in an appearance. Some days "the hills have been stolen" as my son might say, nothing to be seen. On other days individual hills have gone, or some are greyer than others. And then some days the whole view is lit up by the brightest sun, offering an array of colours to capture the eye. Fells that took shape thousands of years ago, standing firm over that time, and yet each day they are different, but each day they are striking in their difference.

I also find that sometimes life seems to be shrouded by grey clouds and mist, making it seem dull and uninviting, yet when we stand still for two minutes we grasp a glimpse of the light and beauty that is in all life. When we let that light shine, when we focus on the places in our lives where it is shining, then we see something of the immense beauty that is within and around all of us, sometimes we just don't feel like it is there.

For me Christ offers us a light that shines into the darkest, greyest parts of our lives. It is a light that seeks out the beauty, it is a light that can actually bring out beauty where we may be struggling to see it. We are all different, no two of us the same, just as each days scene from my window was different, yet in that difference the light of Christ shines even stronger, showing the beauty that is in all of us. The light of Christ is there for all, may it shine in your life this summer.

*Phil*

Rev. P. Jackson



### '100 years ago' - from The Herald - May & June 1911

May - Cold & wet first half, then fine.

The Vicar embroiled all month with Mr. Richard Winster of Rocklands, Shap, by letters to the Editor. The Vicar sees him as a quibbler who only comes to church on Vestry-day to make trouble.

Sarah Webster, Shap, blind drunk, taken home by two bobbies, one on each side of her, 12<sup>th</sup> April - 2/6 costs.

A Liverpool chauffeur walked 5 miles south to a telegraph office when his car broke down on Shap Fells. On return to it, he found someone had pinched his employers' wife's coat from it. This was on 7<sup>th</sup> April. The coat was found thrown over a wall near Brinns. By May, the thief was in Court, a young Scotsman, cold and depressed at the time of the theft - 2 weeks & hard labour walking north.

Mr Glessall has 4 pigs at the Workhouse - he's sold two for its funds. The Matron is underpaid; Miss Noble backed her try for a rise, but the vote went 10-4 against as 'too few inmates now' to warrant it.

Shap UDC noted an illicit doss house is now in Dent's Row, Shap.

In Shap Workhouse, late May, 16; 177 tramps through in second half of May; late May 1910, 179.

Died at Quincy, Mass, USA, 29<sup>th</sup> April, Benjamin Johnstone, son of Sarah and the late Frank Langhorne of Shap, 46.

June - Fine & warm first half, then wetter.

George V's Coronation was on Thursday 22<sup>nd</sup>

West Ward RDC is to build a living-van for its steamroller's driver; and is to repaint all its fingerposts.

The Workhouse has 16 residents and had 145 tramps in early June.

Shap Lawn Tennis Club, in doldrums since 1909, has revived; has over 30 active members.

Cricket - Penrith 157 for 7 declared, Shap 48 for 9; Tebay 80, Shap 41; Shap 190, Lowther 48 for 6.

Married in Shap Church, 1<sup>st</sup>, Thomas, eldest son of Fred Obank, 'Cypress' Thackley, Bradford, to Annie Priscilla, only daughter of Joshua Woodcock, Shap.

Gaoled 21 days and hard labour for conning 2 pairs of boots (total worth 30/-) from Mr. John Carrick's boot-shop, Shap, 5<sup>th</sup> June, was John James Woof of Coatflatt Mill, Orton. Tried at Shap Police court.

Wanted, a girl, aged 18 - 20, for farmhouse, able to wash - Miss Langley, Brinns, Shap.

*Jeremy Godwin*

### *Ceilidh*

TO RAISE FUNDS FOR LOWTHER PRESCHOOL

At Great Strickland Village Hall With popular local Ceilidh band "REUNION"

FRIDAY 8th JULY 7.30pm

£5 in advance or £6 on the night Under 16s free

FULL BAR TILL MIDNIGHT

FOOD AVAILABLE TO BUY

FOR TICKETS CALL JENNY 01931 712104

*Ruth and Tricia*

*would like to invite past pupils and parents of Shap School to join them for a 'retirement do'.*

*It will be in the School Hall on  
Wednesday 20th July from 7pm to 9pm.  
It would be lovely to see you there.*

SHAP C E PRIMARY SCHOOL  
ADMISSION TO SHAP SCHOOL NURSERY

JANUARY 2012

If your child was **born** between  
**1st September 2008 and 31st December 2008**  
they are eligible to receive **free nursery education**  
**from January 2012.**

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 23rd September 2011

**Sessions will be allocated according to date of application**

Application form/further information is available from:  
Mrs Sarah Caton (School Administrator)  
Shap CE Primary School  
Shap Penrith Cumbria CA10 3NL  
Tel: 01931 716274

### Shap CE Primary School - Dogs on the school field

It has come to our attention that dog walkers are continuing to exercise their dogs off the lead across the top part of the school playing field. Whilst we realise this is a public right of way, we would request that walkers keep to the route across the top and that **all dogs are kept on their leads whilst in the playing field**. This ensures the safety of our pupils which I'm sure you will agree is of paramount importance. **Please make sure you also clean up after your dog.**

We thank you for your co-operation and hope that you understand our concerns.  
Lois Whittaker

Head Teacher

**The Parish Council has received reports of dog owners picking up their dog's mess but then discarding the bag with the mess in - will all dog owners please dispose of the mess correctly by placing it in a bin.**

### PLAYGROUP NEEDS YOU

to come to the **Monday and Thursday afternoons sessions - use it or lose it !**

#### 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

(Child able to be left under the supervision of Playleader)

9 mths - 1 year £1.10    1 - 3 years £2.20    3 - 5 years £3.00

Tea/coffee 60p

Call in for more details we will be happy to see you,

tel: 07505879297

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

### PLAYGROUP SUMMER SESSIONS (during school holidays)

Monday and Thursday mornings 10 - 12

Starting Monday 25th July

### YOUTH CLUB/PLAYGROUP/NEW YOUTH CENTRE PROJECT

#### LOTTERY WINNERS

**18th March**

**15th April**

**13th May**

**£100**

**Joan Whitehead**

**Lisa Bindloss**

**Sheila MacMillan**

**£40**

**Lisa Millican    £30**

**Angela Huddart    Molly Charlton**

**You've got to be in it to win it!**

**If you would like to try and win £100 please ring**

**Glenis Furness 716484 for a number**

Thanks to all who have helped at Youth Club this time, without your help there wouldn't be a Youth Club- it is very much appreciated. We are winding down for summer now but I hope to see you all again in September. *Glenis*

### 100 Club Winners

**March winners:** Mrs Boustead and Mrs Barnett.

**April winners:** Laila Carruthers, Deborah Poulson and Janet Mallinson.

"If anyone is interested in joining the 100 club, where the prize is £100 every two weeks, can they please contact Sarah Caton at the school - 01931 716274

**The Friends of Shap School, parents and pupils** would like to thank everyone who helped out at or came and supported us at **the Big Breakfast and Easter Fair**. Special thanks to our local butchers for providing the meat and donating prizes and to Natalie Brass for providing the rolls.

**We would also like to thank the Kings Arms** for hosting a **cheese and wine evening** with proceeds very kindly donated to our cause.

### Eden Access For All Forum

There are books which will tell you the hidden places, the secret gems, of Cumbria and the Eden Valley. Whether it's the earliest patchwork in England, at Levens Hall just south of Kendal, or the Loki Stone at Kirkby Stephen.

Based in Penrith, the Eden Access For All Forum may well be classed a 'hidden gem'. For the past 20 years or more, this group of local people, disabled and able-bodied, have worked closely with local authorities and Eden District Council to improve the lives of disabled people throughout the area. Meeting every couple of months, dealing with transport, housing, access to services and general disability rights and issues, the group have been successful in many ways, such as advising on the installation of dropped kerbs throughout Penrith and being heavily involved in the re-design of the local Morrison's. The Forum regularly undertakes surveys in the major towns, monitoring their shops' accessibility. The group also assists individuals, giving advice and support where needed.

This is where you come in. Despite being called the 'Eden' Access For All Forum, we have struggled over the years to bring in people from outside Penrith, and therefore we may miss some of the issues which are important to you and your area. We are extremely keen to hear from people outside Penrith, and for people in the wider Eden community to join the Forum, to help build on past successes and make it truly the Eden Access For All Forum. If you are interested, or have any issues you feel we can help with, please contact us in the first instance on [edenaccessforum@hotmail.co.uk](mailto:edenaccessforum@hotmail.co.uk). Alternatively, the Eden Access For All Forum can be contacted via the Access and Diversity Officer at Eden District Council on 01768 212268.

### Shap Swimming Pool

Preparations are well under way for the opening of the pool ready for half term. This year we have been fortunate to have Cumbria Probation helping to clean the pool and car park.

Thanks to Shap Sports Hall Committee for their donation towards the running costs of the pool.

This year we have seen a significant rise on utility rates, filling the pool alone costs almost £700! We have not increased season ticket costs this year. If anyone would like to volunteer their time with helping in the shop, please pop into the pool or catch Karen Edmondson outside school.

This year we are looking for anyone who would like to run the pumphouse in the future. Please come to see Claire in the newsagents or at the pool, no experience needed (honestly!)

**Shap's Got Talent coming soon!**

**Look out for posters.**

**SHAP PARISH COUNCIL**  
Councillors' Names and Addresses. May 2011

<i>Name</i>	<i>Address</i>	<i>Telephone</i>
Mrs Jean Jackson Chairman	The Hermitage, Shap, Penrith, Cumbria CA10 3LX	01931 716671
Mrs Adele Bindloss	Saddle Crag, Kiln Side, Shap, Penrith, Cumbria CA10 3NW	01931 716415
Miss Natalie Brass	Fair View, Shap, Penrith, Cumbria CA10 3PH	
Mr Edward Hodgson	5, Oak Tree Close, Shap, Penrith, Cumbria CA10 3PR	01931 716619
Mr William (Sean) Jones	Meresyke Cottage, Shap, Penrith Cumbria CA10 3LY	
Mr David Mallinson	Derwent House, Shap, Penrith, Cumbria CA10 3LX	01931 716518
Mr Derrick Newsome	Beech House, Shap, Penrith Cumbria CA10 3NH	01931 716795
Mr Alan Sowerby	9, Croft Avenue, Shap, Penrith, Cumbria CA10 3NR	01931 716574
Mr Will Warburg	Toathmain Garth, Bampton, Penrith, Cumbria CA10 2QZ	01931 713317
Mr Maurice Weightman	Rosgill Hall, Rosgill, Penrith, Cumbria CA10 2QX	01931 716248
Clerk Mrs Jean Scott-Smith	Gale View, Main Street, Shap Penrith Cumbria CA10 3NH	01931 716743 (01931 716386)
<b><u>COUNTY AND DISTRICT COUNCILLORS</u></b>		
Mr Neil Hughes	District Councillor	4 Croft End, Bampton, Penrith, Cumbria CA10 2RS Email: neil.hughes@eden.gov.uk
Mr Tom Lowther	County Councillor	Whitbysteads, Askham Penrith Tel: 01931 712284 Email: tom.a.lowther@googlemail. com

**Cumbria Wildlife Trust's High Fell Project**

Add your voice to Cumbria Wildlife Trust's High Fell project. Cumbria Wildlife Trust is looking for people to help tell the story of the Lake District 's high fells and bring alive the history of the iconic landscape and its wildlife. The Trust is exploring the changes to our landscape through the High Fell - The Cumbria Landscape Story project by recording the memories of those of you who have lived and worked in the area since World War Two.

Funded by the Heritage Lottery Fund, the project is looking for people to interview from all walks of life - from hill farmers, landowners, game keepers and graziers to former rangers, foresters, dry-stone wallers, naturalists, fell walkers, runners, local artists or simply people who have lived in the area for the last 50 to 60 years.

High Fell project officer Sarah Johnson says, "Everyone has a unique story and experiences to share. People 's memories of everyday events are just as important as historical documents and books in telling us about how the landscape and its wildlife has changed." The recordings will be used to create a series of podcasts to complement walks in the high fells area. The podcasts will also be available on an interactive website alongside excerpts from other recorded interviews and imagery reflecting the landscape changes. A countywide exhibition of the project's findings is planned for next year.

Sarah continues, "The history of the high fells is all around us, in local people's living memories and experiences. The first-hand accounts of people who've lived and worked in the Lake District are vital to understanding how the changes have influenced the landscape, wildlife and people's way of life."

Would you like to participate, or know someone with a good story to tell? Then please contact Sarah Johnson, on: 01539 816 305 or

[sarahj@cumbriawildlifetrust.org.uk](mailto:sarahj@cumbriawildlifetrust.org.uk)

For further information, please contact Lucy Graham, Marketing and Events Officer, on 01539 816300



PREPARE FOR THE TOUGHEST  
10K and 10 MILE EVENTS ON EARTH.  
Total Warrior brings you Super 10 Weekend  
at Shap Abbey Farm  
6th and 7th August

The Total Warrior challenges are not your standard trail runs. The Total Warrior team has worked with ex-military personnel to bring you the ultimate test of strength, stamina, agility and mental determination.

The unforgiving Lake District terrain along with our specially designed hardcore obstacles, will mean success is about survival and not speed. So forget about breaking records and bring everything you have to cross the finish line to become a TOTAL WARRIOR!

For information go to <http://www.totalwarrior.co.uk/events.php>

### 6 May 2011 Emergency Rescue

This morning a vigilant Rebecca Haslam heard a squawking in the cattle grid on the Wet Sleddale Road. Closer inspection revealed seven tiny mallard ducklings at the bottom of the four foot deep pit. The mother duck was close by with her one remaining chick.

A search was made for a fishing net and a call was made to Eden Animal Rescue. Meanwhile Rebecca, with help, had managed to rescue five ducklings before Eden Animal Rescue arrived to finish the job.

A most successful result. Well done Rebecca.

### Bungee Jump for Hydrotherpy Pool at Sandgate School Kendal

Thank you to all who sponsored Angus or Kimberley in their recent jump for the above charity.

Although Kimberley screamed all the way down & hated every second of it, and Angus was disappointed it wasn't a longer drop they managed to raise £450.00 between them.

A great result. Thank you for your generosity.

### Farm Walks - Conservation on a Family Farm

#### Sandwick Farm - How traditional breeds fit in with modern farming on an upland Pennine farm – Sunday 5th June, 1.30pm

Sandwick Farm is an upland stock rearing farm in the Pennine AONB. Our main aim is to produce breeding stock to sell on to other farms. The farm was recently entered into Higher Level Scheme, where we receive payments for restoration of woodland and preserving other environmental features. During the 2km walk, traditional breeds of cattle, sheep and pigs can be seen along with the diverse flora and fauna also with panoramic views of the Eden Valley. Dogs welcome on leads: Grid reference: NY634341.

#### Traditional Hay Meadows at Kiln mire – Thursday 30th June, 6.30pm

Kiln mire is situated on the Northern edge of the Howgill Fells and is about ¼ mile from the pretty village of Ravenstonedale. It is a typical hill farm and has a flock of 300 Rough Fell Sheep. John will give a demonstration of sheep shearing and you will also have the chance to see our lovely herb rich hay meadows, of which three are Cumbria Wildlife Sites. Sorry no dogs. Booking required: Contact the farm on 015396 23603 or Friends of the Lake District on 01539 720788.

N.B.Walks can be challenging due to terrain so please check before arriving if you have wheelchairs or push chairs. For all walks it is advisable to bring waterproofs, walking boots or wellingtons. For further details contact Penny Ozanne on 01539 720788 or e-mail penny.ozanne@fld.org.uk

Shap  
Library  
01931

**CIRCUS STARS**  
THE SUMMER READING CHALLENGE  
www.circus-stars.org.uk

Cumbria  
County Council

This year's Challenge, "Circus Stars" is running in every library in Cumbria.

**Starting Saturday 16 July and running throughout the summer.**

Read 6 books and win great gifts For children up to 12 years

*Pop into Shap Library for news of events that we are planning*

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### Open Day to discuss the future of Shap Library

with Pat Godwin

Community Involvement Office (Eden) Cumbria County Council

Friday 17th June

3.30am—7.00pm

## Help to protect our red squirrels

Please report any sightings of grey squirrels (or sickly reds) to:

**Stuart Lewis - 07528 255861**

If you would like further information about us, or would like to volunteer, become a member or to make a donation please contact us:

[www.penrithredsquirrels.org.uk](http://www.penrithredsquirrels.org.uk) : [info@penrithredsquirrels.org.uk](mailto:info@penrithredsquirrels.org.uk)



Registered Charity No.1117418

## Shap Local History Society

**27th June Visit to Yanwath Hall,**

by kind invitation of Mr & Mrs D. Altham

**7.30pm at Yanwath Hall—£2 donation please for Parkinson's Society**

**25th July Visit to Sparket Mill, Hutton John**

by kind invitation of Mr & Mrs Campbell

**NUMBERS LIMITED 7.30pm at Sparket Mill—Donations to local charity**

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

*Visitors are welcome at any time, £3 per meeting.*

## VILLAGE DIARY

### JUNE

Thursday 16th 7.00pm MU Open Meeting, Cenacolo Community Green Room  
Monday 27th 7.30pm History Society Yanwath Hall

### JULY

Friday 1st 7.00pm 'Plumstruck' (musical duo) Memorial Hall  
Monday 25th 7.30pm History Society Sparket Mill

### CLAIMING DATES

Sat 27th August Village Show Memorial Hall  
Wed 7th September Line dancing resumes Memorial Hall  
Sat 24th September Harvest Supper Green Room  
Fri 30th September Macmillan Coffee morning Memorial Hall  
Fri 7th October Playgroup Soup & Sandwich Memorial Hall  
Sat 22nd October Halloween Night Memorial Hall  
Sat 26th Nov Christmas Fayre & Dominoes Memorial Hall

### Shap MU Open meeting

The Green Room  
Thursday 16<sup>th</sup> June 7.00pm  
Speaker: Diego  
From Cenacolo Community  
Raffle & Bring & Buy

All Welcome  
*Proceeds to  
Cenacolo Community*



### St Michael's Church

#### American—themed evening

Entertainment from musical duo

#### 'Plumstruck'

in Shap Memorial Hall

Friday 1<sup>st</sup> July

Food served at 7.00pm

Tickets: £8

Available from Sylvia 716619

or Jean 716671

Dance space for those who would like to take to the floor!

### St Michael's Church

Bring your Pet to our

#### Pet Service

Sunday

3rd July

11.00am

All welcome



### Shap Mother's Union

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

#### TEDDY BEARS PICNIC

Wednesday 20th July

If fine meet at Courthouse at 1.30 pm

If wet it will take place in the

Memorial Hall at 2.00 pm

### St Michael's Holiday Club

27th, 28th, 29th July in church 10am – noon. Puppet theme. Pre-school children must be accompanied by an adult. £1 registration fee per child.

PCC St Michael's, Shap would like to thank all those who supported the Pies, Peas, Pudding and Poetry event which raised **£310.59**

## CHURCH NEWS

### METHODIST CHURCH

**Morning service 10.00am** Every Sunday in 'Cream 17' Coffee Shop  
(except 10th July – village service in Memorial Hall, 10.30am)

### ST MICHAEL'S CHURCH

5th June 11.00am Let's Praise (all age worship)  
12th June 11.00am Holy Communion (Whitsuntide)  
19th June 11.00am Holy Communion (Trinity Sunday)  
26th June 11.00am Morning Praise  
3rd July 11.00am Let's Praise Pet Service (all age worship)  
10th July 10.30am Village Service in Memorial Hall  
17th July 11.00am Holy Communion  
24th July 11.00am Morning Praise  
31st July 10.30am Joint Service for St Michael's and St Patrick's at Shap

Wednesdays 10.00am Holy Communion followed by Coffee & Chat  
4th Thursday 2.00pm Wasdale – short worship followed by a chat – all welcome  
23rd June, 28th July

### Other special events in High Westmorland Parishes

Thu 2nd June 7.30pm Joint Parishes Ascension Day Service at Orton  
Sun 10th July 10.30am Joint Service with choir at Shap Memorial Hall followed by Bring & Share lunch (£2 contribution towards hall costs)

### Confirmation

At 10.30am on November 20th this year we are holding a Confirmation service. This is an opportunity for anyone who wishes either to be baptised as an adult, or to confirm the promises made for them as children, to affirm their Christian belief for themselves. It is a very moving service. If you, or anyone you know, are interested please contact Beverley Lock on 015396 24045 or Martin Dew 01931 716955 or come to Shap School at 3.30pm on 15th June.

### ST MICHAEL'S CHURCH NEEDS YOUR HELP

**Do you know that in order to keep the church open and available for community Worship, Baptisms, Weddings, and Funerals it costs £400 every week!**

*This is made up of*

*Clergy costs, Electricity and Gas, Insurance, General Maintenance costs*  
There are no central funds - all has to be raised by fundraising and donations.

At present, the costs are more than the congregation is able to raise.

#### Can you help?

This was written before the lead was stolen from the church roof-causing massive damage - which insurance does not fully cover.

The cost of this is estimated at several thousands of pounds

The need for your help has become most urgent.

**Please - can you help?**