

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

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

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



SHAP MEDICAL PRACTICE

CHRISTMAS/NEW YEAR OPENING

Shap Medical Practice will be closed from

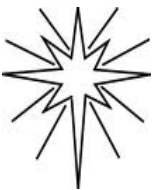
4.00pm on Christmas Eve until 8.30am on Wednesday 29th December

and from

4.00pm on New Years Eve until 8.30am on Tuesday 4th January 2011.

Please help us by sending in your repeat prescriptions one week earlier than normal.

From Orton Vicarage



It was a bitterly cold night.

Two strangers creep into the road at the end of the community.

Their clothes are dishevelled, stained by long days on the road.

They are tired, they are hungry.

They knock on the first door they come to,

“Get lost.... Its dark – we don’t answer the door after dark” comes the reply.

With heads bowed they move to the next door,

“What yer want? Its past closing time – come back in’t morning”

Again they move on and at each place they meet the same reply.

Nobody wants to know about the strangers, they have concerns enough of their own, families to feed and keep safe, a bit of sleep to grab while they can. They have no space for the outsiders tonight.

Eventually one man has compassion and lets them sleep in the shed in the back of the house.

“You can kip down there till morning but don’t draw attention to yourselves – what will the neighbours think?”

The shed is sparse, not meant for humans. It has mice even a few rats if they can squeeze in – environmental health would not be happy – but it is not meant for humans.

No matter - nobody goes poking around – nobody knows or cares – all said and done at this time of night it is away from the rest of the shivering, silent, slumbering folk – the folk who belong here. It is not a place that anybody has need of tonight.

As morning comes two becomes three and a baby’s cry pierces the frosty air. Who will go looking? – surely not there - nobody who matters lives there, must be strangers, not one of us.

So the God who created the world came into that world; a stranger.

He gave us the chance to welcome him.

He gave us the chance to find him in the unexpected places.

He gave us the chance to respond as he cries out to us in the weak, the vulnerable, the fearful and the hungry.

And He left a present for us; His peace, free to all who can open the door of their hearts to receive Him.

From Martin and myself may we wish you all a very Happy Christmas and a peaceful New Year.

Beverley Lock,



The Twelve Days of Yule



On the first day of Yule, I gave my dearest swain
 Sprigs of berried hollins from a bush at Harberwain.
 The second day of Yule, from Bampton's lonely fells
 The heard down the valley, the chimes of far off bells.
 The third day of Yule, where children's voices rang
 Down by Lyvennet side, a robin bravely sang.
 The fourth day of Yule, my dearest dear gave me
 A shepherds crook from Swindale, made from a hazel tree.
 The fifth day of Yule, we saw the Northern Lights
 Playing over Knipe Scar – greens and pearly whites.
 The sixth day of Yule, below the Kidsty Pike,
 A bright eyed fox was drinking from Randle's sparkling sike.
 The seventh day of Yule, we came down Branstree Edge
 And watched the falling waters under Hopgill bridge.
 The eighth day of Yule, a watchful heron flew
 Along the length of Riggingdale to a sanctuary it knew.
 The ninth day of Yule, when climbing up Kirkbanks
 We heard the folk in Shap church singing hymns of thanks.
 The tenth day of Yule, up on Nan Bield Pass
 A flock of Herdwicks nibbled among the sweet, short grass.
 The eleventh day of Yule, close by Winter Tarn
 We sheltered from a dark blue storm inside a weathered barn.
 The twelfth day of Yule, on Sleddale's rocky side
 My dearest dear learned that I would love him till I died.

(This is a local adaptation by Jean Scott-Smith of the poem written by Dorothy Una Ratcliffe which used Lakeland place names.)



SHAP C E PRIMARY SCHOOL

ADMISSION TO SHAP SCHOOL NURSERY

APRIL 2011

If your child was **born** between
1st January 2008 and 31st March 2008
 they are eligible to receive **free nursery education from April 2011.**

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 7 January 2011**

Sessions will be allocated according to date of application

Application forms/further information are available from:
 Mrs Sarah Caton (School Administrator)
 Shap CE Primary School
 ShapPenrithCumbriaCA10 3NL Tel: 01931 716274



Shap C Of E Primary School



On behalf of the Governors, Staff and Pupils of the school I would like to thank all those who have supported us in any way throughout 2010. I hope that many of you will have the opportunity to see one of our Pantomime or Nativity performances or to visit the Christmas Tree Festival in St Michael's.

**We wish everyone
 ' A Happy Christmas and
 a Prosperous New Year'
 Lois Whittaker, Headteacher**



**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
(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 would like to say thank you to all those who support us with the Co-op dividend through your efforts we have been able to purchase new chairs in Playgroup if you would like to support us with the dividend our number is 2512

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

1st October

£100 Hilda Mallinson
£40 Margaret Brunskill

29th October

£100 Muriel Lord
£40 Toni Chambers

**You've got to be in it to win it!
If you would like to try and win £100 please ring
Glenis Furness 716484**

Shap School 100 Club Winners

July

Sharon Stamper
Janet Wood
Anita Kerrigan

August

Pat Atkinson
Amy Milburn

September

Steve Gee
Louise Pattinson

October

Sandra Kirkby
Lisa Judson

One beautiful sunny day in summer of 2006 a European man said to me "masikati sisi"- meaning, "good afternoon sister". I was puzzled. I thought I better find out how far the man would go with this sort of greeting. I replied "maswera sei? - Meaning "how are you" And he laughed his head off, saying "I have guessed correct haven't I?" Well I had automatically guessed him correctly too by his broad accent that is just like mine. He was a fellow Zimbabwean - born and brought up in Zimbabwe. He said, "I am Zimbabwean." He went on further and said "are you just passing by" and I said, "I live here in Shap" and he said "Why Shap"? and I said "I am at home in Shap just as I was at home in my home village." He proceeded to ask me where in Zimbabwe I had come from. When I had given him the name of where I came from in Zimbabwe. He smiled and said "I know why you are here. You are indeed at home, in Shap aren't you?" This is because he had realised the similarities of the place I had been born in Zimbabwe. Shap valleys are similar to the place where I was born and brought up in Africa. I will always love Shap. Having stopped in Shap on my personal life's journey, I feel nothing but most privileged to have done so. Each place we pass on our journey has a lot of excitement and memories that they bring with them.

Having Fell House (Mango), has been a great success - it all depends how people measure their success. To my family it has been one of the most wonderful experiences to have happened to us. The people that came to stop while on their Coast to Coast walks were all incredibly beautiful and extremely happy people. They were from Canada, America, Japan, Germany, Australia to name just a few places. Once they were in Fell House we all became one family. Some of the walkers arrived at Fell House and they were absolutely worn out, asking for something to eat. In Zimbabwe whatever time of day or night people get home, you are expected to cook for the visitors and give them food happily, and it was always a pleasure to do so.

To all the people who supported and carried on supporting Mango – I LOVE YOU ALL VERY MUCH. You helped in so many different ways - I cannot forget. You all have been very kind.

Life's events in every place have formed part and parcel of our personal History. We cannot correct history. It is done and done it is. And the history is what makes us the people that we all are. We are all meant to be with one another - and it definitely is not by accident that people pass through places. It is part and parcel of God's plan - we had never planned the whole procedure. Thank you all very much for the time I lived in Shap, one of my most favourite and beautiful places on earth. You are all Blessed and Beautiful.

Leocardia Mushandu and Family

Editors Note: This is an edited version of a letter submitted for inclusion in Shap Today –to see the full version please visit Shap Community Website www.shapcumbria.org.uk

Setting Up a Credit Union Service in Eden

What are Credit Unions?

Credit Unions are community savings and loans cooperatives. They offer members the chance to save regularly and to access great value, low interest loans linked to the value of their savings. Credit unions are regulated by the Financial Services Authority and individual savings are protected by the Financial Services Compensation Scheme.

Who are Credit Unions For?

Credit Unions are open to everyone who lives or work in the areas that they serve regardless of their level of personal household income. Credit unions generally work best when people from all sections of the local community become members and commit to saving with and borrowing from their local credit union. If you want to benefit from saving on a regular basis and being able to borrow money at a low interest rate then join your local credit union today.

What are the Community Benefits of Credit Unions?

Credit Unions are financial cooperatives owned and controlled by their members and are run by and for local people. Any financial surpluses from a credit union go towards developing the credit union and / or are returned to local members through a dividend. The only shareholders are therefore the local members who use its services. Credit unions are therefore local, ethical and of benefit to local residents and the wider local community that the money is retained within.

Credit unions offer an alternative to getting into financial difficulties from taking out high interest loans from legal doorstep lenders or illegal loan sharks.

Setting Up Credit Unions in Eden

There is currently no credit union coverage in Eden, South Lakeland or most of Barrow.

A group of community volunteers is currently working to establish a credit union to cover the whole of Eden area. We are currently seeking volunteers with a wide variety of skills and attributes

If you are interested in a credit union in Eden or would like to help with setting one up in Eden, please get in touch for more information.

Mark Studholme
(01900) 607532.
07788728034

Mark.studholme@harvesthousing.org.uk

'100 years ago' - from The Herald

November

Colder, mixed. Sharp frost on Sunday 20th.

Extra holiday 27th December, by Royal Command.

General Election, December (unusual month for it).

Shap UD and RD Councils met to consider the Boys School frontage-land. it's in the Shap Inclosure Award as a public query for road use, but has never been used for this.

London says 'Sell it to the school, then' (There's an Act for this now). The UDC, mid November, quibbled further – What about the public footpath on it? Or the public urinal there? (to this last from Cllr Lewis, the Clerk replied; Oh! Put it on wheels.)

The workhouse has had 1lb of butter pared off its weekly rations, as fewer inmates there now. The Master says they need more, not less. The usual house Christmas Dinner was however agreed for the house.

Shap held its first ever Hirings, on Monday 14th. More came than jobs for, so wages were low.

Shap Public Hall has fortnightly Whist Drives, every other Wednesday evening.

Cars are increasing, as is their dust. Penrith Rural District Council refuses to tar the roads as a cure; the Editor says they're wrong on this!

December

Dull, wet, raw, December – mid January, then fine & cold.

General Election, mid December; big Liberal meeting in Shap, 4th December. (The Liberals won the election, but not in N. Westmorland).

In Shap Workhouse, early December. were 13 people; though 98 tramps (25 fewer than December 1909). All on its books in the district will get 1/- extra in Christmas week, (6d per child), for Christmas shopping. The Master in charge refused to apologise to the Board for 6 weeks, but eventually he did.

Shap Wesleyan Sunday School Anniversary; Monday 26th December, meeting 7pm, supper after (6d each).

Shap Football Club Christmas Raffle has 54 prizes.

The Shap Charities were distributed by the Churchwardens on St. Thomas's Day, 21st December.

The two councils (Urban District Council & Rural District Council) will hold a public meeting early in 1911 to discuss how Shap will celebrate the Coronation in June 1911.

A concert-party from Carlisle preceded the dance on Boxing Night for Shap's Cricket and Football Clubs.

Died, Shap, 23rd November, Archibald, husband of Mary Ann Macleod, late of Mull,55; at the Bank of Australia, Melbourne, 11th October, ill, John, eldest son of the late Mr. And Mrs. John Stubbs, Shap Wells, age not said.

To let in Shap, a house, garden, stable, coalyard, occupied by Mr. R. Winder; to be let together or separately.

Should trains be gaslit (as now), or by electricity? (Article 31st December).

Joke: Dandy, to crowded excursion carriage; Is this Noah's Ark full?

Passenger: It is, all but the ass. Come in!

All the best for Christmas & 2011

Jeremy Godwin



Shap Day Centre

Monday 6h December
Shap Memorial Hall
1.30pm

'Dick Whittington'

£1.50 admission on the door
Refreshments provided
All Welcome

Come and enjoy the fun!!

Do you need a local Shap lass?

Eden Country Care Ltd
have carers living in Shap that
can help you with, personal care,
meals, shopping, medication,
trips out and much more!

If you need a friendly and reliable,
local helper please call

**Erica now on:
017683 51888**

www.edencountrycare.co.uk

Highlights Rural Touring - at Shap Memorial Hall

NTC present
'Beauty and the Beast'
Thursday 30th December 3.30pm

A beautiful girl, a father on his uppers, an enchanted castle, a mad gallop through the forest, a deserted rose garden, a promise unkept, a classic tale, a love story. What more would you want in the middle of a long winter? This is a story you 've always known but you 'll feel you were hearing it for the first time. It 's funny, it 's sad, it 's exciting. It will warm your heart and send shivers up your spine, whether you are young or old.

Tickets: Adult £7 / Child £3.50 / Conc. £6 / Family £17
Tel 01931 716273

Cancellation

Unfortunately, the Orton Market Hall performance of **Carolling & Crumpets by John Kirkpatrick**, due to take place on Wednesday 15 December, has had to be cancelled. His two dates in Barningham and Threlkeld ARE going ahead and the booking enquiry telephone numbers are in the current Highlights brochure, or online at www.highlightsnorth.co.uk **However** There are several other Highlights Rural Touring Scheme performances in this area coming up in December:

Whapweasel - ceilidh band - Melmerby Village Hall
Saturday 4 December 7.30pm - 01768 881291 for details.

Landermaison - folk singers/musicians - Dufton Village Hall
Saturday 11 December 7.30pm - 01768 352902 for details.

SHAP COMMUNITY DEVELOPMENT CENTRE

We wish all our learners a Happy Christmas and Peaceful New Year
Courses for the New Year

FREE one to one IT sessions for Beginners

Qualifications—starting in January

NOCN Award in ICT –Word Processing, Spreadsheets, Internet & Email Thu 1830 –2030

BCS Level1/Level2 IT User (formerly ECDL) -Mon 1830 – 2130

Non Qualification courses

Intro to IT - Thu 20th Jan 1330 - 1530 5 wks

Intro to Internet & Email - Thu 3rd Mar 1330 - 1530 5 wks

Managing files and folders on your computer - Sat 19th Feb 0930 - 1230 1 day

Creating Labels and Mail merge—Sat 26th March 0930 - 1230 1 day

Web Design for Improvers—Wed 12th Jan 1900 - 2100 6 wks

Spanish for Beginners - Mon or Thu evening (to be confirmed) 10 sessions

Creative Writing - Thu 13th Jan 1030 - 1230 10 sessions

Make a Felt Handbag - Friday 4th March 0915 – 1515 1day

Nuno Felt - Sat 26th March 1000 - 1600 1day

We are currently planning dates for the courses below—please let us know if you are interested or would like further information

**Art / Adobe Photoshop Elements / Desktop Publishing / Powerpoint
also the following 1 day Saturday courses**

Wire Wrapped Jewellery / Family History / History of your House

For details tel. 01931 716447 or email: cdc@shap.cumbria.sch.uk

Office Hours - Term Time Only Monday & Friday 09:30 - 12:30

The office re-opens on 7th January following Christmas Holidays

