

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 16 FEBRUARY 2011 THURSDAY 17 MARCH 2011

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



EASTER AND ROYAL WEDDING/SPRING BANK

HOLIDAY OPENING

Shap Medical Practice will be closed from 6.30pm on Thursday 21st April until 8.30am on Tuesday 26th April for the Easter Holidays.

For the Royal Wedding/Spring Bank Holiday we will be closed from 6.30pm on Thursday 28th April and will reopen on Tuesday 3rd May at 8.30am.

Please help us by sending in your repeat prescriptions by Monday 18th April.

SHAP RAMBLERS

Now the light nights are here -
why not join us for an evening ramble?
Every Tuesday - weather permitting.
See posters for details.



From Orton Vicarage

How can you have a faith when all these awful things are happening?
How can you believe in a God when he lets children die like that?
How can we?

It is hard. The scale seems so huge and to even try to answer the question is so pitiful in the face of such suffering. But wrestling with the question is what we, as human beings, do.

In a way, for me, the fact that we ask that question proves to me that there is a little bit of God in each of us.
I mean – the Bible says, “God is love, and those who live in love live in God and God lives in them” . (1 John 4: 16)

If we are no more than other animals like rabbits or wild cats or what ever, who cared only for our own survival, why would we worry what happened to the victims of natural disaster in Japan or citizens of the countries of the Middle East? It is not to our advantage in terms of survival, or even furthering the well being of our family, to care.

Instead I see people showing tremendous empathy and care for those in distress. People pray, they give of their money. Some are able to do a lot more in that they can go and work to bring relief to those who have been stricken.

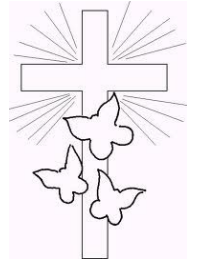
People care and when they do they express themselves; showing others the very best side of being human.

When I see this I see humans being the best they can be. This is what I recognise as the image of God in those around me and that makes me feel the whole thing is not hopeless.

It is not the whole answer. There are questions, lots of questions, we want to ask. “why” , “it’s not fair” and “how come the poor and powerless suffer more than the rich and powerful?” in the fact that we have this sense that it is not right – there is injustice here – perhaps too in these questions God is at work. If humans had never seen there was a problem – then none of our greatest achievements would ever have happened. If humans had not seen there was an injustice then we would never strive for a better world.

God wants us as partners not puppets. It is the God - sent feeling that this is “not right” that will motivate us to change things. That is our hope for a better world.

Beverley Lock,



**Friends of the Lake District & Cumbria Farmer Network
FARMING LANDSCAPES PROJECT – CALL FOR VOLUNTEERS**

The project aims to raise awareness of the connection between farming, food and the landscape and promote the use of local produce and services. We are looking for volunteers to work with farmers to put on a wide range of events that may include themed walks, activities for the whole family, 'try your hand at' events and opportunities to sample local produce. Our aim is to develop local clusters of farmers and volunteers who can provide farm events on an ongoing and sustainable basis once the project is completed. Volunteer activity can cover a variety of tasks. Volunteers can choose from, for example, undertaking risk assessments, managing an event with a farmer, providing support such as first aid (with training) and distributing publicity material. We are also looking for volunteers who would be happy to take on desk-based activities such as inputting visitor feedback data, maintaining the contact database and updating the website. If you are interested please get in contact with Penny Ozanne on 01539 720788 or penny.ozanne@fld.org.uk.

A Credit Union could be coming to a village near you!

Everyone in Eden District will shortly be getting their 'Eye on Eden' magazine together with a leaflet about setting up a Credit Union in Eden. Credit Unions are locally owned and managed savings and loan organisations which make it easy to save and, by giving small, low-interest loans, help to manage debt. They're tightly regulated by the FSA, just like banks and building societies. Credit Unions can benefit local residents, they are ethical and they help to keep local money within the community. There are over 600 Credit Unions working with and for people all over the UK. With your support there can be one here too. Eden Credit Union Study Group.

Re Bus Services

We have been advised that the following changes will be implemented as from 11th April

- The Stagecoach buses will now be numbered 106 between Kendal and Shap, then 107 between Shap and Penrith; however these wholly Stagecoach journeys will remain a 'through' service in that passengers will not need to change vehicles at Shap (the driver will just change the number on the front of the vehicle);
- Passengers will still need to change vehicles if there is a change of operator at Shap eg. from the Stagecoach 0730 depart Penrith onto the Apollo 8 bus at Shap at 0755 to Kendal;
No change to the Apollo 8 and Grand Prix journeys.

A leaflet containing these details will be posted to Cumbria County Council's website in due course. www.cumbria.gov.uk/buses

**SHAP C E PRIMARY SCHOOL
ADMISSION TO SHAP SCHOOL NURSERY**

SEPTEMBER 2011

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 23 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 COMMUNITY DEVELOPMENT CENTRE

We provide **FREE One to One IT sessions for beginners**—contact us to find out more

- Do you need computer skills for work?
 - Could computer skills help you to run your business?
 - Do you want to keep up with your children using the computer?
- If you can answer '**Yes**' to any of these questions then we have the course for you and it only costs £6!

**First Steps Introduction to IT
starts Thursday 28th April, 7 - 9pm for 5wks**

What are you doing in September?

What would you like to do?

We are currently planning our Autumn programme - if there's a course you would like to see included then please let us know as soon as possible.

**For details tel. 01931 716447 or email: cdc@shap.cumbria.sch.uk
Office Hours - Term Time Only Monday & Friday 09:30 - 12:30**

**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 AGM TUESDAY 10TH MAY

In Playgroup 7.30pm

Everyone welcome

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

21st January

£100 V Mandle

£40 Richard Tennet

18th February

£100 Mary Rainsbury

£40 Anne Dixon

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

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

Shap Today—Increase in Printing Costs

The printing cost for Shap Today has just increased again and we are considering other ways of making the magazine available.

We would be interested to hear your views on this.

Would you be able to access it via the Shap Community Website?

Would you like it emailed to you?

Would you be prepared to pick it up from a central outlet?

Do you prefer to have it delivered to your door?

Could you consider making a donation to the costs?

Please contact Janet Wood at Shap CDC, Shap Primary School

Tel 01931 716447 or email: cdc@shap.cumbria.sch.uk

Shap School - 100 Club Winners- £100 each

January

Jacqueline Reed

Mrs A Barnett

Februaray

N Brompton

Ivy Kerr

HISTORY IN HOUSES by Jean Scott-Smith

No 51 - Albion House

The house featured in this article was demolished many years ago, but it will be remembered by anyone who lived in Shap around 45 years ago.

It is seen in the centre of this photograph directly behind the horse and trap. It was situated close to the road between the Kings Arms Hotel and the South View Café, both of which may be seen in this photograph.



The architectural style indicates that it was probably early Victorian in date. It was an even-fronted house of the type a child might draw – four windows and a central front door. It is possible that it was connected in some way with the Hotel, for accommodating staff. Records show that the Lancaster and Carlisle Railway Company used Albion House as an office and base for paying wages during the construction of the railway 1844-46.

The travelling fairs used to set up in the little garth field behind the house, a much anticipated event when there were swing boats, dodgems and side shows to the delight of all ages.

The last residents of Albion House were Mr and Mrs Bowes who were both schoolteachers at the Boys School.

The reason for demolition was most likely due to its close proximity to the main road, and to allow easier access to the hotel front. At about the same time, the Kings Arms barn was converted into two dwellings, and two bungalows were built on the former garth.

The site of Albion House is now a lay-by.

LUNESDALE ARCHAEOLOGY SOCIETY

will be holding its first AGM **on** Tuesday 19th April 7.30pm

Green Room, Memorial Hall, Shap

At 8pm, following the AGM

there will be a talk by Cumbrian archaeologist, Peter Style

‘Mountains of Meaning? The significance and use of the Cumbrian mountains in the Neolithic and early Bronze Age’.

Entrance is free to LAS members, Non-members £2

All are welcome



SHAP WITH SHAP RURAL PARISH COUNCIL

ANNUAL PARISH MEETING

MONDAY, 11th APRIL 2011

at 7.30pm

Memorial Hall – Green Room

THIS IS YOUR VILLAGE

- IT IS UP TO YOU TO HAVE YOUR SAY IN ITS' FUTURE.

THIS IS YOUR MEETING - please come along and voice your concerns regarding employment, provision of facilities and services and any other issues you may have.

Representatives of outside agencies will be present to help formulate a plan for our village.

Everyone will be made most welcome.

Please see Market Cross notice board for agenda which will be available from 4th April 2011

DOG FOULING

This is still a problem throughout the village
Incidents have been reported, some seem to be repeat offences.
Please all dog walkers consider other people - bag it and bin it.

'100 years ago' - from The Herald March/April 1911

Mixed till mid March, then fine and cold.

West Ward Rural District Council set up a Committee to settle the public land dispute at the School.

Shap Agricultural Society AGM was on Wednesday 29th, 4pm, in the Greyhound Hotel – is £30 in hand (in 2011=£2400)

Wife-beating at Shap. Separation Order made by Shap Police for Mrs Kate Moore, whose husband Joseph wed her in 1900 but turned violent last year. He is a jeweller on Main Street.

Married at Oxford Terrace Baptist Church, Christchurch, NZ, 12th January, Thomas Henry, eldest son of the late Thomas Chapstow, Shap, to Edith Grace Scown, of Papanvi, Christchurch, NZ.

Died at South View Cottage , 13th March, John Forbe of Kintore in Aberdeenshire, husband of Maryanne Forbes, late of Shap, Westmorland; he was 37.

April fine but cold. A lot of cars through at Easter (9th). First swallow 17th, at Dacre.

Public meeting to consider celebrating the Coronation Saturday evening 25th March, in the Girls School after for a free tea. On Saturday 15th, its Committee Secretary (Mr. J. Rosterne, Shap) advertised for a brass band to lead the procession and play at the Sports and Ball on Coronation Day, 22nd June. The King (George V) is 46; Sir Peile Thompson's offer of 46 trees to go along the A6 south from the Greyhound Hotel (on the side without the telegraph-poles) 10 yards apart, was accepted by Shap Urban Council. Artistes from Shap helped the success of Bampton's concert, Thursday 20th, for its church heating fund.

Shap's Justices are seeking a second Vice-Chairman.

Shap Church's Easter Vestry meeting had various queries by Mr. Winter, all parried.

Shap Band of Hope's annual festival, Thursday 20th, in the Public Hall, was a concert.

Married at Holy Trinity Church, Morcambe, 8th, Joseph Hudson of East Farm, Shap, to Edith, younger daughter of John George Hudson, Shap. (Hudson to Hudson).

Died at Cape Town, March 8th, Annie Jane, wife of Walter Richards and daughter of Timothy and Annie Martin, Shap, 30; - at Hill Top, Shap, 23rd April, William Bell, 83; - at Force Beck Cottages, Shap 23rd April, Jane, wife of Thomas Burn, 79.

Jeremy Godwin

The New Rope String Band

Once seen, never forgotten: combining superb musicianship with side-splitting comic genius, the New Rope String Band are truly unique entertainers. Elements of circus, clowning, vaudeville, slapstick and sheer inspired silliness are spliced with beautiful acoustic music from various world traditions, in precision-honed yet uproarious performances that have delighted audiences from Borneo's Sarawak rainforest to the Shetland Folk Festival. Equally at home in tiny village halls or on major festival stages, these maniac minstrels are now touring again as a three-piece, mixing up long-time favourite routines with ever-evolving new material. From musical tennis to deconstructed nursery rhymes, Python-esque absurdism to pyrotechnics and live, interactive film, expect the hilariously unexpected.

"They were a revelation - I didn't expect them to be quite as incredible as they were. I couldn't believe what they were doing most of the time. It defied belief."

Bob Gibbon, Director, Orkney Folk Festival

EVERGREEN
COFFEE MORNING
SATURDAY 14TH MAY

9.30-11.30am

MEMORIAL HALL

ADMISSION 50P



to include coffee/
tea & biscuit

Usual Stalls & Raffle

Highlights Rural Touring
at
Shap Memorial Hall

NEW ROPE STRING BAND

Thursday 19th May
7.30pm

Tickets: Adult:£7.50 Conc. £6.00
Child £4 Family £17.50
Tel 01931 716273

Music and Clowning combined -
A great evening for all the family

Unfortunately 'Chuck & Albert' who
were originally booked for this date are
unable to tour at the moment. We are
very fortunate that Highlights were able
to replace them with another high calibre
act. See next page for more details.



Early Easter Fair
Saturday
2nd April

10am - 12noon
stalls, raffle, refreshments

in aid of
Shap Endowed C of E
Primary School.

All welcome.



PLAYGROUP
PUDDING
NIGHT



Thursday 7th April
7-9pm

in Shap Memorial Hall
ADULTS £4.50 including tea/coffee
CHILD £2.50 including juice



Raffle etc.

Everyone Welcome

Coffee Morning



at
WASDALE

Saturday 9th April
9:30 - 11:30am

EVERYONE WELCOME

SHAP BOWLING CLUB

The Bowling Green, Memorial Park,
Shap

OPEN DAY



Sunday 17 April 2011
2.00 to 4.30 pm

Everyone welcome

Experienced or beginners
just turn up or telephone 01931
716958 for further details

High Westmorland Parishes
Joint Fundraising Event

Ceilidh with
Reunion Band

Shap Memorial Hall
7.30pm
Saturday 21st May

Bring & Share Supper
B.Y.O.B.

Tickets:£6, Under 16s: £3
(Primary school children FREE)
Tel: 015396 24258

St Michael's Church
Garden Party

At The Hermitage
Saturday 28th May
11.00 am - 2.30pm

Cake stall Bring & Buy
Raffle
Coffees
&
Lunches



Good Friday Walk



Mark this special day by
joining our walk of witness
with short acts of worship along the way.

Meet at St Michael's at 12noon then
walk via Shap Abbey and Keld Chapel
(time for Hot Cross Buns)
and back to St Michael's.

St Michael's Church
Pies, Peas, Puddings
& Poetry



In Shap Memorial Hall
Saturday 30th April 7.00pm
Tickets: £7.50
Available from Sylvia
Tel 716619

If you would like to read a poem or to
bring one to be read out then
please do.



Poetry

VILLAGE DIARY

APRIL

Saturday 2nd	10am –12	Easter Fair	School Hall
Thursday 7th	7-9pm	Pudding Night	Memorial Hall
Saturday 9th	9.30-11.30am	Coffee Morning	Wasdale
Monday 11th	7.30pm	Annual Parish Meeting	Green Room
Monday 18th	7.30pm	History Society AGM	Green Room
Tuesday 19th	7.30pm	Archaeology Society	Green Room
Thursday 21st	12.00pm	Maundy Thursday	St Michael's
		Meditation and shared lunch	
Friday 22nd	12 noon	Good Friday Walk	St Michael's

MAY

Tuesday 10th	7.30pm	Playgroup AGM	Playgroup
Saturday 14th	9.30-11.30am	Evergreen Coffee Morning	Memorial Hall
Monday 16th	7.30pm	History Society	Green Room
Thursday 19th	2.00pm	Mothers Union	Lyndene
Thursday 19th	7.30pm	New Rope String Band	Memorial Hall
Saturday 21st	7.30pm	Ceilidh	Memorial Hall

CLAIMING DATES

Friday 1st July	7.30pm	'Plumstruck' (musical duo)	Memorial Hall
Sat 27th August		Village Show	Memorial Hall
Sat 24th September	7.00pm	Harvest Supper	Green Room
Sat 26th November		Christmas Fayre & Dominoes	Memorial Hall

Shap Local History Society

Monday 18th April Tenth Anniversary Celebration
Short AGM, Talk on recent finds at Vindolanda
followed by wine and light refreshments

Monday 16th May Pub Signs and tales of Cumbrian Inns - Diana Stewart

*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.*

From the Parish Registers - 2010 Baptisms

2nd May Lydia Elizabeth Cross
Faye Katherine Sampson

19th September Noah Robert Bowness

7th November Demi-Lee Olatunde

The above entries were missed from those listed in the last issue of Shap Today. Please accept our apologies.

CHURCH NEWS

METHODIST CHURCH

Morning service 10.00am Every Sunday in 'Cream 17' Coffee Shop
(except April 3rd Mothering Sunday – joint service at St



Michael's)

ST MICHAEL'S CHURCH

3rd April	11.00am	Mothering Sunday Service
10th April	11.00am	Holy Communion
17th April	11.00am	Palm Sunday Service with Holy Communion?
21st April	12.00pm	Mothers Union, a time of meditation and reflection followed by simple shared lunch – all welcome
	6.00pm	Maundy Thursday Sedar Meal at Bampton
22nd April	1200-3.00pm	Good Friday walk
23rd April	6.00pm	Service of Light
24th April	11.00am	Easter Day – Family Communion
1st May	11.00am	Let's Praise (all age worship)
8th May	11.00am	Holy Communion
15th May	11.00am	Holy Communion
22nd May	11.00am	Morning Praise
29th May	10.30am	Joint Service for St Michael's and St Patrick's at Shap
Wednesdays	10.00am	Holy Communion followed by Coffee & Chat (Please note no service Wed. 27th April)
4th Thursday	2.00pm	Wasdale – short worship followed by a chat – all welcome 28th April, 26th May

Other special events in High Westmorland Parishes

9th April – Orton - Farmers Market & Coffee Morning in Church
30th April - 1st May - Tebay - Exhibition in Church
14th May - Orton - Farmers Market & Coffee Morning in Church
21st May - Ceilidh at Shap
28th May - Garden Party at The Hermitage, Shap
28th - 30th May - Orton Church - 'Childhood' Exhibition

Advance notice - St Michael's Holiday Club 27th, 28th, 29th July 10-12

PCC St Michael's

would like to thank all those who supported the Pancake event which raised £127 and the Mothers Union coffee morning which raised £113 for church funds.

Yes, we all remember it well!

Following the recent publication of the photograph of Shap J.C. Club party in the Herald, many spoke of their happy memories, it seems impossible that it is 25 years ago!

Jean Scott-Smith was in contact with Joan and Len Barham who now live in Bathgate near Edinburgh; and they were delighted to know former J. C. members had such happy memories of the club, and they remembered everyone.