

Village POST

Connecting Bridekirk, Dovenby, Gilcrux and Tallentire



**We know
the area, the people,
the news.
We strive to support
the community and
celebrate the joys of
village life!**

Happy Easter to all our readers and advertisers!

Happy Easter!

From the team at Village Post!

Marjory Thompson Village Post editor
email: editor@villagepost.uk tel: 07836 371035



As if by a touch of Hogwarts magic, Jack 'Harry Potter' Robinson has become our front page star two editions in a row. This is thanks to mum Helen who took some wonderful spring shots in the sun with hosts of golden daffodils around. Goes perfectly with our colourful daffodil masthead for April. See the World Book Day picture gallery on pages 10/11. Some wonderful costumes from our young village readers. Jack was seven on New Year's Day. He lives at Seaview, Tallentire and is in Year 2 at Bridekirk Dovenby School. Magic picture indeed!

Village Post is written FOR and BY local residents. It is delivered free through your door six times a year and aims to be the 'Go To' place for local and community information.

Dates for delivery of your 2025 editions are:

June 27 May-2 June
August 29 July-3 Aug
October 26-30 Sep
December 28 Nov-1 Dec

We know the area, the people, the news.
We strive to support the community and celebrate the joys of village life!

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The VP team

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Tribute to a true gentleman

Arthur Waterhouse

'Arthur was kind, generous, and had rather a rum sense of humour, and was always a good listener. He is greatly missed.'

Arthur Waterhouse, who sadly passed away in January at the age of 91, had lived in Bridekirk for 55 years. He and his wife Fay (who passed away in 2013) had moved to the area for Arthur's job.

Arthur was born in Glossop, Derbyshire on 8 April 1933 and grew up in the same area, attending Glossop Grammar School. He excelled at maths and sciences and was a keen footballer, playing regularly for the school's 1st team. He also enjoyed playing pool, but almost succumbed to carbon monoxide poisoning when playing at his local club at the age of 15. Thankfully, he was rescued by his cousin.

After school, Arthur went on to university in Manchester, studying electrical engineering. During his degree, his father passed away and Arthur supported his mother and four younger siblings by taking on holiday jobs such as furniture haulage, farm work and factory work. After graduating, he started a two year apprenticeship in electrical engineering and followed this with two years of National Service in the RAF. Whilst stationed on the Isle of Man, Arthur played football for the RAF Jurby team, which won the Isle of Man FA Cup in 1956 against St. George's from Douglas, winning 4-0 in front of a crowd of 3,300 (the only time RAF Jurby ever won the Cup)!

In the late 1950s, Arthur travelled abroad with friends several times, by motorbike or car, visiting France, Belgium, Spain, Germany and Italy. He had to cope with breakdowns on both sides of the channel.

Arthur worked at ICI in Manchester and Billingham in the north-east. During a holiday to Torquay, whilst at a dance he met Fay, who was also on holiday. They started courting when they returned home and married on 5 October

1963 in County Durham and lived in Norton, until they moved to Cumbria in 1968 for Arthur's job at Ectona Fibres in Siddick. They lived in Whitehaven, until Fay found some land in Bridekirk on which to build a unique bungalow which Arthur designed and helped to build.

Arthur, Fay and new baby Susan moved into the nearly finished bungalow, Ridgfield, in late 1969. Janet came along in 1971.

Over the years, Arthur enjoyed a variety of DIY projects in his purpose-built workshop. Even in his late 80s he re-tiled the roof over three summers, rebuilt part of the roadside drystone wall and planted a new hedge. He also, at the age of 90, did many jobs to help with the creation of the sensory garden at

Bridekirk Dovenby School. He was a VIP guest at the opening of the garden in June 2023 (pictured left on the cover of Village Post).

Throughout his long life, Arthur liked to keep active and believed in mental and physical wellbeing. He solved problems by thinking outside the box, and was very practical and tenacious. Arthur was kind, generous, and had rather a rum sense of humour, and was always a good listener.

He is greatly missed.

Janet and Susan Waterhouse



Pictures from the top - Arthur the golfer, in the RAF and as a graduate



Arthur and Fay on their wedding day in 1963 and (below) on holiday in America



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I would like to introduce myself, Sienna Thurlow, as the newest member of Pure Touch Beauty, Sienna@charmednailsart. I'm fully qualified within the beauty industry and specialise in nails. Some of you might recognise me from being here doing work experience from college. I'm available for bookings now, working everyday except Sundays and Mondays. I'm competent in all types of nails - gel, hard gel, BIAB and nail art.

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GARDENING WITH MEREDYTH

APRIL

As I write this the weather is stunning. Cold, sunny and great gardening weather. Having said that, provide protection for newly planted trees and shrubs. Plant evergreen trees and shrubs and tie in the new shoots of climbers. Give grey leaved shrubs a trim so that they stay bushy. Spray roses against black spot and divide perennials whist staking tall ones. Pot up or transplant homegrown seedlings and sow annual climbers and grasses. Deadhead our valiant daffodils as well as hoeing out weeds. Sow or lay turf for new lawns and feed the established ones. Sow outdoor tomatoes and plant vegetables outdoors. Plant summer flowering bulbs and sow sweet peas. Glass of wine as reward?
In bloom: clematis, grape hyacinth, iris, pieris, tulips, lily of the valley



With thanks to RHS Gardening Year and Gardeners' Year Calendar

MAY

This is the Lake District - we can still get late frosts so protect any vulnerable plants. Prune spring flowering shrubs including clematis montana when finished flowering. Trim box and formal hedging and continue taking cuttings from herbaceous perennials. Plant out dahlias towards end of May (I love dahlias)! Protect plants from slugs and snails and clear out spring bedding to make way for summer bedding. Thin out annuals and mow the lawns every week. Sow and plant out tender vegetables and continue their successional sowing. Remove frost protection May/June. Greenhouses should be well ventilated as we hope for warmer weather and put tender plants outside. Sow or turf new lawns and finish planting evergreen shrubs. Keep an eye out for pests. Sow biennials for next year's spring bedding.
In bloom: azalea, potentilla, viburnum, forget-me-not, bleeding heart, ceanothus, geranium and rhododendron



Good Day / Bad Day

Jackie Wilkinson
 Village Post
 nutritionist



I am a collector of pencils. It started at junior school and never stopped. All of them get used and when they're so short I can't grip them in the pencil sharpener or the last repeat of the pattern, I mount them on fabric for posterity and my amusement. A lovely friend of mine bought me some positive pencils for Christmas. The first one I'm using says, "Today's gonna be a good day!" Leaving aside the grating Americanism, this is a great sentiment. Or is it? Do we have good days and bad days? Perhaps you've thought, "Oh it's one of those days." Or are all days a really a mixture of good and bad? When it comes to what we eat and drink, a slip up can lead to the thought that you're having a bad day, so now it's spoiled it doesn't matter what else you eat ... so it gets worse. This is a downward spiral it's best not to get onto. What about a little reset and eating something good after something bad? In truth, we live not in whole days, but in moments. Each moment is new and full of potential. And every time you choose what to put in your mouth, it's a new moment, a new opportunity to nurture and care for your body with good things.

Top tip – Have more good moments



OUR GARDEN DESIGNS, PLANTING SCHEMES, GARDEN MAKEOVERS AND GARDEN RESTORATION ARE ALL ABOUT SENSITIVITY TO PLACE, BIODIVERSITY AND SUSTAINABILITY. WE'VE BEEN MAKING GARDENS TOGETHER FOR OVER 30 YEARS AND WE'RE BASED IN GILCRUX.



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Gilcrux Village Hall & Educational Trust

After a busy few weeks in your village hall hosting our January “Pub Nights” which were very well attended and our ever popular “Lunch Club” and lots of general housekeeping going on behind the scenes, we are now geared up for the many parties and celebrations booked.

With Lunch Club being so well attended we have decided to extend the season so there will be an April get together and we will resume in September rather than October. We are always looking for volunteers to help at this great social occasion so please let me know if you are. We are a friendly group and it’s a great way to get to know your neighbours. Or if you would like to join us as a guest you would also be more than welcome.

Our next community event will be a celebration for the 80th anniversary of VE day on 11 May. We will be hosting “Sports Day” on the village green followed by “Afternoon Tea” with everyone welcome but must be pre-booked (*see the poster on the right for all the details*).

The Educational Grant arm of our charity is always open for applications. Applying is quite straight forward and open for consideration. Recent grants awarded have been to a young man towards his educational school trip to the battle fields, Moorforge towards the further development of their long-house and the Gilcrux social badminton group

GVH&ET are always looking for new committee members or volunteer helpers to assist with the running of the hall so please get in touch or pop along to our next meeting which is on 24 April at 6.30 pm where we can give you a brief idea of how we operate before our meeting. You will be very welcome. **Helen Johnston 016973 21895 or helj@talktalk.net**

May 11th 2025



To celebrate 80 years since VE day we are hosting Afternoon Tea |
£6.50 per person which must be pre-booked
3.00 pm in the village hall

“Sports Day”



1.00 pm – 2.30 pm

Please let me know if you would like to register to take part
Prizes for everyone taking part!
A bit of fun and games on the village green
The bar will be open and bacon butties will be available with tea and coffee
helj@talktalk.net or 016973 21895

GILCRUX & DISTRICT SOCIAL FUND SPRING TRIP

Monday 5 May

Join us on our next trip
to RAVENGLASS, then
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more details



Meet new Gilcrux Parish Councillor Tina Murphy

I have retired after working for the British Council for 37 years.

I was lucky enough to live in South Africa, Tanzania and Uganda, as well as visiting the Middle East, South & East Asia and Europe.

My last post was as Director Operations for a Strategic Business Unit within the organisation.

I relocated to Gilcrux with my partner, Tim, three and a half years ago. I’m the Gilcrux representative on the Tallentire Wind Farm Fund and a member of the Gilcrux Crafters Group. I wanted to join the Parish Council because I love living here. I want to support the community that has been so welcoming to my family and to help the village to continue to flourish. It really is a special place to live.



Social & Junior Badminton



Every Tuesday evening

Juniors: 6.30-7.30pm

Adults: 7.30-9.00pm

Gilcrux Village Hall, CA7 2QD

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All equipment can be provided.

Any queries, please call or text
07767 788475

Inn from the cold

With the support of ‘Warm Spot’ funding from Cumbria Community Foundation, the Gilcrux & District Social Fund continues to organise monthly coffee mornings held in the warm and welcoming village pub, The Mason’s Arms.

Hal and Andy opened their doors on February 13 to once again greet people from Gilcrux and the surrounding area. As usual, the roaring fire helped create a relaxing atmosphere which was conducive to everyone socialising and enjoying the opportunity to meet others. In total, on that cold winter’s morning, 57 people enjoyed refreshments, homemade cakes, good company, good conversation and good humour.

At the previous coffee morning each attendee had been asked to complete a simple feedback form to guide and shape how we move forward. We took note of insightful suggestions and, at the same time, were delighted to read that there was an overwhelming satisfaction with ‘the warmth of everyone’ and the ‘welcoming and happy atmosphere’ and that ‘everything is just perfect as it is....you’re doing just fine’.

In Swedish ‘Fika’ is translated as a coffee and cake break. But, in reality, it means so much more - consciously making time for friends and neighbours, stopping to talk and listen to others. Fika means taking a pause to invest in our own wellbeing. Hopefully we were all able to feel a little bit Swedish that morning.

At this coffee morning we were pleased to welcome Sarah Hammond from Rural Wheels who was on hand to offer information regarding this unique rural transport scheme which is available for those living in villages such as Gilcrux with no bus service. Rural Wheels works alongside the Voluntary Social Car Scheme. Both are funded by Cumberland Council with passengers paying a contribution towards the cost of transport. If you would like more information from Sarah, she can be contacted on 01228 226430.

MEREDYTH meets

Markus Campbell- Savours MP



Our MP Markus Campbell-Savours is a delight to interview. The time flew by!

He was born in Whitehaven Hospital 44 years ago. The family lived in Workington for two years and then moved to Keswick. He attended Braithwaite Primary School and then went on to Keswick School.

One of three boys, he wasn't the most studious schoolboy and left school without the A-levels his parents would have liked. However, he 'came to' and later completed an engineering HND at Salford University.

Markus really wanted to go into audio and video broadcasting but couldn't find any companies recruiting at the time. Eventually, armed with a copy of the London yellow pages, he sent more than 100 letters and CVs to electrical engineering companies. Luckily, he got one response and secured an apprenticeship as an electrician.

In the meantime, his brother Dylan, who had Hodgkins Lymphoma, needed a bone marrow transplant. Markus was a match, donated, but sadly Dylan died. This has had a profound effect on all the family.

Whilst working as an electrical contracts manager for a company in Marylebone, he returned to his studies completing a BSc in financial economics at Birkbeck College, University of London.

Politically active

After the war in Iraq, which Markus disagreed with, he became politically active. He joined the Labour party, where there were diverse views on the conflict. Markus felt the United Nations were being undermined along with the international rules-based order.

In London, Markus became very politically active, campaigning for affordable housing and cleaner air. Pining for the fells of his youth, Markus felt London wasn't the place to bring up two young children, so he returned permanently with his wife (also a Keswick girl) and his son and daughter to Keswick in 2017.

Here he worked with project management apprentices based in Workington for two years with Gen2.

In 2019, he was elected to represent his home town on Keswick Town Council and also on Allerdale Borough Council.

He became part of the campaign against the proliferation of holiday lets and he fought against the closure and for the rebuild of the Keswick Leisure Centre.

In 2022, Markus was elected to the new Cumberland Council and he sat on the executive as the portfolio holder for Public Health and Adult Social Care.

In answer to my question 'how has your life changed since you were elected as our MP?' Markus was very frank. From day one of being elected he was getting about 100 emails a day without any office help. He had to interview possible staff, select, then let them work out their resignation obligations before starting.

He was then sat down by the Parliamentary protection staff and told of the dangers now presented to him and his family. This is in stark contrast with Markus's experiences as a youth.

As a boy Markus would sit in with his father Dale in his 'surgeries' - his father being the MP for Workington. In those days constituents could arrive without appointment and see their MP with little concern for the MP's safety. Now parliament authorities insist on members not advertising their whereabouts and exact times and to have close protection officers in place to help them.

Sadly, following the deaths of Jo Cox and David Amess, all constituents must register and be checked before attending MP surgeries.

Markus is sad that politics has become so divisive in his lifetime. Despite this, he has spoken out in parliament against some of the Labour Party legislation. He has one of the largest rural constituencies in the country and more farms than every other Labour MP.

Sadly, across the country (and our area is no different), wealthy people have bought up land to avoid paying taxes. Markus knows the difference between these wealthy tax avoiders and hard-working Cumbrian farmers who have worked the land for generations. He is totally behind them and hopes for more emphasis on buying British and food security.

Priorities

His priorities are to get some Northern sense into a Southern centred parliament. All rural issues including the need for better bus services and more staff in our local hospitals that are very stretched at present.

Markus does have spare moments and he loves music, playing the guitar, eating curries, going out and he obviously likes people.

**I consider that we are very lucky to have this thoughtful, compassionate man as our MP.
Markus - I salute you!**



Governor's chat

Hello and Happy Easter!

Well, finally, we had the visit from Ofsted. The staff have worked so hard and for such a long time to show the evidence why our school is so great and the report recognised this. The Inspector spoke so warmly of the ethos of the school and was extremely impressed by the pupils, the staff and all who contribute to life at at Bridekirk Dovenby School.



As reported in the last issue, the school is working towards the Superkind Award. You'll see an article here by two of the Year 6 Newshounds addressing YOU the readers and how we can all be consciously kinder. I expect smiling acts of courtesy to be evident in all our villages after this! The Sensory garden is coming into leaf now and Sue Waterhouse has been in again to start up new planting and seeding. The garden is available to the public at weekends so do pop in and enjoy this peaceful sanctuary.

SILVANA HEWITT

Guitar lessons update



In guitar lessons, we are doing "Top Gun". We do a routine.

First, we get our guitars tuned and then we practice notes. After that we start practising songs.

I personally recommend that people start doing guitar lessons but if you don't want to do guitar you could do saxophone lessons.

Our new school library is fab!

The library is a calm environment where there is a selection of books to choose from.

You can take a book and sit down on a beanbag. It used to be a cramped computer room but now it has transformed into a library with a green floor and white walls and loads of book shelves full of books. We also use it to store our computers and do some lessons.

Library Club is a fun club that encourages younger children to read for pleasure, run by supportive Year 5s and 6s and staff. One of the members of the library club said, "I like the library because it is a calm space where people can come to find a book."

By Harriet



We are Super Kind. What about you? Why should you be Superkind?

Because it's important to treat people like how you want to be treated. And if you're kind to people, they will be kind to you back. Now don't you want to be kind?

What a good world it would be if everyone would be kinder. Here are some suggestions if you want to be kind:

- use your good manners
- say kind things to people
- offer your seat to people if they need it
- open the door for someone
- let your smile be contagious
- don't drop litter
- work with Mother Nature

Your act of kindness may be small to you but bigger to someone else!



Ski trip 2025



This year, the ski trip took place in Artisina, in the beautiful Italian Alps. Years 5 and 6 from our school joined 120 pupils from 37 Cumbrian schools so there were opportunities to make new friends, learn to ski and grow in confidence and independence.

Staff and pupil reports during the trip confirmed they all had great fun!

"Sunny and clear weather today," said one staff member. "All the children are having a great time. Many have used a chairlift for the first time. We're going bum-boarding later and having hot chocolate this evening. Last night, DJ Lomas shared some tunes which were enjoyed by all."

Mrs Fish reports that the pupils skiing ability is astounding this year with some tremendous athletes.

Max from Year 6 said: "The ski trip is wonderful! The food is great, the instructors are kind and helpful and the beds are very warm."

"The bus trip to Edinburgh was long and gave us time to gather our thoughts. After eating our packed breakfasts and getting on the plane, we set off to Turin - a beautiful sunrise over the alps was enough to make you exclaim the trip was wonderful. I really recommend it!"

Ofsted report overwhelmingly positive

“Our Ofsted Inspection report has finally been released and can be read on the School or Ofsted website”, says Head Teacher Julia Fish (right).

“After waiting for over 14 years, since our previous inspection, we were pleased and relieved to receive a very positive report.

“I’m incredibly grateful to all the staff, the governors and to the children and parents at Bridekirk School for consistently working hard to ensure that we are ‘the best that we can be’. Gaining four outstanding judgements certainly acknowledges that this is the case!”



If you would like to come and see our fantastic school, our next Open Days are scheduled for Friday 6 and Saturday 7 June. There will be an advert for these in the next issue of Village Post.

Julia Fish

Pupils thrive here. They are happy!

The opening paragraph of the report states that...

Pupils thrive here. They are proud ambassadors for their school.

They exhibit the compassion and exceptional manners that are modelled by staff.

Pupils, including those with special educational needs and/or disabilities (SEND), consistently rise to and realise the high aspirations that the school has for their achievement and conduct.

They extend a warm welcome to new arrivals at the school.

Pupils here are happy.

Dance Club



At Bridekirk Dovenby School some students in P5 run a dance club for the younger pupils on a Monday.

The staff are currently working hard to complete an Easter performance for the rest of the school.

Effie, one of the staff, says: “Dance club is a very fun activity for the little ones.

“It is a physical activity to enjoy in a calm environment where they can learn to express themselves with their friends.”

We (Gabriella and Dinah who are writing this) enjoy dance club and go there every Monday.

We love helping the little ones learn to dance.

Dance club has already done a winter performance and has progressed a lot since the first session and we are very proud of the children who attend.

Thank you for reading.

Dinah and Gabriella

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JOIN our FOBDS

Friends Of Bridekirk Dovenby school

Everyone Welcome

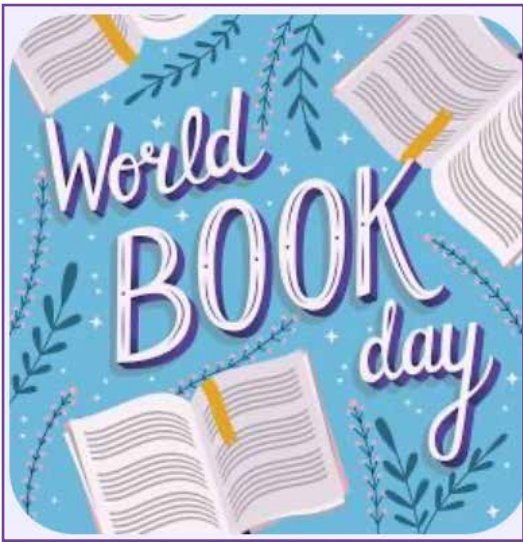
Volunteers needed

We are the Friends of Bridekirk Dovenby School and our main aim is to fundraise to benefit the pupils of our school. Every year we support different projects within school and run events which are fun for families and the community. The committee is made up of parents and staff. Everyone is welcome to join us!

- Follow our Facebook page to find out meeting information & upcoming events.
- It shows all the great things we do to help our school

COME FOR A CHAT & SHARE YOUR IDEAS

For more information please contact admin@bridekirkdovenby.cumbria.sch.uk



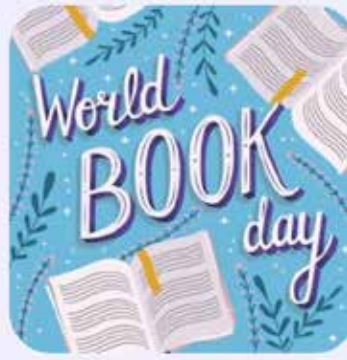
Above: Gilcrux brothers Tom (an Egyptian Pharaoh) and Will Green (a Roman gladiator) from Horrible Histories
Below: Jessica Faulder from Gilcrux celebrating Gerald the Giraffe who can't dance!



Above: Joanna Litt of Greengill Farm as Cloudy the Racing Shetland
Below: Bridekirk Dovenby pupils Felix (as Ronaldo), Jude (Billionaire Boy) and Roman (The Bat) Battye



Thu, 6 Mar 2025



Above: Hannah Bland, a reception pupil at Bridekirk Dovenby School, as Alice in Wonderland



Right: Lilly Rayson from Tallentire as Little Old Lady from A Squash and a Squeeze



Above: Jonty Hind from Castle Guards Farm in Bridekirk as the Highway Rat

Below: Rex and Xander Hamilton from Tallentire as Peter Rabbit and a Springbok

Below: Ellie Strong from Bridekirk as Elsa from Frozen



Above: Grace Litt of Greengill Farm as Little Pearl



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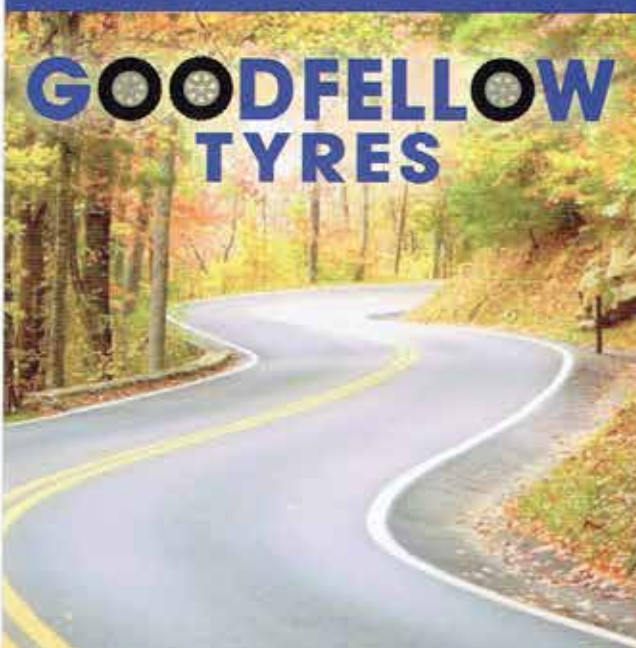
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Home grown cooking with Annette Spring delights

ANNETTE GIBBONS is well known for her wonderful cooking. A former Cumbria Woman of the Year, she hosted her own Border TV series "Home Grown". Annette has taught nutrition and cooking, run her own cookery school and organised 'Cumbria on a Plate' gourmet tours.

At springtime I love to be able to cut fresh herbs to increase vitamin content and colour in dishes. A few pots by the kitchen door can provide a wealth of flavours to enhance cooking.

Being prepared in advance when feeding family and friends helps to give more time to enjoy the food itself as well as the company.

Both of these recipes can be made the day before and freeze well. Another advantage is that both are gluten and dairy free for when you're cooking for a crowd. The Felafels are spicy with cayenne or chilli flakes and the Chicken balls have a bright lemony kick.

Serve them hot or room temperature with a cucumber and yogurt salad, a green leafy salad and crusty bread.

Chicken Balls

- 250g chicken mince
- 1 onion grated
- teaspoon of ground cumin, turmeric, ground coriander
- 1 scrubbed lemon, finely grated rind and juice
- 1 tablespoon finely chopped parsley
- 2 tablespoons ground almonds (or gluten free flour)

Mix all ingredients together in a large bowl. Take spoonfuls and shape into balls. Leave them to stand for 15 minutes before baking in a hot oven, air fryer or fry. They take about ten minutes or less to cook depending on their size. Turn once during cooking until crispy. I sometimes make tiny balls to eat as a snack.



Felafels

- 250g cooked chickpeas (2 tins drained)
- Small onion finely chopped or grated
- 1 clove garlic (or more!)
- 1 tablespoon finely chopped parsley
- 1 tablespoon finely chopped fresh coriander
- tip of a teaspoon cayenne pepper (or more if you like the heat)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- half teaspoon ground cardamom
- flat teaspoon baking powder
- 1 tablespoon ground almonds
- Sesame seeds

Drain the chickpeas. In a large bowl or food processor place all the ingredients except the sesame seeds. Blitz by pulsing the mix so that it isn't a completely smooth. Some of the chickpeas can stay whole. Take spoonfuls and shape into the palm of your hands, roll in the sesame seeds and leave to stand until ready to cook. Cook in a hot air fryer for less than ten minutes. Can also be fried or oven roasted.

Christian Aid Week 2025 May 11-17

This year marks the 80th anniversary of the founding of Christian Aid, the charity that the Gilcrux community has supported so magnificently for several decades.

Christian Aid's groundbreaking work began in 1945 to help refugees in the aftermath of the Second World War.

For the last 80 years it has worked with its local partners to provide humanitarian relief and long term development support for poor communities worldwide, whilst also

highlighting suffering, tackling injustice and championing people's rights.

It works in 37 countries with people of all faiths and none, to stand up for dignity, equality and justice and to bring lasting change to some of the poorest communities of the world.

Poverty is a crime against humanity. It robs people of their dignity and lets injustice thrive. Christian Aid works to expose this outrage throughout the world, to help in practical ways to end it, and to challenge and change the structures that favour the rich and powerful, over the poor and marginalised.



The theme for 2025 is to ask the UK government to take action on Climate Change and make polluters pay for this crisis, and to introduce new debt justice laws to help pull people out of poverty.

None of this vital campaigning would be possible without us. Through our support, it is hope that has united us, and as tragic events continue to unfold around the world, we need the power of hope now, more than ever.

Last year, together as a village, we donated the incredible sum of £735. To mark this amazing 80th anniversary, I'm urging the residents of Gilcrux to stand together in solidarity with those less fortunate than ourselves, and to give as generously as they can. My hope is to hit a target of £800 and, with your help, I'm certain we can do it. As always, I look forward to catching up with old friends and meeting new residents in Gilcrux, as I visit your homes to collect donations during Christian Aid Week.

Geraldine Baxter
Christian Aid collector for Gilcrux

You're hired Roman Quigley!

Huge congratulations to M-Sport apprentice Roman Quigley who came out on top in the Gen2 Apprenticeship Challenge.

Contested as part of National Apprenticeship Week, the competition saw 47 teams from across Cumbria compete in the creation of an economically sustainable business.

Roman's six-strong team capitalised on a growing passion for home cooking - creating a 'grow your own chillies' pot to further encourage the use of home-grown produce.

The pots were then sent to local primary schools for children to decorate - adding a unique and personal element to each individual product.

Starting with just a £40 set-up, Roman and his business-savvy colleagues generated a profit of £600 - all of which went to



M-Sport in Dovenby is rightly proud of apprentice Roman Quigley (above).

His top team of apprentices not only won their challenge but raised money for charity and saw their business idea become a reality.

Growing Well West Cumbria, a mental health recovery charity who took on their idea.

Assessed on the validity of their business proposal alongside a pitch and website, Roman and his team came out on top as the best young entrepreneurs Cumbria has to offer.

Well done Roman!

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Happy birthday to
Rev Roy who will be
70 on April 17

Rev Roy's Easter Ramblings

I've recently spent some time gardening and walking around the local countryside and it is always a wonderful experience seeing how the new life of spring awakens the joy in one's heart. Spring is a real reminder of how beautiful change can be, and with buds on the trees, lambs in the fields and lighter evenings comes a new spirit of optimism. Spring and Easter are times of the year I've always enjoyed. Spring because of the new life and Easter because of my faith in the Risen Christ. But also from a small child it has always been a time of family get-togethers.

When I was a child, we lived in Birmingham, but all our roots were in the Potteries 'Stoke on Trent'. So, every Easter we used to 'go up to Stoke', to visit our grandparents, aunts, uncles and cousins. It was always a wonderful time. On the Saturday we would all go to my grandparents (Mom's side of the family) for a slap-up afternoon tea. I often wondered how they fitted 12 adults and numerous cousins around the table? Then on Easter Sunday it was off to church in the morning, then to my Dad's



Rev Roy with the aptly named rambling rector rose

side of the family for a big Sunday lunch, always lamb. After lunch my brothers and me would be given Easter Eggs, if we were well behaved, which of course we were! We've tried to continue to have Easter as a family time, and as we are a Christian family a time of worship and praise. So, enjoy the new life spring endows on the world, and enjoy family time together. But however you spend your time, may it be a special time for you. I wish you all a peaceful and joyful Easter!
Reverend Roy



How fair will your Easter be this year?



It is estimated that cocoa farmers produce around five million tonnes of cocoa beans a year. By far the largest production is in the southern hemisphere - in countries such as Côte d'Ivoire and Ghana. Europe is the leading processor of cocoa beans - using them to make cocoa mass, cocoa butter, cocoa powder, chocolate or other cocoa products. Sadly the average wage of a cocoa farmer is \$1 per day, not enough to cover their basic needs. Also consider that farmers in these countries have contributed the least to the climate emergency but are having to face its worst effects. Choosing Fairtrade Easter eggs will help these farmers earn a fairer wage which in turn will allow them to provide for their families. Finding an ethically sourced Easter egg is easier then ever.

Check out this link <https://www.fairtrade.org.uk/media-centre/blog/fairtrade-easter-eggs/> or scan the QR code



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ST. BRIDGET'S, BRIDEKIRK

People of hope and love

Have you ever wondered why the church gathers? Perhaps you've pondered, 'What's going on?' or 'What's the point? What difference does it make?' Or perhaps something draws you to the place but you haven't yet discovered why.

Christians find the answer to these questions in this season of Easter.

1 Peter 1:3 speaks of praise to God for a living hope.

When Peter wrote these words, the people were suffering grief in all kinds of trials, Peter points them to a living hope that can be found because of Easter.

And we are not talking about chocolate bunnies and Easter eggs. Yes, these are things we readily recognise at Easter, but these symbols are there to remind us of the real meaning of Easter - new life, new hope, because when Jesus rose from the dead, our future was secured.

Because of Easter, we are promised a future that utterly exceeds our current experience and even our wildest longings. The Church offers a place of hope, where a gathered community meets and supports one another.

The resurrection of Jesus Christ is the cornerstone of the Christian faith. It signifies the ultimate triumph over death and the promise of eternal life. This victory is not just a historical event but a present reality that transforms lives and communities. When the church gathers, it celebrates this profound truth.

Each congregation, like St. Brigid's, provides a sanctuary where people can find solace, encouragement, and a sense of belonging. The act of gathering is an expression of faith in action. It is where individuals come together to worship, to learn, to grow, and to support each other through the various seasons of life.

Whatever season you are in, you will always find a warm welcome at St. Brigid's. God bless,

Revd Christina Brentnall

Services at St. Brigid's Church, Bridekirk

Children's Church is available during the 11am services.

April

- 6: Holy Communion (11am)
- 13: Palm Sunday - Morning Worship (11am)
- 20: Easter Sunday - Holy Communion (11am)
- 27: Morning Worship (11am)

May

- 4: Holy Communion (11am)
- 11: Morning Worship (11am)
- 18: Holy Communion (11am)
- 25: Morning Worship (11am)

Additional Services:

- Good Friday: April 18 (1-3pm)
- 1pm All Age Service followed by refreshments then 2pm Stations of the Cross. Join us for some or all of this service.



BRIDEKIRK FRIENDSHIP GROUP

St Brigid's Church room, Bridekirk

10:30 - 12:00

We offer a warm and friendly place for people who are in need of friendship to meet others for a chat over a cup of tea, coffee and home baked cakes each Monday morning.

Why not drop in anytime in the morning, for as long or as little time as you feel comfortable. You will always find a warm welcome from our volunteers.

£3 per person

EVERY MONDAY MORNING

(EXCEPT BANK HOLIDAYS)

Are you feeling lonely or isolated?

Why not come along and meet the team. We love to meet new people.

St. Aidan's All Age also meets at 3pm every Sunday at Bridekirk

Find us on:-

Facebook

www.facebook.com/stbridgetsbridekirk

Instagram

www.instagram.com/stbridgetsbridekirk/

email

bridekirk_church@grasmoormc.church

JUMP YOUTH GROUP

J E S U S U S E M Y P O T E N T I A L

DATE	ACTIVITY / TOPIC
6 April 7-8.30pm	Christ Church Rooms, Cockermouth Activity & Bible Based – The Last Supper / Easter
27 April 7-8.30pm	Bushcraft <i>Please wear old clothing, sturdy trainers, and bring a coat, gloves & hat</i> Derwent Hill Outdoor Education, Portinscale Postcode: CA12 5RD- Driveway on the right just past the Derwentwater Hotel
18 May 7-8.30pm	Youth for Christ Session on Pixar Film 'Finding Nemo' Christ Church Rooms, Cockermouth
1 June 5.30-7.30pm	Kayaking and Canoeing on Derwentwater <i>Please wrap up warm, wear sturdy trainers and while no plans to go "in" the water please bring a towel and change of clothes and footwear just in case.</i> Meet at Derwent Water Marina at 17:30. Postcode: CA12 5RF- Turn off the A66 at Portinscale, follow road round past the cafe and 100Yds on your left, turn off into the marina. Registration required – please do not just turn up

Are you aged 11-18? If you are, why not come and join us.

The new JUMP programme for Spring/Summer is out. We usually meet 7-8.30pm on Sunday evenings at Christ Church Rooms on South Street in Cockermouth.

But also in the summer we can be found out and about.

We use 'Youth For Christ' resources to provide a variety of components to our sessions: biblical teaching, a group game and activity, there's video content, prompts to chat, reflect, create, and a challenge for our young people to take away into the week.

The aim is to help our young people live wisely in the world today.

Email jumpyouthgroup@gmail.com or contact Christina on 01900 824526 for more information.

Or just pop along to one of our sessions.



Baby & Toddler Club



ST. BRIDGET'S, BRIDEKIRK
People of hope and love

Toys & Refreshments provided

Please bring your own travel mug/lid



Date - Starting - Thursday 8th December

Time - 1-3pm. Every week

Place - St Bridget's Church, Bridekirk.

EVERYONE WELCOME

An opportunity to share time and a chat with other families whilst the children play together.

 [stbridgetsbridekirk](https://www.instagram.com/stbridgetsbridekirk)

 [stbridgetsbridekirk](https://www.facebook.com/stbridgetsbridekirk)

 <https://cockermouthareachurches.church/st-bridgets-bridekirk/>

Join our team!

Perhaps you would like to volunteer to join our helper rota?

For more information contact us :  bridekirk_church@icloud.com




USEFUL NUMBERS— — — — —

Medical and Support Services

Cumbria Health on Call (CHOC)	111
NHS Direct	111
Castlegate and Derwent Surgery	01900 705350
West St Health Centre Wigton	01697 320209
West Cumberland Hospital (Whitehaven)	01946 693181
Cumberland Infirmary (Carlisle)	01228 523444
Workington Community Hospital	01900 705000

Dentists

Derwent Dental Care	01900 82 4111
St Helen's Dental	01900 826210
Goodwins Dental Care	01900 823467

Pharmacies

Allisons	01900 822292
Boots (C/mouth)	01900 823160
Boots (Aspatria)	01697 320236

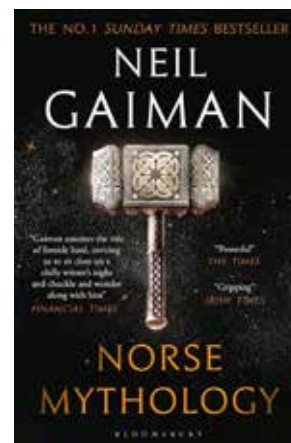
Vets

Millcroft (Cockermouth)	01900 826666
Millcroft (Wigton)	01697 323898

Other

Non Emergency Police	101
Electricity power cut query	105
United Utilities	0345 672 3723
Samaritans	116 123 (free)
Domestic Violence Support	07712 117 986
RSPCA	01946 693585
Age UK (West Cumbria)	01229 779711
Cockermouth Emergency Response Group (CERG)	07852 599794
Citizens' Advice Bureau	01900 604735
Cumberland Council	0300 373 3730
Cockermouth Library	01900 822634
Aspatria Library	07557 499129

Norse Mythology by Neil Gaiman



Thanks to a shy Dovenby book-loving teenager for this book review ...

This book is very informative about the Norse Myths involving Odin, Thor, Loki and Freya.

Some people might be familiar with these characters from watching Marvel films. The myths are explained in an easily understandable and interesting way.

My favourite myth in the book is titled 'Ragnarok the final destiny of the Gods', which is about how Loki and his army almost destroy the Norse gods, with only a few remaining.



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By popular demand ...



Teddy's dog blog

Hello Humans and Doggy Dudes!

It's Teddy Edward your Rover reporter here, back on duty for the April edition of the Village Post.

First things first, I think it's high time that our wonderful Editor heard a bit of news from some other pets. So please can we have some articles from any potty parrots, curious cats, or even a ticklish tortoise? Get those paws or claws busy tapping on the keyboard and send them in, along with a picture or two.

Spring has sprung, but no-one seems to have told the cold wind that keeps blowing icicles through my curly coat, even on the lovely day that you can see in the photographs. After walking through the daffodils and croci (try saying that after taking a slurp or two from the dog bowl), I realised that my paws were in desperate need of a warm.



Thankfully Daddy's posh new coat had been kindly left out for me on the back seat of the car. Just for the avoidance of doubt, the back seat is MY bit of the car - OK? He got frightfully excited when I helpfully applied a bit of claw scabble action to get it re-arranged into a much more comfortable bed and somewhere handy to dry my bits on. Lovely jubbly!

Mummy then had to intervene and politely but firmly reminded him that, as our chauffeur, he just needs to keep his eyes on the road and leave me to do exactly what I like. Simples.

Mums are just the best aren't they, so don't forget it is Mothers' Day on March 30 will you? I'm sure that double licks and snuggles will go down very well.

Next on our agenda was a splendid trip to Doggy City Central, known to the less well informed as Keswick.

We went to see a huge circle of massive great boulders that someone had planted in the middle of a field ages and ages ago. I had a good read of the information board and established that they clearly hadn't grown much since.

Along with a few other doggy dude visitors, we got busy and applied plenty of liquid fertiliser to them, and we are going to monitor closely to see if we have helped at all. If you haven't been to Castlerigg the views are absolutely spectacular, so go and take a look.

That's all for now, so see you when I'm on my rounds, with a poo bag always to hand.



*Love, Teddy Edward,
your Rover Reporter*

Carol McAdam of Tallentire is appealing for villagers to help!

"Himalayan Balsam is a totally invasive plant species which I saw appearing more and more in the ditches in our verges around the village last year," she says. "It's all over the place to be honest. It's illegal to grow it and it should be removed. The problem is it's very pretty but takes over large areas very quickly and our beautiful native grasses and wild flowers disappear. I passionately pull it up when I see it. It's easy to identify and easy to pull up. I'd love it if any others felt as I do to help form little gangs to remove it when it appears.

"I regularly walk by the river at Cockermouth Castle and I pull it up throughout spring and summer as soon as I see it appearing. People have stopped me and said are you the lady that pulls it up - good job!"

Himalayan Balsam threat



St Mary's Church, Gilcrux ... update

The recent meeting in the Village Hall looked at the following areas:-

- How we fit into the regional and national 'Church Picture'
- How our service and worship patterns are altering
- Funding
- The 'Vision' from here.

Curate Matt Richards explained how our village church fits into the wider area, the diocese and then into the national Church of England. This was a good description of how money is used within the Church because many people see the church as very 'well off' and therefore should fund repairs to the building.

Services - St Mary's has recently moved from two services a month to just one. Rather than a retrograde step it has actually been a real blessing, partly because the service is at 5pm on the 2nd Sunday of the month. During the winter we have done most of the service using candlelight and this has been very intimate and atmospheric.

Previously the morning service only had congregations averaging four people. The new time has seen over a dozen people.

Funding - we have seen a good increase in the level of regular monthly giving from people in the village and would like to REALLY thank people for 'stepping up'. Whilst we are not yet 'safe' with giving versus expenditure, this is a real boost.

We also heard of where funding might be sought for the fabric of the building. A couple of villagers are looking into this. This is dependent upon different criteria depending on the goals of the particular funder. Most look to see how the building can be integrated more fully into the community.

Vision - we looked at how the building could be used better by the village and community. There were many suggestions - education, concerts, partnering with Moorforge etc. These ideas were taken away to be worked upon and developed. Some of those present expressed a desire to be part of a group that can look at this in more detail in the near future. More information sessions are planned.



Simon Astill

Anyone for cricket?

The new season will soon be upon us and I'm looking to arrange fixtures for the Bushwhackers.

Before I do however I would like an idea of who would be available so that I know whether or not we can put out a team.

For anyone who might be new to the team, we play 20/20 friendlies against other local teams home and away, usually on a Wednesday evening.

Our usual opponents are Calderbridge whose home ground is Egremont, the Lacademicals at Cockermouth School plus Isel and possibly Broughton - both of whom will share the Baggrow ground with us.

We are a mixed bunch of proper cricketers and those who have learnt on the way.

Neither age nor gender are an obstacle to selection.

When I say friendlies I mean just that. We like to win but play for fun.

Would everyone who is interested - old and new - let me know. You can PM me on Tallentire Village Life facebook or at mooreface50@gmail.com

Those already in the group can WhatsApp me.

Steve Moore



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2

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