

October 2025 | Issue 21

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!**

Village Post has come of age ... our 21st edition!

WELCOME TO EDITION 21

From the team at Village Post!

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



Iona Thwaites shares her prize-winning chocolate cake with Lottie Butterworth-Brown at Gilcrux flower and produce show

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.

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Matthew Chambers

Better than being on holiday

When they moved to Tallentire three years ago,
Ian Holdsworth and Heather Gibson
exchanged bustling urban 'herds' for the real thing!

It's just after 1 o'clock on a sweltering Thursday when the 10.03 from Penrith rolls into Euston. London feels alien after so long away - the noise, the grime, the endless stream of unfamiliar faces. My mind drifts back to a more enchanting train journey a few weeks earlier and views of Scafell as Heather and I trundled into Dalegarth on the Eskdale heritage steam train. Another world! The journey south has given me time to write a "wee story" about life in Tallentire, as requested by "M" - not (as far as we know) the head of MI6, but the Village Post's tireless editor and one of the first to welcome us when we moved here three years ago.

Tallentire felt like home from the start - it's true that people are friendlier in the north and there's a great sense of community in our village. The Bridekirk loop and Tallentire Hill have become our regular evening strolls bringing cheery encounters with fellow neighbourhood walkers and their dogs, often including illustrious VP collar-umnist and canine celebrity blogger Teddy Edward.

One moonlit evening, from the safety of our car, we had a dramatic Pamplona moment - the "Running of the Cows". A herd had escaped their field to race towards Tallentire. We were transfixed as they thundered by and then it dawned on us we'd left our garden gate open.



Would they gnash the nasturtiums? Fertilise the lawn? Go the right way round the one-way system?

When we got home later there was little sign of a bovine apocalypse - just some upturned wheelie

bins outside The Bush. Clearly, the cows had been making a break for the village watering hole!



To see mountains every day is incredible but, for me, having grown up in Dorset, it's a joy living near the sea again. When Heather and I had holidays based in Braithwaite, we hiked around the Coledale area but never explored the Solway coast. We now relish how close we are to Scotland - and how easily we can reach the Northumberland coast too.

"We live here now," we often muse, but living in Cumbria is quite different from being on holiday. Four or five peaks a week was a nice idea, but real life comes with jobs and home renovation projects.

Fortunately, the Village Facebook page is like the Hitchhiker's Guide to Tallentire. If you need a roofer or plumber, chances are someone's already recommended one.

Two years ago I volunteered as a governor at Bridekirk Dovenby School and was soon tasked with poring over school data and keeping a watchful eye on maths and music ahead of an imminent Ofsted visit.

Quick shoutout: volunteers of all kinds are always needed. As most readers probably know, Ofsted finally visited this year and the school shone.

Meanwhile, I've been continuing my own education, studying philosophy online. As I board the Tube at Euston, reacclimatising to London's pace, I'm looking forward to meeting my classmates in real life for the first time ... unless they turn out to have been philosophy bots all along.

Any regrets about moving to Tallentire? Only that we couldn't do it sooner.

THIS PLACE

Ian has expressed how he feels about living in Tallentire after moving from such a complete contrast in London.

How do YOU feel about where you live? You may always have lived here, moved from somewhere else or grown up here, lived elsewhere for many years, then come back home.

Think about what you feel about your place - whether it is your house, your village or Cumbria as a whole.

Write to us (in no more than 300 words) about your place, explaining your feelings with pictures if you can!





Gilcrux Village Hall & Educational Trust

Saturday 25th October

4.00 pm – 6.00 pm



Who would like to join us for a couple of hours of spooky fun and games?

Fancy dress optional

£3.00 per child and includes pizza and fries

Please book your place with me

016973 21895 or helj@talktalk.net

P.S For the adults fancy dress is also optional however the bar will be open!

Cheers to Mike!

It was a very happy 80th birthday on August 30 for Mike Livingstone, Taymount, Tallentire. First birthday back in the village after 31 years away.



Registered charity 500750

Sunday 7th December

1.00 pm – 4.00 pm



A Christmas wreath making work shop in the village hall, the cost is £35.00 per person and includes all materials to make your wreath, tea coffee or a sneaky mulled wine to get us in the festive spirit and some nibbles, you are more than welcome to bring along any personal embellishments you may want to include on your creation. Please bring some gardening gloves and secateurs if you have them.

And any greenery you may have from your garden.

Please let me know if you would like to join us, who wouldn't want to have their own home made wreath to welcome Friends, family and Santa!

Helen: 016973 21895 or helj@talktalk.net

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GARDENING WITH MEREDYTH

OCTOBER

Rake up fallen leaves for leaf mould. Clear up the garden and burn any diseased material. Lay turf to make new lawns. Clean fallen leaves from ponds. Finish planting evergreen shrubs.

Take hardwood cuttings from shrubs and collect any berries from trees and shrubs for sowing. Last trim for conifer hedges. Plant climbers, perennials and lily and tulip bulbs.

Lift and store dahlias (cut hollow stems back to four inches above the tuber. Turn it upside down to allow any water to drain out). Gladioli (wonderful until the high winds) and summer flowering bulbs.

Lift and divide rhubarb - been wonderful. Insulate the greenhouse and check any heaters work. Move fuchsias, argyranthemum and pelargonium into greenhouse or conservatory.

Finish planting spring bedding. Harvest any remaining apples and pears. Lift and store potatoes and carrots.

Make early sowings of broad beans and sow sweet peas under cover.

In bloom: asters, sedum, chrysanthemum



With
thanks to
RHS
Gardening
Year and
Gardeners'
Year
Calendar

NOVEMBER

Tidying for Christmas! Wash any old pots and trays. Clean out nesting boxes and put out bird food - they get really hungry. Top up bird baths if there has been little rain. Make sure your lawnmower is serviced, and check garden tools. Do not walk on frosty lawns!

Install heaters in greenhouses and also, if possible, insulate. Remove unwanted moss from steps and paths. Plant bare root trees, shrubs and roses. Protect tender and newly planted shrubs from frost wind and heavy rain. Any outside pots will need insulation, Plant fruit trees and bushes, winter prune established plants. Lift and divide rhubarb, Last chance to sort out dahlias and start of any amaryllis bulbs for Christmas! Order seed catalogues. Begin winter pruning deciduous trees and shrubs. Renovate hedges and prune glasshouse vines. Remove moss from your lawns and improve drainage by spiking using an aerator. Have a well-deserved rest!

In bloom: viburnum fragrans, winter jasmine, pyrocantha, cyclamen.



It's a (plastic) wrap

Jackie Wilkinson
Village Post
nutritionist



Modern humans love the convenience and versatility of plastic and, since we discovered we could turn oil into polymers, we've made a lot of it (450 million tonnes a year up from two million in the 1950s).

Over half becomes waste. You've probably seen images of plastic in the oceans and countryside. It harms wildlife and it harms us too.

Plastic is ubiquitous in food packaging. Obviously, fast food isn't good for your health - but neither are its wrappers and packages.

Even paper-based ones contain chemicals to repel oil, grease and water (perfluoroalkyls) which may be linked to infertility, thyroid disease, immune system depression and cancer.

Other plastics (eg BPA, bisphenol A), often used in drinks bottles and to line food tins, contain synthetic oestrogens which may affect fertility and some cancers. It was thought that the chemicals would not migrate into the food - but they do (especially when warm).

It was assumed they'd pass harmlessly through your body like fibre. Instead they can be found in almost everyone.

What about disposable coffee cups? So new, so trendy ... so unnecessary!

It's great that Cropper's in Kendal pioneered a recycling process to separate the plastic from the paper.

But the reality is that only a tiny percentage of Britain's 2.5 billion cups a year get recycled.

Far better to take your own real cup. Or have a jar of coffee or box of tea bags in the cupboard and make your own. You could save £700-1000 a year, per working daily cup.

Real food usually has far less packaging and is cooked at home in pans, not microwaved in plastic. So for superior nutrition and plastic avoidance, real food's a winner.

Top tip – Avoid plastic : eat real food

Gilcrux inaugural dog show

The sun shone on the playing fields in Gilcrux, eagerly awaiting the arrival of some gorgeous four legged friends!! Registration began at 12 noon when a multitude of shiny coats arrived, all groomed and shampooed. They were accompanied by their adorable dogs who had come along to see what the fuss was all about.

There were 12 fun classes starting with the cutest puppies. Prizes galore from Bugalugs and The Pet Hut, along with brightly coloured rosettes. All the dogs were extremely well behaved, strutting their stuff when it came to their class. Judge Sandy, who is a genuine judge at dog shows, soon showed her expertise.

The best in show was really hard! However the winner was Penny, handled by Kyle. Penny also won 2nd place in the Best Friend category and 1st in Gorgeous Girls. The reserve best in show was Elton handled by Katie.

A fantastic time was had by the owners and dogs who proudly displayed their rosettes at the end. Thanks to everyone who took part in this Gilcrux Social Fund organised event.

Final thanks from us all goes to Carolyn for organising this Canine Caper, who also conceived this plan.

Bound to become a firm favourite in the Gilcrux calendar!



Top dog Penny

Penny is a Golden Retriever, aged 6, who has lived in Gilcrux her whole life with the Scott family - Zoe, Kyle, Axl (4) and Reeva (2) (this is who she got the 2nd place Best Friend category with). When asked by the judge why Penny is her best friend, Reeva told the judge 'Penny is kind'.

Zoe says: *She is an amazing family dog, as well as our other Golden Retriever, Mac. But he didn't place... maybe next year for him!*

Reserve top dog Elton (right)



Golden Oldie Megan



Hi I'm Megan. I'm 13 years old and I live with my mum and dad in the chapel in Gilcrux. I was born in Anglesey with my brothers and sisters. My mum came to see me and my sister while my dad was away working at the Olympics. That's where it all began.

I've been very sad over the last few months - my sister was poorly and left me alone. I miss the fighting over slippers and socks. Winning this prize made me feel happy.

I have many people in Gilcrux who look out for me and come and talk to me at the gate. Thank you - it helps me not feel lonely when mum and dad are working and not giving me treats and attention.



**GILCRUX
ST MARY'S**

All are warmly invited to our forthcoming services at St Mary's:

Sunday 14th September, 5pm
Evensong with Holy Communion

Sunday 12th October, 5pm
Harvest Celebration

Sunday 9th November, 5pm
Remembrance Service

Sunday 14th December, 5pm
Carol Service

Wednesday 24th December, 8pm
Christmas Eve Communion

You are also most welcome to our joint services at neighbouring churches:

28th September, 10am
St John's, Crosscanobry

26th October, 10am
St Mungo's, Dearham

30th November, 10am
St James', Hayton

28th December, 10am
Christchurch, Allonby



St Mary's is open every Friday, Saturday and Sunday
as a place of prayer and peace for all

Calling all Gardeners!

St Mary's church, Gilcrux needs you!

The church grounds will soon be undergoing a much-needed cutback/clearance. This is being done professionally to improve, design and make the church grounds a beautiful conservation garden for all to enjoy including our lovely vibrant wildlife.

So, all green fingered enthusiasts and budding gardeners, you will be invited to join a gardening group to encourage this wonderful project. There is a plan to have a remembrance garden and to give our community a real place of peace to enjoy. Please watch this space for more information as we kick off 2026 with Spring in our stride!

The Benefice

Did you know St Mary's Church, Gilcrux is in a benefice arrangement with St John's Crosscanoby, St James' Hayton, St Mungo's Dearham, Christchurch Allonby and St Kentigern's Aspatia. On the last Sunday of every month at 10am there will be a benefice service at one of these churches and YOU are invited.

The flavour of the last service, which was standing room only, at St Mary's was a feast for all. It was presided over by Reverend Matt Richards and Jeff Hill. In the words of Jeff Hill *following Jesus isn't pie in the sky when you die its steak on your plate whilst you wait ... food for thought there and something to digest which will hopefully make you hungry for the next serving.*

Jo Ellams – co warden St Mary's Gilcrux



Blooming wonderful show

Gilcrux Village Hall & Educational Trust hosted the annual Flower and Produce show at a slightly earlier date this year and there was a fantastic turnout of 27 entrants offering some wonderful produce, baking, crafting and floral art.

The children's section was a joy as always, with many excited faces when we opened after judging to see what they were all awarded. All the little people were given a certificate and plenty of sweets for their efforts!

The annual show is open for all nearby residents to enter so next year we would love to see some entries from our neighbouring parishes. It's a great way to come and meet your neighbours and show off your talents - be it a baking entry, craft work or produce from your garden.

For the little ones there are various classes to enter - the hand painted treasure map and decorated biscuit was very popular. The individual winner was Joan Kearton with an impressive 43 points, second was Mary Kearton with 30 points and third was Shirley McNicol with 28 points.



We are the champions!

**Sarah, Joan and Mary Kearton with
(in front) Lilly Rayson and Jessica Faulder**

In the children's section first went to Lilly Rayson and joint second was Jessica Faulder and Sarah Kearton. However, in our eyes, everyone was a winner for *coming out and joining in*. As always we have events planned for the rest of the year with our Christmas wreath making on the December 7. This event sells out very quickly and is lovely day to meet up with friends and make your wreath to welcome your festive guests and Santa of course

Our annual Halloween party will be on October 25 with some spooky fun for everyone.

Thank you to all for your support

Helen Johnston

Lunch Club 2025

September 5th

October 3rd

November 7th

December 5th Christmas Lunch



January 9th

February 6th

March 6th

April 3rd

Please reserve your place with Helen 016973
21895 or helj@talktalk.net



Registered Charity 500750

New group to the village Hall

Gilcrux Indoor Bowling Club



The new group are actively looking for new members to join them, the group will meet on Monday & Tuesday from 1.30 pm – 3.30pm commencing 22nd September

There will be a free taster session on

Saturday 20th September

10.00 am – 11.00 am

You will be very welcome to have a go and find out what the group are all about and flex some muscles, all equipment provided

"Come out & Join in"



Governor chat

Here we are for another year with all its joys and challenges, says new Chair of Governors Silvana Hewitt. The new children in Reception class started with a few nerves but soon settled and are growing in confidence about starting their school journey. The Year 6 children now can revel in being the senior pupils in the school, with new responsibilities and a view to life beyond BDS. I hope they will enjoy it and always have fond memories of their time in Primary School. Our Chair of Governors, Rose Rowlands, is moving on and she is replaced by me as Chair. I hope to do the job as well as she has, but she will be a hard act to follow!



Farewell to our Chair of Governors

We are sad to say goodbye to Rose Rowlands who has been Chair of Governors for the last two years. She was a Parent Governor for four years before that so has given a lot of her time and energy to Bridekirk Dovenby School. She was an excellent Chair - perceptive, hard-working, innovative and with an ability to talk to all with ease and humour. She was very focused on the well-being of staff and was aware of how hard all at school work in their determination to make BDS such a successful and happy place. Even when the dreaded Ofsted visit finally came, Rose sailed us through it with a smile, having prepared to the nth degree but seeming unflappable. Fortunately, she will be staying on as an Associate Governor for a while to see the transition to new Chair goes smoothly and we are glad as she is so efficient and has become a good friend to all of us. At the end of the Governors' meeting she was presented with gifts and cards from Governors and Staff. Good luck in your new ventures Rose!

SuperKind sandwich wrapper plan



Our plan is to help saving the environment by buying reusable sandwich wrappers with all the money we have raised. We raised the money by doing a penalty shoot-out for all ages. Even the teachers took part! The pupils/teachers who scored got a sweet or chocolate depending on how many they scored. To take part you had to pay £1 for three shots and £2 for seven shots. The goal keepers were Lucian, Bobbie, Harry, Alex, Joey and Imogen. The organisers were Martha, Chloe, Isabelle, Anna and Imogen who are from P5.



Have you a child ready to start school?

Bridekirk Dovenby Primary School

Open Days



Friday 7th November 2025 @ 1pm - 2.30pm
OR Saturday 8th November 2025 @ 10am - 11.30am
 Ask questions and have a tour of the building and grounds...

Just come along on the day or for further information

contact us on 01900 829889 or
admin@bridekirkdovenby.cumbria.sch.uk

Can't make the date? An individual appointment can be provided.

We look forward to showing you around our wonderful school!

Bridekirk Dovenby Out Of School Club
 7.45 am - 5.30 pm












Here are the Newshounds for 2025-2026!



So what issues concern or interest our Village Post newshounds at the school?

(Comments in order from left to right and articles on these pages).

Harriet feels that kindness to others is very important. She also wants to help the new children in Reception to feel safe and at home in school.

Nieve is aware of the problem of climate change so is glad it is being studied in school.

Olivia is concerned about pollution and what we all

should do about it.

Max wishes that world leaders would be intelligent, fair and not greedy for power.

Anna feels strongly about animals in the wild and has written a piece about it.

Imogen is interested in recycling and has offered some suggestions.

Lucian is very creative and has written an atmospheric piece of description.

A house loomed over the field like a forsaken cathedral of shadows, darkness and power; it was a beast of stone and sorrow, awakened by the storm. Suddenly, lightning split the storm-choked sky with the aggression of a vengeful god. The wind howled, shrieking like a banshee forever mourning over loved ones, pleading for mercy and forgiveness from the gods. The gate moaned with monstrous sorrow as if pleading to be freed of its grief. The intricate patterns swirled and twisted like serpents upon the rusted gate, a barrier to the sorrowful being possessing the necropolis like forbidden stronghold. There were no fragrances but the ones of a rotting corpse; even the full moon felt empty of luminous reflections of white. The crows seemed to moan and whimper with anguish and woe. **By Lucian**

Recycling Ideas for children by Imogen

Book Fairies:

You could bring some of your old books to school, put them in a waterproof bag and leave them for someone in your community to take (perhaps in the Church, the Village Hall or where newspapers are left).

How to make a bird bath or for water to drink:

- 1 Get a grown-up to cut a plastic bottle in half and make a useful hole in the side.
- 2 Fill the bottle with water to the hole. Not to the brim!
- 3 Make sure you can lay it down on a tray or table in your garden.
- 4 Put it down for the birds to enjoy.

How to make a bird feeder:

You need a plastic bottle, bird food, string, scissors, a small wooden pole and glue.

- 1 Cut some holes in the side of your bottle.
- 2 Fill the bottle with bird food.
- 3 Put the pole through two of the holes near the bottom as perches
- 4 Cut two holes in the top and feed your string through and tie it in a knot
- 5 Hang it on a tree branch for the birds to eat the seeds.

Endangered Animals by Anna

I think we should do more to help our creatures.

We should do it by NOT destroying their habitats by building on them.

We need to plant more trees so they can thrive. We should only use the water we need and the food we need because animals need food and water to survive.

If we don't help our species, they will die out.



FOBDS is the Parents' group at the school and they raise much-needed money by holding fund-raising events. The Summer Fete raised £1315 with stalls, games, refreshments, raffles and a visit from one of MSports very impressive rally cars. They also raised £113 at a rather rainy Sports Day. The Christmas Fayre, which is open to all, will be held on Thursday 27 November at the end of the school day so do come along.



Come along to the Christmas Fayre on 27 November



Appeal to support new businesses in Africa



Tools for Self-Reliance - Cockermouth Rotary Partnership

You may have heard the saying: *"Give a man a fish, and you feed him for a day; teach a man to fish, and you feed him for a lifetime."*

This well-known proverb reminds us of the value of teaching self-sufficiency over offering short-term help.

This principle lies at the heart of **Tools for Self-Reliance (TfSR)** - a charity that collects hand tools, power tools, and sewing machines to send to communities in Africa. Their aim is to equip people with the tools and training they need to build sustainable livelihoods.

Cockermouth Rotary Club is working in partnership with the TfSR Carlisle workshop team to gather unwanted tools and sewing machines for refurbishment. These are then assembled into kits and sent to help individuals in Africa set up their own small businesses and support their families.

If you live in the Allerdale area and would like to donate tools or sewing machines to this worthy cause, please contact:-



Our local TfSR collector, **Ron Salmon**
email: tfsr.allerdale@gmail.com.

Include your contact details, address, and a brief description of what you have to donate. Ron will get in touch to arrange collection. You can find out more about TfSR at <https://www.tfsr.org/w>



Cockermouth Relief in Need
Small one-off grants or loans for people in and around Cockermouth

Do you know someone who needs a little financial help to meet a specific need right now...

...to replace a broken appliance, pay an emergency contractor (such as a locksmith, plumber or electrician), cover the cost of a training course or pay for a long-distance trip?

...for an expense that will not be covered by other providers, such as private landlords, housing associations, social services or the DWP?

If so, please consider letting them know about **Cockermouth Relief in Need**.

Cockermouth Relief in Need was set up to meet the needs of local people. Anyone working in, living in or with strong links to Grasmoor Mission Community is welcome to apply for a grant or a loan. This area is made up of seven church parishes and includes Cockermouth, Bridekirk, Broughton, Brigham, Clifton, Dean, Eaglesfield, Mosser, Lorton, Loweswater and Buttermere.

Application is by letter to the Trustees c/o the GMC office in Cockermouth. If you are thinking of applying, or helping someone else to apply, please contact Jane Charman for a confidential chat first on **01900 824526** or jane.charman@grasmoormc.church

Thank You!
All applications will be kept in strictest confidence.

Needing funds for our community?

Bridekirk Parish Council, representing the villages of Dovenby, Tallentire and Bridekirk, suggest that more could be done to achieve greater levels of funding from the Tallentire Wind Farm Benefit Fund.

This fund has existed now for 12 years and supplied benefit to all four local parishes of Gilcrux, Blindcrake, Plumland, and Bridekirk - amounting in total to almost £600,000.

The monies continue to be allocated from the wind turbine developer R.E.S. and are administered through the Cumbria Community Foundation at approximately £30,000 pa.

Bridekirk Parish, despite having the largest populace of the other communities, lags behind the others considerably in achieving funding. The Parish Council is appealing for more applications to go forward from needy groups or individuals who can justify funding projects or alternatively raise ideas and proposals which others may help to promote.

For example, we hear from parishioners going freezing cold during church services in winter. Why not apply?

WHO CAN APPLY?

A voluntary or community group or a local partnership which benefit the parish.

WHAT WILL IT SUPPORT?

Projects which support the community address health and well-being and improve the lives of people.

HOW MUCH IS AVAILABLE?

The maximum grant is £10,000. In exceptional circumstances a greater sum may be awarded if the project shows a wide community benefit.



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email: editor@villagepost.uk

MEREDYTH meets **Kate Anetts**

What a lovely afternoon spent with Kate Anetts.

I have known Kate for nearly three years but only just realised what a kind and caring person she is. Born in Birmingham with an older sister Janet, she attended the local primary school and then the local comprehensive. She went to Sheffield University to study Maths after doing Pure Maths, Applied Maths and Chemistry at A level.

Kate had to work hard to earn her degree so, after she graduated, she did what she had always wanted to do - become a primary school teacher.

Kate returned to Birmingham for her first teaching post which was in a multicultural primary school in the inner city. Sadly, she noticed symptoms of abuse and neglect in some children and obviously reported them.

One case involved an iron burn, an obvious shape. It turned out to be not mother but delinquent children playing with said iron. The mother came into see Kate the following day. She understood that Kate had to report the incident but also wanted to explain how it had happened so that she would continue to have a good relationship with her child's teacher.

Child welfare a priority

Kate says that it is everyone's responsibility to report abuse - as a young and naive teacher she was worried about the consequences (the parents, the reaction) but the child's welfare is the most important thing.

Kate returned to her local church and met her husband Roy at a weekly bible study. They were engaged and then married within three years at St Edburgha's church. They were both involved with the church and helped set up and run a youth club for over ten years.

During this time Kate had two boys - both of whom are married but live at opposite ends of the country (Hampshire and Fife). She is also blessed with a granddaughter who is two. When the boys were small her husband (Roy) trained as a Reader which meant he worked all day (in engineering) and had college one evening a week, as well as weekends away. He was then able to join the ministry team, taking services and becoming more involved in the life of the church.

In 1999 Kate fell off a ladder and broke her ankle which was misdiagnosed and required a second operation before she could use it. She had 12 months off work and had to learn to walk again. Kate didn't want this to stop the boys enjoying life and she recalls being goalkeeper for them, standing in goal on crutches so her boys could play football!

In 2003 Kate and Roy took some of the older youth club children on a pilgrimage to Oregon USA which was paid for by a lot of fundraising and contributions from parents and the church. They slept on church hall floors, visited amazing places and met other young Christians at a Summer Camp - it was a brilliant experience for everyone.

Later, after three years of study Roy, was ordained a priest and they left St Edburgha's church so he could be curate at an adjacent parish. Three years later Roy was given his own parish and they moved to Hay Mills next to Small Heath, Birmingham.

After ill health Kate decided to go part-time and felt that she



was also able to be more helpful and supportive to Roy in his church work. Five years later they moved to Fife in Scotland when Roy got a new position. Kate wasn't sure about this move and thought of all the reasons why they shouldn't go.

However, while Roy was at his interview, she walked up the High Street and thought: How would I feel if he doesn't get the job? Relieved! How would I feel if he gets the job? Excited!

Steep learning curve

So, they moved to Fife and Kate got a part time teaching position in a special needs unit in the local primary school. This proved to be a steep learning curve, but one which Kate really loved doing.

She learned a whole new way of teaching, how to communicate without speaking and to think about why the child is displaying the behaviour they are, what are they trying to communicate? She said it was challenging especially as at times she needed an interpreter for her Brummie Accent!

Kate clearly loved this work and was sad to leave.

But we're the winners now as Kate is now working with St Bridget's running the Sunday School. (My grandson, Hamish spent a Sunday with her and came out a changed boy - he loved her)!

Kate now does the odd day supply teaching at a primary school in Workington.

In her spare time, she has taken up sewing again, her latest project is making small dolls (below) with their own house and different dresses and looks after her husband- a full-time job on its own (sorry Roy)!



This is one exceptional lady. I learnt so much about primary school teaching and special needs.

I feel privileged to have had insight into a very special lady, **Kate Anetts**.



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Home grown cooking with Annette

Lamb neck fillet on creamy polenta

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.

As the days shorten and we need more substantial and comforting food, I've chosen a really easy dish which is great to make and share.

Served with lovely autumnal carrots, the colours and textures are just right on your plate. Lamb neck fillet is often overlooked as a cheap cut of meat but it can be delicious slow cooked in a curry or roasted whole. One fillet generally weighs around 450g so it will feed two easily. Your butcher or farm is the best place to buy this cut as it can be deboned and ready to roast. I found my air fryer worked a treat though of course a standard oven is fine.

I made this up as I went along having been inspired by seeing the neck fillet and felt it should work. I patted the meat with kitchen paper to remove any excess moisture. I seasoned it with salt, pepper, crushed garlic (you could add



rosemary spikes or thyme) and olive oil. I prepared the polenta, added to boiling salted water and stirred until thick, added butter and grated parmesan cheese and black pepper. Keep this warm and add spinach leaves just before serving. Prepare your organic carrots cut in long diagonal chunks and steam them.

Roast the lamb in a hot oven for 15-20 minutes. Rest the meat for 5-10 minutes before slicing and serving on top of the creamy polenta with the pan juices. I like my chilli jelly as an accompaniment. Bon appetit!



Good show(s) for Lilly

After Cockermouth Show, Lilly Rayson from Tallentire took her calf to Dalston show. A rainy morning - but it didn't dampen her spirits and she came away with 3rd place for her calf and was so pleased to get herself a rosette! Next came Gilcrux Show where Lilly came 1st for the most points from the children, rounding off a busy few weeks brilliantly!

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THE SHINING TREE

GARDENS BY MICHAEL AND BEE

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Marjory Thompson and Denise Wickham from Tallentire are both keen members of this fabulous choir which has just moved from Keswick to Cockermouth for weekly practice. It's great fun and a lively social life. You will be made very welcome!

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Rev Roy's Confessions!

How many of us have thoughts that lie heavy on our minds?

Do they keep you awake at night? Do they upset you or worry you?

When I was a schoolboy my friend and I came up with a prank one lunch time, we decided to sabotage the break-time alarm bells to give us an extra long breaktime.

My friend being somewhat larger and stronger than me had the job of lifting me up on his shoulders while I bent the bell hammers sufficiently so they wouldn't be able to strike the bell.

Well, it took some doing without being witnessed by anyone, especially the bell outside the staffroom.

I had to use chewing gum between the hammer and the bell for quickness.

It worked a treat, and it was only when one of the teachers noticed the time on his watch that they realised something was up.

Extra 20 minute!

We had an extra 20 minutes added onto our lunchtime.

The caretaker thought it a brilliant ruse, and my friend and I never told anyone, with the fear of being punished. The cane was used very prolifically in our school. Many years later, I bumped into my old headteacher and told him about our bell sabotage.

Of course he remembered it and thankfully laughed at the memory of it.

Not all memories are as funny as this one, but I was glad I confessed to my lovely old headteacher so we could share in our memories of the incident, and how the dastardly mission impossible was carried out.



Rev Roy with the aptly named rambling rector rose

Sometimes it's good to share your worries with a trusted loved one, maybe your partner or a close relative or friend, or even someone who was on the receiving end of one's transgression.

Don't carry a heavy load on your shoulders, share it and the load will be lighter and the nights easier.

I wish you all peace of mind and a restful life!

Reverend Roy



Taste the difference!

Local and seasonal food not only tastes great but is better for the planet too.

Think about incorporating locally grown produce into your diet and shopping list throughout the seasons, as it is harvested at its peak ripeness ensuring superior flavour, compared to imported alternatives that have travelled thousands of miles.

If saying grace before a meal is a regular practice in your household, include giving thanks for your local food producers this month.

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ST. BRIDGET'S, BRIDEKIRK

People of hope and love

First a thank you to all who kindly contributed to our Annual Gift Day, this year on October 5, which is also our Harvest Celebration.

Generosity is at the heart of our faith. We believe in a generous God and our own generosity is a testament and hallmark of our faith in action.

The ministry and mission of your local church is funded through the incredible generosity of those who give to it and we are so very grateful.

In a world where so much divides us - age, lifestyle, or circumstance - the church stands as a radiant exception, an open and welcoming community where every generation finds a home. Whether you are a young family juggling school runs and sleep schedules, a parent whose children have flown the nest, a retiree enjoying new rhythms, or a young adult forging your path, there is a unique beauty and strength in belonging to a church family that embraces all.

I believe the beauty of the church lies in its interwoven generations - a living tapestry where each life enriches the others.

In worship, service and everyday fellowship, we grow stronger together. Children learn from their elders, grandparents are uplifted by the laughter of the young and everyone finds a place at the table.

In belonging to such a church, we discover the profound truth that we are better together - rooted in faith, hope, and love, across all the seasons of life.

And so, we look forward to welcoming you in St. Bridget's soon. God bless,

Revd Christina

If you missed our Gift Day, or would like to consider making a more regular donation to help us keep Bridekirk Church available for the wider benefit of the community, our bank details are:

Bank account name: Bridekirk District Church Council

Account number: 00 20 11 46

Sort Code: 20 66 97

Branch: Barclays Bank PLC

Your gift is much appreciated, thank you!

Services at St. Bridget's Church
Children's Church will be available
during the 11am services.

October

19: Holy Communion (11am)

26 October: Morning Worship (11am)

November

2: Holy Communion (11am)

9: Remembrance Sunday
(n.b. earlier time 10.45am)

16: Holy Communion (11am)

23: Morning Worship (11am)

30: Morning Worship (11am)

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

BRIDEKIRK FRIENDSHIP GROUP



St Bridget'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

FOR MORE INFORMATION

bridekirk_church@grasmoormc.church

0785 8074 133

**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.



Flower Demonstration by Margaret Abbott 'Carols for Christmas'

On Saturday 22 November, 1.30-5pm, Margaret Abbott is presenting a flower demonstration to Christmas Carols, music by Angela Johnson.

Afternoon tea, scones and cakes, are included in the £10 ticket price. Funds are in aid of Bridekirk Church.

A raffle for the flower arrangements made will be part of the afternoon.

Please contact Margaret Hall on 01900 821128 to purchase tickets.

This promises to be a beautifully creative afternoon of festive joy!

Margaret Hall can also be contacted if you would like to join the Bridekirk Craft Group. This group meets fortnightly in the Church Room - next meeting is 14 November 1.30-3.30pm.

Find us on:-

Facebook

www.facebook.com/stbridgetsbridekirk

Instagram

www.instagram.com/stbridgetsbridekirk/

email

bridekirk_church@grasmoormc.church

JUMP YOUTH GROUP
Cockermouth Area Churches

JUMP Autumn 2025

Introducing JUMP

Aged 11-18 ? Then JUMP is for you!

- Join us for fun games and new adventures!
- Stay in touch with friends
- Time: **7.00 – 8.30pm**
- Venue: Christ Church Rooms, South Street, Cockermouth, **CA13 9RU**
- We usually meet on 1st & 3rd Sundays:
7th & 21st September and 5th & 19th October 2025
9th & 30th November and 14th December 2025



What is JUMP?

- A youth group for ages 11-18
- JUMP stands for: Jesus Use My Potential
- Make friends, discover your gifts, and have loads of fun!
- We link up with Network Youth Church for Ablaze, The Big One and camp.



Register to join in:

- Spaces are limited—register now!
- Scan the QR code to secure your spot!

To see more about us or to stay up to date: <https://cockermouthareachurches.church/jump/>

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



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

Baby & Toddler Club

You're Invited!

Date - Starting -Thursday 8th December

Time - 1-3pm. Every week

Place - St Bridget's Church, Bridekirk.

Toys & Refreshments provided

Please bring your own travel mug/lid



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



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Cumberland Infirmary (Carlisle)	01228 523444
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Boots (Aspatria)	01697 320236

Vets

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Millcroft (Wigton)	01697 323898

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Domestic Violence Support	07712 117 986
RSPCA	01946 693585
Age UK (West Cumbria)	01229 779711
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Cumberland Council	0300 373 3730
Cockermouth Library	01900 822634
Aspatria Library	07557 499129



**Isel and Bridekirk Parishes
First Responders
150 Club Draw
September 2025**

**1st prize J Moore
2nd prize D Roberts
3rd prize S Buckwell
4th prize G Tomlinson**

The First Responders offer an invaluable service to the parishes of Isel, Bridekirk and Setmurthy.

They are all trained in life support and give their time freely, bringing their skill and equipment to an emergency in those vital first few minutes. The 150 club is a main source of income to provide these volunteers with training and equipment.

If you would like to join the "150 club", or know someone who would, contact Moira Purvis on telephone 01697320534 or email moirapurvis@hotmail.com



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Teddy's dog blog

Hello Humans and Doggy Dudes,

Teddy Edward your Rover reporter welcomes you all to the October edition of our splendid Village Post.

I hope you have all had a wonderful summer, and if it was half as good as mine then happy days.

My pawrents have taken me here there and everywhere, with trips to the beach, the lakes, the promenade, Ennerdale Show and squillions of other places.

I was absolutely exhausted and ready for a holiday, so thankfully they decided to abandon me whilst they flew off somewhere.

Another week with my uncle, aunt and visits from the half pint humans was just the job to recharge my batteries and replenish my fat reserves.

The pawrents took me for a splendid stroll along Maryport Promenade, when I heard them discussing that apparently there is a pot of gold at the end of a rainbow.

Being the eager to please type of canine, I took it on myself to investigate matters further and beautifully belly flopped into the sea, to take a closer look.

Surprisingly, they weren't being entirely truthful and I found absolutely nothing.

Doggy petting privileges were withdrawn for a suitable period of time until my self-esteem returned.

I have had a couple of trips to see Honor, our wonder-



ful dog groomer at Bassenthwaite, to create the handsome hound look. Is that a bouffant blow dry or what? Despite having to be reluctantly careful and stay clean for a couple of days to protect the investment, it was such fun to find something to roll in to restore things to normal.

Mummy was somewhat mortified when she found that her hands were coated with a pungent sticky mess. As with all my cunning plans, it backfired, and I ended up back in the bath. Luckily one of the half pints was staying over, so I had the pleasure of preening beneath two hair dryers whilst getting all my bits fluffed up. Splendid!

I was watching TV the other day and saw a programme all about looking after your teeth. The dentist went on



and on about needing to do this and that, so I've sent him an email and this photo showing him how much easier it is to just chew a stick. Simples! With it now being October, Halloween won't be far away so I'm really looking forward to visiting you all, no doubt

disguised as Bat

Dog, a pumpkin or something similarly embarrassing. I would be much happier on the sofa in my lookout post and barking at all the visitors, but I'd better just play along and join the pawrents and even smaller half pints doing the rounds of the village seeing all my readers. See you in the next edition, and don't forget to scoop the poop!

Love, Teddy Edward





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#ITSOKAYTOTALK

CLOCKWISE FROM TOP LEFT:
 Amelia Orr-Clark, Gilcrux, Yr 8 Keswick School;
 Jack Robinson, Tallentire, Yr 3 Bridekirk
 Dovenby (BD) School: Isaac Bell, Dovenby,
 Reception BD; Joanna and Grace Litt,
 Greengill, Reception and Yr 5 BD; Chloe and
 Archie Moore, Tallentire, Cockermouth School
 and BD; Evie and Max Sykes, Gilcrux,
 Reception and Yr 6, BD.

Locally
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 James Walker
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 Cockermouth
 on Mondays
 at 7pm



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