

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!

THIS PLACE features the Ellams family from Gilcrux



Blooming wonderful news

The wonderful Mason's Arms in Gilcrux has just won CAMRA Pub of the Year for North West Cumbria. Huge well-deserved congratulations to Hal and Andy Peverley who truly make this welcoming place the heart of the community!



WELCOME TO EDITION 24

Contents

From the team at Village Post!

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



Our cover stars this edition are the Ellams family from Gilcrux who feature on page 3 'This Place'. This lovely photo was taken at Mawbray beach by Henry whose fundraising update is on page 7.

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.

We know the area, the people, the news.

We strive to support the community and celebrate the joys of village life!

Village Post needs a few more volunteers in each village to help with distribution.

Contact Silvana at sales@villagepost.uk

VILLAGE POST is the ideal place for you to advertise, whether you are a trader, have a small business or offer a service in the area.

Contact Silvana on 07838 228426 or email sales@villagepost.uk

THIS PLACE -	3
with Becca, Alex and Jo	
Gardening/nutrition	5
Gilcrux events news	6
Teenagers Borneo	7
fundraising update	
Bridekirk Dovenby School	8/9
Community archive	10
Meredyth meets ...	11
Cookery with Annette	13
An Elegant Lady - the history	14
Church news	15-17
Useful numbers	18
Teddy's dog blog	19
Meet Arthur and Maisie	20
World Book Day fans	

The VP team



EDITOR:
Marjory Thompson



TREASURER:
Emma Williams



SALES:
Silvana Hewitt



FOUNDER & TRUSTEE:
Meredyth Bell MBE



TRUSTEE:
Parish councillor
Roy Stenson



TRUSTEE:
Rev
Roy Annets



Junior editor and DOVENBY REPORTER
Matthew Chambers

Welcome Becca and Alex to Bridekirk

After many lovely holidays in the Lake District, Becca and Alex Hayden decided to relocate to this area from Hertfordshire.

They moved to Bridekirk with their three dogs, two cats and three chickens.

“We’ve have been made to feel so welcome,” says Becca.

“Bridekirk is a lovely peaceful village and everyone is very friendly and welcoming.

“It’s nice to say hello to our neighbours as they pass by and we’re looking forward to getting involved in the community as the weather improves.

“Both of us love walking in the fells and are looking forward to exploring walks in the local surroundings of Bridekirk too.”



Jo Ellams and family fell in love with Gilcrux

My husband Barry and I, our two children Henry and Charles and our two dogs Sherlock Bones and Ginger made the move to Gilcrux five years ago in a desperate bid to ensure our children had a childhood!

Also to let the dogs have a wonderful dog’s life! We were living in a leafy suburb of Liverpool, but the roads were busy, parks packed with teenagers and even the cycle paths were slowpaced!

So, most weekends we would pack up and visit Barry’s parents on the border of south Cumbria. It was after yet another Sunday evening unpacking the car that we said, “Why don’t we move to Cumbria and find somewhere where there is space, peace and our children (and dogs) can have those adventures we enjoyed as children!”

As a devoted Christian I was praying daily that we made the right move. On one of our investigative days looking at houses we were lured to the village to see a property.

As soon as we drove through the village, I caught sight of St Mary’s church and it spoke to me.

On viewing the house, I met Julie Parnaby and we clicked immediately - chatting about village life.

When I ascertained that the village church and hall were active, I just knew in my heart and soul I was home.

It all happened so fast, but we love the village. It’s a special place to live. There are amazing things happening in and around the village and it is full of beautifully talented, kind, friendly people. I’m honoured to serve the church as a warden alongside Simon Astill as we fight the good fight to keep the church open and as a committee member on the Gilcrux Village Hall & Educational Trust and the Parish Council.



THIS PLACE

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!

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.



CALL US FOR A CHAT,
HAPPY TO HELP.

THE SHINING TREE
GARDENS BY MICHAEL AND BEE
0791 777 4775 OR 07359 011144



Wonderful hand painted daffodil-inspired panel by Gilcrux artist Nikki Clark.



Hoping to feature Nikki's wonderful work in a future edition of Village Post!

RAYSONS
CARPET CLEANING
Family Business Established 1980

When was the last time you had YOUR carpets cleaned?

For your FREE QUOTE
Call us today on 07860 643 795

- Fully trained, insured, uniformed
- Upholstery Cleaning
- Domestic + Commercial
- Stainguarding
- Stain Removal

2021 ENGLANDS BUSINESS AWARDS WINNER

Raysons Carpet Cleaning | raysonscarpetcleaning | @raysonscarpetcleaning

St Helens
Dental
Market Place, Cockermouth

01900 826210

For information on our services
visit our website:
www.sthelsdentalpractice.org.uk



GARDENING WITH MEREDYTH

APRIL

Wow a really busy month ahead with kinder weather and the joy of gardening - encouraging! First of all, protect newly planted trees and shrubs (cold winds are lethal). Plant evergreen trees and shrubs. Tie in the new shoots of climbers whilst still accessible.

Prune early flowering shrubs and spray roses to prevent black spot. Pot up or transplant self-sown seedlings. Sow annual climbers and grasses and deadhead your daffodils.

Dig perennial weeds right-out and sow or lay new lawns (my dog has dug up part of mine!) and feed established lawns. Sow tomatoes and sow and plant vegetables outside.

Plant summer flowering bulbs and sow sweet peas.

In bloom: clematis albina, grape hyacinth, irises, pieris, tulips, lily-of-the valley and late narcissi.



With thanks to RHS Gardening Year and Gardeners' Year Calendar

MAY

We are still protecting tender plants from late frosts. Prune spring flowering shrubs and clematis montana after flowering.

Trim all box and formal hedging. Continue to take cuttings from herbaceous perennials. Plant out dahlias at the end of May. Protect young plants from slugs and snails. Clear out spring bedding ready for the summer ones. Thin out annuals and vegetables and mow the lawns once a week from now on.

Remove any frost protection. Ventilate greenhouses and conservatories and move tender plants out for the summer. It's the last chance to sow or turf new lawns and finish planting evergreen shrubs. Inspect plants regularly for pests and diseases.

In bloom: azalea, potentilla, viburnum, forgerme-not, dicentra, ceanothus, geranium and rhododendron.



Beware the halo

Did you watch the Winter Olympics and Paralympics? Fabulous!!!

Quaker Oats was a sponsor and promoted a healthy, sporting image - talking about real food.

Well yes and no!!!!

One classic in the marketing arsenal is the health halo.

Take yoghurt for example. In its natural state it has protein, good fats, vitamins, minerals and bacteria to support your microbiome. Natural yoghurt occupies a tiny corner of an aisle full of choice.

The vast majority are low-fat, full of sugar and artificial sweeteners, loaded with additives and pasteurised.

So you're not getting good fats, or fat-soluble vitamins. You can't efficiently absorb the minerals like calcium without those and you're not getting any good bacteria. But there is a toxic burden of sugar and chemicals which actually use up some of your body's store of vitamins to process and get rid of. Ironically, the worst ones are those most likely to be portrayed as healthy.

So what about Quaker's and their oats? They are generally described as one of the most trusted, recognised and nutritious breakfast brands in the country.

Jackie Wilkinson
Village Post
nutritionist



It's a reputation they used to deserve when they just sold bags of oats for you to cook yourself with water or milk ... and porridge does suit some people.

What now? Most of their products are ultra processed and not at all healthy, including many of the instant porridges in sachets and pots, some of which have 24% added sugar.

That's a nutritionally disastrous way to start your day. Quaker has clung onto their image but the halo is now tarnished.

A trusted brand is not enough. Be discriminating about each item in the range, read the ingredients list of individual products then decide how healthy they really are.

Top tip:
Don't be fooled by the halo

Jackie Wilkinson, Nutrition Coaching
www.learntoeatwell.co.uk



Celebrate the spirit of Easter with a fun-filled adventure.

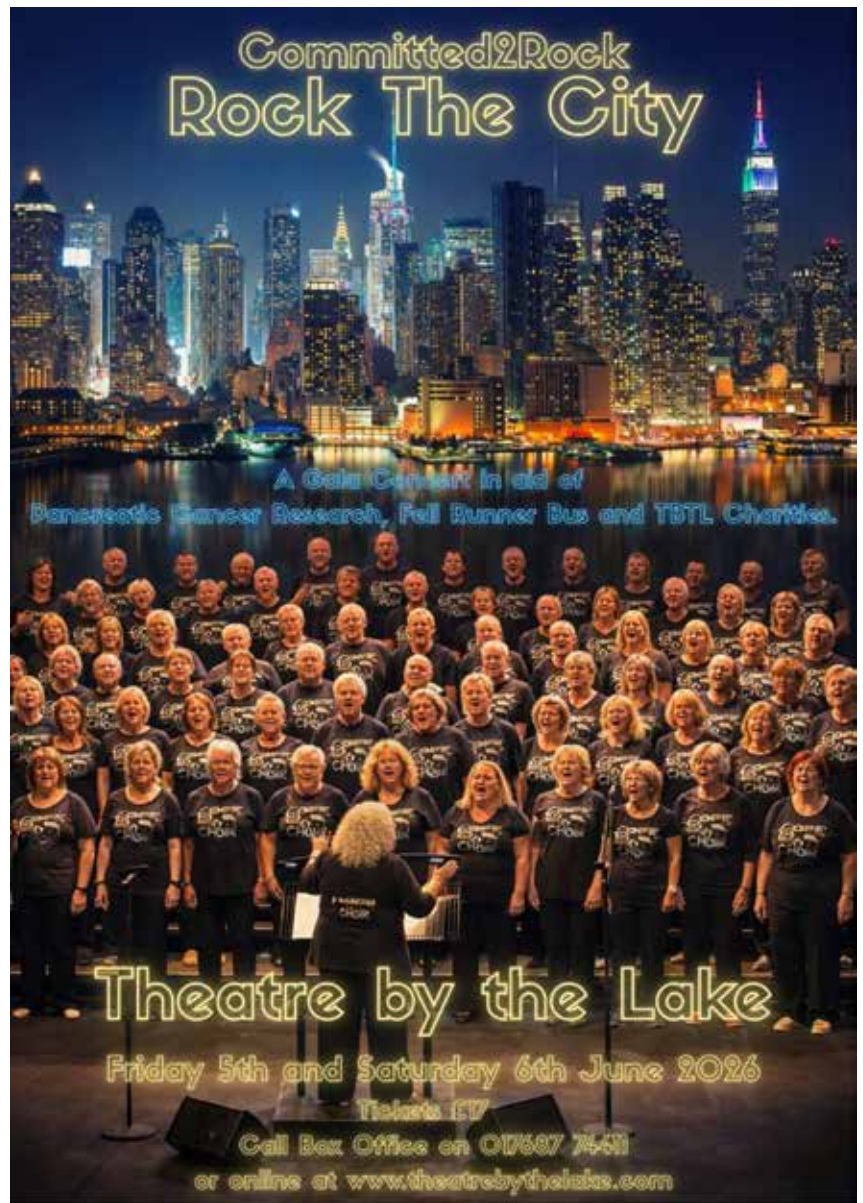
Children of all ages with supervising adults are invited to join our Church easter egg hunt

**Sunday 5 April at 11am
St Mary's Church Gilcrux**

The egg hunt will take place in the Ghyll at the end of the village so please wear appropriate clothing.

St Mary's services

- 5 April 11am - Easter communion
- 24 May 5pm - Songs of Praise
- 14 June 5pm - Holy communion



Events for everyone at Gilcrux

Your village hall committee have been planning events for 2026 and we are delighted to confirm the bi-annual Flower Festival & Scarecrow weekend will be May 23/24, a community event that has something for everyone!

Be it viewing the floral displays in St Mary's - which is free with only a donation asked for supporting our beautiful parish church (which is much needed at the moment) or entering a scarecrow. The theme this year is "Heroes or Villains" and open to your interpretation. Are you going to be winning entry? Remember there is also the junior category There will also be a treasure hunt for the little people to have some fun following clues to various village locations and finding hidden tiaras. On these will be a name to pop on your clue sheets - which will be available at the village hall. Please can younger children be accompanied by an adult and take care on your hunt.



Planning is also ongoing for a couple of hours of fun and games on the green on Sunday 24 May with the children's sports day with prizes for everyone. Also an afternoon or early evening event for the prize giving and also the auction of the floral displays. More details will be published nearer the time ... a great weekend to look forward to indeed. Our "Lunch Club" of 2025-2026 has gone from strength to strength - the last one of the season being in April. The hall buzzes with chatter and laughter and has seen to be helpful to some who are feeling a little isolated or lonely. So a huge thank you to everyone who make this event possible Dates for the other usual GVH&ET events will be advertised nearer the time to which everyone will be very welcome. Are all you gardeners planning your entries for the annual flower and produce show?

GVH&ET - Helen Johnston

Update on the fundraising efforts of Elizabeth, Henry and Heidi



gofundme

<https://gofund.me/cd29e32f5>



Above is **Henry Ellams** (14) working hard in the village of Gilcrux raising funds for his trip to Borneo.

His car wash will commence on Saturday 18 April between 11am and 3pm.

Just bring your car along to the car park outside Hollybank House (next door to pub) and it will be hand-washed for a donation.

He is also happy to clean the interior on request.

Henry has started his job at the pub, and his swim training has also commenced for his sponsored swim.

If you would like to donate to Henry's trip the link is listed above.

Thank you so much!



Thank you to everyone that has supported me to date.

I'm running 100 miles in March and am well on my way to achieving even more than that. If you see me out and about please give me a wave.

Heidi chose to support Alzheimer's UK in support of her Grandpa who passed away last year. She saw the fundraising for Borneo as an opportunity to also support a charity close to home.

The three local teenagers are raising funds for a wonderful opportunity to travel to Borneo to make a difference to impoverished communities

Heidi Garforth (13) from Gilcrux is raising money for Borneo and Alzheimers

<https://gofund.me/c25a30bae>

gofundme



gofundme

<https://gofund.me/358d3bdbb>

And that's just what I've done so far! I currently have future bookings for dog walking, pet sitting, lawn-mowing and car washing! You can also donate at my gofundme link.

I'd like to thank everyone in the community for their support, making bookings for tasks and chores. Your support really means the world to me and I wouldn't be able to go on the trip without it.

Elizabeth Wilks 07515 174451
m.lambonwilks17@gmail.com



Governor chat

Hello again

It's Spring again (as the weather occasionally shows us) and the Sensory Garden is greening up with the promise of the loveliness to come. Quite like the children, I suppose, who start to grow and we look ahead to their blossoming. Easter events are upon us and it is such an important time for us as we celebrate with the church in several ways (more on that in the next edition). Of course, we still have the other important events like egg-dumping and easter eggs!

As well as the excellent education the children get, their personal development is very important to the staff. It was good to see a report from two of our newshounds about the STEM visit, getting them to consider their future career possibilities and what qualities are important.

Silvana Hewitt
Chair of Governors



Cross Country Event at Sedbergh School

Years 3/4/5&6 visited Cockermouth School for a cross country event and three girls were chosen to compete at Netherhall School.

This event was used by external PE leads to select an Allerdale team of 16 per category, to travel to Sedbergh School for a county selection race.

At the selection race, the three girls ran with 98 other runners from different Cumbrian schools for a place in the County team.

Chloe and Martha were in the Year 5 race and Harriet was in the Year 6 race. All girls ran a 2km course which was muddy and hilly - as you can see from the pictures! Our girls ran an amazing race and were all proud of their achievements, as were we. Martha was 15th and has been selected to represent Cumbria at the national event to take place in March at NAEC Stoneleigh. Chloe was 18th and is on the reserve list for the event. Harriet may decide to join a running club as she has a natural talent and was 41st in the Year 6 race!

Well done to all the girls and to the parents who took them to the event. We wish Martha well in the next event in March.

A quirky "news" report from Imogen with an illustration by Max



A Hoot-ing Great Surprise!

Craziness briefly broke out at Bridekirk Dovenby School when a horse-headed man trotted into the office



and began reading the "Primary Times" with great concentration. Mrs Taylor reported that the horse-headed man refused to go to the mathematics class, claiming it was far too "stable-based" and that reading the "Primary Times" helped with his Neigh-borhood Watch course. Pupils were jumping for joy, staff everywhere were having a mare and even tried to rein him in to doing a spelling test!

NSPCC Number Day brings together learning and fundraising, giving the children the chance to enjoy mathematics while helping to support NSPCC services.

The children (and adults) recently 'Dressed up for Digits'. Firstly, in assembly, the important work of the NSPCC was explained to the children. They also learned the names of some famous mathematicians and laughed at some maths jokes! Back in the classrooms, the children participated in a variety of number-based activities ... dice games, TT Rockstars times table competitions, design a maths T-shirt, prodigy maths and making numerical games.





After following a trail around the sensory garden, they discovered a bear in his cave hiding in school! Lots of fun and adventures were had.

“We’re Going On A Bear Hunt” around Bridekirk Dovenby School

Most folk are familiar with this much-loved book by Michael Rosen and Helen Oxenbury.

On World Book Day Mrs Smith’s Primary 1 class received a letter from the very bear in the story!

In case you can’t read the letter (pictured right) it says ...

Dear Primary 1

My name is Bear. Despite the way I look, I am a friendly bear but I have been on my own for such a long time.

Please come and find me. I am so sad and lonely and all I want is to find some friends.

I have left a trail for you, but please be careful as there are some obstacles in your way. I know that you are brave and can persevere to find me.

I can’t wait to see you all and share some time with you.

From Bear xxx



WORLD BOOK DAY 2026

by Olivia

P5 each got paired up with a child from P1. They were told a week ago about this event and, for World Book Day, instead of dressing up, they chose their favourite picture book and read it to their Reception child.



There was a massive variety of books and some children even chose to bring in props - teddy bears that matched the theme of the book to bring the story alive! They were sent to different classrooms and, once they were finished, the P5s gave the P1s a drink of juice and a biscuit. Additionally, the P5s presented the P1s with a bookmark made by themselves. Yet that is not where the story ended ... the P1s left their teddy bears overnight and you would not believe the mischief they got up to! One even ended up in Mrs Fish’s office! What a naughty teddy, although the teddy bears had had a fun party!



Imagine



Do



Share



Joke Corner

Q How do you scare a panda?

A With bamBOO!!

Q What do you call a bear with no teeth?

A A gummy bear!

Q Why did the cow go up to space?

A To see the Milky Way

Q What’s orange and sounds like a parrot?

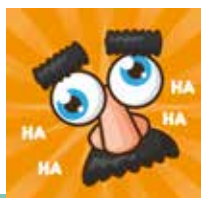
A A carrot

Q What’s a cat’s favourite colour?

A Purrrple

Q What do you call a cat in shoes?

A Puss in Boots



This is the group session where all the children are in four groups of mixed ages working on different themes.

This report of the latest session is by Anna.

We did FIDS again but this time we did something different. We split into groups and did the next level. We revisited the “Imagine” which was where we had to imagine what our place could look like.

Then we moved on to the “Do”! For this we had to focus on one of our imagined things and had to keep asking ourselves how can we do that?

Our group (Global) focused on the sensory garden. We came up with some great ideas and I’m sure the other groups did too. Other groups, for example Community focused on helping people in their community. The Digital group focused on internet safety. The Happy group focused on going to old people and making them happy

In all of the different groups we helped each other out and we looked after each other. All of the groups focus on what we can do differently and what could we change.



STEM Learning (Science, Technology, Engineering and Maths) is now an important part of school learning, for primary and secondary schools.

Our school had a visit from STEM representatives to talk to P5 children. Here is a report from Harriet (top right) and Nieve

We enjoyed a career session with people who did different jobs. We learnt that it is easier to get your grades earlier in life than later. We explored different jobs and what qualities you need like listening, social skills and perseverance.

We explored different back stories like beginning your own business at 13 to working on communicating.

This experience helped us to think towards the dreams and goals we have.





Your Parish, your history Come and explore it

Did you know Gilcrux has its own community archive - free to access, built for you and growing all the time? The Gilcrux Community Archive is a living collection of local memory - census records, family histories, photographs, stories and documents drawn from the life of this parish. It exists because local history matters, and because too much of it sits behind paywalls or in distant archive centres that might be difficult to visit. This archive brings it home.

Open House: Saturday 26 & Sunday 27 April 2-5pm

Parish councillor Debbie at 'Lyndal Mount' Gilcrux (tel 07359 011144) warmly invites you to drop in over the weekend for an informal open house. No booking needed. Come when it suits you between 2 and 5pm and she'll put the kettle on.

This is your chance to:-

- see the archive for the first time, or explore it more deeply
- try the search facility and discover what it holds
- browse census information and trace families from the parish
- ask questions, big or small.

Put a research question to Debbie directly - a name, a family, a place you've always wondered about. Whether you have deep roots in the parish or arrived more recently, the archive has something to show you.

Every place has stories worth knowing. Come and find yours. A note about the website address!

The archive has grown enormously over recent weeks and is about to move to its own dedicated home on the internet at:-

gilcruxcommunityarchive.org.uk

If you type that address into your browser now, it will take you to the right place - you're not lost.

For the moment, the archive lives within a slightly larger website while the final move is completed.

Think of it like a shop that's already trading from temporary premises while its permanent building is being made ready. The stock is all there - it's just not quite in its forever home yet.

Once the move happens, everything will be in one place under the Gilcrux address, and that's where it will stay.

If any of this sounds confusing, don't worry at all.

Come along to the open house and Debbie will show you exactly how to find it and get the most out of it.



Thanks to Michelle Magrath from Dovenby for sending in these wonderful Spring photographs. Happy wee robin and cheerful daffodils!



MEREDYTH meets

Lesley
Johnson

I've just had the most entertaining and vivid interview for ages.

Lesley is a very interesting woman. She has taken over the Belle Vue pub in Papcastle with her best buddy chef Alison. I'm totally in awe of this lady and am going back to the pub asap - we can't lose her!

Lesley was born in Bolton along with her two older brothers. Sadly, her mother died when she was just 13-years-old and her father then remarried.

At the age of 17, Lesley reports coming home from her holidays, having finished schooling in Bolton, to be greeted by her father who informed her that she was to move out as it was her or the new wife!

So, she went to live with her Auntie near to her long-time friend Alison. Her late teens were spent working for Damart - she did the vests and the long johns. She then met her husband Jeff Johnson with whom she had two children - a boy and a girl. She is now divorced from her husband.

Grand daughter joy

However, to her great delight, she now has two grandchildren - both girls - currently three years old and seven months. They all are still living in Bolton and she sees them regularly.

Lesley then worked for a group that owned Pubs Named Marbary. They owned many pubs including Stonegate and other chains eg Slug and Lettuce.

This was a finance company with little interest in the smaller pubs and they eventually closed with huge debts.

Looking for work, Lesley started to make blinds and curtains. She started a shop in Preston and moved to Weaton near Blackpool.

Due to unforeseen circumstances, she was forced to leave and, to keep up income, she made 1000 chocolate



bombs to sell before Christmas on Facebook. In 2022 she moved to the Dalmeny Hotel in St Annes and then to the Farmers Arms at Great Ecclestone where she was in charge of a seafood restaurant.

For six months she was the General Manager of Cheetham Arms and other pubs in the portfolio. Management again made life difficult, so she moved to the Belle Vue, a Marston's pub.

She and Alison as chef run this but have quarters at opposite ends of the pub

When asked about hobbies Lesley looked at a loss! In her spare time, she reupholsters for her son's gym recovery business and - should she ever have a holiday - it would have to be Cyprus.

I've really enjoyed this interview. I've skimmed over much of it but the message is loud and clear. This lady is not to be trifled with but meet on equal footing and you are fine. Thank you, Lesley. Phew! See you soon in the Belle Vue.



Good taste in reading material Lesley

Cold callers are a nuisance!

Many people just hang up but others reply.

Advice now from the BBC is to say nothing as scammers are using AI to clone people's voices and then get them to 'agree' over the phone to direct debits etc.

They only need a few seconds of your voice. So don't say anything, just hang up every time!

**Check out this programme:
<https://www.bbc.co.uk/programmes/p0n4j7g1>**



DR SAM RIGBY AESTHETICS & LASER CLINIC

**Aesthetics and laser
clinic for skin treatments**

**fine line treatment,
dermal filler treatment,
anti-wrinkle injections,
tattoo removal, lip fillers
and more ...**

www.dr.samrigbyaestheticsandlaserclinic.com

Unit 6 Tithe House 43 Station Street, Cockermouth

Call Bronx on 07759 925882

GOODFELLOW TYRES

Fairfield Buildings, Cockermouth
01900 823 600
www.goodfellowtyres.com

TYRES • BATTERIES • EXHAUSTS



JM Tree Services

Tree surgery and hedge maintenance. Logs for sale.

Ring Jamie on 07513 769750 to arrange a free, no
obligation quotation

Email:- jamie@jmtreeurgery.co.uk Web:- www.jmtreeurgery.co.uk
Public liability insurance. ABA and NPTC qualified.

John Sandelands Funeral Directors Ltd



24 hour personal service

Independent family firm serving
West Cumbria since 1850

Rest Chapels at:

10 Bridge Street, Cockermouth
56a Main Road, Seaton, Workington
18 South William Street, Workington

Golden Charter Funeral Plans available.

Tel: 01900 602753

Email: andrew.sandelands@btconnect.com



Home grown cooking with Annette

Fresh herbs in a pork patty



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.

The time has come. Herbs and bright green plants are pushing through in the garden. Now's the time to use them.

They are vital to our health and provide us with vitamins and minerals to keep our bodies fit.

Wild garlic, chives, parsley can be combined or added to minced pork, beef lamb or chicken - or a bean mixture - to make a patty/burger to satisfy most people.

My grandchildren request burgers and, as much as they wouldn't be my first choice, I've created this one to help my grandmotherly brownie points.

It's fresh and you know that it's not ultra processed, it's just home made and tasty.

Toss the green leaves and slices of pear together with a drizzle of olive oil.

Place all the meat and herb ingredients in a large bowl and mix thoroughly. Using wet hands, take a large spoonful of the mixture and mould into a patty shape, do this for four burgers. Heat a large frying pan or air fryer and cook the patty on one side. After two minutes turn it over to cook the other side.

Stack the meat patty with the green leaves and pear slices. Serve with brioche buns and salad of your choice. Here it is with home made cucumber and yogurt with fresh mint. They won't even know they're eating such goodness!

FOR FOUR

- 600g pork mince**
- 1 red onion finely chopped**
- 1 clove garlic**
- big sprig of fresh thyme finely chopped**
- big bunch fresh parsley finely chopped**
- big bunch fresh chives finely chopped**
- salt and pepper**
- toasted soft buns sliced in two**
- slices of fresh sliced juicy pears**
- green leaves of choice (rocket, watercress or sliced lettuce)**

Mitchells

SINCE 1873
ESTATE AGENCY

'We provide a wide range of professional services to the rural community in North and West Cumbria'

Residential Sales via Private Treaty
Agricultural Land & Farm Valuations
Probate Valuations
Advice on Future Planning

☎ 01900 822016

✉ info@mitchellsestateagency.co.uk



An Elegant Lady - history on our doorstep at St Bridget's Church



Feature by
Adam Baker



Some of you may know the magnificent white marble memorial to Sarah Hervey (pronounced Harvey) just inside the entrance door of St Bridget's Church, Bridekirk. The urn is a particularly fine carving and would have required a great deal of skill to produce. It would have been relatively expensive and is in addition to Sarah Hervey's grave stone in the cemetery.

The memorial inscription reads 'Sacred to the memory of Sarah, wife of the Revd. H.A. Hervey, vicar of this parish, died Novr. 3rd. 1827, aged 55 years. The memory of the just is blessed. And the Spirit shall return to God, who gave it.' Rev Humphrey Archer Hervey was the vicar at Bridekirk for nearly 50 years from 1795 and married Sarah Mawson, aged 22, the same year. They lived in the vicarage next door to the church. Their first child, Mary Anne, was born in March 1796. While the average number of children to a family at the time was five, Humphrey and Sarah had eight in total over 15 years! With names like 'Jane Hephzibah' and 'Thomas Lamplugh', their children's names reflected both their vocation and geographic locality. Married life must have been intense for Sarah but she probably had help looking after the children. The Mawson's, Sarah's parents, were a large local family.

Rev Hervey was a well-known figure at the time and at a period in history when a parish vicar was a very well regarded figure in the community. He must have been a man of means, not only supporting his large family and household but able to pursue other interests. He and Sarah were instrumental in mentoring and sponsoring Fearon Fallows (the other son of Cockermouth) who went on to be His Majesty's (George IV) first astronomer of the Astronomical Society, establishing the observatory in Cape Town. But before he went, he married the Hervey's eldest daughter, Mary Anne. So Rev and Mrs Hervey became Fearon's father and mother-in-law respectively.

As was fashionable at the time, in fact *de rigueur* for people of standing, there would have been family portraits.

We live in an artist's Georgian 'painting house' - as featured on the Cockermouth history wall on the Old Kings Arms Lane in Cockermouth. The artist in question was Joseph Sutton, 1762-1843, a local painter whose patrons included aristocracy and the great and the good of Cumberland. Sutton studied at the Royal Academy and became a very successful portrait, landscape and domestic animal painter as well as being an excellent copy artist. At one point he had six apprentices working for him.

Arguably Sutton's best copy hangs in Muncaster Castle - Charles I in Three Positions by Van Dyck. In fact the painting is so good, it was specially examined to see if it was a Van Dyck. Sutton has a number of pictures hanging in Muncaster - some huge - where he was commissioned to paint a variety of family portraits, copies and even a naval battle. Other paintings adorn Mirehouse and Hutton-in-the Forest.

Living in Sutton's old 'painting house' meant we were on the lookout for a painting of his. That's the great thing about the internet - you can set alerts for things like paintings in auctions and when something comes up, anywhere in the world, you get automatically emailed. And out of the blue an email popped up with a painting by Joseph Sutton entitled 'A Portrait of an Elegant Lady'. That's how the listing appeared in the catalogue at an auction near Boston, Massachusetts. As it turned out, the painting cost very little comparatively - people don't seem to want large, old oil paintings. Once we had the painting in our possession, we researched the 'elegant lady' - it has Sarah's name on the back with a date of 1808. It's a very good painting, in good condition and Sarah is certainly 'an elegant lady'. Once we learnt who 'Sarah Hervey' was, a trip to St Bridget's opened up all the research above.

And so the picture (*above left*) is Sarah Hervey in June 1808, aged 35, after six children. Do have a look at Sarah's memorial next time you're in St Bridget's (it'll be 200 years since her death in November 2027). You'll now be able to put a face to the name.

Joseph Sutton would have certainly painted The Rev Hervey and possibly the Hervey children as a group, around the same time. We'd also like to think there's an undiscovered portrait of Fearon Fallows (there are none known) somewhere. So if anyone knows the whereabouts of a fine portrait of Rev Humphrey Archer Hervey, we'd be very pleased to hear from you! (ythlorton@gmail.com)

Tempus Fugit

It's great to have a clock tower in the town, usually they are on the churches. But, as you walk along Main Street in Cockermouth, there is a splendid clock tower just above the art shop and the solicitors. Underneath the clock there is an engraving in the brickwork 'Tempus Fugit'. I was told years ago that if you want to see good architecture then look up in towns and cities, it's surprising what you can miss if you don't and what is above the shop frontages. Tempus fugit is a Latin phrase, usually translated into English as "time flies".

I remember sitting in a meeting many years ago when I worked in engineering and, after a long discussion, we decided that we had better get a



move on. I said "yes, Tempus Fugit" to which they all gawped at me. So, I had to explain what it meant, which then made the meeting longer! Time does fly, but not meaninglessly I hope. I always think it's better to be busy than idle, filling your time with worthwhile projects.

I 'retired' in 2022 and time certainly seems to have flown past. I've kept myself busy helping at the church, being one of the governors at Bridekirk and Dovenby school and being a trustee on the wonderful Village Post ... and I must say I enjoy being busy.

So, two things, keep looking at the wonderful architecture in our towns and villages. St Bridgets Church, Bridekirk for example, is worth a look round, inside and out.

Make the best of your life by filling it with worthwhile projects because time does fly quickly, so enjoy it!



Rev Roy with the aptly named rambling rector rose

Many blessing to you all,
Reverend Roy

Funds are available - you can apply!



Tallentire Wind Farm Community
Benefit Fund Advisory Panel
25.02.26

Current available funds: £59,554.43
Total Amount Requested (Applications): £44,535.51
Total amount remaining if recommended amounts awarded: £15,018.92
The Fund Receives Two Payments A Year June & October/January
Next Payment Due: June 2026 (Approx £36k)

In the last six months funds have been allocated for church repairs, village hall improvements and a village outing to Windermere.. This indicates that the funding which has been on going for 13 years, remains in place and is continuous.

It also reflects the dedication of the volunteers in village groups who coordinate and apply for the money to benefit local people. More than £600,000 has been awarded overall.

The money is there - why not get together in your village and apply!



ST. BRIDGET'S, BRIDEKIRK

People of hope and love

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

Glory, Creation, and Community

Nestled between the rolling North Lake District hills and the sweeping landscapes of the Solway Area of Outstanding Natural Beauty, our parish is a place where wonder and community flourish side by side.

Whether gazing across to Scotland from Tallentire Hill or standing beneath a star-spangled night sky, there's a sense here of something truly special, a gift to be cherished and shared.

On brisk mornings, as I climb, the hills rise gently in the east while the wide Solway Firth opens out to the west, their beauty reminding us daily of the generosity of God's creation. From the flutter of wildflowers to the distant call of curlews, the countryside around us offers inspiration for both the soul and the senses. It is a landscape that welcomes reflection and sparks gratitude.

Psalm 8: God's Glory in Creation

As I pause to take in these wonders, words from Psalm 8 come to mind:

Lord, our Lord, how majestic is your name in all the earth!

You have set your glory in the heavens ...

When I consider your heavens, the work of your fingers,

The moon and the stars, which you have set in place,

what is mankind that you are mindful of them,

human beings that you care for them?

You have made them a little lower than the angels

and crowned them with glory and honour.

You made them rulers over the works of your hands;

you put everything under their feet:

all flocks and herds, and the animals of the wild,

the birds in the sky, and the fish in the sea,

all that swim the paths of the seas.

Lord, our Lord,

how majestic is your name in all the earth!

Psalm 8 reminds us that the whole universe - the moon, stars, hills, and waters - is the work of God's hands. Standing beneath a vast sky, we are both humbled and uplifted by creation's grandeur, invited to marvel at its scale and beauty. Though we are small, God has entrusted us with care for this world, giving us a role as stewards of its wonders.

This calling encourages us to honour what we have by protecting it for future generations. Stewardship isn't just a grand idea, it's something we can practise in everyday life. For practical tips on nurturing our environment- from reducing waste to supporting wildlife, please visit our Eco Church page. Together, we can make a positive difference, both locally and beyond.

St. Bridget's Church is open and welcoming to all who wish to experience our parish's natural and spiritual beauty. Whether you're seeking quiet reflection or a sense of community, we invite you to join us. May you find blessing in the landscapes that surround us and the fellowship we share.

With every good wish and blessing,

Revd Christina Brentnall

April

3: Good Friday (1-3pm) Join us for some or all of this service.

1pm All Age Service followed by refreshments then at 2pm Stations of the Cross.

5: Easter Sunday Holy Communion (11am)

12: Morning Worship (11am)

19: Holy Communion (11am)

26: Morning Worship (11am)

May

3: Holy Communion (11am)

10: Morning Worship (11am)

17: Holy Communion (11am)

24: Morning Worship (11am)

31: Holy Communion - Trinity Sunday (11am)

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

**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.

FOR MORE INFORMATION

bridekirk_church@grasmooreschurch.org.uk
0785 8074 133

Find us on:-

Facebook

www.facebook.com/stbridgetsbridekirk

Instagram

www.instagram.com/st-bridgetsbridekirk/

email

bridekirk_church@grasmoormc.church

JESUS USE MY JUMP POTENTIAL

Bible fun, friendship and prayer for school years 7-13

Christ Church Rooms Cockermouth

7 - 8:30pm

Upcoming Dates:

Sunday 12th & 26th April 2026

Sunday 10th & 31st May 2026

For our program and parental permission form visit:
cockermouthareachurches.church/jump/

Go straight there:



or email us on jumpyouthgroup@gmail.com



St. Aidan's
CUMBRIA

St Aidans

All Age

meets 3pm

every Sunday at

Bridekirk

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.

You're Invited!



[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



CHRISTIAN AID WEEK

May 10-16

Christian Aid Week falls in May again this year, that loveliest of months, when all the village looks resplendent in green.

Over the decades of collecting in Gilcrux, I have delighted in many beautiful garden sights as I make my way to the front doors, and have particularly enjoyed being shown the areas used for growing fresh produce for the household.

In a rural village like Gilcrux, most homes have their own plots, where residents can grow fruit and vegetables for health and happiness, but this is not often the case in some less fortunate parts of the world.

In the informal settlement of Dagoretti in the overcrowded city of Nairobi in Kenya, the houses are tightly packed together, with very little space between them and with poor access to land, water and healthcare.

This is where Fridah, a recently widowed mother and grandmother lives. After her husband died, she was left without any financial support, so was unable to pay the school and medical fees, and unless she found casual work each day, couldn't even put meals on the table for her family in the evenings either.

She was at the point of despair when she discovered Imarisha Kilimo, an urban farming project run by the charity Beacon of Hope, one of Christian Aid's partners in Kenya.

This initiative supports mother's facing the distressing reality of urban poverty and the daily struggle to feed their children.

Now, with tools, seeds and training, Fridah is growing organic vegetables in a tiny city plot, both to feed her children and to earn an income.

Fridah, and other mothers like her, have learnt how to make compost, conserve water, layer plants, use cone gardens and are now growing nutritious food to keep their families healthy, with any surpluses sold in the market. With our support, this project offers stability, choice, and the chance of a secure future. It is a powerful reminder that together we can grow hope, where before, hardship meant hunger.

This year's Christian Aid Week aim is to raise funds, so that innovative and inspiring projects like these can be extended to other areas of Nairobi, so that mothers can become independent and support themselves and their children through the many challenges they face in such adverse circumstances.

As we munch on a freshly pulled radish or savour some young broad beans straight from the pods this spring, let us keep in mind those growing fresh food in small spaces in cities around the world, simply to survive.

This Christian Aid Week, please give as generously as you can to the door-to-door envelope collection, so that we can stand in love and solidarity with these mothers striving to support their families.

If donors who are tax payers could also sign the gift aid form on the envelope, then Christian Aid can claim back the income tax already paid on that sum, adding an extra 25% to your donation.

As always, I am looking forward to catching up with old friends and meeting new residents on my rounds. Thank you!

Geraldine Baxter



Brockbanks Solicitors



A Family Oriented Firm, Providing High Levels of Service & Attention to Detail

- Will writing & Probate Services
- Lasting Powers of Attorney
- Buying and Selling a Property
- Commercial Contracts & Leases
- Crime & Motoring
- Employment
- Family & Matrimonial

WHITEHAVEN

01946 692194

COCKERMOUTH

01900 827222

MARYPORT

01900 813488

WORKINGTON

01900 603563

CARLISLE

01228 521383

Also KESWICK as Oglethorpe & Broatch 01768 772125

www.brockbanks.co.uk

By popular demand ...



Teddy's dog blog

Hello Humans and Doggy Dudes,

Teddy Edward your Rover Reporter has been busy crashing the keyboard again. So please read on, or I might just get terribly upset.

After the wettest start to the year anyone can remember, I must admit to requesting lots of trips to St Bridgets Church, pretending to fancy a walk from Bridekirk up Tallentire Hill.

Between you and I, what I was actually checking was to make sure Reverend Roy hadn't had a message to get busy practising his joinery skills and building us an ark. Thankfully, that was not the case. Phew!

Now, apparently damp dog aroma is clearly an acquired taste, which my Pawrents are yet to obtain.

In the vain hope that it might help, I have been forced into wearing some sort of a blue creation that distinctly resembles Daddy's dressing gown.

It is embarrassing enough having to get squeezed in to it (which reminds me of what happens with Daddy's dressing gown ...) but can you imagine being out and about, then meeting our mates and chatting over the wall? It took a bit of explaining, but I think I got away with it. I do believe someone took a photograph, but I haven't seen or deleted it yet. I just hope our wonderful Editor hasn't obtained a copy.



(Yip I do Teddy!)

Very recently I was due the next instalment of my apparently delicious chewy medication from the vet. This is great fun. First of all, my Pawrents go all Masterchef on me and present it in a tasty wrapping of pancetta, known to us Cumbrians as wafer thin plastic ham.

I've perfected the art of unwrapping and eating the edible bits without actually moving my lips and then depositing the filling back on the floor. Simple! This creates a little Pawrental tension but is well worth the effort.

The next thing they try is called the chicken trick, where a nice lump of meat has a cunningly hidden incision holding the chew.

This takes a bit more tongue agility, but with the expected Teddy persistence the meat heads downwards and the chew heads straight back to where it came from. Additional Pawrental angst, quickly resulting in a full and frank discussion, with Mummy helpfully explaining exactly where Daddy is going wrong, and then getting politely invited to take a turn and just do it herself. What fun!

After numerous attempts and a noticeable increase in tetchiness, I took pity on them and just ate it but then pretended that I was sulking and hid my head (*see the pic on the left*), refusing any dog petting opportunities for at least ten minutes. I will show them!

As I am busy typing, Spring seems to have sprung, the sun is shining, colourful bloomers are waving gently in the breeze, and I am banned from the flowerbeds, but only when someone is watching.

Love, Teddy Edward



Take on the
10in10 Challenge

MS Society
Sponsored by
berghaus



The annual 10in10 challenge is organised by Yvonne Booth to raise money for MS research.

Saturday 20 June 2026

10in10 Challenge
10 Lake District peaks in 10 hours

Challenge 5
5 Lake District peaks, a family friendly walk open to all

Sign up now at 10in10.org.uk

FR Registered with FUNDRAISING REGULATOR
Multiple Sclerosis Society
Registered charity no. 238823(204096)



Fabulous World Book Day costumes

Brother and sister
Arthur and Maisie Dryden from
Bridekirk looking splendid in their
World Book Day outfits.
Arthur is Robin Hood and Maisie is
a character from the
'All Things Giraffes' book.
Well done you two
(and mum and dad Emma and Tom
of course!!)

**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.



FIND OUT MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk **#ITSOKAYTALK**

Locally **ANDYSMANCLUB** meets in Cockermouth
Town Hall on Mondays at 7pm



How to become a VP Goodwill Partner?

Just £10 a year from every household we
distribute to would cover all our costs



You can donate monthly, annually
or as a one-off to:
VP Community Publications

Email for VP form to editor@villagepost.uk

Whatever you can offer by becoming a VP Goodwill Partner will be
most welcome and ensure a bright future for your magazine.