

February 2025 | Issue 17



# Village <sup>P O S T</sup>

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!**

**Here's to a wonderful 2025**

# Happy New Year!

From the team at Village Post!

**Marjory Thompson** Village Post editor  
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Our front page star this issue is Jack Robinson (far left), seen here with his good pal Xander Hamilton (who was the front page star in our second edition back in July 2022).

Thanks to their mums Helen and Laura for submitting such great pics of their boys for our Village Competition. See the spread on pages 10/11.

Jack was seven on New Year's Day. He lives at Seaview, Tallentire and is in Year 2 at Bridekirk Dovenby School.

He regularly helps out at his Grandad's farm in Tallentire.

Jack loves drawing and transformers and wants to be a spy when he grows up!

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

### Dates for delivery of your 2025 editions are:

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

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

### The VP team



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# Farewell to a true gentleman



It is with great sadness that we hear of the death of Arthur Waterhouse at the age of 91.

Arthur, from Bridekirk, and his daughter Sue featured in our August 2023 edition when they were guests of honour - invited to officially open Bridekirk and Dovenby School's wonderful community sensory garden.

*Village Post* had appealed for people to help with the work. Arthur responded ... and how!

As well as making a potting bench from scratch, he fixed a wonky bench, made a hanging toolrack, scrubbed the garden den (with Sue's help), made perspex windows, installed a water butt and put up the bird box and bug hotel.

The school pupils and staff were delighted. Arthur was thrilled to see the results of his handiwork at the launch.

Arthur's funeral service was held on January 23 at St Bridget's Church, Bridekirk.

His daughters Sue and Janet will write a tribute in the next edition. As Sue said: "Dad lived a full life!"



## Gilcrux cider wins championship Fitting tribute to the late, much loved Peter Hibbert



Hibbert's Royal Best is a very special cider indeed ... thanks to good neighbours in Gilcrux.

For, as well as winning the Ronald Graham Cup in the North Cumbria Orchard Group (NCOG) Christmas cider competition, it has been named after Peter Hibbert who sadly died last year and is greatly missed. He had lived in Gilcrux for 35 years.

Said Phil Royal: "Simon Jones and I are members of NCOG and, for the last few years, have received apples from a few neighbours to contribute to our NCOG Cider Group, and also do some of our own cider. Some villagers have tried it but, suffice to say, few return for more!

"At the end of last year I entered the NCOG Christmas Cider competition with a brew primarily using apples from my garden and from my late neighbour Peter Hibbert. To my surprise it won, and it is now the NCOG Champion Cumbrian Cider for 2024, and we

hold the Ronald Graham Cup.

"The other good news is no one fell ill after the tasting.

"It was named formally but I hope appropriately - 'Hibbert's Royal Best!'"

However we cheekily renamed it *Hibbert's Old Tart!* as Peter's Bramleys always added a wonderful acidic hit to all our brews!"

Pictured are (left to right) - Phil Royal, Simon Jones and Peter Hibbert with doggie pals Zinzan and Daisy who look like they want a taste!





## GARDENING WITH MEREDYTH

### FEBRUARY

Hopefully we have seen the last of the very cold weather, however only time will tell. Please don't forget the poor old birds. Last month as soon as I defrosted the bird bath it froze over! Check that plant supports are sound before the new growth obscures them. Continue planting bare root trees and shrubs and firm down any trees and shrubs lifted by the frost. Prune all winter flowering heathers and shrubs once the flowers are faded. Divide and replant snowdrops (recently hidden by the snow). Now is the time to put dahlia tubers into pots in greenhouses, prepare beds for sowing out of doors and before the nesting season starts cut back overgrown shrubs and hedges and prune roses. Sow annuals undercover.

**In bloom:** hellebores, daphne, winter flowering pansies, cyclamen, winter aconite and winter flowering honeysuckle



With thanks to RHS Gardening Year and Gardeners' Year Calendar

### MARCH

The lawn takes centre stage. Start mowing regularly and reseed any bare patches.

Put pumps back into ponds and turn water on.

Prune shrubs with colourful winter stems also bush and shrub roses.

Increase stocks of herbaceous perennials by taking basal stem cuttings and take cuttings from dahlia tubers.

Split polyanthus after flowering. Sow sweet peas outdoors and put out young plants raised under cover.

Sow hardy annuals and vegetables outside. Harden off young vegetable plants to put outside. Plant early potatoes and asparagus.

Fruit blossom will need protection from late frost.

**In bloom:** bergenia, cyclamen, forsythia, violet, magnolia, daffodil, crocus, iris and camelia

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**CASTLEGATE SURGERY** was delighted to receive a cheque from the Skiddaw Masonic Lodge for £1275. Thomas Irving, Worshipful Master, has been fundraising for the surgery and handed over the cheque to GP Partner Dr Carolyn Rigg, Practice Manager Claire Raven, Lynn Lancaster, ACP (diabetes) and Lead Nurse Clare Daniels.

The surgery is planning to purchase education tools that can be used throughout the surgery but, in particular, the diabetic education sessions and equipment starter kits that GP medical students will use when they start their patient clinics.

Castlegate and Derwent Surgery is very proud to be a training practice, helping to educate the NHS clinicians of the future. Investing in patient education is also extremely important for the prevention of conditions and self-management of their health.



**Jacqui Currie**

Celebrant  
 Funeral ceremonies  
 Funeral plans  
 Living funerals  
 Celebrations of life

In a recent issue of *Village Post*, Meredyth interviewed local writer Jacqui Currie. Jacqui has recently trained as a funeral celebrant so we asked her what her new role will entail.

“A funeral celebrant conducts the ceremony when the family or the deceased don’t want to hold the funeral in a religious setting.

“Working closely with the Funeral Director, I help to ensure you have the most appropriate farewell, be that at a crematorium, a burial, or a celebration of life once a direct cremation or burial has taken place.

“I’m happy to incorporate elements of faith and spirituality such as readings and hymns if you’d like to include them, but the choice is yours.”

As a funeral celebrant, Jacqui will write and deliver a ceremony that will capture and honour the life and personality of a loved one. She will meet with family or friends beforehand to understand what everyone wants for the ceremony.

“I became a funeral celebrant to enable people’s life stories to have one last public airing in a dignified, personalised and inclusive ceremony. Everyone matters, and everyone has a story to tell.”

If you would like a say in what will be said at your funeral, or if you just want to reduce the burden for your family when the time comes, then Jacqui is happy to talk to you now and help you write a plan for your final farewell.

Or if you are at a stage of life where you know your time is limited, Jacqui can help you put together a celebration of life - a living funeral - that you can attend so you can share what life and the people you love have meant to you.

“If you’d just like to talk about your options, for now or the future, for you or a loved one, please do give me a call.”

Jacqui Currie, Member of the Fellowship of Professional Celebrants

**jacqui@tellingyourtale.co.uk**  
**07795 570182**

**www.tellingyourtale.co.uk/celebrant**

## Funeral Celebrant

A member of the Fellowship of Professional Celebrants, I specialise in marking the end of a life with dignified, personalised and inclusive ceremonies.

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-  07795 570182



# The non fiction navigator ...

Dear Reader,  
Part two of a story weaving together fact and supposition, in memory of our friend Clark Porteous Archer who died November 16, 2023.



**Debbie (aka Bee)**  
shares the stories created during her research into the history of Bridekirk and Gilcrux parishes

Storm and rain, and then November 1782. Thomas Hervey, now Reverend at Underbarrow near Kendal, sits at his desk. The candlelight flickers as he contemplates the blank page before him, preparing to write to a man who shares his birth name but not his circumstances. The Reverend Mr Thomas Lamplugh at Cockgrove near York will receive this letter, and with it, a truth held close for decades.

The great frost that opened our story shaped more than the landscape of West Cumbria. It shaped lives, loyalties, and legacies that would echo through generations. Thomas was born in 1740 while the village huddled against the bitter cold. Soon enough, Thomas was sent to live in Coniston, carrying a name he would soon be told to forget. Now, 43 years later, his quill scratches against paper, each careful stroke revealing the weight of that long-ago change.

“Being a good deal perplexed by a near relation to write you a line, I hope you will the rather excuse my boldness,” he begins. “When I tell you that I’m old Mr Lamplugh’s son by the present Humphrey Archer’s sister it will be enough to tell you who I am.”

The formality of his words barely contains the tremor of emotion beneath them. This is not, as one might expect, a letter seeking financial remedy. Rather, it carries the careful dignity of a man seeking something far more valuable - acknowledgment of his place in a complex web of family connections.

“I was born at Dovenby in the great frost of 1740/41,” Thomas writes, and in these words we hear the crystalline crack of that bitter cold we explored in the last issue. But there’s more here than just a date of birth. Each carefully chosen phrase in his letter reveals the delicate dance of 18th century social relations. Consider his journey - from Dovenby to Coniston “where I remained about nine years,” and finally to Witherslack. With each move, young Thomas carried not just his belongings but the weight of a changed identity.

“The first nine years of my life I had the name of Lamplugh,” he writes, “but upon my remove to Witherslack was informed I had got a wrong name. I never had the pleasure of seeing my father but, once at Coniston, nor had I ever a line from him though I have wrote desiring he would do something for me.”

The letter continues, and with each line, we see the boy from our earlier story transformed into a man who has built a life of meaning despite, or perhaps because of, his complicated beginnings.

“I have however to bless God who hath never suffered me to want though I have had eight children and now seven living,” he writes, words carrying not complaint but a quiet pride in the life he has made. Thomas discusses his salary (“but 28 pounds a year when I married”). His gradual advancement to “50 pounds” speaks of a man who has built a life of substance despite complex beginnings.

He writes of visiting Dovenby at Christmas in 1781, the first visit since he left all those years earlier and we feel his apprehension when he says “fearing my friends would not love to see me there because I was never invited.” But Thomas and his wife were greeted warmly, and for two Sundays he preached at St Bridget’s in Bridekirk on the invitation of the Reverend Bell, and he also preached in Dearham and Cockermouth. Thomas’s letter is fascinating, here we can glimpse someone who has found his place in the world, even as he reaches back toward his roots.

In Dovenby, the “present Humphrey Archer” mentioned in Thomas’s letter (Thomas’s uncle) and Thomas’s cousin William and their families continue their own story. William Archer’s Hairy Cap Inn stands as a testament to the family’s enduring presence in Dovenby. These threads of kinship, stretched but never broken across the years, would one day lead to our own time, to our late friend Clark, whose connection to this history reminds us that the past is never as distant as we might imagine. When Clark wondered and dreamed of his family’s deep Cumberland roots, he was tugging threads that run back to those bitter winters, to William’s inn-keeping days, to Humphrey’s sister and her son who would become the Reverend Thomas Hervey.

The archives tell us Thomas prepared a particular piece for publication just before his death - the life of Joseph. I can’t help but wonder if he felt a kinship with that biblical tale of a son separated from his father’s house.

And here’s something that would have made Clark smile! Thomas Hervey, that boy who had to change his name, ended up leaving his mark not through a family title, but through words. Volumes of them. Sermons, hymns, treatises, translations - each one a testament to a life built on something more lasting than a name.

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



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GARDENS BY MICHAEL AND BEE  
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## Here’s another story that would have amused Clark...

Wednesday last a lady and gentleman, who said they were from the South, struck with the peculiarity of the advertisements of the Hairy Cap Inn, called *en passant* to see the host, but durst not state above half an hour lest they should be overtaken by their pursuers, who were intending to prevent their union at the Hymeneal Temple of Gretna. The visit however proved a very lucky one for the amateurs. For the non-conformists, who had been close at their heels, took the direct military road, arrived at the celebrated fane, and not finding those they were in search of, drew some hasty conclusions of their having chosen some other spot for the performance of the ceremony and immediately took another route. A few minutes after, the wishing pair, whom propitious love (under the appearance of an expert postillion) had thus carefully conducted, arrived at the shrine of the blushing God. The accustomed rites were immediately performed, and the united couple returned home at their leisure.

*(Cumberland Pacquet, and Ware’s Whitehaven Advertiser, Tuesday 27 March 1781)*

.... Judging from the style of this piece and looking at his previous entries to the said paper, the author of this piece is surely Capt. William Archer!



# MEREDYTH meets **John Freeman**

I have only recently met John Freeman from St Aidan's Church. Apart from being young (34) he is also very easy to get on with.

John was born in London near Paddington. Soon after his family moved to Newbury where he attended St Joseph's Catholic Primary School.

He enjoyed his early years and was ready for the move to St Bartholomew's until he was 18. John did three sciences as well as Maths at A level. He went to Southampton University to study biochemistry (his original interest in medicine lost its attraction)!

Towards the end of his time in secondary school, John became increasingly involved with leading the worship at this local church, encouraged by the youth minister at his church.

Then, while at Southampton University, he served as a small group leader and the leader of the music team at the Christian Union there, which he was told was the largest in Europe at the time, with 500 members.



## **Science and faith - no conflict!**

After University he was an intern for two years at his church. John says he sees no conflict with his scientific mind and his faith.

At this point John and his childhood friend Stephanie decided to get married in 2015.

In Surbiton he was Worship Pastor of the Anglican Church heading the music team consisting of piano, guitars and drums. John was in his element!

They attracted large congregations of 120 people in the morning and 30-40 in the evening.

It was at this point John decided to go for ordination. He spent three years at St Mellitus College.

Now ordained, John moved from Surbiton to Reading where he was Curate for four years.

Although it was during Covid, it was a very happy time and Molly was born.

Moving to Cumbria he became the A66 plant pioneer for St Aidan's and is also Associate Priest in the Binsey Mission community.

He regularly goes to The Binsey churches wearing more traditional clothing - white gown etc on Sunday morning.

He loves Bridekirk Church, the physical structure and the parishioners He regularly gets 35 to 50 attendees. Half of those who are coming are under 18, who love the informal style and opportunity to interact with one another and the wider church.

Talking to John I realised what a lovely man he is, a good sense of humour and a willingness to address

every subject.

His relaxation is walking the fells, photography and reading. He's recently tackling Lord of the Rings - again!

Thank you, John, your congregation are very fortunate in their priest!

## **A match made in heaven**

**In September last year there was an exciting new "joining" of St Bridget's with a new church, St Aidan's. While regular services continue as normal for St Bridget's parishioner, the St Aidan's worshippers use the building from 3-4pm on a Sunday.**

**St Aidan's story began in 2022, when leaders and Christians in Cumbria dreamt of a church for the towns and rural communities around the A66 corridor in the northern Lake District that would serve those who were not currently engaging with a church. The dream caught on! St. Aidan was an Irishman, sent from Scotland to share the good news about Jesus Christ with the north of England. As he travelled around, he established communities of Christian faith to continue this mission across the North. "As a church," explained John, "we share this sense of vision and calling with Aidan, whose name means 'little fiery one'. We want, like him, to light spiritual fires across our region as we establish a family of Christian communities. We're excited to be joining in with St Bridget's, Bridekirk for this next chapter of our story, and are grateful for the welcome we've received.**

**"It has felt like 'a match made in heaven' as we move to Bridekirk. St. Bridget's has wonderful facilities for the families who are a part of our community, is well situated in the region we serve and enjoys a beautiful rural setting that speaks to the communities we all come from."**



## Governor's chat

Hello and Happy New Year!  
As I'm writing this we are STILL awaiting OFSTED but we have had our school inspection by SIAMS (see Pg article). It is so reassuring to know that the school is doing all the right things in living up to its foundation as a Church school and is enabling pupils and adults to flourish, with, as stated in the report: "dedicated staff who work tirelessly". Christian values (which are relevant to all religions or none) are fully alive and drive the school.



The SuperKind initiative is great and the ideas within it could be taken up by us all. Sometimes it's only too easy to slip into self focus and fail to see how we can add to the wellbeing of others. The sustainability drive is also a good reminder to all of us to improve our environment. As these young people grow, they will be running the world and we hope to set them on the right path.

SILVANA HEWITT

## School Council News

The school has done a lot of things for helping people with cancer. The school researched into helping people with cancer and we raised about £200 for Macmillan Cancer Research with a cake sale.

The school has also started a SuperKind Award. This is an award your school gets if you do something kind for other people and the world. We are aiming to complete it by the end of the year.

"I think it's possible and it's a good aim for our school to do," said Harriet D. "Since we started voting for School Council I have wanted to be chosen. It's great to be voted for. I remember the day I was voted in and everyone was saying it was me. It has been wonderful to do charity work and fundraisers. I would recommend it to anyone".

by Olivia and Max



## Question Time with our MP

Markus Campbell-Savours, our local MP, visited us this week to answer some of our questions we had prepared for him to answer. We really enjoyed his visit and thank him for his time spent informing us all about his job and the changes he is making to our community.

Some questions we asked him were:

*What inspired you to become an MP?*

*What significant memories do you have from your childhood?*

*How long have you wanted to become an MP?*

*What would you like to be if you were not an MP?*

*What is the main thing you want to change at the moment?*

## This year we are doing the 'SuperKind' Award

SuperKind helps teachers integrate active citizenship and charity within the wider curriculum and their classrooms.

It's never been more important to teach children agency, empathy and the other values that come from civic engagement. SuperKind is built around personal character development and active citizenship.

So far, we have witnessed children becoming more aware of their surroundings and what they can do to



change things for the better.

Actions can include volunteering, making a speech, raising awareness, writing a letter, campaigning, fundraising, organising an event, donating and starting a club.

SuperKind also encourages children to be consciously kind to others, understanding others' points of view and needs and making the world a better place for individuals and the whole planet.

### An example from Year 6

If you are in Year 5 or 6 you can start a club. We have decided to start a Litter Picking Club, which is for our SuperKind Award. We will do it round school occasionally when the school grounds need cleaning because it's not right for animals to get trapped in plastic.

by Dinah and Harriet





A lovely shot of the Nativity at St Bridget's

# A school with love is at its core

Statutory Inspection of Anglican and Methodist Schools (SIAMS) Report

In December an inspector from the National SIAMS team came to assess Bridekirk Dovenby School to see how we conform to the expectations of a Church of England school. They conducted a rigorous inspection and below is a summary of the outcome. The full report, which was extremely positive, can be seen on the school website, under the tab **Data / OFSTED / SIAMS**

Bridekirk Dovenby Church of England Primary School is living up to its foundation as a Church school and is enabling pupils and adults to flourish. It has the following notable strengths:

- The Christian vision is known and lived here. The image of a tree 'planted by streams of water', enables pupils and adults to flourish and grow, guiding and driving the work of the school.
- The work of this school is rooted in love, supporting the whole community to embrace the different seasons of life. Pupils and adults are safe, valued and cared for which enables them to thrive.
- Wellbeing and inclusion are at the heart of this Church school. Each person is fully embraced as an individual and their uniqueness is celebrated and cherished.
- Strong partnerships with parents, the church and the local community strengthen this school as a Church school. The school is a hub for the community, helping pupils to reach out beyond themselves.
- Collective worship is inclusive and inspires pupils and adults to make changes and take action in response. Pupil and adults value opportunities for stillness and reflection which enrich the spiritual life of the school.

**This is a community deeply rooted in love, where pupils and adults flourish and grow. The Christian vision drives school life at Bridekirk Dovenby. The belief that pupils and adults will yield fruit, creates a culture where all can prosper and thrive.**

## Pirates of the Currybean

The children in years 4,5 & 6 performed 'The Pirates of the Currybean' to a packed theatre at the Carnegie Theatre in Workington.

The audience were amazed at the standard of acting, singing and dancing.

Harriet, Felix and Blake sang their solos with confidence and Freddie and Barney made the audience laugh as they played the comedy duo - Slack and Scuttle.

The pirates, led by Blake and Ruth (supported by the cheeky parrot, Harry) conveyed their characters with conviction and the sailors, led by Felix and Cameron, delivered their jokes in style! Supported by some village sellers, the islanders of Lumbago and a team of pesky rats, the cast showed their friends and families the high standards reached in everything we do.

**Gabriella**, one of the performers, gives her report:

"At Bridekirk Dovenby School every year we produce an amazing pantomime. Ours was Pirates of the Currybean.

"We all worked very hard. We all got an important part and put our best into it.

"On the day of the performance, we went to the Carnegie to practise in the morning then came back to school to get our hair done.

"At the Carnegie we got changed, had our faces painted and then got our photographs taken then we were ready to perform

**THE PIRATES OF THE CURRYBEAN!**





# Village picture competition



Top two pictures of Lucy and Adam Rowlands and Archie and Chloe Moore.  
By Rose Rowlands, Tallentire



Jack Robinson and Xander Hamilton  
By Laura Hamilton and Helen Brough, Tallentire



One-year-old Ollie in his Xmas jumper  
Caroline McAdam Tallentire



Cath Clarke's grandson Arthur Tallentire



Stunning picture of Curwen Park, Workington  
by Amanda Burgess, Dovenby





**WINNER** Jake Lysser Gilcrux



**Reggie and Frosty in Tallentire**

**John and Reggie Thompson Tallentire**



**WINNER**  
Margaret Thorpe Tallentire



**WINNER**  
Mel McNicholas Bridekirk



**Left:** Lucy Tompkins on Snasa in Gilcrux  
**Right:** Lily and Oliver Rayson in Tallentire



**WINNER**  
Beth Faulder Dovenby





## Gilcrux Village Hall & Educational Trust

A very happy and healthy 2025 to everyone.

Our lunch club for December was our usual Christmas celebration when we entertained our guests with a three course meal followed by coffee and mince pies, it was a lovely day and I hope enjoyed by all our guests!

Our lunch club has gone from strength to strength and we offer the invite to anyone who would like to join us, the next date is February 7 and we meet at 12 noon to eat at 12.30. However places must be pre-booked, contact details at the end.

We were delighted once again that the choir from Bridekirk Dovenby school came along to entertain our guests with some Carol singing and they were fantastic, putting us all in the Christmas spirit.

On December 22 we held our annual "Mince Pies & Mulled Wine" afternoon which as always was very well attended.

We also announced the prize winners of our fund raiser for St Mary's, First prize went to Karen Gorrige, second to Chris Thorpe and third to Gary Donnelly, thank you to every-



one who entered as we were able to hand over £400+ to St Mary's.

Gilcrux Badminton Group meet on Tuesday evenings and are actively looking for new members, equipment can be provided so if anyone would like some more information please contact Henry on 07432 531163

We will be planning our events for 2025 at our next meeting so keep an eye out to see what's coming up!

My grateful thanks to the committee and volunteers who make these events possible and all of you for your support of your village hall.

**Helen Johnston 016973 21895 [helj@talktalk.net](mailto:helj@talktalk.net)**

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## Home grown cooking with Annette Seasonal delights

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

*It may be mid winter, we may have had gales, snow, and ice thrown our way but it doesn't mean we can't enjoy a colourful salad sparkling with flavour too.*

*My favourite is this carrot salad which I make to keep in the fridge to tuck into as a light lunch or to accompany a good protein, ham, cheese or good carbohydrate such as crusty bread, rice or pasta.*

*Take a kilo of carrots and grate them not too finely, I have a machine to do this bit for me.*

*Place them in a bowl and sprinkle salt over the carrots, turning well.*

*Cut up a crisp apple into matchsticks and add to the bowl, likewise slice a quarter of a hard cabbage, red or white or both. Mix well.*

*Prepare crushed garlic, as much or little as you like. I'd put at least two into this.*

*I'm a great advocate of garlic for keeping germs at bay, summer or winter and my Mum who lived to 98 put garlic into something every day. She also loved gin and tonic and red wine and enjoyed both daily.*

*I've just returned from Lithuania where the summer harvest is pickled. The pickled garlic is crunchy and delicious. See pic above. I'll try and get the recipe for those who grow garlic in Cumbria.*

*Spring onions, chilli flakes and toasted sunflower seeds are also very good to add in. I usually decided on the day what I have available. Prepare a couple of fresh limes. We need the zest and juice, but beware anything saying they are unwaxed when buying them and check to see if they have been sprayed post harvest.*

*Buy organic to know that they are safe to eat the skin.*

*Now add all these ingredients together with juice and zest of the limes. Mix thoroughly and eat sunshine in the dulllest month.*



## Gilcrux Parish Council welcomes two new members

Catherine Fisher (pictured right) and Tina Murphy are now parish councillors representing Gilcrux.

Catherine is a secondary school English teacher in Workington "Since moving to the village nearly three years ago I've met some wonderful people," she says. "I wanted to join the Parish Council to



support the village which has made me feel so welcome and which I now call home. I hope that by joining I can help ensure that Gilcrux continues to be a fabulous place to live." We will hopefully hear from Tina in the next issue.

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**Tim Irlam**  
☎ 07806 656650  
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## To Weigh Less, Don't Diet

Each New Year people embark on diets. Most have abandoned them by now. After losing some weight, almost everyone (95%) puts it back on, leading to another diet. Why this yo-yo cycle? Your body is responsive. If you restrict energy intake, your body slows your metabolism to protect you from the perceived food shortage. Dieting causes the weight regain, so it seems to me that diets don't work. Weight gain and loss depend more on the type of the food you eat than the amount, because of the hormone production they cause. Calorie counting is of limited value.

Jackie Wilkinson  
Village Post  
nutritionist



Sugar is worst and puts you in fat-storage mode, via the production of insulin and increase of appetite. Processed carbohydrates (soon to be sugar) like flour and breakfast cereals do too. Fructose and alcohol create fat via your liver. Sweeteners confuse your brain and upset your appetite controls so you eat more.

Your body loves to store seed oils (eg sunflower oil). Chemical additives in processed foods make them addictive so you over-eat and you may lay down fat as a 'safe store' for these toxins.

To become a healthy weight, avoid ready meals, takeaways, fizzy drinks (even diet ones), pastry, crisps, milk chocolate, booze.

You can eat lots of food made fresh from basic ingredients at home, without obsessing about calories. Meals should contain plants, proteins and fats, and should satisfy you for four or five hours so you don't need to snack.

Breakfast in particular should contain enough protein and fat so that you don't get hungry mid-morning.

Here's a piece on breakfasts to give you some ideas.

<https://learntoeatwell.wordpress.com/2016/01/21/eat-a-good-breakfast/>

Cook your own natural, nutritious food and let your excess weight melt away.

**Top tip**

**Ditch diets  
Learn to eat well!**





## Rev Roy's New Year Ramblings

Well here we are again at the start of a new year, and we find ourselves reflecting on all the good and bad things we've experienced.

We question our sometimes poor life decisions and consciously aim to improve upon our former selves by setting resolutions for a 'happier' new year.

And all too often, these usually unattainable pledges fall by the wayside after a few weeks.

Come on, give it up. We've all promised a 'new year, new me' resolution at some point in the past, whether that included losing weight, stopping drinking or smoking, getting fit or being more organised.

### Just smile

So, how about taking something up that you can stick to? Something easy to start with. Being more pleasant to our fellow humans, just try to smile at people. A smile never hurt anyone. Try being more patient with people 'especially when driving'. It's far better to finish each day believing that you have made someone else's day a happier day



Rev Roy with the aptly named rambling rector rose

and feeling good about yourself than going to bed with the heavy burden of anger, guilt and frustration.

I know, it's easier to say these things than to actually do them. But unless you try you will never know and if you do try, well, you might well surprise yourself. So, let's bid farewell to 2024 and make 2025 a year that you can look back on and smile.

I wish you all a peaceful and a Happy New Year.

Reverend Roy

**James A Murray**  
**Carpentry and Joinery**  
 Fencing, doors, wood flooring, garden sheds. All aspects undertaken  
 Time served tradesman  
 07394 915010      01900 829791



CONGRATULATIONS to St Bridget's. The Church has just reached SILVER status for its eco efforts.



Daffodils in bloom in December, intense wild fires in LA, massive flooding in Europe and temperature extremes all indicate changes in the planet's eco system and climate. The impacts from climate change will continue to get worse until the world hits net zero carbon dioxide emissions. With greenhouse gas levels still rising, it appears that progress to achieve net zero at national and international levels is slow. As individuals we can reduce our reliance on fossil fuels, take control of our own contribution to climate change and work towards net zero. The Wildlife Trust have put together a three-step process to help each of us get to net zero:

- calculate our carbon footprint
  - reduce our emissions
  - invest in natural carbon removals.
- Scan the QR code below to see how you can make a change to help save the planet and those whose lives are affected by climate change. Alternatively, visit their website (<https://www.wildlifetrusts.org>) and search for "how-can-i-get-net-zero". Together we can make a change!





# ST. BRIDGET'S, BRIDEKIRK

## People of hope and love

In his New Year Letter, Bishop Rob has written to all churches calling on as many people as possible to come together across Cumbria in regular collective prayer.

He is calling on people to set alarms for 12 noon each Monday to spend five minutes in prayer.

Is prayer something you're familiar with? Sometimes prayer can feel a little daunting if you're not familiar with the practice. William Temple famously said to his critics: 'When I pray, coincidences happen, and when I don't, they don't.'

A time of regular prayer and quietness can be spiritually uplifting and refreshing, a good way to step away from the business of our hectic, daily lives. I personally like to end my times of silence by reciting the Lord's Prayer. It helps me connect and feel a sense of wholeness.

Where do you find your quiet times, and moments of refreshment?

Calm and quiet is usually a good place to start.

Prayer and meditation can be very similar to each other when looked at in a broad sense.

Taking the time to pray and listen for inspiration from God can bring rest, refreshment, and even healing.

May 2025 be a year of refreshment for us all.

**Revd Christina Brentnall**

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

### *February*

2: Holy Communion (11am)

9: Morning Worship (11am)

16: Holy Communion (11am)

23: Morning Worship (11am)

### *March*

2: Holy Communion (11am)

9: Morning Worship (11am)

16: Holy Communion (11am)

23: Morning Worship (11am)

30: Mothering Sunday (11am)

### *Additional Services:*

• Ash Wednesday: 5 March (10.30am):

Communion service with Ashing

**St. Aidan's All Age also meets at 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

**EVERY MONDAY MORNING**  
(EXCEPT BANK HOLIDAYS)

**FOR MORE INFORMATION**

bridekirk\_church@grasmooormc.church  
01900 824311

**Are you feeling lonely or isolated?**  
*Why not come along and meet the team. We love to meet new people.*

**Find us on:-**

**Facebook**  
[www.facebook.com/stbridgetsbridekirk](http://www.facebook.com/stbridgetsbridekirk)

**Instagram**  
[www.instagram.com/stbridgetsbridekirk/](http://www.instagram.com/stbridgetsbridekirk/)

**email**  
[bridekirk\\_church@grasmooormc.church](mailto:bridekirk_church@grasmooormc.church)



# JUMP YOUTH GROUP

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

<u>DATE</u>	<u>ACTIVITY / TOPIC</u>
<b>2 Feb. 25</b> 7.00-8.30pm	<b>Christ Church rooms, Cockermouth</b> <b>Parable of the Great Banquet</b>
<b>16 Feb. 25</b> 7.00-8.30pm	<b>Christ Church rooms, Cockermouth</b> <b>***Party and games night***</b>
<b>02 Mar. 25</b> 7.00-8.30pm	<b>Christ Church rooms, Cockermouth</b> <b>Parable of the Sower</b>
<b>16 Mar. 25</b> 7.00-8.30pm	<b>Christ Church rooms, Cockermouth</b> <b>Parable of the Prodigal Son</b>

Are you aged 11-18? If you are, why not come and join us. The new JUMP programme for SPRING is out. We usually meet 7-8.30pm on Sunday evenings at Christ Church Rooms on South Street in Cockermouth. We use 'Youth For Christ' resources to provide a variety of components to our sessions: biblical teaching, a group game and activity, there's video content, prompts to chat, reflect, create, and a challenge for our young people to take away into the week.

The aim is to help our young people live wisely in the world today. Email [jumpyouthgroup@gmail.com](mailto:jumpyouthgroup@gmail.com) or contact Christina on 01900 824526 for more information. Or just pop along to one of our sessions.



## Baby & Toddler Club



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

Toys & Refreshments provided

Please bring your own travel mug/lid



EVERYONE WELCOME

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

You're Invited!

- Date -** Starting -Thursday 8th December
- Time -** 1-3pm. Every week
- Place -** St Bridget's Church, Bridekirk.



Join our team!

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

For more information contact us :  [bridekirk\\_church@icloud.com](mailto:bridekirk_church@icloud.com)





stbridgetsbridekirk



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



# 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



## Isel and Bridekirk Parishes First Responders 150 Club Draw

**January 2025**

- 1 J Rice
- 2 A Howarth
- 3 T Burgess
- 4 L Hutton

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

If you would like to join the "150 club", or know someone who would, contact Moira Purvis on 01697320534 or email:

[moirapurvis@hotmail.com](mailto:moirapurvis@hotmail.com)



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By popular demand ...



# Teddy's dog blog

## Hello Humans and Doggy Dudes!

It's Teddy Edward your Rover Reporter signing in and wishing you all a very Happy New Year!

Well what a splendid start it was to 2025, with a great dump of that lovely white stuff all over the ground.

It was the perfect excuse to go absolutely bonkers and have an attack of the Zoomies on the way up Tallentire Hill. Rather strange behaviour from my pawrents, but I did show willing and decided to join in. What great fun we all had!

Our Christmas Dinner this year proved to be a bit of a hoot, with Mummy creating a beautifully dressed table resplendent in all its finery, featuring mini Christmas trees, crackers, crystal glassware, and a brand-new tablecloth - all tastefully illuminated with real candles. After a quick reorganisation of the seating plan, one of the mini Christmas trees was strategically placed a little too close to a real candle, resulting in an impressive mini bonfire and a ruined new tablecloth.

Mummy had let out the usual and pointless yell of "Andrew do something" whilst helpfully flapping her



arms about, which did nothing other than encourage the smouldering tablecloth into greater activity and subsequent ignition.

Daddy was absolutely devastated that the nearest thing to hand that he could use to douse the flames was a glass of reassuringly expensive wine. Talk about a shower of Chardonnay. How I laughed! Just to ensure there is a constant reminder for years to come, I've decided to buy him a festive fire extinguisher ready for next year. There have been some rich pickings of treats on offer (no nut roasts in this house!) with my favourite snack being those pigs in blankets. Absolutely delicious and it was so easy to sneakily snaffle the occasional one or two whilst no one was looking. As we all know, calories only count if someone sees you eating them. It has been noted that my furry fleece coat has become a little too snug around my middle, which must be genetic as Daddy's is the same.

I predict more walks along Maryport Promenade will be the order of the day. We had a stroll along there recently. On the left you can see me taking a closer peek at a bit of local artwork that is on display. Looking at the picture, and then over towards Criffel, I can't recall the colours ever being quite that Mediterranean, but one lives in hope.

Lovely to see everyone out and about, so keep those tails wagging and don't forget that Rule #1 is to pick up the poop.

Love, *Teddy Edward*  
*your Rover Reporter*







# Champion sisters



Grace and Joanna Litt of Greengill Farm did themselves proud when they took part in Mitchell's auction Boxing Day prime stock fat show. In the young handlers' section Grace was first in 5 years & under and also got overall champion. Joanna was third in the under 10s. Grace also got best price lamb of the day. Both lambs weighed in at 55kg. The girls trained their texel lambs from the beginning of December for the show at nights & weekends.



## How to become a VP Goodwill Partner?

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



VP PLEDGE by text to 07901 286000

eg John SmithVP £10  
Jane BrownVP support  
Pete GrahamVP skills

Email for VP form to [editor@villagepost.uk](mailto: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.