

Northern Fells Group (NFG) Calendar of Events & Activities April 2016

Issue
12

NFG covers Boltons, Caldbeck, Castle Sowerby, Ireby with Uldale, Mungrisdale, Sebergham and Westward parishes



Look out for new events and activities on parish and local shop notice boards or in the local parish magazines or newspapers.

Visit our website for up to date information

www.northernfellsgroup.org.uk

Wi-Fi has arrived at Caldbeck Parish Hall

Launch party on 6th April
At Caldbeck Parish Hall at 1.30pm
NFG Drop In sessions planned for
13th April, 20th April, 27th April

There are **Lunch Groups**, **Drop ins** and **Pop ins** and **Time for Teas**, there are **Tea**, **Cake and Chats**, **Coffee Mornings** and **Tea Afternoons** in all the parishes. You are welcome to come along to any or all, meet your neighbours at any of our social sessions.

It would be lovely to see you.

Good Home Baking and Great Company!

'Spring Singing'

Fancy joining our **Singing Just 4 Fun** group?
Alternate Wednesday evenings 7.30pm
at Millhouse Village Hall,
Everybody Welcome, see diary for dates. **PG**

NEW NAIL CLINIC IN MUNGRISDALE

With AGE UK

First session on April 19th

Please contact **Philippa Groves**
Also our regular monthly nail clinics in
Rosley contact **Barbara Stoddart**
& Heskett Newmarket contact **Helen Sturges**

Have you got
problems getting
about?
Need help with
transport?
Call 78787
NFG minibus

FREE NHS HEARING AID CHECKS

By Jean Mason from Caritas Care.

See someone locally and save yourself the journey to the clinics in Wigton and Carlisle.
Jean will next be attending the Drop In coffee morning at Millhouse on **Friday 15th April** and will be able to replace batteries and tubing.

KEY

Simon Braithwaite **SB**
Ken Graham **KG**
Philippa Groves **PG**
Gillian Skillicorn **GS**
Barbara Stoddart **BS**
Helen Sturges **HS**
Antoinette Ward **AW**

POETRY LUNCHES with The Wordsworth Trust

Wednesday 13th April, 11th
May 12 – 2pm
at Mae's Tearoom Uldale
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April theme: Childhood  
Reading and sharing a variety  
of works from different poets  
**Please book with Helen**

## Caldbeck Boundary Walk

August 27<sup>th</sup>

Watch out for more details

NFG Village Agents  
and NFG Men in Sheds are



LOTTERY FUNDED

NFG Youth Summer Activities  
Programme for 6-16 year  
olds, watch out for summer  
programmes

**Northern Fells Group Village Agents** are friendly local contacts working in the seven parishes of Cumbria's beautiful Northern Fells area. They are happy to help local residents of any age, sex, colour or creed and refer them effectively to both the groups' services and other services and support them in achieving the help they need. Village Agents respond to enquiries in a friendly, courteous and professional manner maintaining confidentiality at all times.

Your Northern Fells Group Village Agent contact details

**Philippa Groves**, NFG Village Agent for Castle Sowerby & Mungrisdale  
[philippa.groves@northernfellsgroup.org.uk](mailto:philippa.groves@northernfellsgroup.org.uk)  
016974 78555

**Helen Sturges**, NFG Village Agent for Caldbeck, Sebergham & Welton  
[helen.sturges@northernfellsgroup.org.uk](mailto:helen.sturges@northernfellsgroup.org.uk)  
016974 78556

**Barbara Stoddart**, NFG Village Agent for Westward & Rosley  
[barbara.stoddart@northernfellsgroup.org.uk](mailto:barbara.stoddart@northernfellsgroup.org.uk)  
016973 42452

**Gillian Skillicorn**, NFG Village Agent for Ireby, Uldale & Boltons  
[gillian.skillicorn@northernfellsgroup.org.uk](mailto:gillian.skillicorn@northernfellsgroup.org.uk)  
07874 241604

#### **Northern Fells Group Secretary**

##### **Diane Barraclough**

Northern Fells Group  
Millhouse Village Hall  
Millhouse, Heskett Newmarket  
Wigton CA7 8HR  
Telephone 016974 78094  
[diane.barraclough@northernfellsgroup.org.uk](mailto:diane.barraclough@northernfellsgroup.org.uk)

#### **NFG Medical Loan**

In association with The Red Cross  
Contact **Doreen Gleed** on 016973 71264  
Email [doreengleed@aol.com](mailto:doreengleed@aol.com)

#### **NFG Book Borrowing Service**

A large selection of books available from Millhouse Village Hall every Friday at the Drop In Coffee Morning

#### **Tai Chi every Wednesday**

From 10.30 to 11.30 am in Caldbeck Parish Hall.  
For more details and dates please contact  
**Doreen Gleed** on 016973 71264  
Email [doreengleed@aol.com](mailto:doreengleed@aol.com)

#### **Northern Fells Group Fundraising Coordinator**

##### **Libby Graham**

Telephone 016974 78094  
Email [libby.graham@northernfellsgroup.org.uk](mailto:libby.graham@northernfellsgroup.org.uk)

#### **Northern Fells Group Benefits Worker**

For help with benefits, form filling and questions  
**Antoinette Ward** Telephone 016974 78220  
[aw.caldbeck@gmail.com](mailto:aw.caldbeck@gmail.com)

#### **Northern Fells Group Lend a Hand**

##### **MORE VOLUNTEERS NEEDED IN ALL PARISHES**

Share your gardening skills? Help someone out over a difficult time? Take someone shopping? Help dog walking? The possibilities are endless and you only do what you can, when you can.

Anyone interested in finding out more?

For help or to volunteer please contact  
**Simon Braithwaite**, Lend a Hand Coordinator  
Telephone 016974 77196  
[simon.braithwaite@northernfellsgroup.org.uk](mailto:simon.braithwaite@northernfellsgroup.org.uk)

#### **Northern Fells Group Minibus Service**

##### **\*\*THE BIG RED BUS \*\***

May be able to help anyone of any age:

- Who does not have their own transport...
- Has limited access to shared transport...
- Cannot drive their own cars temporarily...
- Needs disabled access...

Please contact the Minibus Co-ordinators,  
**Carol Hickson and Julia Trotter** on 016974 78787

#### **Northern Fells Group Men in Sheds Community Workshop**

##### **MORE MEN ALWAYS WELCOME**

Tuesdays and Thursdays 10am - 2pm  
The Old Joiners Shop, on the Green, Caldbeck.  
Please contact **Ken Graham**, Shed-master  
Telephone 07500 861355 or 016974 76148  
email [ken.graham@northernfellsgroup.org.uk](mailto:ken.graham@northernfellsgroup.org.uk)  
All sorts of work undertaken please pop in and have a chat with Ken, tea and coffee on the go all day!

#### **Northern Fells Group Oil Syndicates**

Please contact your NFG Village Agent for details of the closest one to you

##### Caldbeck

**Edward Spratt** 016974 78584

##### Castle Sowerby, Sebergham & Welton

**Philippa Groves** 016974 78555

##### Mungrisdale

**Mike Sutton** 017687 79691

##### Rosley

**Anne Burgess** 016973 49741

##### Boltons Oil Syndicate

**Gillian Skillicorn** 07874 241 604

See NFG website for **Easter & Summer Activities Programme for 6 to 16 year olds** email [youth@northernfellsgroup.org.uk](mailto:youth@northernfellsgroup.org.uk)

## Tyson's' Coaches of Caldbeck

are running a weekly private hire coach trip to Carlisle on Wednesdays

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For more details or to book places on the coach please ring **Helen Sturges** 016974 78556 by 4pm on Tuesday.

SPINNING and Wool-craft with Carol Hine

~~~Spinners Outing~~~

to the Threshing Barn and Why Not Alpacas on April 27<sup>th</sup>

Please contact **Philippa Groves** or **Carol Hine** 016974 76308 for more details and information on sharing lifts. **There will be no session at Millhouse that day.**

## FREE NHS HEARING AID CHECKS

By **Jean Mason** from **Caritas Care**.

See someone locally and save yourself the journey to the clinics in Wigton and Carlisle. Jean will next be attending the Drop In coffee morning at Millhouse on **Friday 15<sup>th</sup> April** and will be able to replace batteries and tubing.

If we find a need for this service other dates and venues can be set up in other parishes.

Please ask your village agent for more details. **PG**

## For any reason are you having trouble cutting your own nails?

Regular AGE UK Nail Cutting clinics by appointment £13 at Heskett Newmarket contact **Helen Sturges** and Rosley please contact **Barbara Stoddart** and Mungrisdale please contact **Philippa Groves**

## Fun Fitness Sessions for Everybody

Gentle Seated Exercise now on every Thursday morning 9.30am – 10.30am as well as our regular Gentle Exercise session at 6.30pm and Keep Fit Sessions at 7.30pm every Tuesday term time at Millhouse Village Hall by qualified fitness instructor who will tailor sessions to suit, do as much or as little as you like. £5 a session or discounts for block booking.

Please contact **Philippa Groves**

Also

**STAY FIT, Gentle Exercise at Bolton Low Houses** please contact **Gillian Skillicorn**

## Singing Just 4 Fun

Good for the heart and soul; fortnightly at Millhouse Village Hall. No singing skills required, just the ability to have fun and eat cake!

Please contact **Philippa Groves**



## Walking 4 Health Group Events



Fortnightly Short Walks from Caldbeck Green, Men in Sheds. Summer Times **NOW 2pm** for 1½ hour walk in Caldbeck area and **4pm** for a sedate saunter at your own comfortable pace

**Also** Regular Monthly Longer Walks with Peter Burgess 0788527649. **All walk dates are in the diary.**

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Get fit for the Caldbeck Boundary walk 27th August.

Also Every 3rd Wednesday Walk from the Royal Oak at Curthwaite at 9.30am followed by coffee at the pub.

~MORE VOLUNTEER WALK LEADERS WELCOME~

~Training Provided~

The requirements are an enthusiasm for walking and enjoying being with people. So, if you enjoy walking, meeting people and would like to help others to keep fit and active please get in touch with **Helen Sturges** 016974 78556 or **Barbara Stoddart** 016973 42452

Diary of Events & Activities

If you can't find something in the diary please ask your Village Agent. You can also view this document online by going on our website or ask your Village Agent to be added to our Newsletter email list

All dates are correct at the time of printing; if in doubt please ring before travelling to make sure.

APRIL

April 1st Friday

*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

*Boltongate Drop In 10am - 12 at the Bell Institute £1

April 5th Tuesday

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

*Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**

**Easter break for gentle exercise*

**Easter break for Keep Fit*

April 6th Wednesday

*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

*Coffee and Chat at Westward Halls 10 - 11.30am **BS**

***NO Lunch Group at Denton House, moved to 13th**

*Singing Just 4 Fun at Millhouse Village Hall 7.30pm.

Everyone welcome **PG**

*Wi-Fi Launch at Caldbeck Parish Hall **HS**

April 7th Thursday

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

**Easter break for gentle exercise*

*Lunch at Mae's Tea Room Uldale 12 noon

April 8th Friday

*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

April 12th Tuesday

*Nail Clinic with AGE UK in Hesket Newmarket Church Room contact Helen for an appointment **HS**

*Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

*Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**

***NEW TIME** Walk for Health from Men-in-Sheds workshop, at 2pm for 1 ½ hour walk in Caldbeck area and 4pm for a sedate saunter around the village **HS/BS**

*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**

*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

April 13th Wednesday

*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

***Lunch at Denton House from 6th April**

*Poetry Lunch with the Wordsworth Trust at Mae's 12-2pm **HS**

*Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**

*Tea, Cake & Chat at Mungrisdale Village Hall 2pm till 4pm £1.50 **PG**

***NEW** Wi-Fi Drop In at Caldbeck Parish Hall 2.15- 4.15pm **HS**

April 14th Thursday

*Daytime Gentle Exercise session at Millhouse Village Hall 9.30am at 10.30am **PG**

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

*Sebergham Lunch at The Sour Nook Inn 12 noon

*Westward Lunch Group at Westward Halls 12 noon

*Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

April 15th Friday

*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

*Hearing Aid checks with Caritas Care at Millhouse Drop In 10- 11.30am **PG**

*Boltongate Drop In 10am - 12 at the Bell Institute,

April 19th Tuesday

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

***NEW** Nail Cutting Clinic at MUNGRISDALE Please phone Philippa to make appointments now.

*Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**

*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 and Keep Fit at 7.30pm **PG**

***NEW** Walking for Health Extended Evening Walks meet at Men in Sheds workshop at 5pm for walk in the Caldbeck area for two hours then supper available at the Smithy at 7pm Booking essential for supper **HS**

April 20th Wednesday

* Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

* Walk from Royal Oak at Curthwaite at 9.30am then Coffee at the pub **BS**

*Cookery Mornings for Men Caldbeck Parish Hall, pre booking essential **PG**

*Mungrisdale Lunch Group 12 noon contact Lesley Smith 017687 79397

*Rosley Lunch Group at Rosley Hall 12 noon

***NEW** Wi-Fi Drop In at Caldbeck Parish Hall 2.15- 4.15pm **HS**

*Singing Just 4 Fun at Millhouse Village Hall. Everyone welcome **PG**

April 21st Thursday

*Daytime Gentle Exercise session at Millhouse Village Hall 9.30am at 10.30am **PG**

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

* Sebergham Lunch Group at Sebergham Village Hall 12 noon please book in with Helen **HS**

April 22nd Friday

*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

*Boltongate Drop In 10am - 12 at the Bell Institute £1

* Walk for Health to Carlisle Tullie House from Dalston 5.5 miles contact **Peter Burgess 016973 49741**

25th April Monday

Map Reading session with Peter Burgess at Caldbeck at 2pm please contact **Peter Burgess 016973 49741*

April 26th Tuesday

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

*Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**

***PLEASE NOTE NEW TIME** Walk for Health from Men-in-Sheds workshop, at 2pm for 1 ¼ hour walk in Caldbeck area and 4pm for a sedate saunter around the village **HS/BS**

*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**

*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

April 27th Wednesday

- *Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall
- *Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- *Time for Tea Rosley Hall 2pm - 3.30pm **BS**
- ***NEW** Wi-Fi Drop In at Caldbeck Parish Hall 2.15-4.15pm **HS**

April 28th Thursday

- *Daytime Gentle Exercise session at Millhouse Village Hall 9.30am **PG**
- *Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Lunch at The Oddfellows Arms Caldbeck 12 noon
- *Ireby Lunch Group at the Globe Hall Ireby 12 noon

April 29th Friday

- *Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**
- *Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

MAY

May 3rd Tuesday

- * Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**
- *Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

May 4th Wednesday

- *Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall
- *Coffee and Chat at Westward Halls 10 - 11.30am **BS**
- *Lunch Group at Denton House HNM, 12 noon
- *Singing Just 4 Fun at Millhouse Village Hall 7.30pm. Everyone welcome **PG**

May 5th Thursday

- * Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Lunch at Mae's Tea Room Uldale 12 noon

May 6th Friday

- *Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**
- *Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

May 10th Tuesday

- * Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**
- *Walk for Health from Men-in-Sheds workshop, at 2pm for 1 ¼ hour walk in Caldbeck area and 4pm for a sedate saunter around the village **HS/BS**

- *Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**

- *Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

May 11th Wednesday

- *Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall
- * Poetry Lunch with the Wordsworth Trust at Mae's **HS**
- *Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- *Tea, Cake & Chat at Mungrisdale Village Hall 2pm till 4pm £1.50 **PG**

May 12th Thursday

- * Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Sebergham Lunch at The Sour Nook Inn 12 noon
- *Westward Lunch Group at Westward Halls 12 noon
- *Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

May 13th Friday

- *Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**
- *Boltongate Drop In 10am - 12 at the Bell Institute

May 17th Tuesday

- * Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS**
- *Sebergham Coffee Morning at Sebergham Village Hall 11am – 12.30pm **HS**
- *Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**
- *Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**
- ***NEW Walking for Health Extended Evening Walks meet at Men in Sheds workshop at 5pm for walk in the Caldbeck area for two hours then supper available at the Smithy at 7pm Booking essential for supper **HS****

May 18th Wednesday

- * Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall
- * Walk from The Royal Oak at Curthwaite at 9.30am followed by Coffee at the pub **BS**
- *Cookery Mornings for Men Caldbeck Parish Hall, 10.30am pre booking essential **PG**
- *Mungrisdale Lunch Group 12 noon contact Lesley Smith 017687 79397
- *Rosley Lunch Group at Rosley Hall 12 noon
- *Singing Just 4 Fun at Millhouse Village Hall. Everyone welcome **PG**

May 19th Thursday

- * Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- *Lunch@Millhouse at Millhouse Village Hall 12 noon, this month's speakers are Brian & Heather Davies, pre-booking essential **PG**

May 20th Friday

*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

***TBC** Hearing Aid checks with Caritas Care at Millhouse Drop In 10- 11.30am **PG**

*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

May 24th Tuesday

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

*Gentle Exercise Session at Bolton Low Houses Village Hall 10.30 – 12 noon **GS last session of this course**

*Walk for Health from Men-in-Sheds workshop, at 2pm for 1 ¼ hour walk in Caldbeck area and 4pm for a sedate saunter around the village **HS/BS**

*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**

*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

May 25th Wednesday

*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

*Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**

*Time for Tea Rosley Hall 2pm - 3.30pm **BS**

May 26th Thursday

*Daytime Gentle Exercise session at Millhouse Village Hall 9.30am **PG**

*Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

*Lunch at The Oddfellows Arms Caldbeck 12 noon

*Ireby Lunch Group at the Globe Hall Ireby 12 noon

May 27th Friday

*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

May 31st Tuesday

* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

***Break for Gentle Exercise & Keep Fit**

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## JUNE

### June 1<sup>st</sup> Wednesday

\*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

\*Coffee and Chat at Westward Halls 10 - 11.30am **BS**

\*Lunch Group at Denton House HNM, 12 noon

\*Singing Just 4 Fun at Millhouse Village Hall 7.30pm. Everyone welcome **PG**

### June 2<sup>nd</sup> Thursday \* Break for Gentle Exercise

\* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

\*Lunch at Mae's Tea Room Uldale 12 noon

### June 3<sup>rd</sup> Friday

\*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

\*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

### June 7<sup>th</sup> Tuesday

\* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

Walk for Health from Men-in-Sheds workshop, at 2pm for 1 ¼ hour walk in Caldbeck area and 4pm for a sedate saunter around the village **HS/BS**

\*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**

\*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

### June 8<sup>th</sup> Wednesday

\*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

\*Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**

\*Tea, Cake & Chat at Mungrisdale Village Hall 2pm till 4pm £1.50 **PG**

### June 9<sup>th</sup> Thursday

\* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

\*Sebergham Lunch at The Sour Nook Inn 12 noon

\*Westward Lunch Group at Westward Halls 12 noon

\*Pop In at Bolton Low Houses 2.15- 3.30pm £1.50 **GS**

### June 10<sup>th</sup> Friday

\*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**

\*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

### June 14<sup>th</sup> Tuesday

\* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

\*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**

\*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

\***NEW Walking for Health Extended Evening Walks meet at Men in Sheds workshop at 5pm for walk in the Caldbeck area for two hours then supper available at the Smithy at 7pm Booking essential for supper **HS****

### June 15<sup>th</sup> Wednesday

\* Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall

\* Walk from The Royal Oak at Curthwaite at 9.30am followed by Coffee at the pub **BS**

\*Cookery Mornings for Men Caldbeck Parish Hall, 10.30am pre booking essential **PG**

\*Mungrisdale Lunch Group 12 noon contact Lesley Smith 017687 79397

\*Rosley Lunch Group at Rosley Hall 12 noon

\*Singing Just 4 Fun at Millhouse Village Hall 7.30pm. Everyone welcome **PG**

### June 16<sup>th</sup> Thursday

- \*Daytime Gentle Exercise session at Millhouse Village Hall 9.30am at 10.30am **PG continued**
- \* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- \* Sebergham Lunch Group at Sebergham Village Hall 12 noon please book in with Helen **HS**

### June 17<sup>th</sup> Friday

- \*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**
- \*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1
- \***TBC** Hearing Aid checks with Caritas Care at Millhouse Drop In 10- 11.30am **PG**

### June 21<sup>st</sup> Tuesday

- \* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- Walk for Health from Men-in-Sheds workshop, at 2pm for 1 ¼ hour walk in Caldbeck area and 4pm for a sedate saunter around the village **HS/BS**
- \*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

### June 22<sup>nd</sup> Wednesday

- \*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall
- \*Spinning & Wool-crafts with Carol Hine at Millhouse Village Hall 1.30pm **PG**
- \*Time for Tea Rosley Hall 2pm - 3.30pm **BS**

### June 23<sup>rd</sup> Thursday

- \*Daytime Gentle Exercise session at Millhouse Village Hall 9.30am **PG**
- \*Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- \*Lunch at The Oddfellows Arms Caldbeck 12 noon
- \*Ireby Lunch Group at the Globe Hall Ireby 12 noon

### June 24<sup>th</sup> Friday

- \*Drop In Coffee Morning at Millhouse Village Hall from 10 – 11.30am £1.50 each **AW**
- \*Boltongate Drop In 10am - 12 at the Bell Institute, update library books, tea, coffee & biscuits £1

### June 28<sup>th</sup> Tuesday

- \* Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**
- \*Gentle Exercise Session at Millhouse Village Hall 6.30pm £5 **PG**
- \*Keep Fit at Millhouse Village Hall 7.30pm £5 **PG**

### June 29<sup>th</sup> Wednesday

- \*Tai Chi 10.30am – 11.30am at Caldbeck Parish Hall
- \*Singing Just 4 Fun at Millhouse Village Hall 7.30pm. Everyone welcome **PG**

### June 30<sup>th</sup> Thursday

- \*Daytime Gentle Exercise session at Millhouse Village Hall 9.30am **PG**
- \*Men in Sheds workshop on the Green in Caldbeck open from 10 – 2pm **KG**

**This is by no means a complete list of events and activities in the area just take a look at some others...**

There are W.I. groups in most parishes, Art Groups and History Societies, Thursday Clubs, Gardening Clubs, Film Society, Concerts, Young Farmers Club, Yoga, Knit & Natter groups. There are Domino drives and Tea Dances, Writers groups, Circle Dancing, Flower Clubs, Pre-school nursery groups, Drop Ins and Quest Club for children, First Responders and much more. Check your notice boards and parish magazines.

## NFG GIFT IDEAS

**NFG Apple Juice** (*just apples and lots of community spirit!*) costing £2.50 available now from your village agent, HNM shop or Mae's Tearooms

**NFG 2016 Calendar** (some still available at a much reduced price) which are available in local outlets or from your Village Agent; full of local scenes taken by local talented photographers.

### **NFG Cookery Morning for Men Cookbook**

This cookbook contains a selection of popular recipes tried and tested by our Cookery Mornings for Men team. A great buy at £2.50!

**NFG** notelets with lovely local scenes are available all year round

**NFG Vouchers** for Gentle Exercise or Keep Fit sessions normally £5 each, block of 6 for £25

## ENGLISH NATIONAL Concessionary travel scheme 'BUS PASS'

Are you now at retirement age and fancy travelling round the country by bus? Although we don't have many local bus services once you get to Penrith or Carlisle you can get to many lovely locations for free by bus.

The age at which older people become eligible for an English National Concession bus pass is the same age at which women become eligible for the state pension.

**Anyone born before 5th December 1952 is eligible now.** It is very easy to apply ask your Village Agent for details

## Northern Fells Group Supporter?

## NOTES

If you are not already a member  
How about joining Northern Fells Group membership?

Its only £5 a year for single membership  
or £15 for the whole family.

Please contact our secretary Diane Barraclough on  
016974 78094 or email  
[diane.barraclough@northernfellsgroup.org.uk](mailto:diane.barraclough@northernfellsgroup.org.uk)

**Possibly thinking of joining in the  
Boundary Walk? Keep well and get fitter  
this spring by joining one of our keep fit  
sessions or our walking groups**

Join a Keep Fit or Gentle Exercise Class and  
improve your balance and strength. Sessions are  
tailored to those attending and you will never be  
pushed beyond your capabilities.  
Walks of different areas and lengths are tailored  
to the group attending and are always  
accompanied.

### SURPLUS APPLES SCHEME

#### Gardening Club?? Young Farmers??

If anyone would be interested in taking on  
running this scheme in the area please get  
in touch with any Village Agent to discuss.  
Whilst it is a great scheme and a brilliant  
way of using surplus apples in the area it is  
proving too much for the village agents to  
run on the hours we have.

#### **PLEASE NOTE**

If you need to contact your Village Agent by  
telephone please try to do so in normal working  
hours between 9am and 5pm weekdays.

Email contact can be made anytime and we will  
try to respond the same day but this is not  
always possible.

If your Village Agent is away we are all happy  
for you to contact any one of us for help.

Philippa, Helen, Barbara and Gillian

