



# CONTACT

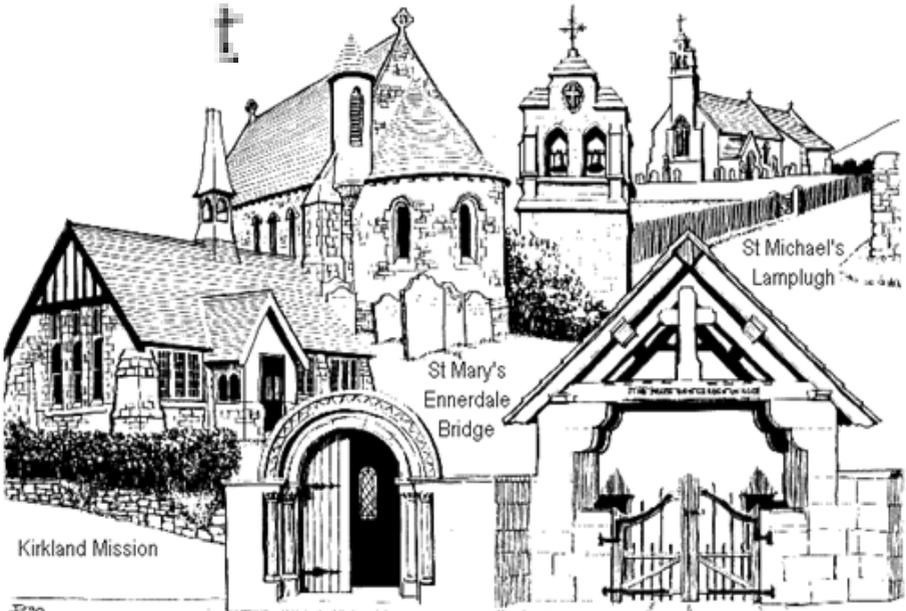
Published by the Church Council for

**Lamplugh, Kirkland and Ennerdale  
Ecumenical Parish**

**One parish, three beautiful churches**

**May 2020**

**For all on the frontline**



## Church Officers and Contacts

**Minister:** Rev Ian Parker, 01946 861310, E-mail: [blackssailvicar@outlook.com](mailto:blackssailvicar@outlook.com) [Thursday is Ian's day off]

**Worship Leader:** Pam Carter. tel: 862329. Mob: 07545220617 E-mail: [pamcarter50@hotmail.com](mailto:pamcarter50@hotmail.com)

The Vicarage, Arlecdon, Frizington, CA26 3UB.

**Secretary:** Mr Michael Watts 861856 E-mail: [mbsmwatts@aol.com](mailto:mbsmwatts@aol.com)

**Treasurer:** Mr D Beak 861822

**Gift Aid Manager:** Mrs M Abbot 861963

**Deanery Synod:** Mrs M Abbot and Mr H Smith

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**Church Wardens:** Mr R Megan 862904 Mr C Atkinson 862327 **Electoral Roll:** Mr C Atkinson 862327

**Little Church:** Chris Murphy 862449 **Bible Study & Christian Fellowship :** Minister

**Messy Church Club:** Dorothy Nevinson C/o Minister

i) **Diocesan website:**

<http://www.carlisediocese.org.uk>

ii) **The National Churches Trust website:**

<https://www.explorechurches.org/church/st-michael-all-angels-lamplugh>

<https://www.explorechurches.org/church/st-mary-ennerdale-bridge>

iii) <http://www.achurchnearyou.com>

## Community contacts

**Borough Councillor:** Gwyneth Everett e-mail: [Gwyneth.Everett@Copeland.gov.uk](mailto:Gwyneth.Everett@Copeland.gov.uk)

**Borough Councillor:** Steve Morgan e-mail: [Steven.Morgan@Copeland.gov.uk](mailto:Steven.Morgan@Copeland.gov.uk)

**County Councillor:** Arthur Lamb tel: 07795 169595 e-mail: [arthur.lamb@cumbria.gov.uk](mailto:arthur.lamb@cumbria.gov.uk)

## LAMPLUGH

**PARISH COUNCIL** John Sloan, High Mill Barn, High Lorton, CA13 9UB tel:01900 85833

**EXECUTIVE HEADTEACHER** 861386

**ASSISTANT HEADTEACHER** 861386 [head@lamplugh.cumbria.sch.uk](mailto:head@lamplugh.cumbria.sch.uk)

**CHAIR OF GOVERNORS** Mr Andy Pratt email [chair@lamplugh.cumbria.sch.uk](mailto:chair@lamplugh.cumbria.sch.uk) c/o 861386

**SCHOOL LSA Chair** Amy Donohoe 07979254917 Secretary Laura Thompson, c/o school 861386

**SPORTS COMMITTEE** Guy Murray 862461

**YOUNG FARMERS** Mr B Wilson, Dockray Nook, Lamp. 861151

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**SENIOR CITIZENS** Mrs M Cusack, East Leys, Lamp. 862441

**LAMPLUGH VILLAGE HALL** Mr Paul Twyford tel: **01946 861033.**

[www.lamplughvillagehall.org.uk](http://www.lamplughvillagehall.org.uk) - [bookings@lamplughvillagehall.org.uk](mailto:bookings@lamplughvillagehall.org.uk)

**KIRKLAND PLAY GROUP** Emma Shephard 07342677499 **PLAY GROUND** Mr C Whitfield Bott, 861180

## ENNERDALE

**PARISH COUNCIL** Mark Denham-Smith (Chair) (Tel 01946 861270)

Susan Denham-Smith (Clerk) (Tel 01946 861270) Email [ennerdaleclerk@btinternet.com](mailto:ennerdaleclerk@btinternet.com)

**PRIMARY SCHOOL** Mr David Moore, Headteacher. 861402 web: [www.ennerdale.cumbria.sch.uk](http://www.ennerdale.cumbria.sch.uk)

**SCHOOL GOVERNORS :** (Chair) Miss Danielle Heap 861402 & (clerk) Mrs Lynn Huddart 861402

**SCHOOL PTA** (Treasurer) James Gartland 861402 & (sec) Mrs M Whitefield Bott 861402

**SPORTS FUND** School. 861402

**NEIGHBOURHOOD WATCH** Joint Coordinators: Ian Topping 861195 & Ian Parker 861310

**Please advise any changes to [mbsmwatts@aol.com](mailto:mbsmwatts@aol.com) or 861856**

(PLEASE, IF YOU ARE UNABLE TO FULFIL A DUTY ON A ROTA  
WOULD YOU EXCHANGE WITH SOMEONE ELSE IF POSSIBLE)

**FLOWER ROTA - MAY 20**

| DATE    | ENNERDALE   | KIRKLAND    | LAMPLUGH    |
|---------|-------------|-------------|-------------|
| 3.5.20  | NO SERVICES | NO SERVICES | NO SERVICES |
| 10.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 17.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 24.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 31.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 7.6.20  | NO SERVICES | NO SERVICES | NO SERVICES |

**SIDESPERSIONS ROTA - MAY 20**

| DATE    | ENNERDALE   | KIRKLAND    | LAMPLUGH    |
|---------|-------------|-------------|-------------|
| 3.5.20  | NO SERVICES | NO SERVICES | NO SERVICES |
| 10.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 17.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 24.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 31.5.20 | NO SERVICES | NO SERVICES | NO SERVICES |
| 7.6.20  | NO SERVICES | NO SERVICES | NO SERVICES |

**READINGS - MAY 20**

| DATE    | 1ST READING             | 2ND READING             | GOSPEL           |
|---------|-------------------------|-------------------------|------------------|
| 3.5.20  | ACTS 2:42-end           | 1 PETER 2:19-end        | JOHN 10:1-10     |
| 10.5.20 | ACTS 7:55-end           | 1 PETER 2:2-10          | JOHN 14:1-14     |
| 17.5.20 | ACTS 17:22-31           | 1 PETER 3:13-end        | JOHN 14:15-21    |
| 24.5.20 | ACTS 1:6-14             | 1 PETER 4:12-14; 5:6-11 | JOHN 17:1-11     |
| 31.5.20 | ACTS 2:1-21             | 1 CORINTHIANS 12:3b-13  | JOHN 20:19-23    |
| 7.6.20  | ISAIAH 40:12-17; 27-end | 2 CORINTHIANS 13:11-end | MATTHEW 28:16-29 |

## Contact by e-mail:

If you would like a digital copy of Contact (in colour)  
Just e-mail me at [mbsmwatts@aol.com](mailto:mbsmwatts@aol.com)



And you can still receive your hard copy through the door too.

**contact**

**23<sup>rd</sup> May 2020**

**contact**

Copy Deadline for June edition of Contact  
Michael Watts, Editor: [mbsmwatts@aol.com](mailto:mbsmwatts@aol.com)

## Minister's letter

Normally there is a Christian Aid week envelope inserted in the May edition of 'Contact', and in my letter I urge people to put some money in it and return it to church if it isn't collected by a volunteer. The few people who were receiving the electronic version of the magazine last May via email weren't easily able to contribute. This year everything is different. We are not delivering 'Contact' to every home in the parish while the restrictions continue, and Christian Aid has not printed any envelopes. But Christian Aid Week has not been cancelled! It is moving online. Instead of envelopes this year, we have a JustGiving page. If you are reading this online you may be able to click the link below and go straight to it. There are various advantages to this: 1. Once you've made your donation online, the money goes straight to Christian Aid. 2 It's a bit easier to add Gift Aid if you are a taxpayer. 3. We avoid the delay and the work associated with opening envelopes and paying cash and cheques into the bank. 4. Because the Parish has its own page, we will automatically know how much we have raised. I am sure that if you pay attention while you are making your donation online, you will be able to opt out of further emails from Christian Aid and remain anonymous if you wish (although certain personal detail have to be given in order to claim Gift Aid.)

Here is the link: [www.justgiving.com/fundraising/lamplugh2020/](http://www.justgiving.com/fundraising/lamplugh2020/)

Two small disadvantages: the page has been set up in my name, and it really should be in the name of the Parish; an arbitrary (low) target has been set – we need to exceed it.

Christian Aid Week doesn't formally begin until May 10<sup>th</sup>, but the page is operative now. Give something today while you remember!

As I write, the effects of COVID19 in the poorer countries of the world remain to be seen. But in the communities where Christian Aid mainly works people live in very overcrowded conditions, and some homes don't even have the facility for people to wash their hands with soap and water, which means the sort of steps we have been taking to protect ourselves just aren't available. And all the circumstances like climate change which make Christian Aid's intervention necessary are continuing. There are many calls on our generosity at this time, but I hope at least once a year we can remember those overseas who need our help. *Ian Parker*

**Apologies to those who did not receive any form of copy of the April Contact.**

**The printer had a major part fail and the replacement from Germany did not arrive in time.**

**We are repeating Ian's message below:**

### **Apology and an Appeal**

With hindsight this notice should have appeared in last month's *Contact*, but better late than never! Because the parish has a relatively small population we decided to include in our stewardship programme everyone who lives in the parish, not just those we already know are supporting the church's work. Compiling the database from which the personalised appeal letters were generated proved to be a bigger job than anticipated, and although the launch was postponed from January to the middle of March there were still quite a lot of gaps and errors. So if you were just addressed as 'Parishioner' or your name was misspelled, or the letter was addressed to someone who used to live in your house, we are truly sorry and apologise for any hurt this may have caused.

If we managed to miss you out altogether and you haven't seen a copy of our appeal leaflet, which was predominantly blue on the front cover with photographs of all three churches, let me know and we can send you a copy. My contact details are inside the front cover.

The form on the back of the leaflet does not make it particularly clear that we would like it to be returned even if you are already helping out in some way; it will be good to know that your commitment is continuing.

In the current situation when services are not being held and fundraising events are not possible, we are particularly grateful to all those who contribute to our funds by standing order, and will be even more grateful to those who feel able to increase theirs. If you only give via the collection plate on Sunday morning, please remember to set aside what you would have put in had there been a service to attend. I'm sure that by the time the May *Contact* comes out a solution will have been found to this problem.

Thank you for reading this far.

**Ian Parker**

## Martha Jackson writes .....

*(This month, Martha writes about the things which she got up to during her childhood days. Before that, I would just like to explain that I have been visiting her each month – usually on a Tuesday when Sheila goes to WI and drops me off. As you may know, I felt it a shame that Bob's monthly contribution stopped when he died and I had persuaded Martha to carry it on. By the time we meet, she has usually written 3 or even 4 different versions, and so I chat through the best bits, asking for clarification and prompting her for a few more ideas. Then I type it up and send it to be included in the next 'Contact'. This little note is just to explain that I do not bully her into it! You'll need to read on to find out what I mean. Jim Marshall)*

Well, I have been told to write about my school days by The Boss (Jim). I's sitting outside writing this, in glorious sunshine, but I thought I would like to thank everyone ringing me. Can't go far with this virus thing knocking about. But when you sit back and think of the people living in Flats, God love 'em, and I can sit and watch the lambs jumpin' about. Makes you feel thankful, but so sad for'em.

I get some laughs with Alexa. *(You're going to have to ring Martha if you don't know about her new friend, Alexa – Ed)* Alexa's a great tool and sometimes I can't get it to shurrup. But the laptop I have – can't get on with it at all. I've no patience.

But I must get back to my school days, or else The Head (Jim), will be shouting.

Going to school – not very exciting days - trailing just over three miles walking, sometimes getting lifts, or on my bike. Mind you, we used to have to walk in clogs, wooden'uns, and you had to walk on't grass for fear you'd lose your corkers – you know, the metal bits to stop you wearing out your footwear.

There used to be a family live at Beech Hill Farm, Mosser. We'd pass their house on't way to school.

They had a big stone. If we'd gone past or they'd left first, them that'd gone would put the stone on't side of't road. Them that'd gone last, tried to catch 'em up, though sometime, if we'd gone first we wouldn't put stone out - just a silly game we played to pass the time.

Coming home from school, if there was an orchard we could reach, one of the lads used to get us an apple to eat on the way home. Then if

there was a veg field, we'd pop in for a carrot or turnip. Never washed them, just wiped on the grass – really tasty, but we still ate our supper.

Now, I did like the Infants, but when we moved up to the Big Class, it was awful. The Head (not Jim this time) he had his favourites. He didn't have the patience for me. I think he musta thought I was a bit thick.

Then he retired and we got a new Head and he was great. You'll never guess his name! Mr Jackson! When he came I never wanted to leave. See, he sit down by you and explain things and help and chat with you.

What did we do at school? We'd have assemblies, saying the Lord's Prayer and singing an 'ymn. Maths in the morning and Religious Studies but I didn't have any favourites. We played cricket and rounders - boys and girls together, but no football.

We did sewing – the girls – we made a nightdress and a pinafore.

At playtimes at school, we used to have a skipping rope – two at either end. You had to say a film star's name to get the other person out; sometimes a town or a city. Then you had to take the end of the rope. You had to say anything - a number would do. We had a list of film stars and cities and numbers written down. If you called out one that wasn't on the list you had to stay 'in'.

Oh, aye. And I just remembered. The School Nurse would come and we had to comb our hair with a proper comb on to a newspaper, to see if we had any 'biddies.' When we got home, if you caught 'em in time, you got shot quickly. That's why us girls with long hair used to have it tied up in plaits.

And on that happy note, I'll leave you. You know what they say – Stay home. Look after our NHS and Save lives. God Bless. **Martha.**

## From the Registers

*Funerals* Robert Bain Marshall (78) at Lamplugh on 24<sup>th</sup> March

Sydney Wilson (91) at Distington 27<sup>th</sup> March

John Killigrew Dunbar (95) at Distington on 3<sup>rd</sup> April

## LAMPLUGH VILLAGE HALL

### Forthcoming events

**28th April** Village Hall Committee meeting

**It is with great sadness that the Village Hall Committee has learned that Bob Marshall ,a founder member of the Committee, passed away on the 18th March. We hope to publish in the next edition of Contact a full tribute to Bob who was such a driving force not only within this Committee but in the Parish of Lamplugh and beyond. Our thoughts are with Betty, Fiona and Helen and members of Bob's family.**

**Full details for all clubs, societies and their activities are listed on the Village Hall website.**

**[www.lamplughvillagehall.org.uk](http://www.lamplughvillagehall.org.uk)**

**For further details about any events or hiring of the hall, please contact Mark Stevens on 07543 876490 or by email at marklvh@yahoo.com. Check Hall availability on the website calendar – menu item 'Hire the hall'.**

**Events details, posters and updates can also be found on the website and on Facebook – tickets and reservations can be made by email to [bookings@lamplughvillagehall.org.uk](mailto:bookings@lamplughvillagehall.org.uk)**

*A prayer for our time*

*Loving God, as your Son healed the sick  
And brought good news to the needy  
Be with us this day.*

*Loving Jesus as you taught us to  
'Do unto others as you would have them do to  
you'*

*Be with all the medical staff this day.*

*Loving spirit, your gift is healing,  
Bring your healing fire to our homes, our  
hospitals and our county,  
But most of all, be with us this day. Amen*

Can you use Epson ink cartridges?

I have 7 EPSON cartridges with the Fox motif. This consists of the following:

3 T1281 Black

3 T1284 Yellow

1 T1283 Magenta

Free to a good home unless you can get something for them for Church funds.

Kendall Bruce [kendall.bruce@sky.com](mailto:kendall.bruce@sky.com) 01946861531



# Supporting farmers across the UK

People are asking how they can support the farming community at this time. Many farmers have had a really difficult autumn and winter with heavy rain and flooding. Some have lost crops, and many are behind with this season's planting. Now that drier weather appears to have arrived those whose land is dry enough are catching up with planting.

The current crisis with Covid 19 affects farmers in different ways depending on the crops being produced. Supermarkets have significantly increased demand for some products, but others – such as lamb, which we normally export – has seen a drastically reduced market.

Farms and local businesses are adapting to the new conditions though and you will now find a range of fresh produce being offered that can be delivered to your doorstep or boxed and collected. Details of websites can be found below. If you have a farm or community shop in your area, please support it as much as you can. They often post on village

Facebook pages with up-to-date information on the services they are providing, or you can look at their website.

Now might be a good time to think about getting milk delivered. Some farmers have moved into direct selling of their milk; there are details below. As well as supporting the farmer the glass bottle will be better for the environment.

Some farmers are, like many of us, finding life tough at present for all kinds of reasons. **Farming Help** brings all the farming charities together. They can help by providing someone to talk to, help with drawing up contingency plans, and other farm related issues. Call 03000 111 999 or visit [farminghelp.co.uk](http://farminghelp.co.uk).

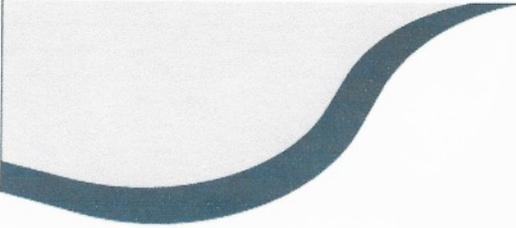
## Farm shops and milk delivery

- Farming UK farm shops map ([farminguk.com/farm-shops-map](http://farminguk.com/farm-shops-map))
- Farmer's Weekly farms shops map ([fwi.co.uk/farm-life/farm-shop-map-find-farm-shop-near](http://fwi.co.uk/farm-life/farm-shop-map-find-farm-shop-near))
- Farmer's Weekly direct milk sales map delivery ([fwi.co.uk/business/map-buy-milk-direct-farm](http://fwi.co.uk/business/map-buy-milk-direct-farm))

You can find more information and resources to help you support and encourage farmers across the UK in our [Together Apart: A rural church response to coronavirus](#) hub.

Photo below by Graeme Cameron Photography.





Ennerdale and Kinniside Parish Council  
Susan Denham-Smith – Clerk  
Routen Farm Cottage  
Ennerdale CA23 3AU  
Tel : 01946 861270  
ennerdaleclerk@btinternet.com

# Hello!

**Are you isolating due to Coronavirus and need a little help with day to day tasks?**

The Gather and Ennerdale and Kinniside Parish Council, together with local volunteers are coordinating help for those in need with people who can help.

**Call us if you need help with:**

**Shopping  
Prescriptions  
Dog Walking/pet care  
Household problems  
Information  
or Feel Lonely or confused**

**Contacts:**

**Ennerdale & Kinniside**

Emma Shepherd – Tel: 07342 677 499 (call or text) or 01946 395300 after 7pm;

Email: [bookings@ennerdalecentre.com](mailto:bookings@ennerdalecentre.com)

Back up contact - Rev Parker: Tel: 01946 861310; Email: [blacksaivicar@outlook.com](mailto:blacksaivicar@outlook.com)

**Kirdand & Lamplugh**

Michael Watts – Tel: 01946 861856; Email: [mbsmwatts@aol.com](mailto:mbsmwatts@aol.com)

Back up contact – Rev Parker: Tel: 01946 861310; Email: [blacksaivicar@outlook.com](mailto:blacksaivicar@outlook.com)

And we will do our best to help you out.

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**





*The Heart of the Community*

## The Community Shop at The Gather Ennerdale

**Open Monday and Friday**

**Pre order your fresh and essential items**

For more information and to order online please visit

<https://thegatherennerdale.com/ennerdale-and-lamplugh-covid-19-support/>

Are you isolating due to Coronavirus and need a little help with day to day tasks?  
The Parish Councils of Lamplugh and Ennerdale & Kinniside together with  
The Gather and local volunteers are coordinating help for those in need  
with people who can help

Our aim is to make your life easier during this difficult time

For the safety of our customers, volunteers and staff the shop is now closed for access

All shopping will be on an order and collection/delivery basis

**MEAT ORDERS FRIDAY ONLY**

Grocery orders must be placed by 8pm on Sunday for Monday delivery and 8pm on Thursday for Friday delivery

Meat orders must be placed by 10am on Thursday for Friday delivery or collection

Once your order is ready we will contact you to take a card payment over the telephone

and advise you of the procedure for collection or delivery

### **Meat**

2 Chicken Breasts

500g Beef Mince

6 Sausages

6 Bacon Rashers

4 Slices Cooked Ham

### **Bread**

Thick Sliced Granary

Thick Sliced White

### **Store**

### **Cupboard**

Branstons Beans

Tinned Tomatoes

Sugar (granulated)

Digestive Biscuits

Fruit Juice from  
concentrate

### **Dairy & Eggs**

2L Whole Milk

2L Semi Skimmed

2L Skimmed Milk

250g Butter (unsalted)

250g Butter (salted)

6 Free Range Eggs

250g Cheddar Cheese

### **Fruit & Veg**

Eating Apples

Easy Peelers Oranges

1kg Bananas

2kgs White Potatoes

1kg Onions

1kg Carrots

Broccoli

**To place an order or to offer your services  
as a volunteer please contact Emma**

Email: [bookings@ennerdalecentre.com](mailto:bookings@ennerdalecentre.com)

Telephone: 01946 395300 After 7pm

Text: 07342677499

**Once you have placed your order we will  
confirm a time for collection or delivery  
Credit/Debit Card Payment is preferred**

There may be occasions where we are unable to fulfill some  
items from your order, if this is the case we will always try to  
offer you an alternative

# Lamplugh Parish Council

Annual grants:

We are planning on sending out info for this years grant applications to the usual groups within the parish so if you are in a group that would like to apply for a grant this year contact John Sloan (details below)

**Lamplugh Parish Council members—for 2019-2020.**

**Roger Braithwaite (Chair) ( 862 772**

**Richard Wilson (Vice chair) ( 862 946**

**Sandy Roberts ( 861 375 Michael Watts ( 861 856**

**Rob DGLISH ( 861 016 Julie Whittaker (**

**Ed Surman- namruse@icloud.com, juliewhittaker@live.com**

**The Council can be contacted at:**

**The Clerk to Lamplugh Parish Council.**

**John Sloan, High Mill Barn, High Lorton, Cockermouth, Cumbria,  
CA13 9UB. ( 01900 85833**

**Parish Council Email address; lamplughpc@gmail.com**

**Parish Council website; <https://www.lamplughpc.co.uk/>**

Next Council meeting:

**Annual Parish Meeting (Virtual) 6th May 2020**

# Staying Safe

## We want to make sure that people are safe in their communities.

Here are some things to think about if you are offered, or need, support during this time.



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**Try to use existing and trusted community groups.** If not, could a family member, friend or neighbour who you know and trust help?

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## Not sure? Don't answer the door.

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



### Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale

**0300 303 3589**

Carlisle and Eden

**0300 303 3249**

Furness and South Lakes

**0300 303 2704**

Out of Hours

**01228 526690**

**In an emergency, call 999**

For concerns about a child, report to:  
[cumbriasafeguardingchildren.co.uk](http://cumbriasafeguardingchildren.co.uk)

***“Giving our older generation the opportunity to live fulfilled and independent lives, through providing personalised advice and support”.***

Copeland Age and Advice Service’s (CAAS) new, not for profit, Social Enterprise provides information, advice and guidance to over 55’s in relation to financial matters, housing issues and in enabling people to live safely and independently wherever they choose.

CAAS provide:

- Benefit checks and assistance with making relevant benefit applications
- Advice and help on money matters
- Help to understand and access relevant Housing Options
- A form filling service i.e. Blue Badge applications, Power of Attorney forms, Disabled Facilities grant applications, completion of housing forms etc.
- Support with Independent living through an assessment of a client’s home in relation to the recommendation of relevant aids, equipment and adaptations.
- General advice and information on later life issues

Local ladies Becky Goddard and Lesley Amor decided to set up CAAS after they were made redundant from their roles when funding ceased for the Place Based Prevention Project, previously ran by Age UK West Cumbria.

Lesley Amor, Financial Director says “We knew what a huge impact this service had on our clients and letting it go just wasn’t an option for us”.

“We believe that to assess a client’s needs fully we need to carry out a full holistic assessment in their home environment, currently no other organisation provides this specialist support locally” said Lesley. “We know from experience that client’s often do not know about the help and services available, and so will never approach anyone to ask for assistance, making them vulnerable and at risk”.

Operations Director Becky Goddard added “With a large proportion of the population living rurally, access to services can be challenging. Many areas have poor transport links and therefore a service that provides home visits for clients who are unable to access an office base, whether due to difficulties with their health or their remote location, means they will still be able to access our support”.

The staff have many years’ experience in supporting the over 55’s in Copeland along with a large network of contacts in relevant fields such as Health Care Professionals, Health and Social Care staff and a variety of third sector organisations. They are qualified Trusted Assessors as well as agents for the DWP and have a shared passion to support the vulnerable older generation in a caring and compassionate manner.

Copeland Age and Advice Service are funded through Copeland Community Fund, Cumbria Community Foundation, The National Lottery Community Fund and Sellafield Charity Snowball.

For more information on this service please contact the team on 01946 552166, email [referrals@caasteam.com](mailto:referrals@caasteam.com) or visit their website [www.caasteam.com](http://www.caasteam.com).

# Christian Aid coronavirus appeal and prayer



As I'm sure you'll be expecting, we're working hard to reduce the impact of covid-19 on the communities we work with. The world's poorest countries have the weakest health systems, and many of the most vulnerable people are now being exposed to this deadly virus. They'll struggle get the healthcare they need, and with the cost of not earning a living while in lockdown or quarantine.

Our partners are already embedded in these communities. We are inviting all churches to pray with us, and to donate.

Support Christian Aid via parish JustGiving page:

[www.justgiving.com/fundraising/lamplugh2020/](http://www.justgiving.com/fundraising/lamplugh2020/)

## ***Prayers in a time of coronavirus***

***Love never fails***

*Even in the darkest moments, love gives hope.*

*Love compels us to fight against coronavirus alongside our sisters and brothers living in poverty.*

*Love compels us to stand together in prayer with our neighbours near and far.*

*Love compels us to give and act as one.*

*Now, it is clear that our futures are bound together more tightly than ever before.*

*As we pray in our individual homes – around the nation and around the world – we are united as one family.*

*So, let us pause and find a moment of peace, as we lift up our hearts together in prayer.*

More prayers at:

<https://www.christianaid.org.uk/pray/churches/coronavirus-prayers>



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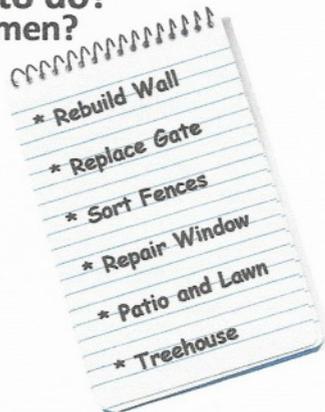
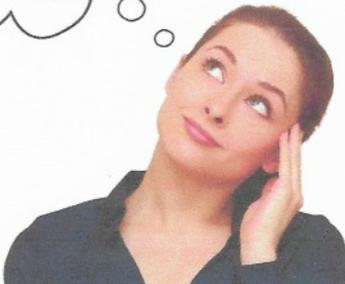
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## The Fox and Hounds "Virtual" Craft Group

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### Normally - Every Friday from 10-12pm

Since last writing our lives have changed beyond recognition, the pace has slowed, the "UFOs" have started to fall and the stash of wool is looking decidedly tidier.

The "virtual" craft group has stayed in touch via a regular Friday newsletter, reminiscing about the 10 years we have been meeting and looking at old adversaries (yes some craft projects are just beyond joy and prone to conflict, dispute and feel like an enemy) like "Goldwork" or Drawn Thread Work, and particular favourites like recycled teabags and flower bashing.

However, I don't think we are up to speed with setting up a "Teams" or "Zoom" group . We enjoy the simplicity of a get-together for chat and cake and sharing ideas and textile challenges and triumphs.

As well as keeping ourselves busy with needle and thread for our own enjoyment, some members have become involved with "**Cumbria Scrub Hub**" helping to make Scrubs and other textile items for carers and NHS staff in the front-line. Advanced tailors are making the technical scrubs, but there are easier items like fabric wash bags, surgical caps and head-bands which can be made from any fabric you may have spare at home or can scrounge - the only criteria is that it must be washable at 60 degrees.

If you would like to help sewing or have fabric/thread or elastic you would like to donate please check out "Cumbria Scrub Hub" on Facebook or give me a call and I will help to pass on your details.

If you are making craft projects or would like any tips or ideas on past or current projects, please feel free to contact me at [susan@wildwoolworkshop.co.uk](mailto:susan@wildwoolworkshop.co.uk) and check out the Wild Wool Workshop facebook page for ideas. Whatever you are doing, stay safe and happy.

Susan

Contact Susan Denham-Smith tel 01946 861270 for further details.

One night I dreamed a dream  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each I noticed two sets of footprints in the sand.  
One belonging to me and one to my Lord.  
After the last scene of my life flashed upon me  
I looked back at the footprints in the sand.  
I noticed that many times along the path of my life,  
especially at the lowest and saddest times,  
there was only one set of footprints.  
This really troubled me, so I asked the Lord about it.  
"Lord, you said once I decided to follow you,  
You'd walk with me all the way, but noticed that  
during the saddest and most troublesome  
times of my life, there was only one set of footprints.  
I don't understand WHY, when I needed you the most,  
you would leave me"  
He whispered, "My precious child, I LOVE YOU  
and will never leave you during your trials and testings.  
When you saw only one set of footprints it was then  
that I carried you"

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