

August 2023 | Issue 08

# 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!**

# WELCOME TO EDITION 8 **Village** P O S T

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### Happy summer to all our readers from your *Village Post* volunteer team!

Going into our second year is an exciting time. But also a time for reflection and consideration how we can make this magazine work for us all going forward.

We have to be sustainable and offer something fresh to you all, especially the young people in our village. We have a resource here and skills which can - and should - be passed on.

We particularly like the idea of being in partnership with the community, with two way support and involvement.

With a *Village Post* website around the corner and the launch of a VP Goodwill Partner scheme, the aim is to ensure that the future of the magazine is fully community-based and sustainable.

Please read the article on Page 3 and consider what kind of support you can offer.

### Marjory Thompson

Village Post editor

email: [editor@villagepost.uk](mailto:editor@villagepost.uk) tel: 07836 371035



The VP team says goodbye to Rev Dr Adrian Thompson (page 17)

*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 2023 editions are:

October 30 September-2 October  
December 30 November-2 December

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

Contact Silvana on 07901 286000  
or email [sales@villagepost.uk](mailto:sales@villagepost.uk)

### The VP team



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# Village<sup>POST</sup>

## Inaugural Goodwill Partners

Meredyth and Richard Bell  
Malcolm Wilson, M-sport  
Patrick Lister

We are Curious Cumbria  
Outerspace  
Bush Inn, Tallentire

**Now that Village Post is entering its second year we want to ensure its future is firmly embedded in village life and is sustainable going forward.**

Feedback has been overwhelmingly positive and our small volunteer team wants your help to:-

- retain the quality
- increase editorial contributions
- cover costs
- ensure an acceptable balance of adverts to editorial
- look at succession planning which offers opportunities to others, particularly young people to boost their career prospects by learning new skills and gaining work experience.

So - after a lot of careful consideration - we've decided to launch an innovative **VP Goodwill Partnership** scheme which offers our readers, local businesses and organisations an opportunity to offer skills, support and - if you can - a small donation to the magazine, monthly or annually, of whatever amount you choose.

To cover our printing costs we have successfully sought advertising. In the current climate that is time-consuming for volunteers and also unpredictable.

So we want to focus going forward on a community-based source of revenue that gives local businesses, organisations, clubs and individuals a chance to support what is proving to be a very welcome addition to village life!

We already have six Goodwill Partners lined up (above) who have committed support and more are expressing interest. But we hope that our readers will consider it too.

**For example, just £10 a year from every household we distribute to would cover all costs. You can pledge a donation, skills and support by text below.**

You would receive recognition in the magazine and on our new website launching soon under our list of **VP Goodwill Partners**, although amounts would not be disclosed. Alternatively, your donation can be anonymous.

Skills and other types of support are vital. The increasing number of contacts who regularly contribute ideas and stories is encouraging. But we need MORE to ensure freshness, variety and all-age interests.



We do all the editing, design and page layout ourselves which slashes production costs. The software is amazing and we have a first class iMac computer which is a community asset purchased with Tallentire Wind Farm money.

That asset is here for anyone who would like to learn the skills. Or to any youngster who may already have the software knowledge or skills from school or college and might find involvement both fun and helpful as they pursue a career in this field. Indeed anyone is welcome of any age. We can support and train people. It is fun!

So it's all about using goodwill to keep the magazine going by working in partnership with all of you. (Just like our lovely team of village distributors who help out every issue and play their vital part).

### How to become a VP Goodwill Partner?



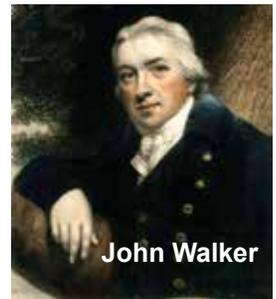
**VP PLEDGE by text to 07901 286000**

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.**

# Cumbrian genius pioneers the world's greatest medical lifesaver - but is nearly scuppered by 'fake news'!



John Walker

Without Cocker-mouth's John Walker, vaccination - the most effective health breakthrough ever - might have been stamped out by a "fake news" campaign. The brilliant young Walker (in the face of huge opposition) pioneered the technique of introducing cow pox matter into the body to protect people against deadly smallpox. But his success sparked the envy of the technique's inventor Edward Jenner who was prone to 'indolence and procrastination' and failed to develop the science behind the discovery or gain practical expertise in applying it. Working at the National Vaccine Institute in London, the most successful vaccination charity of its day, Walker revived the flagging technique first invented by Jenner, vaccinating six days a week. His reward was to suffer a jealous campaign of opposition from Jenner. Privately irritated that a disrespectful inferior was outshining him, Jenner conspired to have Walker sacked on trumped-up charges of malpractice.

## Hidden Cumbrian Histories from Paul Eastham

Jenner's attack was laced with informal insinuations that Walker's northern accent, lowly origins and austere Quaker costume were unfit to be the face of a great institution. Walker was kicked out of the job ... but vindicated in the end. **And his work was not in vain!** The World Health Organisation now estimates that between two and three million lives are saved every year by vaccination. Walker was born in 1759 in Cocker-mouth. He was educated at the town's Free Grammar School alongside his friend William Woodville, a future physician at London Smallpox Hospital. It was the same school that Wordsworth and 'Mutiny on The Bounty' leader Fletcher Christian attended. When compelled to, he could write Latin brilliantly. But he never settled down in formal education. Instead, Walker began as an apprentice in his father's tinsmith forge then became an artist, a school-master and a friend of French revolutionary activists before gaining medical qualifications in Holland.

## 100,000 vaccinated

With untiring application he rose to become the world's greatest practical exponent of vaccination against the terrifying disease of smallpox, innoculating a total of 100,000 people. So dedicated was he that he did not take a holiday in the last 25 years of his life and effectively worked himself to death. Meanwhile Jenner was showered with accolades and named physician to King George IV (he is in the BBC's list of 100 Greatest Britons.) But without Walker from Cocker-mouth it is quite possible that the highly controversial practice of vaccination would have been stamped out by a Georgian campaign of "fake news" perpetrated by rival scientists, worried parents, satirical cartoonists and religious bigots, some of whom declared vaccination was unchristian because the body is "the temple of the Holy Spirit" and should not be contaminated.

This is a short extract from *Secrets of the Crooked River*, a historical biography of the Northern Lakes and Cumbria, centred around Cocker-mouth. You can get it (and the latest book *Secrets of the Lost Kingdom*) from the New Bookshop, Cocker-mouth; the Moon and Sixpence, Lakeside, Keswick; Bookends in Keswick and Carlisle; along with Sam Read in Grasmere. Or you can buy it at [www.fletcherchristianbooks.com](http://www.fletcherchristianbooks.com)

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## GARDENING WITH MEREDYTH



### August

Trim hedges regularly and prune rambling roses after flowering. It's a good time to take cuttings from pelargoniums and fuchsias and take ripening seeds from plants you want to keep.

Layer pinks, rhododendrons and clematis but water your fruit and vegetables regularly. Feed and water tomato plants regularly. We do it once a week.

Prop up heavy-laden fruit tree branches and summer prune gooseberry and red currant bushes. Harvest apples and pears and finish pruning any other trained fruit trees.

Monty Don suggests you could start to plant spring bulbs and force hyacinths in time for Christmas! Divide perennials and prepare ground for making new lawns. Keep lavender bushes neat and tidy but don't cut back to the old wood as this kills them. Lilies will need liquid feed in preparation for next year.

**In bloom:** eryngium (sea holly), phlox, agapanthus, pelargonium, dianthus, lavatera, freesias and gladioli.



### September

It's the start of clearing the autumn debris to try to prevent pests and diseases over winter.

Importantly, net ponds or you'll be fishing out fallen leaves for days! Sow or turf new lawns, move evergreen shrubs and take hardwood cutting from roses. Take cuttings from fuchsia, verbena, coleus and argyranthemum. These can be kept on frost free window sills. Lift and divide overgrown perennials and continue to plant out spring bulbs. Plant out spring cabbage and sow winter lettuce. Plant out erysimum and forget-me-nots.

Reduce watering and ventilation in greenhouses and continue to harvest fruit. Start to prune climbing roses as their flowering finishes. Clean the greenhouse ready for the start of winter. Sow hardy annuals to flower next year.

Good time to put a coat of preservative on decks and any other wooden furniture.

**In bloom:** rose, scabiosa, echinops, anemone, nemesia, crocosmia.

## HARE TODAY, GONE TOMORROW ... help to protect them

This year I have seen more hares in the fields as I walk the dog than over the last several years, when many were lost to a lung infection. Great news in the face of lots of stories about the decline in the populations of many of our native species of animals/birds.

British hares are intriguing animals that can be found all across the United Kingdom. They are known for their incredible speed and agility, making them fascinating to learn about and observe in the wild – captivating when you spot just two fully erect black tipped ears above the long grass!

The number of British hares can go up and down rapidly for a number of reasons, as well as disease. Their ability to have several broods of their young, called leverets, in just one year helps their population grow quickly when things are going well. But often other animals like foxes and birds of prey kill and eat too many hares and their young, which can make the hare population go down equally quickly.

Another problem facing British hares is where they live. They like to be in open grasslands, meadows and farmlands. But because of the growth of cities and other developments, their choice of habitat is getting smaller and more fragmented.



It means that hares have less space to live and find food. And, when their homes get smaller, it becomes harder for them to survive and the risk of becoming roadkill higher. We think there are now fewer than 800,000 hares left in the wild, compared to four million a century ago. Changes in how we farm have also affected British hares, making it harder to find food and stay safe. The loss of hedgerows, which hares use for shelter and food, can be a big problem. The use of pesticides can also harm hares.

Hares, unlike their cousin the rabbit, are not usually seen as pests. So I think it's important to help protect British hares and their homes. Nationally, people are working together to create special pathways called wildlife corridors. These corridors connect the different places where hares live, so they can move around more easily. People are also learning more about hares and telling others how important they are for our environment. We are fortunate that a number of our local farmers are very environmentally aware so your chances of spotting these amazing creatures when walking our local footpaths are high.

**Richard Bell**

You can get more information from  
[www.wildlifetrusts.org](http://www.wildlifetrusts.org)

# Just blooming lovely!

Sue and Arthur Waterhouse officially opened our Community Sensory Garden on June 23.

School sensory garden official opening

After 18 months of hard work by a variety of people, we've created a space for children to enjoy.

A space to be quiet and still, a space to investigate and explore and a space in which to learn and experience the curriculum.

We know that this area of our school will continue to develop and grow. A big THANK YOU to everyone who has been involved in this project ... now we can enjoy all it has to offer.

Head Teacher  
Julia Fish



**Guests of honour:** After a request for help in *Village Post*, Sue Waterhouse and her father Arthur from Bridekirk volunteered and have been very busy. Arthur, who is 90, made a large potting bench in the polytunnel using recycled wooden battens, fixed a wonky bench, made a hanging toolrack for the shed, scrubbed the den prior to painting (with Sue's help), sawed perspex for windows for the chalet and den, installed a water butt and put up a bird box and bug hotel!



Lizzie and Albert Johnson and Michele Coates with the Living Wall tepee Bassenthwaite Rotary Club gifted to the school garden as part of a £2000 grant towards the sensory garden.

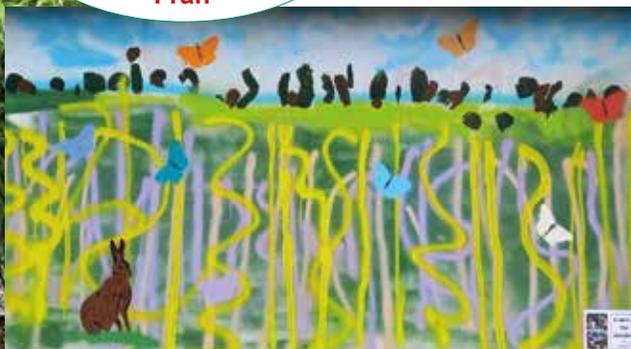


Jeremy Purkiss (son of Anne Irving) and Janice Quarry (daughter of Leonard Irving) with the plaque commemorating their parents and siblings who attended the school so many years ago.



*I just love the den building equipment because I can create my own world*

Fran



Visiting artist Martin Evans worked with pupils to create colourful murals.

*This garden isn't just about what you can see and smell. The sensory path feels amazing underfoot. Many different surfaces, all inspiring different feelings*

Heidi



Mary Bradley, chair of Allerdale GDF Community Partnership which awarded a £10,000 grant for the garden, with Parent Governor Rose Rowland and Head Teacher Julia Fish.

Cumbria Community Foundation (CCF) helped us achieve this wonderful garden through a £20,000 grant from the Tallentire Wind Farm Fund.

**Julie Hodgson (Chair of Governors)**



### Sensory sofa surfing

Left: Blair Ryden, Martha Kinghan, Eadie Relph, Max Brentnall, Joey Brough.

Below: Theo Robinson of Bullgill happily making sweet music.



We like to play tag in the willow and to run through the wiggles, catching each other

**Everly**

I love watching robins, blue tits, woodpeckers and nuthatches from our classroom

**Amelia**



Our head teacher Mrs Fish envisioned a magical place where colours, scents and textures danced in harmony.

Then there was ACTION! Many people - with their little hands and big dreams - set out on a journey to create something extraordinary

**Daisy**



**Tree hugging**  
Tom Green (4) from Gilcruix will soon follow his brother Will (7) into the school.

**Smiling and swinging**  
Rosie Dixon (2) from Tallentire whose big sister Ava (6) is a pupil.



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**Newshound corner**

**Moving on up!**

Year 6 pupils had their introductory day at their new secondary school, either Cockermouth or Keswick.

Here is what they had to say afterwards ....

This week, I was given the privilege to go to Keswick School for a move up day. I enjoyed being able to meet new people and experience new things. **Mayzie**

*Cockermouth School was FUN! At the end of the day, we got an assembly telling us what a great group of people we have been and they can't wait to see us in the future. I can't wait to go there in September.* **Rohan**

On our move-up day at Keswick School, Mr Hebert taught us how lightning is made and we used a Vanda Graph, it makes people's hair stick up when they use it! **Alice**

*At Cockermouth School many children felt the same way as me - nervous, excited and a few mixed feelings too. But now I'm fully confident that I know what to do but sad about leaving Bridekirk Dovenby School.* **Hollie**

I spent the day at Cockermouth School. One of my favourite parts of the day was lunch. There were lots of options like chilli con carne with nachos or baguettes. The food was amazing and so were the teachers. **Elliot**

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Q What sound does a nut make when it sneezes?  
 A Cashew

Q How do celebrities stay cool?  
 A They have many fans

Q What type of sandals do frogs wear?  
 A Open toad

Q Why did the bike fall over?  
 A It was two tired

Q What should you do if you're cold?  
 A Go to the corner of a room as it's always 90 degrees

Q Why shouldn't you give Elsa a balloon?  
 A Because she'll "Let it go!"

Some jokes from Jessica, Honey and Emily

**Visiting author Alex Mullarky**

Alex Mullarky visited our school and led a workshop for Primary 4. Her book *The Sky Beneath the Stone*, is one suggested for the 2023 Reading Challenge.



Sign up by logging on to:

<https://summer-readingchallenge.org.uk>

Thank you Alex.



School Council organisers



## A coffee morning with a conscience

To coincide with the North Lakes Green Foodbank Day, the School Council (pictured above) organised a 'Coffee Morning with a Conscience'. These events are not to raise money but rather to inform. We chose to inform parents about the Sustainable Development Goals of the World.

The Primary groups were given the following areas:

- P1 Life On Land
- P2 Life Below Water
- P3 Good Health and Wellbeing
- P4 Quality Education
- P5 Responsible Consumption and Production

Each class worked on their goals and produced information and artwork linked to it. Parents could see what they can do to support the goals.

P1 - recycle, P2- litter in the bin, P3 - donate blood, P4 - online learning, P5 - compost waste and plan meals to avoid food waste.

It's great to see children becoming leaders in environmental matters and showing us adults what to do!

Leanne Herbert, teacher



P6 Honey Dove, Nancy Walker, Robey Parker



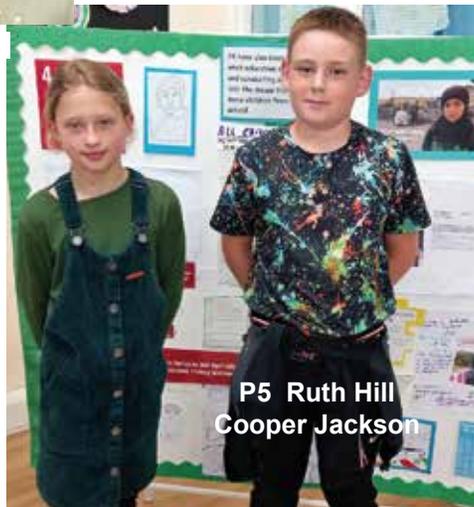
P2 Alex Cooper and Martha Hill



P3 Joey Bell, Dinah Gates, Amber Neale



P1 Nancy Walker, Neave Gorman, Miguel Riera Atkinson



P5 Ruth Hill Cooper Jackson

## School Leavers' Cathedral Ceremony

In June, the pupils in year 6 travelled through to Carlisle Cathedral for the annual school leavers' service.

They had been learning the songs before the service and sang enthusiastically in the cathedral. There were prayers and challenges as well as a procession where every school chose two representatives to walk down the aisle with their banner.

Challenge 1: Going the distance for someone you love  
 Challenge 2: Making something your own  
 Challenge 3: Going the distance

Challenge 4: Change the world, Pray!

At the end of the service, each school was given a candle which was lit by the clergy.

Thank you to everyone who organised the experience. It was all so relevant to year 6 as school leavers and gave the children a lot to think about as they move on to their new schools.



Allerdale

GDF Community Partnership

# Would a Geological Disposal Facility for radioactive waste be right for Allerdale?

That's the question that the Allerdale GDF Community Partnership is asking you!

A Geological Disposal Facility, or GDF, is an underground facility designed to safely and securely dispose of UK radioactive waste in a way that protects people and the environment.

The facility is made up of a series of highly engineered vaults and tunnels up to 1,000 metres below ground in a suitable rock formation.

Combined with engineered barriers, this will protect the environment by keeping the waste isolated from the surface while the radioactivity naturally reduces to safe levels.

Experts from Nuclear Waste Services (the developer) and specialists from the supply chain are currently evaluating existing data on things like the local geology, transport infrastructure and local power supply.

The Allerdale GDF Community Partnership was formed in January 2022 to share information and facilitate discussion about the GDF siting process, monitor public opinion and consider what part a GDF could play in the community's vision.

It's also their responsibility to review and refine the Search Area as investigations progress and identify priorities for Community Investment Funding.

GDF Community Partnerships also exist in Mid Copeland, South Copeland and Lincolnshire to explore what hosting a GDF could mean for them.

## Local community must be willing

Ultimately, construction of a GDF requires two things – finding a suitable site and a willing community. A GDF cannot go forward without both being in place and, if the local community doesn't want it, a GDF won't be built.

Residents in a potential host community would have their say through a test of public support. That support is required before Nuclear Waste Services can seek development consent.

Principal local authorities on the Community Partnership for that area will have the final say on when to take this test.

It will be for the Community Partnership to decide which mechanism to use, but it could be a local referendum, a formal consultation or statistically representative polling.

Once all studies have been conducted, and a community has given its consent, Nuclear Waste

## Allerdale search area



Illustrative map of the search area being considered to host a GDF

- Search area
- Inshore area
- Inshore area boundary

\*All around the country, the Inshore Area extends to a maximum of 22.2km off the coast. In the case of Allerdale it may be less than 18km in places, due to the limit of English waters narrowing between England and Scotland to the north.

Services can then proceed with statutory licensing, environmental permitting and the development consent application process, which will lead to the construction of a GDF.

QR video link



The process to identify and select a site requires detailed technical work that could take up to 15 years. The Allerdale GDF Community Partnership wants to encourage everyone to take part in the conversation around GDF and is asking local people to get in touch with any questions or points of view.

More information can be found on the website [www.allerdale.workinginpartnership.org.uk](http://www.allerdale.workinginpartnership.org.uk)

# MEREDYTH meets

Milo Cooke

**It is not often you can boast a budding star living next door to you, but I can!**

Milo is 17 and is football mad. Ever since he and his family moved next door, we have noted the sound of footballs echoing over garden fences.

Totally infectious - it transfixed my grandchildren. Although younger than Milo they would make a bee line every time to Milo's for a game!

We are now moving on a further ten years. Now a very handsome young man, Milo is building up a high profile.

The love of football still dominates but, having left school at 16 after passing all his exams, he has now continued his education over in Penrith.

What was Newton Rigg agricultural college is now a sports facility. There are no girls in the year at present, but next year who knows?

## Football coaching

Milo is studying to be a fully qualified football coach, following the footsteps of his older brother. It's a two year course. He tells me five days each week there are three hours academic work in the morning followed by two hours sport - football! Apart from this fairly busy commitment Milo also coaches young players at Workington Reds every weekend, training at Lakes College, Lillyhall and playing at St Benedict's, Whitehaven.

He has played for Cockermouth in a league with older players. The physicality of it made him so much better. In the penultimate year they won the League as well as League Cup, League Trophy and got to the semi-final in the County Cup. Wow!

In his spare time, he also coaches youngsters aged two to eight years privately in the art of football. When I spoke to him for this interview he had four private youngsters. They play in Cockermouth, but this budding entrepreneur has gained several more since then! The total to date is 20 and counting.



To help him he employs an older student Reece Cockton. He also plays for Workington Reds Reserves and Deer Orchard FC.

I'm so impressed by my neighbour so his family must be very proud.

Contacts: M C COACHING Developing players of any ability. Milo.cooke@hotmail.com

Charges: £10 for 30 mins, £15 for 45 mins, £20 an hour.

## Afternoon tea invite from Bridekirk to you

Every August thousands of people dust off their whisks and stick the kettle on to hold an afternoon tea, raising money for people affected by breast cancer.

Every 10 minutes, someone in the UK hears the words "you have breast cancer". Join us at Blindcrake Village Hall on Sunday August 20 at 3pm to raise money and enjoy a great afternoon.

All are welcome, just bring a something to eat or drink that we can share and make a donation to Breast Cancer Now.

Contact Silvana at [silvanamounsey@gmail.com](mailto:silvanamounsey@gmail.com) if you're thinking of coming or if you'd like to know more.

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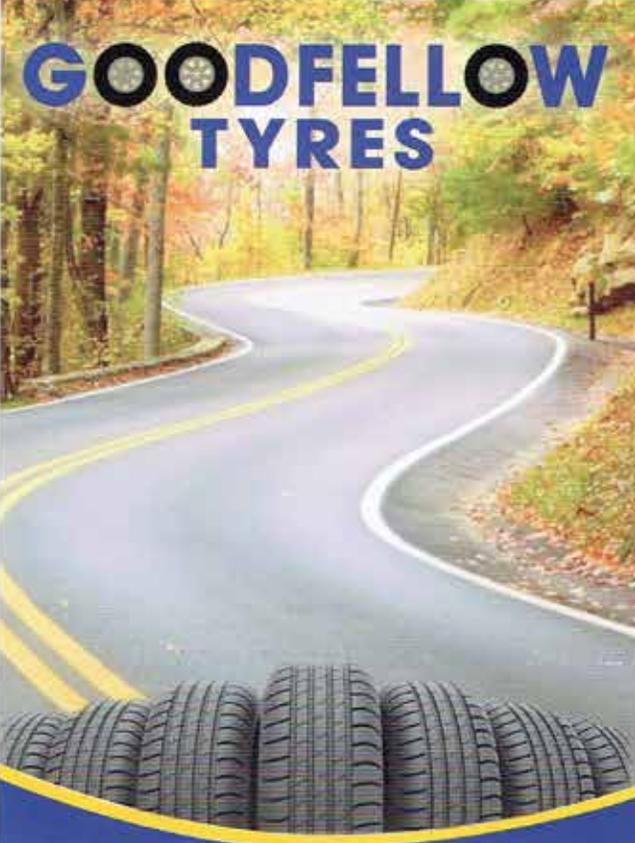
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## Home grown cooking with Annette Summer salads

Recent nutritional advice is to eat a rainbow! There's no time like the present to do just that. High summer shows off every colour under the sun in the vegetable world.

We can eat salads all the year round but a salad isn't just lettuce, cucumber and tomatoes. If you need some new ideas think of a root,

a shoot and a fruit and you have the basis for a salad.

*Roots* - carrots, beetroot, tiny turnips, radish, spring onions, cooked potatoes, roast sweet potato slices, grated celeriac.  
*Shoots* - spring onion tops, herbs, lettuce, broccoli, asparagus, celery  
*Fruits* - mange tout peas, cauliflower, broccoli, peppers (don't buy green peppers they are underripe and harder to digest), cold aubergine slices grilled and cooled, apples, mango.

Add cooked noodles, cold meats, cheese, cooked pulses plus a tasty dressing, topped with toasted seeds or nuts and you have a full main meal.

Some vegetables have a heightened flavour by roasting them first. Cauliflowers have done well in my raised beds this year so I'm experimenting with lots of ways of using this bounty. I've covered them in a light batter and air fried them, roasted and added them to a kale salad, steamed them and topped with roasted hazelnuts and fresh chopped mint ... and cauliflower cheese continues to be a favourite.

I'm also growing the vibrantly coloured Swiss Chard which I'm reluctantly sharing with sparrows who love the deep green leaves too! The variety Bright Lights offer nearly every colour of the rainbow, the mid rib is as delicious raw in salad as it is cooked in a stir fry. The rest of the leaf is a soft spinach.



Homemade dressing is way cheaper than anything you could buy. You also know exactly what's gone into it and it will last for weeks or until used up in a glass jar in the fridge.

Some of my favourite combinations are lime juice and some zest, thumb size of root ginger, diced finely or grated, 2 cloves garlic crushed, 1 tablespoon smooth or crunchy peanut butter plus a light oil.

Or use the last of the mustard in the jar, dissolve it with some balsamic vinegar, similar quantity maple syrup, crushed garlic, and olive oil. Shake it up in the jar. Season well with salt and pepper.

Finally here's a little tip for lettuce when you have leftovers. Wash it, spin or dry it and put it into a clean tea towel at the bottom of the fridge where it will keep crisp and fresh for another meal.

**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 at home in Mawbray and organised 'Cumbria on a Plate' gourmet tours.**



## Eat real - not fake - food

Hello! I'm Jackie and I'm into food. Why? Following advice I'd had as an international sports woman (field archery), I used to eat a diet considered very healthy - low in fat with lots of fruit and veg.

Sadly, I put on weight and was tired and hungry all the time, with bad skin, dizzy spells and frequent illness. Then I got really ill - for a year and a half. In 2004 I learned that we're not all the same. There isn't one healthy diet that suits everyone (other than everyone needing real food).

What my body needed was far removed from what I was giving it and in my 30s I was a mess. Eating differently, my excess weight melted away, my energy increased and still, decades later, I feel 19.

So I changed career (my background is in science) and have been delivering nutrition coaching to individuals, groups and businesses in West Cumbria and all round the UK for 16 years. Each month in *Village Post* I'll be sharing some of my passion so you too can enjoy a more vibrantly healthy life by eating well.

### Fake Food

First things first - fake food. It's everywhere. Adverts tell us many, many times every day to eat food-like products instead of food. It's been so normalised that most people don't think

Introducing  
Jackie  
Wilkinson  
Village Post  
nutritionist



anything of it. Takeaways, ready meals, snack bars, breakfast cereal. It's designed to be addictive (moreish), leading to overeating and weight gain. Made from cheap ingredients, processed until most of the goodness has gone, and with strange ingredients to embalm it for shelf life, it damages your health in many ways.

The best thing you can do for yourself is to eat natural. Buy fresh meat and fish, vegetables, fruit, natural fats and prepare your own meals.

Here's a rhyme:

*When you go to the shops*

*If it comes in a box*

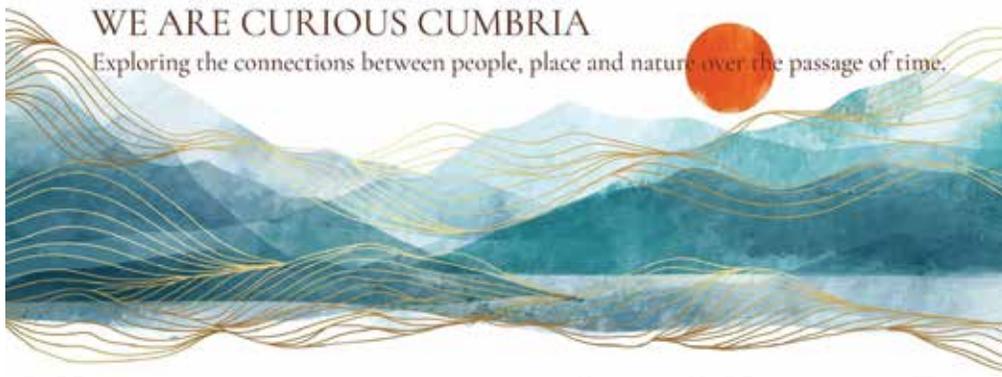
*Let it stay on the shelf*

*For the sake of your health*

**Top tip – to enjoy a more vibrantly healthy life, eat real food.**

[www.learntoeatwell.co.uk](http://www.learntoeatwell.co.uk)

**Eat Well News** <http://eepurl.com/c9PI5X>



## All systems green for Gilcrux Parish

**In May Gilcrux Parish Council agreed to put Climate Change on their agenda for every meeting they have in the future.**

Vice Chair of Gilcrux Parish Council, Debbie Taylor-Davies, co-founder of community group and podcast *We are Curious Cumbria*, is currently undertaking Carbon Literacy Training with the charity CAfS - Cumbria Action for Sustainability. As part of both Cumbria Action for Sustainability (CAfS) and Zero Carbon Cumbria’s mission to decarbonise the area by 2037, a fresh team of volunteer climate champions are gearing up for action for the third year running.

Following fully-subsidised Carbon Literacy training, volunteers will hold local activities and events to spread awareness of the climate emergency among new audiences and inspire positive action within their communities.

Part of the ambition for climate champions this year is to increase the number of people in West Cumbria who are speaking out against and tackling the climate crisis in their own lives and communities.

In 2021, the Copeland People’s Panel made a series of recommendations on how the area should respond to the emergency. And building a network of active climate champions to raise awareness was included in this list.

So this year, new volunteers will all have connections to the former district of Copeland - either by being a resident, working, studying or having strong networks in the area. CAfS is able to deliver the project again this year thanks to Copeland Community Fund and The National Lottery Climate Action Fund.

Because at the present time the funding is for the Copeland

Area, Debbie will be reaching out to Parish Councils in Copeland.

“In time,” she says, “CAfS hopes there will be funding to deliver projects in the Allerdale region too. But at this time I’m very happy to be making connections with Parish Councils in Copeland. And I’m thrilled to be a volunteer with CAfS, a charity I’ve followed and admired for a long time.”

Knowing that the number of councillors, their productiveness and their inclinations will be different from one local council to the next, Debbie is designing a bespoke research study around climate change for parish councils.

“So that, say, an individual member of that council can rally parishioners, and mobilise individuals and groups to address

Climate Change in their community. I hope to deliver and co-host online workshops and forums with parish councils in Copeland, as well as talking about my own experiences of co-founding the community group and podcast that is *We are Curious Cumbria*.

Climate champions will be joining an ‘alumni’ of 30+ volunteers who have organised a whole host of activities in the past two years, from climate book clubs to toy swaps, tree planting and low carbon meals, presentations about how the business sector is responding and how climate change is causing mass migration. Volunteers are encouraged to use their own interests and skills to share the knowledge they gain through the CAfS-funded training to best effect.

The call for volunteers is ongoing and will close by August 30. If you’d like to find out more and apply, please visit the CAfS website: <https://cafs.org.uk/2023/06/20/community-climate-champion-volunteer-copeland/> or contact Clare Taylor, Project Coordinator: [clare.taylor@cafs.org.uk](mailto:clare.taylor@cafs.org.uk)



**Debbie**

### YOUR COMMUNITY PODCAST



Our ad-free community podcast around the subjects of local and natural history is made especially for residents in Bridekirk and Gilcrux parishes.

It’s available on all the major podcast channels including Apple, Spotify and Google. Just search for ‘*We are Curious Cumbria*.’

[wearecuriouscumbria@gmail.com](mailto:wearecuriouscumbria@gmail.com)

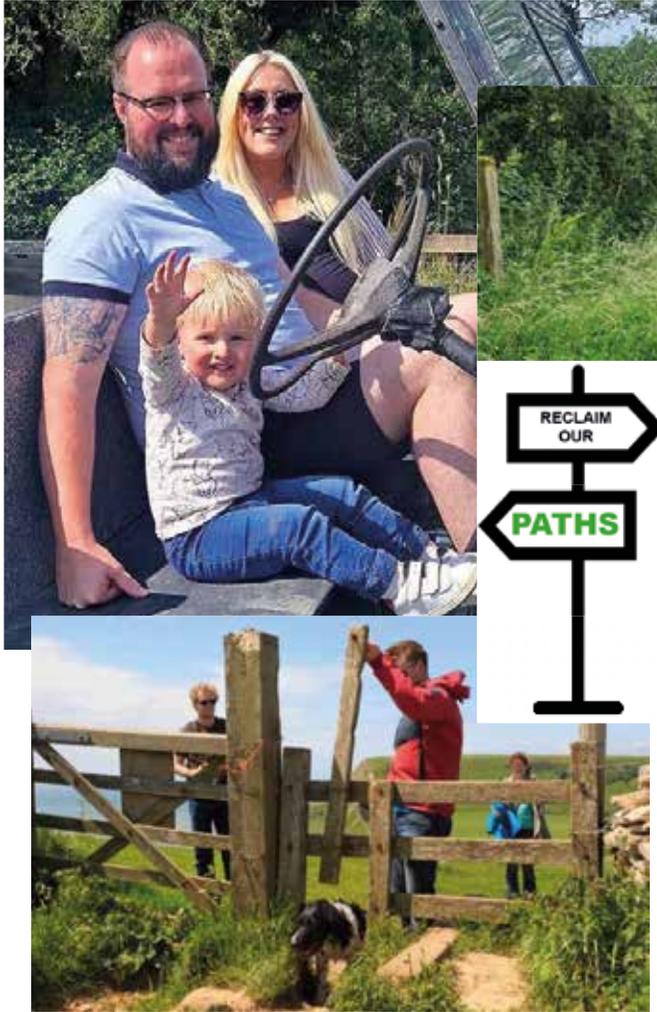
### Would your family or group help with our path survey?

**The summer school holidays are almost here and, if you’re sticking around at home, *We are Curious* have just about completed a document that families can use to survey a Public Right of Way in Bridekirk or Gilcrux parish.**

**That’s not to say that individuals can’t survey a path or bridlepath. But the activity will be more fun, and safer, with a family member or pal at your side.**

**We hope that all the Public Rights of Way in our community will be surveyed by the end of summer and then we’ll have one big useful document to take things forward.**

**Keep a lookout on the Tallentire and Gilcrux pages on Facebook in the next couple of weeks to access the document and choose the Public Right of Way that you’d like to survey. Or email us.**



## Becky suggests a path to reclaim

*"There's a footpath behind the Dovenby Ship Inn pub which is really poorly signposted once you get to the farm and becomes almost impossible to walk through," says Becky Lewis-Eden from Dovenby.*

*"Can we highlight this to make some improvements?"*

*"I seem to remember the stile (once you walk through this overgrowth) being quite unstable too.*

*"There's also no safe way to get your dog around the stiles along this footpath through the fields without helping them over (which is not an easy task when you have a large dog or are pregnant. Our dog was actually limping last year after going over one. There are some really great examples of dog friendly stiles in Cumbria like on this photo.*

*"I wonder if this is something funding can be allocated for?"*



**Becky, Matthew and young Henry would like to enjoy the paths around their village of Dovenby. Their helpful information has been passed to the team carrying out the surveys.**

**LEFT: the dog friendly stiles.**

## Gilcrux & District Social Fund trips enjoy a new lease of life!

The fantastic news is that the hugely enjoyable trips out are open to all our readers, not just Gilcrux. The aim is to unite people and communities in nearby parishes. People have come along recently who live in Bridekirk, Dovenby, Gilcrux, Tallentire, Oughterside and Wardhall.

On every trip, new friends are made as well as catching up with old mates. But places are limited to around 50 people. So when you receive a flyer through your door and if you fancy joining us on our next adventure to Windermere (visiting Blackwell the Arts and Crafts House, the Car Museum, a cruise on a steamer and a visit to the Jetty Museum) it's essential you book early to avoid disappointment.

### **Alnwick Castle trip** (pic above from Lion Bridge)

The sun shone on the 38 happy travellers who departed bright and early for Alnwick Castle and Garden. Each person on the coach took time to fill in and return a feedback form. These, along with many verbal comments, provide without exception a very positive evaluation of the day. Of course the trips and events organised by the committee are about much more than enjoying beautiful scenery and historic buildings. Gilcrux and surrounding villages regularly have new people moving in to make their homes amongst us. One said: *"I'm new here. I live alone. Even receiving the*

*invitation flyer lifted my heart. The trip made me feel part of something."* Another said: *"It was a lovely gathering. It was nice to get to know new people and to feel involved in a community - it's what people need."*



We must sincerely thank our sponsors, Cumbria Community Foundation, Holmen Iggesund and Aspatria & District Community Charity Association, without whom the event could not have happened.

### **Next trip Windermere**

The next trip will take place on Wednesday October 18 when we will be headed to Windermere, England's largest lake.

Anyone over aged 18 is welcome to join us, with those aged 60 and over able to enjoy a free outing. Those fortunate enough to be aged 59 and younger will be asked to make a nominal contribution to the cost of the day.

The Windermere outing is currently very much at the planning stage but is already proving popular.

**Get in early and book your place now!**

**Debbie: 07359 011144**

**maildebbietaylor@gmail.com**

**Elaine: 07784620321**

**e.maxwellkelly@btinternet.com**



August 2023 is to be a time for changes of leadership across the group of local C of E churches (the Grasmoor Mission Community), including at Bridekirk.

We say 'goodbye' to Revds Adrian and Lucy Thompson, Team Vicar and Distinctive Deacon in our Parishes. But also say 'hello' to Revd Christina Brentnall, a long-time member of St Bridget's, recently ordained as Assistant Curate.

Also to the Revd Roy Anetts, a retired priest who joins our team. St Bridget's is one of the churches at which he will be leading some Sunday services.

All are welcome to our Sunday 11am services as detailed below:

*August \**

Sunday 6/8 - Holy Communion: Jesus feeds a multitude in the wilderness

Sunday 13/8 - Morning Worship: Education Sunday

Sunday 20/8 - Holy Communion: Faith and membership of God's people

Sunday 27/8 - Morning Worship: The specialness of Jesus

*September \**

Sunday 3/9 - Holy Communion: The cost and reward of following Jesus

Sunday 10/9 - Morning Worship: Doing conflict well

Sunday 17/9 - Holy Communion: The meaning of forgiveness

Sunday 24/9 - Morning Worship: When God's justice seems unfair

*October \**

Sunday 1/10 – Harvest Festival Holy Communion:  
(See next edition of Village Post for service information beyond this date).

On Education Sunday (10/9) we will be inviting teachers, staff and parents along from Bridekirk Dovenby School to mark the beginning of the school year. For Harvest Festival (1/10) donations of appropriate tinned items for the North Lakes Food Bank (for details check 'this week's appeal - shopping list': [www.thefoodbank.org.uk/](http://www.thefoodbank.org.uk/)). Also, we will organise a plate collection of cash donations towards the Diocese of Carlisle's Bishop's Harvest Appeal, details at [www.carlisle-diocese.org.uk/harvestappeal/](http://www.carlisle-diocese.org.uk/harvestappeal/)

\*All Age 'Celebration' Services are now planned to coincide with key landmarks in the church year - Education Sunday, Harvest, Easter and Christmas. Sunday School runs monthly, but on differing Sundays, month to month. Check our social media posts for details.



## Congratulations and a warm welcome to Christina

In July I was one of the six people ordained Deacon during the Petertide Ordination service at Carlisle Cathedral. That's me on the far left, looking slightly different to normal!

In case you are not familiar with it, Grasmoor Mission Community is a collection of 15 churches working together to grow God's Kingdom in Cumbria.

One of these churches is our home church, St. Bridget's in Bridekirk. I have worshipped in Bridekirk for the last 23 years, from when my husband Tim and I moved to Tallentire.

But my new working life will take me further afield over the next few years.

The service on July 1 was the last ordination of Deacons carried out by the Rt Rev James Newcome before his retirement.

It was such a joy for me to be there as only a few weeks earlier I had undergone major surgery for Crohn's Disease.

My faith has always been part of my strength and no more so than in recent weeks. I want to pass on my grateful thanks to everyone for your kind wishes and especially for all your prayers before, during and after my surgery.

Prayer gave me the strength I needed when I was too weak to hold myself up in hospital. It was such a comfort to know that many were praying for me and reminds me just how important it is that we do this for one another.

I continue to make excellent progress in my recovery and I look forward to serving with renewed strength in our local parish, as well as the wider mission community, over the coming years.

If you see me about, do stop for a chat.

God bless



**Christina Brentnall**

*Christina*

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**Instagram**

[www.instagram.com/stbridgetsbridekirk/](https://www.instagram.com/stbridgetsbridekirk/)

**email**

[bridekirk\\_church@grasmoomc.church](mailto:bridekirk_church@grasmoomc.church)

# Fond farewell to Adrian

Meredyth talks to Rev Dr Adrian Thompson  
Team Vicar and Village Post Trustee

Adrian, it seems so sad that I'm interviewing you prior to leaving Cockermouth but I know it's to take on being 'Priest-in-charge' of Wigmore Abbey Parish, a group of rural churches near Ludlow in North Herefordshire and also to be nearer to your mother, now in her 80s.

Although your parents were from London and Luton, you were born in Chester in the late 60s where your father was an industrial chemist working for ICI. After the age of six you moved to Oxfordshire, where your mother still lives.

Going from your all boys school education at 18 you went to Aberystwyth University to study physical geography. You then went on to do a PhD in Mud (the environmental sciences) - analysing lake mud cores for pollen analysis. It was there that you met Lucy, your lovely wife who now also has a PhD in plant genetics. Amazing romantic stuff MUD!

You were married there at St Michaels on the sea front and then moved to Bristol, Lucy at the Plant Research Centre and you worked in Higher Education planning and administration. A rolling stone gathers some mud!

## Strong faith background

You then moved to St Martins College Lancaster in the same type of role but also were now looking at ordination. I know both you and Lucy have a strong faith background and you both wanted to explore offering formal ministries in the Church of England, Adrian as a priest and Lucy firstly as a Reader. Spurred on by the Chaplain at Lancaster you went to Wycliffe Hall in Oxford, a Theological College. By this time, you also had two small children. Then you moved to St Gabriel's in Blackburn as a curate for three years - during which time Lucy trained and was licensed as a Reader.

There was a vacancy and you went as Chaplain to a C of E state secondary school in Preston. This also involved offering short courses and residential weekends to young people across the Diocese of Blackburn, Lancashire. Your view from the hills



in Lancashire involved the view to the hills of Cumbria and you felt a calling.

During your time at Wycliffe Hall you had spent five weeks in Cockermouth as a summer placement, staying in Kirkgate. So, when five years later the vacancy for our Team Vicar came up, you applied and got the job. Hooray!

Your children are Eleanor (22) doing Occupational Therapy (while enjoying her passion of portrait and landscape painting), and William (20) who is doing English Lit with film (stop frame animation a speciality).

Relaxation is every Friday when Adrian can be found cycling around the Lorton Valley listening (not on headphones) to French language podcasts. Meantime Lucy, by now ordained as a C of E minister (a Distinctive Deacon since 2021), is completing the Wainwrights, with only 51 to go.

Other holidays are in Scotland, Yorkshire and France when possible but mainly camping in a big family tent. Interestingly Adrian has researched his family background and recently enjoyed researching the history of his great, great grandfather. He was French, a carpenter and part-time soldier in the 1870s, the Lecourt family coming from Ambrieres-les-Vallees near Mayenne. Easy to see why French has such a pull.

Adrian hates paperwork! BUT he loves working with children and young people - including Bridekirk School, the baby club, youth work and encouraging congregation members to develop and use their own gifts in the life of our churches.

His best treat was performing in 'By Jeeves', a musical with young people including his son. He was even allowed to sing! Adrian, I will miss you enormously.

*Village Post* will have lost its corner stone. You are our main supporter with a fantastic sense of humour and oodles of common sense.

However, at your leaving party the 'piece de resistance' came from Lucy reciting - from memory - 'Albert and the Lion'. Just brilliant!

Thank you both again and we all wish you both every happiness and success in your new post in Herefordshire with even more parishes! They have no idea how blessed they are!



# Baby & Toddler Club



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

**Toys & Refreshments provided**  
Please bring your own travel mug/lid

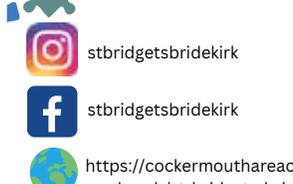
**You're Invited!**

**Day - Every Thursday**  
**Time - 1-3pm**  
**Place - St Bridget's Church, Bridekirk.**

**EVERYONE WELCOME**

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

**Join our team!**  
Perhaps you would like to volunteer to join our helper rota?  
For more information contact us: [bridekirk\\_church@grasmoormc.church](mailto:bridekirk_church@grasmoormc.church)



[www.facebook.com/stbridgetsbridekirk/](https://www.facebook.com/stbridgetsbridekirk/)

# 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 July 2023

- 1st prize T Carr
- 2nd prize S Hewitt
- 3rd prize R Balowin
- 4th prize M Soppitt

Drawn July 12 at Mission House  
Sunderland

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

They are all trained in life support and give their time freely, bringing their skill and equipment to an emergency in those vital first few minutes.

The "150 club" is a main source of income to provide these volunteers with training and equipment.

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

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



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[www.brockbanks.co.uk](http://www.brockbanks.co.uk)



## Congratulations to champion Joanna

Joanna Litt (7) from Greengill Cottage is one to watch on her pony Victor. She won 'first ridden' at the Cumberland Show and went on to be mini champion. She was also third in the concours d'elegance class. Meanwhile two-year-old sister Grace is hot on her heels looking very comfortable on pony Sparky alongside gran Julia Scales.



## Christian Aid Week A big thank you

Once again this year the people of Gilcrux responded magnificently to the Christian Aid Week collection, raising the astonishing sum of £549.83. Over half the donors took the trouble to complete the Gift Aid declarations, meaning that the charity can claim back the 25% tax which has already been paid on their contributions. This takes the grand total for 2023 to £671.70

This is a truly stupendous result and a record for Gilcrux. Thank you!

I have been greatly heartened that, despite all the financial pressures people are under, as a community our village has stood in



compassionate solidarity with the most disadvantaged.

Many have donated very generously, some way beyond their means which has been hugely humbling. But, however small the sum, each contribution is hugely appreciated by both Christian Aid and me.

As always, I have thoroughly enjoyed meeting everyone too, which has served to remind me what an amazing and very interesting group of people live in the parish. Once again, many, many thanks.

**Geraldine Baxter**

Are you feeling alone?

Would you like some company?



## BRIDEKIRK FRIENDSHIP GROUP

EVERY  
MONDAY  
MORNING  
(EXCEPT BANK HOLIDAYS)

## St Bridget's Church room, Bridekirk

**10:30 - 12:00**

We are a small friendly group of people who meet together 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.

Our volunteers look forward to welcoming you.



**FOR MORE INFORMATION**

[bridekirk\\_church@icloud.com](mailto:bridekirk_church@icloud.com)

01900 824311

# Next stop Madagascar

Jibreel Ben-Hamida (17) from Tallentire has just set off on a three week World Challenge trip with Cockermouth School.

And he owes it all (well partly) to dog biscuits !!!!!!! Part of his efforts to raise £4500 for the trip involved packaging up festive cones of dog treats.



And we all loved the idea, especially our furry friends.

Now Jibreel is currently trekking in Madagascar, doing local community work, with a bit of well-deserved relaxation at the end of his trip.

*"Thank you to everyone who supported me by buying dog cones at Christmas 2021 and 2022,"* he said. *"I'll be back in August and will update you on my trip with pictures on my return!"*

## Good luck to two new business ventures



**Michelle Mayman** from Tallentire is handing over her dog leads (Hi Paw Club) and opening a shop in Maryport called

*The Three Frogs* selling ladies clothing, jewellery, accessories, gifts and homeware. She plans to open 12/13 August. Good luck Michelle we will spread the word - and visit!

**John and Sara Mason of Low Fold, Tallentire** are having an open day **Sunday 30 July** from 2-4pm to showcase their two 5-star luxury holiday cottages.

They are bookable from **August 4** on **cottages.com** although Sara says they can be booked direct for the best price.



  
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