

Winter Edition December 2024 to February 2025

Farlam Parish Village News



Welcome to the Winter edition of the Farlam Parish Village News. Our cover photo was taken on 11th October in Farlam just after midnight when the aurora borealis put on a spectacular display for the second time this year. The light show lasted for around 40 minutes.

It's amazing to think that a solar storm on the Sun's surface throws out electrically charged particles which are trapped by the Earth's magnetic field and accelerate down towards the North and South poles, interacting with gases in the Earth's atmosphere, heating them up and making them glow. The green is caused by oxygen, while hints of blue, purple or pink are caused by nitrogen. The scarlet red is caused by solar particles colliding with molecules and atoms in very high level oxygen: this only happens when the aurora is very strong. The wavy lines stem from the force of the magnetic field.

In this edition you will find details of the 12 prize winners in 100+ Club monthly draws along with the 9 Christmas Bonus draw winners. Were you one of the lucky ones?

Also included are details of Church services, Roger Dobson's insights on the role of a Cumberland Councillor, and Hallbankgate WI news. Janice Murray looks back at her life in the Church and becoming one of England's first woman Priests. Discover what your kids have been learning at school and find out how our medical practice fits into the wider NHS structure. There is also an important update from the Hub.

Finally the Editor would like to wish all our contributors, volunteer distributors and readers a very merry Christmas and a healthy and prosperous New Year!

If you would like to get in touch and share any items that might be of interest to our readers, or request an electronic copy then email the Editor at *farlamvillagenews@gmail.com*



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The Trust meets in the Village Hall at 6:45pm on the second Wednesday in March and September, prior to the Parish Council meetings. If you are pulling together a project which you think the Trust could support with funding then please download and complete the Trust's PDF grant form (<https://www.farlampc.gov.uk/the-parish/farlam-parish-trust/grant-application-form.pdf>) and send it to the Administrator (1 week before a meeting if possible).

The Trust's Administrator is currently Mr. C. Raine, Farlam Farm, Farlam, Brampton CA8 1LA

All enquiries to charles.raine@youngsrps.com

Registered Charity No. 114300 Established in 2012 to administer monies very kindly donated by the operators of Silver Top Quarry (Thompsons of Prudhoe) in recognition of the increased noise and disturbance the extra traffic causes.

Farlam 100⁺ Club Prize-winners

The Farlam 100⁺ Club exists to raise funds to help maintain Farlam Church and the graveyard. Over 100 members take part in the monthly prize draw. Additional members are always welcome to join and by doing so help offset the ever increasing costs of maintaining the church for current and future generations.

For further information contact Ann Freer on 016977 46933 or email bgfreer@mac.com. Alternatively download the membership form at farlamparishchurch.co.uk and send it to Ann Freer by email. Good luck and a big thanks to existing members for their continued support!

	September	October	November	December
1st Prize £25.00	Shirley Evans	Michael Davidson	Sandie Jackson	Ann Creed
2nd Prize £15.00	Edward Johnsen	Hugh Beasley	Brian Stobbart	Remy Stewart
3rd Prize £10.00	Helen Ferguson	Bill Armstrong	Jenny Watson	Norah Jackson

Christmas Bonus Draw

Peter Starkey £50.00 Tom Park £25.00 Audrey Baron £15.00

with **£10.00** to each of the following:

Stella Howat, Ryan Conway, Paul Evans, Brian Watson, Mathew Taylor and Janice Murray.

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Team Rector: Rev'd Canon Tricia Rogers

The Team Rector has pastoral responsibility for the parishes of Brampton, Irthington, Crosby-on-Eden and Scaleby.

Team Vicar: Rev'd Canon Edward Johnsen

Tel: 01228 670248

The Team Vicar has pastoral responsibility for the parishes of Farlam, Talkin, Hayton, Castle Carrock, Cumrew and Cumwhitton.

Please contact Edward for christenings and wedding enquiries.

Churchwardens of St. Thomas a Becket Church (Farlam Church in Kirkhouse) are **Gerry Bolton** and **Christine Mineham**.



Forthcoming Services

Services at Farlam Church usually take place at 11:00am on the first and third Sundays of the month.

All are very welcome to join us. When there is no service at Farlam we encourage people to worship at Talkin Church where services are usually held each Sunday at 9:15am.

For more information please see our website: farlamparishchurch.co.uk or check out events at Farlam and Talkin churches on the www.achurchnearyou.com website.

Services at Farlam Church - December to January 2025

Sunday	1st December at 11:00am Holy Communion
Sunday	15th December at 11:00am Holy Communion
Thursday	19th December at 7:00pm Candlelit Carol Service
Christmas Eve	24th December at 6:00pm Family Communion
Sunday	5th January at 11:00am Holy Communion
Sunday	19th January at 11:00am Holy Communion
Sunday	2nd February at 11:00am Holy Communion
Sunday	16th February at 11:00am Holy Communion

Farlam Church usually has a simple 20 minute service of Morning Prayer at 9:00am each Monday

Church News

HARVEST FESTIVAL was celebrated at Farlam Church with Hallbankgate School and community on Friday 27th September in the evening. The church was full and the children participated so well with all their poems, prayers, singing and story-telling. Thank you to the PTA for delicious refreshments afterwards, and to Fiona Stobbart and Ben Draper for the music.

A HUGE THANK YOU to Rev'd Janice Murray for her long ministry as a retired priest in Farlam parish. Janice has decided that it is time for her to step back from taking services, and on 6th October she took her last one. There was a lunch afterwards and a presentation from the congregation in appreciation of all she has so generously given of herself to the life of the church. We will miss Janice's ministry so much, but are pleased she and Angus are still very much part of our community and the life of the church.

CONGRATULATIONS to our three confirmation candidates from Farlam parish who were part of a group of twenty confirmed by Bishop Peter Ramsden at Arthuret Church on Sunday 24th November: Angus Raine; Will Bowman and Ivy Bober.

Letter from Rev'd Canon Patricia Rogers -Team Rector, Three Rivers Mission Community

The sentiment on many Christmas cards, is that this is the Season of Peace and Goodwill to all. And wouldn't it be great if it really happened?

But why limit these things to Christmas? Why can't we practise goodwill and be the bringers of peace all year round? If you think keeping this up for 365 days is not possible with everyone, why not start with family and friends and those around you in the community. The impact if we all did it, would be enormous, and would stretch far beyond our small communities, especially if others adopted this as well.

The idea can seem daunting, particularly if we know we are not the same person on the inside as we are portraying on the outside. The actions then will be hard to keep up! The question then to ask ourselves is, are our actions driven from a heart of faith, and a loving God, or simply driven by how others react to us or our external circumstances?

A famous quotation says, "Christmas is not a date, it is a state of mind" - I like that, it looks beyond our reaction to circumstances and what is happening to us, and instead becomes a positive act of the will.

For me it's about accepting the gift of love that God gives us in Christ. In a way that changes us. A love that can change us from the inside out so that our actions truly reflect the love of God in us, back to others. A gift that is for every day of the year.

If you haven't thought about the gifts you will be giving on Christmas Day can I recommend this by Oren Arnold - 'Christmas Gift Suggestions'

To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer, service.

To all, charity.

To every child, a good example.

To yourself, respect.

The great news is that you don't have to wait until December 25th to give them!. You can begin today.

I wish you a joyful Christmas and a peaceful New Year.

Tricia

CHRISTMAS WORSHIP 2024

CAROLS AT THE BELTED WILL: Our traditional carol singing in the Belted Will is at 6pm on Wednesday 18th December. Come and join us for our favourite carols in the warmth and hospitality of the pub - to the accompaniment of accordion, fiddle and other instruments.

CAROL SERVICE IN CHURCH: Perhaps after warming up your voices in the pub the night before, do join us for our atmospheric candlelit service of Lessons and Carols in Farlam Church at 7pm the next evening - Thursday 19th December. A more reflective occasion!

CHRISTMAS EVE: 6pm Family Communion with Carols on 24th December. A family-friendly service to usher in the Christmas Festival, with the opportunity to receive communion. For those who prefer a service later on there is a Midnight Mass at Talkin at 11.15pm, and a Christmas morning Communion at Hayton at 10am.

Rev'd Janice Murray looks back at her eventful life in the Church

At the end of September, I sat in Carlisle Cathedral along with many other female priests to celebrate the 30th Anniversary of the Ordination of Women into the Priesthood.



It was particularly poignant to be taken back to the very beginnings of my ministry, when in 1986, I was ordained in Carlisle Cathedral as a Deaconess, attached to my local Church of St. Mary the Virgin, on Walney Island, where we lived and where I was born.

This was a lay order and all that was possible for a woman in the C of E at that time. We wore a light navy cassock and a large silver cross for Services. The Office of Deaconess was a lay order, as legislation had not been passed in 1986 for women to be made deacons and sit in the house of clergy. Therefore, we didn't wear a clerical collar.

My first pastoral visit was to a house on an estate on the north of Walney. I knocked. A lady answered: 'Oh! You're here at last....I've rung 3 times! I stood looking blank. 'You've come about the rats! You are from the Council?!

The potential for mistakes similar to that disappeared the following year, when in 1987, I knelt before the Bishop again, to be ordained Deacon, and with that came the clerical collar! I continued to 'work my title' on the Island

whilst keeping house and caring for three children and my husband!

In 1988 I was offered, by the Bishop of Carlisle, a full-time role as Parish Deacon and part-time Hospital Chaplain in a team ministry in Carlisle. This meant a move away from my beloved little Island, to the City of Carlisle. In January 1989, I left behind all I had ever known, and we moved into the Parish of Holy Trinity and St. Barnabas – a large, sprawling Parish, which included the then notorious 'Raffles' Estate.

During our first month, I had my car broken into whilst parked outside St Barnabas Church during the Good Friday Service and a couple of years later, the car was stolen from the Vicarage drive and driven 'in a reckless manner' around the Estate, pursued by Police, who eventually found it – crashed into a wall.

Throughout my years in that Parish and as the Anglican Chaplain at the Cumberland Infirmary, it was not until 1994, that the General Synod of the Church of England at last passed the historic legislation that enabled women to become Priests. Just over 30 years ago, with a small group of women, I knelt before the Bishop of Carlisle in his Cathedral, to be ordained Priest.

We made history that day in Carlisle Cathedral. The following day, in St. Barnabas Church, as a newly ordained Priest, I celebrated Holy Communion. It was the one and only time. By the following Sunday I had moved to the Parish of St. Elisabeth, Harraby.

During those years in Carlisle, I served in three parishes, was the Anglican Chaplain at the Cumberland Infirmary, and at Garlands Hospital and for many years was a Chaplain with the Deaf and Hard of Hearing, based in Carlisle but working across the Diocese, at the four Deaf Centres in Barrow, Whitehaven, Kendal and Carlisle.

In 2002, I retired from stipendiary parish ministry and we moved from Carlisle to Tindale Fell. We had bought our cottage on the Fell whilst still living and working in Carlisle. It was our 'rural idyll.' I carried on for a while with hospital chaplaincy and for some years with my ministry with the deaf. We began to worship regularly at Farlam Church and I was soon asked to help out with worship within the various churches in our benefice, and the surrounding area.

Those who know me, know that my sense of direction is virtually non-existent and 20 years ago I was without what is now indispensable to me: Satnav! Having moved from a maze of streets, all conveniently named, close together and within defined areas, I was plunged into fell-land and miles of open countryside, narrow winding roads, sometimes driving over fields, often leading to places that I had never heard of before. I only once lost my way and was 5 minutes late for a service and such is life, that a retired bishop just happened to be sat in the congregation!

Without Angus who has his own built-in satnav I may have been 'lost' without trace on many occasions!

Now, more than 20 years of rural ministry have passed. We are all 20 years older and I have recently 'retired from being retired': if you know what I mean.



I feel really blessed to be able to look back on an extremely fulfilling and varied ministry against such very different backgrounds. The greatest joy in ministry for me, however, has been the people I have been privileged to meet, to support, to work alongside, to get to know and to befriend. That will never change.

My final Services were at the Harvest Celebrations at Farlam and Talkin Churches. The theme was 'Reapers and Sowers.' A final thought for each one of us!

Are we sowing seeds for God in our lives?And are we happy with what we've been reaping?

Janice

Your Hub needs You!

In December 2014 we were told that our village Co-op would close in April 2015. This came as a shock to the village. There had been a shop on these premises for over 140 years and we didn't want to be seen as the generation who just let it go.

Over 100 people attended a public meeting. Their interest and enthusiasm led to our community shop. A steering group was set up and Hallbankgate Hub Ltd was launched as a Community Benefit Society.

The Hub opened in 2016 with a shop, cafe, library link, visiting Post Office and office space. Over the last 8 years it has developed into a large, well-stocked grocery shop, a café that serves snacks and home baking and is a meeting place for many people. We have a knitting group, an art club and all kinds of workshops. A large bookstore where books can be borrowed or paid for, a seed bank, a visiting post office and regular 'surgeries' by the local community police officer. There is also a gallery where local artists display and sell their work which now has a reputation as a venue for affordable art.

The Hub remains a vital part of our community; visitors are surprised that we have such a wonderful facility in a small, rural community. Clearly Hallbankgate Hub, along with the pub, the school, the village hall, the garage and other small businesses within Farlam parish make Hallbankgate and the surrounding villages a resilient and thriving place to live. They all provide employment and contribute to the local economy.

Sadly the Hub is struggling. Originally we had help from the community who bought shares, and generous help from the Parish Trust. We applied for government grants, and got off to a good start. We have had several more grants for capital projects including the refurbishment of the kitchen. During Covid we took out a Bounce-back Loan and now this is having to be repaid. We also have recently lost our tenants (Fell Foot Forward) when their project ended. They rented the rear office and we are now need new tenants to replace that rental income. The cost of living has soared for us all and our electricity costs were £17,000 in the last year. All of this adds up to a challenging situation.

We have fantastic staff and a band of dedicated volunteers who work extremely hard to keep the Hub up and running. Without the volunteers the Hub would not survive, but we do need more. The Hub is open for 46 hours a week, although staffed for at least an extra 14 hours in preparation for opening and closing. We try not to not have anyone working alone and it is a large number of hours to cover.

We also need more people using the Hub – particularly the shop. If everyone in the Parish bought even one or two grocery items a week from us it would make a huge difference. If you are interested in volunteering – any amount of time is much appreciated, then please get in touch via

volunteer@hallbankgatehub.org or call 016977 46060 and arrange to come and speak to someone.

Please support this amazing local facility so that it can continue to be there for us all in the years to come.



Hallbankgate Village School News

016977 46237 www.hallbankgate.org.uk mandy.davidson@hallbankgate.org.uk



Here at Hallbankgate Village School, we've had an excellent start to our new school year and we have lots of news that we'd like to share with you. We are also looking ahead to a magical festive season and all the excitement that this will bring.

In Class 1, we have welcomed our new starters into Reception and they all look very smart and grown-up in their school uniforms! This term, we have really enjoyed learning the stories of The Three Billy Goats Gruff and Whatever Next in our literacy lessons and we have acted out and retold the stories in our welcoming and exciting learning environment. We have also been exploring lots of letters and numbers in phonics and maths and we are enjoying reading some of our brand-new reading books!

In Early Years and Key Stage 1, we have been taking part in lots of fieldwork studies around our village, helping us to learn about human and physical features in geography and events within living memory in history. To help us with our learning, we have enjoyed visiting Hallbankgate Hub (to compare how shops have changed) as well as having had a very exciting visit to Beamish! Not only did we get to explore homes and shops from the past but we were lucky enough to meet Father Christmas, too! It was very exciting! We have also been experimenting with colour and artistic styles by imitating the colours and style of John Constable when creating paintings of our village and surrounding areas. The paintings are very effective!

In Class 2, we have been working hard to develop our reading and writing skills and, to provide us with inspiration, we were lucky enough to enjoy some delicious hot chocolate and a walk amongst the trees and autumn leaves. We were so gripped by our class book that we decided to post copies of our latest stories to the author who inspired them, Gill Lewis, too. We hope that she enjoys reading them and hope that she is able to write back to us! We've also really enjoyed using our brand-new computers this term and have used them to help us in our maths, computing and literacy learning. We are very lucky!

In Class 3, we have also been reading a book by Gill Lewis and have been inspired to write articles about protecting local hen harriers and their habitats. As well as these articles, we have written stories filled with suspense and performed Shakespeare's 'The Witches' in assembly. In the foundation subjects in Key Stage 2, we had a wonderful day in Haltwhistle (having travelled there on the train!), learning all about Thomas Edmondson and his ticket inventions. We are delighted to have been asked to write, record and perform a song linked to this local hero which will be used to promote the Railway 200 national celebrations. Working with musicians, there are plans to perform this song at Bampton Station next year- we'll keep you posted! We have also enjoyed a visit to The Queen's Hall in Hexham to watch a theatre production of Jack and the Beanstalk and enjoyed browsing the books in Hexham library.

As well as all of that exciting learning, we have taken part in the William Howard School football tournament and entered the Talkin Tarn cross country. We were delighted to have been awarded a Cumbria in Bloom **gold** award for our gardening and bio-diversity efforts, too, and were pleased to be able to donate our produce to our Harvest Festival in Farlam Church. Enriching our curriculum offer further, we have a new comic book studio in our playground that we are enjoying using at breaktimes, as well as having the opportunity to take part in singing, art and poetry clubs at lunchtime. After school, we've had the chance to enjoy volleyball, American football and rounders, as well as golf, football and our new Science, Maths, Engineering and Maths club where we have been using technology to have fun with computer coding. In KS2, we have also taken part in an exciting online safety session to learn how the Magistrate Court operates (welcoming two serving Magistrates to help us) and invited Julie Minns MP into school to support our learning during National Parliament week. We extended our knowledge of democracy and rule of law by asking her questions and we shared our current active citizen project to raise the profile of reducing the speed of vehicles in our village. We presented our ideas, data and hopes very clearly and she seemed impressed that we were working together to make our village a safer place to live. Finally, we have welcomed the NHS into our school to talk to us about the importance of sleep and how we can develop healthy sleep routines.

We have had a number of incredibly successful community events from the Harvest Festival and Torchlight Procession, to Christmas Wreath-making and raffle over the course of the term. We would like to thank everyone for their generosity and their support for our school.

We think you'll agree that we've had a very exciting end to 2024 and we'd like to wish everyone a very merry Christmas and a happy and healthy 2025.

Contact us for information on our nursery places for 3 year olds and our term time playgroup for under 4's on Fridays from 1:45pm to 3:15pm: tel. 016977 46237.



Reflections by Cumberland Councillor Roger Dobson

In the last edition, I mentioned some of my activities representing you on Council Committees, including Planning and chairing a staff appeals committee. This week, I chaired an appeals committee where four Cumberland Councillors reviewed the dismissal of an employee for alleged misconduct, and I am currently preparing for a planning meeting.

Hearing an appeal against dismissal is a very serious matter, given that an individual's livelihood is at stake. Unsurprisingly, this is a resource-intensive process. The Council's case is presented by a lawyer, supported by an HR professional, the employee's line manager, an investigating officer, and an independent senior line manager who made the decision to dismiss. The employee is usually represented by a trade union official. Witnesses give evidence and are questioned. The panel is advised by a senior lawyer and a senior HR manager. The background papers were 300 pages long, and due to their complexity, it took me six hours to study them. On the day of the hearing, which lasted from 10 a.m. to 4 p.m., I informed the employee of the outcome, followed by a written confirmation in a detailed letter. Although an Officer drafts the letter, as it states the decision of the Councillors, I approve its content. In two years, I have chaired four appeals; in three cases, we confirmed the decision to dismiss, but this week, the panel upheld the appeal and reinstated the employee.

Next week's Planning Committee has 589 pages of reading and will consider applications for retail stores, a gas storage facility, walking and cycling infrastructure, the expansion of a leisure facility, car parking at the Cumberland Infirmary, adding footpaths at a former opencast mine, and an application to convert the Belted Will Inn to residential use. On the latter, I will be exercising my right to address the Committee as the local member.

My position on the application is very similar to that of Farlam Parish Council. I sympathize with the family who owns the property and wish to sell to move on with their lives, and have been frustrated in their attempts to sell as a going concern. However, the Belted Will Inn is an important community asset which, along with the Hallbankgate Hub, Lacy Thompson Hall, and Primary School, largely defines the character of the village, which in turn serves a very large community. Conversion could result in its permanent loss.

I am aware that we have seen the loss of many rural pubs nationally. But I recall the wise words of Sir Maxwell Joseph, founder of Grand Metropolitan Hotels, who famously said, "the three most important things for a successful hotel are location, location, and location." It seems to me that the Belted Will satisfies these criteria: it sits at the heart of the village, is adjacent to a trunk road, lies on the boundary of the North Pennines Area of Outstanding Beauty, and is within striking distance of Hadrian's Wall. I will argue that the Council should have a bit more time to be more active in helping to market the Inn and hopefully attract new ownership.

The new Community Panels are becoming established. Our panel, Border, Fellside, and North Carlisle, covers seven Councillor Wards—two urban (Belah and Stanwix) and five rural (Wetheral, Houghton & Irthington, Brampton, and our own Corby & Hayton). I am delighted that we have decided to include a half-hour session at the beginning of our meetings for residents to raise any issues of concern. The next Panel Meetings are on 5th December at Longtown and 27th March 2025, venue tbc.

At this time of year, there is a huge effort to develop next year's budget, including a proposal for Council Tax, which the Government currently caps at a maximum increase of 5%. During December Cumberland Council will undertake a consultation exercise in which residents can express views about proposals and priorities. Hard copies of the consultation will be available at council offices, libraries, and some community centres. It will also be available online via the Cumberland Council website.

Note: Members of the Planning Committee are scheduled to carry out a site visit to Hallbankgate on 26th November before they consider the Belted Will application the following day.



Christmas Celebrations

Celebrate the most wonderful time of the year with your friends and family and enjoy an exquisite Festive Lunch, Dinner or Afternoon tea in our beautiful award-winning Restaurants.

Festive Lunch

Mondays & Tuesdays in Bistro Enkel 12.30pm - 3.00pm
Available until 17th December

Festive Afternoon Tea

Mondays & Tuesdays in Bistro Enkel and Thursdays in the Cedar Tree restaurant 1.00pm-3.00pm
Available until 19th December

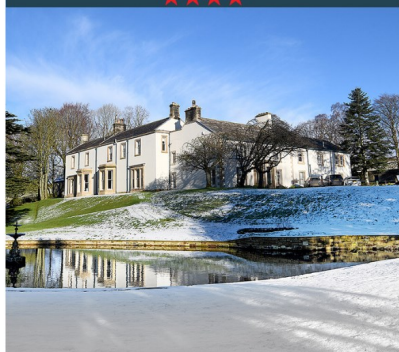
Festive Dinner

Mondays & Tuesdays in Bistro Enkel 6.00pm - 8.15pm
Available until 17th December

Pre-booking is essential.

See our website for further information or call us on 01697 746234

Our Gift Vouchers make the perfect presents and are available to purchase on our website, or call us on 01697 746234.



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Hallbankgate WI



In September the WI celebrated its 69th birthday with an evening of Circle Dancing and good food. We were joined by guests from Slaggyford, Hayton and Alston WIs and a good evening was had by all. In October we had a talk on Homeopathy and November we enjoyed a demonstration of greetings card making techniques before trying it ourselves. We continue to enjoy our regular Coffee Mornings at Farlam Hall.

I am delighted to say that we have welcomed three new Members in the last couple of months and we now have 30 Members.

Our programme for the next few months:

December: Christmas Lunch

January: 'Ultramarathons' – Sharon Gayter

February: 'Life of Beatrix Potter' – Tess Pike

Hallbankgate WI welcomes guests and new Members. We meet on the 4th Thursday of each month at 7.30pm in the Small Hall at the Lacy Thompson Memorial Hall, Crossgates, Hallbankgate. Talks are followed by a supper provided by Members.

For information contact President, Claire Skeates, at hallbankgatewi@gmail.com

Brampton Medical Practice News

At the Patient Participation Group held in September Dr. Mark Alban spoke about the Integrated Care Board (ICB) for North West Cumbria and North East England.

The ICB for NW Cumbria and the North East was set up in 2022 to allocate the NHS budget and commission services. It is one of 43 covering England and has over 3.1 million patients of which 330,000 are in North West Cumbria.



The ICB is a partnership of local councils, voluntary and community services including primary care and ambulances, which works collectively to join up resources and expertise to provide the best health and care for local people.

It has developed an Integrated Care Strategy which seeks to reduce the effects of low incomes and poor quality housing and other social factors on health and to provide high quality services to all irrespective of where they live. It also seeks to enable children and adolescents to thrive.

A number of targets have been set in support of this plan:

- 20% reduction in alcohol related admissions to hospital;
- at least a 15% reduction in drug related deaths by 2030;
- and a reduction in smoking by adults to 5% or less by 2030;

Other aims include increasing the number of children and adults who have a healthy weight; halving the difference in the regional suicide rate compared to the rate for England as a whole; reducing social isolation especially for older and vulnerable people; and increasing the percentage of cancers detected at an early stage.

In summary it is about reducing the gaps in life expectancy between our region as a whole and the rest of England so that people live longer, healthier and happier lives. The plan will be revised as progress is assessed.

Healthcare Cumberland, one of the partners, is an independent community based organisation with statutory backing, which exists to champion peoples' views on local health and care services in order to improve these services. It identifies local issues of concern and presses the Partnership to respond positively. It recently looked at concerns about access to services and booking appointments.

Healthwatch Cumberland can be contacted via its website info@healthwatchcumberland.co.uk or by telephone 0300 303 8567.

Dr. Alban also spoke about the Northern Cancer Alliance which mirrors the ICB geographical footprint. It works to bring a co-ordinated approach to cancer diagnosis, treatment and patient care in support of Primary Care Networks and national NHS targets to increase the proportion of cancers diagnosed at Stages 1 and 2 from around 50% to 75%.

Dr. Alban also spoke about the need for better integration of community medication and hospital medications and the goal of keeping people in their own homes which is safer and better for them and touched on the new medical school underway in Carlisle.

The presentation concluded by describing Primary Care Networks which are GP practices working together with community, mental health, social care, pharmacy, hospital and voluntary services in local areas. Brampton is in the Carlisle Rural PCN along with Longtown and is the second smallest PCN in Cumbria.

The Group also learned that a Frailty Nurse, a Receptionist and a Dispenser had been recruited and that Dr. Hajar Ku Yasin had become an Associate within the practice. There had been a reduction of 17% in the number of appointments which were not cancelled during August compared to July but this still meant 191 were lost.



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