

**Summer Edition June 2024 to August 2024**

# Farlam Parish Village News



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Welcome to the Summer edition of the Farlam Parish Village News. Our cover illustration is courtesy of John Pickin and depicts the gravity waggonway running down from Tindale Fell to Brampton. It was opened 225 years ago to improve the efficiency of shifting coal from the local mines for onward distribution. On Saturday 13th April a well attended celebratory event was held at Hallbankgate village hall at which local historians explained how the Brampton coalfield had developed, looked at the working conditions of local miners, the development and often overlooked significance of the waggonway and how Stephenson's Rocket came to Tindale. Bruce Bennison, local archeologist has kindly provided the newsletter with a fascinating article about the waggonway.

Inside this edition you will also find the categories for the Hallbankgate Flower Show to be held on **Saturday 17th August 2024**, a list of 100+ Club prize winners, and the Chair of the Parish Council's annual report.

Also included are details of Church services, Roger Dobson's insight on Cumberland Council activity, news from our primary school, Hallbankgate WI events and information about Brampton Medical Practice's Patient Participation Group.

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/>) and send it to the Administrator.

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

Email enquiries to [charles.raine@youngsrps.com](mailto:charles.raine@youngsrps.com)

## Farlam 100<sup>+</sup> Club Prize-winners

The Farlam 100<sup>+</sup> 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.

More members increases the amount available to maintain the church and its grounds and also sustains the monthly prize money payout and increases the prize money for the bumper Christmas draw.

After postage costs are deducted, half the remaining income from contributions goes to support Farlam Church and the other half is paid out in prize money.

Membership only costs £12.00 a year and the odds of winning a prize are better than premium bonds or the national lottery! Not only that the money raised is put to good use.

The 100<sup>+</sup> Club year starts on 1st September and new members need to be signed up before 30th September to qualify for the extra Christmas draw.

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

	April	May	June
<b>1st Prize £25.00</b>	<b>Caroline Elliott</b>	<b>Janice Murray</b>	<b>Alan Baron</b>
<b>2nd Prize £15.00</b>	<b>Margaret Maughan</b>	<b>Paul Nairn</b>	<b>Colin Taylor</b>
<b>3rd Prize £10.00</b>	<b>Sandie Jackson</b>	<b>Christine Lloyd</b>	<b>Robert Bell</b>

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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 Scalby.

## Team Vicar: Rev'd 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.

**Rev'd Janice Murray** (016977 46400) is a retired priest who lives in the Parish and is very involved in the ministry here. **Mr. Timothy Arndt** (016977 46942) is **Churchwarden** of St. Thomas a Becket Church (Farlam Church in Kirkhouse).



## 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](http://farlamparishchurch.co.uk) or check out events at Farlam and Talkin churches on the [www.achurchnearyou.com](http://www.achurchnearyou.com) website.

## Services at Farlam Church - June to August

Sunday 2nd June at 11:00am Holy Communion

Sunday 16th June at 11:00am Holy Communion

Sunday 7th July at 11:00am Holy Communion

Sunday 21st July at 11:00am Holy Communion

Sunday 4th August at 11:00am Holy Communion

Sunday 18th August at 11:00am Holy Communion

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

## Daily Prayer in the week

All are welcome to attend these simple services of readings, prayer and silence which last about 20 minutes. Let Edward know if you would like to be included on an email list that lets people know the readings to be used and gives notice of any change to the arrangements (occasionally a meeting may be cancelled).

### Monday

9:00am Farlam  
Morning Prayer

### Tuesday

9:00am Cumrew  
Morning Prayer

### Wednesday

9:30am  
St. Martin's  
Brampton  
Holy Communion

### Thursday

9:00am Hayton  
Morning Prayer  
  
5:00pm Talkin  
Evening Prayer

### Friday

9:00am Castle  
Carrock  
Morning Prayer

5:00pm  
Cumwhitton  
Evening Prayer

## **Holidays**

I received some holiday brochures in the post this week and adverts now keep flashing up on the internet about warm summer breaks – it's that time of year again! Indeed, many of us will take the opportunity over the next month or so to go on holiday, but I wonder if you have ever considered what the word holiday means?

Today the word 'holiday' is used exclusively to mean vacation, a break from work or at least a break from the usual everyday things of life, but in former days its meaning was 'holy-day'.

This happened because most breaks from working life were associated with major Christian festivals like Christmas, Easter or Whitsun. These were (and are) the most important holy days within the Church's calendar. Holy days are opportunities to be reminded of God's great deeds and to be drawn closer to God. Our relationship with Him is strengthened and re-created.

Yet even the word 'holy' is regularly misunderstood or used in a different way to what was its biblical use. Mostly we think of the word 'holy' as meaning 'good'. Thus a holy person is a good person. Whilst this is not wrong, it is not the primary meaning for the word. When used in the Bible 'holy' means 'set apart' or 'separate'. So when the people of God are called a holy people, it is not because they are always good or better than others, it is because they have been set apart to be God's people.

Holidays, or we might say holy days, are times we can set apart to pause and reflect on life, where we have been, and where we are going. We use them for recreation (re-creation) to re-create ourselves, our relationships with each other and our relationship with God.

Throughout the gospels we read that, from time to time, Jesus was weary and needed space apart too. He needed time to be with God, space to pray away from the crowd's demands for healing and his company. He needed 'holy-days' where he could separate himself from busyness and concentrate on his relationship with God.

It's really important to take time out to recharge our physical batteries, but our spiritual lives are even more important – they have to do with eternity. I hope that if you do manage to have a holiday, that you will return feeling refreshed, with your physical batteries recharged, and having had space to consider your spiritual life.

Holidays are a good time for this, but how about making time for God, every day; having a bit of spiritual refreshment. A short Bible reading and a few minutes of prayer make all the difference. It might even become a habit.

Let's make a definite decision to cultivate some holy-days in our busy lives following Jesus' example - to spend time away from the bustle of life to spend time with God frequently and to get to know him for ourselves.

**Tricia Rogers Mission Community Leader**

## **Church Plant Sale**

The plant sale held at Farlam church on Sunday 12th May was well attended and provided a selection of plants and other garden ornaments for sale. There was time to stop and chat over tea and a selection of cakes kindly provided by church members and supporters.

Overall £772.30 was raised which will be used to maintain the church. Thanks to everyone who attended and helped make the event a success.

## **A date for your diary**

At 7:00 pm on Tuesday 11th June, the Venerable Stewart Fyfe, Archdeacon of West Cumberland will share photos and talk about his time in Israel, Palestine and Jordan which included the start of the Gaza war.

The evening of sabbatical reflections on the Holy Land will take place in Talkin Church. Donations will be shared between the Olive Tree Project and Talkin Church. Please let Edward know if you intend to come (edwardajohnsen@gmail.com 01228 670248) to get an idea of likely numbers attending.

## Tindale 225 Celebration



On Saturday 13<sup>th</sup> April an event took place at the village hall in Hallbankgate which celebrated 225 years since the opening of the horse drawn waggonway from Tindale Fell down to Brampton.

Over 50 people attended and enjoyed a programme of talks covering both the early history of the coal mining in the area and the development of the waggonway. The event was made possible with a grant from the North Pennines National Landscape Partnership's Fellfoot Forward Landscape Partnership Scheme, supported by the National Lottery Heritage Fund.

The first records of coal pits in the area date to 1485 when, on the death of Sir Humphrey Dacre, an assessment of his estate included reference to '...coal mines on Tynyelfell, valueless on account of the Scots..'. Exploration of the coal outcrops and shallow seams continued under Lord William Howard in the 17<sup>th</sup> century and his successors were responsible for the developments which led to the creation of the waggonway opening on 15<sup>th</sup> April 1799. The reasons for creating a horse drawn waggonway were to reduce expenditure on horses and their feed (you can use fewer horses and larger waggons on smooth rails than on rough muddy roads) and to increase the efficiency of transporting the coal down to a new coal staithe in Brampton (on the site of the Spot Garage on Station Road).

The new Coal Agent responsible for its development was Thomas Lawson who became Coal Agent in 1798, aged 49. He married Hannah Schollick on 9 Feb 1773 at Nether Denton Church. They produced 7 children – Thomas, John, William, Mary, Margaret, Amelia and Frederick. They were living at Low Bow Bank south of Kirkhouse in 1777, where William was recorded as being born. Both William and John were to be employed for a while as young clerks at Kirkhouse during the course of their father's employment as Agent. Thomas died, aged 78, on Mon 24<sup>th</sup> June 1827 and was buried at Nether Denton.

The waggonway was built almost entirely on land owned by Lord Carlisle and as no way-leaves were needed to be negotiated, it could follow the most effective line to take advantage of the gradients down from Tindale Fell.

### Route of old waggonway near Beck Cottages



It was originally about 5 miles long and descended 110 metres (360 feet), giving it an average gradient of 1 in 46. The loaded wagons, (weighing around 2 tons) would have needed little encouragement to run down to Brampton. The driver would have been sitting on a wooden brake lever to try and control the descent and the horse would have been tethered to the waggon and following behind. There was a particularly steep descent running down from Hallbankgate near to Farlam Hall (a gradient of around 1 in 26). This required a feature called a washpool on the line to cool down the, by then no doubt, rather hot wooden wheels before they caught fire!

Over the years until Thomas Lawson's retirement in 1819 (aged 70) the line expanded in response to the rapid development of the coalfields at Talkin and Tarnhouse, extending gradually upward on Tindale Fell until it reached an altitude of around 350 metres (over 1000 feet).

In its early years the waggonway was built entirely of wood - wooden rails on wooden sleepers. The wood came mostly from the local area, the resources of Lord Carlisle's woodlands being put to good use. Gradually however, as the industrial revolution gathered pace, cast iron and then malleable or wrought iron rails come into use.

The first development would have been to place iron strips on top of the wooden rails to reduce wear: these were subsequently replaced with cast iron rails set onto stone blocks (see photo on right).

We know that one local source of cast iron was the newly opened foundry of R. W. and R. Porter of West Walls in Carlisle, as the waggonway accounts record the purchase, in April 1805, of 'sundry articles of cast iron for waggonway £134 16s' - this works out at around £9,600 at today's value.

The line became the focus of much debate in the early 19<sup>th</sup> century about the innovative first use of malleable iron rails. An interesting correspondence took place through the pages of the Newcastle Courant during 1824 between John Birkenshaw of the Bedlington Iron Works near Blyth in Northumberland and James Thompson (by that time the new Coal Agent who replaced Lawson in 1819). Thompson confirmed that wrought iron rails had been in use for 16 years (giving a date of 1808) without any signs of serious decay. Thompson was clearly very proud of the early introduction of wrought iron rails and this is no surprise given his friendship with a certain George Stephenson.

#### **Waggonway route at Sandy Arch cutting Kirkhouse**



It was to be under Thompson's direction, first as Agent for Lord Carlisle and then as lessee of the coal pits and waggonway, that major new developments took place. First, he opened up a new deep mine at Blacksyke near Foresthead which meant a new branch line being built to serve it. Then he persuaded Lord Carlisle to invest in a line eastwards towards Midgeholme.

There are some interesting clues in Thompson's annual reports to Lord Carlisle in the late 1820's which refer to the building of the Midgeholme extension using the new 'standard gauge' and it being wider than the existing line. The adoption of this new gauge of railway shows his respect for Stephenson who was keen to get the gauge adopted nationally - primarily perhaps so

that his locomotives could be sold to a wide market.

It was to be one of his very early creations that was to become associated later in its working life with the railway which now existed through to Midgeholme. Stephenson's Rocket had been built in 1829 to take part in the Rainhill Trials of the Liverpool and Manchester Railway. It won that challenge but was soon to be proved woefully inadequate at actually pulling any passenger trains on the line. It had never been designed to do that and was really about demonstrating the value of locomotives in developing the new technology of passenger railways.

In 1836 Rocket was bought by Lord Carlisle himself for use on the line and the locomotive was to haul coal waggons until being retired from use and eventually donated by the Thompson family to the Patent Office Museum in London (now the Science Museum).

The focus of the event on the 13<sup>th</sup> April 2024 was to celebrate the opening of the early horse drawn waggonway and its history up to about 1836. There was of course to be another 120 years of activity both in coal mining and on the railway - but that's another story!

What it proved was the need for a closer look at what remains of the early waggonway, recording what has been missed and perhaps preserving something that can be enjoyed by local people and visitors. This would ensure this fascinating and important story, part of the development of railways nationally, can be celebrated and conserved for future generations.

Those present at the event were impressed by a map on display created by pupils from Hallbankgate School which showed their imaginative interpretation of the waggonway and the horses and waggons which ran on it. It was well received by the audience who showed their appreciation by raising £100 towards the cost of a school trip to the Locomotion railway museum in Shildon to see Stephenson's Rocket.

**Bruce Bennison Local Archaeologist**



## Farlam Parish Council - Chair's Report May 2024

It has been a busy year for the Parish Council, I would like to thank my fellow councillors for their commitment to the parish, a particular thanks to Allison Riddell, our Parish Clerk whose knowledge, professionalism and patience ensures we remain on track!

Hallbankgate village playground seems to have become the main focus over the past year, particularly when it unexpectedly was put up for sale a few days following the Parish Council meeting in November 2023. We were able to react quickly to this situation, hastily arranging an EGM in order to agree a way forward. The council were then able to submit a bid, with the financial support of Farlam Parish Trust, prior to the deadline, this was duly accepted by the Land Agents acting on behalf of the vendor, Greenside Estates. We have now engaged Cartmel Shepherd Solicitors to facilitate the legal processes required in such a land purchase, we therefore have to cover these legal costs from the existing budget. Unfortunately, due to these unexpected costs, the decision had to be taken to amend the 2024/25 precept to ensure we maintain the recommended level of reserves required of Parish Councils. It is anticipated that this increase in precept for Farlam parishioners will be a one-off increase for this year only.

The on-going maintenance and refurbishment of the play area also remains a priority for the council. New swings have been installed following an independent risk assessment necessitated the removal of the older wooden units. It should also be noted that following a recent inspection another major piece of equipment will need replacing in the near future, it is hoped that we can involve local children in selecting a suitable replacement.

Our new website is up and running and fulfils the recommendation that parish councils have a "gov.uk" address. The council plan to continually develop and update the new website over the coming year.

Traffic speed through the village and on the surrounding roads continues to be a cause for concern. The speed indicator device seems to be effective approaching Hallbankgate village on the A689 from the east, however, due to the unexpected need to divert funding to the play area the purchase of the SID planned for the A689 entering Hallbankgate from the west, has been put on hold until alternative sources of funding can be found. Correspondence from members of the parish regarding excessive vehicle speed has also been received and requests to reduce the speed limit in other parts of the parish have been noted. Despite the clear public wish that these requests can be acted on, the process for achieving this appears to be frustratingly bureaucratic, lengthy and expensive. However, the Parish Council remain committed to supporting local residents in achieving speed reduction measures wherever possible.

Other business throughout the year include; the maintenance of parish public spaces, obtaining a free portrait of the King for display in the Village Hall, ensuring repair to damaged lighting units in the village, commenting on planning applications, sorting noticeboard issues, reporting issues regarding pot holes and water problems on the parish road network, funding replacement parts to the defibrillator located in Tindale and working with the Village Hall Committee to ensure the parking facility at the village hall can be used effectively by villagers, visitors to the village in addition to village hall users.

A key and often challenging part of Parish Council business is to ensure we comply with national guidelines, we are grateful to our clerk in ensuring we adhere in all these aspects. Our annual internal audit is satisfactory in all areas and our annual governance statement, statement of accounts, asset register and risk assessment are reviewed annually and publicly available. Regular inspections of the play area are completed by two parish councillors and our annual external safety inspection of the play area identifies repairs and replacements required.

As mentioned earlier I am grateful that councillors, who all have very busy lives, continue to voluntarily take on these responsibilities and look forward to working alongside them over the coming year. Our priorities will be to complete the acquisition of the play area, develop the parish website, work with local agencies regarding traffic movement and safety through the parish and ensure the ongoing maintenance of public spaces.

Editor's note: the PC minutes of the meetings held on 13th March and 8th May 2024 will be available on [farlampc.gov.uk](http://farlampc.gov.uk)



## Viewpoint by Cumberland Councillor Roger Dobson

I make no apology for returning to the subject of speed limits. This is a burning issue in most of the villages in Corby & Hayton Ward, but I suspect it is doubly so for the readers of this newsletter. Farlam and Kirkhouse were missed by the introduction in 1934 of 30 mph to built up areas. Ninety years is too long to wait for this to be put right. Residents (especially children and the elderly) of the hamlets of Midgeholme, Roachburn, Follysyke and Coalfell should be protected from speeding drivers and motorcyclists who aspire to race at the Isle of Man TT. Hallbankgate with its primary school, complex crossroads and high volume of quarry trucks urgently needs a 20 mph limit.

There was a glimmer of progress at Cumberland Council's recent Highways and Strategy Board (of which I am a non-voting member) which approved a policy on the introduction of 20 mph limits and zones. Disappointingly the Council's approach is terribly slow. The policy states:

*Requests for 20mph limits and zones will be collated ready for assessment during the 2026/27 financial year, as per the approved "Proposed Programme of Traffic Regulation Order Reviews; 2023-2027."*

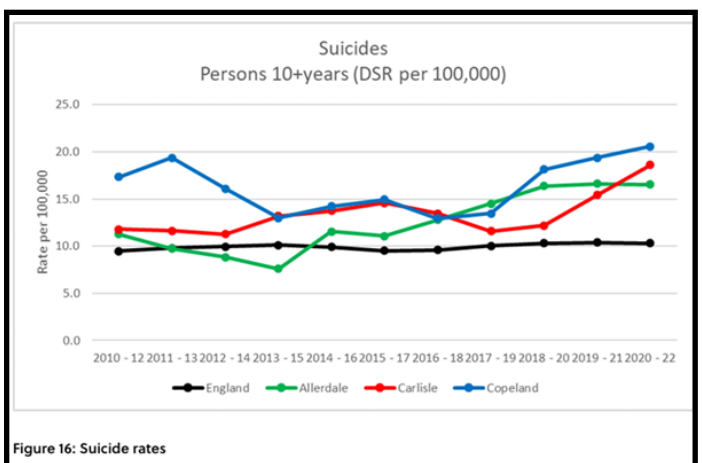
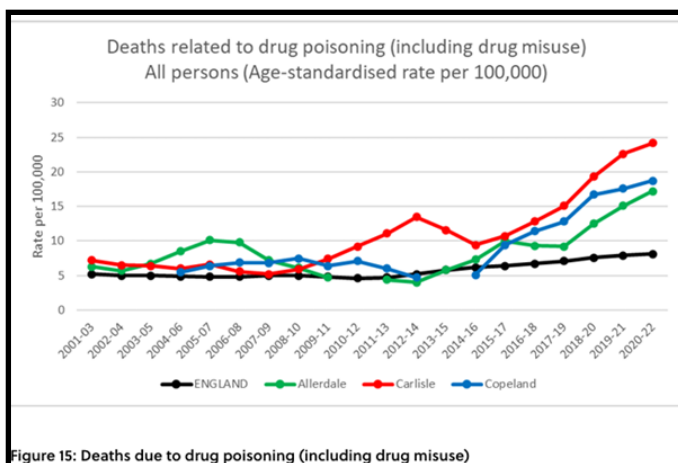
If you want the speed limit reduced where you live please write to or email the Assistant Director of Highways ([karl.melville@cumberland.gov.uk](mailto:karl.melville@cumberland.gov.uk)) and copy the Border, Fellside & North Carlisle Community Officer ([Lorraine.Davis@cumberland.gov.uk](mailto:Lorraine.Davis@cumberland.gov.uk)). Encourage your Parish Council to do the same. Through the Community Panel and more directly I will be doing my best to make our roads safer by introducing sensible speed limits sooner.

If you have the impression that I am disappointed with the direction and pace of Cumberland's current administration, you would be correct. Too many important issues are not being addressed. Last winter we failed to grit roads for the first time in fifty years; a planned seven-week road closure at Cairn Bridge has taken ten months and still no end in sight; and something seemingly so simple as weed suppression was bungled.

But it is not all bad. At April's Council Meeting we had a very impressive if sober presentation by the Director of Public Health. Cumberland faces considerable challenges:

***"The report calls for a substantial focus on public mental health in Cumberland, and a seismic shift in how mental health and neurodiversity support are approached – a shift that prioritises empathy, compassion, inclusion, empowerment and individual strengths, creating pathways to wellbeing that honour the diversity of human experiences."***

The Pubic Health Annual Report 2023/24 contains some disturbing statistics which highlight challenges for us in Cumberland and in particular in the Carlisle Area. I commend the report to you – it can be found online in the 30<sup>th</sup> April Council Meeting papers. The tables below are two extracts:



## Funding Deadline

Your Community Panel provides funding to dozens of grass roots community groups and projects. To find out more and how to apply visit [cumberland.gov.uk/your-council/community-panels](https://cumberland.gov.uk/your-council/community-panels)

The next deadline for applications to the Border, Fellside and North Carlisle Community Panel is 26th July 2024.

# Hallbankgate Village School News

016977 46237 [www.hallbankgate.org.uk](http://www.hallbankgate.org.uk) [mandy.davidson@hallbankgate.org.uk](mailto:mandy.davidson@hallbankgate.org.uk)



We can't quite believe that there is only one more half term left of this academic year! In the meantime, we have lots of wonderful learning to tell you about!

In Class 1, we have been learning all about the world around us, including the world's continents, oceans and religions, as well as what can be found a little closer to home. With the weather warming up, we have enjoyed learning about plants and have started a number of investigations in our classroom and are looking forward to planting the seedlings out once they have germinated. In our PSHE learning, we have been learning about how we can keep our bodies healthy and how we can help others that are in need. As part of this learning, we have been fascinated to learn about the role that foodbanks play and, working alongside Class 2, we collected donations of non-perishable goods and donated them to the foodbank in the Hub. We are very grateful to everyone for their generosity, particularly the Hub for welcoming us and helping us learn more about what happens to the food, once it has been donated.

In recent weeks in Class 2, we have enjoyed supporting the Tindale 225 project by learning all about the waggonway. As part of this learning, we were lucky enough to have the opportunity with local experts who demonstrated how the waggonway worked and where it ran in relation to our school. We were fascinated to learn about all of the differences between what came before – and after – the waggonway and why it was needed in the local area. To support the history event in the Village Hall on April 13<sup>th</sup>, we then brought a map from 1860 to life by adding illustrations and labels, making sure that we drew each object as accurately as we could. As well as saying a huge thank you to Bruce, Nick and John (who made all of this possible), we'd like to thank everyone who attended the event for their kind donations: these were generously gifted to the school (to the sum of £100) and will be used to support transport costs on a visit linked to this learning.

In Class 3, we've enjoyed a ten-week block of swimming this term and we are looking forward to seeing just how much we have improved when our swimming sessions finish in a few weeks' time. We're also hoping to head towards the Lake District to complete a river study which will support our learning in geography. As well as these events, we have continued to work hard across all areas of the curriculum from cooking Tudor banquets and sewing Viking-inspired mittens, to creating wire sculptures and learning how to classifying living things with classification keys. We've also been incredibly fortunate to have over 60 brand-new reading books added to our collection, including many new titles from our favourite authors and books that were on our 'wish list'! We have also taken part in a mental-health mini-medics course with former footballer Chris Lumsden: this session built on our understanding of how to keep our minds and bodies healthy and helped us to learn what else we can do to look after ourselves. We've also taken part in a football tournament and look forward to hosting the first of many football friendlies, before the end of term.

Looking ahead, we are incredibly excited to take part in a 'bio-blitz' of our school grounds, which will allow us to further identify and study the living things that can be found in our learning environment. We are thrilled to be working with a number of experts and enthusiasts who will help us identify the different plants, birds, pond life and moths that are around our school, as well as anything else that we happen to spot. Using this learning (which links to what we are all learning about in science this term), we will then create illustrations and paintings which we hope to exhibit before the end of term. Not only will this contribute to our understanding of living things, plants and habitats, but it will help us to further understand the importance of biodiversity in the world around us. We are also looking forward to sharing the findings with Cumbria in Bloom when we are judged later in the term.

It isn't long to our Summer Fete which will be held on Sunday 16<sup>th</sup> June. Our plans are well underway and we are very much looking forward to welcoming the community into our school grounds to join in with all of the fun things on offer. We're delighted to be supported by the WI and the Church (with their ever-popular home-baking and plant stalls), as well as the Farlam Parish Trust who made a grant contribution towards this event - thank you! The Parents and Friends of Hallbankgate Village School have many more fun activities lined up. Some of the activities on offer include visits from the emergency services; pet encounters; tombola and raffles; a BBQ and lots more. We hope that you are able to join us. We'd like to say thank you to the Farlam Parish Trust for their grant towards this event.

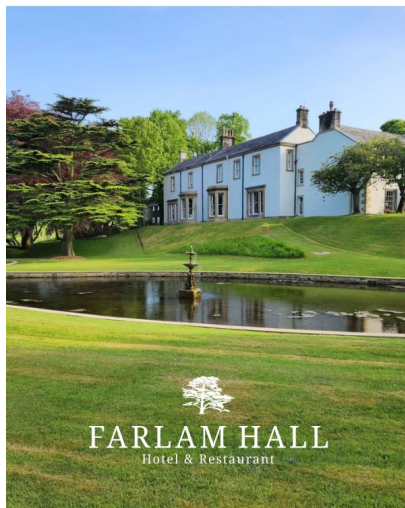
Finally, over the last few weeks, we have started a brand-new Playgroup! Taking place each term-time Friday, we have so many activities on offer, including: arts and crafts linked to stories; roleplay areas such as a builder's yard or home corner with dolls and prams; small-world play including trains and cars; active play with tunnels and tents, soft-play bowling and rocking horses; baby toys and activities; Playdoh; songs and rhymes plus many, many more!

Playgroup is open to all under 4's: if you know anyone that you think would like to join us for Playgroup, please spread the word, even if they don't live in the village.



## Hallbankgate Village School Nursery Places

Our nursery is open from 9.00am until 3.30pm, Monday to Friday, during school term time. Our Nursery is run by a full-time Early Years Teacher, supported by Early Years Teaching Assistants, and we welcome children to our Nursery the term following their third birthday. Please get in touch if you would like to arrange a visit for you and your child to see the many learning opportunities on offer in our school.



## Introducing BISTRO enkel

Taken from the Old Nordic word, Enkel means "simple" and here at Farlam Hall, simplicity is at the heart of everything we do.

Bistro Enkel has been designed to offer guests a more casual dining experience where classic, uncomplicated yet flavourful dishes are made using the freshest local and regional ingredients.

Bathed in natural light from the ceiling height windows, offering relaxing views over our gardens and lake, the bistro is available to both residents and non-residents and we would highly recommend that you book in advance to avoid disappointment.

Our opening times are Sunday - Tuesday, 6pm - 8.15pm  
See our website for the full menu.

*At Farlam Hall, we understand the importance of creating lasting memories so whether you are looking to celebrate a special occasion, savour an exquisite afternoon tea or relax over a traditional Sunday Lunch, we guarantee you "delightful simplicity with oodles of class"!*

Hallbankgate, Brampton, Cumbria CA8 2NG

T: 01697 746234 E: [farlam@farlamhall.com](mailto:farlam@farlamhall.com) W: [farlamhall.com](http://farlamhall.com)

## Hallbankgate WI



Hallbankgate WI continues to thrive with four new Members joining in April. We had a busy second quarter of the year with a noisy and fun Games Night in March, our Annual Meeting with meal in April and as I write we are looking forward to our Chocolate Demonstration at our May Meeting. We continue to enjoy our regular Coffee Mornings at Farlam Hall and have visited Carlisle Archives.

Our programme for the next few months:

June: Meal Out (The Sally)

July: 'Women's Voices from the Collection at Cumbria's Museum of Military Life' – Jules Wooding

August: 'Cumbria Dark Skies' – Jack Ellerby

September: Our 68th Birthday Party where we will be participating in Circle Dancing

Tuesday 14th July 7.30pm – an extra meeting open to the whole community to listen to Richard MacDonald talking about local history. £4 on the door to include tea/coffee and cake. More details will follow on Facebook and Hallbankgate Noticeboard.

And in June we are visiting a garden in Crosby on Eden with our friends from Slaggyford WI.

Hallbankgate WI welcomes guests and new Members. We meet on the 4<sup>th</sup> 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](mailto:hallbankgatewi@gmail.com)

## Brampton Medical Practice

### Patient Participation Group Meeting March

(T) 016977 2551 (W) [bramptonmedicalpractice.com](http://bramptonmedicalpractice.com)

The Patient Participation Group meets quarterly and allows patients to discuss and make suggestions on how the practice operates and on other related issues.

Patients who are interested in joining the Group should either ask at reception or complete the form available on the practice website. Alternatively patients can opt to receive a quarterly newsletter by email.



At the March meeting **Paul Day from Primary Care Services** introduced himself. Paul works in communications and has been aiding practices with recruitment, inductions, training and work experience in Cumbria.

He is currently working on a special campaign to improve patient access and create materials to enhance the patient journey through primary care services by making processes easier, more transparent and streamlined. The campaign will go online and use apps, leaflets, guides and educational materials.

Paul spoke about mind-set and education. There is a perception that Receptionists are obstacles to getting an appointment. Paul wants to make it clear that it is a Receptionist's responsibility to signpost patients to the most appropriate parts of the service. Receptionists therefore need to ask patients questions to enable patients to be effectively triaged (prioritised and directed within the practice or elsewhere) for advice and treatment by Clinicians. They are not being nosey, or obstructive: they are there to help patients.

There may be circumstances where the patient wants to see a GP, but it would be more appropriate for them to see a pharmacist, physio, podiatrist etc. This sparked some discussion around making it clear within the Practice recorded message that Receptionists will ask questions during calls.

Lots of services are more accessible if patients can use an app, but how do we make that happen? Ordering medications via an app was felt to be easier and more convenient for both patients and the Practice, but there are still a high percentage of patients that ring requests through. Discussion took place about people doing things out of habit rather than choosing a more efficient alternative.

There are lots of apps which tend to work in slightly different ways raising the question 'Which one should patients use?' The Practice can't be seen to recommend one service over another, but it was suggested that if one app is not working for a patient, they could try another that might be a better option.

Paul discussed understanding different parts of the team in the Practice. Patients can be very focused on only seeing a GP. There was discussion around whether this was an age thing and that younger patients may be more used to using new services as they grew up with them.

Some examples were given. A patient described wanting to see a GP, but she was directed to a Pharmacist. The patient was sceptical, but found that the Pharmacist's medication review was actually what she needed.

Paul described a situation where a family member had felt fobbed off by Reception at another Practice. Reception was trying to signpost Paul's relative to an Ophthalmologist. This turned out to be the most appropriate pathway for the patient's enquiry. There was discussion around how Receptionists have been entrusted by GPs to carry out their role. The GPs need Reception to ask patients questions so that they can effectively signpost enquiries.

Paul discussed education around over the counter medications. Pharmacies are now offering lots more services too. Locally, the Pharmacy is offering blood pressure monitoring and smoking cessation advice.

Advice and Guidance and ICE (test requests) are two systems that our GPs use that are joined up between North Cumbria Integrated Care, Northumbria and Newcastle Hospitals, so we need to share this information by other means. The Great North Care Record has been set up recently and this aims to improve patient care in the North East and Cumbria by making information stored across different systems available at the point of care.

The presentation concluded with Paul thanking everyone for their time and for their contributions, thoughts and suggestions about his project.

**Hannah Crawford, Practice Manager** provided the Group with an update from the Practice.

The new telephony system should hopefully be in place by next PPG. We currently have offsite phone support from Manchester. Calls are therefore being answered more quickly and triage and signposting are better. This should reduce phone queuing times.

Hannah informed the Group that there has been a huge increase in inappropriate behaviour in the last 12 months. Hannah made it clear that abusive and threatening behaviour will not be tolerated and remarked that she had never sent out so many warning letters. We have a wonderful Practice population, but there has been a very real increase in abusive and threatening behaviour, patient demands for anti-biotics and sadly a loss of respect for Clinicians.

Of 50 patient feedback surveys sent, 36 were positive. The surveys come back as a word bubble. The biggest word was "Helpful". In response to a question about which generation is being abusive. Hannah replied that it has been across the board. We can remove the patient if there are direct threats and there has been lots of Police involvement over the last year. Two years ago this type of action was unnecessary. We understand that it is not just a local problem and it is also an issue in hospitals, but it is an ongoing problem for the Practice. While we also see the other side with presents and thanks you cards it remains difficult for Reception staff constantly dealing with volatile patients.

**A member asked if staff could be given conflict resolution training?**

Training had been given and measures are in place at all patient facing desks but there needs to be better understanding from patients generally about what is unacceptable behaviour and the possible consequences.

Hannah stated that there is a big push on shingles vaccines at the moment and that there will also be more covid boosters. These will take place in the White Lion Surgery again.

A series of questions were asked.

**Does the Practice have a Physio?**

Yes, Reception will signpost patients to our Physio.

**Could you have a team introduction and give information about each member's specialisms?**

Sadly, this kind of thing has been removed because of personal threats. We see a lot of frustration in our service but this has been at a different level recently.

**Can you comment as to why it has increased?**

It's difficult to identify any one thing. It could be that people are feeling under pressure because of the cost of living crisis, media coverage of the NHS, or covid.

**Are staff at branches now booking appointments? It's not always convenient to contact Brampton to book.**

Yes, training has been given and appointments can be booked at branches.

**I attended for a shingles vaccination and felt that I could overhear details of a conversation in the waiting room. Are you aware of this issue?**

We are and are making changes to sound levels in waiting areas. Confidential discussions can be taken in a side room with Reception at the patient's request.

**A Group member remarked that new patients registering can cause a queue at Reception.**

Patients are encouraged to fill out their registration papers online. We are also looking at self check-in touch screens to reduce queuing at Reception points, checking affordability and if suitable space exists in our 4 sites.

**What services are available for patients with dementia and Alzheimer's ?**

Our Frailty Team are looking at identifying carers and signposting them to support.

**Do you point them towards Carlisle Carers?**

There are third sector supporters and we consider ourselves coordinators. We run MDTs with ICC (weekly), District Nurses and other services.

**Would you see someone on the dementia spectrum on a family member's say so?**

Obviously, we'd need consent from the patient and would ask the family member to encourage the person on the dementia spectrum to speak a GP. They are skilled at having conversations with patients to identify potential areas of concern.



# Hallbankgate Flower Show 2024



**Saturday 17th August 2024**  
**Hallbankgate Village Hall**

Entries 30p Each  
Children's Classes  
FREE

**Cash prizes**  
You don't have to be  
Monty or Delia to enter!

Entries to be submitted 10.00am – 11.30am

**Show open for viewing at 2.30pm**

*Admission includes tea & cake: Adults £2.50 / Children 50p*

SECTION 1 - VEGETABLES		SECTION 2 - FLOWERS (Vases for display purposes are optional)		SECTION 3 - BAKING & PRESERVES	
1	3 long potatoes	21	3 sunflowers cut	40	Jar of jam – Strawberry
2	3 round potatoes	22	3 phlox	41	Jar of Jam – Raspberry
3	Collection of 3 different veg.	23	6 sweet peas	42	Jar of Jam - Mixed Berries
4	1 cabbage	24	4 nasturtiums	43	Jar of Blackcurrant Jam
5	2 onions from seed	25	1 single rose	44	Jar of Lemon Curd
6	2 onions from sets	26	3 Dahlias	45	Jar of Seville/Marmalade
7	4 shallots on plate	27	1 Gladioli	46	Jar of Lemon & Lime Marmalade
8	1 Turnip or swede	28	4 Marigolds	47	Jar of Chutney
9	1 marrow or squash	29	Vase of mixed flowers	48	Dish of rum butter
10	3 beetroots, 1 to be cut	30	Foliage plant	49	Savoury flan
11	6 pea pods on plate	31	Flowering plant	50	4 decorated cupcakes
12	4 runner beans	32	Fuchsia	51	4 fruit scones
13	1 cucumber	33	3 stems (any variety)	52	4 cheese scones
14	3 carrots	34	Arrangement, any colour (no more than 6 inches square)	53	lemon meringue pie
15	3 bulbs of garlic	35	Cactus	54	4 squares gingerbread
16	4 tomatoes	36	Succulent	55	4 shortbread biscuits
17	3 rhubarb sticks	37	Chili plant	56	4 pieces tray bake
18	3 courgettes	38	Buttonhole/Corsage/Spray	57	Victoria sponge with jam filling
19	Collection of 4 or more herbs	39	1 Tallest Sunflower **	58	(no icing sugar on top!)
20	1 Wonky Veg		**Sunflower to be measured in garden by Judge, 1 week before flower show	59	Cake of your choice
SECTION 4 - INDUSTRIAL & CRAFTS		CHILDRENS CLASSES		60	1lb loaf (white or brown)
65	Cross stitch		<b>Ages 0-5</b>	61	Tea bread loaf
66	Patchwork item	82	Piece of Writing	62	Homemade Beverage – Alcoholic
67	Quilting	83	Drawing/painting	63	Homemade Beverage – Non-alcoholic
68	Appliqué		<b>Ages 6-8</b>	64	Collection of 3 fresh eggs
69	Handmade soft toy	84	Piece of Writing	SCHOOL ENTRY SECTION	
70	Hand-crafted wooden item	85	Drawing/painting	96	<b>Nursery &amp; Reception</b>
71	Painting *		<b>Ages 9-11</b>		An illustrated piece of work
72	Drawing*	86	Piece of Writing		<b>Year 1 &amp; Year 2</b>
73	Photograph (12"x8" or less) *	87	Drawing/painting	97	An Illustrated piece of work
74	Greeting's card (any material)		<b>All Ages</b>		<b>Year 3 &amp; Year 4</b>
75	Hand knitted article	88	Lego Model	98	An Illustrated piece of work
76	Home Sewn Item	89	Garden on a tin lid		<b>Year 5 &amp; Year 6</b>
77	Upcycled/repurposed item*	90	Small flower arrangement	99	An Illustrated piece of work
78	Handmade tool	91	4 homemade biscuits		
79	Handmade ornament	92	collage made from any material		
80	Lego Model*	93	Photograph (12" x 8" or less)		
81	Garden on a tin lid*	94	Any Homemade item		
	* For children use children's entry sections	95	Upcycled/repurposed item		

Phone 016977 46353 or email [hbgvillagehall@outlook.com](mailto:hbgvillagehall@outlook.com) for any details of classes



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