

Rosley C of E School

Beetle Drive

Friday 14th February

6pm in Rosley Hall

Adults £5 Children £3.50 Family Ticket 15 (2 adults & 2 children)

Tickets include food. If possible please buy tickets in advance to help planning for catering. Bar Open

Money raised will go towards the new playground equipment.

We have planned a celebration on Wednesday 6th May for the 75th Anniversary of VE Day.

The children will be having lunch as a 'street party' in Rosley Hall and this will be followed at 1.30pm by a wartime sing-a-long to commemorate this special date/event. Refreshments will be available during a 30 minute break, the proceeds of which will be used for the new playground equipment.

We would like to invite everyone in the community to join us for this event. More details in the March Link.

Martyn Blacklock Yoga

Mondays 7pm - 8:30pm starting 3rd February

Slow Flow - This class offers a slow-paced vinyasa practice featuring pranayama (breath work), core work, and long pose holds. By slowing the asana (postures) practice down and holding poses for longer periods of time than in other styles of yoga, feelings and sensations arise. As we slow down and realize our physical, mental and emotional patterns, we come to know ourselves as a constellation of feelings and sensations. We can be both open and tight; free and restrained. Within one body is a plethora of stories, sensations, and life experiences.

The yoga I teach is suitable for all levels, even terrified beginners, but with enough variations offered to ensure that even an experienced practitioner will be able to feel the challenge they require. My aim is to create a non-judgemental, warm, welcoming and inclusive experience while we are on your yoga mat to foster self exploration and integration of body, mind, breath and spirit; in the safe space of my classes you will be able to create new ways of being with yourself to allow space for any required healing and transformation off the mat.

To attend simply turn up or message martynblacklock@gmail.com

Westward Parish Council Meeting

Clerk: Mrs J Webster

07796123425 westwardpc@gmail.com

Monday 17th February

7.30pm at Rosley Hall

Members of the public are welcome at all meetings. If you would like any issues raised at this meeting please contact the clerk at least two weeks beforehand so that items can be included on the agenda.

Northern Fells Group NFG

www.northernfells.org.uk

Our C.R.A.F.T. Club (Cannot Remember A Flipping Thing Club) goes from strength to strength and has been both interesting and amusing for anyone with or supporting folk with memory problems, from discussions within the group many people have discovered different coping strategies when it comes to remembering things. We meet on alternate Mondays at Millhouse Village Hall, 1pm start. The next meeting is on 10th February, and we would love to welcome you there.

We have someone starting in the New Year to help out with the Northern Fells Dementia Action

Alliance and hope as many of you as possible will get involved with this great scheme to make the whole area Dementia Friendly. Everyone of any age or ability is welcome to join in with any of our events or activities.

NF Dementia Action Alliance and NFG are working to set up a Group for all Carers of people with any illness or disability. We would like to hear from YOU to find out what YOU need in the way of support. Please contact Philippa 016974 78555 philippa.groves@northernfells.org.uk or Libby 016974 78094.

Surplus Apple Scheme - we have almost sold all the apple juice and have made over £330 for the Northern Fells Group. Thank you to all of you who donated apples and to those who sold and bought the juice. Anne Cartmell

Village Agent Barbara Stoddart - 016973 42452

barbara.stoddart@northernfells.org.uk

The next Nail Cutting Clinic is on Tuesday 17th March, contact Barbara for an appointment.

Oil Syndicate - next delivery in Rosley area is in February, contact Anne Burgess 016973 49741

Caldbeck Meals on Wheels Service

Are you struggling to make a meal for yourself at home? If so you might be eligible for a nourishing two course meal delivered to your door by approved volunteers up to 3 times a week. The meals, costing £4, are provided by The Oddfellows Pub, Caldbeck. We are looking for more clients who live in the Caldbeck, Hesket Newmarket, Sebergham, Rosley, Westward, Ireby and Uldale areas who might benefit from this service and to make it even more worthwhile.

Please contact Sally Vaux 016974 78626 for further details.

The Rosley Link Photocopying

I am looking for someone in the Wigton or Carlisle area who would be able to photocopy the Rosley Link and Westward Newsletter at a reasonable price. From May 2020 the current photocopier will no longer be available. If you know of anyone who may be able to help please contact marion.grave@hotmail.co.uk or phone 01228 711520 for more details.

Monthly Coffee Mornings

on the first Saturday of the month - 10am to 12noon

1st February at Becksidge Cottage, East Woodside

(home of Peter and Anne Burgess)

£2 - Tea, coffee and cakes - Raffle - **All Welcome**

7th March - at Kumara (home of John and Jean Osborne)

4th April - at Oaklands Curthwaite

(home of Jean Harper-Tarr)

100 Club - £12 per annual ticket, 4 draws per year

1st Draw on 7th March at the Coffee Morning

Prizes - 1st: £40, 2nd: £25, 3rd: £1

Please contact Anne Burgess, 016973 49741 for an annual ticket.

DIARY DATES

FEBRUARY

- Sat 1 Monthly Coffee Morning 10am to 12noon at Becksidge Cottage, East Woodside
Sun 2 9.30am Family Holy Communion
Tue 4 NFG Walk for Health 1.30pm from Caldbeck Village Hall
Wed 5 Rosley W.I. committee meeting
Fri 7 NFG Long Walk - Silloth to Grune Point - details from p.burgess@gmail.com - 016973 49741
Sun 9 9.30am Family Praise
Mon 10 Rosley School - Whole School Health and Wellbeing Day
Wed 12 NFG Coffee & Chat 10am - 11.30am Rosley Hall
Rosley W.I. 1.45pm Rosley Hall - Peter Ebbatson, Dalston Aggregates
Thu 13 Westward Lunch 12 noon at Westward Halls, 016974 78298
Fri 14 Rosley School Beetle Drive 6pm Rosley Hall
Caldbeck Area Film Society 7.30pm Caldbeck Village Hall - "Yesterday" details - info@rogergook.com
Sun 16 9.30am Family Holy Communion
Stephen Smyth - Irish Concert at Rosley Hall details - 016973 44909
Mon 17 Rosley School - Half Term Week
Westward Parish Council Meeting 7.30pm Rosley Hall
Tue 18 NFG Walk for Health 1.30pm from Caldbeck Village Hall
Wed 19 NFG Walk for Health in Curthwaite area 9.30am, contact 016973 42452 for details
NFG Rosley Lunch Group 12 for 12.30pm at Rosley Hall - to book contact 016973 42452
Share Club Meeting 7.30pm Rosley Hall
Thu 20 **COPY DATE LINK** information for March/April to 01228 711520 marion.grave@hotmail.co.uk
Sun 23 9.30am Family Holy Communion
Caldbeck & District Gardening Club Potato Day 10am - 2pm Caldbeck Village Hall - Fruit, Veg, Bulbs
Mon 24 Westward Flower Club 7.30pm Westward Halls - Ruby Foxglove from Cockermouth - 016973 49369
Tue 25 Rosley School - Class 1 Swimming
Wed 26 Ash Wednesday 6.30pm Holy Communion with imposition of ashes

MARCH

- Sun 1 9.30am Family Holy Communion
Tue 3 NFG Walk for Health 1.30pm from Caldbeck Village Hall
Fri 6 NFG Long Walk - Gelt Woods, Brampton - details from p.burgess@gmail.com 016973 49741
Sat 7 Monthly Coffee Morning 10am to 12noon at Kumara
Sun 8 Curtis Magee - Irish Concert at Rosley Hall - details 016973 44909
Mon 9 Rosley Hall Committee Meeting 7.30pm
Wed 11 NFG Coffee & Chat 10am - 11.30am Rosley Hall
Rosley W.I. 1.45pm Rosley Hall - Libby Graham, The Work of the northern Fells Group
Fri 13 CAFS 7.30pm Caldbeck Village Hall - "Sorry We Missed You" details 01768 484840
Tue 17 NFG Nail Cutting clinic at Rosley Hall - contact Village Agent for appointment 016973 42452
Caldbeck Players "Peter Pan the Musical" 7.30pm Caldbeck Village Hall - Reserve Tickets 016974 78220
Wed 18 Caldbeck Players "Peter Pan the Musical" Tickets from 1st March at Caldbeck & Hesket Newmarket Shops
Thu 19 Caldbeck Players "Peter Pan the Musical" 7.30pm Caldbeck Village Hall
Fri 23 Rosley School end of term

APRIL

- Sat 4 Monthly Coffee Morning 10am to 12noon at Oaklands, Curthwaite
Sun 5 Thomas Maguire & Fhiona Ennis - Irish Concert at Rosley Hall
Tue 14 Rosley School start of Summer Term
Sun 26 The Indians - Irish Concert at Rosley Hall

MAY

- Wed 6 Rosley School - A Celebration of the 75th Anniversary of V.E. Day

Beetle Drive

14th February

6pm - Rosley Hall

Northern Fells Group

Coffee & Chat

12th Feb & 11th March

10am - 11.30am Rosley Hall

**Solway Red Squirrel Group - please report all squirrel sightings, red or grey,
to 01228 511520 marion.grave@hotmail.co.uk - Thank you**