

Autumn Courses



	<u>Start date</u>	<u>Time</u>	<u>Venue</u>	<u>Cost</u>
GCSE Maths	10.09.18	18.00-21.00	HH	FREE
Get set for GCSE Maths	28.08.18	18.00-21.00	HH	FREE
Functional Skills Maths	12.09.18	18.00-21.00	HH	FREE
Functional Skills English	17.09.18	09.30-12.30	PMC	FREE
French Beginners (11wks)	19.09.18	13.00-15.00	PL	£72.60
French Improvers Plus (11wks)	21.08.18	10.00-12.00	ECLSC	£72.60
German Beginners (11wks)	18.09.18	19.00-21.00	HC	£72.60
German Intermediates (11wks)	20.09.18	10.00-12.00	PL	£72.60
Spanish Beginners (11wks)	20.09.18	17.45-19.45	PL	£72.60
Spanish Improvers (10wks)	17.09.18	15.00-17.15	PL	£74.00
Microsoft Word for Beginners	20.09.18	09.30-12.30	ECLSC	FREE
Microsoft Excel for Beginners	20.09.18	13.00-15.30	ECLSC	FREE
CV Writing Workshop	20.09.18	09.15-13.30	EF	FREE*
Effective Customer Service	27.09.18	13.00-15.00	EF	FREE*
Easy Sew Handbag	17.09.18	10.00-15.00	HC	£16.50
Get Started with Home Sewing	19.09.18	18.30-20.30	EF	£72.60
Get Started with Acrylics (9wks)	19.09.18	10.00-12.30	EVH	£74.00
Try Drawing!	29.09.18	10.00-16.00	SMH	£20.00
Move on with Drawing (9wks)	20.09.18	10.00-12.30	EVH	£74.00
Hill Skills & Navigation (6wks)	18.09.18	18.00-20.30	ECLS	£59.40
Fell Walking for Beginners	22.09.18	09.00-17.00	ECLS	£26.50

Venue Code:

ECLSC - Eden Learning & Skills Centre, Shap CoE School
SMH - Shap Memorial Hall **EF**—Eden Foyer
HH— Hunter Hall School **PL** - Penrith Library
**subject to status*

EVH—The Evergreen Community Hall , Penrith
HC—The Haydock Community Centre, Penrith
PMC—Penrith Methodist Church

October, November & December Workshops

Make a Silver Ring, Sumptuous Silk Scarves, Try Rag-Rugging,
 Try Arm-Knitting, Silk-Painted Christmas Cards, Make a Stone Set Ring,
 Felted Christmas Presents & Decorations, Make a Christmas Stocking,
 SugarPaste Christmas Character Cake Toppers,
 Fabulous Fleece Christmas Wreaths, Try Block Printing for Xmas
£20 or less per workshop! (majority in Shap Memorial Hall!)

For more info contact Eden Community Learning and Skills ☐

c/o Shap Primary School Main Street SHAP Cumbria ☐ CA10 3NL

T: 01931 716447 ☐ E: edenclas@cumbria.gov.uk

Activities and Organisations in Shap

SHAP PLAYGROUP (at The Old Courthouse)

Please support your local Playgroup. Everyone welcome. Term-time.

Softplay session £1 per child: **Mondays 2-3 pm**

Family sessions 0-5 years: **Tuesday and Wednesday mornings 9.45 - 11.45 am**

Children FREE up to 6mths 6 mths - 1 year £1.50

1 - 5 years £3.00 (any younger siblings aged 2-5 £2)

Tea/coffee £1 Call in for more details we will be happy to see you!

Tel: Playleader 01931716484

Rhyme Time sessions 26th Sept, 17th Oct, 21st Nov

Ask about Free Rheged Soft Play Sessions

Playgroup Holiday Sessions Summer Holidays 2018 - see Old Courthouse page

BEAVER SCOUTS

For children age 6-8 years. Meetings take place in Shap School Hall. Restarts **11th Sept.**

Monday 5.45 - 6.45pm term time only. £2 per meeting payable half-termly

Contact Richard Morris for details or to put your name on the waiting list. Tel.

07946335007. Restarts **Monday 10th September.**

1st SHAP CUB SCOUTS

For young people aged 8 -10.5 years. Meetings take place in Shap School Hall.

Wednesday 7.00-8.30pm term time only. Play games, earn badges, have fun!

Contact: Jacke Wright tel 716490 or Kevin Pattinson tel. 716059

1st SHAP SCOUTS

For boys and girls 10.5 - 14 years, new members welcome. We meet at school on a

Tuesday 7.00 - 8.30pm term time only. Lots of outdoor activities . Contact: Sharon

Kennedy 07866580877, Angela Haslam 716535 or Kevin Pattinson 716059 for more info.

SHAP YOUTH CLUB

Open to young people aged 8 years and over. The club meets at the Memorial Hall on

Fridays during term time 7.00 –8.30pm. There is a membership fee and weekly subs. The groups have organised activities eg; football, hockey, rounders, dance mat, skipping, crafts, cooking etc. Trips are also arranged to places such as Lightwater Valley Theme Park, swimming etc. The Youth Club is a voluntary organisation relying on parent help.

SHAP AFC

Tuesdays and Thursdays 7.00pm Training on Shap Memorial Park. New and Old Players welcome. Age 16 and upwards. Contact: Pete Fraser mob. 07789832090

BOWLING CLUB

Club night on the Bowling Green - **Wednesdays 6.30pm**

Junior Club during summer holidays Wednesdays 6 -7.00pm

Contact: Jenny Smith, Club Secretary, tel 716958

SHORT MAT BOWLS

Memorial Hall - **Thursdays from 7th September 7.00pm** New members welcome.

YOGA

Memorial Hall - **Mondays 7.00-9.00pm** Contact Sonia Allen-Wall for details tel 716268
 Beginners welcome. Also small private class to suit your needs, Mondays 10am—12noon.

Also Clinical Reflexologist and Yoga Therapist

LINE DANCING

Memorial Hall - **Wednesdays** restarts in September **7.30-9.00pm** All welcome £2

EDEN ACTIVE FIT4ALL

Memorial Hall - **Wednesdays 945 - 11.45am**. Gentle activities designed to help you become more active in your older years in a friendly, sociable setting. Details from Old Courthouse.

BELL RINGING

Monday evenings. Practices alternate between St Michael's, Shap and St Lawrence's, Appleby. Contact: Jan Labram 716311 New ringers always welcome.

SHAP LOCAL HISTORY SOCIETY

Meetings in the Green Room at The Memorial Hall on the **fourth Monday of the month**.
Members: £1.50, visitors £3.50 per meeting. Annual Subscription: £7.
Secretary: Liz Amos tel. 716244

EVERGREEN CLUB

Meetings are held weekly on a **Tuesday 2.00 - 4.00pm** in the Memorial Hall.
Membership : £10.00 per year. Dominoes, bingo, raffle. Social events and five trips per year.
Anyone 60 and over very welcome to join us.
Contact Elsie Hodgson tel. 716517 or Mavis Walsh tel. 716560

SHAP COMMUNITY ENTERPRISE

Second Chance Shop Opening hours Tue - Fri 10am-4pm & Saturday 10am - 1pm
'Monday Lunches' - 11.00 - 1.30pm at the Memorial Hall

PRAYER GROUP

Tuesday mornings—10am at 8 Wandsworth Gardens. Contact Anne, tel. 716551.

MOTHERS' UNION

Meetings take place on the **third Thursday of each month**, afternoon or evening. The Mothers' Union is a Christian organisation which promotes the well-being of families world-wide. Speakers, activities, outings. Membership is open to anyone, female or male, parent or non-parent. Join us for fellowship and fun. Contact Janet Wood tel. 716273

SHAP MEDICAL PRACTICE Peggy Nut Croft, Shap, Penrith CA10 3LW
Tel: 01931 716230 Fax 01931 716231

Surgery times—8.30am - 6.30 pm Mon/Tue/Wed/Fri 8.30am—1.00pmThu
Thursday evening clinic at Orton from 3.30pm

The dispensary is closed for lunch between 1.30pm and 2.00pm Mon/Tues/Wed/Fri and closes at 1.00pm on Thursdays. Surgery times may vary during holiday periods. The surgery is closed on public holidays and once a month for Protected Learning Time sessions for staff training. **PLT August - none Wed. 12th September , 10th October**
Emergency arrangements

In an emergency please contact NHS 111 (just dial 111 from your telephone).

Telephoning for Results

Please phone for the results of tests or investigations one week later after 10am.

Ordering medication

You can hand in repeat prescriptions or you can now order medication on our website, www.shapmedicalpractice.co.uk You must still allow two full working days notice.

Child Health Clinic

Health Visitor, Janice Loftas, runs this clinic at The Old Courthouse, Shap on the first Thursday of every month 1.15pm to 3.00pm. She can be contacted on 017683 54964 if you have any queries in the meantime.

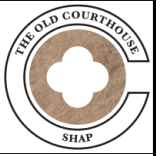
Eden Hearing Services - Hearing Aid Cleaning and Maintenance

10.30am to 12 noon 2nd Wednesday of the month

Optician Clinic - for NHS eye test patients only - please ring 017683 53199 for appointment.

The Old Courthouse

Visitor Information Point, Library Link, Exhibitions,
Computer/Internet access, Meeting Rooms for hire
Visit our website for opening times and details of all our events
www.theoldcourthouse.org Click on Facebook and Twitter pages
Email: admin@theoldcourthouse.org



EVENTS FOR CHILDREN SUMMER 2018

Mischief Makers Summer Reading Challenge throughout the summer.

Family Holiday Sessions Wednesdays 1st, 8th, 15th , 22nd, 29th August 10 -11am
£2 per child Crafts, Singing, Snacks Everyone Welcome
1st August 'Superhero Day' - come dressed up if you want to
8th August 'Pony Tales' - meet a pony

Wordsworth Trust Family Activity Tuesday 21st August 2-3pm

'Adventures at Sea' - using rhyme, story and crafts we'll think about the life of a sailor in the 1800s. Donation £2 per child (3 or more children £5)

EXHIBITIONS AND SPECIAL EVENTS AUGUST - SEPTEMBER

1st—14th August 'Heritage of the Fells – Ponies past, present and for the future'
featuring artwork, photography, displays, workshops and talks

Wed 1st Aug 7.00pm Talks by Sue Millard –'Heritage of the Fells'- the ponies,
their history and their relationship with the land
Nicola Evans - 'Using Fells for Conservation Grazing'

Sat 4th Aug 1 – 4.30pm Juliet Whitworth - Art workshop

Sat 4th Aug 7.00pm Talk by Vyv Wood-Gee, 'Horseland Journey'

Mon 6th Aug 7.00pm Talk by Libby Robinson, 'Fells for the Future'

Thu 9th Aug 1.30-4.30pm Janni Howker - Creative Writing workshop

Sat 11th Aug 10am – 4pm Alex Jakob Whitworth – Art workshop

Tue 14th Aug 7.30pm Talk by Emma Campbell, equine photographer

18th August to 2nd September - An exhibition by two young local artists, Kayleigh Richardson and Jodie Bracken who take their inspiration from the wildlife and landscapes of the Lake District.

8th – 19th September 'Craft & Conflict' Highlights Contemporary Craft Tour
featuring work by 12 different artists, many known internationally for their work.

Sat 8th Sept 10am—4pm Masterclass, Eva Mileusnic ww.highlightsnorth.co.uk

Sat 8th Sept—4.30pm Talk by Paul Scott (free but please pre-register for a place)

Sun 9th Sept – Makers Market at Shap Memorial Hall 11am – 4.30pm

Sun 9th Sept - FREE Family drop-in and taster day with Eva Mileusnic

22nd Sept – 6th October 'For the Love of Trees'

Join us as we celebrate growth and life depicting every aspect of trees. The exhibition will feature paintings, prints, photography and ceramics by Cumbrian artists. We invite the public to take part by submitting any tree photos they have taken in the past and present to add to a communal board that will form part of the exhibition.