

TEMPLE SOWERBY COURIER

World War 1 Remembrance

A flyer was put through your door recently with the future plans of the Penrith Remembers Group who are commemorating the 1914/18 World War. As a member, I am arranging an exhibition to be held in Temple Sowerby during the weekend of 29th September 2018.

To date the group has launched two books each containing local information, these are on sale at £5. Temple Sowerby was chosen for the exhibition because our Village Hall was established following the end of the war as a Victory Memorial Hall. We would be grateful for any information with regards to the building prior to the war. Several parishioners have agreed to share their family involvement in the 1914/18 War, displaying photos, letters, medals etc. If anyone would like to be involved with this commemoration or has any war memorabilia you would like to display at it, please get in touch with Angela Cleasby, Stephen Parker or Gavin Young. Keep an eye on this newsletter for updates.

Village Website

Temple Sowerby has had a website for over a year now and you can find it at www.templehowerby.org.uk. Though set up with funds from the Parish Council, it covers all aspects of village life. You will find details of the various clubs and events in the village, an information page that has lots of useful stuff e.g. recycling calendar, bus timetables, links to local services and much much more. The local history page is very popular and is getting lots of hits. If you have any suggestions for content for the website, or would like to add a local event, then contact Angela Mathers or Chris Rush by email at info@templehowerby.org.uk or tel. 62969.

You could be the hero next door by becoming a community first responder

Run by the North West Ambulance Service – NWAS – first responder volunteers are ordinary people who do *extraordinary* things. They find time to save the lives of their neighbours whilst going about their normal routines. They are everyday heroes and you could be too. There are several CFR teams in the area; Milburn, Dufton, Morland and Appleby. The Milburn team was set up in 2004; we receive about 40 call outs per year. Temple Sowerby is in our area and we have one member in the village. We would really welcome more members, all training is provided by NWAS and equipment is bought from our funds which are created by donations and fund raising. The satisfaction of becoming a responder is not just based on saving someone's life: when somebody calls an ambulance they are unwell, possibly frightened or unsure what is happening and vulnerable and need comforting. Even when dealing with a patient who is not seriously ill, you have the opportunity to calm and reassure them. Talking to them and supporting them while they wait for an ambulance is part of the responder role that is often forgotten or overlooked but it can be the most rewarding aspect of being a community first responder.

VOLUNTEER, BE A HERO, CHANGE LIVES

Give back to your local community.

- No previous training or experience needed
- Anyone aged 18 + with a car
- For more information see the website <http://www.nwas-responders.info/>

Contact Jane Taylor, Milburn CFR Team Leader 017683 61595 – jane@low-howgill.co.uk

Remember there is a Defibrillator on the front wall of The Victory Hall

Remember to visit and use our website www.templehowerby.org.uk