

Skydiving for Abbey Restoration

After Martin Slack's wife treated him to a tandem sky dive for his 30th birthday, he wanted to use the experience to raise money for charity.

He decided to raise money for the restoration of Holme Cultram Abbey, Abbeytown, after the fire which caused so much damage in 12 months ago. Having attended the fire himself and having so many personnel memories of the Abbey, he knew it was a worthy cause.

Martin said "The sky dive itself was an amazing experience, one which I am pleased to be able to tell the tale of and one I would love to do again. The jump was from 14,500ft, the first 7,000ft to 8,000ft of which was free fall, this took about 35 seconds and we reached a top speed of 145mph, the remainder of the jump was with the canopy open, thankfully. During the canopy ride I was able to manoeuvre the parachute and assist in the landing."

Martin raised £700



for the restoration fund. "I would like to thank everyone who sponsored me and for their kind donations

and I would also like to thank Angela for giving me the opportunity of a lifetime and an amazing experience."



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Lynne's Service

Report by: Gladys Temple

Several members of Abbeytown M.U. joined with nearly 3,000 other members from across the Province of York for The Eucharist with the Commissioning of Mrs Lynne Tembey as Mothers' Union York Provincial President in York Minster.

The Lord Archbishop of York, Dr John Sentamu lead the service and there were also The Diocesan Bishops of Bradford, Carlisle, Newcastle, Ripon and Leeds, Southwell and Nottingham together with the Suffragan Bishops of Lancaster, Middleton, Penrith, Pontefract, Selby, and Whitby as well as Provincial Presidents of the M.U. from Canterbury, Scotland, Wales, all Ireland, Provincial Representative Trustee and The World Wide President of the M.U.

As Lynne is the wife of Rev David Tembey, we from Abbeytown Branch had special invitations so were seated very near to Lynne's family at the front and were very

aware of the happiness and excitement filling the Minster. We were very proud of our new Banner which had been specially made to look as much like the old one destroyed by the fire last year as

Commissioning Lynne presented the Diocesan Presidents to the Archbishop who asked the congregation to remember them all in your prayers as they go about their work. The



Bouncy
by Rachel Harrison
aged 8 from
Holm Cultram Abbey School

could be. The Service was one which could be enjoyed by all with uplifting Hymns and readings. The Archbishop gave a witty Sermon and the intercessions were lead by M.U. Members including The World Wide President Rosemary Kempself, Janet Wade, Trustee, Jean Price, Marketing Coordinator, Jill Smith, Carlisle Vice-President and Rev Kate Hyslop.

After her

Choir sang beautifully while communion was taken and after the service we went to greet Lynne in the Chapter House. It was a wonderful experience for all of us. The happiness all around the Minster

showed how well Lynne is loved by all who know her. This office carries great responsibility, for the M.U. is a World Wide society within the church but Lynne is a very caring and capable person and we are sure she will be more than ready to do the job. Our prayers are with her.

We are proud to have been able to be at this wonderful Service which we will remember all our lives.

Silloth Group Medical Practice

OPENING TIMES: 8am – 6:30pm
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SURGERY CLOSURE

Please note that the Surgery will be closed between 1-5pm on:

Tuesday 17th July
Wednesday 22nd August
Thursday 20th September

This is for educational training purposes for all surgery staff.

Between the hours of 1-5pm Cuedoc will take all Emergency calls.
01228 401999

SUMMER HEAT

Remember to use a high factor sun cream and to wear a hat. Try to avoid the mid-day sun whenever possible.

PATIENT CARE FUND

We would like to say a big THANK YOU to all those of you who have donated to our Patient Care Fund. This fund enables us to purchase much needed equipment/ services for the Surgery. This year we have been able to fund the continuation of the Citizens Advice Bureau who attend the surgery every fortnight to help patients

who may be experiencing problems with financial, social or housing difficulties and many other matters too numerous to mention here. If you would like to know more about this service please contact the surgery. Please note that this service is only open to patients who belong to this surgery. We are very excited about our latest piece of equipment—our very own

INR machine. This enables those patients on Warfarin to have a blood test taken via a finger prick and the results given instantaneously therefore allowing for medication to be changed whilst the patient is present at the surgery.

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