

# WHO'S WHO IN THE CHURCH

## BENEFICE OF HAWKSHEAD WITH LOW WRAY, SAWREY, RUSLAND AND SATTERTHWAITE

The Vicarage, Hawkshead, Ambleside, Cumbria, LA22 0PD

[www.hawksheadbenefice.co.uk](http://www.hawksheadbenefice.co.uk)

<b>Vicar:</b>	The Reverend John Dixon	015394 36301
<b>Non-Stipendiary Minister (NSM):</b>	The Reverend Dr Nick Hallam	015394 36069
<b>Lay Minister (Reader):</b>	John Dawson	015395 30375
<b>Local Lay Minister</b>	Andrew Duncan	01229 860630

### PARISH OF HAWKSHEAD WITH LOW WRAY

Churchwardens:	Judith Gunner	015394 36209
	Peter Irvine	015394 36635
	Tom Macan	015394 36978
	Carole Slater	015395 31991
PCC Secretary:	Mike Maxwell	015394 36972
PCC Treasurer:	Susan Maxwell	015394 36972
Electoral Roll Officer:	John Gunner	015394 36209
Ringling Co-ordinator:	John Gunner	015394 36209
Organist:	Paul Gregson	015394 36717
Link Distributor:	Elizabeth Riggs	015394 36673

### PARISH OF SAWREY

Churchwardens:	Paul Gregson	015394 36717
	Gillian Fletcher	015394 36296
PCC Secretary:	Elizabeth Mallett	015394 36450
PCC Treasurer:	Garry Schofield	015394 36356
Electoral Roll Officer:	Gillian Fletcher	015394 36296
Organist:	Paul Gregson	015394 36717

### PARISH OF RUSLAND

Churchwarden:	Sue Benham	01229 860295
Churchwarden and PCC Treasurer:	Giles Wingate-Saul	01229 860300
PCC Secretary:	Helen Adams	01229 860316

### PARISH OF SATTERTHWAITE

Churchwarden:	Sue Brooke	01229 860250
Treasurer	Caroline Peet	01229 860302
Churchwarden and PCC Secretary	Edward Collins	01229 860312

This is a church magazine for the whole community. The church councils of Hawkshead and Sawrey are committed to providing this magazine free of charge to every household in the parish as part of their mission and outreach. The Link is also available online: [www.hawksheadbenefice.co.uk](http://www.hawksheadbenefice.co.uk)

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[www.badgerpress.co.uk](http://www.badgerpress.co.uk)

Dear Friends,

I want to tell you about an exciting little experiment planned for Hawkshead parish church, which may well be in place by the time you read this. As many of you know, there is a book at the back of church where people can leave requests for prayer. It will be very discrete, but alongside this there will a touch screen in which people can type prayers if they wish. These will then be displayed on the screen below some candles. The prayers can also be projected onto a wall of the church, in a display especially designed to look like one of the 17<sup>th</sup> century wall paintings in the church.

Now for the odd bit: the only other similar installation is in the church of St Peter de Beauvoir in Hackney, London. The prayers left in that church (which is part of very different community from Hawkshead) also get displayed in our church, and the prayers left in Hawkshead get displayed there.

It is all the idea of Project CEDE (Creating and Exploring Digital Empathy), which is based at Lancaster University, Sheffield University and University College, London. They have devised (and paid for) this unique experiment to look at, among other things, how people respond to digital communication in a quiet and reflective environment, and whether any kind of relationship develops between Hawkshead and Hackney. It is also interesting from a spiritual perspective. People have come to offer the deepest part of themselves in our church for centuries. What does it mean to connect digitally with a very different church? It is an honour to be part of a one-off experiment like this, which examines ways of creating human empathy in the digital age. So come and have a look and see what you think.

John

Any comments, articles or queries for the Link should be emailed to:  
[esthwaitelink@gmx.com](mailto:esthwaitelink@gmx.com) or given to Kathleen Farnworth or John Dixon

Deadline for inclusion in the September edition is

**Sunday, 9<sup>th</sup> August**

Items should be no longer than 300 words.

To advertise in the back pages of The Link, please contact:

Peter Irvine: 015394 36635/[peterirvine26@talktalk.net](mailto:peterirvine26@talktalk.net)

We are grateful to those who advertise in The Link and hope  
that readers will use their services.

## JULY SERVICES

5th	8.00 a.m.	Holy Communion .....	Hawkshead
	9.30 a.m.	Morning Worship .....	Hawkshead
	9.45 a.m.	Holy Communion .....	Satterthwaite
	11.15 a.m.	Holy Communion .....	Sawrey
	6.00 p.m.	Evensong .....	Rusland
	6.00 p.m.	Churches Together Holy Communion, Methodist Chapel .....	Hawkshead
12th	9.30 a.m.	Holy Communion & Sunday School .....	Hawkshead
	11.15 a.m.	Matins .....	Sawrey
	11.15 a.m.	Holy Communion .....	Rusland
	6.00 p.m.	Evensong .....	Satterthwaite
	6.00 p.m.	Evensong .....	Hawkshead
19th	9.30 a.m.	Holy Communion .....	Hawkshead
	9.45 a.m.	Service for All Ages .....	Satterthwaite
	11.15 a.m.	Holy Communion .....	Sawrey
	6.00 p.m.	Evensong .....	Rusland
	6.00 p.m.	Evensong .....	Hawkshead
26th	9.30 a.m.	Holy Communion .....	Hawkshead
	11.15 a.m.	Morning worship .....	Sawrey
	11.15 a.m.	H. C. joint with Satterthwaite .....	Rusland
	6.00 p.m.	Taizé Style Service .....	Hawkshead

### SERVICE TIMES OF OTHER DENOMINATIONS -

Baptist Chapel, Hawkshead Hill, Sunday 10.30 a.m.

Methodist Chapel:

5<sup>th</sup> July 6.00 p.m. Churches Together Holy Communion

12<sup>th</sup> July 11.00 a.m. Morning Worship

“ 6.00 p.m. Circuit service at Ulverston Methodist Church

19<sup>th</sup> “ 10.30 a.m. Ulverston - Farewell Service to Revd. Tony Wells

2<sup>nd</sup> August 6.00 p.m. Churches Together Communion Service

9<sup>th</sup> “ 11.00 a.m. Morning Worship

30<sup>th</sup> “ 11.00 a.m. Morning Worship

Society of Friends (Quakers) Meeting House, Colthouse, Sunday 10.30 a.m.

## AUGUST SERVICES

2nd	9.30 a.m.	Morning Worship .....	Hawkshead
	9.45 a.m.	Holy Communion .....	Satterthwaite
	11.15 a.m.	Holy Communion .....	Sawrey
	6.00 p.m.	Evensong .....	Rusland
	6.00 p.m.	Churches Together Holy Communion, Methodist Chapel .....	Hawkshead
9th	9.30 a.m.	Holy Communion .....	Hawkshead
	11.15 a.m.	Matins .....	Sawrey
	11.15 a.m.	Holy Communion .....	Rusland
	6.00 p.m.	Evensong .....	Satterthwaite
	6.00 p.m.	Evensong .....	Hawkshead
16th	9.30 a.m.	Holy Communion .....	Hawkshead
	9.45 a.m.	Service for All Ages .....	Satterthwaite
	11.15 a.m.	Holy Communion .....	Sawrey
	6.00 p.m.	Evensong .....	Rusland
	6.00 p.m.	Evensong .....	Hawkshead
23rd	9.30 a.m.	Holy Communion .....	Hawkshead
	11.15 a.m.	Morning worship .....	Sawrey
	11.15 a.m.	Holy Communion, joint with Rusland .....	Satterthwaite
	6.00 p.m.	Songs of Praise, Bowkerstead Farm .....	Satterthwaite
30th	10.00 a.m.	Joint Benefice Service .....	Sawrey

### From the Registers

Baptised in Hawkshead on 24 <sup>th</sup> May	Tallulah Grace Cowell and Hugo Eric Cowell
Baptised in Hawkshead on 7 <sup>th</sup> June	Ruby Rose Taylforth
Married at Rusland on 23 <sup>rd</sup> May	James Pell and Katya Williams
Married at Hawkshead on 30 <sup>th</sup> May	Tim Wheeldon and Aileen Moonan
Renewal of Wedding Vows at Hawkshead on 9 <sup>th</sup> June	Keith and Janet Bergman

### MY FAITH STORY

The next event is on Thursday, 2nd July, at noon at noon at Chapel Cottage, Hawkshead Hill, when Kathleen Farnworth will share her Faith Story. Please bring a packed lunch. All welcome.

A Churches Together event

## **MIDDLE DALE PARK**

The garden will be open on Sunday, 5th July from 2.00 - 5 p.m. No charge for entry, but donations welcome in aid of Rusland & Satterthwaite Churches. Tea and scones available  
Details in the June Link

## **COME FOR A WALK –**

The next Benefice walk will be on Wednesday, 8th July when we shall meet at St Margaret's Church, Low Wray at 10.30 a.m. Parking is available at the church. This relaxing walk will take us along the shores of Windermere, over Claife Heights to Colthouse and back via Blelham Tarn. Bring a picnic. For more details, contact Sue Maxwell 015394 36972

## **TOUR DE HAWKSHEAD CYCLE FUN DAY** Saturday, 11<sup>th</sup> July,

9.00 a.m. – 3.00 p.m.  
Hawkshead Esthwaite School  
Fun Route - 5 miles  
2 Lakes – 12 miles,  
Grizdale Loop - 25 miles  
King of the Mountains - 50 miles  
Fun for All - Bouncy Castle, BBQ, Refreshments, Raffle, etc.  
[www.sientries.co.uk](http://www.sientries.co.uk) – Enter now  
[tourdehawkshead@yahoo.co.uk](mailto:tourdehawkshead@yahoo.co.uk)

## **HAWKSHEAD AND OUTGATE WI**

meetings in July and August  
Tuesday 14th July 2.00pm – limber up for a lively session of Line Dancing led by Pat Barr (or you can sit and watch!)  
Monday 21st July: 7.45 pm.  
Pasta Night – bring your favourite recipes (Market Hall) - *continued*

Tuesday, 11th August, afternoon: optional outing to “Crafty Monkeys” (model making) at Penrith  
Monday, 17<sup>th</sup> August: 7.45pm. An evening with a local children's author/illustrator at Wray Castle

## **TARNHILL IN PLAYGROUND**

In 2013 the playground hosted a very enjoyable Picnic afternoon to mark its 60<sup>th</sup> Anniversary, as it was founded to mark the Coronation of Queen Elizabeth II. On Sunday, 19<sup>th</sup> July, we would like to again welcome everyone from the villages, friends and anyone who would like to join us from 2.00 p.m. at the playground. Bring your own picnic and drinks, (and hopefully a dry, warm day!).

## **HAWKSHEAD WIND BAND**

Thanks to all who supported the Band's Spring Concert with the Amblesingers, helping with refreshments and donating raffle prizes; as a result, £350 was given to the Preschool building fund and a repeat performance in Coniston produced £180 for St Mary's Hospice. We will end the season by playing at Langdale Gala. If you play brass or wind and would like to join this enterprising and friendly group, contact Graham on 01539 436622. New members are always welcome.

## **GARDEN PARTY**

Saturday, 8<sup>th</sup> August, 2 – 4.00 p.m.  
Hawkshead Hill Chapel.  
Drinks – cakes – activities for children (including Make your own Flag) All Welcome

**TABLE TOP SALES** Market Hall  
Saturday, 15<sup>th</sup> August and  
Thursday 3<sup>rd</sup> or 10<sup>th</sup> September  
If you're interested in having a table  
contact Jean Crosbie tel 36252

### **THANK YOU**

Claire Brady most sincerely thanks  
all relations, friends and WI for the  
beautiful flowers, cards, gifts and  
good wishes on the occasion of her  
recent Eightieth Birthday.  
Wonderful!

### **HAWKSHEAD SCHOOL PROJECT - update July/August 2015**

The subcommittee of the governors  
continue to meet on a monthly basis  
to discuss plans for the Pre- School  
project. We anticipated that the  
result of our planning application  
would not be known until at least  
the end of May, currently, this is the  
case. Consequently, it has been  
decided that the 'run in' period to  
the proposed build this summer was  
too short to commit to the planned  
building and we have therefore  
decided to postpone the project  
until a hoped- for commencement  
in summer 2016.

We have received donations and  
offers of funding of approximately  
£12,000 so far and the need to build  
on this encouraging response  
remains a high priority.

We will ensure the current building  
will continue to be serviceable in the  
interim. Discussion with the Pre-  
School committee and staff  
continues, to ensure provision of a  
suitable and sustainable Pre-School  
into the future. We remain

committed and optimistic despite  
the disappointing delay.

*Andrew Dodd, Chair of Governors*

### **HAWKSHEAD MEDICAL PRACTICE**

has now started an appointment  
system for morning and evening  
surgery. You can telephone to make  
an appointment, or, if you wish to  
book online, request a personal PIN  
number from the surgery and book  
through [www.patient.co.uk](http://www.patient.co.uk)

**There will always be  
appointments available to book  
on the day.**

We hope this will prove to be more  
convenient for you, with less waiting  
time and more availability. Please do  
not hesitate to contact the surgery if  
you have any queries

Tel: [015394 36246](tel:01539436246).

Website: [www.hawksheadmedicalpr  
actice.co.uk](http://www.hawksheadmedicalpractice.co.uk)

On another note, NHS England has  
given the go ahead for the surgery to  
move to better premises in  
Hawkshead. This is a very positive  
decision so watch this space for  
further details.

### **SANDYS' EXHIBITIONS**

The governors of Hawkshead  
Grammar School invite applications  
for grants (being up to £250) from  
young people who are, or have been,  
resident in the ancient Parish of  
Hawkshead to support their entry  
into a profession or their passage  
through higher education. For full  
details of the residency  
qualifications and details of how to  
apply please see

[www.hawksheadgrammar.org.uk](http://www.hawksheadgrammar.org.uk)

## **ARE YOU A PARENT WITH SCHOOL AGE CHILDREN?**

The Local Government Ombudsman has recently found in favour of Ravenstonedale residents who argued that Cumbria County Council was avoiding its statutory obligations to provide free transport to pupils under 16 years of age, placing an "unfair" demand on parents to meet "substantial" costs themselves. This ruling may also apply to those in fulltime education between the ages of 16 and 18. The relevant telephone number for school/college travel is: 0333 240 6965.

John Poole and Mark Phillips, Clerks, Hawkshead and Claife Parish Councils

## **SCHOOL NEWS**

Year 5 & 6 have been learning about Holland. Pupils have written letters to their French pen pals. Geography saw the exploration and comparison of different areas including Saint-Sylvester, near Limoges in France.

Years 3 & 4 enjoyed a trip to Brockhole where they partook in orienteering, crazy golf and various games around the grounds. Key Stage 1 has practised their dances for the coming Rose Queen Gala event to be held on Saturday, 13th June, at school.

School assembly looked at the earthquake crisis in Kathmandu, Nepal. Forest school involved detective work. The children investigated different habitats including; hedgerows, woodland,

orchard and a bog! They discovered which plants flourished under which conditions.

School held a sharing assembly to bring half term to a positive close. Many parents and family members joined the children to learn about the work they have done. This included Key Stage 1 sharing work about geographical features of the world.

Years 3 & 4 have learnt about animal rights and years 5 & 6 shared their knowledge of Europe and France. After half term Key Stage 1 went on a trip to Langdale and explored Cathedral Quarries. They saw the well known Cathedral Cave. Pupils also enjoyed the discovery 'environmental watch' for birds and creatures on the walk up to the quarries. Years 5 & 6 have been on a residential visit to Haws End Outdoor Centre at Keswick. Activities have included canoeing, sailing and walking. Children were also expected to make their own beds and lunch independently - after all they are growing up!

## **NEPAL IN NEED:**

Illustrated talk by Alan Oatway, Wednesday, 15<sup>th</sup> July, 7.30 p.m. in the Upper Market Hall.

Alan, a retired teacher from Newby Bridge, was trekking in Nepal when the first earthquake occurred (see Westmorland Gazette 7<sup>th</sup> May).

He's now giving talks to raise funds to take back to help rebuild a school that was completely demolished in the remote village of Simigaon. All welcome, admission free.



Parish Church of St Michael & All Angels,  
Hawkshead

MUSIC FOR A SUMMER EVENING

48<sup>th</sup> SEASON

**JULY**

- Tuesday 7<sup>th</sup>            Encore Opera  
Tuesday 14<sup>th</sup>        Chris Sands & Elias Sibley - banjo  
Tuesday 21<sup>st</sup>        Duncan Honeybourne & Katherine Lam - piano  
Tuesday 28<sup>th</sup>        Five In A Bar - Ladies a capella singers

**AUGUST**

- Tuesday 4<sup>th</sup>            John Longley – piano  
Tuesday 11<sup>th</sup>        Lake District Summer Music Concert  
Tuesday 18<sup>th</sup>        Charles Edmondson – organ & Chris Andrews - trumpet  
Sunday 23<sup>rd</sup>        Colne Orpheus Glee Union  
Tuesday 25<sup>th</sup>        Emmanuel Vass – piano

All performances start at 8.00 p.m., with the exception of  
Sunday August 23<sup>rd</sup> which is at 2.30 in the afternoon

Set in the historic village of Hawkshead, nestling in the heart of the Lake District National Park, is the stunning church of St. Michael and All Angels, a gem of a venue, where you can experience a mix of musical styles on Tuesday evenings throughout the months of July and August. Acoustics are great, views are unparalleled. Soak up the atmosphere in this unique setting.

In its 48<sup>th</sup> Season - Music for a Summer Evening 2015 is a must.

Whether you are a local resident or having a holiday break, every Tuesday during these two months there is a different style of music on offer and the concerts are free on entry! No tickets required! A retiring donation is all that is asked for which will be on behalf of a number of charities.

There is also a special Sunday afternoon concert at the end of August from probably the Country's oldest established Male Voice Choir which will add to the Tuesday programme.

From Opera to Jazz trumpets, from Ladies a Capella singing to classical and contemporary piano, there is a wide repertoire with something for everyone. Put the dates in your diary and come and enjoy a great evening.....

For PR enquiries contact Dawn on: dawnbonham@live.co.uk



Stephen and Christine Hoffman of Sarasota, USA  
and Hawkshead, UK

**Invite you to a Fourth of July Party**

at Hillfoot Cottage, Vicarage Lane,  
(behind Grandy Nook Tea Shop and across from Ann Tyson B&B)

Drop in anytime between 12 noon and 3.00 pm  
Saturday, 4<sup>th</sup> July,

Hot Dogs, Cold Beer. Cool Music, Warm Friendship.  
(soft drinks and sweet stuff also)

Everyone is invited  
Donations will benefit Hawkshead Parish Church.

***South Lakes Citizens Advice***

**Charity walk across Morecambe Bay**

Join us on Saturday, 5<sup>th</sup> September at 10.30 am to walk the spectacular Morecambe Bay sands led by Queens Guide Cedric Robinson MBE. The walk is around 8 miles and takes approximately 3 hours starting at Arnside promenade. The scenery is stunning, see the wildlife close by, it's a fun but slightly weird experience walking across the mud flats! If you've never done it before – now is your chance.

This is a major fund-raising event to help your local South Lakes Citizens Advice. Last year we helped 3,000 local residents with free, confidential and impartial advice. There's growing demand for our help and like other charities we struggle for funding. So please do come and walk with us. We think you will have a great experience and lots of fun while at the same time raising funds through sponsorship by family, friends and work colleagues. Registration is just £5 and if you could get friends or colleagues to sponsor you that would be great

We are limited to 200 people, so book your place early. Full details are available at [www.southlakescab.org.uk](http://www.southlakescab.org.uk) or telephone 015394 47185. We look forward to hearing from you!

***Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.***

## **From Cumbria Constabulary**

Child Sexual Exploitation - The more you know, the more you see.

Child Sexual Exploitation (CSE) involves offenders grooming youngsters and using their power to sexually abuse them. It can take many forms, whether it occurs through a seemingly 'consensual' relationship with an older boyfriend, or a young person having sex in return for attention, affection, gifts, alcohol or cigarettes. Cumbria Constabulary is committed to preventing child sexual abuse, helping victims and bringing offenders to justice. It is a crime that can affect any child, anytime, anywhere - regardless of their social or ethnic background.

Many young people who are being abused do not realise they are at risk and will not call for help. They may see themselves as willing participants when in fact their behaviour is anything but consenting. And, while there is no stereotypical victim of exploitation, there are warning signs in children's behaviour that may indicate something is wrong – and if you know what you're looking for, you can take steps to help them.

### **How can I find out more?**

Safeguarding our children is everyone's role – if not you, then who? Please take a look at the many websites available such as [www.cumbria.police.uk/cse](http://www.cumbria.police.uk/cse) and [www.cumbrialscb.com](http://www.cumbrialscb.com)

### **How can I get help?**

Anyone with concerns about child sexual exploitation can contact Cumbria Police on 101. In an emergency always dial 999.

Call Crimestoppers anonymously on 0800 555 111.

Young Victims can report anonymously online at - <http://www.fearless.org/>

Cumbria Safeguarding Hub on 0333 240 1727

### **Emma Forrester, Police Community Support Officer 5319, Ulverston and South Lakes NPT**

M: 07980 747393, T: Non-emergency number 101 – Option 2 and extension 45319

**Find us on...W:** [www.cumbria.police.uk](http://www.cumbria.police.uk),

Facebook: [www.facebook.com/cumbriapolice](http://www.facebook.com/cumbriapolice)

Twitter: [www.twitter.com/cumbriapolice](http://www.twitter.com/cumbriapolice)

Windermere Police Station, Lake Road, Windermere LA23 2JD

## **Hawkshead and Sawrey Community Transport. Need a lift?**

Perhaps you have an appointment at hospital and getting there is awkward, or you don't have transport to go shopping. If so,

**Call 07808 508997** and a friendly volunteer will help you.

The cost is 30p per mile (which covers the cost of petrol and vehicle wear and tear). For example, a trip to Kendal and back from Hawkshead would cost about £11 and to Barrow and back about £16.

Age UK	0800 169 6565
Alcoholics Anonymous	0845 769 7555
Carers UK	0808 808 7777
Child Death Helpline	0800 282 986
Childline	0800 1111
Community Legal Advice	0845 345 4345
Consumer Direct	0845 04 05 06
Crimestoppers UK	0800 555 111
Cruse Bereavement Care	0844 4779 400
DIAL UK	01302 310123
Domestic Violence Helpline	0808 2000 247
DrinkLine	0800 917 8282
Frank	0800 77 66 00
GamCare	0845 6000 133
Lesbian & Gay Switchboard	0300 330 0630
Message Home	0800 700 740
Missing People	0500 700 700
National Debtline	080 808 4000
Neighbourhood Watch	0116 229 3118
NSPCC Helpline	0808 800 5000
Parentline	0808 800 2222
Samaritans	08457 90 90 90
Shelterline	0808 800 4444
The Farming Community Network	0845 367 9990
Victim Supportline	0845 30 30 900

## ***South Lakes Citizens Advice***

### **Car Travel Tips**

As the holiday season is upon us, here are a couple of travel tips that may help you get about more easily. From 8 June, the DVLA has abolished the paper counterpart of the UK photocard licences. All endorsements, such as speeding offences, will be held electronically. If you commit an offence you will still have to pay any applicable fine and submit your licence to the court, but endorsements will no longer be recorded on the paper counterpart. You can view your record online, or request a copy by post (see [www.gov.uk](http://www.gov.uk) and type 'View your driving licence information' in the search box).

All of this means if you want to hire a vehicle, then you will no longer be able to show your paper counterpart or paper licence (pre- 1998). Instead you must obtain a unique access code (which expires after 72 hours) from the 'Share your Licence' online service and give this to the hire company along with the last 8 digits of your driving licence number. Alternatively you can call DVLA on 09061 393 837 and give permission for your driving record to be checked verbally by a nominated person/organization, but this may be difficult overseas or out of hours. A video explaining it all is available at [www.gov.uk/government/news/driving-licence-changes](http://www.gov.uk/government/news/driving-licence-changes)

Closer to home, did you know that Cumbria County Council has a 'Highways Hotline'? Phone them on 0845 609 6609 to report potholes, faulty traffic and street lights, anything to do with the condition of our roads. It's helpful if you have the precise location and the 3 number digit on the nearest lamppost. You can also report online, go to [www.cumbria.gov.uk](http://www.cumbria.gov.uk) click on 'roads and travel' then 'report a problem/issue'.

***Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, benefits, housing, employment, consumer problems and any other problems. We have various outlets across South Lakeland and can also give advice over the phone - telephone 015394 46464 for an appointment and help.***