

# CLHF Member Groups Directory

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SOCIETY	Address	Web site	email	Meetings	Charges	Members	Research	Publications
<b>Alston Moor Historical Society</b> <i>Mr Laurence Law</i> 01434 382981	Mid Ashgill Farmhouse Garrigill Alston CA9 3HB	<a href="http://www.alstonhistory.org.uk">www.alstonhistory.org.uk</a>	<a href="mailto:llaw840090@aol.com">llaw840090@aol.com</a>	1st Wed monthly 7.30 ex. Jul Aug. Masonic Hall Alston	£7 subs	40	Alston Moor	
<b>Ambleside &amp; District U3A</b> <i>Mrs Sylvia Foreman</i> 015394 31195	High Coppice 1 Gale How Park Ambleside LA22 0BW	<a href="http://www.amblesideanddistrictu3a.org.uk">www.amblesideanddistrictu3a.org.uk</a>	<a href="mailto:petesyv2@talk21.com">petesyv2@talk21.com</a>	4th Thur monthly 2.15 ex Jul, Aug, Dec. Ambleside Library	£8.50 subs +£1 per meeting	30-40	Pubs, Inns, Hotels of Ambleside. Field numbers and uses	See website
<b>Ambleside Oral History Group</b> <i>Mrs Sybil Parker</i> 015394 31070	1 High Busk Ambleside Cumbria LA22 0AW	<a href="http://www.aohg.org.uk">www.aohg.org.uk</a>	<a href="mailto:paul@ambleside.uk.org">paul@ambleside.uk.org</a>	Monthly, Ambleside Library	none	10	Oral history	Oral history transcripts and on-line
<b>Appleby Archaeology Group</b> <i>Mrs P Rouston</i> 017683 53463	White House Brampton Appleby CA16 6JS	<a href="http://www.applebyarchaeology.org.uk">www.applebyarchaeology.org.uk</a>	<a href="mailto:phyl@rouston.plus.com">phyl@rouston.plus.com</a>	2nd Tues monthly. Market Hall, Appleby. Apr-Sep Summer events	£10 or £18 joint	58	Archaeology related to Cumbria, particularly the upper Eden Valley	Conference Report 2007 People and the Land. Settlements in the Eden Valley
<b>Appleby-in-Westmorland Society</b> <i>Mrs V M Gate</i> 017683 51597	67 Glebe Road Appleby CA16 6RU	<a href="mailto:vivienegate@aol.com">vivienegate@aol.com</a>		Every two months, Supper room, Market Hall, Appleby-in- Westmorland	£8 individual, £20 corporate	140		The Society Newsletter - bi-monthly
<b>Arnside L H S</b> <i>Mr S Platts</i> 01524 761238	28 Redhills Road Arnside Carnforth LA5 0AU	<a href="mailto:jstewartplatts@aol.com">jstewartplatts@aol.com</a>		2nd Weds monthly, Arnside Womens Institute, Orchard Road, Arnside	£5 individual, £8 family	50		

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<b>Bampton &amp; District LHS</b> <i>Prof Pat Garside</i> 01931 713294	Bryham House, Low Knipe Askham Penrith CA10 2PU	<a href="http://www.bampton-history.org.uk">www.bampton-history.org.uk</a>	<a href="mailto:plgarside@fsmail.net">plgarside@fsmail.net</a>	6 per year. February – November. Bampton Memorial Hall	£5	60	Completing LHI project on Burnbanks Village, Haweswater. Oral history of the Lowther Valley	'A cast iron community; the story of Burnbanks' (BDLHS, 2006) 'Ploughing in Latin', (BDLHS 2001) £12 plus p&p. Bampton tithe commutation (on website)
<b>Brampton Local History Group</b> <i>Mr David Moorat</i> 0169772802	16 Capon Hill Brampton Cumbria CA8 1QJ		<a href="mailto:moo.rats@virgin.net">moo.rats@virgin.net</a>	Community Centre Brampton, 3rd Thursday of month at 7.30pm	£2.00 per meeting	150	Bewcastle Parish History, M Jackson	'Castles of Cumbria' M. Jackson. "Life in Brampton with 63 Public Houses" D Morat
<b>Caldbeck &amp; District History</b> <i>Mr Matthew Cosgriff</i>	The Croft Caldbeck Wigton CA7 8EU		<a href="mailto:mattcos@hotmail.com">mattcos@hotmail.com</a>	Parish Hall, Caldbeck, monthly	£5, £8 couple	44		Memories of Lakeland, 2008. Life and Work in the Caldbeck Area 1914-2000, £8.99 - Bookends. Monumental Inscriptions in the church 7 churchyard of St Kentigern, Caldbeck(out of print) Caldbeck Characters (out of print)
<b>Cartmel Fell &amp; District LHS</b> <i>Mrs J Boothman</i> 015395 68389	Burblethwaite Mill House Bowland Bridge Grange-over-Sands LA11 6NI	<a href="http://www.cumbrialocalhistory.org.uk/cartmelfell">www.cumbrialocalhistory.org.uk/cartmelfell</a>	<a href="mailto:jeni.boothman@tiscali.co.uk">jeni.boothman@tiscali.co.uk</a>	2nd Monday monthly, 8pm Cartmel Fell Parish Hall	£8	40	Local farmsteads, population, families	'Heritage Walks in the Winster Valley' £3.50, Letters, papers & Journals of William Pearson £25, 'Cartmel Fell a Patchwork History' £19.0
<b>Cartmel Peninsula LHS</b> <i>Mr Nigel Mills</i> 015395 36603	Broughton Grove Farm Ho Field Broughton Cumbria LA11 6HW	<a href="http://www.cartmelpeninsulalhs.org.uk">www.cartmelpeninsulalhs.org.uk</a>	<a href="mailto:nigmills@btinternet.com">nigmills@btinternet.com</a>	4th Thurs monthly 7.30, phone for venue	£6	55	History of Cark Airfield	'Everyday life in Cartmel' 1900-50
<b>Centre for NW Regional Studies</b> <i>Dr S Riches</i> 01524 593770	CNWRs Lancaster University Lancaster LA1 4YF	<a href="http://www.lancs.ac.uk/users/cnwr/s.riches@lancaster.ac.uk">www.lancs.ac.uk/users/cnwr/s.riches@lancaster.ac.uk</a>		Study days, conferences, seminars, excursions	£15	200	Extensive	Extensive - see website
<b>Cockermouth Museum Group</b> <i>Mrs Gloria Edwards</i> 01900 823966	High Moor House Hill Street Cockermouth CA13 0AU	<a href="http://www.cockermouth.org.uk">www.cockermouth.org.uk</a>	<a href="mailto:museumgroup@hotmail.com">museumgroup@hotmail.com</a>	Mondays 7.45- 9.45 Kirkgate Centre	n/a	11	Cockermouth & District	The Harris Thread -Monumental MIs of Cockermouth -History of Christ Church -Memoirs by Jonah Todhunter -Moota - Camp 103: The Story of a Cumbrian Prisoner-of-War Camp - Cockermouth's Evacuees, 1939-45 - Cockermouth People –and many more.

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<b>Crosby Ravensworth L H S</b> <i>Mrs E M Risk</i> 01931 715324	Brookside Crosby Ravensworth Penrith CA10 3JP		<i>TEDRELPH@aol.com</i>	3rd Weds monthly(except February & August) 7.30 CR Methodist	£8 visitors £2	20		
<b>Cumbria Amenity Trust Mining HS</b> <i>Mrs S Barker</i> 01434 381903	The Rise Alston Cumbria CA9 3DB		<i>www.catmhs.org.uk</i> <i>sheila.barker@cybermoor.org.uk</i>	Monthly field meetings for members	poa	100	Mining history, mining, conservation	4 newsletters per year, booklist to email
<b>Cumbria Archive Service</b> <i>Ms A Rowe</i> 01539 773540	Record Office, County Office Kendal Cumbria LA9 4RQ		<i>www.cumbriacc.gov.uk/archives</i> <i>kendal.record.office@cumbriacc.gov.uk</i>					
<b>Cumbria Family History</b> <i>Janet Arnison</i> 01931 714305	Jack Dike, Cliburn Penrith Cumbria CA10 3AL		<i>www.cumbriaFHS.com</i> <i>janetarnison@talktalk.net</i>	Carlisle, Whitehaven, Kendal, London quarterley plus two confs	£10	1400	Parish registers and Mis	Cumbria 1851 Census transcriptions. Extensive parish registers. Books on Marriage bonds, Window & Hearth tax, Will indices etc.
<b>Cumbria Industrial History</b> <i>Mrs H Caldwell</i>	Low Ludderburn Cartmell Fell Windermere LA23 3PD		<i>www.cumbria-industries.org.uk</i> <i>lowludderburn@btinternet.com</i>	Monthly meetings, various venues	£7.50 single, £10 joint	90	Any industrial history	3 bulletins per year, The Industrialist magazine
<b>Cumbria Railways Association</b> <i>Mr Philip Tuer</i> 01228 522118	24 Carlton Gardens Carlisle Cumbria CA3 9NR		<i>www.cumbrian railways association.org.uk</i> <i>philip.tuer@virgin.net</i>	Twice yearly, November (Bowness) and March	£14, £10.50 conc, £19,50 overseas	410	Books on Dalton in Furness and Whitehaven. Ulverston and Lancaster Railway	'Grange over Sands, A resort and its railways'. The Survivor; the rebuilding of a Victorian engine. Ravenglass; Roman port to railway junction.
<b>CWAAS Kendal Group</b> <i>Ms Helen Holmes</i> 01539 720217	Piers Ghyll Brigsteer Road Kendal LA9 5DY		<i>www.cwaas.org.uk</i> <i>helenholmes07@hotmail.co.uk</i>	1st Mon, Oct- Apr, 7.30 Shakespeare centre, 76 Highgate,			Ongoing fieldwork&documentar y research. Occasional study days, lecture by President Dr David	

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<b>CWAAS Penrith Group</b>	The Beeches Brougham Penrith CA10 2DF		<a href="http://www.cwaas.org.uk">www.cwaas.org.uk</a> <a href="mailto:christine.bretherton@btopenworld.com">christine.bretherton@btopenworld.com</a>					
<i>Mrs C Bretherton</i> 01768 867581								
<b>CWAAS South West Group</b>	Glen May Holmeside Irtton CA19 1YQ		<a href="http://www.cwaas.org.uk">www.cwaas.org.uk</a>	Supper Room Market Hall, Egremont	Members £1, visitors £2			
<i>Mr L Watson</i> 01946724634								
<b>Duddon Valley Local History Group</b>	High Cross Bungalow Broughton in Furness LA20 6ES		<a href="mailto:pat@sprays.mail1.co.uk">pat@sprays.mail1.co.uk</a>	4th Tuesday, ex Dec. Seathwaite parish rooms	£7	70	Ring Cairns project with LDNPA	'William Wordsworth & Wonderful Walker', £6, Ring Cairns to Reservoirs, Archaeological Discoveries in the Duddon Valley, Cumbria. £12 4 walks leaflets associated with the book will be available shortly.
<i>Mrs P Spray</i> 01229 716196								
<b>Eskdale &amp; District LHS</b>	Ellerslie Eskdale, Holmrook Cumbria CA19 1TX		<a href="http://www.eldhs.org.uk">www.eldhs.org.uk</a> <a href="mailto:Shaftesley@btinternet.com">Shaftesley@btinternet.com</a>	Last Monday in month, Eskdale village hall	£10	40	Mary Fair project, historical landscapes	
<i>Mr M Shaftesley</i> 01946 723151								
<b>Friends of Cumbria Archives</b>	Orchard House Great Corby Carlisle CA4 8LL		<a href="http://www.focas1991.co.uk/default.aspx">www.focas1991.co.uk/default.aspx</a> <a href="mailto:armstrong_tra@btinternet.com">armstrong_tra@btinternet.com</a>	Mar, Jun, Sep, Dec at record offices	£7	233	Archives and archival records	
<i>Mrs A M Armstrong</i> 01288 560864								
<b>Friends of Helena Thompson</b>	24 Calva Brow Workington Cumbria CA14 1DD		<a href="http://www.allerdale.gov.uk/default.aspx?page=215">www.allerdale.gov.uk/default.aspx?page=215</a>	Third Tues 7pm	£10, visitors £2	27		
<i>Mr I McCleary</i> 01900 603312								
<b>Friends of Keswick Museum</b>	Melyn Howe, Southey Hill Keswick Cumbria CA12 5ND		<a href="http://www.allerdale.gov.uk/default.aspx?Page=16">www.allerdale.gov.uk/default.aspx?Page=16</a> <a href="mailto:p.howell@seendcleeve.plus.com">p.howell@seendcleeve.plus.com</a>	1st Wed Oct-Mar Crosthwaite parish rooms	£10, jt£15, stud£2, inst£25+	220		
<i>Patricia Howell</i> 017687 73801								

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<b>Friends of Whitehaven Museum</b> <i>Mrs F V Sibson</i> 01946 832924	9 Commonsides, Swallow Hi Distington Workington CA14 4PU		<i>www.copelandbc.gov.uk</i> <i>fsibson@btinternet.com</i>	1st Tues, The Beacon	£9	50		'The most dangerous pit in the kingdom', 'The children of the pits', 'The Grave and Gravestone of Mildred Gall', 'Ships of West Cumberland'
<b>Furness Family History</b> <i>Miss J M Fairburn</i> 01229	64 Cowlams Road Barrow-in-Furness Cumbria LA14 4HJ		<i>www.furnessfhs.co.uk</i> <i>jaquie@grisedale4.wanadoo.co.uk</i>	1st Mon ex Aug. 7.15-9.15. Workshop Sep-Mar 6.15 - 7.15	£7, jt £11	350	Family History	Transcripts of burial records and census, Lancashire north of the sands.
<b>Hesket Local History Group</b> <i>Mrs E Murray</i> 016974 73511	Meadowbank House High Hesket Carlisle CA4 0HS					30-40		
<b>History of Kirkby Group</b> <i>Mrs A Woods</i>	19 Marsh Garth Kirkby-in-Furness Cumbria LA17 7UU			3rd Tues 2pm, occasional evenings Beckside rooms	£5	31	Kirkby Hamlets. Heathwaite Fell archaeology. Ashlack Hall documents	'Select Vestry book of Kirby Ireleth', £15. Leaflets on 'Beckside, Soutergate, Sandside, Kirkby Fragments, Celebrations.
<b>Holme &amp; District L H S</b> <i>Miss D Spencer</i> 01524 781540	2 Burton Park Burton Carnforth, Lancs LA6 1JB		<i>www.localhistory.burtonweb.org.uk</i>	Monthly Sep-Apr, Burton Memorial Hall. Visits in Summer.	£7.50	80	Fam Hist Pearsons and Hudsons in Beetham	'South Westmorland News', 2 vols. Burton in Kendal, Clawthorpes & Dalton in photographs, Beetham Baptism Register 1858-1903
<b>Keswick History Group</b> <i>Mrs D Hind</i> 017687 72771	Windrush, Rogerfield Keswick CA12 4BN		<i>umbriallocalhistory.org.uk/keswickhistorygroup</i> <i>dorothy.hind@tiscali.co.uk</i>		£5	27	Keswick & District Archive	
<b>Kirkoswald &amp; Renwick History Group</b> <i>Mr Richard Pickstoc</i> 01768 896130	Mountain View, Scalehouses Renwick Penrith CA10 1JY		<i>rapickstock@tiscali.co.uk</i>	Monthly, Renwick Reading Room & Renwick Methodist Chapel	£12	20		

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<b>Lamplugh and District Heritage Soc.</b> <i>Mr Bob Marshall</i> 01946 861493	High Thwaite Lamplugh Workington CA14 4SQ	<i>www.lamplughheritage.org.uk</i>	<i>bobnbet.64@btopenworld.com</i>	4th Thurs monthly 7.30. Lamplugh Village Hall	Family £7.50, Single £5.00		Signposts project in progress	'The Parish of Lamplugh' £2.50. 'Lamplugh Church' £3 (plus £1 p & p each). "How Hall" a book of rurally orientated poems and stories by Ennerdale poet Tom Rawlings £7.50 plus £1.25 p & p.
<b>Lazonby &amp; District LHS</b> <i>Mrs V Halsall</i> 01768 890046	Fox How, Townhead Lazonby Penrith CA10 1AT		<i>vhalsall@ftdbroadband.com</i>	Sept-Apr monthly ex Dec. Lazonby Village Hall. Events in Summer	Individual £4. Joint £7	48	History of Lazonby. Impact of Railway on Lazonby	
<b>Levens Local History Group</b> <i>Mr Stephen Read</i> 01539 560318	Black Castle Levens Kendal LA8 8PA		<i>levenshistory@btinternet.com</i>					
<b>Long Marton Local History Group</b> <i>Mr Keith Spence</i> 017683 62642	20 Somerwood Close Long Marton Appleby CA16 6BH		<i>kspence@phonecoop.coop</i>	Bi-monthly, Long Marton Village Institute		12	Families of Long Marton, Knock, Brampton. Settle & Carlisle. Silverband Mine	
<b>Lorton &amp; Derwent Fells LHS</b> <i>Mrs S Shaw</i> 01900 829812	Pardshaw Hall Pardshaw Cockermouth CA13 OSP	<i>www.derwentfells.com</i>	<i>Sandra.M.Shaw@btopenworld.com</i>	2nd Thursday alternant months.7.30 Yew Tree Hall, High Lorton + Activities	£10 full £5 country	182	History of townships south of Cockermouth.	2 journals per year. 'A Cumberland Valley', 'Life in Old Loweswater', 'Wordsworth & the Famous Lorton yew tree', 6 township maps 1841, 40 oral histories accessed through Ambleside OHG. Manorial records project (website).
<b>Maryport Heritage Society</b> <i>Mr David Taylor</i> 016973 33160	5, The Crofts Silloth Wigton CA7 4EU		<i>david_taylor257@hotmail.com</i>	1st Wednesday of Month,7.15pm Maryport Library	£5	30		
<b>Matterdale Historical &amp; Arch. Soc.</b> <i>R S Matthews</i> 01768 483978	Holly Howe Penriddock Penrith CA11 ORS		<i>hollyhow@madasafish.com</i>	3rd Friday Sept - Mar. Matterdale Centre	£10. fam £15	150	Varied programme including resistivity surveys.	Annual yearbook in March

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<b>Millom Local History Society</b> <i>Mrs Jane Micklethw</i> 01229 772055	16 Churchill Drive Millom Cumbria LA18 5DD		<i>Jmmicklethwaite@aol.com</i>					
<b>North Lonsdale History</b> <i>Mr David Fellows</i> 01229 583565	36 Woodland Rd Ulverston Cumbria LA12 0DX		<i>dfjf@tinyworld.co.uk</i>	2nd Tuesday monthly Ulverston Methodist Church	£7 or £1.50 per meeting	50+	Hearts of Oak - the last ship built in Ulverston. Rescued, restored and now afloat (Jennifer Snell)	Lost Ulverston. A book based on 25 paintings by Jennifer Snell of bygone Ulverston compared in words & photographs with present day scenes. Nov 2008 £10
<b>Orton &amp; Tebay Local History</b> <i>Mary Jenkin</i> 015396 24410	Beckside Orton Penrith CA10 3RX		<i>www.otlths.ukme.com</i> <i>marypjenkin@aol.com</i>	7.30pm various evenings at either Tebay Meth.Chapel or Orton Market Hall	£5: Visitors £1.50 per meeting	70		A History Walk Around Orton. A brief History of St James, Tebay
<b>Penrith and Eden Museum</b> <i>The Curator</i> 01768 865105	Robinson's School Middlegate Penrith CA11 7PT		<i>eden.gov.uk./museum</i> <i>museum@eden.gov.uk</i>					
<b>Seascale Open Mind (Local History)</b> <i>Sue Bagnall</i> 019467 25595	1 Denton Park, Gosforth Seascale Cumbria CA20 1BG			1st Wednesday of month, 10.45am, St Cuthbert's Church Hall,				
<b>Sedbergh &amp; District History</b> <i>Mr R W Cann</i> 015396 20771	31, Loftus Hill Sedbergh Cumbria LA10 5RX		<i>www.sedberghhistory.org</i> <i>rwvc.cann@btinternet.com</i>	2 per month in Winter, 1 per month in Summer. Settlebeck High	£10. Fam £12, overseas £15	360	Plantation owners, expat Liverpool cowkeepers, Dent boundaries, Policing, S t. Andrew's, notable	'The Sedbergh Historian' annually. Three 'Newsletters' per year. Dr Robert Lupton (1456- 1540) 'Sedburgh-The Town in Old Photographs'
<b>Shap Local History Society</b> <i>Mrs L Amos</i> 01931716244	Kirkbank House Shap Penrith CA10 3LD		<i>www.shaphistorysociety.org.uk</i> <i>liz.amos@hotmail.com</i>	4th Monday, 7.30 ex Dec. Shap Memorial Hall. Plus outings, exhibitions.	£7, joint £12, Postal £10, visitors £3	35	Shap coach roads, Shap granite, Mardale, family history(names include Lowis, Hindson, Douth	Shap Abbey Guide £2.50, A History of Shap & District Darts League £10, 'The March and The Muster' A common place book - Frank McManus £7.99

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<b>Solway History Society</b> <i>Mrs S L Thornhill</i> 016973 44257	9 Longthwaite Crescent Wigton Cumbria CA7 9JN		<i>s.l.thornhill@talk21.com</i>	Monthly in Winter, Thomlinson Jnr School Hall, Wigton. Summer	£5 couple £7.50	125	George Moore fountain, restoration and book.	Summer and Winter journals.
<b>Stainton History Group</b> <i>Mr Robert Price</i> 01768 840640	23 Keld Close Stainton Penrith CA11 OEJ		<i>bob@theprices.me.uk</i>	Quarterly, Stainton	£5	20	House Recording Nina Jennings	
<b>Staveley &amp; District History</b> <i>Mr John Berry</i> 01539 822229	9 Fairfield Close Staveley Cumbria LA8 9RA		<i>www.sdhs.org.uk</i> <i>sec@sdhs.org.uk</i>	2nd Tues Oct- Apr. Staveley School	Individual £7 Couples £12	156		'A Lakeland valley through time' 'A Lakeland valley in pictures' -DVD. 'The living past' oral history and music on CD
<b>Swarthmoor Hall History Group</b> <i>Mr Ian Lewis</i> 01229 583204	Swarthmoor Hall Ulverston Cumbria LA12 0JQ		<i>swarthmoor.blogspot.com</i> <i>swarthmoorblog@googlemail.com</i>	Quarterly, Swarthmoor Hall		12	Swarthmoor Hall and People	
<b>The Beacon</b> <i>Sue Palmer</i> 01946 592302	The Beacon West Strand Whitehaven CA28 7LY		<i>www.thebeacon-whitehaven.co.uk</i> <i>thebeacon@copelandbc.gov.uk</i>					
<b>The Mourholme LHS</b> <i>Mrs Jenny Ager</i> 01524 701491	51, The Row Siverdale Carnforth LA5 0UG		<i>parsonseasterling@hotmail.com</i>	Yealand Village Hall, Sept -April, 4th Wednesday in month	£10.00 per annum. Visitors £2 per meeting	60-70	The old parish of Warton	'Warton in the Middle Ages'. 'How it Was: A North Lancashire Parish in the Seventeenth Century'. 'Warton 1800-1850: How a North Lancashire Parish Changed'. 'Warton Parish 1850-1900: Boawick, Carnforth, Silverdale, Warton, Yealands'. 2 magazines per year
<b>The Wordsworth Trust</b> <i>Mr Jeff Cowton</i> 015394 35544	The Wordsworth Trust Townend Grasmere LA22 9SH		<i>www.wordsworth.org.uk</i> <i>j.cowton@wordsworth.org.uk</i>	See website for programme	Friends £25		British Romanticism & the Discovery of the Lake District	The Wordsworth Trust of Charles Nugent, "Edward Lear the Landscape Artist"...2009, The Wordsworth Trust, Robert Woof, Treasures of the Wordsworth Trust,2005

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<b>Thwaite Group U3A</b>	Crummock Cottage 2 High Mains, Torpenhow Wigton CA7 1HX							
<i>Dr Denis Hoare</i> 016973 71534								
<b>Upper Eden History Society</b>	Middle Garth Brough Kirkby Stephen CA17 4DR		<i>gowling@kencomp.net</i>	Monthly 7.30. Kirkby Stephen Grammar School	£10	122	Brough, early modern period.	
<i>Mr D J Kay</i> 017683 41533								
<b>Warwick Bridge Local History Group</b>	Station House Heads Nook Brampton CA8 9AE			1st Thursday Downagate Community Centre	£1.50 per meet/£2.50 talks	20	Early textile mills, Victorian trades occupations, churches, geneology	Extract of School log 1876 - 1925 £2.50, History of Warwick Bridge planned
<i>Miss Pat Newman</i> 01228 560659								
<b>Whitehaven L H S</b>	25 Loop Road North Whitehaven Cumbria CA28 6LR		<i>valproud@aol.com</i>	3rd Mon monthly 7.30. United reform church hall.	£5	30		
<i>Mrs V Proud</i> 01946 695698								