



# Heart of Eden May 2025 The News Magazine of the Benefice

## Remember Christian Aid Week — 11<sup>th</sup> to 17<sup>th</sup>



Amelia with her 4-year-old daughter, Yakelin, surveying the tragedy of their dying banana trees during an intense heatwave. (Credit: A. Sheppey/Christian Aid) - see article, page

from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the advertisements which follow the news items.

St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Lo; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. Also with additional information from Methodist Churches at

# What's on in May in the Heart of Eden?

Date	Time	Place	Event
1st	11:30 - 1 pm	Warcop Parish Hall	Soup and Pud
3rd	10:30 - noon	Milburn Village Hall	Village coffee morning
3rd - 5th	10 - 4	Warcop Parish Hall	Art and Craft Exhibition
4th	6pm	Sands Methodist Church	(Filling Station) Celebration
4th	10:30 - 4pm	Ormside Village Hall	Ormside "Summer" Teas
6th	2:30pm	St. Lawrences Church	Healing Service
6th	6:30 - 8:30	Appleby Bowling Club	Taster Sessions (& every Tuesday)
6th	7 pm	Brampton Village Hall	Book Club
6th	10am	Temple Sowerby Victor2y Hall	Coffee Morning
7th	12:30	Brampton Village Hall	Brampton Ladies
8th	All day	All over Appleby	Numerous VE day events, see p.13
8th	2 - 4:30	Sands Methodist Hall	VE Day Afternoon Tea
10th	9:30 - 11:30	Public Hall Supper Room	Coffee Morning in aid of RBL Ladies' Section
10th	7:30pm	Appleby Public Hall	Highlights - Faultlines
10th	10:30 - noon	Colby Village Hall	Coffee morning
10th	10 - 11:30am	Warcop Parish Hall	Coffee Morning
11th	7:30pm	Dufton Village Hall	Highlights - Sarah McQuaid
11th	12:30pm	Brampton Village Hall	Village Photograph Event
12th	2 - 4pm	Public Hall Supper Room	Evergreens
12th	7:30pm	Ormside Village Hall	Country Dancing
13th	2:30 - 4:30	Temple Sowerby Church	Rainbow Café
14th	10:30am	Public Hall Supper Room	Arts Society - "Joseph Wright"
14th	7:30pm	The Hollies, Asby	Asby Fellowship - Andrew Burrell
14th	7:30pm	Brampton Village Hall	Eden Valley Woodturners
14th	7pm	Dufton Village Hall	Bingo in aid of church
14th	10:30 - noon	Ormside Village Hall	Coffee Morning
15th	7:30pm	Appleby Hub	Highlights - Sons of Town Hall
15th	7:30pm	Warcop Parish Hall	Film - "The Critic"
17th	8:30 - 2pm	St. Lawrence's Cloisters	Churches Together CA @ 80
17th	7pm	Appleby Public Hall	Lights, Camera, Appleby - "A Complete Unknown"
17th	10:30 - 1:30	Long Marton Village Hall	Bacon rolls, soup, etc., etc.
17th	10:30 - noon	Milburn Village Hall	Church coffee morning
19th	2 - 4pm	Public Hall Supper Room	Evergreens
20th	7:30pm	Ormside Village Hall	Craft Evening
20th	10am	Temple Sowerby Victory Hall	Coffee Morning

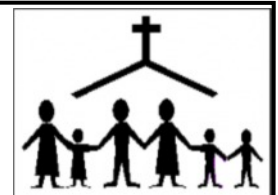
## Church of England:

Rectors: Rev. Andrew Burrell (☎07778683820)

For (C of E) baptism or wedding bookings contact Joyce Keetley, Office Manager, email: [applebymc@carlisle-diocese.org.uk](mailto:applebymc@carlisle-diocese.org.uk) See also article later in newsletter

**Methodist Minister:** Rev. Stephen Radford: ☎ 017683 71202

**Roman Catholic Priest** (Our Lady of Appleby) Fr. J. Winstanley ☎ 01768 862273



## To Make a Difference



Things happen so suddenly that I find myself wondering if what I write now will still have any relevance by the time it is read. Like the rest of mankind, I'm wondering, today, what President Trump will do next, as the world's economic system tumbles down in confusion. Today, we tremble as he observes, with no sense of irony, that: "no other president could have done what I have done!"

The pages of history - the books of the Old Testament not least - are full of the exploits of men who have taken power to themselves with no regard for the welfare of the conquered. How will it all end? And what do I, just one among billions, matter? What can I do to alter the pages of history?

Perhaps we might learn that, as individuals, there is little of what needs to be done which lies within my power. But coming to some sense of my responsibility as I try to pray, I can believe that the small things do matter, and that it's all the small things which support what we call the big things. How many anonymous thousands does it take to support a field hospital in Ukraine?

It's perhaps too easy to shrug away the many terrible acts of wickedness which we have witnessed in this last century. After eighty years, still we are learning of new horrors committed during the Holocaust. Among the reasons for wishing away all memory of it is to banish from our minds the possibility of it ever happening again. Likewise, we might wish to reject the evidence that the perpetrators of the Final Solution were people just like ourselves. No wonder that our daily prayer must be: "Lord Jesus Christ, have mercy on us sinners" and "Deliver us from evil".

As, at this time, we follow the fate of a good man abused and murdered, the Gospels leave us nowhere to hide. No room left for us to point the finger at our neighbours. When first we gain an inkling of the potential for evil which lies within us, we have either to reject and ignore that unwelcome accusation, or rouse ourselves to a life which is open to the awareness of love. A love which would free us to share in the joyful Resurrection which Beethoven celebrates in the climax of his Ninth Symphony. The Lord is risen. He is risen indeed!

Rev. Roger Collinson

## No Christenings, Weddings or Funerals seen by press time Ed.

### What's on?? on?? What's on?? What's on?? What's on?? What's on?? What's on??

Date	Time	Place	Even
21st	7 pm	Brampton Village Hall	Village Social
21st	TBC	Long Marton Village Hall	Local History Group - "Cumbrian Social Paths"
23rd -24th		9am to early pm	St. Lawrence's Churchyard Annual Plant Sale
26th	7:30pm	Ormside Village Hall	Country Dancing
28th	10:30	Sands Methodist Church	Memory Club
28th	7:30pm	The Hollies, Asby	Asby Fellowship - Donal Marston
28th	10:30 - noon	Ormside Village Hall	Coffee Morning
30th	7:30pm	Dufton Village Hall	Concert in aid of church
31st	All day	Appleby Public Hall	Northern Crafts Market
31st	10:30 - 12:30	St. Peter's Church, Asby	Coffee etc. in aid of church

Electronic copy by email is preferred; email address [heart-of-eden-editor@hotmail.co.uk](mailto:heart-of-eden-editor@hotmail.co.uk). Please identify the content in the email subject line and in the name of each attachment. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'. Prices on application for commercial advertisements - payment in advance, please! We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. The editor welcomes articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. We will accept 'Small Ads' (suitable for a Church Magazine), and they will cost £5 for up to 40 words. Please email it to the editor as above or write it on a piece of paper, with your address, and leave it in the Heart of Eden tray near the main church door of St. Lawrence's. Put an envelope, with a £5 note in it, and marked 'HoE Small Ad' and something to identify it, in the safe, which is straight ahead of you as you enter the church. To be included in a particular edition of the newsletter, please do this before noon on the 14<sup>th</sup> as with other items. n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know ( 07.401.425.430). On-line delivery of this newsletter is strictly by the editor's list of email addresses, or as a link from "A Church Near You" (<https://heartofeden.org.uk/>),

# Churches Together in Appleby

We, Churches Together in Appleby-in-Westmorland, warmly invite you to come join us on Saturday 17th May, 8.30am - 2pm, to celebrate 80 years of Christian Aid week... focussing on Guatemala & enjoy a FREE cup of Farrants Gutemalan coffee... See article later on.



## Church of England

**St. Lawrence, Appleby with St. John, Murton cum Hilton**



Churchwarden and Secretary: Jo Ayres (☎52017)

The 2025 Annual Plant Sale will be on Friday 23<sup>rd</sup> and Saturday 24<sup>th</sup> May from 9 am - early afternoon.

Please bring plants for sale to the churchyard on Thursday 22<sup>nd</sup> in the morning, if possible — annuals, perennials, vegetables, bulbs, indoor plants. Everything welcome, everything sells.

All proceeds to St Lawrence Church. Thank you very much. See you there.

**St. Peter, Asby**



Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎07966.371044

**St. Cuthbert, Dufton**



Churchwardens:

Mrs. Gillian Bryan ☎51414

Mrs. Pam Day

Secretary: Mrs. Louise Stewart

**St. Michael, Kirkby Thore**



Churchwarden:

Margaret Davidson ☎017683.61699

Church Warden and Secretary:

Maeve Moore ☎017683.62005

**SS. Margaret & James, Long Marton**



Churchwarden:

Mr. Lutaf Greenshaw ☎07802254982

**St. Cuthbert, Milburn**



Churchwarden:

Mr. Leigh Harding ☎0333.014.3944

Secretary: Christine Braithwaite

**St. Theobald, Musgrave & St. Columba, Warcop**



Churchwarden Mark Blackett-Ord [mblackett-ord@5sblaw.com](mailto:mblackett-ord@5sblaw.com)

**St. Edmund, Newbiggin**



Churchwardens:

Mrs. M P. Sawrey-Cookson ☎017683.61574

Tim Whittaker

**St. James the Less, Ormside**



Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎017683.51043

**St. James, Temple Sowerby**



Churchwardens:

Angela Cleasby ☎07947379412

Laura Crackanthorpe ☎07470403623

Secretary:

Anne Farmer ☎017683.61770

Rainbow Cafe is held on the second Tuesday of every month (13<sup>th</sup> May) in Temple Sowerby Church at 2.30 to 4.30 pm

## Our Sister Churches

### Methodist Church:

Minister: Rev. Andrew Sterling.

email [andrew.sterling@methodist.org.uk](mailto:andrew.sterling@methodist.org.uk) ☎017683.51244

**Dufton with Knock Methodist Church**



Secretary: Mrs. Avril Swinbank

email [dacreandavril@gmail.com](mailto:dacreandavril@gmail.com) or

☎017683.53102

**Sands Methodist Church**

General Enquiries Alastair Kirkpatrick on

email [am.kirkpatrick@yahoo.com](mailto:am.kirkpatrick@yahoo.com)

or ☎017683.51184



8<sup>th</sup> May (VE Day) from 2 to 4:30 pm. Celebrate and commemorate VE DAY at a Community AFTERNOON TEA at Sands Methodist Hall, Appleby in association with the Royal British Legion. A chance to chat over home-made cakes, cuppas and egg and cress sandwiches! Yummy! Donations for the Renovation Fund.

**Warcop Methodist Church**



Secretary: Mrs. Glenda Burton on

email [cotehouse@aol.com](mailto:cotehouse@aol.com)

or ☎017683.98067

**Roman Catholic Church of Our Lady of Appleby, (Parish of St. John Boste)**



Garheads Road, Appleby

Fr. John Winstanley ☎01768 862273

## Tours of St Anne's Hospital

Regrettably not available for the duration of the building work going on at the hospital. No services will be held in the chapel, either

## News from the Area



Donations can be made at Appleby and Kirkby Stephen Co-Ops, and K.S. Spar shops during opening hours, also at the wheelie bins outside Sands Methodist Church on Appleby Sands from 11 to 11:30 on Tuesdays and 10 to 10:30 on Fridays

To all the people who regularly support us, we would like to thank you so very much for your continued commitment towards the work of UEFB. Your regular financial giving is both helpful for those times when we need to plan ahead a little, for example extras for Christmas, or for larger families, as well as for those times when we might be particularly busy.

Thanks to people such as you, we are blessed currently to be in a position of comfortable amounts of supplies of food and of money. Please accept grateful thanks from our team of hard working volunteers, as well as from those who receive support from the food bank, some of whom are overwhelmed at the kindnesses of their neighbours in our local communities who are helping to see them through a difficult time.

Additionally, should you know of any person or family in need of the food bank, please do get in touch, contact details below:

☎ : 07596 690 902

: upperedenfood

Web: [www.upperedenfoodbank.org.uk](http://www.upperedenfoodbank.org.uk)

These may also be helpful:

Citizens Advice Carlisle & Eden:

03300 563 037, or Facebook

Local Links, Kirkby Stephen: Mon & Wed, 10 - 12, 1-3pm

017683 71775,

Cumbria County Council Community Support:

01228 221100

## (Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month.

## Renew Wellbeing Café

Where it's ok to be not OK. An intentionally calm, shared space Free of charge All Welcome, everyone values Open to people of all faiths and none Each session starts and ends with a 5 - 10 minute meditation and prayer, which we find helps wellbeing. You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you. If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good. Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please. **Now removed to the Public Hall Supper room.** Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore [krist@pattimore.com](mailto:krist@pattimore.com) ☎07480.935119



## Wellbeing Wednesdays



## The Welcome Inn!

Every Tuesday afternoon, from 1pm to 3pm, in St Lawrence's Church,

Appleby as a place of companionship and healing with an opportunity for prayer and connection.



We also have a private and confidential space available in our Lady Chapel if you would like to talk or pray with one of our team. Once a month – on the first Tuesday at 2.30pm 6<sup>th</sup> May) - we also hold a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love. All are very welcome! We look forward to seeing you.

As a church we believe that healing is not just about people being well; it is about human flourishing and that, whatever the state of our body, mind and spirit, all people are beloved of God.

For further information, or for prayer requests, you can email us on [welcomeinnhhh@gmail.com](mailto:welcomeinnhhh@gmail.com)

## Citizens Advice Carlisle and Eden Volunteers needed

Citizens Advice Carlisle and Eden (CACE) is here to help local people with any problems they may be experiencing. In the last year CACE has provided free, confidential, independent advice and support on matters including employment, debt, benefits, housing, energy and consumer affairs to around 5,000 people.



Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit: Digital Advisors: to work with clients by email and on the phone to provide advice across a wide range of issues.

Energy Advisers: to work with clients on the phone to give information and advice on dealing with problems people are having with their energy suppliers and bills

No special experience is required but volunteers should be good communicators and non-judgemental, be prepared to undertake a rigorous training programme, have good IT skills and able to commit to one day a week of volunteering.

If you are interested full details and how to apply can be found at: <http://www.ca-ce.org.uk/> or email [volunteer-recruitment@ca-ce.org.uk](mailto:volunteer-recruitment@ca-ce.org.uk) with a daytime phone number so we can call you for a chat

## Inner Wheel

We have two manual wheelchairs for temporary use by local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed.

Contact Stan Rooke on ☎017683 52864.

## Appleby Smarter.

Looking for new recruits to our Appleby Smarter team of volunteers!

We meet every Monday afternoon 1 - 3 pm (weather permitting).

Tasks can include brushing, tidying, cutting back, painting etc. to help keep our town looking smart but our other aim is to get people out and about for some fresh air, exercise and a bit of craic.

We are supported locally by Appleby Town Council and Age Concern Appleby.

Ring or email Mike if you would like to know a bit more, on ☎0775 192 4982 or email [applebysmarter@gmail.com](mailto:applebysmarter@gmail.com)



## Tourist Information Centre

Open 10 - 3 Monday to Saturday

We have a lot of visitors who would like to join in with local events, so if you send the TIC a poster we will advertise your event on Facebook and put it out on our A-board.

Anyone wishing to confirm a coffee morning at The Supper rooms, Market Hall, Appleby for 2024 Please get in touch with Alison Taylor at Appleby TIC ☎017683 51177 ext. 2 or [tic@applebytown.org.uk](mailto:tic@applebytown.org.uk).

We have lots of local books, and locally made craft items by Eden artisans. Come in and browse! Opening Hours are currently Monday - Saturday 10am till 2pm.

Website: [www.visitappleby.co.uk](http://www.visitappleby.co.uk) Twitter/X: @applebytown

Facebook: Appleby Tourist Information Centre

## Appleby Library

Opening hours now:

Monday, Wednesday and Friday, 9am to 12:30, 1:30 to 5pm **and** Saturdays 10am to 1pm

And don't forget the new library app. Try googling <https://www.westmorlandandfurness.gov.uk/news/2024/new-app-library-members-cumbria>

## Penrith and District Red Squirrel Group

Your native red squirrels need you! Become a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey or sickly red please ring Gary Murphy on ☎07974788434

Visit our website at [www.penrithredsquirrels.org.uk](http://www.penrithredsquirrels.org.uk)

to donate. If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.



## Public Hall Coffee Mornings

Appleby Public Hall, Supper Room Saturdays - 9:30am to 11:30am

**Date**                      **In aid of**  
10<sup>th</sup>                              Royal British Legion Ladies' Section



and 31<sup>st</sup> all day in main hall - Northern Crafts Market

## Bus Talk

### 563 Penrith to Kirkby Stephen Bus Service



Since 31<sup>st</sup> March, the 563 bus service operated by Stagecoach now runs between Penrith and Kirkby Stephen, Monday to Friday. Weekday buses have doubled in frequency to four to and from Kirkby Stephen and six to and from Appleby between early morning and early evening.

For the first time since 2016 it is possible for Eden Valley residents to use the 563 to arrive in Penrith before 08.30, enabling them to access education and work within office hours. There is now also a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith.

The Saturday 563 service between Penrith and Kirkby Stephen has not been changed.

Timetables are available from Appleby TIC or online at [westmorlandandfurness.gov.uk/buses/563](http://westmorlandandfurness.gov.uk/buses/563)

### 561 Appleby to Kendal Bus Service

The 561 service resumed in January, operating on Wednesdays, running during off peak hours and giving users approx. 3 hours in Kendal.

It leaves opposite Appleby Moot Hall at 09.30 and arrives at Kendal bus station at 10.30 and returns from Kendal at 13.30, arriving back at Appleby Moot Hall at 14.30.

The service is operated by Westmorland & Furness Council with a 16 seater minibus and although ENCTS permits will be eligible, the £3 fare cap will not, and normal ticket fares apply for anyone travelling without a permit.

Timetables are available from Appleby TIC or online at

[westmorlandandfurness.gov.uk/buses/561](http://westmorlandandfurness.gov.uk/buses/561)



## VE 80 Day

Appleby town has plenty of activities planned to commemorate the 80th anniversary of VE Day. We hope people will come into town to celebrate. See page 13

Shops in town are also being encouraged to dress their windows and there will be a fancy dress competition for the best dressed.

## The Butts Shelters

The two shelters on the riverside have been refurbished and look fabulous. We hope people will respect the efforts made to

repair them, but if you do spot any damage to them, please can you report this to the Tourist Information Centre.

### **Black & White Bollards**

Installation is now underway to replace the bollards on the Sands side of the river. This leaves the 100 bollards on Scattergate to replace and it is hoped to start work on these before the start of summer.

### **Appleby Public Hall**

Appleby Council intend to carry out some refurbishment work to the Public Hall this coming year. We would appreciate any feedback from users of the hall as to what improvements you would like to see. Feedback forms are available from the TIC.

### **Post box in Appleby**

Following the closure of the post box at Appleby Post Office, Royal Mail have informed the Council that a new post box has been ordered for Appleby town centre and we hope to hear soon when and where it will be installed.

## **Appleby Edibles**

Come and grow with us!

### **Who are we?**

An inclusive group of gardening and nature enthusiasts who like to grow fruit and veg, socialise, and share skills in pleasant surroundings. Our members are of all ages and abilities, and we are happy to welcome members with health challenges. We enjoy a strong sense of connection with the environment.

### **Where are we?**

At the far end of the former Appleby Heritage Centre site (near the railway station). There is free parking adjacent to the garden.

### **When are we open?**

Please come and visit us Tuesdays and Saturdays 10-12. When you join Appleby Edibles you come up and garden whenever you like.

Enquiries to Karen West (Chair) 07974 759136, Annie Weir (Secretary) 07919 542143, or email us at [applebyedibles@hotmail.com](mailto:applebyedibles@hotmail.com)

## **Community Transport**

(Supported by Westmorland and Furness Council)

### **Community Wheels service**

This service continues to operate on Fridays into/out of Appleby - to join the Community Wheels scheme, please call 01228 226430.



### **Voluntary Social Car Scheme**

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied). To use this service please contact Valerie Kendall, Scheme Co-ordinator, on ☎017683 53159. **N.B. You may have to leave a message. If you do, be sure to leave your telephone number or other way of contacting you! See also advert., p.13**



## **Appleby Clubs, etc.**

### **Appleby in Westmorland Society**

On Thursday 15<sup>th</sup> May at 7:30pm in the Public Hall Supper Room, Tim Farron MP will give a lecture on his experiences as a member of parliament.

## **The Arts Society - Joseph Wright of Derby**

On Wednesday 14<sup>th</sup> at 10:30am in the Public Hall Supper Room, there will be a lecture by Scott Anderson, who trained as an archaeologist at Leicester University and was a professional archaeologist for ten years before his interests shifted to the world of art, antiques and auctioneering

The widespread developments in art and industry, in science and technology and social behaviour in the 18<sup>th</sup> century laid the foundations of the modern Britain that we know today. This was the age of the Enlightenment and of the Industrial Revolution, events that were to change and mould British life for the next two hundred years. This was also the age of Joseph Wright of Derby who painted the very spirit of the Industrial Revolution and the Enlightenment and whose paintings are still familiar to his many admirers to this day.

## **Appleby Bowling Club**

...are looking for new members. The Club has superb green and clubhouse facilities. The Outdoor Season starts in mid April, and continues to mid September. The Winter Indoor season which starts in mid September and continues to the following April.



**Regular Free Taster Sessions are held on Tuesday Evenings from the beginning of May until the end of August from 6.30pm until 8.30pm for you to try the sport. Any flat soled shoes you have will suffice, and bowls will be provided by the Club.**

Friendly games take place on most afternoons during the Summer (Outdoors) and the Winter (Indoors) starting at 2pm. There are numerous internal Club Competitions throughout the year.

During the Summer on Tuesday afternoons and Thursday evenings we compete in Local Leagues for those of you with a competitive flair. Friendly matches take place against other clubs in the Eden Valley area during the Winter Indoor season.

Presently the Annual Membership fee is £65.00 for adults, which covers both the Outdoor and Indoor Seasons.

Contact details:- Peter Metcalfe, Hon. Secretary,

Appleby Bowling Club, The Sands, Appleby-in-Westmorland CA16 6XN,

☎01768 352306 and email: [metcalfe6xy@btinternet.com](mailto:metcalfe6xy@btinternet.com)

## **Appleby Evergreens**

Evergreens in the Public Hall Supper Room from 2 - 4 pm generally on alternate Mondays (but this month 12<sup>th</sup> and 19<sup>th</sup>)

## **Appleby Rainbows, Brownies and Guides**

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking



for people who could help either on a weekly basis or regularly on a rota basis. You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com)

*Kathryn Nunn*

Chair Appleby Friends of Guiding

Appleby Rainbows, Brownies and Guides



**JOIN US**



Meeting times:

1st Appleby Rainbows (age 5-7) Thursday 5:00-6:15pm

2nd Appleby Brownies (age 7-10) Wednesday 5:00-6:45pm

1st Appleby Guides (age 10+) Wednesday 6:15-7:45pm

We are always on the look out for adults to become a leader with any of these groups.

Message the group for more information:

[kath1nunn@gmail.com](mailto:kath1nunn@gmail.com) or Appleby Rainbows, Brownies and Guides

## 1st Westmorland Scout group

We're still recruiting:

Beavers (6-8yrs)	alternate Thursdays
Shap Beavers	Tuesdays
Morland Cubs (8-10½ yrs)	alternate Thursdays
& Scouts (10-14yrs)	times on application.

We create stronger communities and inspire positive futures, by providing fun, friendship and adventure. Join as a young person or volunteer and help young people gain skills to succeed.

Contact: /WhatsApp 0333 339 3710, or <https://edenscouts.org.uk>

[1stwestmorland@edenscouts.org.uk](mailto:1stwestmorland@edenscouts.org.uk)

## Appleby Hub Patchworkers

Hub cafe in Appleby 10-12 on Thursdays - free and everyone is elcome. If anyone has any queries please contact [jane.farkins@right2work.org.uk](mailto:jane.farkins@right2work.org.uk)

## Highlights in Appleby (also at Dufton the 11<sup>th</sup>)

**Saturday 10<sup>th</sup> May 7.30pm in the Public Hall**  
**Faultlines (Lila Dance)**

Faultlines blends stunning dance with digital imagery, evocative writing and cinematic music to explore the Earth's changing landscape, through sun-scorched plains, roaring waves, cityscapes and smoking forests..... a sense of hope is laced through the work.



**Thursday 15<sup>th</sup> May 7.30pm at Appleby Hub**  
**Sons of Town Hall**

Sons of Town Hall transcend time and space! Masterful musicians, dressed in threadbare Victorian outfits, they meditate about the



ocean, and sing songs that beg you to sing along

**Tickets for either of the above 1 7683 52902**  
or: [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)

## Lights...Camera...Appleby

**Saturday 17<sup>th</sup> A Complete Unknown (15)**

This 2024 biographical drama directed by James Mangold and starring Timothée Chalamet follows Bob Dylan's rise in the 1960s New York folk scene, his relationships with icons like Woody Guthrie and Joan Baez, and his groundbreaking electric performance at the 1965 Newport Folk Festival. The film is based on the book "Dylan Goes Electric!: Newport, Seeger, Dylan, and the Night That Split the Sixties" by Elijah Wald and gets its title from a lyric in Dylan's song "Like a Rolling Stone."



A captivating lead performance by Chalamet captures Dylan's charisma and enigmatic presence, paired with brilliantly crafted remakes of the singer's musical hits. Music with the power to make change is at the heart of this film.

We will be serving a delicious US inspired, locally sourced Dowding's burger and potato wedges, with a side of coleslaw cooked to perfection by Bojangles Café, Appleby. A vegetarian option will be available.

**Please book food tickets well in advance to avoid disappointment.**

Tickets £12 for food and film. Film only tickets, £4. **Doors open 6pm, food served 6.15-6.30pm.** Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

Tickets from **Appleby Tourist Information Centre or the Courtyard Gallery, Appleby.** For further information please tel. 07921489611 or email [applebyremotecinema@btconnect.com](mailto:applebyremotecinema@btconnect.com)

## Upper Eden Linking Lives.

Loneliness and social isolation affect millions of people in the UK. These feelings can be overwhelming. People may lack confidence after an illness or a fall. They may have lost their partner, and their friends and family may live miles away.



Befriending is one of the most effective ways of combatting loneliness and social isolation. A weekly visit or phone call can make all the difference to someone's quality of life.

We are a befriending service which helps tackle loneliness in the local area. We receive referrals from local organisations, family, friends and neighbours: people can even refer themselves.

We assist adults who require companionship, provided through weekly home visits or telephone calls. All our volunteers are fully trained and vetted before being matched up.

For information on volunteering or to refer someone, contact Sara on 0800 688 9984 or email at [uppereden@linkinglives.uk](mailto:uppereden@linkinglives.uk)

## Memory Club in Appleby

Meetings are held (generally) on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. However the club has an outing on Wednesday 14<sup>th</sup> May and will not be meeting in Sands Church Hall on that date. The usual meeting will take place on the 28<sup>th</sup>. All are welcome, particularly those with



memory loss. There will be light refreshments, games, crafts, music and singing. For further information please contact:-

Anne ☎017683 51219  
Tim ☎017683 52640

## Probus Club

If you enjoy a good meal and interesting conversation, perhaps you might like to consider joining the Appleby Probus club.

The Appleby Club is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

You might also like to know that the club also runs occasional outings such as trips to the theatre or sporting events. As an example, we recently visited the Carlisle Airport museum.

If you think that any of this might interest you, please drop a line to either Ian Rudd at [ian.rudd70@icloud.com](mailto:ian.rudd70@icloud.com) or Adrian Marsh at [adrian.marsh@live.co.uk](mailto:adrian.marsh@live.co.uk)

## Appleby Rotary Club

Appleby Rotary Club is supporting Physionet, a UK based humanitarian organisation dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the UK. Physionet supplied almost 8000 items of physiotherapy, paediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended in landfill.

If you have any surplus/redundant equipment please contact us and we will arrange collection.

Alastair Bell - Appleby Rotary Club on [atbell@btinternet.com](mailto:atbell@btinternet.com) or ☎07970597536 / 017683 51547

## Villages

### Asby

Wed. 14<sup>th</sup> 7:30 pm The Hollies Asby Fellowship with Andrew Burrell

Wed. 28<sup>th</sup> 7:30 pm The Hollies Asby Fellowship with Donald Marston

Sat. 31<sup>st</sup> 10:30 -12:30 St. Peter's Coffee, cake & chat in aid of church funds

Asby lunchers discontinued meanwhile, but watch this space!

## Brampton Village Hall

Every Thursday at 6:30pm — Table Tennis: Equipment provided, all ages & abilities welcome

Sat 3<sup>rd</sup> 7:30pm Quiz Night — Arrive from 7pm for a prompt 7:30pm start. Bring your own drink. Pie & pies from Low Howgills included in £7.50 entry fee. Jackpot game double rollover!!! Please book in advance via email [info@brampton-appleby.co.uk](mailto:info@brampton-appleby.co.uk) or direct with Tim Campbell

Tue 6<sup>th</sup> 7:00pm Book Club — Agnes Grey by Anne Bronte

Wed 7<sup>th</sup> 12:30pm Brampton Ladies — Talk by Penrith & District Red Squirrel Group - open for family and friends

Sun 11<sup>th</sup> 12:30pm Village Photograph Say cheese! Expect food, fun ... and a time capsule!

Wed 14<sup>th</sup> 7:30pm Eden Valley Woodturners — various demos & hands-on

Wed 21<sup>st</sup> 7:00pm Village Social — Keep in touch with the latest gossip!

## Colby Village Hall

Sat. 10<sup>th</sup> 10:30 — noon Coffee Morning

## Dufton Village Hall

On Sunday 11<sup>th</sup> May 7.30pm

### Sarah McQuaid

Sarah's lush, chocolatey voice combines with her engaging personality and brilliant musicianship on electric and acoustic guitar, piano and drum, to create a truly immersive experience.



**Tickets from ☎017683 52902**

or: [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)

Wed 14<sup>th</sup> 7pm Bingo, in aid of St Cuthbert's building project

Fri. 30<sup>th</sup> 7:30pm Concert, in aid of St Cuthbert's building project

## Long Marton

Saturday 17<sup>th</sup> 10.30am to 1.30pm: Bacon rolls, soup, cheese toasties, toasted teacakes, tea/coffee. Please come and join us for hearty food & chat. All are welcome.

Local History Group: Wednesday 21<sup>st</sup> —'Cumbrian Postal Paths' by Alan Cleaver. If you would like any details please email Christine at [longmartonlocalhistorygroup@gmail.com](mailto:longmartonlocalhistorygroup@gmail.com)

Craft and chat - Thursday evenings from 7.30pm - details from Nicola on 62301

If you are thinking of setting up a new activity, rates are from £6 per hour. Don't forget to consider the hall when thinking about a party or family gathering. Any enquiries please contact Christine at [bookingslongmartonvi@gmail.com](mailto:bookingslongmartonvi@gmail.com)

## Long Marton and Milburn Book Group

...would be pleased to welcome some new members. We also come from Brampton, Appleby and Penrith. Our meetings are at 2pm on the last Thursday of each alternate month. The next meeting will be on 29<sup>th</sup> May.

All welcome. Please contact Helen for more details on ☎074848 44142 or email [bendelowh@gmail.com](mailto:bendelowh@gmail.com)

You may be interested to know that **Appleby Library** is starting a new **Reading Group**, in the Library, on the last Wednesday of each month, this month 28<sup>th</sup> (free) Please enquire at the Library or ☎51170

## Milburn

Village coffee mornings first Saturday of each month (3<sup>rd</sup> May). Church coffee mornings third Saturday of each month (17<sup>th</sup> May), both 10:30 to noon.

## Ormside

A great big thank you to everyone who came to the cheese and wine night, it was lovely to see so many villagers, old and new! — We raised £301.50, brilliant

For one day only, on Saturday 4<sup>th</sup> May, there will be an Ormside Summer Teas at the village hall between 10.30 and 4.30.

Village hall coffee mornings are second and fourth Wednesdays (14<sup>th</sup> and 28<sup>th</sup>), from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 20<sup>th</sup> May) at 7.30 pm.

Country Dancing is the second and fourth Mondays of the month (12<sup>th</sup> and 26<sup>th</sup> May).

Fancy a game of Ping Pong?! We have a table tennis table at Ormside Village Hall. It's available to hire, at £6 per hour, including use of the hall for an hour, 4 bats and balls or BYO equipment. To book ring ☎07759011555

## Temple Sowerby

Information on clubs, events, sports and exercise classes held in the village can be found on the website which is <https://templesowerbyvillage.co.uk/>

Coffee Morning is 10am - noon on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month (6<sup>th</sup> and 20<sup>th</sup> May) at the Victory Hall. All are welcome.

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (13<sup>th</sup>) from 2.30 to 4.30 pm

## Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Thursday 1<sup>st</sup>, 11.30am - 1.00pm. Soup and Pudding, Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Saturday - Monday 3<sup>rd</sup> to 5<sup>th</sup> 10am - 4pm. Art & Craft Exhibition — Annual exhibition of Paintings, Drawings, Sculpture, Ceramics, Photography & Crafts by local artists, original artwork, craft items, prints and cards for sale, competitions, raffle & activities for children, art & Craft demonstrations & Workshops. Refreshments available. Admission: Adults £2.50 Children free

All proceeds to the Warcop Parish Hall

### Monthly Coffee Morning

Saturday 10<sup>th</sup>, 10 -11.30am Tea, Coffee & Biscuits £1.50 with unlimited refills. Bacon, Sausage & Veggie Sausage rolls available to purchase. Everyone Welcome!

### Warcop Parish Hall Remote Cinema -

Thursday 15<sup>th</sup>, 7.30pm - 10.00pm **The Critic (15).**

A period thriller drama with wicked humour and a twisty plot, not to mention sumptuous costumes and an all-star cast. McKellen delights in his character with a melodramatic flair and acid tongue.

Sir Ian McKellen stars as a powerful London theatre critic in 1930s London, who becomes entangled in a web of deceit and murder. In a bid to escape the entanglement he lures a struggling actress into a blackmail scheme with deadly consequences.

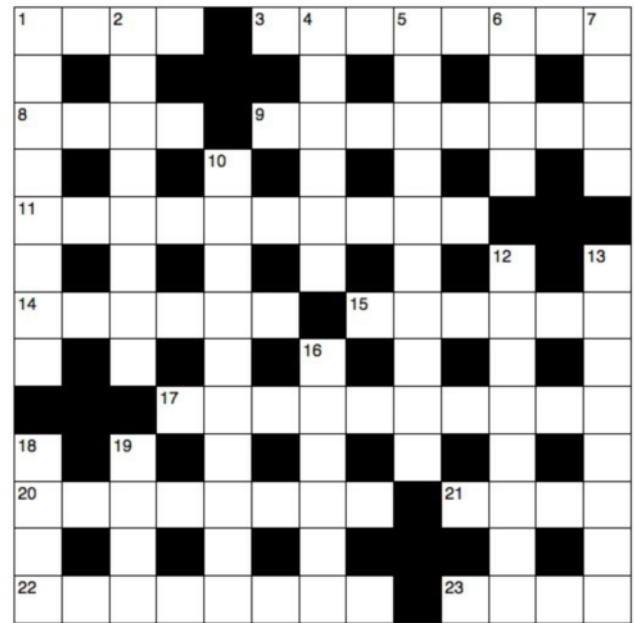
Doors open 7:15pm. Screening: 7:30pm.

Refreshments available during the interval, including ice creams.

Adults: £5.00. Children under 16: £3.00



## Monthly crossword - solution p.12



### Across

- 1 Infant (Luke 2:12) (4)
- 3 Luis must (anag.) (8)
- 8 What Jesus called the devil (John 8:44) (8)
- 9 'My God, my God, why have you - me?' (Matthew 27:46) (8)
- 11 Anglican form of church government (10)
- 14 'Those who hope in the Lord will renew their strength. They will soar on wings like - ' (Isaiah 40:31) (6)
- 15 Ministers of religion (6)
- 17 Make stronger (1 Thessalonians 3:13) (10)
- 20 Devoutness (1 Timothy 2:2) (8)
- 21 The father of Jesse (Ruth 4:22) (4)
- 22 Pool where Jesus healed a man who had been an invalid for 38 years (John 5:2) (8)
- 23 '[Jesus] said to them, " - here and keep watch"' (Mark 14:34) (4)

### Down

- 1 Follower of Christ (Acts 16:1) (8)
- 2 One of the punishments endured by Paul (2 Corinthians 6:5) (8)
- 4 Soldiers (Exodus 14:9) (6)
- 5 Scholarly study of melody, harmony and rhythm (10)
- 6 'I am God, and there is none - me' (Isaiah 46:9) (4)
- 7 'And how can they preach unless they are - ?' (Romans 10:15) (4)
- 10 Favourable reception (1 Timothy 1:15) (10)
- 12 Hip orbit (anag.) (8)
- 13 End of life (Isaiah 22:14) (5,3)
- 16 'About midnight the sailors - they were approaching land' (Acts 27:27) (6)
- 18 He married Jezebel (1 Kings 16:30-31) (4)
- 19 'According to your great compassion - out my transgressions' (Psalm 51:1) (4)

## Christian Aid's 80th anniversary:

For 80 years, Christian Aid has been fighting poverty and injustice. We've partnered with communities and organisations across the world to support people of every faith and none. We know that eradicating poverty can seem like an impossible task. But over these 80 years, we've harnessed something formidable. Something so full of love that it can't be silenced. We call it the unstoppable power of hope. Hope has compelled us to stand up for communities in crisis and support people living in poverty. And right now, we need it more than ever. As tragic events unfold across the world, from Gaza to Ukraine and South Sudan, we need your support to offer hope to communities in crisis. Together we're unstoppable. Find out more at [caid.org.uk](http://caid.org.uk)



### Dying crops means food stops

Uncertainty looms over Indigenous farming communities in the Alta Verapaz region of Guatemala, Central America.

In this forested area of mountains and rivers, the livelihoods, traditions and very survival of farmers and their families are threatened by deadly droughts, savage storms and monster monoculture plantations.

That includes Amelia, a resourceful and determined 24-year-old farmer who lives with her husband and their two children, 8-year-old Lázaro and 4-year-old Yakelin, on ancient and beautiful land that's been in Amelia's family for generations.

The family belong to the Indigenous Q'eqchi' community, who are close, and live by a blend of Mayan and Catholic traditions.

Amelia's farm, first and foremost, feeds her young children. She tries to grow a range of crops and root vegetables that will provide her children with a balanced diet, such as bananas, peppers and cassava. This way, Amelia can protect them from malnutrition.

*Amelia with her daughter, Yakelin, 4, credit Amy Sheppey of Christian Aid*



*The climate crisis is ravaging farms like Amelia's,*

But the climate crisis is ravaging farms like Amelia's, causing both the dry and rainy seasons that would once arrive with predictability to intensify and shift erratically. As the river runs dry and water becomes scarce, the vital crops that Amelia depends on wither and die before her eyes. Amelia's ability to protect Lázaro and Yakelin is slipping away. Because dying crops means food stops.

'My first priority is to feed my family,' says Amelia. 'I worry about what my children will eat.'

These conditions are challenging enough, but Amelia and her community also have to cope with the impact of industrial plantations on their landscape.

Amelia's community, like so many others, have done little to cause the climate crisis but they are paying the highest price.

Despite these challenges, Amelia's faith keeps her strong. And her hope for a better future drives her to keep working to improve life for her family and community.

'I go to Catholic church,' she explains. 'For me, faith is very important, and a way for me to reach harmony in my life.'

### Pushing back

As the community's farms are devastated, the search for solutions becomes critical. 'With high heat, there is little we can do but adapt,' says Amelia.

When Amelia discovered the work of Christian Aid's partner, Congcoop, she quickly put herself forward as a community representative who would attend the specialist agricultural training on offer.

With funding from Christian Aid, Congcoop support communities to return to Indigenous farming practices and adopt agroecological approaches that conserve their land, culture and livelihood. Agroecology, put simply, is farming in a sustainable way that works with, not against, nature.

By joining Congcoop, Amelia's gaining the skills and knowledge to cultivate native seeds that are better suited to the changing climate. She's planning planting schedules that will deliver multiple harvests throughout the year, making her own organic fertiliser, and constructing rainwater collection systems. By changing the way she farms, Amelia's pushing back against the climate crisis.

Amelia is recognised as a leader in her community. Whatever she learns, she shares - confidently training other women to adapt their farming practices too.

Whatever the future may hold, Amelia remains resilient. As Programme Officer, Gerardo C. Tobar, says: 'Amelia's story is one of resistance, and it's just beginning.'

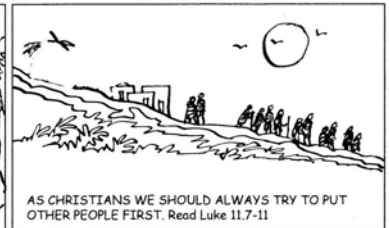
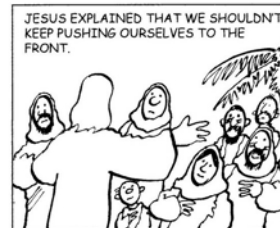
The unstoppable power of hope compels Christian Aid and its amazing supporters to stand up for communities in crisis and support people living in poverty.

The organisation, now in its 80th year, and its supporters are joining together once again during Christian Aid Week (11-17 May) to fundraise in all kinds of ways - can we count on your support?

**We, Churches Together in Appleby-in-Westmorland, warmly invite you to come & join us on Saturday 17th May, '25, 8.30am - 2pm, to celebrate 80 years of Christian Aid week... focussing on Guatemala & enjoy a FREE cup of Farrers Guatemalan coffee...**

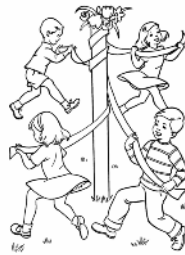


ON ONE OCCASION JESUS TOLD THE STORY ABOUT SOME PARTY INVITATIONS



## May Day: unbridled merriment

May is the month when the ancient pagans used to get up to 'all sorts'! The Romans held their festival to honour the mother-goddess Maia, goddess of nature and growth. (May is named after her.) The early Celts celebrated the feast of Beltane, in honour of the sun god, Beli.



For centuries in 'Olde England' the people went mad in May. After the hardship of winter, and hunger of early Spring, May was a time of indulgence and unbridled merriment. One Philip Stubbes, writing in 1583, was scandalised: 'for what kissing and bussing, what smooching and slabbering one of another, is not practised?'

Henry VIII went 'maying' on many occasions. Then folk would stay out all night in the dark rain-warm thickets and return in the morning for dancing on the green around the May pole, archery, vaulting, wrestling, and evening bonfires.

The Protestant reformers took a strong stand against May Day, and in 1644 May Day was abolished altogether. Many May poles came down - only to go up again at the Restoration, when the first May Day of King Charles's reign was 'the happiest Mayday that hath been many a year in England', according to Pepys.

May Day to most people today brings vague folk memories of a young Queen of the May decorated with garlands and streamers and flowers, a May Pole to weave, Morris dancing, and the intricacies of well dressing at Tissington in Derbyshire.

May Day is a medley of natural themes such as sunrise, the advent of summer, growth in nature, and - since 1833 - Robert Owen's vision of a millennium in the future, beginning on May Day, when there would be no more poverty, injustice or cruelty, but harmony and friendship. This is why, in modern times, May Day has become Labour Day, which honours the dignity of workers. And until recently, in communist countries May Day processions were in honour of the achievement of Marxism.

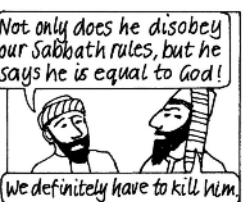
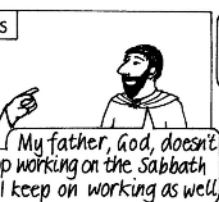
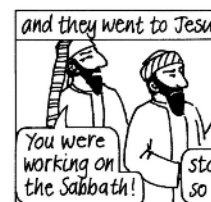
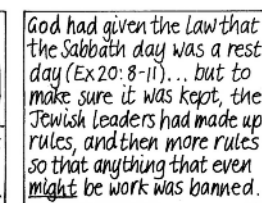
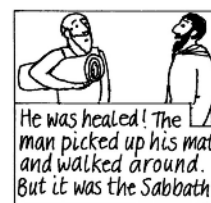
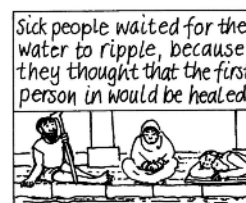
There has never been a Christian content to May Day, but nevertheless there is the well-known 6am service on the top of Magdalen Tower at Oxford where a choir sings in the dawn of May Day.

There is something of a sadness about it, both in words and tune, as there is about all purely sensuous joy. For May Day is not Easter, and the joys it represents have always been earth-bound and fleeting.

## Bible Bite A short story from the Bible

It can be read in the Bible in John chapter 5 verses 1-18

Jesus was in Jerusalem for a festival, and he visited the pool of Bethesda. People said that an angel sometimes made the water ripple.





**Sands**  
Methodist Church  
Appleby



**THE FILLING STATION**

Filling Station  
**Celebration**

Sands Methodist Church Appleby  
6pm  
Every First Sunday  
Worshipping in Spirit and in Truth

**ORGANIC**

**VE DAY AFTERNOON TEA**  
SANDS METHODIST HALL, APPLEBY

FROM 2.00 PM TO 4.30 PM ON  
THURSDAY 8TH MAY 2025

EVERYONE IS MOST WELCOME  
DONATIONS TO THE RENOVATIONS FUND

IN ASSOCIATION WITH THE ROYAL BRITISH LEGION

**The Good Book Club**  
Reading the Bible for ourselves  
A safe place to share thoughts and questions  
while learning from each other

Every Wednesday  
12.30 – 2pm  
Memorial Hall  
Kirkby Thore

We also have a light lunch together  
Everyone is welcome

**80 VE DAY**  
80TH ANNIVERSARY  
A SHARED MOMENT OF CELEBRATION  
8 MAY 2025

**Timetable of Events**  
Appleby-in-Westmorland

9am	Raising of Flag & 80 VE Day Proclamation	Moot Hall
10am-1pm	Tea & Cupcakes	TIC, Moot Hall
12pm	Scottish Piper	Moot Hall & Cloisters
12-5pm	Tea and Cake	Castle Bank
2-4.30pm	Tea Party	Methodist Church The Sands
6pm	Short Service of Remembrance	St Lawrence's Church
6.30pm	"Let the Bells Chime!"	St Lawrence's Church
9.30pm	Lighting of the Beacon	Fair Hill

APPLEBY TOWN COUNCIL

**ROYAL BRITISH LEGION**

**Appleby Guide Hut**  
**For Hire**  
£12 per hour

**Girlguiding**

**Suitable for:** one off events or regular meetings e.g. children's birthday parties, workshops, day and evening courses.

**Facilities:** Clean, bright, warm hall with toilets, fully equipped kitchen, stage, disabled access and toilet.

**Contact:** Pam Sharples - [Pam.sharples@outlook.com](mailto:Pam.sharples@outlook.com) 0756234560  
or Kathryn Nunn [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com) 07717841723

All hire fees go towards supporting Appleby Rainbows, Brownies and Guides

**Drop in free cafe**

**Renew Wellbeing Eden**  
Relaxed space for everyone  
Games, crafts, chat followed by soup

Every Friday  
9:30-2  
in Supper Room  
Market Hall

**ROYAL AIR CADETS**  
AIRFORCE the next generation

**ARE YOU LOOKING FOR A NEW CHALLENGE?**

Are you up for fun, adventure, incredible experiences, obtaining new skills and making new friends and between 12 (in year 8) and 17 yrs old

Squadron Headquarters  
Appleby Grammar School  
Battlebarrow  
Appleby-in-Westmorland  
CA16 6XU

For further information contact: [oc.2192@aircadets.org](mailto:oc.2192@aircadets.org)  
2192 Appleby Grammar School Sqn ATC

Come and see what 2192 Appleby Air Cadet Squadron has to offer you  
**... it isn't just marching!**

**Milburn Primary School**

Bespoke learning for children aged 3-11 in a unique rural environment

Place available to start immediately

Your child can start immediately when they are 3 or above - our intakes are January, April & September  
Funded 15 or 30 hour applications are welcome and there is a facility to top up hours to full time

If you would like to discuss what we can offer or would like to visit the school, please contact us.

**Milburn Primary School**  
Milburn, Penrith, Cumbria, CA10 1TN  
017683 61514  
admin@milburn.cumbria.sch.uk  
www.milburn.cumbria.sch.uk

**Ofsted**  
Good Provider

**Appleby Travel**  
Looking after your travel needs and dreams since 1987  
Specialists in cruising and tailor-made travel

**A** 16, Boroughgate  
Appleby-in-Westmorland  
Cumbria CA16 6XB  
Tel. 017683.52220  
ABTA No. 89495  
Email holidays@applebytravel.co.uk

**Qualified Foot Health Professional**  
Aggie Koza MCFHP MAFHP  
21, Belle Vue Road,  
Appleby CA16 6TY  
Home visits by arrangement - day, evening and weekends  
017683.96457  
07910 026 955



WILLS, TAX & PROBATE SOLICITOR

**LYNN EMERY**

One of the few true specialists. Large city firm experience without the high prices. Has saved millions of £'s of tax 01697.478303 / 0 7 9 0 1 . 2 2 9 2 1 8  
lynn@lynnemery.co.uk

**LAKE DISTRICT LIME**  
THE LIME RESTORATION SPECIALISTS

The Conservation and Restoration of traditionally built buildings throughout Cumbria.

- Lime POINTING
- Lime PLASTERING
- Lime RENDER
- Lime MORTAR
- LIMECRETE FLOORS

[lakedistrictlime.com/](http://lakedistrictlime.com/) 07554019469

**Restore Recover**  
PHYSIOTHERAPY

◆ Physiotherapy ◆ Massage therapy ◆ Sports injury

**Registered physiotherapist in Appleby**

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

Call: 07793551976

**Mike Addison FBDO CL OPTICIAN**

**Mike Addison Optician**  
The Shire Hall, The Sands,  
Appleby-in-Westmorland CA16 6XN

"Providing eye care for all the family"  
Over 60's and under 16's receive FREE eye examinations.

Private & NHS patients welcome.  
New OCT technology for more detailed eye examinations

Tel: Appleby: 017683.53199  
Kirkby Stephen: 017683.71555

Email - info@mikeaddisonoptician.com

Full disabled access and free on-site parking (please phone for more info.)

**ADVICE, ADMIN. & ADVOCACY**

Do you get frustrated that everything is now on the internet? Or you can be stuck on the phone for hours?

**Then Vincent Egan can help you**

From Passports, Probate & Pensions, Admin, Guidance & all types of paperwork.

Face to face, tailored support & all the 'Techy' stuff done on your behalf.

**Contact Vincent Penrith: ☎01768 866866 or 07860 289516**

**citizens advice** Carlisle & Eden

We give free, up-to-date advice to everyone in Eden

**Coronavirus has made life hard for many people. Citizens Advice Carlisle & Eden is here to help.**

If you need help with benefits, work, debt and money, housing, or more, please get in touch or look at useful information available at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk).

For Debt/Money advice or Foodbank referrals: 03300 563037  
For help claiming Universal Credit: 0800 1448 444  
For all other enquiries: 0808 278 7844

Email Advice:  
Via Contact Us form on website;  
[www.ca-ce.org.uk](http://www.ca-ce.org.uk)

Webchat Advice  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Check out our social media page  
Twitter & Facebook;  
@CarlisleEdenCA

# RAZZAMATAZ THEATRE SCHOOLS



You're invited to a  
**FREE TASTER SESSION** at  
**Razzamataz Theatre Schools.**

From babies to 18 year olds!

Tuesday's - Kendal  
Wednesday's - Penrith  
Thursday's - Appleby

**Booking Essential!**

To book or for more  
information call/text or email

Asha on:

07539144225

penrith@razzamataz.co.uk



**FUEL & MORE FOR YOUR HOME**  
**BULK BAGS BARROW BAGS NETS**  
**LOGS: KILN DRIED, HARD WOOD & SOFT WOOD**

**NETS: HARDWOOD & SOFTWOOD**  
**OVOIDS 50KG & 25KG BAGS**  
**KINDLING, FIRE LIGHTERS, FLAMERS**  
**FREE LOCAL DELIVERY**

WE ARE YOUR LOCAL



STOCKIST

\*\* WE ALSO HAVE BUILDING SUPPLIES –  
SAND, CEMENT, AGGREGATES, BLOCKS,  
LINTELS, TOOLS AND MORE \*\*  
WOODSURE READY TO BURN ACCREDITED  
PLEASE RING 017683 72333/

[wpssupplies@btconnect.com](mailto:wpssupplies@btconnect.com)

Unit 2 Station Yard, Kirkby Stephen CA17 4LA



## STOBARS HALL

Residential and Dementia Care for the Elderly

*We offer excellence in care providing safety and well being for our residents and peace of mind for their family & friends*

Day Care and Respite stays available

No appointment necessary, call in for a chat anytime!

For further details please call **017683 71291**

Email: [stobarshall@thefranklyngroup.com](mailto:stobarshall@thefranklyngroup.com)

Website: [www.thefranklyngroup.com/stobars](http://www.thefranklyngroup.com/stobars)

## GLYN JONES & SON FUNERAL DIRECTOR

— ESTABLISHED 1979 —

Offering you support, care and guidance at a time when you need it most.

A 24-hour professional and caring service covering Appleby, Kirkby Stephen and surrounding areas

Hugh and Lorraine Jones  
Kevin Robinson

12 Battlebarrow,  
Appleby-in-Westmorland  
Telephone : 017683 51569



### D WAPPETT ELECTRICAL CONTRACTOR LTD

Domestic  
Part P Approved NAPIT  
Contact GEORGE WAPPETT  
Tel. 017683-52012  
Mobile: 07815 703 404



Chimney and domestic oven cleaning services.  
[www.LadyMuckEdenValley.co.uk](http://www.LadyMuckEdenValley.co.uk)  
For prices and booking please contact Tanya on  
07444 240337 / 01768898752  
email: [LadyMuckEdenValley@gmail.com](mailto:LadyMuckEdenValley@gmail.com)

# Church Services for May 2025

## Church of England

### St. Lawrence, Appleby

- Fri. 2<sup>nd</sup> 10:00 Holy Communion  
Sun. 4<sup>th</sup> 09:00 Holy Communion  
Sun. 4<sup>th</sup> 10:45 Morning Prayer  
Thu. 8<sup>th</sup> 18:00 VE day service  
Fri. 9<sup>th</sup> 10:00 Holy Communion  
Sun. 11<sup>th</sup> 10:45 Holy Communion  
Fri. 16<sup>th</sup> 10:00 Holy Communion  
Sun. 18<sup>th</sup> 10:45 Civic Service  
Fri. 23<sup>rd</sup> 10:00 Holy Communion  
Sun. 25<sup>th</sup> 10:45 Holy Communion and Healing Service  
Fri. 30<sup>th</sup> 10:00 Holy Communion

### St. Peter, Asby

- Sun. 4<sup>th</sup> 18:30 Holy Communion  
Sun. 11<sup>th</sup> 11:00 United Service @ Baptists  
Sun. 18<sup>th</sup> 18:00 Evening Prayer  
Sun. 25<sup>th</sup> 11:00 Rogation Service

### Boroughgate, St. Anne

Closed for the duration of building works

### Dufton St. Cuthbert

- Mon. 5<sup>th</sup> 19:00 Compline  
Sun. 11<sup>th</sup> 15:00 Evening Prayer  
Sun. 19<sup>th</sup> 19:00 Compline  
Sun. 25<sup>th</sup> 10:30 Holy Communion

### Kirkby Thore, St. Michael

- Sun. 6<sup>th</sup> 10:00 Breakfast church  
Sun. 13<sup>th</sup> 10:30 Morning Prayer  
Sun. 20<sup>th</sup> 10:00 Breakfast church  
Sun. 27<sup>th</sup> 10:30 Holy Communion

### Long Marton SS. Margaret & James

- Sun. 11<sup>th</sup> 10:30 Holy Communion

### Milburn, St. Cuthbert

- Sun. 4<sup>th</sup> 10:30 Holy Communion  
Sun. 11<sup>th</sup> 10:30 Holy Communion  
Sun. 18<sup>th</sup> 10:30 Holy Communion  
Sun. 25<sup>th</sup> 18:30 Evening Prayer

### Murton, St. John

- Sun. 18<sup>th</sup> 18:00 Evening Prayer

### Musgrave, St. Theobald

- Sun. 11<sup>th</sup> 10:30 Lay led service  
Sun. 25<sup>th</sup> 10:30 Holy Communion

### Newbiggin, St. Edmund

- Sun. 4<sup>th</sup> 10:30 Holy Communion  
Sun. 25<sup>th</sup> 18:30 Evening Prayer

### Ormside, St. James

- Sun. 4<sup>th</sup> 10:00 Matins  
Sun. 11<sup>th</sup> 10:00 Holy Communion  
Sun. 18<sup>th</sup> 18:00 Taizé  
Sun. 25<sup>th</sup> 18:00 Evening Prayer

### Temple Sowerby, St. James

- Sun. 18<sup>th</sup> 10:30 Holy Communion

### Warcop, St. Columba

- Sun. 4<sup>th</sup> 10:30 Holy Communion  
Sun. 4<sup>th</sup> 15:00 Blessing of Lambs  
Sun. 18<sup>th</sup> 10:30 Churches Together at parish hall

## Methodists

11<sup>th</sup> 18:30 Easter Offering Service for all chapels at Appleby

### Sands, Appleby

- Sun. 4<sup>th</sup> 10:30 All Age Worship (Rev. Gill Crippen)  
Sun. 11<sup>th</sup> 10:30 Rev. David Newlove  
Sun. 18<sup>th</sup> 10:30 Rev. Michael Harrison (anniversary)  
Sun. 25<sup>th</sup> 10:30 Richard McGregor

### Dufton with Knock

- Sun. 4<sup>th</sup> 10:45 Rev. J. Betts (section service)  
Sun. 11<sup>th</sup> 10:45 Informal Service  
Sun. 18<sup>th</sup> 10:45 Graham Emmerson  
Sun. 25<sup>th</sup> 10:45 Mrs. Joyce Worsfold

### Warcop

- Sun. 4<sup>th</sup> 10:45 at Dufton  
Sun. 11<sup>th</sup> 10:30 Informal Service  
Sun. 18<sup>th</sup> 10:45 Mrs. Penny Hilland  
Sun. 25<sup>th</sup> 18:30 Donald Marston

## Roman Catholic Church of Our Lady of Appleby

Sunday Mass 4pm (Sacrament of Confession available from 3.30pm), followed on the first Sunday each month by tea and refreshments

Weekday Mass Tuesdays 12noon (changeable, check Newsletter and Parish Website: [www.stjohnboste.org.uk](http://www.stjohnboste.org.uk))

