

tion 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.  
at The Sands, Appleby; Great Asby; Warcop; and Dufton with Knock; & The Roman Catholic Church of Our Lady of Appleby. But we also bring informa  
St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Lo  
ng Marton; 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



# Heart of Eden

## The News Magazine of the Benefice

# April 2026



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

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

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

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

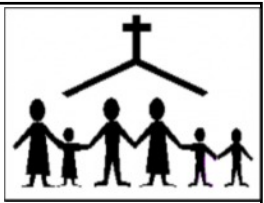
Date	Time	Place	Event
1 <sup>st</sup>	19:30	Appleby Golf Club	Brampton Ladies – out to dinner
1 <sup>st</sup>	19:30	Dufton Village Hall	(Open Circle) Women of our Local Railways
2 <sup>nd</sup>	19:30	Dufton Village Hall	Book Club – “There are Rivers in the Sky”
2 <sup>nd</sup>	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
4 <sup>th</sup>	10:00 – 14:00	St. Anne's Hosp., Boroughgate	Open Day
4 <sup>th</sup>	10:30 – noon	Milburn Village Hall	Village coffee morning
5 <sup>th</sup>	18:00	Sands Methodist Church	Celebration
5 <sup>th</sup>	06:30	Raise Howe (Orton Scar)	Sonrise Service
6 <sup>th</sup>	10:30 – noon	Ormside Village Hall	Coffee Morning
7 <sup>th</sup>	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
7 <sup>th</sup> ?	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
8 <sup>th</sup>	10:30	Public Hall	Appleby Arts– A Journey Through the Imperial Wardrobe
8 <sup>th</sup>	19:00	Brampton Village Hall	Eden Valley Woodturners
9 <sup>th</sup>	19:30	Public Hall Supper Room	Appleby Archaeology Group –Stainmore Road
11 <sup>th</sup>	19:00	Appleby Public Hall	Lights, Camera, Appleby – “I'm Still Here”
11 <sup>th</sup>	10:30 – noon	Colby Village Hall	Coffee morning
13 <sup>th</sup>	14:00 – 16:00	Public Hall Supper Room	Evergreens
13 <sup>th</sup>	19:30	Ormside Village Hall	Country Dancing
14 <sup>th</sup>	19:00	Brampton Village Hall	Book Club
14 <sup>th</sup>	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
15 <sup>th</sup>	19:30	<b>Kirkby Thore Memorial Hall</b>	Long Marton local history group
16 <sup>th</sup>	13:30	Sands Methodist Church	Ladies' Friendship Group
16 <sup>th</sup>	14:00	Colby Village Hall	Colby WI – visitors welcome
16 <sup>th</sup>	19:30	Warcop Parish Hall	Remote Cinema – Calendar Girls
17 <sup>th</sup>	19:30	Temple Sowerby Church	Lands End to John O'Groats lecture
17 <sup>th</sup>	19:30	Appleby Hub	Fellside Singers Concert
18 <sup>th</sup>	All Day	Appleby Public Hall	Northern Crafts Market
18 <sup>th</sup>	10:30 – noon	Milburn Village Hall	Church coffee morning
19 <sup>th</sup>	18:30	St. Peter's, Asby	Café Church – Food for Thought
20 <sup>th</sup>	15:00	Brampton Village Hall	Film Night
21 <sup>st</sup>	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
21 <sup>st</sup>	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
21 <sup>st</sup>	19:30	Ormside Village Hall	Craft Evening
22 <sup>nd</sup>	10:30	Sands Methodist Church	Memory Club
22 <sup>nd</sup>	19:30	The Hollies, Asby	Asby Fellowship
23 <sup>rd</sup>	19:30	Dufton Village Hall	Highlights – David Eagle
26 <sup>th</sup>	12:00 – 13:30	Colby Village Hall	Soup & Sweet Lunch
27 <sup>th</sup>	14:00 – 16:00	Public Hall Supper Room	Evergreens
27 <sup>th</sup>	19:30	Ormside Village Hall	Country Dancing
29 <sup>th</sup>	18:15	Public Hall Supper Room	Annual Town Meeting
1 <sup>st</sup> Mary		Town Clerk's Office	Deadline for shop front grants

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

## Church of England:

Rector: Rev. Andrew Burrell (☎07778683820)

For (C of E) baptism or wedding bookings contact Sue Wigley, Office Manager, email: applebymc@carlisediocese.org.uk See also article later in newsletter



**Methodist Minister:** Rev. Ros Watson: [ros.watson@methodist.org.uk](mailto:ros.watson@methodist.org.uk) or ☎017683 51244

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

## VIGILANT HOPE

As I start to write this piece it is mid-Lent and you will be reading it in Eastertide. So there will have been a journey in time.

I have just read in the Church Times that Metropolitan Kirill, the Russian Orthodox Church's director for relations with the armed forces in Russia, has called for Russian forces to occupy more Ukrainian territory including Odessa and Kyiv. Meanwhile President Trump is pictured surrounded by Christian pastors praying with him, and American troops have been told that their President was anointed by Jesus to wage a divine war against Iran!

Distortions of Christian witness. The journey ahead does not hold hope. Meanwhile a BBC Thought for Day by Rhidian Brook has presented a different and welcome approach: (<https://www.bbc.co.uk/programmes/p0l0fhpy>)

Naked Power is having its day; it stands in front of the mirror and admires its weapons, proud of its sneery contempt for people who stand in the way of its ways. And tells us that laws, checks and balances, politeness, are for the weak. ... Where is this God who, the Psalmist tells us 'sees and stands with the oppressed' wherever they are? ... The God that the Psalmist cried out to in his anguish and who, for Christians, Jesus embodied had a different response to all this unchecked violence.

As the media filter for us just a little of the terrible suffering being experienced by victims of war, I ponder and pray that by the time you read this there may have been a victory, not by the protagonists of war, but by some form of resurrection experience, with promise.

It is hard to imagine. It will be rather longer than the 'third day', but I pray that to those who suffer there may be revealed some fresh presence of the risen Lord Jesus who came and stood among his traumatised disciples, and said to them 'Peace be to you'. Then commissioning them to be apostles of peace.

We may be far from the trauma of war yet have our own trials and burdens. While we are privileged to have hindsight, we may reflect that the risen Jesus came as a surprise to Mary weeping at his tomb and likewise to his followers.

To live in hope is to be vigilant for signs of new life rising, sometimes in surprising circumstances. Without denying the hell that Jesus entered, may we live in the promise of the risen Christ. May we be ever thankful for small mercies and, as a parishioner crippled with polio where I was curate taught me, "Count your blessings, name them one by one", which she did whenever I visited her. Let us watch for the best in all around us, even in the news media.

Lisle Ryder.

### Recent Church Registers

#### Funerals

4<sup>th</sup> March  
17<sup>th</sup> March  
17<sup>th</sup> March

#### *May they rest in peace and rise in glory*

George Barker  
Mary Warburton  
Marjorie Holmes  
St. Columba , Warcop  
St. Lawrence, Appleby  
SS. Margaret & James,, Long Marton

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 anything to be included 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. **Most important, if you just leave hard copy in the church, tell the editor it's there, otherwise he won't know!** 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/>),

## Sonrise Service - 6.30 a.m on Easter Day at Raise Howe

Once again the local Anglican and Methodist churches between Shap, Tebay, Orton, Ravenstonedale and Appleby are sharing in a short open-air service to greet the risen Lord Jesus on Easter Sunday morning.



So set your alarm! Easter Day is Sunday 5th April, the service is at 6.30 a.m. and the sun will rise over Cumbria at 6.33 a.m.! Wrap up warm, and come out to Raise Howe on the east side of Orton Scar (just above the cattle grid on the B6260, the Appleby-Orton road). And pass the word around to Christians in all the churches.

Members of Appleby Town Band will be there to accompany the hymns; the service will be led by the Rev. Fran Parkinson and the speaker will be the Rev. Stephen Radford, Methodist Church Superintendent.



You can find the exact spot where it will happen using What3Words by searching **songbook.option.august**.

## Church of England

His Majesty The King has approved the appointment of the Rev Canon Dr Michael Leyden as **Bishop of Penrith**. He will move to Cumbria in the summer and will live in Clifton, near Penrith. As Suffragan Bishop he will have particular responsibility for further developing discipleship, vocations and leadership as well as supporting the Diocese's 104 church schools.



He grew up on council estates on Merseyside and has drawn upon his working-class roots to champion the faith journey of others from under-represented backgrounds. He has worked on national Church projects to develop more diverse training pathways and recently appeared in a Church of England film to support vocations for those from similar upbringings to his own.

After ordination, Michael served his curacy in the parish of Rainhill St Ann's in the Diocese of Liverpool and then as vicar in the Diocese of Chester. He has ministered in underprivileged, urban, sub-urban, and semi-rural contexts in various traditions. He has also been a local board member of the Triangle of Hope - a project through which three global Anglican dioceses with shared links to the historical slave trade look to transform the long history of slavery and the ongoing effects of present-day slavery through repentance, education, reconciliation and mission.

Michael is married to Anna, a vicar in the Diocese of Chester, and they have two children. They have been touring the county with Bishop Rob, who said: "I'm delighted to welcome Michael as the next Bishop of Penrith. He will join me in supporting local churches and ministers but will have particular responsibility for encouraging the vocations of people from many different backgrounds. He will also be active in supporting our schools. I'm really looking forward to working with Michael as we seek to support and nurture local churches in their faith and ministry."

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



Churchwarden and Secretary: Jo Ayres (☎52017)

## 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



Churchwarden:

Mrs. M P. Sawrey-Cookson ☎017683.61574

Tim Whittaker

## St. James the Less, Ormside



Churchwarden:

Margaret Parry ☎0785.042.1343

Secretary: Richard Parry ☎07.401.425.430

## St. James, Temple Sowerby

Churchwardens:



Angela Cleasby ☎07947379412  
Laura Crackanthorpe ☎07470403623  
Secretary: Anne Farmer  
☎017683.61770

### Land's End (via Temple Sowerby Church!) to John o'Groats

A lecture on Friday 17th April at 7.30pm

In Spring 2025, Ralph and Rosie Liddell spent 6 weeks cycling the length of the country. They share videos, photos and stories of their journey. Lasts 45 mins plus Q&A. - refreshments afterwards.



£5 Entry, which will go to the church 'kitchen fund'

## Our Sister Churches

### Methodist Church:

Minister: Rev. Ros Watson. [ros.watson@methodist.org.uk](mailto:ros.watson@methodist.org.uk) or ☎017683 51244

### Dufton with Knock Methodist Church



Secretary: Mrs. Avril Swinbank  
email [dacreandavril@gmail.com](mailto:dacreandavril@gmail.com) or  
☎017683.53102

We were pleased recently to welcome the Bishop of Carlisle, the Rt Rev Rob Saner-Haigh, for an evening in which he shared something of his journey of faith. Rob is well known to many in our Dufton with Knock congregation, and it was a pleasure to have him with us.

He spoke warmly and openly about the experiences that have shaped his vocation and ministry, offering encouragement and thoughtful reflections on faith. It was an enjoyable and inspiring evening and we are very grateful to Bishop Rob for taking the time to be with us.

### Sands Methodist Church



General Enquiries Linda Taylor on  
email [ljtaylor900@gmail.com](mailto:ljtaylor900@gmail.com)  
or ☎017683.51184

### Ladies' Friendship Group

Our next meeting will be held on Thursday 16<sup>th</sup> April 1.30pm in the Eden room Sands Methodist Church.

We are thrilled that Mugs Ukulele Crew will be coming to play for us, sure will be a fantastic afternoon.

Everyone is very welcome More details available from Denise Bell 07968381394 or Anne Bell 07790943237.

### 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)



Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

## St Anne's Hospital

**The Hospital of St Anne**  
**Appleby Almshouses: Open Day**  
Saturday 4th April 10:00-14:00

After a significant renovation of the 13 almshouses the Trustees of The Hospital of St. Anne are pleased to be able to offer homes to ladies seeking accommodation. The almshouses in Appleby were originally built in 1651 by Lady Anne Clifford and have now been renovated to modern standards. This small community offers low-cost, warm and secure independent living.

Visitors are welcome to the Open Day on Saturday 4th April to see the historic property and visit some of the finished homes.

Single ladies are welcome to apply to the Trustees via our Clerk who can provide further details about eligibility. Please feel free to make contact if you would like to know more, for yourself or a relative. Please email: [info@thealmshousesappleby.org](mailto:info@thealmshousesappleby.org)

## News from the Area

### Age Concern

Age Concern Appleby & District is looking for temporary help on Saturdays at its Boroughgate shop. We are open from 10 until 3 pm but would be happy to accept a few hours of help. Please call into the shop and speak to Janet Martin, manager, if you are interested. Alternatively contact Elaine Barraclough, Secretary, at the email address below for more information.

Thanks in anticipation! [ageconcernappleby@gmail.com](mailto:ageconcernappleby@gmail.com)



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**

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 or Web:

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

The organisations listed overleaf 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 - including Easter Sunday, 5<sup>th</sup> April

### Welcome Inn Sanctuary

We meet every Tuesday afternoon, from 1pm to 3pm (**though closed on the Tuesday after Easter**), 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. We conclude with a short time of prayerful reflection.

On the first Tuesday at 2.30pm (**but see above**) - 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 [welcmeinnhhh@gmail.com](mailto:welcmeinnhhh@gmail.com)

### 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 [kristy@pattimore.com](mailto:kristy@pattimore.com) ☎07480.935119 See our ad. page 12

### Citizens Advice Carlisle and Eden

#### Citizens Advice Sessions at Appleby

These are held the first and third Tuesday of each month, with the next ones being 7<sup>th</sup> and 21<sup>st</sup> April (though it might be wise to check whether it's operating on Easter Tuesday *Ed*.)



Advice on issues including benefits, employment, housing, consumer, and family/relationship matters.

Location: Appleby Medical Practice

Bookable appointments from 10 to 11am (phone 03300 563 037 to book)

Drop in session from 11am to 1pm

#### Volunteers needed

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit: Digital Advisers: 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.

The Appleby Smarter group have spent yet another year meeting once a week for a couple of hours to help keep our lovely town looking nice. We wish to thank Appleby Town Council and Age Concern Appleby for their support again this year.



Appleby Smarter is not purely about 'jobs' though - it's about getting out of the house, companionship and a lot of chatting, with the occasional cuppa at the end of a session. We had a Monday afternoon off in August, taking advantage of fine weather to have a barbecue party instead of work!

Our hard working volunteers have been enjoying a short, well earned winter break and will return to our Monday afternoon jobs sometime in February. We have been delighted to welcome some new volunteers in 2025.

If anyone is thinking of making a New Year's resolution to :

- Get out and about
- Become a bit more active
- Make some new friends
- Start volunteering

then here is your opportunity! 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

Nicola and the team would like to wish you a Happy Easter.

Our summer hours (from now until October) will be 10am-3pm Monday to Saturday. Please call in for a browse of local books postcards and beautiful locally made gifts.

Events and other information can be found at [www.visitappleby.com](http://www.visitappleby.com) for services and other information we provide. Social Media Facebook: Appleby Tourist Information Centre, Twitter/X @applebytown, Instagram @applebytic

### 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 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

Nothing to my knowledge this month. *Ed*

... but Northern Crafts Market on the 18th.

## Town Council

Appleby's Annual Town Meeting,  
Wednesday, 29<sup>th</sup> April 2026



### Public Hall Supper Room

As well as receiving an update from Appleby Town Council on their activities over the past year, it is hoped to have representatives from over 20 local community organisations and groups at the meeting to tell everyone what they've been up to and what their plans are for the year ahead.

Sandwiches and refreshments will be served from 6.15pm with a chance to catch up with other attendees, followed by the meeting at 7pm.

The meeting will also host the presentation of this year's Community Achievement Awards, to honour and recognise some of the special people who are doing exceptional things for the good of our community.

All welcome to attend.

### Appleby Shop Front Grant Scheme

Appleby Council have to date received seven applications for the shop front grant scheme and are pleased to say that all seven applications were approved. The deadline for the next round of funding applications is 1st May.

For more information and an application form and guidelines, please see the Council's website at [www.applebytown.gov.uk](http://www.applebytown.gov.uk) or email [clerk@applebytown.gov.uk](mailto:clerk@applebytown.gov.uk)

We are excited to welcome two new businesses to Appleby town centre ...

### Natalia's Little Treats on Bridge Street

Offering a unique experience, with a la carte dessert menu and soft play and party area for children.

### Eden Beauty & Wellness @ 4 Market Arcade

Offering a full range of general beauty treatments from manicures, pedicures, Opi-gel-nails, facials, micro dermabrasion, individual lashes, tinting and waxing.

## Westmorland and Furness Council

has launched a Community Conversation on the future of care for older residents.



'A Place Called Home: Your living choices in later life' invites you to tell us your hopes for living well in the future as you get older and may need more support. Your views will help inform the future direction of all aspects of our Adult Social Care support for older people's independence and wellbeing.

Take our online survey for residents to tell us your views. Or, if you are involved in supporting older people in Westmorland and Furness, complete our survey for organisations.

We will also be out and about until 30<sup>th</sup> March speaking to older residents in community groups.

Cllr Patricia Bell, Cabinet member for Adults, Health and Care, said: "We want to hear what is most important to you as you get older and what being independent means to you. If you can no longer live safely at home then the only option doesn't have to be moving to a residential care home."

## Bus Talk

### 563 Penrith to Kirkby Stephen Bus Service



The expanded 563 bus service now operated by Stagecoach between Penrith and Kirkby Stephen, runs from early morning to early evening Monday to Friday, with four journeys to and from Kirkby Stephen and six to and from Appleby.

The first weekday journey now arrives in Penrith before 8.30 and there is now a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith. The four return journeys on Saturday between Penrith and Kirkby Stephen have not been changed.

Timetables for the 563 service are available from Appleby TIC or online at

[westmorlandandfurness.gov.uk/buses/service/563](http://westmorlandandfurness.gov.uk/buses/service/563)

It is rumoured the service may be extended to Sundays! *Ed*.

### 561 Appleby to Kendal Bus Service

The 561 service operates on Wednesdays, leaving opposite Appleby Moot Hall at 09.30 and arriving at Kendal Bus Station at 10.30 and returning 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 for the 561 service are available from Appleby TIC or online at

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

## 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).



Appleby Council are currently coordinating the scheme, and new enquiries for transport can be made by phoning ☎017683.51177 Ex. 3 or by popping into the Tourist Information Centre in the Moot Hall.

**The Voluntary Social Car Scheme for Appleby and District has over 160 potential users on its books, of whom at least 50 are active at any one time. But currently we can count the number of available drivers on the fingers of one hand and more are urgently needed. Please ring the number above for more information on how to join this valuable service to the people of Appleby and district.**

## 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)

## Appleby Clubs, etc.

### Appleby Archaeology Group

On Thursday 9<sup>th</sup> April at 7.30pm in the Public Hall Supper Room, the lecture is titled Stainmore Road: from Late Iron Age Routeway to engineered Roman Road - by Mike Hakon.

### Appleby Arts Society

On Wednesday 8<sup>th</sup> April in the morning (not sure what time Ed.) in the Public Hall, we have a lecture titled: "A Journey through

the Imperial Wardrobe" A captivating exploration of fashion as a symbol of empire - from Imperial China's robes to British colonial regalia.

David Rosier, our lecturer, is a curator and fashion historian with expertise in textile art, historical costume, and colonial aesthetics. His immersive presentations reveal much about the social significance of attire.

## Appleby Bowling Club

The Winter Indoor season continues until April. **The outdoor season will restart mid-April.** Casual bowling takes place indoors on most afternoons starting at 2pm. Presently the Annual Membership fee is £65.00 for adults, which covers both the Outdoor and Indoor Seasons. Contact details:- Peter Metcalfe, Hon. Secretary. ☎01768 352306 and email: [metcalfe6xy@btinternet.com](mailto:metcalfe6xy@btinternet.com)



## Appleby Evergreens

2 - 4 pm 13<sup>th</sup> and 27<sup>th</sup> April in the public hall Supper Room

## 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

## 1<sup>st</sup> 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)

## Lights...Camera...Appleby

**Saturday 11 April 2026 I'm Still Here (15)**

When a former congressman is abducted from his beachfront home in 1970s Rio, his wife and children are left reeling - for decades - in Walter Salles's Oscar-nominated drama, starring an extraordinary Fernanda Torres as Eunice.



This is the wrenching true-life saga of a Brazilian family torn apart by military rule. We first meet Eunice, life with her husband, Rubens (Selton Mello), a former congressman and civil engineer, and their five children in a beachfront house in 1970 Rio de Janeiro. Their lives are full of friends and laughter; books and art; cigars, whisky and celebration. The flexing muscle of Brazil's military dictatorship is the background noise - helicopter blades carving up the sky as the kids play beach volleyball; the rumble of a convoy of armoured vehicles on the seafloor.

A terrific soundtrack balances the irreverent energy of Brazilian Tropicália artists against a pensive, brooding score.

Our own talented committee members Conchita Cameron and Caroline Taylor, will be cooking a traditional Brazilian Feijoada - black bean and pork stew, served with rice. Vegetarian option will be available

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

Tickets £13 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, Melkintonhorpe.

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

## 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)

## The Fellside Singers 30<sup>th</sup> Anniversary Concert

A Celebration of 30 years of  
**The Fellside Singers**  
*Concert*

at Appleby Hub  
Friday 17<sup>th</sup> April 2026  
7.30pm  
Tickets: £6  
Under 18's FREE

For tickets telephone 017683 52902  
or purchase at Appleby Tourist Information Centre

## Memory Club in Appleby

Meetings are normally held on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. The only meeting in April will be on the 22<sup>nd</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. 22<sup>nd</sup> 7:30 pm The Hollies Asby Fellowship

### Brampton Village Hall

Wed. 1<sup>st</sup> 7:30pm B'ton Ladies - meal at **Appleby Golf Club**

Wed. 8<sup>th</sup> 7:00pm Eden Valley Woodturners

Tue. 14<sup>th</sup> 7:00pm Book Club

Mon. 20<sup>th</sup> 7:00pm Film Night

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

### Colby Village Hall

Sat. 11<sup>th</sup> 10:30 - noon Coffee Morning

Thu. 16<sup>th</sup> 7:30pm Colby WI - visitors welcome

Sun. 26<sup>th</sup> 12 - 1:30pm Soup & Sweet Lunch

Colby Village Hall will host a Table Top, Crafts and Car Boot Sale on Sunday May 17<sup>th</sup> from 10 a.m. to 1 p.m.. Set up from 9.00. £8 per table or car boot. To book your table/boot space contact:

Peter ☎07749934101

Maureen ☎017683 53010

Grace [gracedangerfield@yahoo.co.uk](mailto:gracedangerfield@yahoo.co.uk)

### Dufton

Village Hall Regular Weekly Events:

Mondays 10.45am - 12.30 Coffee Club (From Easter to October in the Postbox Pantry)

Wednesdays 10am - 11.45 Yoga with Jo Chapman

Fridays 9.30am - 11.30 Playgroup (in term time)

Special Events:

Wed. 1<sup>st</sup> 7.00pm (Open Circle) Women of our local railways

Thu. 2<sup>nd</sup> 7.30pm (Book Club) There are rivers in the sky

Thu. 23<sup>rd</sup> 7:30pm Highlights presents:

David Eagle - Flying Solo

David is a multi award winning comedian/musician, best known for being a member of the folk band, The Young'uns and also for his own Radio 4 series, Eagle on Air. His comedy, armed with an accordian, often explores how being blind transforms everyday life into surreal, surprising misadventures....

"A ludicrously amusing gentleman." Miles Jupp

"A comic tour de force." The Guardian

Tickets : [www.highlightnorth.co.uk](http://www.highlightnorth.co.uk) / ☎017683 52902

### Long Marton

The refurbishment of the hall is well underway, however due to extra work being required the hall will re-open in June. Any enquiries if you are thinking of setting up a new activity, please contact Christine at [bookingslongmartonvi@gmail.com](mailto:bookingslongmartonvi@gmail.com). Hire rates are from £7 per hour.

Local History Group - note now at Kirkby Thore Memorial Hall - Wednesday 15<sup>th</sup> April, 7.30pm - 'Hero of The Raging Main' - Lord Nelson. If you would like any details please email Christine at [longmartonlocalhistorygroup@gmail.com](mailto:longmartonlocalhistorygroup@gmail.com)

## Milburn

Village coffee mornings first Saturday of each month (4<sup>th</sup>).  
Church coffee mornings third Saturday of each month (18<sup>th</sup>), both 10:30 to noon.

## Murton-cum-Hilton Institute

Badminton 7:30 - 10pm every Thursday. All abilities welcome. £2.

## Ormside

Mon. 6<sup>th</sup> 10:30 to 12 Coffee Morning (check first!)

Mon. 13<sup>th</sup> 7:30 till 9pm Country Dancing

Tue. 21<sup>st</sup> 7:30 till 9pm Craft Evening

Mon. 27<sup>th</sup> 7:30 till 9pm Country Dancing

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 at the Victory Hall. All are welcome

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church from 2.30 to 4.30 pm

The Reading Group has its monthly meetings in the Kings Arms Pub. Formed in Spring 2012, we have read a variety of titles chosen from the Cumbria Library Service's list of 600 books available to reading groups. We are a friendly Group and everyone can contribute as much or as little as they wish. Anyone interested please email Angela at [neilandangela@live.co.uk](mailto:neilandangela@live.co.uk).

## Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Thursdays 9 - 11am Foyer Café (Inc. Post Office till 10am)

Thu. 2<sup>nd</sup> 11:30 - 1pm Soup and Pud

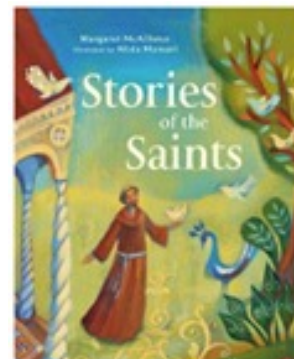
Thu. 16<sup>th</sup> 7:30pm Cinema - Calendar Girls (12) Doors open: 7.15pm, Screening: 7.30pm

Tickets on Door £5 Refreshments Served

## Stories of the Saints

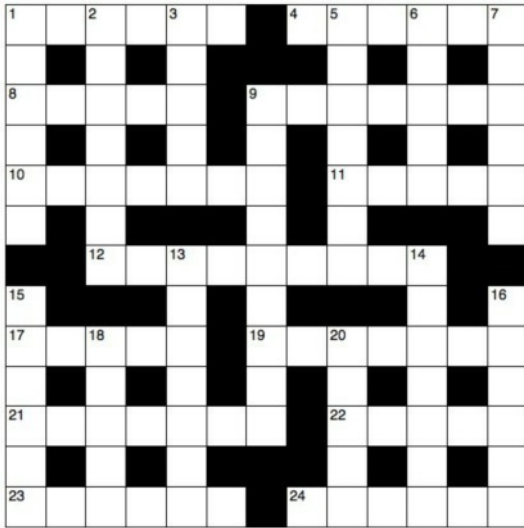
By Margaret McAllister, SPCK, £12.99

A beautifully illustrated children's book featuring 12 inspiring stories of Christian saints, ideal for ages 7 to 11. From Saint Peter and Saint Paul to Saint Francis of Assisi, Saint Teresa of Avila, Saint Bernadette, Padre Pio, and more, each story brings to life the courage, faith, and compassion of these beloved saints.



Lively and vivid, some tales are told in the first person, others through onlookers' eyes, with each story including extra information about the saint's life. Graceful illustrations, inspired by ancient art and architecture, make every page a visual delight. Perfect for young readers, families, and Sunday schools, this faith-based collection inspires children with stories of heroism, kindness, and devotion.

# Monthly Crossword



## Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Genesis 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3-4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

## Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)

# Bible Bite

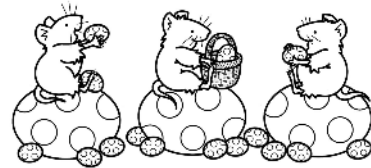
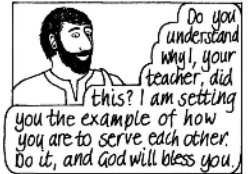
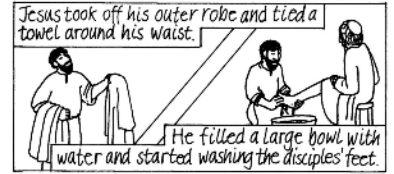
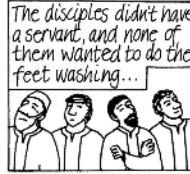
A short story from the Bible

It can be read in the Bible in Luke 22:24, John 13:3-17

Jesus and his disciples were celebrating the Passover with the special meal. The disciples were bickering again.



There was a reason why no-one wanted to be the least important - the roads were mud and everyone's feet got very dirty.



**Mouse Makes**

**EASTER WITNESS - I WAS THERE**

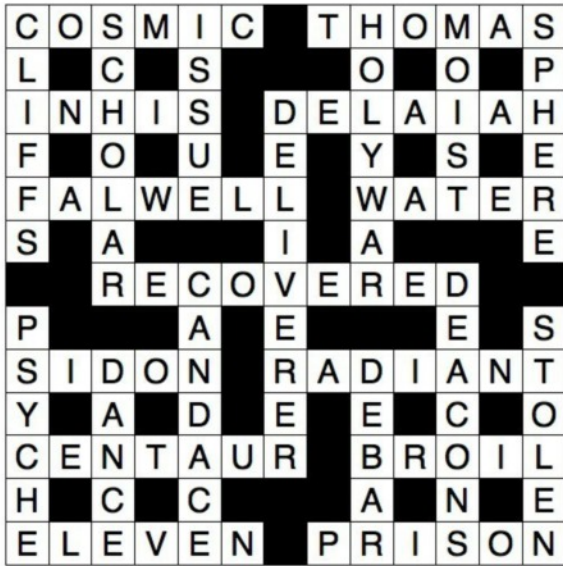
- I carried Jesus into Jerusalem. *Read Matthew 21:1-11*
- I handed Jesus over to be crucified. *Read Matthew 27:11-26*
- I nailed Jesus to the cross. *Read Mark 15:16-32*
- We watched Jesus die. *Read Mark 15:33-41*
- I laid his body in my tomb. *Read Mark 15:42-47*
- I guarded the tomb. *Read Matthew 27:62-66*
- We saw the empty tomb and spoke to the angel. *Read Matthew 28:1-10*
- Jesus is alive! He ate a meal with me! *Read Luke 24:13-35*

**WORD SEARCH:**  
 GOOD NEWS  
 OHOSANNA  
 DEATHQB  
 VNCOEUI  
 UAHNAARO  
 MIREVSYU  
 ALIVETDR  
 RISENEOK  
 YOTHORNS  
 PALMSQKA  
 RPLICATEN  
 CRUCIFYG  
 RHQUAKE  
 OCJESUSL  
 STOMBVDY  
 SRYEMPTY

JESUS • DONKEY • PALMS  
 HOSANNA • PILATE • THORNS  
 CRUCIFY • NAIL • CROSS  
 QUAKE • DEATH • BURY  
 TOMB • STONE • EMPTY  
 ANGEL • MARY • HEAVEN  
 RISEN • ALIVE • GOD  
 GOOD NEWS • CHRIST  
 SAVIOUR • EASTER • JOY

Apr 26 © Deborah Noble • parastpump.co.uk

# Crossword Solution



## Breakfast – with Jesus Christ

“It is the Lord!” (*John 21:7*) There is something very reassuring in the simple scene by Galilee’s lake, described on that post-Easter morning. Taking place there was the birth of a mighty world-wide adventure that has not ended yet! Was there ever a breakfast like it?



They’d been fishing all night, but in vain.... until they heard a distant call from the shore: “How are you doing, guys?”

There is even the little detail in the instructions from the beach that it was to be on the *right* side of the boat that the net should be thrown out this time.

That Stranger. That voice! Suddenly the net was full of wriggling fish. It was like coming in at the start of the film again – (see Luke 5:6). Then Peter’s hundred-yard splash to the shore... the charcoal fire and ‘large’ tilapia fish. Then the typical action of fishermen in counting the catch. How the Bible teems with stories.

And now breakfast on the beach, with Jesus Christ! It was a re-commissioning for the apostle Peter, who only days earlier had denied any knowledge of Jesus. From now on it would be different. “Feed my sheep,” said Jesus.

1. Whose call but Christ’s call? Peter would never be the same again. Those who have truly heard the call of Christ, will still be standing firm when revolutions explode, when finances plunge, when a church falls apart, when a country falls apart.

2. Whose word but Christ’s word? ‘Feed my sheep,’ were His words. Whoever we may be teaching, Christ’s servant is to see to it that what is taught is Christ’s word and not one’s own. The power that brings forgiveness and resurrection life can only come from one source!

3. Whose flock, but Christ’s flock? ‘MY lambs... MY sheep’ – they were never ours! Realise this – and so much of the conflicts that can occur between the friends of Jesus will cease overnight.

Can you smell the tilapia fish grilling on that little fire by Galilee’s beach? The Stranger on the shore is calling YOU. Along with John, dripping wet in the boat, recognise that He is no stranger. “It is the Lord.”



westmorlandandfurness.gov.uk

## Do you need help with small jobs around your home?

Westmorland and Furness Council operates a **Handy Person Scheme**, offering eligible residents help with things like:

- Changing a lightbulb
- Putting up shelving
- Hanging curtains
- Installing handrails
- Small repairs, such as unblocking sinks or replacing a washer on a tap
- Fitting of minor security measures such as door and window locks

All work is carried out **free of charge** – you just provide the materials.

Assistance is available to over-65s, people who have a disability or are vulnerable who meet the eligibility criteria.

For more details about eligibility and how to request a job, scan the QR code or visit the website:

[www.westmorlandandfurness.gov.uk/housing/handy-person-scheme](http://www.westmorlandandfurness.gov.uk/housing/handy-person-scheme)

You can also call the Housing Standards Team on 01539 793161, email [housingstandards@westmorlandandfurness.gov.uk](mailto:housingstandards@westmorlandandfurness.gov.uk), or write to:

Housing Standards Team, Westmorland and Furness Council, South Lakeland House Lowther Street, Kendal LA9 4DQ





**Renew Wellbeing**

# Renew Wellbeing Cafe

## Appleby Supper Room

(Above the Market Hall)

### Fridays, 9.30am-2pm

### Soup & Sandwich Lunch

### Tea/Coffee/Biscuits

Free - donations welcome

Board Games & Jigsaws

Quiet reflective space

Fun Dance & Movement

Community Choir

Crafts

Chat

Come and go as you please

  
 Renew Wellbeing Eden on Facebook

Contact: Kristy Pattimore  
[kristy@pattimore.com](mailto:kristy@pattimore.com)  
 Tel. 07480 935119



**Septic Tank Owner?**  
Fully funded upgrades are now available in Cumbria


Due to the nutrient pollution of river catchments in Cumbria, we are replacing septic tanks with modern treatment plants that cut down on phosphates.

This ongoing upgrade project is being funded by Westmorland and Furness Council, so you can have a positive impact on the environment, free of charge.

**Register your interest online today!**



01768 428 000  
burrow-environmental.com



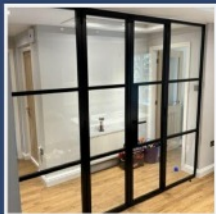

**FENESTRATION NETWORK**  
Your Trusted Supply and Install Experts  
Bifolds - Sliding Doors - Entrance Doors - Windows - Garden Rooms - French Doors

✓ Supply of quality Aluminium glazing products

✓ Professional Surveys ✓ Expert Installation

**A fast growing family owned glazing business based here in the beautiful**

**Lake District**



✓ Bifolding doors

✓ French doors



✓ Sliding doors

✓ Windows



✓ Entrance doors

✓ Internal Screens

**Get in Touch**

01768 254 552

www.thefenestrationnetwork.co.uk

projects@thefenestrationnetwork.co.uk

**Yoga & Mindfulness classes - Suitable for all abilities**

Tue	Yoga	Appleby	7pm – 8.45pm
Wed	Yoga	Dufton	10am -11.45am
Thur	Yoga	Appleby	7pm - 8.45pm
Fri	Yoga	Appleby	10am – 11.30am
		Gentle Mindful Yoga & Meditation	

Interested in workshops and retreats?

Please contact me for info and booking:

Jo Chapman 07902718957

Email: [jodufton@hotmail.com](mailto:jodufton@hotmail.com)

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

**Wellbeing Wednesdays**

An opportunity to meet with others and share your interests

Do you fancy chatting over coffee and cake, sharing hobbies or just a bit of company?

Pop along and join us

**Kirkby Thore Memorial Hall**  
**Every Wednesday**  
**Between 2 and 4pm**

Refreshments provided

**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 17yrs old

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

For further information contact: [cc.2192@aircadets.org](mailto:cc.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!

**THE FILLING STATION** Filling Station  
**Celebration**  
Sands Methodist Church Appleby  
6pm  
Every First Sunday  
Worshipping in Spirit and in Truth  
ORGANIC

**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

**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

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

16, Boroughgate  
Appleby-in-Westmorland  
Cumbria CA16 6XB

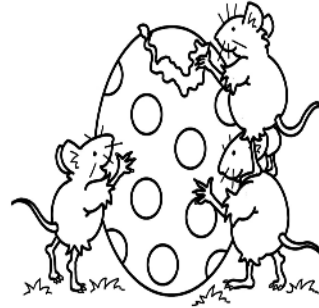
Tel. 017683.52220  
ABTA No. 89495  
Email [holidays@applebytravel.co.uk](mailto:holidays@applebytravel.co.uk)

**Qualified Foot Health Professional**

Aggie Koza MCFHP MAFHP

Home visits by arrangement - day, evening and weekends

**☎017683.98457**  
**07910.028.955**



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](mailto: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

**Appleby Guide Hut**

**For Hire**  
£12 per hour

**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*

**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](mailto: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)

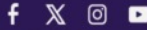
Webchat Advice  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Check out our social media page  
Twitter & Facebook;  
[@CarlisleEdenCA](https://www.facebook.com/CarlisleEdenCA)



**RAZZAMATAZ**  
THEATRE SCHOOLS

Creating Confident Futures!



## Singing, Dance & Drama Lessons 0-18 years

Our classes go beyond performing arts - they help children grow in confidence, build resilience, develop communication and teamwork skills, and learn to express themselves in a supportive environment.

Limited spaces available, book now!

**Join us for a FREE taster session!**

Contact Chaneen: 07539 144225

Classes in: Penrith, Kendal & Appleby

Email: [penrith@razzamataz.co.uk](mailto:penrith@razzamataz.co.uk)



◆ Physiotherapy ◆ Massage therapy ◆ Sports injury

**Registered physiotherapist in Appleby**

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

Call: 07793551976



**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)



**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**

## 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 April 2026

## Church of England

Wed. 1<sup>st</sup> 19:00 (Holy Week service at Long Marton)

### Appleby, St. Lawrence,

Thu. 2<sup>nd</sup> 19:00 Agape Pie and Peas at Sands Methodists  
 Fri. 3<sup>rd</sup> 10:00 At Sands Methodists  
 Fri. 3<sup>rd</sup> 14:00 Good Friday Reflection  
 Sat. 4<sup>th</sup> 19:30 Easter Vigil & Holy Communion  
 Sun. 5<sup>th</sup> 08:30 Holy Communion  
 Sun. 5<sup>th</sup> 10:45 Morning Prayer  
 Fri. 10<sup>th</sup> 10:00 Holy Communion  
 Sun. 12<sup>th</sup> 10:45 Holy Communion  
 Fri. 17<sup>th</sup> 10:00 Holy Communion  
 Sun. 19<sup>th</sup> 10:45 Holy Communion  
 Mon. 20<sup>th</sup> 19:00 Compline  
 Fri. 24<sup>th</sup> 10:00 Holy Communion  
 Sun. 26<sup>th</sup> 10:45 Holy Communion

### Asby, St. Peter

Thu. 2<sup>nd</sup> 19:30 United Holy Communion  
 Fri. 3<sup>rd</sup> 14:00 Good Friday Reflection  
 Sun. 5<sup>th</sup> 09:30 Holy Communion at Ormside  
 Sun. 12<sup>th</sup> 11:00 United Service  
 Sun. 19<sup>th</sup> 18:30 Café Church  
 Sun. 26<sup>th</sup> 11:00 Morning Prayer

### Bleatarn

Sun. 26<sup>th</sup> 14:00 Holy Communion

### Boroughgate, St. Anne

Closed for the duration of building works

### Dufton St. Cuthbert

Sun. 5<sup>th</sup> 11:00 Holy Communion  
 Sun. 12<sup>th</sup> 15:00 Service of the Word  
 Sun. 26<sup>th</sup> 11:00 Holy Communion

### Kirkby Thore, St. Michael

Sun. 5<sup>th</sup> 10:00 Baptism  
 Sun. 12<sup>th</sup> 11:00 Morning Prayer  
 Sun. 19<sup>th</sup> 10:00 Breakfast Church  
 Sun. 26<sup>th</sup> 11:00 Holy Communion

### Long Marton, SS. Margaret & James

Wed. 1<sup>st</sup> 19:00 Holy Week Service  
 Sun. 12<sup>th</sup> 09:30 Holy Communion

### Milburn, St. Cuthbert

Thu. 2<sup>nd</sup> 19:00 Holy Communion  
 Fri. 3<sup>rd</sup> 19:00 Stainer's Crucifixion  
 Sun. 5<sup>th</sup> 10:45 Holy Communion  
 Sun. 12<sup>th</sup> 10:45 Holy Communion  
 Sun. 19<sup>th</sup> 10:45 Holy Communion  
 Sun. 26<sup>th</sup> 18:30 Evening Prayer

## Murton, St. John

Sun. 26<sup>th</sup> 18:00 Evening Prayer

## Musgrave, St. Theobald

No Service

## Newbiggin, St. Edmund

Fri. 3<sup>rd</sup> 14:00 Good Friday Reflection  
 Sun. 5<sup>th</sup> 11:00 Holy Communion  
 Sun. 26<sup>th</sup> 16:00 Evening Prayer

## Ormside, St. James

Sun. 5<sup>th</sup> 09:30 Holy Communion (with Asby)  
 Sun. 12<sup>th</sup> 09:30 Matins  
 Sun. 19<sup>th</sup> 09:30 DIY  
 Sun. 26<sup>th</sup> 09:30 Holy Communion (1662 -BCP)

## Temple Sowerby, St. James

Thu. 2<sup>nd</sup> 20:15 Stripping of the Altar  
 Sun. 19<sup>th</sup> 09:30 Morning Prayer

## Warcop, St. Columba

Fri. 3<sup>rd</sup> 14:00 Good Friday Reflection  
 Sun. 5<sup>th</sup> 09:30 Holy Communion  
 Sun. 12<sup>th</sup> 09:30 Morning Prayer  
 Sun. 19<sup>th</sup> 09:30 Holy Communion  
 Sun. 26<sup>th</sup> 09:30 Morning Prayer

## Methodists

### Sands, Appleby

Sun. 5<sup>th</sup> 10:30 Rev. David Newlove (Holy Communion)  
 Sun. 12<sup>th</sup> 10:30 Rev. Richard Crippen+  
 Sun. 19<sup>th</sup> 10:30 Mrs. Penny Hilland  
 Sun. 26<sup>th</sup> 10:30 Rev. Ros. Watson

### Dufton with Knock

Sun. 5<sup>th</sup> 10:45 I. Newton (Holy Communion)  
 Sun. 12<sup>th</sup> 10:45 Informal Service  
 Sun. 19<sup>th</sup> 10:45 Rev. Alex Dunstan  
 Sun. 26<sup>th</sup> 10:45 Mrs. Joyce Worsfold

### Warcop,

Sun. 5<sup>th</sup> 10:30 Mr. Allen Burton  
 Sun. 12<sup>th</sup> 10:30 Mrs. Joyce Worsfold  
 Sun. 19<sup>th</sup> 14:00 Rev. Ros. Watson **Chapel Anniversary**  
 Sun. 26<sup>th</sup> 18:30 Rev. S. Radford (Holy Communion)

## 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)