

HEART

The News Magazine of the 'Heart of Eden' Team Ministry

St. Lawrence, Appleby; St. John, Murton-cum-Hilton;
St. James, Ormside; St. Peter, Great Asby;
St. Margaret & St. James, Long Marton;
St. Cuthbert, Dufton; St. Cuthbert, Milburn

with additional information from

The Sands Methodist Church, Appleby
and Dufton with Knock Methodist Church
The Church of Our Lady of Appleby
The Local Communities and Organisations
of Appleby and the Mid-Eden Valley



Bog-bean

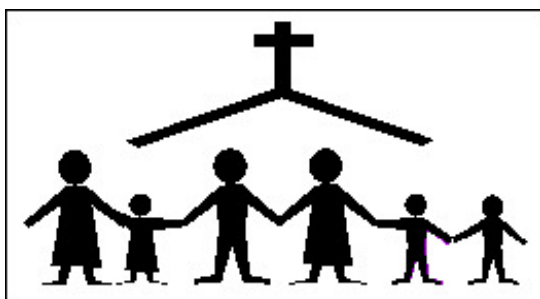
EDEN + CROSS

**May
2013**

What's On in The Heart of Eden in May?

Every Wednesday - 2pm – 4pm - Carpet Bowls – Everybody welcome – Colby Village Hall

3rd		Plant Sale, St. Lawrence's
3rd		Friday Club joins Penrith Rainbow Club Birthday Party
3rd	12noon	Come 4 Lunch, Sands Methodist Church Hall
3rd	2.30pm	AGM of Age Concern Appleby, Pennine Suite, Riverside Building
4th		Plant Sale, St. Lawrence's
4th	11.00am – 4.00pm	Spring Fair, Asby
5th	11.00am – 4.00pm	Spring Fair, Asby
4th	9.30 - 11.30 am	Coffee Morning, Public Hall Supper Room – Royal British Legion
4th , 5th, 6th	10.30am to 4pm	Flower Festival, Warcop Church
7th	7.30 pm	Appleby Embroiderers Guild - "Embroidery on Silk", Guide Hut
8th	11.00 am	WADFAS Lecture, Appleby Market Hall, with coffee at 10.15
8th	7.00pm	Eden Ladies Business Networking Group, Royal Oak
8th	7.30 pm	Dufton Open Circle, Dufton Village Hall 'Wedgewood Pottery'
11th	10am – 1pm	'Make, Bake and Grow', Kirkby Thore War Memorial Hall
11th	9.30 - 11.30 am	Coffee Morning, Public Hall Supper Room – Leprosy Mission
12th		Christian Aid Week starts
12th	7:30pm	Penrith Singers Concert, St. Andrew's Church, Penrith
13th	10.00 am	50+ Keep Fit, Bolton Memorial Hall
14th	9.30am – 10am	'Baby Bounce and Rhyme', Appleby Library
14th	10.30 am	Long Marton Institute Coffee Morning and Soup + Post Bus
15th	7.30 pm	Appleby Archaeology Lecture, 'Epiacum' Market Hall, Appleby
15th	2:30pm – 4.30pm	Time for Tea, Kirkby Thore War Memorial Hall
15th	7.15pm	Appleby WI Open Meeting, The Sands, 'Eden Valley Hospice Singers'
15th	7.30 pm	Long Marton 7.30 Club. "Barnado's Boy", Long Marton Institute
16th	1.30 pm	Appleby Ladies Friendship Group, Sands Methodist Church Rooms
16th	7.30pm	Climate Change Talk, Maulds Meaburn Village Institute
17th		Friday Club, Outdoor Games
18th	9.30 - 11.30 am	Coffee Morning, Public Hall Supper Room – Bolton Church
18th	10.30am – noon	Coffee Morning, Milburn Village Hall
19th	12 noon	'Bring and Share Meal', Sands Methodist Church Rooms
19th	2.00pm	Historic Walk, Dufton
19th	5.00pm	Fellside Concert, Ormside Church, The Solway Saxophone Quartet
24th	7.30pm	Auction of Promises, Long Marton Institute (viewing from 6.30pm)
25th	9.30 - 11.30 am	Coffee Morning, Public Hall Supper Room – NSPCC
25th		'Made Locally' Fair, Appleby Public Hall
29th	7.30pm	AGM of Appleby Liberal Democrats, Royal British Legion Club
30th		Appleby-in-Westmorland Society 'Common Agricultural Policy', Supper Room
31st	7.30 pm	Milburn Film Club, Milburn Village Hall - 'Withnail and I'



Ministry Team

Team Rector: Revd. Sarah Lunn	017683 61269
email: sarahlunn@care4free.net	
Team Vicar: Currently Vacant	
Revd. Roger Collinson (Retired)	017683 52886
Revd. Sue Bamping NSM Assistant Curate	01768 879085
Mr. Lynn Miller, Licensed Reader	017683 51671

INFORMATION FOR SENDERS OF ARTICLES AND ADVERTISEMENTS

Copy for May edition by Noon, please, 14th May

Please meet the deadline or send copy beforehand if at all possible!

Electronic copy by email is preferred; email address heart-of-eden-editor@hotmail.co.uk - often we are quite busy and don't have time to reply. **Please identify the content in the email subject line and in the name of each attachment.**

Written copy, please leave in letter tray marked 'Heart of Eden Editor' in St Lawrence's Church, on top of the book-shelf on your left as you go in. It will be emptied for the last time at noon on the 14th of the month.

Adverts Please contact the Advertising Manager, Keith Morgan, The Old Brewery, Doomgate, Appleby-in-Westmorland, CA16 6RB. Phone 017683 52210. Email deadline date as above. New or changed copy for already-arranged adverts should be sent to the editor as above. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'.

New 'Small Ads' Section: we will only accept adverts suitable for a Church Magazine, and we will not accept trade adverts. Adverts will cost £5 for up to 40 words. Please write your advert (in block capitals) on a piece of paper, add your address and put it in an envelope with a £5 note. Write 'HoE Small Ad' on the outside of the envelope, and put it in the safe in St. Lawrence's. The safe is straight ahead of you as you enter St. Lawrence's. To be included in a particular edition of the newsletter, please put your advert in the safe before noon on the 12th of the preceding month.

There is still room for another editor on the rota – if you would like to volunteer, please contact the editor - contact details above.

We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. We would welcome articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. Please send them to the editor.

The bundles of copies of this Newsletter are taken round to the distributors by Jan and Alan Meakin. They can be contacted on 52407.

Turning

I wonder whether spring will have sprung by the time you read this. I am planning to visit the Chelsea Flower Show later on this month, and I can imagine how the growers will have been agonising over their flowers, trying to get them to open just the right amount on the right day. But whether spring is delayed or not, the seasons always do turn eventually. As I write this, preparations are in hand for Margaret Thatcher's funeral. Love her or loathe her, she was a lady you could not ignore, and one of her famous sayings was "the lady's not for turning." I wonder whether you ever turn? Or maybe you prefer to pick a direction and stick doggedly to it through thick and thin. Jesus often called upon people to turn, to change direction, to look at things from a different perspective. When Peter and the disciples failed to catch any fish, he called to them to try casting their nets on the other side and they had an amazing catch. When Paul was confronted by Jesus on the Damascus road, he was challenged to turn from opposition to faith. As a result of this, the church was born. In the baptism service, we ask the candidates, or their parents and godparents if they are too young: "Do you turn to Christ?" Turning can be a very positive thing, from winter to spring, from failure to success, from doubt to faith, from darkness to light, from despair to hope. None of us is too old to turn in a new direction. I have recently retired from my licence to ministry in the Heart of Eden, but that hasn't stopped me from turning in a new direction and spending more time focussing on my role as Deanery Training Advisor and helping people to think about their lives as disciples. So are you for turning? Maybe to something new, or perhaps back to something familiar that you have neglected. May your turnings be fruitful and positive.

With my love and prayers

Janet

Appleby Churches Working Together

The Churches in Appleby work together to provide the following activities for children and young people.

Oasis - Every Friday in term time, after school until 5pm, at Kirkby Thore Chapel, for KS2 children (years 3 - 6)

Detox - Every Thursday in term time, after school until 5:15pm, at Sands Methodist Church, for children of secondary school age

Messy Church - Usually around Christmas and Easter (as advertised), usually at Murton, for all ages

Edward Bear Club - First Thursday of each month (10:30am - 11:30am) at St. Lawrence's, stories, music and play for pre-school children (and their carers)

Church Registers

Baptisms

31st March 2013	Grace Hannah Taylor	St Lawrence, Appleby
7th April 2013	Isabella Sophie Delaney	St Lawrence, Appleby

Funerals

18th March	Lesley Dowson	St Lawrence, Appleby
19th March	Alice Evelyn Robinson	St Lawrence, Appleby
22nd March	Edith Mary Collings	St Lawrence, Appleby
12th April	Cecil Simpson	St Margaret and St James Long Marton

Other Services:

Confirmation		
30th March 2013	Pamela Marian Day	St Margaret and St James Long Marton

FROM THE NEWSLETTER TEAM

Editor(s)

There are, at present, 2 editors who edit the Newsletter on a rota. Both of these editors will retire at the end of 2013. So we are seeking replacement(s) – and training can be given. The editors job includes gathering all the contributions and adverts, using desk-top publishing (currently an elderly version of Adobe InDesign) to prepare an electronic master-copy and then emailing this master-copy to our printers. If you are interested, please apply to the editors' email (see inside front cover).

'Manager'

We are also seeking a new 'Manager' from the end of 2013. This job includes collecting the Newsletters from the Printer, organising the 'bundlers' and (in conjunction with Mr & Mrs Meakin) maintaining the Distribution List for the Newsletters. Again, training can be given. If you are interested, please apply to the editors' email (see inside front cover).

Distributors

If you are available to help as a Newsletter Distributor at some time in the future, please let Mr or Mrs Meakin know on 52407.

NEWS FROM THE CHURCHES

CHURCH OF ENGLAND

HEART OF EDEN TEAM MINISTRY

GENERAL NEWS

Churches in Cumbria Tackle Challenges

Two years ago, Bishop James set out the Diocesan mission and vision. Our mission is, "by God's grace to grow God's Kingdom in Cumbria." Our vision is "to see growing disciples in all our churches."

Carlisle Diocesan Synod was to have met on 23rd March but the event had to be cancelled because of the weather. Instead, the Bishop is to explain in a letter and a podcast his vision of a Church which is there for everybody in Cumbria every day, and in which every member sees themselves as an active minister. The problem is, he will say, that we easily slip into thinking of Church as just about Vicars and Sundays.

Churches don't need to be reminded that the symptoms are hard pressed finances and numbers both of clergy and of congregations. But Bishop James will tell them that it's important to tackle the underlying causes, which are that as a whole, we are not sufficiently actively engaged in the mission and vision God gives us.

The answers are contained in three Strategies to be presented to Synod members. The Mission Strategy shows how the Churches in Cumbria need to reach out to those who don't come to church – how to be more than just something done on Sundays by a few. "We want everyone in Cumbria to discover that God is for them and Church is for them", says Rob Freeman, the Bishop of Penrith.

The Buildings Strategy looks at our Church buildings, encouraging congregations to have open and widely used churches, and to think about their buildings in relation to other public buildings (including other churches) in their communities.

The Ministry Strategy envisages 55 Mission Communities across the county, newly formed from groups of parishes. A typical Mission Community would have a couple of full time clergy and a much larger number of volunteer clergy and lay leaders. There will be lots of local debate about where the Mission Community boundaries will be drawn.

A retirement bulge and financial pressure will see the number of paid Church of England clergy in the county fall from 130 to 100 over the next seven years. But the new Mission Community model will see an increase in the number of ministers, as that

number is boosted by volunteer clergy and lay leaders. "It's realistic", says Bishop James, "to hope that every church will have its own minister."

He adds: "More importantly, as many as a third of the paid clergy, and lots of laity too, will concentrate much less on keeping things going and much more on reaching out to build new congregations. And all of us will concentrate on making God's kingdom more of a reality in Cumbria.

"These ideas have been around a long time, but there hasn't been any imperative to do anything about them. In fact, these problems with finances and numbers which have forced us to face change, may be God's way of getting through to us!"

It makes sense to tackle these three Strategies together, and no sense not to! So at the heart of these changes, there will also be greater ecumenical collaboration with the Methodist Church and United Reformed Church across the county, with all Christians working together across our communities. The three church leaders have written a joint letter commending the jointly developed Strategies to their Synods for discussion and ratification. This builds on the Declaration of Intent signed between the three denominations in November 2011, which sets Cumbria on the way to being the first ecumenical county in England.

Bishop James admits that these are big changes: "We are not rushing Synod members into a vote. Instead, they are being given three months to think and talk about this. During that time I and the Bishop's Staff Team are going round the county to talk to special meetings of clergy and laity, to explain and to listen. Then we come back for a final vote at the next Synod, on 18th June."

Bishop Robert Freeman, Bishop of Penrith, commented, "The picture is not all doom and gloom. Some Churches are growing, and many people are very generous, but there are financial and numbers pressures and these Strategies face them. The Strategies will create ministry which can be sustained over many years to come, but they're more than that. We're enthusiastic and excited about helping our hardworking congregations to refocus on being lively Christians outside and inside church. And we are committed to making sure that there continues to be a Christian presence in every community, including creating new Christian presence where there wasn't one before. It's challenging but it's also a great opportunity."

Rev Richard Teal, chair of the Methodist Cumbria District, said: "Mission Communities will allow for even closer working ties as we move forward, united as church families. This further cements the good work which has already been done since the signing of the Declaration of Intent."

Rev Sarah Moore, president of the United Reformed Church Cumbria Area, added: "We are all confident that as we move forward this model provides us with the opportunity to continue to grow and feed people's faith right across the county. It's a wonderful and exciting example of how churches can work together."

Christian Aid Week – 12-18 May 2013

Very soon, an envelope will be put through your letter box, and someone will call back a day or two later to collect any donation you may wish to make. Our aim, this year, is achieve £7,000 - only a few hundred more than in 2012. If you can Gift Aid your contribution, it increases its value by 25%

We are still short of a few house-to-house collectors, so, if you can volunteer, it could make all the difference to achieving our target or not. Please contact Roger 52886

On Saturday 18th May, there will be a Bucket Collection in Boroughgate between 10am and 2pm. If you can spare an hour, please call me on 52886.

And, for those of you who enjoy quizzes, there is a Christian Aid Quiz Night at Bojangles on Tuesday 7th May at 7pm. Refreshments will be supplied and there'll be a receptacle for donations to Christian Aid.

The Week will begin with a service in the Sands Methodist Church on Sunday 12th May at 6.30pm, when collectors will be

commissioned and the whole enterprise offered to God. Christian Aid Week is one of those occasions in the year when members from all three churches - Methodist, Roman Catholic, and Anglican - unite. And not only these. A number of our most faithful and valued collectors don't belong particularly to any congregation.

Hoping to bring you good news in June.

Roger

Pentecost Service May 18th

We plan to have a Heart of Eden Joint Service of Pentecost Praise in Appleby Church on Saturday 18th May at 7.00pm. Please come and join in as we celebrate our varieties of Gifts and diversity of communities as part of the Body of Christ.

Rogationtide 2013 in the Heart of Eden

Rogation Sunday falls on the Sunday before Ascension Day, which, this year, is May 5th. At Rogationtide, it has long been a tradition to ask for God's blessing on the flocks, herds and crops on the farms, as well as to walk the bounds of the parish. There will be a special Rogation tide Blessing at Newbiggin Church in the Service at 11.00am This year we plan once again to hold a Rogationtide and Blessing of Pets Service at 3.00pm on Dufton Village Green, weather permitting. This will be a short service of thanksgiving and blessing on all of creation. If you have a pet, please come along with it and enrich the variety of God's creation!

We will also have a Rogation tide theme at the Service to celebrate the Patronal festival at St James's Ormside at 6.00pm. Sarah Lunn. Team Rector

Planning and Reflection Day September 28th, 12 noon until 5.00pm at the Sands Methodist Church

As part of our journeying together as the people of Christ in this place, the Heart of Eden Group of Parishes, we need to plan for the future and work together to work out the best way forward for each of our communities. We plan to hold a day on Saturday 28th September for all members of all Parochial Church Councils as well as anyone else who is interested. Please note this date in your diaries and keep it free - the day will be a mixture of reflection, listening to God and to each other, of worship, and consultation. If you would like to be part of the planning for this day, please have a word with one of the clergy. May thanks Sarah Lunn

NEWS FROM THE PARISHES

St. Lawrence, Appleby

Churchwardens: Jean Hutchison,
Until May 16th - Audrey Dargue (51095),
After May 16th - John Tillotson (53349)

Secretary: Jo Ayres (52017)

From the Choir Stalls

St Lawrence's Choir is having quite a busy time at present. During April we sang Choral Evensong to celebrate RSCM Music Sunday, and many of us joined in a Choral Workshop with David Hill (chief conductor of the BBC Singers and The Bach Choir) in which we worked on Mozart's Requiem.

On May 12th there is Annual Mayors' Civic Service, Andy Connell, one of our own choristers, being new Mayor of Appleby. Then in the following week we have Pentecost! This year all the churches in the Heart of Eden Team meet at 7pm in St Lawrence's on Saturday 18th for a celebration of Pentecost and all are invited to join in this service.

New singers are always welcome to join us at St Lawrence's and further details can be obtained from Geoff Gordon (tel. 52980).

PLANT SALE in aid of flood protection for

St Lawrence's Church

This will be on Friday May 3rd and Saturday May 4th. Please bring your plants to the churchyard on Thursday May 2nd if possible in the morning. Please label the pots with the variety and colour. Perennials and annuals welcome. Information from Gill 51671, Jo 52017 & Juliet 53361.

St. Lawrence's Events Group

We are at present making plans for our Auction of Promises, to be held on 12th October in Appleby Public Hall. More details in future issues of this magazine. Please put the date in your diary.

St. Cuthbert, Dufton

Churchwardens: Mrs G Bryan (51414), Mrs Sylvia Murray
Secretary: Mrs Louise Stewart

Historical Walk round the outskirts of Dufton (about 2½ miles) led by Shelagh Endres. Sunday 19th May 2013 starting at 2pm at the Village Hall. £4.00 per person. Refreshments on sale at the Village Hall. Proceeds in aid of St. Cuthbert's Church, Dufton. Hopefully we will also see the bluebells in Dufton Ghyll.

Taizé style service – What is this?

Taizé is a small village in the Burgundy area of France, on a hill top surrounded by farms growing sunflowers, oilseed rape, grapes and Charolais cattle.

The community was started after WW2 by Br. Roger Shultz who helped people escape the horrific problems in Europe. They shared a simple faith which continues to this day, evoking peace, reconciliation and communion. The brothers of the community are from both Catholic and Protestant backgrounds, coming from many different countries. They make a lifetime commitment to celibacy and the common life. They share the life of the underprivileged: at the present moment they have brothers living and working in Bangladesh, South Korea, and parts of Africa, North and South America.

Young people may stay for 1 or 2 weeks to learn about the Bible. Praying together three times a day is at the heart of the community life, with chants, a psalm, Bible reading, silence. Everyone hears a few words in their own language.

Saturday evenings are very special with candles and lighted icons, a real festival of light. The singing goes on much longer after the service has ended, as people reflect on their time at Taizé and the changes to come. Most students are leaving for home the following morning. Some stay for a longer time and work as helpers, cleaning, working in the kitchen, preparing the church for the services and learning to get along with others from different countries.

My brother has been one of the Brothers of Taizé since 1980 and is visited regularly by members of his family.

www.taize.fr for more information about the community of Taizé.

Bernard Braithwaite

(the next Taizé style service at Dufton will be on the first Sunday in June)

St. Peter, Great Asby

Churchwarden: Mrs P Bevan (53433),
Taff Greenshaw (53894)
Secretary: Mrs Denise Frisby (01539 623542)

Asby Diary

Sat 4- Sun 5 May 11.00-4.30pm Spring Fair, St Peter's Church and Village Hall. Appleby Town Band 2 pm on Saturday. In aid of St Peter's re-ordering.

Wed 8 May 7.30 pm Asby Fellowship Group, 'The Hollies': Sarah Lunn - Haggai

Thurs 9 May 12.30 pm Diners, Three Greyhounds

Tues 14 May 7.30 pm Asby WI, Resolutions Evening, 'High

Burrells'

Wed 15 May 8.30 am Asby WI & friends, outing to Liverpool
Sat 18 May 7.00 pm Heart of Eden Pentecost Celebration, St
Lawrence Church, Appleby
Wed 22 Asby Fellowship Group, 'The Hollies': Danusia
Pennington - Malachi

St. Margaret & St. James, Long Marton

Churchwardens: J H Atkinson, Mrs J Cannon
Secretary: Leigh Harding

Are you Spring Cleaning?

Have you any good quality items that you no longer need?
Give us a ring and we will collect.
In aid of Long Marton Church Tower Restoration Fund.
Tel 017683 61650/51836/52984

Tower Repair Fund Events

Friday 24th May – Auction of Promises in Long Marton Institute,
early evening, viewing from 6.30pm, auction starts 7.30pm
Sunday 21st July – Cream Teas and Open Garden at Broom
Cottage, Long Marton, 2pm – 4.30pm

St. John, Murton-cum-Hilton

Churchwarden and Secretary: as St. Lawrence

St. Cuthbert, Milburn

Churchwardens: Mrs E Godfrey (61007),
Mrs K Ridley (62106)
Secretary: Angela Hughes

There will be a Coffee Morning in the Village Hall on Saturday
18th May from 10:30am to 12noon.

St. James, Ormside

Churchwardens: Mr. A. Denton, Mr. R. Parry.
Secretary: Mrs S M Braithwaite

St. Michael, Kirkby Thore

Churchwardens: Mrs. M. Davidson, Mrs. M. Moore
Secretary: Mrs. E. Higginbottom (01768 362910)
Saturday 11th May. - Make, Bake and Grow in War Memorial
Hall, from 10am till 1.00pm.
Bring and Buy, Plants, Cakes, Raffle. Refreshments.

Wednesday 15th May - Time for Tea, War Memorial Hall,
2.30pm.-4.30pm.

OUR SISTER CHURCHES

Roman Catholic Church

Church of Our Lady of Appleby
Garthheads Road, Appleby
Father Aleksander Makulski (51474)

The Sands, Appleby Methodist Church

Minister: Revd. P. Dunstan (51244)

Appleby Ladies Friendship Group

May 2nd we visit Mrs Miller's at Culgaith for an evening meal.
Our speaker will be Mr Roland Cowin. His subject "Small
Gardens". More information, contact Jackie Constable. Tel:
017683 52365.
Our monthly meeting on May 16th will be held in the Sands
Methodist Church Rooms at 1.30pm. The speaker will be
Jean Scot Smith and her subject will be "Peg Dolls". Light
refreshments will follow, and all are welcome.
More information - Please contact Anne Bell. Tel: 017683 51547.

"Come 4 Lunch".

Friday 3rd May 2013, 12noon – 1-15pm in "The Sands
Methodist Church" Hall. Come, bring your friends & enjoy
homemade soup with a roll, followed by a sweet and tea or
coffee. It is good to see so many but, there is room for more.
Free will donations. After expenses money will go to Local
Charities.

Bring & Share.

The Sands Methodist Church "Bring & Share Meal" Sunday May
19th 2013 (Approx 12noon). All are welcome even if you don't
come to Church or you are a member of another Church. Come
along as a family or on your own you will be made to feel part of
our Church Family.

Dufton with Knock Methodist Church

Minister: Rev Paul Dunstan 51244
Secretary: Avril Swinbank 53102
Steward: Dacre Swinbank 017683 53102
www.duftonchapel.org.uk

Easter celebrations at Dufton with Knock Methodist church
started on Palm Sunday as we shared in a joint service with
members of Dufton Parish church. This service was due to have
been held at the church however the heavy snowfall of the past
few days had made the road to the church treacherous so we
were more than happy to offer the chapel as a place to hold the
service. Unfortunately the weather conditions prevented the
donkey from taking part in the service this year but it was good
to join together to share the celebrations of Palm Sunday. On
Maundy Thursday a number of us went to Sands Methodist
church in Appleby to share in a Passover meal and we also
joined with our friends at Sands on Good Friday for a service to
remember this special day. On Easter Saturday the sun shone
on our Easter egg hunt and it was great to see so many people of
all ages going around the village finding the clues that had been
strategically placed on large Easter egg cutouts. We celebrated
the risen power of our Lord on Easter Sunday morning when Rev.
Paul Dunstan led our service.
We have recently started an exciting new venture and will be
opening the chapel every Saturday from 10.00 am and will be
offering refreshments to anyone who is passing, visitors
or villagers are very welcome. There is no charge for these
refreshments however any donations made will be divided
amongst organisations in the village. Why not come in and have
a cuppa and a chat, we would love to see you.

NEWS FROM THE AREA GENERAL

Fellside Concerts 2013

Sunday 19th May at 5pm

The concerts will start this year with a concert at Ormside parish
church when The Solway Saxophone Quartet with Stephen
Bagot, soprano sax; Jane Ward, alto sax; John MacKenzie, tenor
sax and Melanie Thorne, baritone sax will play attractive tunes
from Monteverdi to Gershwin, with some modern arrangements of
folk music.

Sunday 2nd June at 5pm

The Fellside Singers will perform a selection of choral music
with madrigals and folk tunes with items on the organ by Leigh
Harding, at Milburn parish church.

Sunday 16th June at 5pm

Camerata Cumbria - a repeat visit for Cumbria's own popular
chamber orchestra, at Dufton parish church.

The concerts will continue at fortnightly intervals throughout the
summer, and details will be available in the next newsletter. All
profits are for the benefit of our Heart of Eden churches, many of

which are in need of funds for essential repair and maintenance, so your support will be much appreciated.

Admission to each concert - £5 which includes refreshments.

Accompanied children admitted free. All very welcome.

Appleby Bowling Club

This year we are celebrating our Centenary Year. During the outdoor season there will be a number of special matches and there will also be an ongoing exhibition of photographs etc on display in the Club Bower to which you are all very welcome to come and view. We are also publishing a special Centenary Booklet which may be had for an appropriate donation.

During May there will be Open Evenings every Tuesday at 6.30pm when you will be very welcome to come and try the game for yourself.

When there are matches taking place you will be more than welcome to come and sit and watch.

Please contact Dave Sampson (17683 52133) or any member of the Club if you wish for any further information.

A 17th Taste of Morland

An exciting event for youngsters aged 6-12! If you have children or grandchildren (or any other contact with children!) in this age bracket, please tell them about our weekend of singing, outdoor activities and fun at Newby End Farm on May 18th-19th. You can read all about it on our website, at <http://www.newbyendfarm.co.uk/tom.html>, but suffice to say that we learn music, sacred and secular, we give a concert on the Saturday evening – and if the children have a party piece that they'd like to play, they can come and play it – and on the Sunday we have a special service at Morland Church. In between times, we have games and dam-building and sports. Full information from the website or from David Jones (01931 714338 david@newbyendfarm.co.uk) and read all about Morland Choristers' Camp at www.morland.org.uk. Tell the children they'd be mad to miss it!

Maulds Meaburn Village Institute

Thursday, 16th May 2013 at 7.30pm

An illustrated talk by Dr Dominick Spracklen. 'Climate Change, Deforestation and the future of the World's Forests' Dr Spracklen works within the University of Leeds Institute of Climate and Atmospheric Science. His work, underpinned by the science of climate change, focuses on the way human activity is contributing to the heating up of the Earth and the changes being experienced across the world to the Earth's systems. Dr Spracklen's particular interest is the impact de-forestation has on a changing climate. He leads practical action to protect and restore forests including a project to restore semi-natural woodland in Dunnerdale in the Lake District. Advance Booking Only: Sheila and Ron Smith 01931 715 509 Tickets: £10 (Under 18s: £6) The Bar opens at 7pm A donation will be made from ticket sales to a charity chosen by Dr Spracklen.

Appleby Friday Club

Unfortunately, the weather, as with many activities, precluded our April events, but now we are moving into spring, and this month we shall be joining the Penrith Rainbow Club for their birthday party on 3rd, and having Outdoor Games on the 17th. We have several new helpers which all adds to the enthusiasm of the crowd. Come and join in! Details from Peter Ivinson (61650

Heart of Eden Development Trust - Focus on Appleby

A publicity campaign to raise the profile of Appleby Town Centre is underway, funded by the Government's Portas Project.

The £10,000 has been allocated via the Heart of Eden Development Trust to Appleby Chamber of Trade and Commerce for promoting tourism to Appleby.

Part of the funding is already being used for advertising, leaflets and posters. The funding has also allowed the Chamber to republish an updated version of the Appleby Guide to Shops and Services.

A publicity campaign to get more news coverage in local, regional and national press is also part of the Chamber plan to be funded by the Portas Project.

For more information about the Trust visit www.heartofeden.co.uk.

Appleby Town Council

Since the last newsletter the Council has met in April, in addition to meetings of standing committees.

Mayor-making

Mayor-making will be at noon on Wednesday, 8 May, followed by the annual mayoral lunch. This is an occasion when the newly-appointed Mayor and Mayoress recognise the efforts of Town Councillors, none of whom receive allowances, and the Council's dedicated staff. Also invited are a sample of the many local people who contribute in different ways to the life of our community. The Mayor regrets that it is only possible each year to ask a few out of the hundreds whose efforts for Appleby deserve recognition.

Cloisters

Appleby Rotarians have carried out the promised clean-up, and deserve the warmest thanks of the Council and the community. Let's all now treat this historic public amenity with respect, so that the Cloisters are something for Appleby to be proud of and don't get into their previous state.

573 Friday Bus

The newsletter went to press just before the meeting between Cumbria and parish representatives on the future of the service, but there was reason to be hopeful that enough financial support had already been forthcoming to see it through to 2014. Appleby Age Concern has led the way with a very handsome contribution, and several individuals have generously chipped in. It would be good if many more local businesses and individuals could see their way to making a donation. A list of supporters will be published later.

'Special Expenses'

There was an increase of some 65% in 'Special Expenses' charged by EDC to Appleby and Bongate council taxpayers for the maintenance of various open spaces owned by Eden, effectively adding about £10 to the average household charge. EDC's explanation for this is a steep rise in grass cutting charges under a new contract; it is also claimed that new surveying methods have found that the amount of land to be maintained was previously underestimated. The biggest surprise is a rise in the charge for maintaining 'sports pitches' in Appleby from £3,870 to £9,765. Our District Councillors are pursuing the matter further. The whole issue of 'Special Expenses' is due to be reviewed by EDC later this year.

The Car

The abandoned car on Castle Bank was finally removed by Eden District Council after a stay of over fourth months. The owner is believed to have left the country. The delay was partly because the tax disc did not expire until March, and partly because it was not obstructing the highway and the Police did not see its removal as their responsibility.

Eden Valley Railway

Enjoy a friendly ride from Warcop on the Eden Valley Railway. Trains run from 11am to 4pm every Sunday and Bank Holiday Monday from Easter to the end of September and on selected other days in Summer.

Our site at Warcop has car parking, toilets, light refreshments, a charity shop, exhibitions and model railways.

Visit us and travel over our new extension.

For more information: www.evr-cumbria.org.uk

Warcop Station, Warcop, Appleby, Cumbria, CA16 6PR

50 + Keep Fit

The group keeps going strong, plenty of usage of unheard-of muscles! May's session in Bolton Memorial Hall will be on the 13th at 10.00am followed by coffee/tea. £3, pay as you go. Advance warning...June's session will be on the 1st Monday of the month not the 2nd, because of the Horse Fair. Patricia Shuttleworth (51016)

EXTEND exercise classes to music for the over-60s and the less able of any age

Classes held in Appleby on Wednesday mornings
Summer timetable: Alternate Wednesdays from May 8th to August 28th.

Supper Room, Market Hall

10.00 till 10.45 with coffee/tea afterwards
A mixture of gentle and lively seated exercises with one optional standing exercise

Classes £1 per session, subsidised by Age Concern Appleby

Edenside Care Home

11.15 till 12.00
A more gentle seated exercise session
Please contact Christine Sutherland on 077860 73584 for more information, or just come along.
New members are always very welcome!

Seeking 'Meals on Wheels' Volunteers

Meals on Wheels Appleby needs your help. Can you spare 2 hours a month at most to help deliver meals around Appleby either as a driver or a helper. If you feel you can volunteer, please ring Dot Anderton on 01768352389 or email hangingshawfarm@btinternet.com.

Do You Need to Borrow a Wheelchair?

The Inner Wheel Club of Appleby has a wheelchair available for short term loans locally. If you would like to borrow it please contact Jenny Morgan on 52210. There will be a returnable deposit of £20.

On Friday 26th July we will be holding a fashion show with a difference. Lynn Hopwood from the Temperance Hall Fashion Museum in Kirkby Stephen will present "Look Back at Fashion through the Ages" an evening of her amazing costumes, with wine and canapés in the Tufton Arms at 6.30. Tickets will be available from Inner Wheel members and the TIC.

Penrith Singers next concert

Sunday 12 May, 7.30pm, St Andrew's Church, Penrith
ROSSINI PETITE MESSE SOLENNELLE conductor Colin Marston
Soprano Rachel Little / Mezzo-Soprano Audrey McKirdy / Tenor Adam Magee / Baritone Adam Marsden
Ian Hare (organ and harmonium) and David Jones (piano)
Tickets available at Penrith Tourist Information Centre, Lakeland Music and Beckside Books, Penrith, and at the door. £13 adults; £11 concessions; £4 students
Penrith Singers' Musical Director: Colin Marston
www.penrithsingers.org.uk

Carlisle & North Lakeland Hospice at Home

The service covers this area. The clinical team look after many patients each year and also support their families and carers. Anyone interested in raising funds or volunteering please contact the Hospice at Home office 01768 210719. Press contact: Cath Wheeler on 01768 210 719

Appleby Tennis Club

Our club nights are Wednesday and Friday evenings from 7 – 9. We use the two courts at Appleby Grammar School adjacent to the Sports Hall. For more information look at our website www.applebytenniscub.webs.com or email applebytenniscub@hotmail.co.uk

Aikido

One of the most beautiful forms of martial art is Aikido, based on a philosophy of nonviolence and harmony. Evening session, open to all, every Thursday, 6.00 till 8.00, Appleby Grammar School gym. If you'd like to know more, ring Andrew 017683 52108

Cancer Information and Support in Eden

"Come for Coffee" drop-in sessions in the Bolton Lounge at the Voluntary Sector, Riverside Building in Appleby on the 1st and 3rd Mondays of each month for those affected by cancer. In addition to coffee a gentle exercise class will be available from 10.30 to 11.00 in the adjoining Pennine Suite for anyone interested. If you require any further information regarding these groups please contact Age UK Carlisle and Eden on 017683 54918 or 01768 863618.

Befriending

Age UK Carlisle and Eden have launched the pilot of their befriending scheme to help older people in our communities to increase contact with others, rediscover old interests and hobbies or possibly acquire some new ones. Anyone interested in a volunteer role or finding out more about the service please contact our Befriending co-ordinator on 017683 54918 or 01228 536673 or email befriending@ageukcarlisleandeden.org.uk

Appleby Rotary Bookshop

At Appleby Rotary Club we are pleased to report that our bookshop is now fully functioning at Eden Community Outdoors where we have a splendid room in what was Centre 67, adjacent to the car park at Broad Close.

Appleby Town Band

Any enquiries about engaging the band, or becoming a player, please phone our Conductor, Linda Bainbridge on 01931715395 for more information.

Appleby Probus Club

New members are very welcome; please call the Secretary, Terry Turner, on 017683 72918, or the Treasurer, Adrian Marsh, on 01931 715285.

Appleby Crafters

(formerly the Knit and Natter group)

Meetings at 2pm in the Library. All are welcome: bring knitting, sewing, any craft project or none. We are a welcoming friendly group. For more information please contact Appleby Tourist Information Centre 51177.

Eden Timebank Ltd

For further info contact: Mobile: 07800 843455
Web: www.edentimebank.org.uk
Email: edentimebank@yahoo.co.uk
Twitter: [edentimebank@yahoo.co.uk](https://twitter.com/edentimebank)

Support for unpaid Carers in Eden

Eden Carers is a local charitable organisation that provides information, support and social events for adult and young Carers throughout Eden. For more information about the monthly Carers group and other support we offer Carers, or about volunteering with us, please contact Denise at Eden Carers on 01768 890280 or by e-mail on enquiries@edencarers.co.uk. Further information can also be found on the Eden Carers website www.edencarers.co.uk.

APPLEBY

Coffee Mornings

Appleby Public Hall, Supper Room
Saturday - 9:30am to 11:30am
4 Royal British Legion
11 Leprosy Mission
18 Bolton P.C.C.
25 N.S.P.C.C.

Tourist information Centre

Summer Opening Hours
Mon-Sat 9.30am-5pm, Sunday 10.30am-2.30pm.
We would like to update our contact details for clubs and organisations in and around Appleby-in-Westmorland, and would appreciate if anyone who is in such clubs to visit the TIC and confirm the details are correct including any new organisations who would like to be included.
Please remember to bring us a poster of any events you are organising and we will display it for you.

What's On in the Public Hall, Appleby

Spring Sales & Fairs

Saturday 25th May
Made Locally Fair
Locally made produce and crafts from the Eden area.
Only £10 a table to be paid & booked in advance.
For more information or to book contact Sarah, Public Hall Manager 017683 51177 or phmanager@applebytown.org.uk

Age Concern Appleby

The Annual General Meeting of Age Concern Appleby will be held in the Pennine Suite of Riverside Building On Friday 3rd May at 2.30pm. The guest speaker will be Sue McDonald, who is the Fund Raiser for Macmillan Cancer Support. Members of the general public as well as representatives of local organisations are warmly invited to this meeting.

Appleby Liberal Democrats

The Annual General Meeting of Appleby Liberal Democrats will be held at the Royal British Legion Club on 29th May at 7.30 pm.

Events at Appleby Library

Both are for 0 to 4 year olds (must be accompanied by an adult)

Bookstart Bear Club - Baby Bounce and Rhyme
The 2nd Tuesday in every month from 9:30am to 10:00am
Tuesday 14th May
Tuesday 11th June

Bookstart Bear Club - Storytime
The Last Tuesday of every month from 2:15pm to 2:45pm
Tuesday 30th April
Tuesday 25th June

St. Anne's Almshouses, Appleby

The Trustees and Residents of St. Anne's (up Boroughgate) are in the throes of preparing for their Garden Party to be held on Carnival Sunday.....July 14th. Please keep the date free in your diary to come and enjoy the Town Band, cream teas, tombola, competitions and various stalls, not forgetting the presence of "Lady Anne".

Bridging the Gap

Free help and advice for people with hearing loss via drop-in sessions round the county
We can help you get the best out of your hearing aid
We can supply you with NHS batteries
We can retube and clean your hearing aids

Your nearest drop-in venues are at: Appleby Health Centre, Riverside Building, Chapel Street 1st Thursday each month 1.00 pm – 3.30 pm

And Kirkby Stephen, LocalLinks Office, Vicarage Lane 3rd Tuesday each month 10.00 am - 12 noon

Also at The HEAR Centre Chapel Court, 40-44, Cecil Street, Carlisle, CA1 1NT

We can show you a variety of equipment to aid hearing and communication

Opening times

Tuesday & Wednesday 10.00 am – 12.30 pm

Thursday 10.00 am – 3.00 pm

We can also visit you at your home if you can't get to us

For more information or to request a home visit contact:

Hugh Stirling on 01228 562691

or visit our website at www.caritascare.org.uk

Appleby and District Art Society

Appleby and District Art Society meets on most Tuesdays (except the first Tuesday in the month) at 7.30pm at the Appleby Guide Hut (near the Fire Station). For further details, contact Eddie Potts, telephone: 017683 52660 or Jen Kirby 017683 52921

Appleby-in-Westmorland Society

SHAP – A TRAVELLERS' HAZARD

"Shap has a lot to answer for" Jean Scott-Smith told her audience of Appleby-in-Westmorland Society members at their recent open meeting. She was jokingly referring to meeting her future husband there, but went on to expand on the difficulties experienced by those who have sought to use the important route over Shap Fell throughout the centuries.

The first evidence of travel in the area was, oddly enough, a Bronze Age canoe. Much later came trails made by the pack horse teams with their warning bells sounding in the mists of the hill terrain we now know as High Street. The drove roads, on which cattle were driven from Scotland down as far as London used the same route, made difficult by sometimes extreme weather conditions.

Bonnie Prince Charlie suffered the stresses of Shap in his failed attempt to recapture the English throne for the Stuarts, a house in Shap being named after his stay in 1745. From the 18th century, when inclement weather made stage coach travel hazardous, the onset of the 19th century saw the coming of the railway, itself built with much travail to open in 1846. Its closure in 1968 meant the construction of the M6 was welcomed as bringing relief to the trans-Shap traveller. "Such ways as we hope never to see again", the verdict of three soldiers of long ago from the more placid plains of Norfolk is a reminder that this route will never be an easy one – witness recent closure of both M6 and A6 due to snow.

After thanking Mrs Scott-Smith, Chairman Ian Campbell sought members' help with a project to record details of local war memorials. Next meeting will be on 30 May when Dr Lois Mansfield will speak on the reform of the Common Agricultural Policy.

Appleby Chamber of Trade and Commerce – Traders' discount shop front redecoration

The Chamber has negotiated a special low price with Steve Ritson for any shop owners wishing to spruce up their shop fronts quickly ready for the tourist season and whilst waiting for their regular repainting.

The reduction for Appleby shopkeepers is for the painting of windowsills only and is part of the Chambers project to improve the look of the town centre. Other areas of the town centre and signage on the county roads into town are also been looked at by the chamber and county Highways with a view to refurbishment. Details for the discount painting offer are available from Carl Bendelow via Appleby Business Centre.

Appleby Chamber of Trade and Commerce – Town website upgrade

The Chamber is working in collaboration with Appleby Town Council (ATC), to develop and improve the existing town website www.applebytown.org.uk.

The upgrade will include linking with other websites of interest to visitors and residents, including the new multi agency horse fair site which will be live for this year's event and daily news tweets. The new look website will provide a one-stop-shop online for information about Appleby-in-Westmorland and a key part of the publicity campaign to raise the profile of the town on the internet.

Appleby Chamber of Trade and Commerce - Rural Growth Network

Appleby is to benefit from funds for a Rural Growth Network Hub that have come from DEFRA via Cumbria County Council and the Local Enterprise Partnership.

The two year pilot project aims to provide support to businesses in the Appleby area and capital equipment (laptop, screen, video projector, conference furniture and equipment, website presence etc) for use by the Hub and assisted businesses.

The project will fund a part time Hub Manager who will provide business support, a Hub office, events and administration of a business network for the next two years. The equipment and facilities will be available for all local business support.

This is a pilot project in five counties and using the results it is hoped the government will roll out similar support nationwide.

The Chamber of Trade is setting up a working party with Eden District Council, Cumbria County Council, Appleby Town Council and Appleby Community Acting Together to produce an economic development business plan for Appleby which is necessary when bidding for further funding and in lobbying for investment.

Appleby Chamber of Trade and Commerce – Says “thank you” for 100 years of retail service

On behalf of Appleby Chamber of Trade and Commerce, President Jackie Kirkpatrick presented the Ewbank family with a framed photograph of their shop as a “thank you” for providing more than 100 years of service as butchers to the Eden community. The family are retiring from retail.

Appleby Embroiderers Guild

At our May meeting (Tuesday 7th at 7.30 pm) we will be embroidering on silk. The evening will be lead by member Jennifer Hodgkinson – we will be stitching a silk panel which can be made into a small evening bag at a later date. You will need your usual basic sewing kit, and a stitch guide may be useful. If you would like to join us, please ring as we will need to know numbers in advance (number below). Our members are very friendly and we are keen to share materials / equipment as well as knowledge and friendship! We meet at the Guide and Brownie Hut on Holme Street, Appleby. A small entrance charge is made (members £2, non-members £5) and all are most welcome.

Advance notice - our June meeting has been rearranged – it will now be on Tuesday 18th June – venue to be confirmed.

The subject is 'Follies of Fashion' - Serena Partridge will speak about her upcoming exhibition at Kirkby Lonsdale as part of the Contemporary Craft Tour 2013, which will take place between 21st and 23rd June. More details can be found in the Highlights brochure, or from Karen Babayan on 017683-53464.

We are organising a bus to 'Woolfest' at Cockermouth on Saturday 29th June; for more information about the May meeting or to book a place on the Woolfest bus, please ring 017683-51157.

Appleby & District Gardeners' Society

Advance Notice of the Appleby Gardeners' Society's Annual Holiday - Monday, 27th to Friday, 31st May 2013 to Blairgowrie, Scotland.

The 5 day holiday with coach travel, dinner, bed and breakfast at

the Blairgowrie hotel has an inclusive price of £300 with no single room supplement. Members and non-members are all welcome – please contact Robinsons Coaches Tel: 017683 51424 to register any interest or the secretary, Linda Huddleston 017683 51443 for further information

Appleby Probus Club

New members are very welcome; please call the Secretary, Terry Turner, on 017683 72918, or the Treasurer, Adrian Marsh, on 01931 715285.

Appleby Archaeology

Next date: 15th May; Alastair Robertson (Local Historian) Epiacum, the latest developments at Whitley Castle - the 'Miner-Farmer' project and moles, the archaeologist's little helpers. Meetings are held on the second Tuesday of the month October - May in the Market Hall, Appleby, starting at 7.30pm. Members free, Visitors £2. For news of activities and contacts please see our website www.applebyarchaeology.org.uk

Eden Ladies Business Networking Group

Business women from across the Eden Valley put into practice networking advice at the second meeting of the new Eden Ladies Business Networking Group.

More than 30 women came together for the event at the Black Bull, Brough Sowerby on Wednesday, April 10.

Jackie said: "It has been a great start for our ladies networking group, which is bringing together women in business from across the Eden Valley. We had business women from Kirkby Stephen, Brough and Appleby, including a few new faces.

"At our launch event, Catherynn Dunstan, Events Development Manager at Cumbria Chamber of Commerce/Made in Cumbria explained how to make the most of networking events, so for the second meeting we organised a change tables networking session. Everyone had the opportunity to promote their business as well as hear what all the other members of the group do. We were putting the business networking advice into action."

Eden Ladies events coming up also include a Networking Workshop on April 27, 9am-12.30pm and the next meeting will be at the Royal Oak, Appleby on May 8 from 7pm.

Appleby W.I.

In March we learnt about Buttons and Buckles – Margaret Bidgway brought along a fascinating display and hundreds of different examples. Buttons can be both functional and decorative, some display ones allegiance or membership of a group and interesting tales surrounded many of them, too. We went home to look in our own button boxes for special associations.

April brought us local interest in the form of a talk on Eden Rural Foyer with much to learn that was new to us.

Our May meeting will have, we hope, wider interest as this is our Open Meeting and we invite others to come and join us. We are to be entertained by The Eden Valley Hospice Singers, and will welcome support for this worthy local cause. Do join us at The Sands Methodist Church, on Wednesday May 15th at 7.15pm for music (and perhaps a sing-along). There'll be supper and a raffle – and a warm W.I. welcome, as always – a special fund-raiser at £3.00.

Advance notice of groups will be appreciated by our President, Hilary Wilson Tel 51061 or our Hon. Sec. Val Kendall, Tel 53159

Transport information sessions at your local library

Why not pop into Appleby Library between 10am and 12.00pm on any of these dates:

Friday 14th June 2013

Friday 12th July 2013

Friday 9th August 2013

Friday 6th September 2013

Friday 4th October 2013

Friday 1st November 2013 to have a chat with your Locality Transport Officer from the County Council's Integrated Transport Team. To find out about transport in your local area or discuss any transport or access issues that you may have.

WARCOP

St. Columba's Church, Warcop and Warcop Church Of England Primary School 150th Birthday Celebrations - 4th to 6th May, 2013

"A Celebration of Learning - From Birth to Earth"

During May Day Bank Holiday Weekend we are marking an important milestone in Warcop – the 150th Birthday of our Church of England Primary School.

Events include:

Sat 4th May Spring Fair in Warcop School – 11am to 2pm

Sat 4th, Sun 5th and Mon 6th May - 10.30am to 4.00pm (last admission 3pm) St Columba's Church, Warcop - Flower Festival and Art & Craft Exhibition - Admission £2.50 (under 16's free)

Come along to Warcop and join the celebrations! Everyone Welcome

DUFTON

Dufton Open Circle

Meetings held in Dufton Village Hall at 7.30 pm. All welcome, as always.

On May 8th we shall be welcoming Alan Wedgwood to talk about Wedgwood Pottery and show us some pieces.

HILTON AND MURTON

Fellsiders

The speaker on Wed June 5th is David Constable, "Barnado's Boy", at 7.30 in Murton Institute.

Many thanks to the staff at Appleby Manor for a wonderful meal for the Ladies Dinner. We all enjoyed the evening, thanks to Joy for arranging it.

LONG MARTON

Events in Long Marton Village Hall for April

Pottery Group Thursday May 9th and 23rd at 7.30pm. Beginners welcome. Tel: 62642.

Carpet Bowls Tuesday April 30th & May 14th & 28th 2pm-4pm. £2 a session. Tel: 62102/61764/62642 – everyone welcome & it's great fun.

Luncheon Club Wed May 1st and 15th 12 noon. To book please contact Ann on 61244. We're always looking for helpers here so if you can spare an hour it would be appreciated.

Coffee Morning Tues May 14th 10.30am – 12.15pm – all welcome. Bring & buy stall, books & jig saws, cakes & cards, photographs etc - if anyone can donate home baked items such as cakes, biscuits or jams & preserves these would be very welcome too.

Post bus at 12.10pm every Tuesday behind the Village Institute. Local History Group Tuesday May 21st 7.30pm Stephen Miller (Wordsworth Trust Grasmere) 'Dorothy Wordsworth-family links to Penrith and Appleby'. Entry on the door £2.50 including refreshments.

Don't forget if you want to book the village hall for £6 an hour please contact Linda on 017683 61764. Better still, come & look for yourself at what your village hall has to offer!

Have a look at the village web site for other events & photos etc www.long-marton.co.uk

Did you know?? If you have access to the Internet you can also find events on the Heart of Eden on line calendar too; just type in the following: www.heartofeden.co.uk/page6.html

Long Marton 7:30 Club

May 15th at the Village Institute. David Constable will be talking about "Life as a Barnado's Boy". All welcome. £2 including Tea and Biscuits.

MILBURN

Milburn Film Club

The next meeting of Milburn Film Club is on Friday 31st May 7.30pm Milburn village hall. The film is "Withnail and I", Bruce Robinson's cult film of hippy London features Richard E Grant, Paul McGann and Richard Griffiths at the start of their brilliant individual careers. Filmed partially in Cumbria, "Withnail and I" features hysterical scenes of drunkenness and drug-taking which somehow produce a string of searingly memorable quotes and a hauntingly touching ending.

Richard Corrie's Sunday Breakfast

6.00am to 9.00am

BBC RADIO CUMBRIA

bbc.co.uk/cumbria

"Reflecting faith across the County"

Penrith & North Lakes Croquet Club

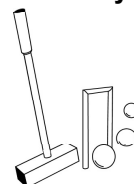
Is croquet something you've always wanted to try?

Then why not come along to the Edenhall and Langwathby Cricket ground* for a couple of hours on Tuesday May 14th any time between 2.00 and 8.00 pm to watch, learn, and "have a go"?

Refreshments will be provided in the Pavilion, and, for the enthusiasts – we hope there may be many – there will be further coaching sessions in the early evenings of the following three Tuesdays.

* Just before the Eden river bridge on the A686

For more information, Google "Penrith and North Lakes Croquet", or call 01768 362 353





Community Home Carer

£7.10—£7.45 per hour

The Oaklea Trust
towards independence

The Oaklea Trust is increasing its dedicated team of Community Home Carers to support customers to stay in their own homes.

Are you Flexible? Caring? Understanding and empathetic with a good knowledge of your local area? If so we would be delighted to hear from you.

You will provide support to a range of customers, mainly but not solely older adults to remain in their homes.

Support will include: Providing personal and health related care and help around the home. e.g. washing up, changing bed & vacuuming.

You will be based from home and working in your local Community. We offer a range of hours to suit you and 25p per mile will also be paid between calls.

To request an application pack or view a full Job Description for please visit our website www.oakleatrust.co.uk/jobs or call the HR Department on 01539 735025.

Alternatively email a CV and covering letter to
cv@oakleatrust.co.uk

or send by post to HR Department, The Oaklea Trust,
48 Stramongate, Kendal, LA9 4BD



SHAP WELLS HOTEL

John Wilson's Irish Charity Concert Sunday 5th May 2013 Shaun Loughrey

Ticket Prices: £15.00pp

Contact John Wilson on 01931 712545 or
07788584594 to book for tickets

John Wilson's Irish Charity Concert Saturday 25th May 2013 Isla Grant

Ticket Prices: £16.00pp

Contact John Wilson on 01931 712545 or
07788584594 to book for tickets

Father's Day Carvery Lunch Sunday 17th June Shap Wells locally famous 3 Course Carvery Lunch £16.95 Adults £8.95 Children – Children under 3 Free of Charge

Fathers receive a gift

SHAP PENRITH CUMBRIA CA10 3QU ★ TEL 01931 716628 ★ EMAIL
sales@shapwellshotel.com ★ WEB www.shapwellshotel.com ★



CARAVAN STORAGE

ALL YEAR ROUND STORAGE AVAILABLE
IN SECURE COMPOUND IN APPLEBY

Why clutter up your drive when you can store it
with us?

£365 single payment or
£35 per month for 12 months contract

£180 Winter Storage –
1st October – 31st March 2014

Tel 017683 51646

Other types of storage can be arranged

e.g. Boats, trailers, vehicles, etc.

Garment of Eden

West Cloisters, Appleby- in – Westmorland
Clothing Alterations & Repairs

Made To Measure Curtains, Upholstery & Accessories
fast, friendly and reliable service

open Mon – Sat 10.00 til 17.00

Tel: 017683 98601 Mobile: 07525 545063

www.garmentofeden.co.uk

**Sky
Sports**

Cock 'a' Hood



Bar & Lounge
Ormside, Cumbria, United Kingdom

**Open
to Public**

**COME AND JOIN US AT WILD ROSE PARK, ORMSIDE,
APPLEBY. ALWAYS OPEN TO NON-RESIDENTS.**

~ MAY ~

Sat 11th ~ FREE BBQ - 1pm - 3pm

Sat 18th ~ FREE BBQ - 1pm - 3pm

8pm FEMALE VOCALIST 'Charli'

(Free Entry)

~ EVERY FRIDAY ~

5pm - 8.30pm

FISH & CHIPS SPECTACULAR

2 x Hand Battered Haddock, Chips & Peas

Plus 2 x Selected Drinks for only £14.99

~ EVERY SUNDAY ~

12 noon to 5pm

2 x Full Sunday Roasts

only £10

THE PUBLIC HALL – ROOMS TO HIRE

The Main Hall has a stage and benefits from good acoustic qualities and is therefore valued as a theatre and music performance venue. It is also served by newly refurbished toilets and two large changing rooms. For discos and parties in the Main Hall the foyer serves as a bar area.

Upstairs is the Supper Room with lift access if required. There is a bar area for smaller parties and other functions.

Booking Enquiries can be made through the Public Hall Manager on: 017683 51177 or email: phmanager@applebytown.org.uk

See website for more information:
www.applebytown.org.uk

Stuart Leonard
Plastering Contractor
Interior/Exterior plastering
Stud wall building
Traditional Lime plastering
Wall and floor tiling
External painting
Your local plasterer for local needs
Call for your free estimate
Tel: 01931 714909
Mob: 07813 717360

Eden Walls

retaining, boundary, drystone, all brick block and stone-facing work
Pointing and re-pointing all hard landscaping all building work undertaken.
no job too small or too large
Tel 017683 52778
portfolio available on request

Parkin & Jackson

Monumental Sculptors



- New Memorials
- 2nd Inscriptions
- Cleaning and Repainting
- Renovations
- Memorials designed to your specifications

Advice freely given

Tel: 01539 722838 Fax: 01539 740775

14 Appleby Road, Kendal LA9 6ES
Email: parkinandjackson@btinternet.com www.parkinandjackson.com

THE STAG INN

- Real Ales • Restaurant
- Live Entertainment
- Quiz Night • Beer Garden
- Small Functions Catered For

Fine food cooked from local produce.

017683 51608

www.thestagdufton.co.uk : info@thestagdufton.co.uk



THE PENNINE WAY

HelmWind Cycles

Milburn

Cycle repairs and servicing

- ▲ Free assessment
- ▲ Bike collection and delivery available



017683 61979

enquiry@helmwind.co.uk

Bike care made easy.....



- Full Surgical Facilities
- In-house Lab, X-ray, Ultrasound
- Acupuncture Specialist
- Advice Clinics
- Good Continuity Of Care

Old Hall
Doomgate
Appleby
Cumbria
CA16 6RB

017683 51507

info@oldhallvets.co.uk

www.oldhallvets.co.uk

Country Furnishings @ Phoenix

Curtains, Blinds, Loose Covers, Cushions, Upholstery

Professional Service & Competitive Rates.

Home Fitting & Measuring Service

CALL TODAY!!

Tel: 01768 88711 Mobile: 07590292127

www.phoenixantiquesbarn.co.uk

C & L Services UK Ltd

- Floor Coverings
- Tiling
- Joinery
- Painting and Decorating



Call
017683
51748

Free No Obligation Quotation, Reliable,
Affordable, Quality work, No VAT added.



Kirkby Thore Pre-School

Our Pre-School is open:
Mon-Fri 8.45am – 11.45am

If you would like to come and see our exciting, bright, warm and inviting Pre-School, or would like any further information please contact Janet Skelton on 017683 62822

Now taking children from 2yrs – 4yrs

Nursery Education Grant places available
Ofsted Registered

A Warm friendly welcome awaits you at

The Crown & Cushion

Real Ales - Real Food - Real Fire

Meals served 12 - 2.30 pm

Daily Except Tuesdays

New Menu for Spring

Traditional Sunday Lunch

Served 12-3

(Roast of the day £6.99 or £9.99 for 2 courses)

FREE Private Room for Business or Informal Meetings

Small parties catered for

Bed & Breakfast

Doubles & Twin Rooms available

All En-Suite, Including TVs

Sky Sports Live

Being shown on our Large

Multi-Screen TVs

FREE POOL

Every Thursday

Enclosed Back Garden to the Rear

Dogs & Children Welcome

Call in or ring on 01768 351595

MMK Appleby Taxis

Airport Transfers - Reliable Taxi Services
Contracts Welcome - Long Distance Covered
Competitive Prices

4/6 Seats Taxi - Minibus 9 Seats

07596 646450

mark.krauze369@btinternet.com

HANDYMAN SERVICES

Pressure Washing, Hedge Cutting, Grass Cutting, Fence Painting, Tree Pruning, Gutter Clearance - Blocked Drains, Sinks, Baths, Toilets - Leaking Taps, Radiators, Cisterns - General Painting, Decorating + Varnishing - General Joinery Work.

For a free No Obligation quote please call
07881 864107 or 017683 52035

Stone and Stove Installations

101 Hayclose Road
Kendal
Cumbria
LA9 7ND

Phone: 07885399766 07795972881
E-mail: chris-toff@hotmail.co.uk
mattfriar@hotmail.co.uk

Chris Little and Matt
Friar

GRANITE SPECIALISTS AND
STOVE INSTALLERS

WE SUPPLY GRANITE, SILESTONE
AND ZODIAQ FOR ANY OF YOUR
NEEDS

WE ARE HEATAS TRAINED STOVE
INSTALLERS

NEWTON RIGG COLLEGE
part of ASKHAM BRYAN COLLEGE

Saturday Information Mornings: 10.00 am to 1.00 pm

Join us for an information morning at Newton Rigg College. Students and parents will have the opportunity to meet staff, explore the facilities and find out all about our courses.

The Information Mornings will take place on:

Saturday 13 October 2012 ■ Saturday 17 November 2012 ■ Saturday 2 March 2013

To book a place please contact Gwendy Byas on:
T: 01768 893575 E: Gwendy.Byas@newtonrigg.ac.uk

Open Evenings: 5.30 pm to 7.00 pm

Come and visit the College and find out more about our courses.

Thursday 4 October 2012 ■ Thursday 8 November 2012

Thursday 6 December 2012 ■ Thursday 10 January 2013

Thursday 7 February 2013 ■ Thursday 7 March 2013

Thursday 18 April 2013 ■ Thursday 16 May 2013

Thursday 6 June 2013 ■ Thursday 18 July 2013

No need to book just drop in

T: 01768 893400

E: enquiries@newtonrigg.ac.uk

www.newtonrigg.ac.uk

Newton Rigg College, Penrith, Cumbria CA11 0AH



Eden Valley

CATERING

Established in 1992 Eden Valley Catering is based in Appleby and specializes in simple, no fuss catering. We cater for Marquee events, Weddings, Parties and other Special Occasions.

We travel all over the Eden Valley to various venues, private homes, halls, we can also recommend beautiful Venues for your special occasion

Our Menus

We offer a small range of Menus using local produce. Meat from our Local Butcher, Bread, Confectionary and Deli products from our own shop. Fresh Fruit and Vegetables delivered daily.

All our foods are prepared in our own kitchen by our team of Experienced Staff and meet high food hygiene standards.

Our Menus show a selection of our dishes and can be adapted to suit your own requirements. We would be delighted to create your own personal menu for your special occasion.

Our prices start from as little as £6.00 per head
Please ring or e mail for menus

"We can make your Party Special".
017863 53113

info@edenvalleycatering.co.uk
www.edenvalleycatering.co.uk

SPENDERS

Property & Garden Repairs

NO JOB TOO SMALL...

Internal & External Repairs and Maintenance

Fencing - Decking - Domestic Joinery - Tiling

Call Dave for quality workmanship!

T. 017683 51440 M. 07711 762910

COLLECTABLES

AT HIDDEN TREASURES

HSBC Bank Yard, Boroughgate, Appleby-In Westmorland

Tel: DAVINA 07958183901

I Sell Mirrors, Pictures, Frames, China & Glass
Books On Most Subjects And Novels From 50P.
Gold & Silver Jewellery, Binoculars & Curiosities
Also Small Items Of Furniture.

I ALSO SELL GOODS ON COMMISSION

APPLEBY ANGLING ASSOCIATION

Wild Brown Trout fishing on the River Eden, Cumbria. 14 miles of club water
Excellent fly water with trout over 3lb caught in 2010.

ANNUAL SUBSCRIPTIONS

Residents	£45.00	Non Residents.....	£90.00
Resident OAP.....	£22.00	Non Resident OAP.....	£44.00
Junior Resident.....	£6.00	Non Resident Junior.....	£13.50
Day Tickets.....	£20.00	Grayling Day Tickets.....	£10.00
Weekly Ticket.....	£60.00		

Joining fee £20.00 (Not applicable to Juniors)

OAP rates only applicable after 3 years at full rates

Ticket Secretary: H Pigney & Son, High Wiend, Appleby, Cumbria
CA16 6QR Tel: 017683 51240 www.applebyangling.co.uk

Bojangles

Bojangles

Bojangles

Open every day
from
9am until 5pm
for breakfasts,
lunches and
snacks.

Enjoy a wide selection of homebaked
cakes and scones.

Having a party? Look no further.
Great venue – great food – great prices

Available for private parties to celebrate
your special occasion any day or
evening of the week at no extra charge.
Christenings, weddings, funeral teas,
hen nights all catered for.

Bookings now being taken for traditional
Sunday lunches.

Call Yvonne on 017683 52662 for
more information.

Remedial Massage

Vivien Campbell

Manipulative masseuse

Relief from Slipped discs,
trapped nerves, frozen
shoulders, sciatica, slipped
cartilages etc.

51 Bongate, Appleby, CA16 6UN

017683 52177

Appointments Days, Evenings
and Weekends

AROMASSEIN

Just Open

NEW GIFT SHOP with a difference
Native American Jewellery Crystals

& Therapies

FAIR TRADE

3 Market Arcade

Appleby in Westmorland

Open daily 9 – 5pm

Tel: 078 350 97411

aromamassein@msn.com

WWW.AROMAMASSEIN.MOONFRUIT.COM

PROFESSIONAL DOG WALKING N' SITTING SERVICE

in the comfort of your dog's own
surroundings

by Anne, formerly of Riddlesay Kennels

Call 07720811611 for a quote

LANDSCAPE, GARDEN & PROPERTY MAINTENANCE

Local authority and land agency
approved contractor since 1997.

All types of domestic fencing,
hard and soft landscaping and
general property maintenance undertaken.

Fully insured.

For free advice and quotation, please telephone Paul.

017683 72587 or 07711 882112

edenconserv@aol.com

Rosie's Ice Cream Parlour & Ceramic Cafe

Waffles, Milkshake, Hotdogs, Fries, Popcorn, Candy Floss

Tea, Coffee, Hot Chocolate - All available takeaway!!

Kids' 'Paint a Pot' Party for Four (£22) and Each Additional
Child (£5.00)

You will also receive 15% off any party food - saving you
even more!

Open Monday - Saturday 10.00am - 5.00pm

Tel: 017683 98715

e-mail: info@rosiesicecreamparlours.co.uk

web address: www.rosiesicecreamparlours.co.uk

Tufton Mews Cafe & Wine Shop

- Takeaway service of freshly ground Coffee, , home-made soup, & lots more.....
- Glass loan & special prices on your party wines
- Advice on Food & Wine Pairing, Vintage Sourcing, Event Wines & free local delivery
- Come and get your local coffee loyalty card. Every sixth coffee is free!!!!

JOE GREENHOW - APPLEBY (estab.1975)
Painter and Decorator, Joiner and Glazier

Would customers please note that my telephone number has been omitted from the new phone book.

You can contact me on:

Tel: 017683 51815 Mobile: 07710 55 70 45



A & R Landscapes

We provide a professional, friendly and efficient landscape gardening service.

We cover all aspects of landscaping including horticulture, stonework, design,

countryside management, ponds/lakes and garden maintenance. For free quotations contact us –

Rob 07730570889 or Alan 07791648825

email: aandrlandscapes@gmx.co.uk

www.aandrlandscapes.co.uk

Eden picture framing
framing mounting repairs

- Fresh contemporary framing
- OS Maps with your postcode in centre, framed & delivered £80
- We can frame anything - paintings, photos, textiles etc
- Tired of those old fashioned frames? Give your pictures a makeover!
- Competitive prices & FREE local delivery

Tel: 01931 715237 www.edenpictureframing.co.uk



Long Marton Nursery

Working, in partnership with Parents, to deliver quality childcare and education
While continuing to provide flexible use of the Free Nursery Grant Entitlement

Taking children from 2 years old
Full Day or Sessional Care provided
Open 8am-5.30pm
Hot lunches available on request

For further information contact:
Helen Slee on 017683 61912

HIGH CUP WINERY

A wide selection of fruit wines now available:

Elderflower & Apple, Raspberry, Damson, Gooseberry, Elderberry, Rhubarb, Blackcurrant

Phone 017683 53714 or 07779774672 for opening times.

Find us at: Townhead Farm, Keisley (between Dufton and Murton), Cumbria CA16 6NF

www.highcupwines.co.uk



WESTMORLAND DECORATIVE AND FINE ARTS

Westmorland Decorative and Fine Arts Society's lecture 'It will never show! Designing Historical Costumes for Film and Television' will be held in the Market Hall, Appleby, on Wednesday 8th May at 11am. Coffee served from 10.15am. There will be a charge of £8 for non-members. All are welcome.

Don't get stuck in first gear,
get into top gear with:

Top Gear School Of Motoring

Paul Harrison ADI

8 Rivington Park, Appleby, Cumbria, CA16 6HU

Mobile 07855 395086

Home 017683 53935

EMail paulharrison12@yahoo.co.uk

Royal Oak Appleby

Tel 017683 51463 www.royaloakappleby.co.uk

Brand New Pensioners Menu
Served Mon - Sat 12noon till 3pm
2 courses from £5.95
£2.95 for an extra course

Choice of 3 Starters

MAINS

- *4oz Battered haddock, chips & mushy peas
- *5oz Gammon & egg with chips and salad
- *Whole tail Whitby scampi with chips and salad
- *Holland's steak pudding, chips and mushy peas
- *Chicken breast in onion, mushroom and red wine gravy with potatoes & veg
- *5oz Sirloin steak, mushrooms and tomato served with chips and salad - Supplement £3.50

Choice of 3 sweets

Voted best leased and tenanted pub in the uk



**APPLEBY
PRIMARY SCHOOL
WRAP AROUND
CARE**

FREE NURSERY SESSIONS

Free sessions available for all children the term after they turn 3!

"Magic Garden Nursery"

provides full wrap around care to children
aged 2 onwards

(including a breakfast and after school club)
all on one site at Appleby Primary School.

We can pick up and drop off your child at
"Seedlings Nursery" therefore offering continuity of care

Recent Ofsted inspection reported

**"The quality of the provision and the outcomes
for children in the Early Years Foundation Stage
is outstanding"**

Book any 3 full paid sessions and reserve a fourth session
for free (subject to availability)

Please contact Gina Harper (Manager)
for further details: Mobile 07935168140



14 Scattergate Green
Appleby-in-Westmorland • Cumbria CA16 6SP
telephone: 017683 54188
mobile: 07890 773 104

- Dangerous tree removal •
- Pruning • Felling • Reductions •
- Hedge Cutting • 24 Hour Call Out •

FIREWOOD & LOGS - £50 per Dumpy Bag
• Grass Cutting • Stump Grinding •

All work is completed to British Standard

BS: 3998 we are fully insured to £10m and
have over 12 years experience of
all aspects of arboricultural work.

**Contact Matthew Morgan FDS Arb
TYLA SERVICES LIMITED
Company Registration No. 06953760**

Skogs logs

seasoned firewood

hardwood 1/2 m3 bag £50

hardwood 3/4 m3 bag £60

hardwood 1 m3 bag £75

softwood 1 m3 bag £55

for orders or

enquiries contact

Allan Armstrong

017683 52997

0771 8000 680

log stores

also available

to buy or rent

Justin to Lawns

Grass cutting
services

Tel 07857 215868

Eden Valley

Physiotherapy

Physiotherapy

Acupuncture

Remedial Massage

Jane Close MCSP AACP

For further details or to book
an appointment

Phone 017683 51078

THE WOOL SHOP

7, High Wiend, Appleby in Westmorland, CA16 6RD
WOOLS BY ICO, KING COLE, JAMES C BRETT &
BERGERE DE FRANCE

Opening times: Mon, Tues, Wed, Fri, Sat 10-4,
Thursday 10 – 1. Need Help or Advice Please contact Helen
at: PHONE 017683 54045

EMAIL woolshopappleby@btinternet.com

WEBSITE www.thewoolshopappleby.co.uk



SEASONED FIREWOOD

Hardwood, Softwood, Kindling

Dumpy Bag Hardwood - £55

Dumpy Bag Softwood - £45

(Prices include VAT @ 5%) FREE local delivery

For every dumpy bag of Logs we sell, we make a donation towards
the planting of new trees in Cumbria - working with the Woodland
Trust and 'Diggin' The Trees' volunteer group.

THOMAS EWBANK Tel: 017683 62746



Eddie Potts

Decorative Interior Paint Effects
Handpainted Kitchens & Furniture a Speciality
Murals Gilding Colourwashing Marbling
All aspects of exterior paintwork also
undertaken

eddiepotts@uwclub.net

Tel: 017683 52660 or 07968 642661

Appleby

Local choice
BAKERY

Appleby Bakery Supports Local

At Appleby Bakery
we do everything we can to support local business
In our shop we sell

Appleby Creamery Cheese, Local sausage and Bacon
Howgill Pies, sausage, and cooked meats
Local jam, honey and preserves
All our meat, sausage, bacon, and salad ingredients in our
sandwiches is local

We stock a wide range of cumbrian products, we use local
suppliers, garages, shops, restaurants and local services
whenever possible.

At our Bakery
We use local ingredients and suppliers whenever we can.
We use local services and employ trusted local staff

We know that we all need to shop in a supermarket for
convenience and price.
All we ask is support us to
Spend your pounds at the supermarkets but spend your
Pennies in Appleby

Logic Group LOGIC

Plumbing, Heating, Electrical, and Renewable Energy

We are proud to install, service and maintain domestic oil, gas and LPG fired boilers
and cookers, Rayburns, stoves, also biomass, heat pumps, solar and underfloor heating

• Tel: 017683 51812 • Emergency call out: 07920291815



Showroom at Unit 6 Cross Croft Industrial Estate Appleby <http://www.logic-group.co.uk>

CORE FITNESS

Aerobics & Pilates
Centre 67
Wednesday mornings from
9.30am. For details call
Debbie Chambers
07925 535586
www.corefitnessappleby.wordpress.com

Appleby Tyres

Budget & Premium Tyres
Competitive Prices
Tel. 017683 53873
Unit 5, Appleby Business Park
(The Old Dairy), Appleby
CA16 6HT

GAIL WILLIAMSON AICB CB.Cert PM.Dip

Offering a professional and efficient bookkeeping service to include:

Bookkeeping – Manual and Computerised Accountancy systems
Preparation of final accounts for sole traders;
Payroll: employee records and submission of year end
Cash Flow forecasts
VAT returns
Credit control



Telephone: 01768 362450
Mobile: 07810 595200
Email: gail.williamson123@btinternet.com



May
2013



www.themidlandhotellappleby.co.uk
info@themidlandhotellappleby.co.uk



ride2stride is a week long festival of walks, talks and music along the fabulous Settle-Carlisle railway line, celebrating the wonderful landscape and culture of the western Dales and Eden Valley.

Join in at The Midland Hotel
Wednesday 1st May from 4pm
Good Food, Good Beer & Good Music



LIVE MUSIC

"Mac & Cash"

Friday 17th May - 8pm
Stuart MacFarlane & Martin Cash



Bank Holiday Sunday's

Sunday 5th May
&
Sunday 26th May
7pm for 7.30 start



25 Clifford Street
Appleby CA16 6TS
017683 51524

THE MIDLAND HOTEL



APPLEBY PRIMARY SCHOOL FREE NURSERY PLACES

Seedlings nursery is an integral part of the Foundation Unit where a warm and welcoming atmosphere awaits your child. We are situated in the main school building and have an open plan approach allowing us to play alongside reception class.

Use your free nursery hours flexibly from
Mon – Fri 8.55am – 3.10pm,
full or half days available including lunchtime provision.

Visitors are always welcome, so please come and look around our Early Years Unit.

Further information available from Appleby Primary School,
Station Road, Appleby, CA16 6TX,
017683 51431

Email: admin@applebyprimary.cumbria.sch.uk www.applebyprimary.cumbria.sch.uk

Domestic Appliance Repairs

Washers, Dryers, Fridges,
Electric Cookers,
Dishwashers
Most major makes
repaired and serviced

MALCOLM RIDLEY LTD
Tel 017683 61689

Computer and laptop repairs and upgrades

Can also help with wi-fi setup,
email, printers and scanners.
Friendly service at fixed rates.
See website for details or call
01539 624903
- fixing computers since 1990!

John Howard Jones
www.paratechnical.co.uk

FULLY QUALIFIED LADY PLUMBER

Repairs and
installations

Call Jane
01768 896009
or **07796 342179**

NORMAN SALMON JOINERY

All types of joinery work
undertaken
I have more than
40 years experience
Small furniture repairs
Free estimates given
Please Phone Appleby 53533
or Mobile 07977 135395

APPLEBY TAXIS

incorporating

MORRISMINORTRAVEL.COM

for all your minibus needs - 6/8/14/16 seaters

also

JVR TAXIS

for all your taxi needs
single seat taxi, environmental friendly
4 seat taxi

6 seat people carrier

MMT 017683 52772

JVR 017683 52382

MOBILE 07710 609307

MMT - markc.mmt@gmail.com

JVR - jvrtaxis@aol.com

or

see our website for more details

HEARTWOOD ENTERPRISES

- All practical tree and woodland work
- Tree surveys and woodland management
- Qualified, experience and insured

Tom Dutson Chartered Forester
01931 716195 or 07769 676536
tomdutson@gmail.com



WALKER'S WINDOW CLEANING SERVICE

Window and Fascia Cleaning
Painting - Pressure Washing
Drives and Roofs

Conservatories - Guttering
No job too big or too small

contact Doug on **017683 52484** or
Mobile **07912875 957**

Paul Hindson

General Builder
All building work
undertaken

For a free No Obligation
quote please call

017683 41753
or **07971 513356**



Worried about a friend or family member?
We can provide help at the touch of a button
ECA's care alarm service can help you to feel
safe in your own home and maintain your inde-
pendence. Our Emergency Response Service
is available 24 hours a day 365 days a year
call us on 01768 890657 email: eca.admin@
btconnect.com, web. www.ecalarms.com
Eden Community Alarms,
12 St Andrews Churchyard, Penrith

PlanArch Design Ltd

Architectural and Town Planning Consultants

- Expert Town Planning Consultants
- Award Winning Design Team
- 3D Design & Modelling
- Friendly Professional Service
- Call for your 1 hour FREE Consultancy
- No Job too small
- Free Quotation



PlanArchDesign

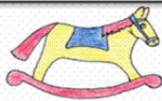
• Kingsway Court
54 Kingsway
Bishop Auckland
Co. Durham
DL14 7JF

• Tel 01388 608166

• Fax 01388 608168

• www.planarchdesign.co.uk

BOLTON NURSERY



- A charity not a business. Any profit we make goes towards improving the Nursery to make it more enjoyable for our children,
- Rated 'Good' by Ofsted in February 2012,
- All staff qualified to NVQ L3 or above,
- Takes children 3 months + to 4,
- Flexible hours to suit working parents including Breakfast Club, Afterschool Club and Holiday Club,
- Stimulating outdoor and indoor activities (pirate ship, outdoor musical instruments, climbing

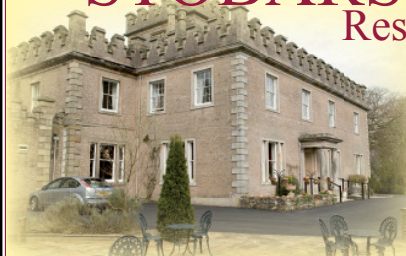
wall etc),

For more information contact Winifred or Johanne on
017683 62468

or visit our website - www.boltonnursery.org.uk.

Don't miss our Spring Cake Festival 2 - 4pm on Saturday
11th May at Bolton Village Hall. Come along and you can
sample all kinds of delicious cakes. All proceeds to Bolton
Nursery.

STOBARS HALL Residential Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can lead full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day.

If you would like further details, or simply a chat about life at Stobars Hall, please telephone Euan or Beryl on

017683 71291

Stobars Hall, Kirkby Stephen, Cumbria, CA17 4HD
www.thefranklyngroup.com



Appleby Heritage Centre Ltd
Station Yard, Appleby
Tel: (017683) 53350

E-mail: info@applebyheritagecentre.org.uk

COURSES STARTING SOON

Start	Weeks	Time	Start date
Pastel Workshop for Beginners	1 day	10-3.30 pm	27th April
Pastel Workshop for Beginners	1 day	10-3.30 pm	4th May
Small Engine Maintenance	6	18.30 – 20.30	12th June
Emergency First Aid	1 day	09.00 – 17.00	t.b.a.
3-day First Aid at Work	3 days	09.00 – 17.00	t.b.a.
Level 2 Food Safety Course	2	6-9 pm	t.b.a.
Planters, Corsages & Floral Art	1	10-4pm	t.b.a.

Call in, telephone or e-mail to enquire what courses are on offer in your area



FBE Ltd

Tel : 017683 51646

ELECTRICAL CONTRACTORS

Since 1981

All electrical work undertaken

Domestic, Commercial and Industrial

Electrical Inspection, Testing and Certification

2, LONG MARTON ROAD, APPLEBY



TV Aerials, Satellite: New, Repairs & Extensions

Electrical Jobs: Repairs, Re-wiring & Extensions

Andrew Allison

Tel: 017683 51307

Mob: 07976 754 982

Email: allisonandco@aol.com

A choice of 700 Golden Oldies

Sing along or dance to Andy's one-man show, with quality live vocals and professional backing tracks.

Happy memories from great songs of the 1920s, 30s, 40s, 50s, 60s and 70s in every style: pop, rock, romantic ballads, country, blues, swing, jazz.

Quiz breaks, too, if desired. Ideal for senior citizen parties, socials, dinners, anniversaries.

Call Andy Connell on 017683 51847

Heart of Eden Development Trust

for the latest on our
activities look at

www.heartofeden.co.uk

LAKELAND BLINDS APPLEBY

VERTICAL • VENETIAN • ROLLER • VELUX • ROMAN

Tailor made blinds at affordable prices

Samples brought to your home

07956 140335 or 017683 54087

Domestic and Commercial

20 Hothfield Drive, Appleby-in-Westmorland, Cumbria CA16 6HJ



Telephone; 01768 398 308

www.edeneco chicboutique.co.uk

Email: edeneco chic@gmail.com

We stock Nomads Originals Fair Trade
Clothing

and other Fairtrade gifts, also many men's
and women's pre-loved clothing,
soaps, candles and a selection of varied
and interesting Fairtrade gifts.

OPEN SIX DAYS 10am to 5pm

13, King's Head Court, Appleby CA16 6QH
(Through the archway near the bridge on
Bridge Street)

SPENDERS

Pest & Vermin Control

Rats, Mice & Crawling Insects, Moles & Rabbits
DOMESTIC, AGRICULTURAL AND INDUSTRIAL

T. 017683 51440 M. 07711 762910

dmb.spenders@yahoo.co.uk

Greenside, Colby Lane, Appleby, CA16 6RH

Charles Booth

Building Contractor &
Stonework Specialist

All aspects of building work considered.

Free estimates.

All work carried out by qualified tradesmen.

Tel: 07967 270883 or 017683 51678



Estate Agents

Auctioneers and Valuers

*Serving Appleby and Eden
since 1876*

Telephone: **017683 52345**

ask for Karen or Catherine



Appleby Business Services

The Business Centre

7 Bridge Street, Appleby, Cumbria CA16 6QH

Tel: 017683 52347 ~ Fax: 017683 52546

www.applebiz.co.uk ~ info@applebiz.co.uk

Part of the
PRINT OUT
Group of Companies

Stationery for Office & Home - Colour Copying and Printing - E-mail, Fax and Typing
Computer Parts, Supply and Peripherals - Internet Access - Bingo & Draw Tickets



OFFICES TO LET ON COMPETITIVE TERMS

Contact 017683 52347 for further information



Appleby British
Legion Club
Boroughgate
presents

May 18th:

Musical Social Evening

8-30pm to MIDNIGHT

Every Sunday—Cash Bingo—Doors
open 7pm—Tickets on sale until
7:45pm—Bingo starts at 8pm.

Witt-Woo

PHOTOGRAPHY

Family Portraits
Press Release Images
Web/Portfolio Images
Parties/Events
Passport I.D Photo's
Framing Service

Appleby 51697
www.witterick.com

Reflexology

Foot massage using the pressure points
on the feet to stimulate
your body's healing system and
improve your overall health & wellbeing
Over 10 years experience - £20 per
session
Gift vouchers available- contact Julie on
017683 51135
07578517900

"Fettle IT"

Having trouble with your computer?
Does it need a tune-up?
Bought a computer and need
someone to set it up?
Need help getting on the internet/broadband/
wireless?
Need advice on buying a new computer?
Fast, friendly service at reasonable rates
Call Simon for all computer problems
and advice
Tel: 01931 714607 Mob: 07718 803451

Acupuncture

Acupressure Massage

back pain, IBS, arthritis
migraines, anxiety, insomnia
stress, infertility, menopause

FREE phone consultation
home visits also available
07890 197 759

Jules Burrell MBAC
www.acupuncturepenrith.co.uk

To Let Workspace/Offices

Business Centre
Bridge Street Appleby
Enquiries to Reception
Telephone
017683 52347

NEIL AITKEN PAINTER & DECORATOR



EDENGATE, GARBRIDGE LANE, APPLEBY, CUMBRIA CA16 6HZ
Tel: 017683 52809 Mobile: 07724 152916
email: neilfaitken@aol.com

Glyn Jones

Funeral Director

A Complete, Professional, Caring, Sympathetic Service
24 Hour Service, All Areas Covered, Private Chapel of Rest

PRE-PAYMENT FUNERAL PLANS
MONUMENTAL MASONRY

12 Battlebarrow, Appleby-in-Westmorland
Tel: 017683 51569 - Mobile: 07801 850872

Glyn Jones

Hugh Jones



The Three Greyhounds Inn

Great Asby - 017683
51428

"Real Ales, Real Food,
Real Country Pub!"

The Limes

Bed & Breakfast

Colby

Contact Penny

017683 51605

www.orangesatthelimes.co.uk

Richard Dinsdale
General Builder

All building work
undertaken

Tel 017683 42059
or 07968101211

For a free estimate

the FEEL GOOD factory

- A. Vogel (Bioforce)
- Dr Hauschka Skin Care
- Ecover + Refills
- Gluten/Sugar Free Food
- Herbs, Spices & Flours
- Natures Aid Remedies
- Supplements & Vitamins

Much
more
than a
Health
Food
Store!

3-5 Boroughgate Appleby

Tel: 01768 354129

www.the-feelgoodfactory.co.uk

Appleby SPORTS CENTRE

Opening Times

Monday-Friday: 5pm - 10pm
Saturday & Sunday: 10am - 5pm,
5.00-7.00pm Private Hire,
please ring to book

Other times available by request,
please contact the centre

Times Subject to Change

For details of the current
programme of activities or
to make a booking please
'phone the centre

Appleby Sports Centre
Battlebarrow, Appleby CA16 6XU

Tel 017683.52957

Fax 017683.52959

www.applebysportscentre.co.uk



celebration Cakes by Jackie

Weddings • Anniversaries • Birthdays
and all other occasions

Please contact Jackie on 01768 354096
www.celebrationcakesbyjackie.co.uk




Cath's Country Citchen

For all your special occasions
any menu considered

**HOT & COLD FOOD
BUFFET & PLATED
BBQS - HOG ROASTS
CHOCOLATE FONDUE FOUNTAIN**

**TEL: 01931 712888
MOB: 07717 525254**

cath@cathscountrycitchen.co.uk
Sheriff Park, Thrimby, Penrith



jenny wren's day care


Battlebarrow, Appleby, 53123

**Appleby's family nursery for
precious small people aged from 3 months**

If you need reliable, flexible, family centred childcare or your precious small person would just like to join in with our fun please phone us on the number above for availability.

Need holiday and wrap around school care for over 5s??
Phone Jen **53123** for details of new home based Ofsted registered childcare.

**Manager Jen Robinson : EYPS,
BA Qualified Teaching Status & Mum!
Deputy Manager Mandy Hoy**



LOW HOWGILL

TRADITIONAL BEEF, PORK AND LAMB

Low Howgill Shorthorn beef is dry-aged for a minimum of 21 days allowing the meat to develop maximum flavour and tenderness. The cattle are all born and reared on our farm where they graze the pastures along with the traditional breed sheep. Pigs for our pork products are all reared locally and we have our own Tamworth pigs for speciality pork. You may also like to try our Westmorland or Crossfell Sausages and popular home-baked Black Pudding.

We deliver to Appleby and surrounding villages fortnightly, see us also at Appleby Saturday Market, Penrith Farmers Market and Kirkby Stephen Market.

For more details or orders;
e-mail: steve@low-howgill.co.uk or telephone: 017683 61595
mobile 07799668833


ANDREW BLENKINSOPP - HANDYMAN
Any Odd Jobs

Garden Fencing, Grass Cutting, Hedge Trimming
Gutters Cleared, Small Tree Felling
Garden Clearing/Upkeep Door & Gate Hanging
Fully Insured Free Estimates

Call for fast, friendly and local service
No Job Too Small
07889 366869 or 017683 61525

Not everyone knows we do investments. We do.

Call **01768 351324** or pop into the office to talk to us at
**NFU Mutual Office,
Low Wiend,
Appleby,
Cumbria,
CA16 6QP**



NFU Mutual
We do right by you

Small Ads Section

LARGE ROLLER BLIND: 53" wide x 54" drop; pale grey/
pale pink; excellent condition: £20 o.n.o.

SPECIAL OCCASION DRESS: size 14/16; pale green
voile with deep pink floral pattern; worn once; cost £130;
£20 o.n.o.

Contact Valerie Kendall 017683 53159

Family-sized tent, VANGO ASPEN 500 DLX, 3 bed-
rooms, large living area, kitchen, built-in ground sheets.
Also GELERT camping stove, double burners and grill
and CAMPING KITCHEN. £275 the lot! All immaculate
condition.

Tel 017683 53419 or 07586 30 5040

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
applebytravel@travmail.net

APPLEBY



Please support your local shops!

www.appleby-cumbria.co.uk

RON'S TAXI

Now run by
Raymond Dodd
Temple Sowerby

7seater taxi available
local and distance travel
07882 686520 or
07796 520705



Ollie

*Experienced Mobile
Hairdresser*

*All aspects of hairdressing.
Specialism in colour, wedding
hair and prom styles.
London trained, courses up to
date.*

Tel: 017683 52348



Mike Addison FBDO CL
OPTICIAN

MIKE ADDISON OPTICIAN
THE SHIRE HALL, THE SANDS.
APPLEBY IN WESTMORLAND
CA16 6XN
TEL: 017683 53199

"Providing eye care for *all* the family"

Comprehensive eye examinations with all the latest
equipment including Retinal Photography, Field of vision
checks and non-invasive intra-ocular pressure checks.
Over 60's and under 16's receive free eye examinations.
Excellent range of quality frames, lenses, contact lenses
and solutions.

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

**Now Stocking
Prescription Swimming Goggles**

017683 53199



Eden Community Outdoors

Project generously
funded by Cumbria
Community Founda-
tion Health and Well-
being Grant.

PRESENTS THE SILVER
SCREEN MOVIE CLUB!!

Come and use our community
kitchen and cinema to make a
lunch / tea with your friends or
group & view a DVD for FREE!!



To book a date & time, or find our more in-
formation call ECO on: 017683 51640.

Church Services May 2013

Celebrants at CofE Communion Services are indicated as follows

Rt Rev George Hacker {+GH} Canon Anthony Clegg {AC} Rev Janet Cox {JC} Rev James Clarke {JCL} Rev Peter Ridley {PR} Rev Philip Rushton {PWR} Rev Roger Collinson {RC} Rev Roy McCullough {RM} Rev Sue Bamping {SB} Rev Sarah Lunn {SL}
TBA means 'to be announced'

Appleby, St. Lawrence

Edward Bear Club Thursday May 2nd 10:30am.

Usual Weekday Services

Monday to Friday

8:00am Morning Prayer (Said)

5:00pm Evening Prayer (Said)

Tuesday

9:30am Group for Prayer in the Heart of Eden

Friday

10:00am Holy Communion (Said) Alt CW / BCP
(3rd RC/10th PWR/17th RC/24th PR/31st RC)

Other Midweek Services

Saturday 18th (Eve of Pentecost)

7:00pm Pentecost Service for The Team

Sundays

8:00am Holy Communion (Said) Alternates BCP/CW
(5th SL/12th SL/19th SL/26th RC)

5th The Sixth Sunday of Easter

10:30am Holy Communion (RC)

12:30pm Baptism

12th The Seventh Sunday of Easter

Christian Aid Week

10:30am Civic Service

19th Pentecost

10:30am Holy Communion (RC)

26th Trinity Sunday

10:30am Family Communion & Baptism (SL)

The Methodist Church The Sands, Appleby

5th	10.30am	Mr. John Roughley
	6.30pm	Connexion Service at Tebay
12th	10.30am	Mr. Melville Harris
	6:30pm	Christian Aid Service
19th	10.30am	Mrs. Alex Dunstan
		'Bring & Share' Lunch
		No evening service
26th	10.30am	Rev. Tony Dent
		No Evening Service

The Methodist Church Dufton with Knock

5th	10:45am	Youth Service
	6.30pm	Connexion Service at Tebay
12th	10:45am	LA
19th	10:45am	P. Dunstan HC
26th	10:45am	A Dunstan

Church of Our Lady of Appleby

MASSES:

Appleby

Saturday – Vigil Mass 6:00pm

Sunday 11:00am

Mon, Tues, Wed, Fri (during winter in Presbytery) 9:30am

Holy Days 7:00pm

Kirkby Stephen (in Anglican church)

Sunday 9:00am

Thursday 10:00am

Holy Days 10:00am

Dufton, St. Cuthbert

5th	3:00pm	Rogation Service – on The Green
19th	10:30am	Holy Communion (SL)

Great Asby, St. Peter

5th		No Service
12th	11:00am	United Service at Methodist Church
19th	6:30pm	Holy Communion (PWR)
26th	11:00am	Morning Prayer

Kirkby Thore, St. Michael

19th	10:30am	Morning Prayer
26th	10:30am	Holy Communion (SL)

Long Marton, St Margaret & St. James

Each Wednesday

	10:00am	Holy Communion
		(1st SL / 8th SL / 15th RM / 22nd SL / 29th PWR)
5th	10:30am	Holy Communion (PWR)
12th	9:00am	Holy Communion (SL)
19th	10:30am	See Dufton
26th	10:30am	Holy Communion (RM)

Milburn, St. Cuthbert

5th	9:00am	Holy Communion (SJB)
12th	10:30am	Holy Communion (RM)
19th	10:30am	See Dufton
	6:30pm	Evensong
26th	9:00am	Holy Communion (SL)

Murton-cum-Hilton, St. John

5th	9:15am	Holy Communion (RC)
12th	6:30pm	Evening Prayer
19th	9:15am	Holy Communion (PR)
26th	9:15am	Morning Prayer

Newbiggin, St. Edmund

5th	11:00am	Holy Communion (SL) with Rogation Blessing
12th	11:00am	Morning Prayer
26th	6:30pm	Holy Communion BCP (SL)

Ormside, St. James

5th	6:00pm	Patronal / Rogation
12th	9:15am	Holy Communion (SJB)
19th	9:15am	Morning Prayer
26th	9:15am	Holy Communion (TBA)

Temple Sowerby, St. James

12th	10:30am	Holy Communion (SL)
------	---------	---------------------

Colby

5th	C of E Service of the Word
-----	----------------------------