



# HEART EDEN

February  
2019

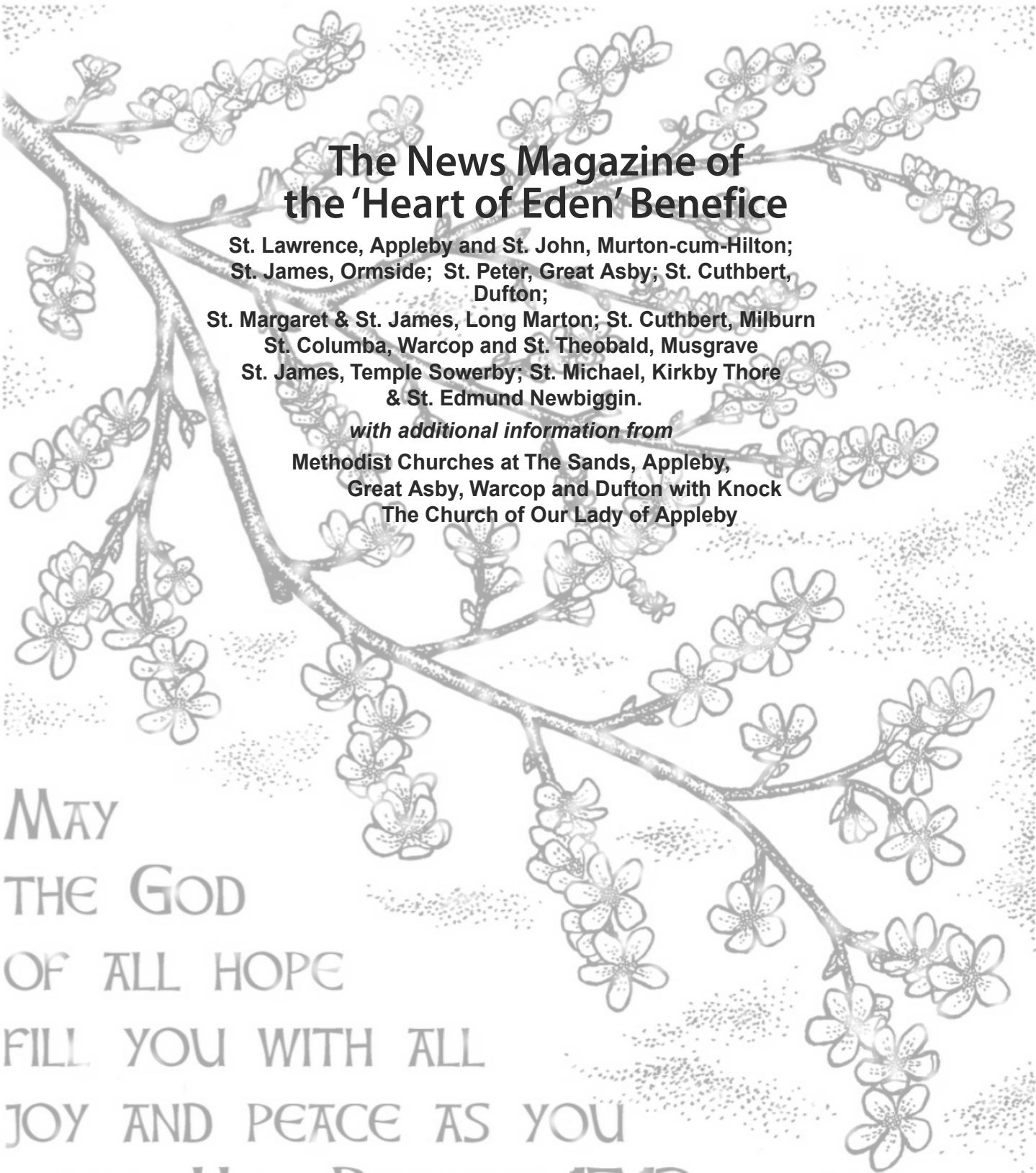
## The News Magazine of the 'Heart of Eden' Benefice

St. Lawrence, Appleby and St. John, Murton-cum-Hilton;  
St. James, Ormside; St. Peter, Great Asby; St. Cuthbert,  
Dufton;

St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn  
St. Columba, Warcop and St. Theobald, Musgrave  
St. James, Temple Sowerby; St. Michael, Kirkby Thore  
& St. Edmund Newbiggin.

*with additional information from*  
Methodist Churches at The Sands, Appleby,  
Great Asby, Warcop and Dufton with Knock  
The Church of Our Lady of Appleby

MAY  
THE GOD  
OF ALL HOPE  
FILL YOU WITH ALL  
JOY AND PEACE AS YOU  
TRUST HIM. ROMANS 15:13



# What's on this month in the Heart of Eden?

Date	Time	Where??	What??
1 <sup>st</sup>	10 - 12	Dufton Village Hall	Coffee, mince pies and carols
1 <sup>st</sup>	7 pm	St. Lawrence's Church, Appleby	Hospice at Home Concert
1 <sup>st</sup>	11:45	Sands Methodist Church	Come 4 Lunch
2 <sup>nd</sup>	9 am	Keswick School	Caring for our Common Home
2 <sup>nd</sup>	7:30 pm	St. Lawrence's Church, Appleby	Solemn Eucharist for Candlemas
2 <sup>nd</sup>	9:30 – 11:30	Appleby Public Hall	Coffee morning in aid of Seedlings Nursery
2 <sup>nd</sup>	4:45 pm	Dufton Village Hall	6 Nations: Ireland v England
2 <sup>nd</sup>	10:30	Milburn Village Hall	Coffee in aid of village hall funds
3 <sup>rd</sup>	4pm	Kirkby Thore Memorial Hall	Messy Church
4 <sup>th</sup>	2 – 4 pm	Hub Café	Bereavement Support Group
4 <sup>th</sup>	10 – 12	Appleby Health Centre	Cancer Info. Drop-in with Coffee
4 <sup>th</sup>	2 pm	St. Peter's Church, Asby	Felt Workshop
5 <sup>th</sup>	7:30 pm	Ormside Village Hall	Ormside WI
6 <sup>th</sup>	7:30	The Hollies, Asby	Asby Fellowship: John Bevan
6 <sup>th</sup>	7:30 pm	18 Dunfell View, Kirkby Thore	Kirkby Thore MU
7 <sup>th</sup>	7:30 pm	Market Hall Supper Room	Appleby Archaeology Group "Investigating Lead Tokens..."
7 <sup>th</sup>	7:30 pm	Dufton Village Hall	Book Club – Community Room
8 <sup>th</sup>	7 – 9 pm	Guide Hut	Friday Club – Exercises
8 <sup>th</sup>	7:30 pm	Long Marton Village Hall	Pie & Peas and Quiz
9 <sup>th</sup>	9:30 – 11:30	Appleby Public Hall	Coffee morning in aid of Appleby Fire Service
9 <sup>th</sup>	6 for 7pm	Appleby Public Hall	Lights, Camera, Appleby – "Mary Shelley"
9 <sup>th</sup>	7 / 7:30 pm	Ormside Village Hall	Quiz Night
10 <sup>th</sup>	9 am	Kirkby Thore new rectory	Breakfast Church
10 <sup>th</sup>	3 pm	Dufton Village Hall	6 Nations: England v France
11 <sup>th</sup>	7 pm	St. Lawrence's Church, Appleby	Compline
12 <sup>th</sup>	7:30	Asby Village Hall	Asby WI: Practical evening - wool dyeing
12 <sup>th</sup>	7 pm	Dufton Village Hall	Village Hall Committee – Community Room
12 <sup>th</sup>	2 – 4pm	Long Marton Village Hall	Carpet Bowls
12 <sup>th</sup>	10:30 – 12:15	Long Marton Village Hall	Coffee Morning
13 <sup>th</sup>	11 am	Market Hall	The Arts Society – "From Russia with Love"
13 <sup>th</sup>	10am – 12	Ormside Village Hall	Coffee Morning
13 <sup>th</sup>	noon	Long Marton Village Hall	Lunch Club (book a week ahead!)
14 <sup>th</sup>	1 – 3 pm	Appleby Health Centre	Eden Hearing Services – help, advice and batteries
14 <sup>th</sup>	2 – 4pm	Public Hall Supper Room	Inner Wheel Whist and Dominoes
14 <sup>th</sup>	12:30	Eden River Café, Appleby	Asby Diners Club
15 <sup>th</sup>		Dufton Village Hall	Pie & Pea Supper etc. in aid of L.M. School,
16 <sup>th</sup>	9:30 – 11:30	Appleby Public Hall	Coffee morning in aid of Rainbows
16 <sup>th</sup>	10:30 am	Appleby Library Reading Room	Appleby Edibles AGM
16 <sup>th</sup>	7 pm	Appleby Hub	Rotary Club Ceilidh
16 <sup>th</sup>	2 - 4:30 pm	Dufton Village Hall	St Cuthbert's PCC Coffee, Tea and cake
16 <sup>th</sup>	10:30	Milburn Village Hall	Coffee in aid of village church
17 <sup>th</sup>	10 am	Kirkby Thore church / new rectory	Family church
17 <sup>th</sup>	12:15pm	Sands Methodist Church	Bring and Share Meal
18 <sup>th</sup>	10 – 12	Appleby Health Centre	Cancer Info. Drop-in with Coffee
18 <sup>th</sup>	10 am – noon	St. Peter's Church, Asby	Messy Church
18 <sup>th</sup>	2 pm	St. Peter's Church, Asby	Felt Workshop
20 <sup>th</sup>	2 pm	Market Hall Supper Room	Appleby Gardeners' Society
20 <sup>th</sup>	7:30	The Hollies, Asby	Asby Fellowship: Pat Bevan
20 <sup>th</sup>	7:30pm	Ormside Village Hall	Craft Evening
22 <sup>nd</sup>	12:30 pm	Royal Oak	Probus Club
23 <sup>rd</sup>	9:30 – 11:30	Appleby Public Hall	Coffee morning in aid of Appleby Carnival Committee
23 <sup>rd</sup>		Dufton Village Hall	Inov-8 High Cup Nick Fell Race
23 <sup>rd</sup>	4:45 pm	Dufton Village Hall	6 Nations: England v Wales
24 <sup>th</sup>	2 pm	Kirkby Thore new rectory	Wild church
24 <sup>th</sup>	2:15pm	see article	Nichiren Buddhism Discussion Meeting
25 <sup>th</sup>	7 pm	St. Lawrence's Church, Appleby	Compline
26 <sup>th</sup>	2 – 4pm	Long Marton Village Hall	Carpet Bowls
27 <sup>th</sup>	11 am	York Minster	Consecration of the new bishop of Penrith
27 <sup>th</sup>	2:30 – 4:30	Kirkby Thore Memorial Hall	Village Tea
28 <sup>th</sup>	2 – 4pm	Public Hall Supper Room	Inner Wheel Whist and Dominoes
28 <sup>th</sup>	7:30	The Hollies, Asby	Asby PCC for APCM
March			
1 <sup>st</sup>	7:30 pm	Asby Village Hall	Conjuroring Show with finger buffet
2 <sup>nd</sup>	10 am	Dufton Village Hall	Coffee Morning arranged by Lucy Smith
2 <sup>nd</sup>	7:30 pm	Murton Institute	Highlights – Landermason
10 <sup>th</sup>	7:30 pm	Appleby Public Hall	N. Westmorland Arts – Delta Piano Trio
28 <sup>th</sup>	12 noon	Tufton Arms Hotel	Mayor's Lunch for Senior Citizens

## Thought for the Month

This is my first piece for the heart of Eden. I would like to say thank you to all those who have taken the time to welcome my family to this beautiful part of the world.

As I write this, the Brexit vote in parliament is pending. There is a lot of talk around what decisions are going to be made by MP's. As you read this, decisions will have been taken as to our future relationship, and I imagine things are no simpler to understand.

The effect that these decisions will have on many in this community show why there is so much strong feeling regarding the process, with many people we know and love holding different viewpoints and stances. It may feel like new barriers are developing between people of different opinions, particularly as we read our newspapers and turn on our TV's.

The God I believe in is one that transcends borders, that engages with our whole world and loves with a people passionately. Jesus in his life was constantly crossing boundaries, meeting people that many would have shocking. The blurring of these borders meant that the message Christ had for humanity could be shared with all humanity. The message of Jesus gave people hope and enabled some of the barriers they lived with to be broken down.

We find ourselves with a situation where what may be needed by us to reach out to people with whom we disagree, to listen and to share. As we do this and model this hospitality to each other, it may be that we also encounter something of God's love in our midst.

Rev. Andrew Sterling

### Church Registers

#### Weddings

23 <sup>rd</sup> Nov	Richard McGregor & Phillipa Turnbull	Sands Methodist Church
8 <sup>th</sup> Dec	Stewart Hayton & Wendy Clarke	Ormside

#### Funerals

*May they rest in peace and rise in glory*

12 <sup>th</sup> Nov	Margaret Wear	Milburn
19 <sup>th</sup> Nov	Ronald Harrison	St. Lawrence's
20 <sup>th</sup> Nov	Margaret Robinson	St. Lawrence's
29 <sup>th</sup> Nov	Hilda Longstaff	Long Marton
30 <sup>th</sup> Nov	Anne Dawson	Long Marton
4 <sup>th</sup> Dec	Kenneth (Bruce) Alderson	St. Lawrence's
10 <sup>th</sup> Dec	Gordon Robertson	St. Lawrence's
17 <sup>th</sup> Dec	Margaret Dent	Kirkby Thore
18 <sup>th</sup> Dec	George Brooks	Long Marton
20 <sup>th</sup> Dec	Florence Marlene Andrews	St. Lawrence's
27 <sup>th</sup> Dec	Helen Armstrong	Milburn
11 <sup>th</sup> Jan	Jennifer Margaret Thompson	Sands Methodist Church

Some items may be missing this month – the data now comes from various places following Sarah's move.



#### Ministry Team

Associate Minister: Rev. Peter Boyles 017683.54161

Retired Minister Revd. Roger Collinson 017683 52886

Electronic copy by email is preferred; email address [heart-of-eden-editor@hotmail.co.uk](mailto: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 13th of the month. When sending email copy, please include some identification (e.g. shoe shop, W.I.) in the subject, and not just "Heart of Eden" - everyone does that!

Adverts Please contact the Advertising Manager, Tony Myler, 4, Mill Hill, Appleby-in-Westmorland, CA16 6UR. Phone 07850.359230. Email: [tonymyler@gmail.com](mailto:tonymyler@gmail.com), with copy to [heart-of-eden-editor@hotmail.co.uk](mailto:heart-of-eden-editor@hotmail.co.uk) (in case the advertising manager is away)

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'. Prices on application for commercial advertisements. Note to Advertisers. Only adverts which have been paid for in advance will be printed in this newsletter.

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.

Small Private Advertisements. New 'Small Ads' Section: we will only accept adverts suitable for a Church Magazine, and adverts will cost £5 for up to 40 words. Please write your advert (in block capitals) on a piece of paper, with your address, and leave it in the Heart of Eden tray near the main church door of St. Lawrence's. Put an envelope, with a £5 note in it, and marked 'HoE Small Ad' and something to identify the advertisement, in the safe. The safe is straight ahead of you as you enter the church. To be included in a particular edition of the newsletter, please do this before noon on the 13th as with other items"

### Seeking Newsletter Delivery Help

The Newsletter is brought to your house by one of our wonderful band of delivery volunteers – we have nearly 40 of these. As with any task, as time goes on some of these wish to hand on their task to others: if you think you could help as a deliverer please contact our Delivery Coordinators, Jan and Alan Meakin on 52407.

Contributors, please consider how helpful (or not) it is to an editor to receive contributions from many different sources, in the form of Word files, and every one is entitled "Heart of Eden". The chances of my getting things right, and not omitting articles would be much improved if contributors entitled their files with where they come from.



## News from the Churches

### “Caring for our Common Home” at Keswick Welcome

Welcome to these web pages, which offer information about ‘Caring for Our Common Home’, a day conference organised by the Cumbria Theological Society, Churches Together in Cumbria Environment Group and St John’s Church, Keswick.

#### What is the day conference about?

It’s a day to reflect on why we should care for the earth, our common home, and the challenges we face in doing so. It’s about becoming aware of faith perspectives on the environment and environmental challenges, and to identify practical actions we can take, both as individuals and as communities.

#### Who is it for?

The day is aimed at sixth-form students, local churches, local businesses and anyone interested in environmental issues.

#### When and where is it held?

The conference will take place on Saturday, 2nd February 2019 from 9am to 4.30pm.

The venue is Keswick School, Vicarage Hill, Keswick CA12 5QB.

#### What to expect?

Apart from two keynote talks by Keith Ward and Peter Scott, the day will feature a range of workshops to choose from, including a conversation with local politicians, as well as a marketplace for the sharing of information and ideas. Opening and closing worship will be offered for those who would like to take part.

#### The programme for the day is as follows:

- 9:00 Registration
- 9:30 Opening Worship
- 9:45 Welcome: Sarah Moore, President of the United Reformed Church, Cumbria
- 10:00 Keith Ward, ‘Deep Ecology: Creation and the Environment’
- 11:00 Introduction to Workshops
- 11:15 Refreshments
- 11:45 Workshops
- 12:45 Lunch Break
- 1:30 Peter Scott, ‘Sharing Our Common Home?’
- 2:30 Break
- 2:45 Workshops
- 3:45 Closing Reflections: Sarah Moore
- 4:15 Closing Worship

### Consecration of the new Bishop of Penrith

Tickets are now available for those people who would like to attend the consecration service of the new Bishop of Penrith. The Archbishop of York, Dr John Sentamu will conduct the consecration of the Rev Dr Emma Ineson at York Minster on Wednesday 27 February at 11am.

Please hold Emma, her husband Mat and all their family in your prayers as she prepares for her consecration. To apply for tickets please contact Eleanor Scott at: <eleanor.scott@carlisle-diocese.org.uk>

### St. Lawrence, Appleby

Churchwardens: Jean Hutchison  
John Tillotson (53349)  
Secretary: Jo Ayres (52017)

### From the Choir Stalls

Firstly, a very happy New Year to all our readers. We hope 2019 will have great things in store for you. We have some exciting things coming up during February.

Twelfth Night has gone and our Christmas decorations have been put away for another year, but the liturgical Christmas Season doesn’t actually end until Candlemas.

At St Lawrence’s we traditionally celebrate Candlemas (sometimes called *The Presentation of Christ in the Temple*, or even *The Feast of the Purification*) with a service of Solemn Eucharist. This will take place on Saturday February 2<sup>nd</sup> at 7.30pm. Bishop James Bell, formerly Bishop of Ripon, will Preside and our own Revd Peter Boyles will Preach. The service will be celebrated in the Anglo-Catholic tradition and a good size choir will assemble to lead the singing.

Everyone is invited to come and join us for this service and refreshments afterwards.

During the colder months we are holding a series of Monday evening services of Compline. These are quiet, prayerful services from the Monastic daily pattern which last for about half an hour. They take place on the 2nd and 4th Mondays at 7pm. If this style of prayer appeals to you, then you are most welcome to come along. After Easter the service will return to its original home of St Cuthbert’s, Dufton.

Have you ‘liked’ our Facebook page yet? This is a place where most of St Lawrence’s activities are publicised. Visit us at *St Lawrence’s Church, Appleby-in-Westmorland* and click the ‘like’ button. You can then keep in touch with what your Anglican church in Appleby is doing, and also share the posts so that a wider audience can be reached.

### St. Peter, Asby

Churchwardens: Mrs. P. Bevan (53433)  
Mrs. Denise Frisby (01539.623542)  
Secretary: Karen Royle (07966.371044)

#### See under Asby Village activities

### St. Cuthbert, Dufton

Churchwardens: Mrs. Gillian Bryan (51414)  
Mrs. Shelagh Endres (52855)  
Secretary: Mrs. Louise Stewart

### St. Michael, Kirkby Thore

Churchwardens: Margaret Davidson (017683.61699)  
Maeve Moore (017683.62005)  
Secretary: Liz Higginbottom (017683.62910)  
3<sup>rd</sup> 4 pm Messy Church in the Memorial Hall  
10<sup>th</sup> 9 am Breakfast Church at the New Rectory  
17<sup>th</sup> 10 am Family Church in church or new rectory  
24<sup>th</sup> 2 pm Wild Church (a walk and a prayer) start from New Rectory For more info contact Dan or Kristy Pattimore (017683 62655)

also see back cover

### SS. Margaret & James, Long Marton

Churchwardens: Mrs. Josie Cannon 017683.51386  
(Acting) Mr. Lutfat Greenshaw 07802254982  
Secretary: Carol Bousfield 017683.51221  
07763051635

### St. Cuthbert, Milburn

Churchwardens: Mrs. E. Godfrey (61007)  
Mr. Leigh Harding (0333.014.3944)  
Secretary: Christine Braithwaite

### St. John, Murton cum Hilton

Churchwardens: Jean Hutchison  
John Tillotson (53349)  
Churchwardens: Jean Hutchison  
John Tillotson (53349)  
Secretary: Jo Ayres (52017)

### St. Edmund, Newbiggin

Churchwardens: Mrs. M. P. Sawrey-Cookson (61574)  
Mrs. M. Marsh (51098)

## St. James the less, Ormside

Churchwardens: Mr. A. Denton (51889)

Mrs. M. Parry (51043)

Secretary: Mr. R. Parry(51043)

## St. James , Temple Sowerby

Churchwardens: Anne Farmer

Angela Cleasby

Secretary: Helen Morgan

## OUR SISTER CHURCHES

### Roman Catholic Church of Our Lady of Appleby Gartheads Road, Appleby

Fr. Peter Houghton (51474)

## METHODIST CHURCH

### The Sands Methodist Church

Rev. Andrew Sterling (51244)

General Enquiries Linda Taylor (53448)

#### Come 4 Lunch” Sands Methodist Church”

This month it will be Friday 1<sup>st</sup>, 11-45 - 1pm

Home made Soup +Roll, also a choice of Sweets, Tea or Coffee.

Come along & meet the Team, make new friends or have a natter to the ones you know.

This is all free, but any donations after experiences will be given to Charities in Appleby. All ages welcome

#### “Bring & Share Meal.

Sunday 17<sup>th</sup> ( Approx 12-5pm).

Please come along you don't have to be a member or belong to any Church. Just come as a family or on your own you will be made to feel welcome & part of our Church Family.

### Dufton with Knock Methodist Church

Rev. Andrew Sterling (51244)

Secretary: Avril Swinbank (53102)

Steward: Dacre Swinbank (53102)

## APPLEBY NICHIREN BUDDHISM

Appleby Nichiren Buddhism Discussion Meetings at 2:15pm on the last Sunday of the month, at Jen Kirby's home Tel 017683 52921.

Fun and inspiring dialogue. Come and join us

## NEWS FROM THE AREA

### GENERAL

### The Appleby & District Arthritis Research UK

If you can spare a few hours, have a great idea for a fundraising activity and would like to help us in the fight against arthritis, please contact Mrs Margaret Atkinson, Group Secretary on 017683 51047.

For more information on arthritis visit [www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

### Heart of Westmorland Bereavement Support Group

will be meeting at The Hub Cafe in Appleby on the first Monday of each month between 2 and 4 pm - this month on the 4<sup>th</sup>.

This is an informal group and anyone who has suffered the loss of someone close to them either recently or some time ago, is invited.

We will not be following a programme and will not offer counselling – simply the opportunity to talk about what is on your mind and share your feelings with others who may have felt the same. Grief affects everyone in different ways and a support group doesn't appeal to everyone, but if you feel the need to chat over a cup of tea and a biscuit, please come along.

For more information please contact: Kevin Robinson – 017683 51569 or Revd Sandy Pearl – 01931 714563

## Cancer Information and Support in Eden

“Come for Coffee” drop-in sessions in the Bolton Lounge at the Voluntary Sector, The Riverside Building (The Health Centre) in Appleby on the 1st and 3rd Mondays of each month from 10am to noon (excluding bank holidays) for those affected by cancer (whether patients or carers of any age). In addition to coffee and a chat, a gentle exercise class is available from 10.30 to 11.00 in the adjoining Pennine Suite. If you require any further information regarding these groups please telephone the Age UK Carlisle & Eden number 017683 54918 on a Monday morning.

## Citizens Advice Carlisle & Eden

Citizens Advice Carlisle & Eden needs YOU! The Citizens Advice service is looking for volunteers to train to be advice workers in the Eden area.

Whilst specific qualifications or experience are not required to train for the role volunteers need to be good at listening, have a good manner when talking to people, be open minded and nonjudgmental and enjoy helping people. It is also necessary to be committed to volunteering for one day a week and have competent skills in using a computer.

All volunteers are given free training. There are many great reasons to volunteer including to boost your confidence after a life change and put your talents to a good use, to meet new people and to do something interesting and challenging while making a real difference to your local community.

Seventy five per cent of the people who work in the Citizens Advice service are volunteers, and we simply wouldn't be here for our clients without them.

If you are interested in volunteering, please send an email to [volunteer-recruitment@ca-ce.org.uk](mailto:volunteer-recruitment@ca-ce.org.uk) with a daytime telephone number, or call in to our office at 2 Sandgate, Penrith and leave your details

If you need advice in Appleby, our outreach in Appleby is open on the 4<sup>th</sup> Wednesday of each month from 2 to 4pm at Appleby Library.

## East Cumbria Family Support

East Cumbria Family Support are in need of more volunteers in Appleby, Kirkby Stephen and surrounding villages, to help us support families going through a difficult patch. We'd like to hear from you if you have an interest in the wellbeing of families, and have a couple of hours a week to spare. Could you ... help out with children, provide a parenting role model, help families attend important appointments, or offer a listening ear to a family having a difficult time? After 20 years of supporting families and volunteers we think we've got it sussed! If you'd like to know more please contact me, Sarah Craig, at East Cumbria Family Support on 01768 593102 for an informal chat.

## Eden Carers

Do you care? If so Eden Carers may be able to help you. We are a charity providing free support to unpaid Carers; throughout Eden, who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5 to 18 years). We provide statutory carers' assessments: information and signposting; 1 to 1 support; benefit information; newsletters, support groups including after school clubs for Young Carers; social events; training and activities. Contact us on 01768 890280 or [enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk) Let us help you care.

## Appleby First Responders

Any questions regarding the CPAD's we are happy to come and talk to you or your group; if you would like to have a Heartstart course delivered in your workplace, home, village hall, it is a free 2-hour basic life skills course, which consists of the Recovery position, CPR, use of AED / defib, bleeding and choking, we are happy to discuss and arrange for you; if you are interested in becoming a community first responder, we can answer any questions you may have. Keith Bainbridge, team leader, email, [applebyresponders@gmail.com](mailto:applebyresponders@gmail.com) also facebook and twitter.

## Eden Hearing Services - for the hard of hearing

Provision of batteries for hearing aids. Also free help and advice for people with hearing loss.

Appleby Health Centre, Riverside Building , Chapel Street  
2<sup>nd</sup> Thursday each month 1pm - 3pm

Also at Kirkby Stephen Local Links Office, Vicarage Lane  
3<sup>rd</sup> Tuesday each month 10am - 12noon

For more information or to request a home visit please contact Geraldine Bolton on 07578 404500.

## News from the TIC

### See under Appleby-in-Westmorland Society regarding exhibitions to be held this month in the TIC.

The Moot Hall, Boroughgate, Appleby in Westmorland CA16 6XE  
Your local Award winning Tourist Information Centre  
Website: <http://www.applebytown.org.uk> or [www.visitappleby.com](http://www.visitappleby.com)  
Tel: 017683 51177 (press 2); Fax: 017683 54200

Winter opening hours:

Monday – Saturday 10.00am – 2.00pm; closed Sunday

## Lost and Found.

Please drop in to the TIC if you have found or lost any items. We will record your details and hopefully reunite you with said items. Please note that Cumbria police are no longer recording lost pets. Please contact the local vets.

## Information Leaflet

An information leaflet is available at the Tourist Information Centre for the benefit of people that are new to the town, with things like doctors, dentists etc.

## Caritas Care - helping the hard of hearing.

Change of provider - see Eden Hearing Services above

## Penrith and District Red Squirrel Group

### Your native red squirrels need you!

Become a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey, red or sickly red please ring Gary Murphy on 07974788434 Visit our website at [www.penrithredsquirrels.org.uk](http://www.penrithredsquirrels.org.uk) to donate If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.

## Coffee Mornings

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

Date	in aid of
2 <sup>nd</sup>	Seedlings Nursery
9 <sup>th</sup>	Appleby Fire Service
16 <sup>th</sup>	Rainbows
23 <sup>rd</sup>	Appleby Carnival Committee

## APPLEBY TOWN COUNCIL REPORT

### Christmas in Appleby

Appleby's splendid Christmas tree and display of lights around the town set the tone for a great festive season, which saw happy crowds at The Sands church for the town Carol Service and at St Lawrence's church for Christingle. The Town Council would like to thank all the organisations, businesses and individual householders for a wonderful community effort: too many to name, but a special word for Appleby Communities Acting Together (ACAT), who were quick off the mark for 2019 with a very well-attended coffee morning in the Public Hall on the second Saturday in January.

### Mayor's Senior Citizen's Lunch

Like so many of us, the Mayor was laid low by a nasty Christmas cold and was sorry to have to cancel his coffee morning on the last Saturday in December. Looking ahead, the Mayor's Senior Citizens Lunch will be held in the Tufton Arms Hotel on Thursday 28 March 2019, 12 noon for 12.30pm. There will be the usual two course meal with tea and coffee, followed by entertainment. Reservations of individual places for this always popular occasion can be made at the Tourist Information Centre from Monday 25 February 2019.

## Edenside

The Town Council was delighted that the Oaklea Trust has taken further steps on the long road to the restoration of Edenside – now owned by Oaklea - as a care facility in Appleby. There was a good attendance and a positive atmosphere at the Hub on Monday 7 January, when Oaklea's senior officers explained their plans. This is a very big undertaking, but the will to succeed was there for all to see. Anyone interested in knowing more about and/or supporting the venture can collect an information pack from the Hub.

## Budgets

Our three councils – Appleby Town, Eden District and Cumbria County – are all in the process of setting their 2019-20 budgets following

consultations with the public. Details will be finalised in February at meetings which are open to the public.

## Devolution

Appleby Town Council is disappointed that the process of devolution of various properties and services from Eden District Council has fallen behind schedule. It is hoped that there will be significant progress in the course of 2019.

## Could you do something amazing?

Cumbria County Council supports the wonderful work done by over 200 foster families, some in the Appleby area. Fosterers are part of a team, with their own social worker and contact with other carers. With over 600 children needing foster families, more volunteers are always needed. There are a number of different schemes:

- Short Term Fostering: children are looked after until family circumstances change to enable them to return home.
- Long Term Fostering: children need a substitute permanent family.
- Approved Support (Respite) Care: children are looked after for short periods, usually weekends or holidays to provide temporary breaks for their carers/families.
- Short Breaks (Shared Care): carers are linked with families who have one or more children with disabilities, to provide regular short-term care.
- Homestays. Families with room to spare supply supported accommodation for young people in work, training or employment who are leaving the care system and learning to live independently.

If you want to find out more please ring 03033331216; or go to [cumbria.gov.uk/fostering](http://cumbria.gov.uk/fostering); or message @cumbriafosteringandadoption

## Volunteers Needed to Support Families with Young Children

Cumbria Family Support (Note new name - as they used to be East Cumbria Family Support) need more volunteers to support families who are going through a difficult patch, and have young or primary age children. Volunteers are carefully 'matched' with a family and then visit weekly to provide practical/emotional support to parent/s, and/or children as needed. Support might involve looking after a child to enable a parent to attend appointments which benefit the whole family; or focus on building positive relationships by facilitating family activities. Sometimes support may focus on helping parents to build on their strengths, and feel confident about the decisions they make. These are just examples, and each family's needs are individually assessed. To use that well-worn phrase – 'we do what it says on the tin' - we support families.

Our volunteers come from all walks of life, and are of all ages and experience. They respect family confidentiality, are non-judgemental and have been at the heart of our organisation since we began 24 years ago.

Full training and ongoing support is given, and travel expenses paid. If you would like to know more, please contact our Eden Family Support Coordinator, Sarah Craig on 01768 593102; or email [sarah@cumbriafamilysupport.org.uk](mailto:sarah@cumbriafamilysupport.org.uk) [www.cumbriafamilysupport.org.uk](http://www.cumbriafamilysupport.org.uk) Twitter - @CumbriaFS Facebook - Cumbria Family Support

## Bus Talk

### 563 Appleby - Penrith Bus Service



The 563 bus service has been included in the current Stagecoach Lakes Connection Guide timetable which operates until 5 April (2019). New users, as well as current users, continue to be welcome on the 563 to help secure and possibly further develop the service, as we do need passenger numbers to continue to increase. The 563 service consists of 3 return Penrith - Appleby journeys, between 9.15 to 15.00, Monday to Friday, calling at Kirkby Thore and Temple Sowerby and runs all year including school holidays. The first service to Penrith, leaving Appleby Moot Hall at 9.50 and the final service leaving Penrith Rail Station at 13.30 and the Bus Station at 13.40 for Appleby include a loop via Cross Croft and Drawbriggs Lane. Bus stops have been installed on Bongate (near end of St Michaels Lane), on Cross Croft (near entrance to Orchard Place) and next to Moot Hall. Where there isn't a bus stop, the bus will stop to let you on if you hail the driver and also drop you off if you request this (although this is at the discretion of the driver for safety reasons). The same two services go into Sandersons Croft in Kirkby Thore.

### 506 Appleby - Penrith - Kendal Bus Service

The 506 service, also operated by Stagecoach, runs during Kendal College term times Monday to Friday, leaving Appleby Moot Hall (outward) at 6.55 and leaving Penrith bus station (return) at 18.32.

Tickets are interchangeable between the 563 and 506 services. Leaflets containing details of the 563 and 506 services are available at the Appleby TIC (in Moot Hall) and on online on the Stagecoach website and [www.cumbria.gov.uk/buses/eden](http://www.cumbria.gov.uk/buses/eden)

## OTHER BUS SERVICES

### 574 Kirkby Stephen - Penrith Bus Service

This service, run by Cumbria Classic Coaches, continues to operate one return journey on Tuesdays including Appleby and Long Marton on its route. It stops at Appleby (The Sands) at 10.15 (outward) and leaves Penrith Bus Station (return) at 14.30.

**573 Appleby local service** run by Robinsons on Fridays continues to operate.

Information about these services is available at Appleby TIC and online at [www.cumbria.gov.uk/buses/eden](http://www.cumbria.gov.uk/buses/eden)

### Rural Wheels Service

People not living on a particular bus route (eg in one of the villages) are encouraged to contact the Rural Wheels service managed by the County Council (Tel 01228 226428) to see if this service could provide transport to the nearest bus stop on the route.

Andrew Connell Chair Friends of Eden Valley Public Transport

### Appleby Community Acting Together (Acat)

We would like to extend a huge Thank You to all those who helped us with our Christmas Light display again this year – all the usual, generous individuals were involved plus the indispensable team from Appleby Rotary Club. The Bainbridge Family Team did a terrific job of transporting, putting up and decorating the tree which was kindly donated by Nigel and Karen of Eden Gate at Warcop. Duncan Wappett also did sterling work for us spending hours of time on the electrics.

We must also thank those who have donated money to enable us to purchase the new infrastructure. Throughout the year we have had gifts from the Methodist Church Ladies Lunch Club, the Appleby Firefighters, Susan Spence, who organises a market over New Fair Weekend, Appleby Town Council, Ormside Education Centre who sponsored the lights for the top tree on the right-hand side of Boroughgate, the Buffalos, the Masonic Lodge, British Gypsum and, throughout the year all those members of the public who have made donations.

We would also like to thank those who supported us on Sparkle Day and with a special thanks to Jenny Morgan, who is stepping down from organising the event after some 10+ years of doing so. Anyone interested in joining ACAT to help organise this and any of our other activities is more than welcome. Please contact our Secretary, Jenny on 52210 or our Chair Archie Spence on 07977387486.

### Appleby Edibles

Dear All, I hope that you have all managed to enjoy the Winter Holiday Season and would like to invite you to the AGM at Appleby Library Meeting Room on Saturday February 16th 10.30am. There are beds to rent inside the Polytunnel and out and space in the green house up at The Heritage Centre site. If any one would like to look around or more information, please phone me on 07710405357. Lucy T.

### Appleby Smarter

Appleby Smarter consists of a group of volunteers who meet primarily on Monday afternoons but sometimes on other days during the week as well, with the aim of smartening and cleaning up the town of Appleby.

Among the many tasks we carry out are planting bulbs to provide colour and greenery to the local environment, picking up and disposing of litter, general gardening and painting anything that has not been painted for quite a while; generally to prevent the town from appearing shoddy.

In the last few weeks we have been clearing leaves around the town, carried out further painting of the railway carriages at the Heritage Centre and tidied up around Edenside before the Oaklea Trust take over the property.

We are still a small but enthusiastic group of mostly retired people. However, our task would be made much easier if we were to double or even treble in size. So we would welcome anybody who feels they have the time and inclination to help. Anybody, who wants to join us should contact us via the Tourist Information Centre in the Moot Hall. Alternatively, they can e-mail Appleby Smarter at their e-mail address which is [applebysmarter@gmail.com](mailto:applebysmarter@gmail.com). Thank you.

### The Ark of The Cloisters, Appleby

Karen West and Grace Rigby have been running this lovely little shop in Appleby for over 3 years, supported by a small team of loyal volunteers.

However, keeping it going, especially out of season, can be a struggle. If you might be interested in helping a good cause, or just coming in for a chat, why not get in touch ([karenwestmusic@gmail.com](mailto:karenwestmusic@gmail.com)) or drop in on a Saturday to find out much more.



## Upper Eden Food Bank

The Foodbank continues to receive referrals from welfare organisations, ranging from health services, housing providers, social services, Christians against poverty and the Citizens Advice Bureau amongst others.

The food bank team wish to express their sincere thanks to all who so generously donated gifts of food or money to the food bank, over the Christmas period. Your thoughtfulness and kindness was overwhelming. Donations came from many sources and we do not want to give any specific thanks at this time, as it would be so easy to miss someone. Our regular supporters continued with their generous gifts and these were added to by many new people, encouraged by face book nominations and reverse Advent gifts.

Christmas can be a very difficult time for some but please be sure that your gifts will have eased the difficulties for many people.

Thanks again, The Food Bank team.

See our website for more information: [upperedenfoodbank.org.uk](http://upperedenfoodbank.org.uk)

## POLICE UPDATE

CRIME FIGURES can be obtained via the Cumbria Police Website:

<https://www.cumbria.police.uk/Your-Area/Your-area.aspx>

Alternatively use the following link: <https://www.police.uk/>



### Incidents of note

- Theft of van Hoff, Appleby. White Ford Transit stolen on the evening of 3<sup>rd</sup> Dec from the road side.
- 4<sup>th</sup> Dec theft of steaks and meat joints from Co-Operative.
- Suspicious vehicle seen in Murton on 12<sup>th</sup> Dec. Reg was passed to 101 and local patrol attended.
- 15<sup>th</sup> Dec tyre damage to vehicle on Sycamore Close.
- 29<sup>th</sup> Dec reports via 101 that youths kicking the doors of Public Toilet at Broad Close Car Park. Police attended.
- Over the Christmas period the pane of glass has been smashed at The Butts Shelter. If anyone has any information please contact local PCSOs.
- Messages through Appleby Shop watch group that forged £5 and £50 notes are in circulation.
- Reports of fraudulent activity via bank account. If you think you have been scammed call Action Fraud on 0300 123 2040.
- Overnight between 23:30 Friday 14/12/2018 and 08:00 Sat 15/12/2018 a red Honda quad bike registration PX65 CDF and an off road bike, have been stolen from the Kings Meaburn area. Access was gained via fields, please ensure that field gates are closed and as secure as possible. If you have any information please contact Police via 101 incident 58 of the 15th Dec 2018.
- Over the last month there have been a number of reports relating to poaching, please continue to report anything suspicious to Police.
- There have been a number of suspicious incidents and vehicles reported to Police this month, we thank you for this, please continue to report anything suspicious via 101 or email [101@cumbria.police.uk](mailto:101@cumbria.police.uk)

### Country Watch Eden

Between 2<sup>nd</sup> Dec and 6<sup>th</sup> Dec 20 Swaledale sheep have been reported stolen from the Dufton area they are tagged with UK 103041 and a further tag with JR. All marked with TECTRACER.

### Community Engagement.

- 14<sup>th</sup> Dec Eden Policing Team were singing carols to local residential homes in Appleby and Penrith. 19<sup>th</sup> Dec local PCSOs also joined Brownies to sing Christmas carols.
- PCSOs engaged with the primary and secondary school, Age UK, Glebe coffee morning, Rampkin House and The Grange over the festive period.

### Community Speed Watch.

Cumbria Police are seeking to implement further Community Speed-Watch Scheme's throughout the EDEN area. Volunteers are being sought in particular in the Cliburn area at this time. Would you be interested? For further details please speak to your local Police Community Support Officer, or contact Scheme co-ordinator PC493 Colin BAILIE directly Tel 101 ext 40493 [colin.bailie@cumbria.police.uk](mailto:colin.bailie@cumbria.police.uk)

## Partner Agency Messages - Scam Warning

### Winter home improvement advice

- Trading Standards advice - be sure you choose a trader with care
- If you are planning winter repairs it is understandable you want the repairs or installation completed as quickly as possible, but make sure in all the haste you don't end up with a rogue trader or poor quality repairs. Here is some advice to help you get the right trader and smooth repairs.
- NEVER use cold callers who arrive at your property offering to undertake work:
- Rogue Traders may use bad weather events as an opportunity to try to get householders to agree to them undertaking repairs. These rogue traders rarely give householders proper contact details or their legal rights to cancel within 14 days. They may also claim more work is required than actually is to increase their profits and the work they do can often be of poor quality. It is a criminal offence not to receive cancellation rights, if the contract is agreed at your home or place of work. If you feel under threat to agree to the work or the trader starts without your permission immediately call 101.
- Get at least three quotes for the work – more if it's a major project
- Look at a trader's previous work. While online reviews can build a picture, they can be skewed. A good trader should be able to provide a list of former customers you can speak to.
- Note availability – good tradespeople are less likely to be free at a moment's notice. Rogue traders will have a story such as 'we were working in the next street and noticed some of your roof tiles are loose'.
- Look for trader registered with accredited trade bodies, and an ADR (Alternative Dispute Resolution scheme). Check affiliations and certificates too. Gas boiler repairs and maintenance should only be carried out with Gas Safe registered engineers.
- Use Companies House – to check how long they've been trading – the longer the better - and whether they are financially healthy.
- Get everything in writing. It's a lot easier to untangle problems if you have a solid paper trail. Include details of the work to be carried out, materials needed, the timings and the cost. If this is an estimate, ask what could increase this and by how much.
- NEVER pay the full price upfront. Pay by card – if there is a problem, there are extra protections, either with your credit card company (if the work costs £100 - £30,000), or a chargeback scheme, which applies to debit and credit card transactions of any value.
- For large-scale jobs, get a full contract. Joint Contracts Tribunal (JCT) building contracts are regulated and recognised within the industry. If you sign a contract in your home, you are entitled to 14 day cancellation.
- What to do if the work is unsatisfactory
- You may well be able to get the trader to redo the job to a satisfactory standard. Explain the problem to the trader and how they can resolve it, with a realistic timescale.
- Record details of your conversations, including when you talk face-to-face or on the phone. But don't discuss your dispute in text or Whatsapp message – you must have emails or letter to have redress.
- While withholding money can be effective, we recommend you consult a solicitor for advice – it may put you in breach of contract. The trader could take legal action against you, and you'd be in a weaker position if you go to court.
- If you want someone else to put the work right, you should give the original trader reasonable time to fix the issue, otherwise you may not be able to claim any money back.
- Consider using an ADR scheme, such as an ombudsman. Traders are legally obliged to point you in the direction of one, even if they're not signed up or refuse to use one. If your trader is a member of a trade association, it should be able to offer a service or refer you to one.
- If you're not sure what to do, or whether you should report the matter to Trading Standards, Action Fraud or the police contact the Citizens Advice consumer helpline on 0345 404 0506. It can also signpost you to a relevant ADR scheme.

### Cumbria Community Messaging

If you would like to join Cumbria Community Messaging then please contact us or visit: [www.cumbriacommunitymessaging.co.uk](http://www.cumbriacommunitymessaging.co.uk)  
It is managed by the Cumbria Neighbourhood Watch Association and offers you and other members of communities across Cumbria the means to receive crime information from Cumbria Police. You can select which information you wish to receive by managing your own

settings, and it is completely FREE. Anyone can join, you do not have to be a member of Neighbourhood Watch (NHW), or become a member of NHW to join. Farm Watch, Church Watch and Camping and Caravan Watch are a small example of the schemes that you can register for. You can join as an individual or as a group. If you want to receive information but do not wish to be responsible for a larger group, you are still welcome to make use of this messaging system.

As well as Cumbria Constabulary the partners providing information are Cumbria County Council, Cumbria Fire and Rescue Service, Environment agency and Cumbria Neighbourhood Watch Association. If you do not have internet access, contact your local PCSO and they will aid in registering your details on the system.

If anyone is interested in becoming involved particularly in farm watch and taking part in nights of action, please contact PCSO 5206 Karen Dakin or PCSO 5169 Janet Allinson on Tel 101 or [force.control@cumbria.police.uk](mailto:force.control@cumbria.police.uk)

### Follow Us on Twitter and Facebook

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

[www.twitter.com/ulvpolic](http://www.twitter.com/ulvpolic)

<https://www.facebook.com/cumbriapolice>

<https://crimestoppers-uk.org/>

Contact police on 101 or email [101@cumbria.police.uk](mailto:101@cumbria.police.uk)

For emergency always call 999

Your Police Community Support Officer is: PCSO 5206 Karen Dakin, PCSO 5133 Larmour and PCSO 5406 Sally Ewbank.

Email: [karen.dakin@cumbria.police.uk](mailto:karen.dakin@cumbria.police.uk)

Or [joel.larmour@cumbria.police.uk](mailto:joel.larmour@cumbria.police.uk)

Or [sally.ewbank@cumbria.police.uk](mailto:sally.ewbank@cumbria.police.uk)

We are also available between 10:00 and 12:00 in Appleby Tourist Information Centre on the second Wednesday of each month, and at Shap Primary school on the second Monday of each month between 11:00 and 12:00. We are also available on the first Monday of each month at Maulds Meaburn village Institute from 10:30.

### Hollies Recycling

Don't throw it out – help a charity

The Hollies, Roman Road, Appleby now collects Stamps now go to Bone Cancer Research Trust. RNIB made £24,605 last year, so let's help a smaller vital charity.

Printer cartridges & toner; CD's, DVD's, Mobile `phones & chargers for GNAAS; Tools for Tools With A Mission ([www.TWAM.co.uk](http://www.TWAM.co.uk)) – old tools get refurbished and sent to give people work and therefore an income.

No more bottle tops, please, as there is no transport.

## APPLEBY CLUBS

### Appleby-in-Westmorland Society

#### The Need to Feed a Nation

As a retired teacher of history and geography, Richard Preston brought his continuing urge to enlighten and inform to the Appleby-in-Westmorland Society in their usual venue of the Public Hall Supper Room

In the 100<sup>th</sup> anniversary year of the ending of World War One, he began by telling how the evolution from pocket to wristwatches was hastened by the greater practicality of the latter on the battlefield.

Moving on to his main theme, the problem of feeding the nation during wartime, he emphasised the need during those years for the country to become more self-sufficient and less reliant on imports, made difficult as these were by the German introduction of submarines as weapons of war to intercept Allied merchant shipping. Farmers responded to the government call to produce more, although this was hampered by the requirement for horses for the battlefield competing with their being needed as a staple of arable farming. A local man, Fred Armstrong, went to Canada and brought back 5,000 horses to the UK to partly alleviate the Army's requisitioning of some of the country's 125,000 horses for military purposes. The Great War was initially the war of the volunteer soldier, but with some farming families divided over whether their sons should stay to work the land instead of heeding the call to fight for King and country.

From 1916 farmers were required to sell their hay to the government. In the interests of limiting profiteering (was 'black market' only a World War Two phrase?); the Defence of the Realm Act and the Corn Production Act followed in 1917 and 1918. Farmers had wanted their sons to be allowed to leave school early to work on the land, but that problem had

been partly offset by POWs being allowed to do that task. This was popular with the captive Germans and others, as they were paid a modest sum and life on the land was preferable to the boredom and limitations of prison life. Tractors were introduced, initially from America, the Mogul and the Ford Model F being forerunners. Government intervention was ever-present, such as the need to feed the home population, with bad farmers being moved off their farms. From 1917 onwards allotments were introduced, with the railways companies donating land for the purpose. Land Girls were a formal organisation, with village women generally working on the fields while their menfolk were away at war. Timber, for wooden huts to duckboards to traverse the mud of the battlefields, was another drain on the nation's resources, with the Beacon being cut down in 1918 and replanting taking place there and on land near what is now Center Parcs.

The year after the Great War ended, the Forestry Commission was created, but in other ways the government didn't learn from the conflict. Agricultural subsidies which might have speeded postwar recovery were quickly withdrawn. Yet, when a few decades later it proved not to have been 'the war to end all wars' rationing was introduced in 1939 and with conscription not volunteers, agricultural controls were quickly put in place.

Chairman Chris Wilson gave the vote of thanks to Mr Preston and wished members the compliments of the season.

Appleby-in-Westmorland Society is mounting a series of short exhibitions in the TIC until late February. The displays will be of documents, objects and memorabilia from their own archive and supplemented from other sources, the following subjects will be on display:

20<sup>th</sup> Jan – 1<sup>st</sup> Feb: Printing in Appleby; Schools and sports.

2<sup>nd</sup> – 14<sup>th</sup> Feb: Inventories from the era of Elizabeth I and sheep.

15<sup>th</sup> – 23<sup>rd</sup> Feb: Lady Anne Clifford's Trust St Anne's Almshouses.

The next public meeting will be on Thursday 28<sup>th</sup> March in the Public Hall Supper Room, when Graham Brooks will deliver a talk on Gypsum in the Eden Valley.

## Appleby Archaeology Group

Thursday 7<sup>th</sup> February in the Supper Room of the Market Hall, Appleby at 7:30pm. Members free, visitors £3

This month's lecture is about "Investigating Lead Tokens from Holm Cultram Abbey", and will be delivered by Kate Renwick of the West Cumbria Archaeology Society

## The Arts Society

All lectures start at 11 am at Appleby Market Hall. Coffee served from 10.15 am. Members free, a small charge of £8.00 for non-members. To find out more about our society please visit: [taswestmorland.org.uk](http://taswestmorland.org.uk)

This month's lecture, on Wednesday 13<sup>th</sup>, is 2019 "From Russia with Love" given by Mr Brian Healey BA (hons) Dip. Interior Design

## Appleby Badminton Club

Looking for a new sporting interest? Please come along.

We play Wednesdays 7.30pm – 10pm and Mondays 8 - 10pm.

We also have Junior Coaching Sessions on Mondays 6.30 – 8pm for children aged 8 years old and over.

All new members are very welcome. Please come along and give badminton a try, we are a very friendly club with a wide range of ages and abilities

Please contact Sheila, [sheilawestgarth@yahoo.co.uk](mailto:sheilawestgarth@yahoo.co.uk) for further information

## Curry Aid News

Thank you to everyone who came to support our coffee morning in August. But we still need your help. Jessie is still waiting to go into hospital for her second shoulder operation and hopes it will be very soon. She will not be able to do any cooking for a long time and so it will be your ideas, skills, generosity and your fundraising that will support the children for next year. Please have a coffee morning in your home or village hall or a get together with a little raffle for the children. Please ask your club or group to help Curry Aid this year.

## Appleby Junior Football Club

Do you enjoy having a kick about with your friends? Would you like to meet new people and be part of a team?

Well Appleby Junior Football Club is the answer!

We offer mixed teams for Under 8s, Under 9s and Under 10s, plus boys Under 15s and girls Under 16s

We train on Wednesdays and Saturdays at King George playing fields in Appleby

If you would like more details or would like to come along and have a go, please contact us at [applebyjfc@gmail.com](mailto:applebyjfc@gmail.com) or Facebook @applebyjuniorFC



## Friday Club

The year finished with our annual Christmas Party in The Sands. We had party games followed by a very nice party buffet. Some members of Appleby town band played Christmas carols and we sang along, then a much anticipated visit from Father Christmas to complete the evening. Everyone agreed they had a really nice time!

We started 2019 with a meal out in Appleby. It was a chance to catch up and hear about everybody's Christmas and enjoy a lovely meal.

Dates for the diary

Fri 8<sup>th</sup> February Excercises Guide Hut 7-9pm

Anyone wishing to know more about becoming a member or helper please contact Peter Ivinson 61650

## Appleby and District Gardeners' Society

Wednesday, 20<sup>th</sup> February at 2pm in the supper room of Appleby Public Hall so far as known: programme to be advised.

## Join the Appleby Rainbows, Brownies and Guides

1 <sup>st</sup> Appleby Rainbows	(age 5-7)	Thurs.	5 to 6:15pm
1 <sup>st</sup> Appleby	(age 7-10)	Mon.	5 to 6:30 pm
2 <sup>nd</sup> Appleby	(age 7-10)	Wed.	5 to 6:45 pm
1 <sup>st</sup> Appleby Guides	(age 10+)	Wed.	7 to 8:30pm



We are always on the look out for adults to become leaders with any of these groups - message the group for more information: Appleby Rainbows, Brownies and Guides

**Appleby Hand Bell Ringers** are looking to loan another set of hand bells. If you are aware of a set currently unused, please ring Julie on 07578517900 or 017683 52163. If you are interested in joining our group, please get in touch; you are most welcome!

## Inner Wheel Whist and Dominoes

We meet every other Thursday afternoon (February 14<sup>th</sup> and 28<sup>th</sup>) from 2 until 4 pm at the Public Hall Supper Room. All this and lots of fun for only £1.50. Bring a friend too. Ring Jenny Morgan 52210 for information.

## Appleby Lace Group

Do you have an interest in learning a Lace Craft - Tatting, Crochet, Bobbin Lace or Knitted Lace. We meet every other week on a Thursday morning in the Pennine Room of the Riverside Medical Building for terms of six weeks. If you would like more information please contact Barbara Smith on 017683 51157 or email [pbs4mc@gmail.com](mailto:pbs4mc@gmail.com).

## Lights, Camera, Appleby

Mary Shelley (PG13): Saturday 9<sup>th</sup> February

Our film for February is Mary Shelley, the fascinating story of Mary Wollstonecraft Godwin, author of one of the world's most famous gothic novels 'Frankenstein' and her fiery relationship with romantic poet Percy Shelley. Elle Fanning and Douglas Booth play the tempestuous lovers who are constrained by polite society but bound together by progressive ideas that are beyond their age and time. Described as 'Suffused with a righteous feminist fire.' by Variety Magazine, this gorgeously filmed period costume drama is a treat for fans of both horror and romance.

We will be serving a popular supper of pie and peas. Tickets £11 for food and film. Please book food tickets in advance. Film only tickets, £4 available on the door. Doors open 6pm, food served 6.15-6.30pm. Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkintonthorpe.

**Food tickets must be booked in advance** from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby. For further information please tel: 07903 858093 or email: [courtyardgallery@btconnect.com](mailto:courtyardgallery@btconnect.com)

Make Remote cinema night your regular monthly social and support us! Our new bespoke equipment now gives us fantastic quality sound and picture. All future profits will support further film and cultural events for Appleby.

*Remote in Appleby* is run by volunteers and is a not-for-profit organisation. Remote Cinema is a scheme funded by the Big Lottery and offered to villages in Eden, by Eden Arts and Cine North. Follow us on our Facebook page: *Appleby Remote Cinema Scheme*

## Appleby Rotary Club

Appleby Rotary Club are holding a Ceilidh at The Hub on Saturday 16 February from 7 pm. Music (and calling) is by the Eden Valley Ceilidh Band. Cash bar and supper is included in the prices of just £10 per person.

Tickets are available from the TIC, at The Hub, any member of the Rotary Club, or from Barry McKay (52282)

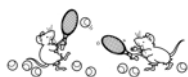
The Rotary Club Bookshop is open at the Hub from Wednesday to Saturday, 10 am to 3 pm. We continue to be grateful for donations of books and for the funds generated from sales. We can also take in old spectacles for Vision Aid.

## Appleby Probus Club

If you are a retired or semi-retired gentleman and would appreciate some company, come and join us at the Royal Oak in Appleby, for lunch on the last Friday of each month - 12:30 for 1 pm. Details from Ian Rudd on 62552.

## Appleby Tennis Club

The tennis club meets on Wednesday and Friday evenings from 7 pm and on Sunday afternoons from 3 pm. We play on 2 outdoor tennis courts at Appleby Grammar School. The club will resume outdoor play next spring once daylight hours extend. Thanks to all members for supporting the club this season. For more information please email [applebytennisclub@hotmail.co.uk](mailto:applebytennisclub@hotmail.co.uk) or look us up on Facebook. Annual membership rates as follows: Adult: £30 Junior: £15 Family: £50 Student: £20



## Appleby Textile Group

Do you have an interest in textiles? We meet twice a month with a date time and an evening meeting. Come along to chat and share skills in all textile crafts. We have a programme of speakers, run workshops and organise Outings. We meet on the first Tuesday of every month 7 pm to 9 pm at The Guide Hut, Appleby. Non members welcome, entrance fee £6 or £10 for Special Speakers (including raffle ticket & refreshments) And for members only, on the third Wednesday, Sewing in the Pennine Room, Riverside 9.30 to 12.30. For further details please contact Barbara on 017683 51157, Sandra on 01768 899795. Email: [Applebytextile@btinternet.com](mailto:Applebytextile@btinternet.com) Also see [Appleby Textile Group.blogspot.co.uk](http://Appleby Textile Group.blogspot.co.uk) Regret programme not known at time of going to press.

## LADY ANNE'S NEEDLEWORK FESTIVAL

### An international conference with two weeks of lectures, workshops and outings to castles.

Calling all hotels, B&Bs, holiday cottages, village halls, and program secretaries!

We are bringing 250+ international visitors to the Eden Valley, 3<sup>rd</sup>-17<sup>th</sup> July 2021. If you, or your society would like to take part or benefit from this event please come to a short presentation in The Hub, Chapel St, Appleby on Tuesday 5<sup>th</sup> February, 3.30pm and sign up to our mailing list of preferred venues, or tell us what you are planning so that all can benefit from this event.

For further details phone 017683 53683/07736 642996 or email [phillipaturnbull@crewelwork.com](mailto:phillipaturnbull@crewelwork.com)

## VILLAGES

### Asby

Mon. 4<sup>th</sup> 2 pm St. Peter's Church Felt Workshop  
Wed 6<sup>th</sup> 7:30 The Hollies Asby Fellowship: John Bevan  
Tues 12<sup>th</sup> 7:30 Asby Village Hall Asby WI: Practical evening - wool dyeing. Possibility of getting dye on clothes so come pre-pared in not-your-best!  
Thurs 14<sup>th</sup> 12:30 Eden River Café, Appleby Asby Diners Club - Two courses and a drink @ £7.50 - all welcome  
Mon. 18<sup>th</sup> 10 am - noon St. Peter's Church Messy Church  
Mon. 18<sup>th</sup> 2 pm St. Peter's Church Felt Workshop  
Wed 20<sup>th</sup> 7:30 The Hollies Asby Fellowship: Pat Bevan  
Thu. 28<sup>th</sup> 7:30 The Hollies Asby PCC for APCM  
Fri. 1<sup>st</sup> March 7:30 pm Village Hall 'Now you see it; now you don't' An evening with conjuror Russ Brown. Tickets £10 (including finger buffet) available from PCC members in advance, please.

## Dufton Village Hall.

### Regular Events:

Tuesday 10:00-12:00 Tuesday Coffee in the Community Room, all welcome  
Thursday 10:00 - 12:00 Art Class  
1:30 - 3:30pm Fit4All Community Exercise and Get together supported by Eden District Council, all welcome  
(Funding has been secured to keep the sessions going until 31<sup>st</sup> March. For details email [duftonvillagehall@gmail.com](mailto:duftonvillagehall@gmail.com))  
Friday 9:30am - noon Mother and Toddler

### One off events:

2<sup>nd</sup> Feb 6 Nations on the Big Screen + Bar: Ireland v England Kick off 4:45pm  
7<sup>th</sup> Feb Book Club - Community Room 7:30pm 'Kashmiri Shawl' by Rosie Thomas  
10<sup>th</sup> Feb 6 Nations Rugby: England v France KO 3pm

12<sup>th</sup> Feb Village Hall Committee - Community Room 7pm  
15<sup>th</sup> Feb Friends of Long Marton School, Pie and Pea Supper and Auction of Promises  
16<sup>th</sup> Feb St Cuthbert's PCC Coffee, Tea and cake 2pm-4:30pm  
23<sup>rd</sup> Feb Inov-8 High Cup Nick Fell Race  
23<sup>rd</sup> Feb 6 Nations Rugby: England v Wales KO 4:45pm  
2<sup>nd</sup> March Coffee Morning arranged by Lucy Smith 10am

## Great Ormside

Coffee Morning Wednesday 13<sup>th</sup>: 10am - noon  
Craft Evening Wednesday 20<sup>th</sup> - 7:30 - 9:30pm  
Women's Institute Tuesday 5<sup>th</sup> at 7:30 pm: Dodi Ellis with "What the WI Did for Me"  
Saturday 9<sup>th</sup> is Quiz Night. Kick off is at 7:30 pm, but the doors (and the bar) will be open at 7 pm.  
Entrance £4 a person but includes nibbles. Please book your team on 017683.53460, or just turn up on the night!

## Kirkby Thore

For families with young children - Messy Church, in the Memorial Hall, 4pm, 1<sup>st</sup> Sunday in the month;  
For families of all ages - Family Church in church, 4pm, 3<sup>rd</sup> Sunday in the month. (contact Kristy Pattimore (62655)  
For 7-11 year olds - OASIS after school club, Fridays in term time, 3.30 - 5pm at school (contact Sue Grainger (61744)).  
Mothers Union: Wednesday 6<sup>th</sup> Feb at 7.30pm - 18 Dunfell View (Margaret Davidson 017683 61699 - please check)  
Village Tea 27<sup>th</sup> from 2:30 to 4:30 pm in the Memorial Hall

## Long Marton

Winter Warmer - Pie & Pea supper with quiz on Friday, 8th Feb @ 7.30pm. £8 - Bar & soft drinks available. To book your place please contact Nicola on 017683 62301. Best scarf wins!

Coffee morning: Always 2<sup>nd</sup> Tuesday in the month, 10.30 - 12.15. Good crack, coffee, cakes & crumpets - what's not to like! Soup during the winter. Raffle, cake & book stall. Post bus in Kath's yard afterwards.

Lunch club - held during school term time once a fortnight. Book with Anne on 61244 a week prior to the day. Wednesday at noon 13<sup>th</sup> Feb, 6<sup>th</sup> & 20<sup>th</sup> March.

Carpet bowls - Tuesday afternoon from 2 - 4; everyone welcome, good fun, gentle exercise & good crack. £2 incl refreshments. 12<sup>th</sup> & 26<sup>th</sup> Feb, 12<sup>th</sup> & 26<sup>th</sup> March

New craft group starting soon in LM village hall. A sociable time with some tuition.

- Crochet & knitting for beginners & improvers; hooks, needles & yarn provided for basics.
- Cross stitch & sewing for beginners.
- Making items for fund raisers etc.
- Evening taster & possibly day time too.
- Able to run one evening & one day per week if numbers permit.
- Costs will be charged to cover the hall & materials if required.
- To confirm interest & what you would like to learn/practise please contact: Sue - T:07710 441877 E:[sue.hogg58@gmail.com](mailto:sue.hogg58@gmail.com). Facebook: message under Sue Hogg (white dog on picture)

Gentle exercise class & music designed to aid mobility, flexibility, body toning & discovering bits you may have forgotten you have. Suitable for wheelchair users & all abilities. Small charge to cover hall hire. For info & to confirm interest please contact: David - T:07710 441877 E:[dhogg69@googlemail.com](mailto:dhogg69@googlemail.com)

## Milburn

Sat. 2<sup>nd</sup>. 10:30 Coffee Morning in aid of V.H. funds - all very welcome for a coffee and chat

Sat. 16<sup>th</sup>. 10:30 Coffee Morning in aid of St. Cuthbert's Church - Book Stall-- Cake Stall-- Homemade Biscuits - All Very welcome for coffee and chat

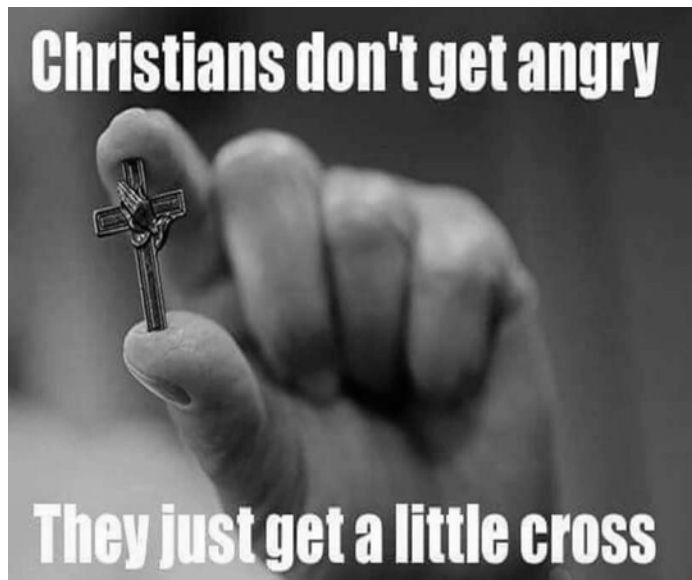
The next meeting of Milburn Film Club is Friday 22<sup>nd</sup> February at 7.30pm in Milburn Village Hall. The film is Episodes 3 and 4 of "The Night Manager" (I'd never thought of Hugh Laurie as scary till I saw it - Ed.)



## Murton

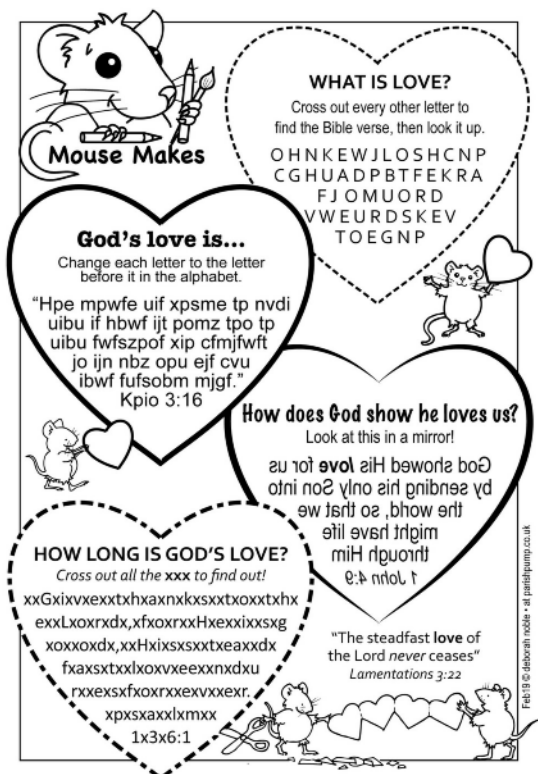
Highlights at Murton  
Landermaison, a talented duo from Northumberland, will be the next Highlights event at Murton Institute on Saturday, March 2<sup>nd</sup> at 7.30 pm. They will entertain us with a unique blend of folk, roots and jazz. Ticket reservation and information from Tina Wragg ,01768353642, or booking online at [info@highlightsnorth.co.uk](mailto:info@highlightsnorth.co.uk)

## SMALL ADVERTISEMENTS (NONE)



## Christmas Crossword Solution

H	I	D	E		D	I	S	G	R	A	C	E
I		O		S		M		R		L		A
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T	U	T	T	I		I	G	N	O	R	E	
A				N		S				E		S
F	O	R	E	K	N	O	W	L	E	D	G	E
F		E				N		A				A
	A	S	H	R	A	M		M	E	N	O	R
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A	R	O	M	A		N	I	N	E	V	E	H
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## February Crossword

1		2			3	4		5		6		7
				8								
9								10				
11						12						
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14		15						16				
	17			18				19		20		
21												
22						23						
24										25		

### Across

- 1 Salary (Isaiah 19:10) (4)
- 3 Question Jesus asked of those healed of leprosy, 'Were not all ten — ?' (Luke 17:17) (8)
- 9 Wide, elevated level area of land (Joshua 13:9) (7)
- 10 'So you also must be — , because the Son of Man will come... when you do not expect him' (Matthew 24:44) (5)
- 11 '[He] said to the man, "Stretch out your hand." He — — , and his hand was completely restored' (Luke 6:10) (3,2)
- 12 'Who has gathered up the wind in the — of his hand?' (Proverbs 30:4) (6)
- 14 Not born again (13)
- 17 'Again and again he — the same sacrifices, which can never take away sins' (Hebrews 10:11) (6)
- 19 Mails (anag.) (5)
- 22 'He — — here; he has risen' (Matthew 28:6) (2,3)
- 23 Defeated (Judges 20:43) (7)
- 24 Soldiers' quarters (Acts 21:34) (8)
- 25 'Pillars of marble' were how the Beloved described those of her Lover (Song of Songs 5:15) (4)

### Down

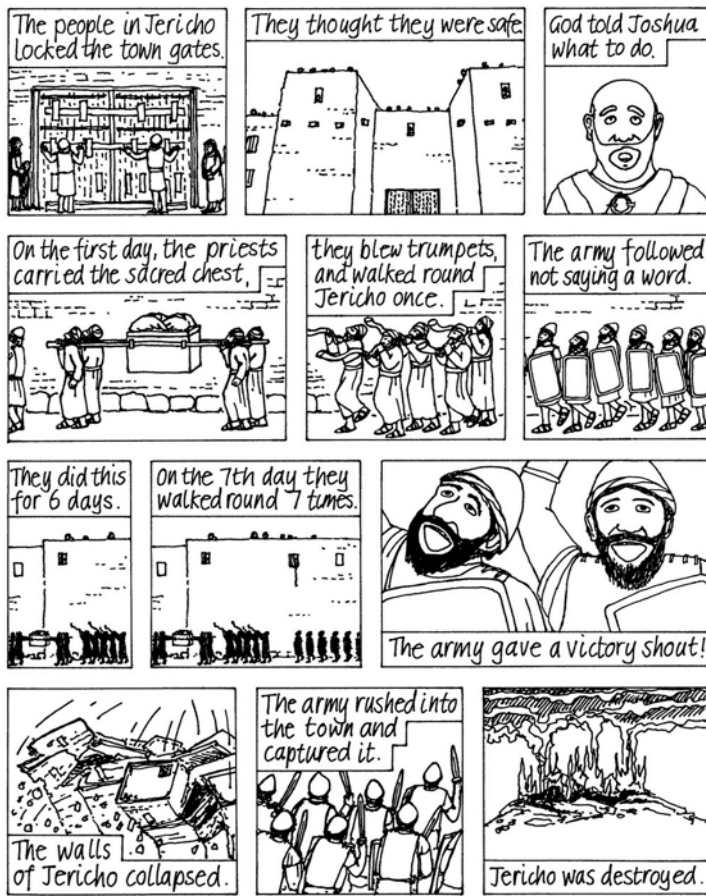
- 1 Totally destroyed (Genesis 7:23) (5,3)
- 2 What the Philippian jailer was told to do with his prisoners Paul and Silas (Acts 16:23) (5)
- 4 Object of ridicule (Job 12:4) (8-5)
- 5 In most years, the month in which Easter falls (5)
- 6 For example, Caesarea, Joppa, Tyre, Sidon (7)
- 7 '[Jesus] was in the desert for forty — , being tempted by Satan' (Mark 1:13) (4)
- 8 'Hallelujah! Salvation and glory and power — to our God' (Revelation 19:1) (6)
- 13 Mend dots (anag.) (8)
- 15 Purifier (Malachi 3:3) (7)
- 16 Attacked (1 Samuel 27:8) (6)
- 18 The good Samaritan to the innkeeper: 'When I return, I will reimburse you for any — expense you may have' (Luke 10:35) (5)
- 20 How Matthew described the crowds who followed Jesus (Matthew 4:25) (5)
- 21 For example, one of 25 Across (Judges 19:29) (4)

# Bible Bite

## A short story from the Bible

It can be read in the Bible in Joshua chapter 6 verses 1-27

Joshua led the Israelites across the river Jordan. They camped near the town of Jericho and prepared to fight.



## 2<sup>nd</sup> February - The Presentation of Christ in the Temple/ Candlemas

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2 February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

So where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.



## The Rectory St James the Least

My dear Nephew Darren



We have just returned from our annual parish three-day silent retreat at St Epiphanius' Priory. We had the usual attendees: those husbands who see it as an opportunity to stop their wives talking, however briefly; those wives who can keep their husbands temporarily from the 19<sup>th</sup> hole at the golf club; and those who want to see if it might be a suitable home in which to park an inconvenient relative.

It can come as quite a shock for first-timers: the ladies are appalled to discover that there is neither coffee shop nor hairdressers, and the men that there is no bar or billiards table. The resident community certainly frowned on the four men among us who were discovered silently pushing a car down the drive late one evening before starting it at the main gates as they escaped to the nearest pub. Those of us who are older hands know to bring our own supplies - carefully wrapped, so that the clinking of bottles is not too obvious as one ascends the main staircase. The near universal retreat to bedrooms before dinner is less an opportunity for quiet reflection and more one for a restorative sherry.

The more experienced also know that temperatures in the house are Siberian. All the movement and hand waving during Services is less charismatic enthusiasm and more an attempt to maintain blood flow to the extremities. The series of addresses were given by an aged member of the community. That some of our party fell asleep during the addresses was excusable; that the person giving them also occasionally did so, was not.

During one stroll round the gardens, I noticed clouds of smoke coming from behind the hedges near the chapel. My hope that it was parishioners experimenting with incense to be used in church on our return was soon crushed when I found it was a group of hardened parishioners topping up their nicotine levels. Seeing them nervously huddled in the shrubbery made one think of schools and bike sheds. I now find it difficult not to picture them all in short trousers and wearing caps.

And so we return, knowing that we have done our bit once again for the spiritual vigour of the parish, and also that three days of vegetarian cooking will mean a long queue at the village butchers tomorrow morning.

Your loving uncle, Eustace

## Lead Bishop for Education calls on Government for Rural Strategy



The Church of England's lead bishop for Education, the Rt Revd Stephen Conway, Bishop of Ely, has called for a cross-Government rural strategy to safeguard the future of education in rural communities.

**Bishop Stephen said** that while 'We have been reassured that the Government has a presumption against the closure of rural schools,' and also that 'a number of stakeholder organisations, as well as those who are working with schools and communities, are exploring innovations in collaboration,' yet still 'an overarching rural strategy is now required for the issues facing our countryside communities.' The Bishop said: 'Over the past 200 years Church of England schools have adapted to significant changes in society... We are committed to working with the Government to achieve this.'

## All the lonely people

*Where do they all come from?*

*All the lonely people*

*Where do they all belong?*

The Beatles saw loneliness all around them back in the 60s, when they wrote the lyrics to *Eleanor Rigby*. And loneliness is growing: the number of lonely over-50s will hit two million within seven years, according to recent data from the English Longitudinal Study of Ageing.

The study points out that older people often live alone, lack someone to confide in, or are widowed, or are in poor health, or are unable to do the things they want, or feel that they do not belong in their neighbourhood

Caroline Adams, Age UK's charity director warns that such loneliness will bring 'serious consequences for their physical and mental health, and therefore for the NHS, unless we take action now.' But action will be a challenge, for the adult social care sector is badly over-stretched, with up to 110,000 jobs vacant across the country.

*By Tim Lenton.*

### QWERTY celebrates a big birthday

The inventor of the QWERTY keyboard – now almost universally adopted in English-speaking countries – was born 200 years ago, on 14<sup>th</sup> February 1819, in Pennsylvania. Christopher Latham Scholes was an Episcopalian who could trace his ancestry back to two of the original Mayflower pilgrims, John and Priscilla Alden.

Although he did not invent the typewriter from scratch, Scholes was instrumental in developing a successful working model. Vital to this was his changing the keyboard, which was originally in alphabetical order but had a tendency to jam. Scholes rearranged the levers so that frequently used keys would not interfere with each other.

Scholes started out as a printer and then, after moving to Wisconsin, became a newspaper publisher. He served two terms as a Senator for Wisconsin, one as a Democrat and one as a Republican.

His typewriter was not a commercial success until he joined forces with the Remington company, selling them half his rights for \$12,000. In 1878 he added a shift key so that the writer could switch easily between capitals and lower-case letters. He died in 1890, probably of tuberculosis.

## 'The Presentation in the Temple' by Guercino



This month of February opens with the celebration of Candlemas. On the 2<sup>nd</sup> we recall that special moment of enlightenment when Mary and Joseph bring Jesus to the temple. They meet Simeon, who represents the waiting people of Israel – a nation looking for a better world now that the holy city was in the hands of Roman invaders.

Simeon clung to the hope that God would come to bring freedom and a new life. When it came, there was no fanfare, no warning. St Luke in his Gospel tells us of an ordinary family from faraway Nazareth who go to Jerusalem to perform the religious duties for the firstborn son. But in their encounter with Simeon we see and hear something extraordinary.

The scene is captured in this beautiful painting of 1623 that hangs in the National Gallery: 'The Presentation in the Temple' by Guercino. The artist Giovanni Barbieri had the curious nickname Guercino which means 'Squinty.' Why squinty, we are not sure, for all is clear and lyrical in this work.

At the base of the canvas we see the turtle doves with two ducks, but the heart of the scene focuses on Mary, Joseph and Simeon linked by the Christ-Child. Notice the gentle hands of Mary, the strong, supportive hands of Joseph, and the outstretched, waiting hands of Simeon. He may be an old man, but he is ready to welcome the babe, who is offered as a sign of hope and light for the future. A candle burns at the right side to emphasise the light shed by this meeting of infancy and old age.

St Luke by tradition was an artist himself, depicting the stories of his gospel with the deft strokes of a painter. In this scene the words of the evangelist and the skill of a 17<sup>th</sup> century Italian artist tell us that, at whatever age we are, we can also find light and hope as we offer our hands and our hearts to welcome the Christ-Child.

*David Pickup, a solicitor, offers some advice on how to deal with personal debt.*

### Plan your way out of personal debt

*'... making a way in the wilderness and streams in the wasteland.'* (Isaiah 43:19)

The bills left over from Christmas are still coming through your letterbox with a thud. You can recognise which are bills before you open them, and your heart sinks. Many people have debts which they struggle with and which they cannot control. Such debts can lead to relationship problems and ill health, and in time, ruin your whole life. Meanwhile, it is very tempting to leave the post unopened. But then the phone calls start, and soon some of your debtors are threatening you. Here are some suggestions to cope with this.

Be honest with yourself and those closest to you.

Get help.

Do not borrow more to pay off debts, because you end up in a spiral of debt.

Check if you are being hounded for debts that are not yours, or are over six years old.

Are you being unfairly treated? It is illegal to harass anyone in debt. That could include persistent telephone calls or turning up at your house.

Make a budget. Prioritise - sort out essentials. Get advice about increasing your income and cutting expenditure.

Manage family expectations. There is often pressure on you to spend too much on holidays, Christmas and birthdays.

Start a savings plan with a credit union, even if it is just a pound a week.

You can get help from money and other advice agencies. **Christians Against Poverty** (CAP) is a Christian organisation which does very good work.

*As always this is a light-hearted guide to a serious subject. Get proper advice, as soon as you can!*

# Do you have spare room in your home?

Could you offer temporary shelter to a victim of human trafficking?

Helen and Jared Hodgson have started the only charity in the UK which provides a home to the victims of human trafficking, and they are seeking churchgoers across the UK who will help, by providing temporary accommodation. So far, the Hodgson's *Hope at Home* charity has about 14 host families, but they estimate that they need 1000 such welcoming, safe homes.

Hope at Home began when Helen and Jared went to India and worked with street children. There they met girls who had been trafficked into the sex industry. The horrors they heard about shocked and moved them, so that when they returned home they moved to a bigger house, in order to set up Hope at Home, and have spare rooms to offer.

The need for UK safe homes is huge. At any one time the Global Slavery index estimate that about 136,000 people are being trafficked in the UK alone. People are trapped in the sex industry, domestic servitude, working in nail bars, agriculture and car washes, to name but a few.

Some 5145 victims were rescued in the UK by the police and other agencies last year. But once they have left the temporary safe house that they are initially sent to, many survivors face destitution and are vulnerable to being re-trafficked.

One victim whom the Hodgsons took in, Sarah (not real name) stayed with them for a year. She says: 'They made me feel very comfortable. They tell me they love me – I've never heard this before in my whole life. Now I can do things I was scared to do before: I can go out, and I don't lock myself away. I had tried to kill myself before, because I was so lonely. The charity is looking for host families especially in Sheffield, Bristol, and the West Midlands, where it has strong relationships with partner agencies who can support survivors and host families.

Helen Hodgson stresses that it is crucial that the local church supports any host family who takes on the challenge, by both prayer and giving time to befriend the recovering victim, and share with them the love of God.

More details at:

<http://www.hopeathome.org.uk/>

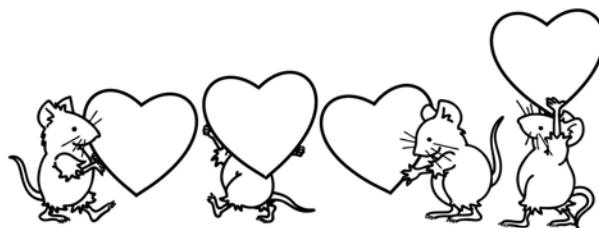
## The Bible verse of 2018

A Bible app, YouVersion, has named Isaiah 41:10 as the most popular verse of 2018.

That verse has been posted, bookmarked, and highlighted more times than any other on the app (which has been downloaded more than 350,000 times around the world).

Isaiah 41:10 reads: 'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.' The verse also came top in Chile, France, Italy, the Netherlands, Peru, South Africa, Spain and the United States.

But in the UK, for 2018, we preferred Jeremiah 29:11: 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'



### Neat Feet by Mary-Anne

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## Citizens Advice Drop in Sessions

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If you'd like advice on housing issues, getting the most out of your energy, money or benefits, why not come and speak to our adviser.



### Penrith Jobcentre

1<sup>st</sup> & 3<sup>rd</sup> Wednesday each month  
from 1:30pm to 3:30pm

### Kirkby Stephen Local Links

4<sup>th</sup> Wednesday each month  
from 10am – 12:30pm

### Appleby Library

4<sup>th</sup> Wednesday each month  
from 2:00pm – 4:00pm

Please see our website, social media or contact us directly for the exact dates

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*Lady Anne's Needlework Festival*



Calling all hotels, B&Bs, holiday cottages, village halls, and program secretaries! We are bringing 250+ international visitors to the Eden Valley, 3<sup>rd</sup>-17<sup>th</sup> July 2021. If you, or your society would like to take part or benefit from this event please come to a short presentation in

**The Hub, Chapel St, Appleby on Tuesday 5<sup>th</sup> February, 3.30pm**

and sign up to our mailing list of preferred venues, or tell us what you are planning so that all can benefit from this event. For further details phone 017683 53683 or 07736 642996 or email [phillipturnbull@crewelwork.com](mailto:phillipturnbull@crewelwork.com)

the event is 'Lady Anne's Needlework Festival'. An international conference with two weeks of lectures, workshops and outings to castles.



*Lady Anne's Needlework Festival*

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**Long Marton School Auction of Promises**

- Celebration cake made to order from Pauline Robson.
- Action ant's children's party with hire of Dufton from Kevin Brighurst.
- Afternoon tea for two people at Augill castle.
- Full body, face and scalp massage with complimentary therapies by Rose Dinsdale.
- A Long Marton School lottery club number for 6 months. (Monthly draws with cash prizes)
- Cinema voucher for 2 adults and 3 children for a new release film at Rheghed valid until August 2019.
- Bag of coal from Copley coal, bag of sticks, firelighters and matches.
- There & back taxi service, 20 mile radius of Dufton from Kevin Brighurst.
- Patio / Drive pressure wash by Eden bespoke landscaping.
- Round the lake voucher for 2 Adults & 2 Children from Ullswater Steamers
- 3 Hour pony experience with Sandy Watson includes pony care, grooming and a ride.
- Shellac nails by Danielle Gupta.
- 2 Climbs at Clip and Climb Maryport
- Tropics hamper from Heather Glennon.
- MOT and service at Sammy Lees garage Appleby.
- A painting from local artist Alison Birkett.
- A takeaway of Nazreen's noodles (chow mein) local delivery to your door.
- A rug from Capsticks carpets.
- A brewery tour for 4 including drinks of Tirril Gin, Single Malt and Ale with a 36 pint cask of beer to take home OR A days brewing experience for 1 with a 36 pint cask of the beer you have brewed to take home from Tirril Brewery.
- Day passes for a family of 4 to Walby Farm Park.
- Cheesecake from James' Temptations of Appleby.
- A Tour for 4 adults down Gypsum mine (to be arranged with Will Tatters).
- 1 months gym membership with 'Better' (Appleby/ Penrith).
- A family photo shoot with photos on USB stick from Eden Valley Photography.
- A hamper of local preserves including chutney and jams.
- Full bike health check and service (parts not included) from Aaron Smith
- Half a lamb from Bow Hall. 2 weeks notice to be given.
- 10 Swimming lessons in any lesson (Baby/ toddler, Foundation through to Advanced) from Woggle Goggle.
- Full size rake from John Rudd
- Small Rake from John Rudd
- 1 night stay at The Durham Pad, sleeps up to 6 guests, only a 10 minute drive from Durham centre, kindly donated by Patrick James Solutions.
- A bucket of chocolate.
- 2 Tickets for Carlisle United home league game during 2018/ 2019 season. (2 weeks notice before match to be given).
- A tray of Gail's homemade sticky toffee pudding.
- Sunday lunch and first drink for 2 people at The Stag Inn.
- A day's walked up grouse shooting in the 2019 season for a team of up to 5 guns, dates to be arranged. Expected bag up to 10 brace.

If you are unable to attend the evening you can leave bids in envelopes addressed to Jo Brown at Long Marton School or The Stag Inn Dufton by the 14<sup>th</sup> of February. Please make sure you leave your name and contact details, the number and description of the lot you are bidding for with your maximum bid do not put money in the envelopes, you will be contacted if you win the item you have bid on. Or you can phone/ text bids to 07986470267.

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# Church Services February 2019

## Appleby, St. Lawrence

### Usual Weekday Services

#### **Monday, Tuesday, Wednesday and Friday**

8:00am Morning Prayer (Said)

5:00pm Evening Prayer (Said)

#### **Monday (11<sup>th</sup> & 25<sup>th</sup>)**

**7:00pm Compline**

#### **Tuesday**

9:15am Service at St Anne's Almshouses chapel

(First Tuesday – Holy Communion / other Tuesdays – Morning Prayer)

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

#### **Friday**

10:00am Holy Communion (Said) Alternates BCP/CW

**(1<sup>st</sup> (CW) / 8<sup>th</sup> (BCP) / 15<sup>th</sup> (CW) / 22<sup>nd</sup> (BCP))**

### Sundays

**8:00am Holy Communion (Said) Alternates**

BCP/CW

**(3<sup>rd</sup> (BCP) / 10<sup>th</sup> (CW) / 17<sup>th</sup> (BCP) / 24<sup>th</sup> (CW))**

### Extra Services

**2<sup>nd</sup> (Candlemas) 7:30pm Solemn Eucharist**

#### **3<sup>rd</sup> The Fifth Sunday before Lent**

10:45am Holy Communion

#### **10<sup>th</sup> The Fourth Sunday before Lent**

10:45am Morning Service

#### **20<sup>th</sup> The Third Sunday before Lent**

10:45am Holy Communion

#### **27<sup>th</sup> The Second Sunday before Lent**

10:45am Family Communion with Baptisms

### The Methodist Church The Sands, Appleby

**3<sup>rd</sup> 10:30am Rev Andrew Sterling**

**10<sup>th</sup> 10:30am Mr Wilf Capstick (Holy Communion)**

6:30pm 'Connexion' Service at Brough

All Welcome

**17<sup>th</sup> 10:30am Informal Service**

Bring & Share Lunch – All Welcome

**24<sup>th</sup> 10:45am Rev Tony Taylor**

### The Methodist Church Dufton with Knock

**3<sup>rd</sup> 10:45am LA**

**10<sup>th</sup> 10:45am R. Teal CA**

6:30pm 'Connexion' Service at Brough

All Welcome

**17<sup>th</sup> 10:45am A Sterling**

**24<sup>th</sup> 10:45am H Hutchinson**

### The Methodist Church Great Asby

**3<sup>rd</sup> 6:30pm A. Sterling**

**10<sup>th</sup> 11:00am United at Baptist**

6:30pm 'Connexion' Service at Brough

All Welcome

**17<sup>th</sup> 6:30pm A Sterling**

**24<sup>th</sup> 6:30pm At Baptist**

### The Methodist Church Warcop

**3<sup>rd</sup> 10:30am P Rigby**

**10<sup>th</sup> 10:55am LA**

6:30pm 'Connexion' Service at Brough

All Welcome

**17<sup>th</sup> 10:45am D Askew**

**24<sup>th</sup> 6:30pm J Betts HC**

## Dufton, St. Cuthbert

3<sup>rd</sup> 3:00pm Compline

17<sup>th</sup> 10:45am Holy Communion

## Great Asby, St. Peter

3<sup>rd</sup> 3:00pm Holy Communion

10<sup>th</sup> 11:00am United Service at Baptists

17<sup>th</sup> 3:00pm Evening Prayer

24<sup>th</sup> 11:00am Morning Prayer

## Kirkby Thore, St. Michael

3<sup>rd</sup> 4:00pm Messy Church

10<sup>th</sup> 10:45am Morning Prayer

17<sup>th</sup> 4:00pm Family Church

24<sup>th</sup> 10:45am Holy Communion

## Long Marton, St Margaret & St. James

10<sup>th</sup> 9:15am Holy Communion

17<sup>th</sup> 10:45am See Dufton

24<sup>th</sup> 3:00pm Holy Communion

## Milburn, St. Cuthbert

Each Wednesday

10:00am Holy Communion (6<sup>th</sup> / 13<sup>th</sup> / 20<sup>th</sup> / 27<sup>th</sup>)

3<sup>rd</sup> 9:15am Holy Communion

10<sup>th</sup> 10:45am Holy Communion

17<sup>th</sup> 10:45am See Dufton

24<sup>th</sup> 10:45am Holy Communion

## Murton, St John

3<sup>rd</sup> 10:45am Holy Communion

17<sup>th</sup> 10:45am Informal Service

## Musgrave, St Theobald

10<sup>th</sup> 10:00am Holy Communion

24<sup>th</sup> 10:00am Holy Communion

## Newbiggin, St. Edmund

3<sup>rd</sup> 10:45am Holy Communion

24<sup>th</sup> 4:00pm Holy Communion (BCP)

## Ormside, St. James

3<sup>rd</sup> 9:15am Morning Prayer

10<sup>th</sup> 9:15am Holy Communion

17<sup>th</sup> 10:00am Informal Worship

24<sup>th</sup> 3:00pm Evening Prayer

## Temple Sowerby, St. James

17<sup>th</sup> 10:45am Holy Communion

## Warcop, St. Columba

3<sup>rd</sup> 10:45am Holy Communion

17<sup>th</sup> 10:45am Holy Communion

## Church of Our Lady of Appleby

### **MASSES:**

#### Appleby

Saturday – Vigil Mass 6:00pm

Sunday 11:00am

Mon, Tues, Fri 9:00am

Holy Days 7:00pm

#### Kirkby Stephen (in Anglican church)

Sunday 9:00am

Weds, Thurs 10:00am

Holy Days 10:00am

## **St. Anne's Hospiital (Boroughgate Almshouses)**

Services every Tuesday at 9:15am except in August (see also above)

Mattins except first Tuesday of the month Holy Communion