

Heart of Eden



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 & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin.

Also with additional information from

Methodist Churches at The Sands, Appleby, Great Asby, Warcop and Dufton with Knock
The Roman Catholic Church of Our Lady of Appleby



As W.S.Gilbert said of the Yeomen - “In the Autumn of their Days...” St. Anne’s in Lockdown

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

June 2020

'Pulling Together'

Rachel and I arrived in the Eden Valley in October 2019. Wherever we had been in the UK in March 2020 would have been life-changing. Being here has opened my eyes in so many ways. Appreciating the focus of livestock farmers where life has gone on as normal with the intensity of weeks of lambing and calving. Noticing the same volunteer at the Appleby supermarket opening and closing the door, when I visited. The adaptability of local shops to arrange home deliveries in collaboration. The resourcefulness of people baking bread for new markets. People coming into the streets in Long Marton to honk, rattle, clap, ring and bang on Thursdays at 8pm. The diligence of local schools which have made a transition to online learning and support, and are about to reconvene again in June – at least to make a start. Listening to people who have faced the disappointment of missed events and gatherings, yet without any anger. Aware of the daily efforts of people working in home care, increasingly with more PPE and focus, as ever, on safe practice. Postmen and women carrying on, as normal. People unable to work, people who have lost their jobs either temporarily or permanently. Deeply moved to see and hear of people lining village greens (safely socially distanced) in Dufton, Hilton, Kirkby Thore and Warcop, for example, to show respects as the hearse passes on the way to graveside funerals in churchyards and cemeteries. The quiet dignity, professionalism and compassion of our local funeral directors. The buzz of social enterprises exploring how to meet needs; the Upper Eden Foodbank meeting daily needs. The local village WhatsApp groups and neighbourly schemes making sure that those most vulnerable get some attention. The NHS staff, the medical practices, quietly going about their daily routines and shifts; showing community, local and national leadership. How right that the new, temporary, hospital units have borne the name Nightingale, recalling a great nursing leader from the nineteenth century. And even our local churches which have adapted to the new realities with YouTube services online, and Zoom meetings like everyone else. Social media opening up fresh ways to communicate and support one another during lock down. For ourselves, it has also been a time for regular walks and to stop and think more deeply, and I've respected those older people, those who are retired, who have taken a more private and measured approach to it all. Many individual families and people have been hugely disciplined, for the sake of others. This can only be a partial view of how our communities have pulled together while apart, but I hope we can all continue to say thankyou and appreciate how special it is when in the face of real suffering and loss we have come through this, endured so well. My belief and mission is that we will find new and creative ways forward in the Eden Valley during the rest of 2020 and beyond.

Clive Hicks

Graveside Burials. There will likely be memorial services for some of these at a later date when circumstances permit.

Burial date		Graveside Burial at	Died
1 st May 11am	Brenda Ann Payne	Dufton	21 st April
1 st May 1.30pm	Richard Wharton	Appleby	23 rd April
4 th May 11am	Jessie Pearl Allan	Dufton	22 nd April
5 th May 11am	William (Bill) Sowerby	Asby	22 nd April
12 th May 11am	Ronald Edward Cherry	Kirkby Thore	1 st May
5 th June 1.30pm	Adrian Palmer	Murton	23 rd May

Church of England:

Rector: Rev. Dr. Clive Hicks

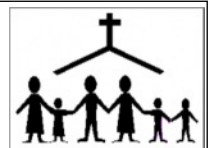
Associate Priest: Revd Peter Boyles

Retired Priest: Rev. Roger Collinson

☎ 017682.54409

☎ 017683.54161

☎ 017683.52886



For (C of E) wedding bookings contact Joyce Keetley, Office Manager, email: applebymc@carlisediocese.org.uk and for baptism bookings contact the Revd Peter Boyles email: peterboyles@hotmail.co.uk

Methodist Minister:

Rev. Andrew Sterling:

☎ 017683 51244

Roman Catholic Parish Priest (Our Lady of Appleby) Church

Fr. Peter Houghton

☎ 017683 51474

Advertising

We are not taking small ads, and the existing adverts will be run gratis for the duration

Other matter for inclusion (church or village news, etc.) Deadline 25th of the preceding month

We are very grateful for the generous donations made by various groups and individuals towards the running costs of this Newsletter. We would welcome articles (and front cover photographs - the editor gets desperate for something new) relevant to the time of year, book reviews, travel articles, etc. Please send them to the editor (heart-of-eden-editor@hotmail.co.uk)

NEWS FROM THE CHURCHES



Carlisle Cathedral bathed in blue in support of our county's key workers and the NHS.

This month, another prayer:

**Loving God, as your Son healed the sick
And brought good news to the needy
Be with us this day.**

**Loving Jesus as you taught us to
'Do unto others as you would have them do to you'
Be with all the medical staff this day.**

**Loving spirit, your gift is healing,
Bring your healing fire to our homes, our hospitals and our
county,
But most of all, be with us this day. Amen**

LOCAL

Heart of Westmorland
YouTube Channel,
including the Heart of
Eden

The Heart of Westmorland
MISSION
Community

Services are available on the channel on the morning of each service.
If you subscribe you can be notified of upcoming services, too.

URL: <https://www.youtube.com/channel/UC6IZVadGymIBC04aEEOJryw>

7th June Trinity Sunday

Isaiah 40.12-17, 27-31; Matthew 28.16-20 (Great commission)
Leader: Revd Andrew Sterling Preacher: Revd Stewart Fyfe

14th June - Trinity 1

Exodus 19.2-8a (Covenant at Sinai); Romans 5.1-8 (suffering produces endurance); Matthew 9.35 - 10.8 (Harvest is plentiful, labourers few)
Leader: Revd Stewart Fyfe Preacher: Revd Kristy Pattimore

21st June - Trinity 2 (also Father's Day)

Jeremiah 20.7-13 (Jeremiah Denounces His Persecutors); Romans 6.1b-11 (Dying and Rising with Christ);
Matthew 10.24-39 (Those who find their life will lose it, and those who lose their life for my sake will find it.)
Leader: Andrew Burrell Preacher: Revd Clive Hicks

28th June - Trinity 3

Jeremiah 28.5-9 (true from false prophets); Romans 6.12-23 (freed from sin and enslaved to God); Matthew 10.40-42 (Whoever welcomes you welcomes me)
Leader: Revd Dan Pattimore Preacher: Revd Peter Boyles
Preacher: Revd Andrew Sterling

Mid-Week Services on-line during June, available each Wednesday morning by 10am

3 rd	David Jones	Matthew 4
10 th	Revd Clive Hicks	Matthew 5
17 th	Revd Andrew Sterling	Matthew 6
24 th	Revd Peter Boyles	Matthew 7

Filling Station

Every 2nd Thursday of each month at 7:30pm

Primary ContactS: Kristy & Dan Pattimore
appleby@thefillingstation.org.uk

Contact Revs Dan & Kristy Pattimore for more details on how to connect with the Zoom-based gatherings, on ☎ 07480 935119 or email: kristypattimore@gmail.com, and the Zoom number is 797 340 6022 with the password :Organic

REGIONAL

Regional

Diocese of Carlisle sites with messages from Bishops and others on YouTube
URL: <https://www.youtube.com/channel/UCJxsFZslBdh8MLQuyFSaWAQ>

URL: <https://www.carlisle-diocese.org.uk/>

BBC Radio Cumbria broadcasts services on Sunday mornings.

National

Weekly Services Online

The Church of England is broadcasting short services each Sunday at 9am, on Facebook live.

<https://www.churchofengland.org/more/media-centre/church-online>

Even if you have no smart phone, no broadband, there is a FREE Online Phone Line

The Archbishop of Canterbury, Justin Welby, launched a free national phone line on 26 April 2020 as a simple new way to bring worship and prayer into people's homes while church buildings are closed because of the coronavirus. Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line.

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

The service is supported by the Church of England nationally as well as through the Connections group based at Holy Trinity Claygate in Surrey and the Christian charity Faith in Later Life.

Although thousands of churches across the country are now running services and prayer groups online while public worship remains suspended, many people – especially older people – do not have access to the internet. The line also recognises the impact of social distancing restrictions and self-isolation measures on those suffering from loneliness.

Callers will hear a special greeting from the Archbishop before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19.

A section called Hymn Line offers callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection and is based on an initiative by the Connections group.

Archbishop Justin said: "With many in our country on lockdown, it's important that we support those who are feeling lonely and isolated, whatever age they are. The Daily Hope service will allow people to hear hymns, prayers and words that offer comfort and hope."

From the Rector

The diary section for our church services now looks very different. Indeed the way the churches operate has changed dramatically since March when it became clear that church buildings had to be closed to reduce risks to the general public and church attendees. Church services are being provided online through YouTube, Facebook and in some cases Zoom and other online technology. The Church of England also just launched a FREE telephone service, as well, which those without internet access might like to try out.

We are so sorry that weddings and baptisms have had to be postponed, but we will be staying in touch with couples and families in order to provide alternative arrangements later in 2020 or in 2021.

We continue to offer practical support and counsel alongside community groups across the Heart of Eden communities, and our clergy are taking funerals at the graveyards in churchyards and cemeteries, as well as at the crematoria. We are so grateful that families are being so patient under these circumstances. We are so grateful for all the hard work our local funeral directors Glyn Jones, and Walkers, and others in Penrith and Carlisle, do through this challenging time.

We hope to make a lot more use of the church pages on A Church Near You during this period of enforced closure, so please check there for details on arrangements for baptisms, weddings and funerals going forward.

<https://www.achurchnearyou.com/church/12199/benefice/>

Please do contact us if you are concerned for yourself or others - contact details for clergy, ministers, churches and church officers are still available in this publication. We enjoy a challenge, so do let us know if there is anything you think your churches are uniquely placed to help with."

St. Lawrence, Appleby

Churchwarden: Jean Hutchison
Secretary: Jo Ayres (52017)

St. Peter, Asby

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



The Commonwealth War Grave in Asby

Flt Sgt William Ernest Ellwood, RAFVR

The outside observer will not see a War Memorial in Asby, although those in the know are aware that at some time in the past the "village" War Memorial was built into an inner wall of the village school – where it can still be seen. But it only commemorates World War One. The Commonwealth War Grave in St Peter's churchyard is that of the only village death on active service in World War Two - a Bomber Command gunner who died on 1 October 1943 aged just 22. He was a member of the crew of a Halifax aircraft which, while on a training mission over the UK, broke up after failing to recover from a violent spin. Because the accident occurred over the UK, his remains were returned to his parents (then living in Great Asby), and were buried in the parish churchyard on 5 October. The headstone was erected later, of course, but was chosen by his parents, and is not of the standard CWGC design. So William rests by Asby Beck, less than a hundred yards from what was his parental home.

Footnote: what we don't know is why William is also commemorated on the village War Memorials in both Warcop and Murton: does anyone?
Thanks to John Bevan for this contribution. Ed.



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)



SS. Margaret & James, Long Marton

Churchwardens: Mrs. Josie Cannon
017683.51386
(Acting) Mr. Lutaf Greenshaw 07802254982



St. Cuthbert, Milburn

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



St. John, Murton cum Hilton

Churchwarden: Jean Hutchison)
Secretary: Jo Ayres (52017)



St. Edmund, Newbiggin

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



St. James the Less, Ormside

Churchwardens: Margaret Parry
(51043)
Secretary: Richard Parry
(51043)



St. James , Temple Sowerby

Churchwardens: Anne Farmer
Angela Cleasby
Secretary: Helen Morgan



St. Theobald, Musgrave

Churchwarden: John Alderson
john.alderson65@gmail.com



St. Columba, Warcop

Churchwarden: Sheila Morbey
sheila.morbey@btinternet.com



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"

Come 4 Lunch will be back as soon as the all clear is given to the Churches, We miss you All. God Bless and keep you safe.

Bring & Share Meal.

Bring and Share will be back when the churches open again.

NEWS FROM THE AREA

Age UK - Carlisle and Eden

For information just ring Pat Mchugh on 07958936694.

Heart of Westmorland Bereavement Support Group

For more information please contact:
Kevin Robinson – 017683 51569
or Revd Sandy Pearl – 01931 714564

Cancer Information and Support in Eden

Regrettably, in view of the Coronavirus/lockdown situation, meetings are currently cancelled, but if anyone needs support and advice, support and advice is available from Rosie on ☎ 017683 52263

The following received from the Voluntary Transport Officer of Cumbria County Council regarding Social Transport.



Cumbria County Council

Need help with transport?

Voluntary Social Car Scheme

**APPLEBY & BOLTON
TEMPLE SOWERBY & MILBURN**

The Voluntary Car Scheme provides transport to Cumbrian residents of any age (under 18's must be accompanied by an adult) who cannot make their journey by public or private transport.

Typical journeys include getting to the shops, doctors, dentists, making public transport connections and visiting friends.

Passengers pay a contribution towards the cost of the transport. If two people or more travel then the fare is shared between them.

If you would like to make use of this service or are interested in driving for the scheme, please contact:

Valerie Kendall on 017683 53159

[facebook.com/Cumbriacc](https://www.facebook.com/Cumbriacc)

[cumbria.gov.uk/voluntarycarscheme](https://www.cumbria.gov.uk/voluntarycarscheme)

Serving the people of Cumbria

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 Let us help you care.

Meals on Wheels - Volunteers Needed

We are looking for some volunteers to help deliver Meals on Wheels in the town of Appleby one lunchtime each month.

We are a friendly, flexible team who deliver a hot meal and a pudding to clients on Mondays to Fridays.

We will arrange for your DBS (Disclosure and Barring Service) forms to be completed, checked and issued and as long as you have a vehicle to deliver you'll be 'good to go'. Please contact Dot Anderton 52389, Liz Harrison 51128, Kath Martin 51031 or Jenny Morgan on 52210.

News from Upper Eden Food Bank

Upper Eden Food Bank would like to thank with huge gratitude the kindness and generosity of all those people and organisations who have offered food and finance to help keep UEFB up and running. It is heart-warming to know that when challenges arise, community pulls together to help one another, each offering their own gifts and talents. Please know that volunteers are applying extra and stringent hygiene measures during the Covid-19 pandemic.

Please also know that we are here to help any who find themselves in difficult financial circumstances. Either call Citizens Advice Bureau on 0330 056 3037, or alternatively Cumbria County Council on 0800 783 1966 who can supply local numbers to refer you to the Food Bank. Or they may offer alternative help.

The UEFB website is a good place to check the current situation and needs: upperedenfoodbank.org.uk

Other UEFB contacts:

website

URL: www.ksaandtcircuit.org.uk ;

Facebook

upperedenfoodbank

Email

upperedenfoodbank@gmail.com

☎

07596 690 902

Penrith and District Red Squirrel Group

Your native red squirrels need you! ecome 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 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.

Appleby Town Council

Lockdown

At the time of writing there are hopes that the lockdown rules imposed because of the health crisis may be relaxed in the next few weeks. The local community has generally shown stoic calm and good temper in circumstances that could not have been foreseen. The Council extends commiserations to families directly affected by the virus and grateful thanks to all – carers, key workers, retailers, volunteers – who have kept life going.

Mayor-Making

The sole nominee for the position of mayor for the year 2020-21 is Councillor Gareth Hayes; Appleby councillors have chosen Councillor Jim Chalmers as his deputy. They are already serving the community, but because of social distancing rules it is not yet possible to set a date for their formal installation.

High and Low Crosses

Work to restore these two famous Appleby landmarks was halted because of lockdown. It is now expected that it will be completed in summer, with the scaffolding removed and the historic glory of the crosses there for all to see.

Public Hall

Jointly paid for by Eden's community fund, Appleby's building fund and the Norben Charity, work has been carried out during lockdown to repair a plumbing problem and refurbish the two kitchens in the Public Hall. When there will again be public access to community events it is not yet possible to say.

Moot Hall

Because of lockdown the Moot Hall has been closed to the public. It is hoped that when it does re-open its appearance will have been improved by the restoration and replanting of the window boxes.

A66

Highways England have now issued their 'A 66 Northern Trans-Pennine Preferred Route Announcement'. The implementation of the project will take

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.

Citizens Advice Carlisle and Eden ask volunteers to give a regular one day a week over an extended period of time. We need volunteers to train as Advisers and also as Advice Assistants and Business Support roles. 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 non-judgmental and enjoy helping people. It is also necessary to have competent skills in using a computer. All volunteers are given free training appropriate to their role which might include how to assess people's needs, either face-to-face or over the phone, and identify the most appropriate course of action. Volunteer Expenses are paid.

If you are interested in volunteering, please send an email to volunteer-recruitment@ca-ce.org.uk with a daytime telephone number, or visit our website www.ca-ce.org.uk and complete the form or call 03300 563037 to leave your details. Alternatively you can call in to our office at 2 Sandgate, Penrith.

... or if you need to consult your MP...

these are the details:

Christian Hilton / Office of Dr Neil Hudson

MP / Penrith and The Border

01768 484114

or email: christianb.hilton@parliament.uk

or website: URL: www.neilhudson.org.uk

several years. In the meantime essential work has to be done on both the Temple Sowerby and Appleby by-passes, entailing partial closures during summer 2020.

Public Transport

As detailed in 'Bus News', we still have a daily buses between Appleby and Penrith; there are also regular trains to Carlisle and Leeds and Appleby station is manned. These services are available to all who need them; passengers will not be interrogated. Because loadings are low at present, social distancing is very easy. Bus fares should be paid for by card or with the exact amount. Rail tickets should be purchased before the train is boarded.

Public Conveniences

All public conveniences have been closed since lockdown. Before they can be reopened there must be thorough cleaning, flushing of systems, testing for legionella and risk assessments, which is likely to take some weeks.

A66 Progress report

Following a busy consultation in summer 2019, we have now announced the preferred route for dualling the remaining single carriageway sections of the A66 between Penrith and Scotch Corner.

The A66 is both a nationally important road, linking the M6 at Penrith in Cumbria with the A1(M) at Scotch Corner in North Yorkshire, and a key regional route. As well as benefiting local people the upgrade will support tourism and freight traffic, improving connections between ports in Scotland and Northern Ireland and those in England at Hull and Felixstowe.

The proposed route includes five new bypasses and an underpass at the congested Kemplay Bank roundabout near Penrith. The proposals also include significant improvements to the existing junctions between Barnard Castle and the A66 at Bowes and Rokeby. These will improve safety at the two junctions and make for safer, smoother journeys for HGVs. The options we have selected were the most popular among the hundreds of people who responded to last year's public consultation.

All of the villages being bypassed will benefit from the removal of high volumes of traffic, including HGVs, from the existing road as well as improved community connectivity. Pedestrians, cyclists, and horse riders will also benefit from the upgrade which will reduce collisions, competition from other vehicles and associated congestion along one of the most important commercial routes in the north of the United Kingdom.

You can find out more about this announcement and view the proposed route in our [Preferred Route brochure](#). You can also view our [Options Consultation Report](#) to see how we addressed the feedback received.

If you think your property will be affected by our proposals, you can find out more information by reading our property and compensation leaflets below:

- [Your property and our road proposals](#)
- [Your property and discretionary purchase](#)
- [Your property and compulsory purchase](#)
- [Your property and blight](#)

What's next?

Now we have announced the preferred route, we will carry out further surveys and investigations to help us design the scheme in more detail. Once Government restrictions on social distancing are lifted, you may start to notice some activity in the area as begin these surveys.

We plan to consult on the design of the road and the junctions in 2021, giving you a further opportunity to share your views with us. Throughout the process we will keep listening and talking to everyone with an interest in the project. There will also be regular updates and information on this webpage.

Development Consent Order process (DCO)

The A66 Northern Trans-Pennine project is known as a Nationally Significant Project (NSIP). This means that we must apply for a Development Consent Order (DCO) to proceed with the project.

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

☎ 03033331216;

or go to www.cumbria.gov.uk/fostering

or message @cumbriafosteringandadoption

A memory of VE day, from Valerie Kendall

We were given a holiday from school that day, which was sunny and cloudless. In the village where I then lived near Durham City there was a sports day on the communal field. I remember there was red, white and blue bunting and Union Jack flags everywhere. The owner of the local sweetshop, who we children were a bit scared of because he was usually grim and unsmiling, gave us all a bag of sweets each.

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

www.cumbriafamilysupport.org.uk

Twitter - @CumbriaFS Facebook - Cumbria Family Support

From the Westmorland Dales Landscape Partnership



In light of the current pandemic with Covid-19, we have cancelled all spring and early summer events until the situation improves. It seems the situation is changing daily. Please keep an eye on our website page, facebook and instagram with latest updates about our local heritage. Stay safe, best wishes from the Westmorland Dales Landscape Partnership Team.

<https://en-gb.facebook.com/westmorlanddales/>

For more information please contact Nicola Estill (Community Engagement Officer) at: Nicola-estill@fld.org.uk or call 01539 756620

www.thewestmorlanddales.org.uk

Bus Services - Changes Due to Coronavirus Outbreak



From Friends of Eden Valley Public Transport, using information from Cumbria County Council

Please check www.cumbria.gov.uk/buses for details of timetables.

Please note that the bus operators are implementing various measures including social distancing and enhanced cleaning measures on buses, in line with Government guidance.

563 Appleby to Penrith (Mon - Fri) service

From Mon 1 June, the normal timetable will operate

ie departures from Appleby at 9.50, 11.25, 14.25

(and departures from Penrith at 9.15, 10.50, 13.30)

(NB The temporary Saturday service is withdrawn)

574 Kirkby Stephen to Appleby to Penrith (Tues) service

Leaves Appleby at 10.15

From Tuesday 16 June, the departure time from Penrith will be at the normal time of 14.30

506 Appleby to Kendal via Penrith (Mon - Fri) service

This service remains suspended currently (due to closure of Kendal College)



We're grateful to those who are helping NHS and other key workers during Covid-19

thank you!

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.



0800 783 1966

COVID19support@cumbria.gov.uk

Full details can be found online at cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

The emergency support service is available for people at high risk of becoming seriously ill, as a result of COVID-19, and do not have support from

- Friends
- Family
- Neighbours

Further details about this support service can be found online [here](http://cumbria.gov.uk).

See More

HELP US TO HELP YOU

If you have any information which may assist us in any way, please let us know.



101

101@cumbria.police.uk

www.cumbria.police.uk



#NotLetOver

Lost money to a phishing scam?
Report it.

Action Fraud

Cyber



TO STOP FRAUD

If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud:
www.actionfraud.police.uk

[Click here to visit Action Fraud](http://www.actionfraud.police.uk)



CUMBRIA
CONSTABULARY

[View online](#)

Contact us

Report a crime

Traffic Map

Job vacancies



Community Wheels

If you need essential transport during the current health emergency. Contact us on 0333 240 69 65 (option 5 - charged at local rates) or at integrated.transport@cumbria.gov.uk, or visit our website at:

<https://cumbria.gov.uk/roads-transport/public-transport-road-safety/transport/commtrans/ruralwheels.asp>

Train Talk

Note - key workers' timetables



Leeds - Lancaster & Carlisle									
Mondays to Saturdays from 18 May									
Leeds	d	-	0748	-	1049	1318	-	1648	-
Shipley	-	-	0801	-	1103	1333	-	1702	-
Bingley	-	-	0806	-	1107	1337	-	1707	-
Keighley	-	-	0811	-	1113	1343	-	1713	-
Skipton	a	-	0824	-	1125	1355	-	1725	-
Skipton	d	0522	0826	0856	1127	1357	1458	1727	2000
Gargrave	-	0528	0832	0902	1133	-	1504	1732	2006
Hellifield	-	0537	0840	0910	1141	1409	1513	1741	2014
Long Preston	-	0540	-	0913	1144	-	1515	1743	2017
Giggleswick	-	0548	-	0921	-	-	1523	-	2025
Clapham (North Yorkshire)	-	0556	-	0929	-	-	1531	-	2034
Bentham	-	0603	-	0935	-	-	1538	-	2040
Wennington	-	0608	-	0940	-	-	1543	-	2046
Carnforth	-	0622	-	0957	-	-	1559	-	2105
Lancaster	a	0631	-	1006	-	-	1607	-	2114
Settle	a	-	0848	-	1149	1416	-	1749	-
	d	-	0850	-	1151	1417	-	1749	-
Horton in Ribblesdale	-	-	0858	-	1159	1425	-	1758	-
Ribblehead	-	-	0906	-	1207	1433	-	1806	-
Dent	-	-	0916	-	1217	1443	-	1815	-
Garsdale	-	-	0921	-	1222	1448	-	1821	-
Kirkby Stephen	-	-	0934	-	1235	1501	-	1833	-
Appleby	a	-	0946	-	1247	1513	-	1845	-
	d	-	0948	-	1248	1514	-	1846	-
Langwathby	-	-	1001	-	1302	1528	-	1900	-
Lazonby & Kirkoswald	-	-	1007	-	1308	1533	-	1905	-
Armathwaite	a	-	1015	-	1315	1541	-	1913	-
	-	-	1015	-	1316	1541	-	1913	-
Carlisle	a	-	1031	-	1331	1601	-	1928	-
Carlisle & Lancaster - Leeds									
Mondays to Saturdays from 18 May									
Carlisle	d	-	0824	-	1049	1450	1618	-	-
Armathwaite	a	-	0838	-	1104	1504	1632	-	-
	d	-	0838	-	1104	1504	1632	-	-
Lazonby & Kirkoswald	-	-	0845	-	1112	1511	1639	-	-
Langwathby	-	-	0852	-	1118	1518	1646	-	-
Appleby	a	-	0906	-	1132	1532	1700	-	-
	d	-	0906	-	1133	1532	1700	-	-
Kirkby Stephen	-	-	0920	-	1146	1546	1714	-	-
Garsdale	-	-	0933	-	1205	1559	1727	-	-
Dent	-	-	0938	-	1210	1604	1732	-	-
Ribblehead	-	-	0948	-	1219	1614	1742	-	-
Horton in Ribblesdale	-	-	0954	-	1226	1620	1748	-	-
Settle	a	-	1002	-	1233	1628	1756	-	-
	d	-	1002	-	1234	1628	1756	-	-
Lancaster	d	0648	-	1046	-	-	-	1745	2131
Carnforth	-	0657	-	1055	-	-	-	1755	2143
Wennington	-	0711	-	1109	-	-	-	1809	2157
Bentham	-	0717	-	1115	-	-	-	1815	2202
Clapham (North Yorkshire)	-	0724	-	1121	-	-	-	1821	2209
Giggleswick	-	0733	-	1132	-	-	-	1832	2219
Long Preston	-	0742	-	1138	-	1634	1802	1839	2226
Hellifield	-	0745	1010	1141	1242	1637	1805	1842	2228
Gargrave	-	0754	-	1150	-	1645	1813	1850	2237
Skipton	a	0802	1024	1155	1258	1654	1821	1858	2244
Skipton	d	-	1025	-	1300	1659	1829	-	-
Keighley	-	-	1038	-	1310	1709	1839	-	-
Bingley	-	-	1045	-	1315	1714	1844	-	-
Shipley	-	-	1050	-	1320	1720	1850	-	-
Leeds	a	-	1108	-	1334	1738	1908	-	-

Appleby Edibles

Following the closure of the Appleby Heritage Centre, Appleby Edibles is still registered at 1 Mews Cottages, The Sands. CA16 6XN.

If anyone would like to offer suitable land to rent, join us on a waiting list for allotment space or contribute to the development of 'Community Gardening' in Appleby please look on our Face Book Page or get in touch. Looking forward to hearing from you. Lucy Teather. Chair (**one day all this will be over ☺!**)
Email :vegpatch7@gmail.com. ☎ 07710405357



Villages

Long Marton

We are delighted to report that our village hall committee met via Zoom earlier this week & had a very successful meeting with each person raising their hand when wishing to speak - just like being back in the classroom! This is a great facility if you are blessed with the wherewithal to take part.

Although LMVH remains closed we are appealing for residents in the village to record their experiences either by photographs, videos or writing about their individual lives through these strange & challenging times.

For example, what do you miss, what don't you miss, what's new in your life, what's new in the village, how many people have you "met" that you've never spoken to before?

What's your daily routine & how significantly has it changed during the past weeks since the lockdown commenced?

If you are already keeping a record you may wish to share it with others at some stage. So, hang on to it & as & when we return to the new normal we will decide on how best to show these to their advantage....

We present a small quiz later on next to the crossword. Guess the tree which owns the leaf. Answers next time!

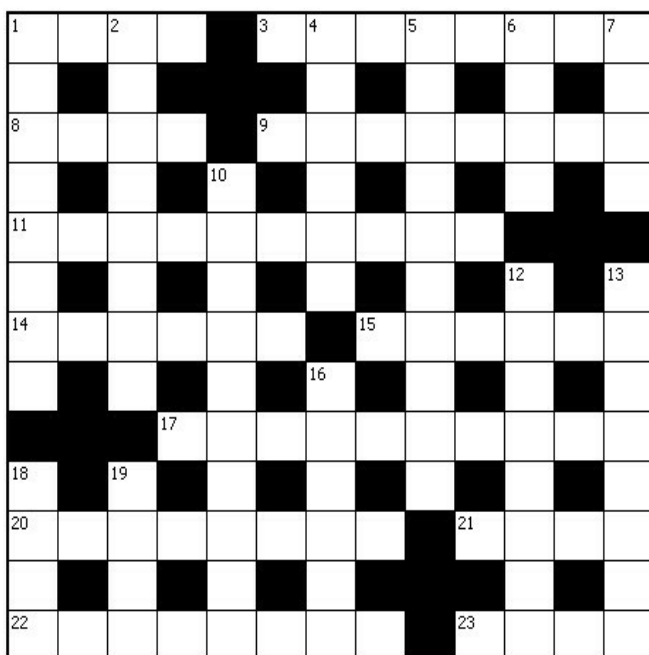
Zoom Meetings - Best Practice

As more and more people use video conferencing and webinar technology, a quick reminder on some best practices to maintain security:

1. Password protect meetings
2. Authenticated participants only to meetings
3. Ensure no one can enter before the meeting's host
4. Where possible 'lock' your meeting once all expected participants are present
5. Don't share details of meetings publicly, i.e. on social media
6. Use the waiting room function to monitor those wishing to enter
7. Remove participants where necessary

For Zoom users a further useful security checklist is [available here](#).



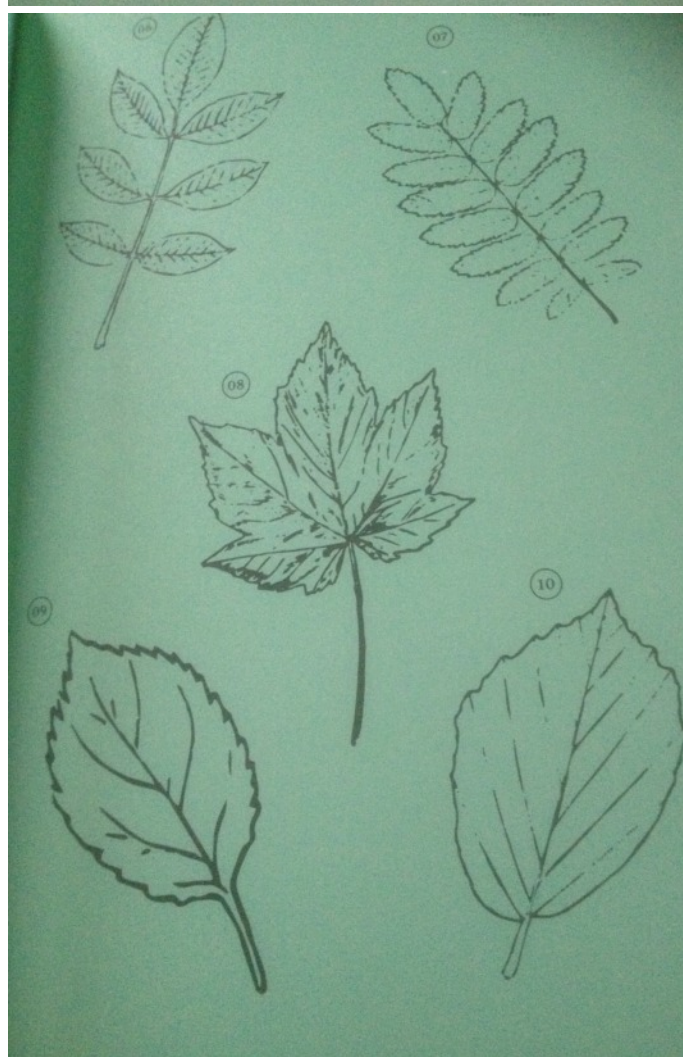


Across

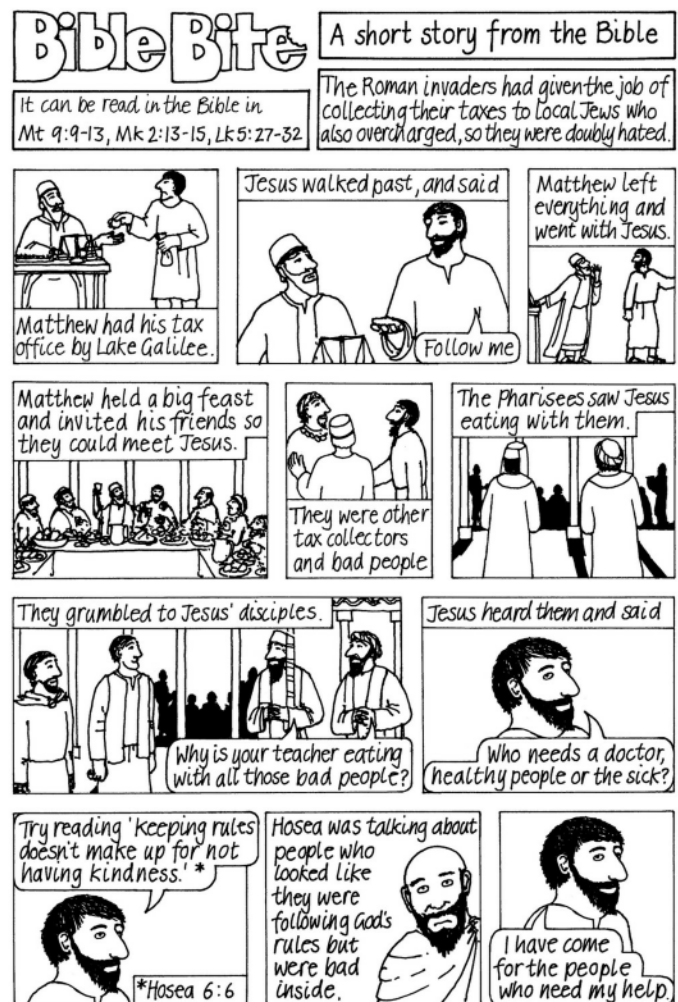
- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)
- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in —, faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)
- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was —, to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — Jonathan; he is crippled in both feet' (2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)

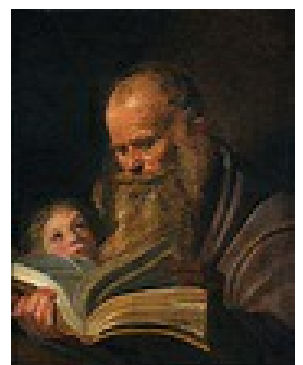


Long Marton guess the name of the leaf competition (no prizes, but answers next month.)



St Matthew

Matthew was one of 12 apostles. But he began as a publican i.e. a tax-collector of Jewish race who worked for the Romans, before he left all at the call of Christ. From earliest times, he was regarded as the author of the first of the four Gospels. The Gospel of Matthew is in correct, concise style, very suitable for public reading. His usual emblem as an evangelist is a man, because his genealogy emphasised the family ties of Christ. In art, he has been represented as either an evangelist or as an apostle. As an evangelist, he has been depicted sitting at a desk, writing his gospel with an angel holding the inkwell. In the Middle Ages he was even given a pair of spectacles. Matthew was martyred by a sword or a spear, some think in Ethiopia.



Terry Waite - on coping with lockdown

Terry Waite spent four years in solitary confinement in Beirut. He says: "In isolation, it is easy to become introspective and depressed. All of us, when we are honest and examine ourselves critically, will discover things about ourselves of which we are not especially proud. I had to learn how to grow a greater acceptance of myself and work towards a deeper inner harmony."

".... Today in lockdown, it's important to keep yourself well. Don't slob around all day in pyjamas and a dressing gown. Dress properly and develop a routine. It's important to have a structure – get up at a certain time, eat regular meals and so on."

"If you have faith, then that will give you resources to draw on", especially if you know some hymns, psalms and prayers by heart. "When I was captured, they were there to call on."

Run run run!

Do you think of yourself as a runner? If not, now may be the time to consider taking it up.

According to the NHS, running burns more calories than any other mainstream sport, which is perfect if you want to shed a few pounds.

Running is a cardio exercise, which means it gets your heart rate up and your blood pumping. That not only improves your general fitness, but it is also great for protecting you from heart disease, type 2 diabetes and stroke.

Running also improves your sense of well-being because it releases natural endorphins, which are your mood-boosting hormones. And if you want maximum benefit, try running in green spaces – being out in nature has a measurable positive impact on your psychological health.

Don't be afraid to start slow. Remember that ANY fitness activity which raises your heart rate and gets you a bit out of breath is good for you. One excellent way to begin is to try alternating a few steps of running with a few steps of walking. That will help build your fitness levels in record time!

Go to <https://www.nhs.uk/live-well/exercise/running-tips-for-beginners/> for the best way to get started.

but.... Don't overdo the exercise!

During this period of staying so much at home, how much exercise is good?

According to immunologists, regular bouts of moderate-intensity exercise can help build our resistance to infection. "Regular moderate exercise ensures that our lymph, which is the circulatory system of our immune cells, keeps flowing," says Dr Jenna Macciochi, of the University of Sussex.

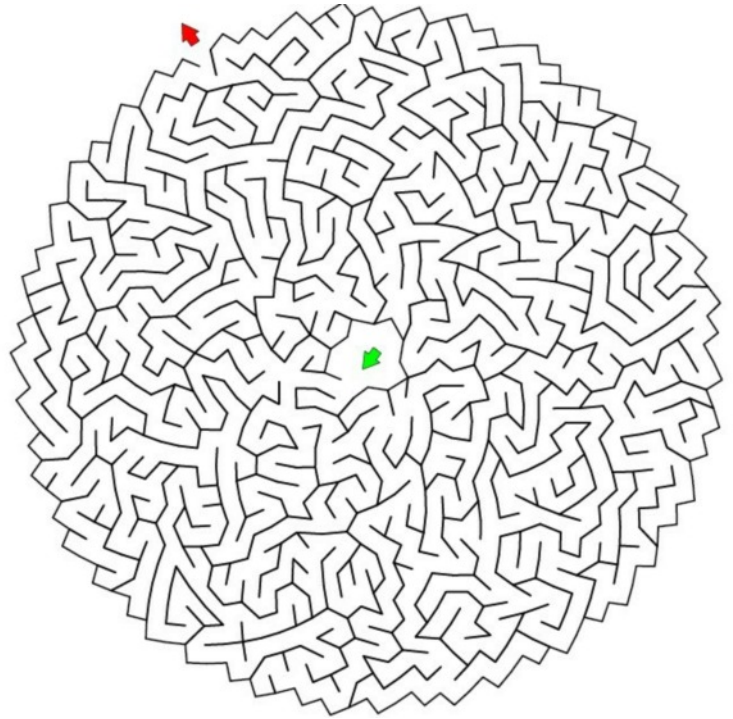
Regular moderate exercise can also improve our sleep, help control weight, and prevent muscle loss. Some experts suggest that mild to moderate is for 20 – 45 minutes up to three times a week. However, avoid exerting to exhaustion, which decreases your immunity.

PUZ?LES

2				6		8	4	1
	4	1			3			
			8				5	
		5	9			6	8	
	7		3	2	4		1	
	1	4			6	3		
	3				5			
			1			4	9	
1	9	6		7				2

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Easy Sudoku



Hard Sudoku

1	5							
					6	4		
	3	6		2	9	1		
	7			1	2			
8	9						4	1
			3	9			2	
		7	9	4		2	3	
		5	7					
							8	6

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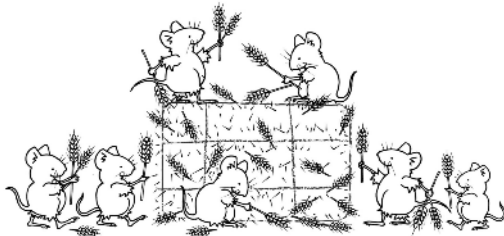
E	D	W	E	L	L	S	G	S	T	R	I	E
C	E	E	I	F	E	S	R	E	A	D	H	D
N	S	H	E	L	T	E	R	E	F	U	G	E
E	T	A	I	I	V	R	P	S	Y	R	T	A
L	R	W	R	O	O	T	R	R	T	A	D	D
I	O	T	C	R	C	R	A	E	H	M	M	L
T	Y	S	H	A	D	O	W	H	G	P	P	Y
S	S	E	N	L	U	F	H	T	I	A	F	P
E	W	U	E	A	D	E	S	A	M	R	G	L
P	M	I	R	N	R	O	N	E	L	T	R	A
A	H	R	N	T	M	E	L	F	A	S	R	G
S	O	T	H	G	I	N	H	G	I	H	E	U
W	E	E	V	A	S	I	T	S	F	N	R	E

PUZ?LES

SOLUTIONS

Crossword Solution

C	A	R	E		P	A	R	A	D	I	S	E
O		E			R		F		O			D
N	U	L	L		P	R	O	F	A	N	E	D
F		I		A		E		L		A		Y
L	E	G	A	L	I	S	T	I	C			
I		I		L		T		C		P		A
C	L	O	S	E	D		S	T	O	R	E	S
T		N		G		A		I		E		S
				M	I	S	S	I	O	N	A	R
S		D		A		O		N		C		R
C	O	V	E	N	A	N	T		T	H	A	I
O		L		C		O			E			A
T	R	A	D	E	O	F	F		E	D	E	N



2	5	3	7	6	9	8	4	1
8	4	1	2	5	3	7	6	9
7	6	9	8	4	1	2	5	3
3	2	5	9	1	7	6	8	4
6	7	8	3	2	4	9	1	5
9	1	4	5	8	6	3	2	7
4	3	2	6	9	5	1	7	8
5	8	7	1	3	2	4	9	6
1	9	6	4	7	8	5	3	2

Easy Sudoku

Hard Sudoku

E	D	W	E	L	L	S	G	S	T	R	I	E
C	E	E	I	F	E	S	R	E	A	D	H	D
N	S	H	E	L	T	E	R	E	F	U	G	E
E	T	A	I	I	V	R	P	S	Y	R	T	A
L	R	W	R	O	O	T	R	R	T	A	D	D
I	O	T	C	R	C	R	A	E	H	M	M	L
T	Y	S	H	A	D	O	W	H	G	P	P	Y
S	S	E	N	L	U	F	H	T	I	A	F	P
E	W	U	E	A	D	E	S	A	M	R	G	L
P	M	I	R	N	R	O	N	E	L	T	R	A
A	H	R	N	T	M	E	L	F	A	S	R	G
S	O	T	H	G	I	N	H	G	I	H	E	U
W	E	E	V	A	S	I	T	S	F	N	R	E

1	5	8	4	3	7	6	9	2
7	2	9	1	8	6	4	5	3
4	3	6	5	2	9	1	7	8
3	7	4	8	1	2	5	6	9
8	9	2	6	7	5	3	4	1
5	6	1	3	9	4	8	2	7
6	1	7	9	4	8	2	3	5
2	8	5	7	6	3	9	1	4
9	4	3	2	5	1	7	8	6



Advertiser	Product	Page
A & R Landscapes	Landscaping & Groundwork	14
Aggie Koza	Foot Health	13
Alison,	Home Help	13
Amy Kendall	Clinical Hypnotherapy	13
Appleby Guide Hut	Room for Hire	14
Appleby Pre-loved	Sale and alteration of clothing	12
Appleby Travel	Travel Agency	13
Appleby Windows & Doors Ltd.	UPVC Windows, etc.	12
Aromatherapy	Relaxation	12
Citizens' Advice		14
Colin Wiggins	Garden Maintenance	15
D. Wappett	Electrical Contractor	12
Eden Valley Gardens	Landscaping	12
Filling Station	"Time to think"	15
Gardens of Eden	Landscaping Services	15
Glyn Jones	Funeral Director	15
Graeme Baldock	Builder Available	13
Helen Little	Domestic Cleaning	15
June's Gardening Service	Gardening Service	12
K T Services	Wall & Floor Tiling	13
K.L. Venning	Slaters and Roofing	12
Lady Muck	Chimney & Oven Cleaning	13
Lake District Lime	Lime Restoration	14
Lynn Emery	Wills & Tax law	13
Meals on Wheels		13
Mike Addison	Optician	14
Neat Feet	Chiropody	15
Neil Aitken	Painter & Decorator	13
Old Hall	Veterinary Centre	13
Parkin & Jackson	Monumental Sculptors	14
Paul Marsden	Masonry	12
Radio Cumbria	Richard Corrie's Sunday Breakfast	15
Restore Recover	Remedial Massage	15
Royal Air Force	Air Cadets	12
Shine Music		15
Stobars Hall	Elderly Residential Care	13
TM Plastering and Tiling		13
Violetta	Home Care	15
Walkers	Funeral Directors	14
Yoga and Mindfulness		14

Remember that in the current lockdown circumstances, some things which are advertised may not, in fact, be available



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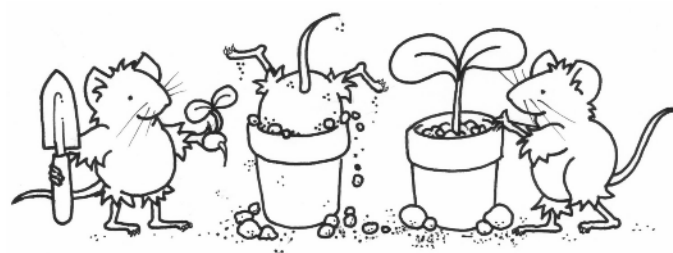
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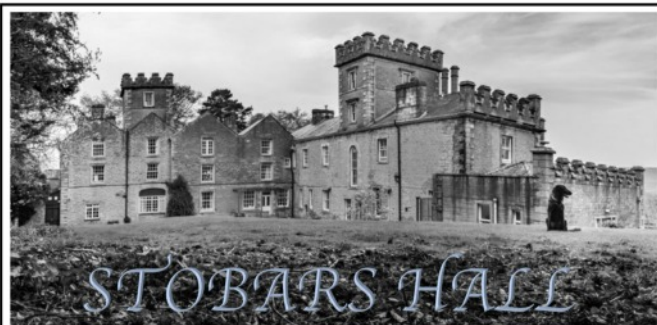

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