

USEFUL CONTACTS

DOCTORS and HOSPITALS

Kirkby Stephen Health Centre	017683 71369
Appleby Health Centre	017683 51584
Cumberland Infirmary, Newtown Road, Carlisle	01228 523444
Penrith New Hospital, Bridge Lane, Penrith	01768 245555
Westmorland General Hospital, Burton Rd, Kendal	01539 732288

VETERINARY SURGEONS

Pendragon Vets Ltd, St Luke's Rd, Kirkby Stephen	017683 71359
Old Hall Veterinary Centre, Appleby	017683 51507

SCHOOLS

Brough Primary School	017683 41284
Warcop C of E Primary School	017683 41471
Kirkby Stephen Grammar School	017683 71693

POST OFFICES

Brough	Tuesday to Thursday	9.00 - 1.00pm
Warcop	Thursday only	9.00 - 11.00am

GENERAL

Tourist Information Centre, Kirkby Stephen	017683 71199
Community and Council Centre, Kirkby Stephen	017683 71775
Public Library, Kirkby Stephen	017683 71775
St Michael's Church Hall Bookings; Tucker Dobson	017683 41439
Memorial Hall Bookings; info@broughmemorialhall.co.uk	

CLERKS TO PARISH COUNCILS

Brough	Mr. Andrew Bedford	07469 966839
Musgrave/ Warcop	Mrs. Heidi Strong	07810 523186
Stainmore	Miss Janet Walton	07966 248501
janetwaltonstainmore@yahoo.com		

CLERK TO PARISH MEETING

Brough Sowerby	Bryan Palphreyman	07713 031087
bspmclerk@gmail.com		

THE WAY

September 2025



Your guide to all local services, events, clubs,
and gatherings.

IAN HUTCHINSON Garden Services Lawns mowed, Hedges cut Gardens Tidied 017683 71008 or 07966948496 Excellent references	 THE WILDING STAY • DINE MAIN STREET, BROUGH, CA17 4AX • COFFEE/SCONES/CAKES • LUNCH (TUES-SUN) SERVED 12-3PM • SUNDAY ROAST 12-8PM • EVENING MEALS (Weds -Sat) 6-9PM • EVENING MEALS (Sun & Tues) 6-8PM • LICENSED BAR LARGE FUNCTION ROOM AVAILABLE TO HIRE CALL 017683 41252 www.wildinghotel.co.uk info@wildinghotel.co.uk	 R.A.Lofthouse Roofing Services We SPECIALISE in traditional and modern slating, flagging and tiling Traditional slate specialist -- Re Roof / repair work Slating, flagging and tiling -- Lead work Velux replacement/installation -- Chimney repair/replacement For a FREE quotation or any other enquiries please call 017683 48787 07557738016 Email: r.a.lofthouse@outlook.com
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MICHELLE SZYMANSKI MOBILE HAIRDRESSER For all your hairdressing needs in the comfort of your own home. Call for an appointment on 017683 41633	STEPHEN CLOSS BUILDING CONTRACTOR Roofing, plastering etc Also interior and exterior painting GRP Flat Roofing Reasonable rates and no VAT No job too small 07716573052	 FUEL AND MORE FOR YOUR HOME Woodsure Ready To Burn Accredited BULK BAGS, BARROW BAGS, NETS LOGS: Kiln dried, hard wood & soft wood OVOIDS: 50kg or 25kg bags. Kindling, firelighters, flamers Free local delivery 017683 72333 wpssupplies@btconnect.com Razzamataz Theatre Schools Performing Arts Classes for 0 - 18year olds held in Appleby, Kendal and Penrith 07539144225 penrith@razzamataz.co.uk
 Artist and Tutor Local Art Class First Session FREE Every Thursday 2-4 / Every Friday 10-12 Warcop Parish Hall Commissions taken—Dogs, Horses, Landscapes etc Contact Elise on 07796463852 Email: ArtByElise@outlook.com www.ArtByEliseUK.com  ArtbyEliseUK	CLIFFORD COURTYARD Comfortable cottage to let in central village location but quietly tucked away Two bedrooms—Sleeps 4 Sorry no dogs www.independentcottages.co.uk/ cumbria/clifford-courtyard-ref5862	 Professional Cleaning Services Specialising in residential and small commercial property Houses - holiday lets halls – offices No job too small Weekly, fortnightly, monthly or one off cleans Small family business offering reasonable rates & exceptional service Contact your cleaning fairy today Bernadette 07958 025694 Bernmee21@gmail.com 'The Way' Online If you'd like to find The Way online then 'Google' The Way Brough and the top result should be: https://www.brough-cumbria.info/the-way-magazine When you click that link you will be taken to a page that lists all the editions of The Way for approx the last 5 years and the latest will be at the top

Warcop Parish Hall news

Monthly Soup and Pud - Thursday, 4th September, 11.30am – 1pm

Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Macmillan Coffee Morning - Saturday, 10th February, 10am – 11.30am

Drink and Cake £4

Donations of cakes and raffle prizes are warmly welcomed.

These can be left at the hall on the morning of **Friday 12th September**.

Warcop Remote Cinema: Brassed Off (15) – Thursday, 18th September, 7.30pm – 10.00pm

Starring: Pete Postlethwaite, Ewan McGregor, and Tara Fitzgerald

This much-loved British comedy-drama blends heart, humour and brass band music in a tale that's both uplifting and poignant.

Door open: 7:15pm.

Screening: 7:30pm.

Refreshments available during the interval, including ice creams.

Adults: £5.00. **Children under 16:** £3.00.

Warcop Quiz Night – Friday, 26th September, 7.30pm – 10.30pm

Warcop Parish Hall will be holding their ever popular quiz night, with pie, peas and pud (pies from Low Howgill butchers, Appleby). £10.00 per person, including food. Maximum 6 per team – prizes for top 3 teams! / Licensed bar (NOT BYO, plus Raffle

Tickets, please contact either of the people below by midday on MONDAY 22nd September (for catering purposes). Please mention when booking if you would like the steak, vegetarian (cheese & onion), vegan or gluten-free options.

Caroline – caz.cotehouse@yahoo.co.uk or

Pat: 07741 464921 / 017683 42188

Raffle prizes will be gratefully received and can be left at the hall on Thursday mornings, or with any committee member.

Well hello...

Just taken over the hotseat of 'The Way' editorial perch. In theory, one person vacates a seat and another slips seamlessly into it, but the presence of passwords and software, despite over thirty years of commonplace existence in domestic life, still proves problematic. Imagine a relay race where the baton being passed has an electrical charge running through it, and is covered in cactus spikes. You're going to drop it, and struggle to pick it up. However, with the batteries removed and spikes shaved off, you're ready for action. So we find ourselves at today.

Hello again. My name's Richard, and my thanks go to Dave Hendry for holding the editorial reins for the

recent issues, and the rest of team 'The Way', whose dedication brings you each edition.

*In this issue we look back on an art event earlier this summer, and receive some highly useful technical info about NHS access via smartphones. Plus we find out "**The Truth about Upper Eden Rotary Club**" Could it be something sinister? Unlikely, but read on...*

So sorry to spoil your day, but I'm going to mention the 'C' word. It's September, and from here onwards, we start hurtling towards *Christmas*, but it means that the Co-op will be selling festive fare, so at least there's something to rejoice at. See you @ Mince Pie Central, and pleased to meet you!

RICHARD WANT

MUSGRAVE DUCK RACE

The annual Duck Race was held on the 10th August. Thanks to all those who bought ducks and came along to the BBQ on the day. Thanks also to those who organised the event and everyone who brought food. The weather was kind and we had a great day.

Here are the results:

1st	-	53	Keith Steadman
2nd	-	296	Baby Jenkins
3rd	-	14	Kate Wells
4th	-	78	Max Allison



Please note that all articles for the next issue of The Way need to be with us **before 20th September** for inclusion in the October edition.

Please email us at thewayeditor305@gmail.com

Word documents are preferred, or just in the body of the email, but please keep 'Copy' to 350 words max.

We reserve the right to edit copy where necessary.

Note that the editors decision is final.

The Truth about Upper Eden Rotary

Tristan Fowler busts a few myths

Rotary clubs have often been perceived as dining clubs for successful old men who give money to charity. A couple of years ago, I was asked if I would be interested in joining and I was somewhat sceptical as I held a similar opinion. Would it be a bit dreary? Would they have some obscure traditions and practices? Would they want a lot of money? I discovered enough at the few meetings that I attended as a guest, to change my outlook.

Yes, they do meet regularly for a meal which is often followed by a presentation or a guest speaker. Yes, there are quite a lot of old men but women have been part of Rotary since 1987 and recently both the national and international presidents were women. No, there were not any obscure traditions and no specific political or religious affiliations. No, they didn't want a lot of money but there is an annual membership which is to cover several costs of being a club affiliated to a larger organisation (presently, the equivalent of about £11 a month).

More importantly, I discovered that this club is about doing things rather than just fundraising. In the last two years I have helped some of the

more skilled members build much needed facilities for the charity Growing Well at Tebay services; I have helped look after some of the gardens at Christian Head; I have sold raffle tickets to give out biscuits at Christmas and helped with the Westmorland Dales Festival. We have also had events to help provide equipment and a well for a girl's school in the Nairobi slums which is having a huge impact on those children and provided medical equipment for a hospital in Ukraine. And, we got to the final of the Rotary, district ten pin bowling competition! There is more but lists become boring.

So, why am I writing this article?

Because, I believe there are other people out there who might enjoy and benefit from joining us. Upper Eden club is friendly, relaxed and involved. We would like more people with the same approach. Our website has more information <https://www.upperedenrotary.org.uk/> and if you are interested, please get in touch and come along to see for yourself.

Contact : Shaun Mason - shaun.mason@upperedenrotary.org.uk

Charity Clothing Collections

During July and August we have been twice to Blackpool with huge car loads of clothes for the Salvation Army and household items for Care and Share. Both of these charities are most grateful for everything our caring community donates.

We have also had two collections by Hope and Aid volunteers of blankets, warm clothes, etc. that are now on their way to Ukraine.

We have continued to support local charities too, e.g. Manna House in Kendal and Help the Aged in Appleby. In addition we accumulated 13 bags of clothes which went to the recent Air Ambulance collection in Brough Memorial Hall.

If you have anything you would like us to find a new home for, just drop it off round the back of our house in our porch – the outer door is always open. Of course we will also be pleased to see you if you come to the front door!! We also collect locally if delivery to us is not possible.

The Christmas bags for children in Ukraine have started arriving and these will be collected after the deadline of 1st October so that they can be in Ukraine in plenty of time for distribution at Christmas. If you need to know more about this initiative just get in touch with us.

Thank you to everyone for your donations and continued support.

Councillor Graham and Heather Simpkins.

Contact: 017683 42345 / heather@heathersimpkins.com

BROUGH SOWERBY CHAPEL HARVEST FESTIVAL

You are invited to join us:

On Saturday 27th September for a Coffee Morning and Bring & Buy Stall in aid of Macmillan Cancer Support, from 10 – 11.30am.

On Sunday 28th September, our Harvest Thanksgiving Service will be at 10.30am and led by Revs John & Lesley Riley from Appleby. Followed by lunch.

Everyone very welcome

Summer at Wilkinson House - Mary Wilson

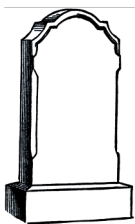
My main achievement this summer has been the abundance of little froglets which are now roaming all over my garden. I left my grass to grow this year and will now have to leave it alone as I don't want to stand on or mow these tiny creatures especially as many small ponds and watering places dried up in Spring with the loss of frogspawn and tadpoles. So, I have a very overgrown and scruffy garden but who cares? I don't, as the pleasure of spotting them outweighs my shame.

Biggest problem I have had, especially in August, are caterpillars on my brassicas and leafy greens. The cabbages had already hearted up by the worst invasion. Even the tops of my swedes were getting eaten. So, the second thing every morning (after taking Bonny, the Jack Russell for her daily walk) is checking the leaves and picking them off. Earlier in the season I was finding the clusters of eggs, somehow as the leaves got bigger, they were able to hide the eggs better so they had hatched before I noticed them. However, other than that I have had a good harvest and made jams and chutneys and frozen lots of fruits and blanched vegetables.

Most disappointing is my tomato plants and sweet peppers; they have been very slow but, finally the fruit is ripening and I will eventually get quite a good crop.

Managed to dig up all my potatoes while the weather was not quite as hot and have a really good crop of very clean potatoes as the ground was very dry. A big difference from usual as the ground is often sodden when I am digging them up. The reason for earlier this year is that rats have been digging in my patch and eating the potatoes or bringing them up to the surface and they were going green. Luckily, they were ready and a heavy crop, so have plenty to last until next year's first earlies which I will plant under cover in late February.

Mary Wilson

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ART IN THE MART

Karen McSkimming Writes...

Well what a wonderful weekend of artfulness. Myself Karen McSkimming (Artful Regards), Valerie Stamper, Liz Finerty and Niki Walker would like tae say a huge thanks firstly tae Mark Richardson of H&H for agreeing tae hire out their wonderful venue that is Kirkby Stephen Auction Mart and allowing us tae fulfill our artistic aspirations 'Art in the Mart'!

Secondly tae all the artists who joined us in our first 'Art in the Mart', Kirkby Stephen. Without you it just wouldn't have happened! Simple!

John Alexander (AtticArts Cumbria), Brough and Stainmore Art Group, Mark Hamilton Deborah Land Ceramics Ruth Charlton Danny O'Connor ArtBy Elise Neil Walker Berony Abraham Sara Sylvester Lizi Pots Linda Stanton Art and Katie Mason Art you were all amazing

Thanks must also go to Eden Valley Artistic Network and Kirkby Stephen Town Council for their kind donations...

To the 5 budding young artists who took the time out tae enter into our 'Young Artists' competition. The winner was April from Appleby with her 'Dragons Eye' which was drawn in pencil. April walked away with £50 Keep up the wonderful work April. Hopefully see you next year

Thirdly tae All the visitors....The ones with two AND four legs as there were many Approximately 800! Yes '800' throughout the weekend and that was of the two legged kind! Some came JUST to see us and so we sent them over to also enjoy the goings on of The Westmorland Dales Festival. Together I think we made the town the place tae be. Visitors came from far and wide. From our very supportive locals tae those from America, Canada even the Philippines! Wonderful.

The very positive feedback we have had for the quality of work on offer, the quirky venue, to the laid back, relaxing atmosphere, has definitely made the effort worthwhile

Next year it is then.

Western Dales Community Bus

Western Dales Community Bus is a small, volunteer-run registered charity providing vital transport services across Sedbergh, Dentdale, Kirkby Stephen, and beyond. Our aim is simple: to connect people living in our remote rural area with essential services, shopping, social opportunities and transport links - safely, reliably and affordably. We operate scheduled public bus services linking Sedbergh with Kendal, Kirkby Stephen and other key destinations. These services are particularly important to those without access to a car — older residents, young people, and those with limited mobility.

For many, our buses offer a social lifeline as well as a practical one, helping to reduce loneliness and isolation. Our fleet includes fully accessible minibuses driven entirely by trained volunteers. Every mile we cover is powered

Local Transport by Local People

by the generosity, time and dedication of local people. We receive no public funding, but thanks to community support and a hardworking team of drivers, trustees, and coordinators, we continue to provide a lifeline for hundreds of people every year.

As demand grows, we're always looking for more help. If you have a few hours to spare and would like to give something back to your community, we'd love to hear from you. Whether you could help as a driver (full training given), support our operations, or join the board of trustees, your time could make a real difference. Find out more about what we do and how you can get involved by visiting our website:

www.westerndalesbus.co.uk

BROUGH'S WONKY MAPS

On first viewing the two maps of Brough, respectively outside the public conveniences and a few yards on, I was mightily impressed. Bold, clear and informative, just the job to let visitors know all about our township. But taking a second, longer look, I was not quite so impressed, nay, I was right disheartened. Where was my own house? Indeed, where were *any* of the houses in Church Brough? And oh yes, there were line drawings of the castle and church, but no plans of the very places most visitors come to see.

Perhaps the map's draughtsman had

a bad day, but oh my, what glaring omissions. Was he (I'm sure a woman would never be so deficient) nobbled by someone from Market Brough?

Well at least all the roads are in place. But who knew that the Musgrave road passes under the A66? Wrong, wrong, wrong!!! And finally, it does not do to try to work out which road is over or under when it comes to the intersection of the A66 and the Kirkby Stephen road.

I guess I'll have to sign off as Mr. Distinctly Unimpressed!

METHODIST SERVICES - September 2025

7th Sunday

10.30am	Brough	Local Arrangement
10.30am	Brough	Rev J Betts
2.00pm	Warcop	Rev J Betts (Baptism)

14th Sunday

10.30am	Brough	Mr H Hutchinson (Harvest Festival)
10.30am	Brough Sowerby	No service - to Brough
10.30am	Warcop (Parish Hall)	Ayrton Family (Harvest Festival)

21st Sunday

10.30am	Rev S Radford	(Holy Communion)
10.30am	Brough Sowerby	Rev T Taylor
10.30am	Warcop	C Ramnath

28th Sunday

10.30am	No service	to Brough Sowerby
10.30am	Brough Sowerby	Revs J & L Riley (Harvest Festival)
6.30am	Warcop	Rev S Radford

The Augill Lead Mine - Jeremy Godwin

The Augill Lead Mine was up and running by 1829, and by 1847 was leased by the North Stainmore Mining Co., which asked Jacob Walton, a well-known mining engineer and consultant from Alston Moor, to write a report on the present state and prospects of Augill. He duly came, and examined the mine and its methods, and reported that it would become profitable if more money and improvements were invested in it. The strata were vertical (horizontal was usual), the engine-shaft was wrongly sited and not big enough for going deeper. Sink a new one, much bigger, and go down 30 fathoms (i.e. 180 feet) and there cross-cut to both veins, install a 30 feet waterwheel to drive the mine. Don't be half-hearted about all this but do it with spirit and vigour.

This they did, and by 1849 it was flourishing. The smelt-mill, built in 1843, was nearby. The mine was in a secluded and romantic vale, 1½ miles from Brough, run by Philip Robinson, the company's managing partner, Jacob Walton and his brother Thomas joined the company as shareholders soon after.

By 1856, the mine was losing money, and closed soon after. The Waltons owned the valley and smelt mill till the 1990s. The Augill Smelt Mill is a listed building, still there.

Source : Alistair Robertson, The Walton Family, A Lead Mining Dynasty of the Northern Pennines, (2004)

Coffee, Lunch, Chat...

South Stainmore Coffee Morning at St Stephen's Church

First Saturday of the month 10.30am - 12 noon

Only £2 for unlimited Tea, Coffee, Juice, Biscuits and Chatting
Everyone welcome! Proceeds to St Stephen's Church

Brough Sowerby Lunch Club

First Wednesday of the month 12-1pm at Brough Sowerby Chapel

A choice of soups, bread, & puddings, followed by tea/coffee & biscuits.
All homemade. Everyone welcome.

Contact Debbie **07891 681798** or Margaret **017683 41223**

BROUGH FARMERS MARKET - Come and join in!

"Behind every pint of milk, there's a 4am alarm.
Behind every roast dinner, there's a year of planning.
Support your farmers - not just on market day, but every day."

We're actively seeking more food producers for Brough Market.

If you know of anyone who would be willing to join us at the market...please let us know their name and contact details.

Every third Saturday of the month 9 - Midday.

CONTACT: email: janechantler.silversmith@gmail.com

Brough Film Club

Our new season starts in September, usually on the last Sunday of the month. Memorial Hall doors open at 2.30pm, for 3.00pm start.

Tickets £10 each (on the door) this includes 5 raffle tickets and delicious home baking with tea or coffee at the interval.

Our first 2 films are currently showing in cinemas.

Sunday Sept. 28th - The Penguin Lessons. Cert 12

Poignant and delightful, based on a true story. An Englishman's personal and political awakening after he adopts a penguin during a cataclysmic period in Argentine history. Stars Steve Coogan,

Sunday October 26th - Lad A Yorkshire Story. CERT 12.

When Tom Proctor's dad dies, his world falls apart; his brother joins the army, his mum is threatened with eviction and Tom gets in trouble with the police.

Tom's life is turned around when he is paired up with park ranger Al Thorpe in this enchanting coming-of-age story set in the stunning Yorkshire Dales.

Please support our remote cinema: Use it, or we lose it!

Stainmore Parish Hall – Summer Round-Up

It's been a busy summer so far at Stainmore Parish Hall!

We were delighted to welcome a Duke of Edinburgh group who made great use of the hall and field. They told us they had a fantastic weekend – and it was wonderful to know their visit also supported local shops, cafés, and businesses, which is lovely to hear.

A big thank you to everyone who stopped by for a chat and supported us by joining our 101 Club at the Westmorland Dales Day – it was a pleasure to meet so many friendly faces. Be quick if you want to join as there are only a few tickets left.

Our Wednesday dominoes evenings continue to be welcoming and full of chatter and gentle competition – a lovely way to spend time with neighbours old and new.

Meanwhile, the gardening club has been hard at work harvesting produce from their gardens and sharing tips. The jam pans and chutney jars are getting plenty of use.

Behind the scenes, our painting team has been busy too, giving the main room a fresh coat of paint and a cheerful new look. We're choosing blinds this week and with the success of the 101 club we should be able to have a new carpet, which will make it a great fresh space to hire for a party or activity.

We did mention a garden party, but have decided to put this on hold until next year. Meanwhile, look out for Garden Days that you might want to help with. No gardening experience is needed – just bring your enthusiasm. It's a wonderful way to get outdoors, meet others, and be part of shaping a place we can all enjoy for years to come. Dates will be announced soon – keep an eye out, and come along to be part of something special. Spending time here truly lifts the spirits.

Contact: stainmoreparishhall1@outlook.com. 07968 851660

September Diary Dates:

3rd Wednesday	Dominoes Evening	Stainmore Parish Hall. 7.30 pm
11th Thursday	Gardening Club	Stainmore Parish Hall Wilkinson House
25th Thursday	Gardening Club	Stainmore Parish Hall Borrowdale House

AUTUMN RECIPE **Peasant Pudding**

Thinking of this Autumn and what looks like a bumper crop of apples, we thought we'd share a childhood family favourite. This is an adaption of the Polish dish Peasant Girl with Veil.

Peel, core and slice about 1- 2lb of cooking apples into a saucepan. Depending on how juicy your apples are, (you might need to add a couple of tablespoons of water) gently stew to a thick puree. The smell of the apples is glorious! Turn the puree into your pudding bowl and chill.

Meanwhile, gently melt 4oz butter in a saucepan. Add 8oz rolled oats and 4oz Demerara sugar, stir well coating all the oats.

Cover and level the top of the stewed apples with the oat mix. Chill for a few hours before serving.

An authentic Peasant Girl with Veil would then be covered with thick whipped cream and grated chocolate. Something that didn't happen when I was a child! (and, as for butter, read marg)!!

CHURCH OF ENGLAND CLERGY

Rev Canon Brendan Giblin revbgiblin@gmail.com 017683 39168

Rev Judy Polkinhorn Brough with Stainmore 017683 41473

Rev Andrew Burrell Warcop andrew.f.burrell@outlook.com

METHODIST MINISTERS

Revd. Stephen Radford 50 South Road, Kirkby Stephen 017683 71202

Revd. Andrew Sterling The Wraes, Garbridge Lane, Appleby 017683 51244

CHURCHWARDENS (CHURCH OF ENGLAND)

St Michael's, Brough Contact Rev Judy Polkinhorn 017683 41473

St Stephen's, Stainmore Mrs Toni Bryce-Forshaw 017683 41215

St. Columba's & St Theobald's Mark Blackett-Ord mblackettord@5sblaw.com

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or Tracey **07974398429**

to discuss your mortgage, protection, wills or power of attorney needs.



Yoga Class

Come and join our friendly group and enjoy gentle stretching, learn healthy breath practices followed by relaxation.

Thursdays at 6pm (5.30pm cinema nights)

in Warcop Parish Hall

Contact Andrea

07716187133 or

hodge1021@gmail.com

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Brough Methodist Church

Harvest Festival Celebrations

Sunday 14th September 2025 @ 10.30am

Led by Harry Hutchinson - Everyone is Welcome

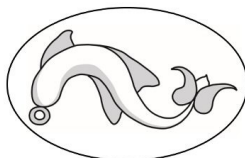
Coffee Morning - Saturday 20th September - 10.00 – 11.30 am

Donations for:

- **MacMillan Cancer Support AND**
- **FEEL GOOD - The World's Biggest coffee morning**

UPPER EDEN HISTORY SOCIETY

- Do you have the financial background to assist an active local society?
- Upper Eden History Society is seeking someone with book-keeping skills for a vital, but not very demanding, volunteer role.
- We meet in Kirkby Stephen and hope to celebrate our fortieth birthday next year, with a full programme of talks planned for October 2025 to April 2026. However, our current long-serving treasurer is retiring. Without a treasurer to carry out the proper and legal management of our finances we are concerned that the society may not survive long enough to celebrate that milestone birthday.
- If you think you could take on this role please contact Anne Taylor, Chairman, by email: at241@cam.ac.uk or by phone: 01768 371518.



The Monday Club—Brough

Would you like to play dominoes or cards every Monday afternoon in the Schoolroom of Brough Methodist Church? Or maybe you prefer a game of scrabble? We meet from 1.30 to 3.30 and everyone is welcome. The cost is only £3 per person and we enjoy refreshments and lots of chat as well.

If you have any questions, just ring or email me: 017683 42345 or heather@heathersimpkins.com



Using the NHS App

Important support advice from the Eden Primary Care Network

Rachael Somerville Operations Manager - Eden Primary Care Network – Working on behalf of GP practices in the Eden Valley

I am writing to introduce the NHS App and accompanying information leaflet that outlines its key features and benefits for patients. The NHS App is a simple and secure way for people to access a range of NHS services on their smartphone, computer or tablet, including:

- Viewing their GP health record
- Ordering repeat prescriptions
- Booking and managing appointments
- Checking symptoms and accessing NHS 111 online

The app helps patients take greater control of their health and care, and supports easier, faster access to NHS services, especially at a time when efficiency and accessibility are more important than ever.

Help with the app is available in the form of **AbilityNet**, a pioneering UK charity transforming the lives of older and disabled people and working with organisations of all types and sizes to build a digital world that is accessible to all.

How to get free help from our tech volunteers

We have a network of more than 450 friendly tech volunteers who can help you or someone you are supporting. They can come to your home, or help you on the phone.

Volunteers are all DBS-checked and are happy to deal with any tech problems you may be having, large or small.

To request help from our tech volunteers:

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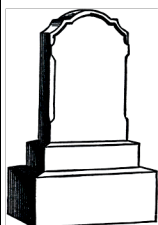
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Late Summer Butterfly Stories

We are now heading towards Autumn and you may feel the Butterfly season has ended - but no! Certainly, most species have completed their life cycle and vanished for another year, but there is a group which are at their most active at this time – our hibernators.

There are a handful of these and you can find them on any nectar source (particularly Ivy late season) busily feeding up for the long winter ahead. They all have slightly different tactics – the Peacock will gorge through August then quickly hibernate in September often in hollow trees. Small Tortoiseshell leave it later and are the ones most likely to found in your garden shed alongside Commas. Unfortunately, a vast number are predated by mice, spiders and birds. If you find one, don't disturb it and try to remember to leave a window open for it to escape.

The Red Admiral does not follow the same pattern; indeed it is the subject of much debate as to exactly what it does do in Autumn. You can find hundreds nectaring on Ivy as late as October, and it seems most still migrate back to Southern France and Spain, but some appear to remain and hibernate. More studies are needed, but there are more and more sightings in February and March, which indicates hibernation.

The migration of butterflies is fascinating and will be covered in the next issue.

THE WAY needs You

THE WAY is a valuable community resource which is entirely put together by volunteers and always needs contributors in various capacities—sourcing stories, writing stories, helping with production and/or distribution, finding new outlets..... the list goes on. A few minutes of your time per month could go a long way.

IS THIS YOU? Email: thewayeditor305@gmail.com if interested

QUIZ OF THE YEAR

Brough Memorial Hall

Quiz night comes to Brough on Friday October 10th. Teams of 6 (max) - more details in the next issue, and on local flyers.

Sneak preview of the sort of questions you might encounter at the

QUIZ OF THE YEAR

- 1) What's the capital of Greenland?
- 2) Which entertainment legend's first wife was Thelma Riley?
- 3) Who is the Leader of the Opposition?
- 4) Who is the manager of the England Women's football team?

See you October 10th!

Kevin Hanna Ltd

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WARCOP AND SANDFORD BALSAM BASH

For the second year in a row Warcop and Sandford inhabitants have joined forces with the Eden Rivers Trust (ERT) to weed out Himalayan Balsam growing on the banks of the river Eden. One Sunday in July a gang of local folk were joined by five volunteers from the Rivers Trust in an effort to remove this 'invasive non-native species' from a stretch of river along the footpath from Sandford to Warcop.

Many thanks to Warcop Parish Council for organising the event and to Eden Rivers Trust for helping out.

If you would like to join in with the next Warcop Balsam Bash please contact the Parish Council and watch out for advertising posters. You can also find leaflets on Himalayan Balsam in distribution boxes sited on the Sandford to Warcop footpath.

It was a very successful day with the main team pulling up large heaps of the weed and mashing it to prevent it regrowing, while ERT volunteers donned waders and pulled out the hard-to-reach plants at the bottom of the river bank and on the other side of the river.

More information on Himalayan Balsam and how to remove it can be found at <https://edenriverstrust.org.uk/your-eden/wonderful-wildlife/himalayan-balsam/>

WOW!

The WOW (women of wonder!) craft group meets every Friday afternoon from 1pm to 3pm in the Schoolroom of Brough Methodist Church. You can bring whatever your current project is, or you can take part in the different craft activities we try out from time to time, or you can just sit and natter. We are a friendly, chatty group and we would love to see you there.

All this plus refreshments for only £2.

1. Nuuk 2. Ozzy Osbourne 3. Kemi Badenoch 4. Serena Wiegman

QUIZ OF THE YEAR answers - See you October 10th!