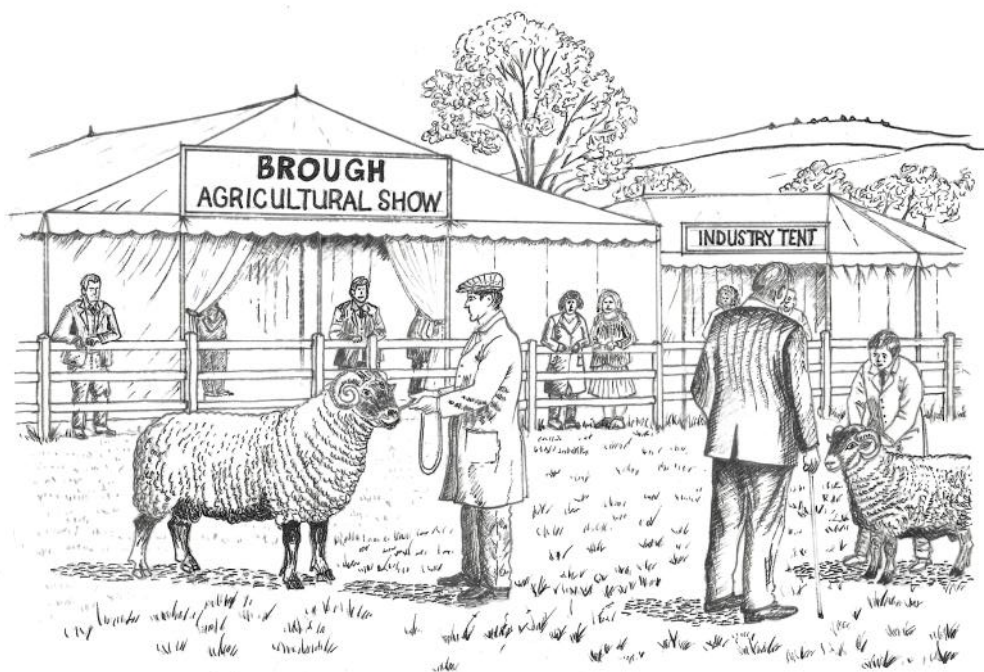


THE WAY

July & August 2026



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Far From the Madding Crowd - a Happy Gathering

I recently visited London, and whenever I do, I feel a similar excitement to my first visit in 1971, and visits ever since. Back then, my Mum dutifully took myself and a friend to Carnaby Street, even though she was no hipster and the street's influence as Grooviness Central, was waning. Today, the proximity to all those famous names still amazes. Look left at a crossing, Nelson's column. Cross the road somewhere else – Harley Street! Best of all though, the Tube. Millions of people on thousands of trains, on dozens of lines. One train must have contained the same as the population of Upper Eden.

For some, this sounds like Hell on Earth. Did I mention the insane standards of cycling, like 1970's Italian driving? I posted about my trip on social media, and was met with general agreement, and also with the consensus that "...it's great to go, and great to return again". You might say that here, there's a bit more breathing space.

Having said that, if you'd wanted to avoid a crowd, the newly revived Golden Fleece in Brough on its opening night, was not the place to be. On a pleasant Saturday in the middle of June, visitors filled the bar and the area outside the front door, as the pub re-opened in trend-bucking style after three years. The happy gathering had the air of celebration about it, proving that human contact avoidance and screen-staring are not the only modern pastimes. Throughout time, whatever life's challenges, it remains true that we are sociable beings, and we embrace conviviality.

The timing is good too, as this month's historical perspective sees Jeremy Godwin listing details of some of the area's many hostelryes from the early 1800s, when Brough was an essential stop on the arduous east to west journey, and further.

Here's to happy gatherings throughout the coming summer months.

See you again in September.

NEXT ISSUE SUBMISSIONS...

All articles need to be with us **before 15th August** for inclusion in the **September** edition.

Please email us at **thewayeditor305@gmail.com**

Any format is acceptable, but PLEASE KEEP 'COPY' TO 350 WORDS MAX

We reserve the right to edit copy where necessary and the editor's decision is final.

A Butcher's Shop Returns to Brough

After we saw a varied range of fantastic business hopefuls vying for the tenancy of the premises which had been operating as Allison's Cafe, we are pleased to let you know that Marc Pattinson emerged from the process successful. Congratulations, Marc!



Many of you long-standing Brough residents will be aware that this completes a full circle, since the building originally housed Milburn's butchers when it first opened. We are excited that the village residents will once again have the benefit of quality locally sourced produce available without a journey beyond its boundaries. Marc has outlined some ambitious plans for his new venture and we wish him the best of luck.

More to come in future editions of The WAY.

(There is no substance to the rumour – started here – that the shop will be called Cleaver & Bone!)

Recycling

URGENT Box Flattening Plea

Correspondence has come to The WAY from a resident, via Brough Parish Council, which seems like a very reasonable request. Please could everyone take note and pass on to others who maybe don't get to read The WAY (whyever not?).

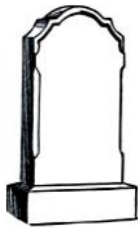
The email in full:

"This Sunday I attempted to deposit my recycling into the village recycling point. Being a Sunday it was full to overflowing with cardboard boxes. However on inspection most of the vegetable/other boxes were uncrushed and so with a bit of effort I mounted the skip and managed to stamp most of the boxes down until the skip was only a quarter full."

"It is a common occurrence to find space wasted by unflattened cardboard boxes."

"Could some sort of reminder to flatten cardboard at the recycling facility be published in the 'Way' magazine or any other way of getting the word around?"

Happy to oblige, mystery local resident. (Ed.)



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Bird Telly Box sets and Magical Mammals

I have long stood by the recurring trope, that in some ways, it's pointless going on holiday when you live round here.

People come to places like the Eden Valley, because of the spaces, the natural world, and (relative) quiet. There's a marked absence of clutter in comparison to say, Manchester or Birmingham. You get the picture.

I have also long imagined that some days there's no need for a telly, when you can sit in your own back yard and see the recurring panto that is "Birdy Feeding Time". Pigeons and doves hang about the longest, biding their time. They don't barge in, but wait their turn, and when they do take theirs, no-one's bothered despite their size. Smaller birds ponder why they don't exploit their size advantage. They clear off eventually when those that do, the jackdaws, show up. They then respectfully sidestep, without scattering, when the rooks show up. "Easy lads – just let them have a go. They'll soon be gone."

Foolishly, one jackdaw decided to chance the concept of "Sharing a Fatball with a Rook". It didn't go well.

When the crows depart, the littl'uns have a go. The sparrows, tits and finches all skitter about for advantage until.....The Starlings. As in so many ways, the starlings demand most attention, especially the fluffy, tubby offspring, who despite being of similar proportions to their parents, demand feeding. Now, and plenty of it. "WE SAID NOW!!"

Not technically wildlife, more like magical creatures from the grounds of Hogwarts, are the highland cattle in fields adjacent to Swindale Beck. Some evenings you will spot them amongst the hedges and trees. On another, as you walk up the track beyond Black Bull Lane, you may catch a glimpse over a wall, of these majestic creatures only inches away in the dusky light.

Throw in some Med weather, and I've no need to pack my skimpiers into a pencil case and get fleeced by RyanAir.

Costa del Brough wins!

(Richard Want)

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Brough Farmers' and Makers' Market Saturday

July 18th and August 15th - 10.00 a.m. 1.00 p.m.

Over the summer months, your regular farmers' market vendors will be manning their stalls to offer you quality produce to stock your fridges, freezers and store cupboards for those holiday visits from friends and family. We can only hope that the weather will be as obliging! Maybe your visitors would like to come along to the market for coffee, cake and chat and a mooch round the stalls to pick up a memento of their stay. Or, if you are without visitors and haven't yet managed to pop along to see what's on offer, perhaps you could treat yourself.

PLEASE NOTE THE TIME DIFFERENCE - The market will now start an hour later than previously.

Guest appearances at the summer markets will be by Frank Hunter from Piper Hole Organic Goat Farm in July and Chris Clothier from The Lakes Infusion Company in August. Watch out for our socials posts to learn more of each of these.

We are hopeful that, in July, Frank Hunter will provide a demonstration of the cheese making process, though he's an incredibly busy man, what with filming visits from This Farming Life and Country File to squeeze in between his day to day running of the farm and his rounds of market attendances to sell the produce! Come along and meet him and learn more about his practices, and what he's aiming to achieve at Piper Hole.

Brough Charity news update

First Christmas delivery!

First of all we hope when you are reading this copy of The Way that you are doing so while the sun is shining and summer has truly arrived.

We have had our first Christmas bag delivered already – amazing how organised some people can be! Just keep them coming between now and 1st October and you can rest assured that you will be making the life of a child in the Ukraine just that bit more bearable. We also have medical items, blankets, toiletries etc. ready for the next collection from Hope and Aid Direct, so please keep them coming too.

Eden Valley Hospice have collected

from us again and at the moment we are well on the way to another van load. Thank you so much to anyone and everyone who has left things with us that they can sell in their shops. Absolutely nothing is wasted.

We still accept stamps and unwanted spectacles as well of course. We also have an outlet for any tools you don't need any more. If you are not able to drop stuff off at our house please make contact and we will arrange to collect.

Thank you to everyone for your continued support and we hope you have a great summer.

Councillor Graham and Heather Simpkins. 017683 42345

heather@heathersimpkins.com

A Golden Return

On Saturday June 13th the newly revived Golden Fleece in Brough re-opened its doors for the first time in three years. On a pleasant Saturday in the middle of June, visitors filled the bar and the area outside the front door. Landlady Ann-Marie Pattinson, had no idea how well opening night would go, but was delighted.

“The first night went amazingly well. We were very busy, with Sunday also well supported. At a rough guess I’d say there were about 100 people there. Many were from Brough but also a lot from surrounding areas.”

It’s often reported on a national level that pubs are closing down, and latest figures suggest that a figure of 60,000 in the year 2000, is now down to 45,000 in 2026. However, you rarely hear of pubs and hotels re-opening, which does happen reasonably often, and although the rate is slower than closures, Ann-Marie and husband Alan were willing to give it a go.

“It was actually Alan's idea to buy The Fleece. I took a bit of convincing but from seeing the amazing local support, I'm glad he managed to. We are a village pub...a cosy place just like being at home.”

Timing is good what with the weather improving and a certain sporting tournament being on TV, and the couple have more plans for later in the year.

“We will be doing food in the next month or two once the kitchen is ready. Winter hours will probably be reduced but we are aiming to be open every day in summer as we plan on opening for breakfast and dinner.”



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A Settler's Tale

FROM RURAL FRANCE TO RURAL CUMBRIA

(Via a long detour in
Africa)

While walking round the village a while ago I met Jane Chantler. We started chatting as we continued walking together and the subject of "The Way" came up. As it happened Jane used to do the artistic work for the magazine and she asked me if I would write a little article about my background, for the magazine. I dismissed the idea, but then thought "Why not?"

So here we go! I was born in Alsace in the north-east of France. At the age of 19 I left for Belgium where I met Mark, my English husband. After a few years in Oxford and London, we set off with our two young sons for Jos, Plateau State in northern Nigeria to work in a theological college, Mark as a lecturer and I in the administration. After two years we welcomed a baby girl to our family. We stayed thirty-five years in this beautiful country that

we came to love so much. Nigeria is sadly also a country facing immense struggles (political, financial, social ...).

It was hard to leave our home, friends, colleagues and especially our adopted daughter and two grandchildren, when we finally retired at the end of last September (though trips back will still happen). When on leave we always made an annual visit to the Eden Valley as my in-laws had a holiday home in Crosby Garrett, which eventually became their main residence. This area was dear to my husband, and I have come to love it too (mind you, we could do with a little more sunshine!) Without hesitation we decided to settle in the area and found a lovely house in Brough. We enjoy the countryside and the friendliness of the people. We hope to stay in Brough as long as we can and become part of the community.

I sometimes wonder how many other people living in Brough originate from other parts of the world.

(Many thanks to Isabelle Hopkins)

Kaber Village Hall

A Warming June lunch...

In a classic case of British summer doing its own thing, our “Salad and Sweet Lunch” had a seasonal rethink and became a warming “Soup and Sweet” instead! Thanks to all those who attended and supported us with funding desperately needed to keep the roof in good repair.

We do unfortunately need to postpone the Duck Race due to unforeseen circumstances. Thank you for your understanding but we look forward to another fantastic Kaber Village Show later this year details of which will be shared in the parish very soon.

Alongside our weekly craft evenings at 6.30pm every Tuesday - open to all - we're delighted to welcome Marjorie Bidgway for a talk on the fascinating history of needles this September. Following her wonderfully engaging talk on buttons last year, this is sure to be another highlight. Everyone is welcome; entry is £3.

- 11 July – Summer Family Bingo (16:00–18:00)
- 18 July – Coffee Morning (10:00–11:30)
- 15 August – Coffee Morning (10:00–11:30)
- 5 September – Kaber Village Show & BBQ (12:00–14:00)
- 14 September – Kaber Village Hall AGM
- 29 September – The History of Needles

If you are looking for a space to rent for a gathering, meeting or celebration, do get in touch

booking@kabervh.com and to find out more about what's going on, visit

<https://kabervh.com/>

Tuesday 29th September, 6.30pm

Kaber Village Hall

A talk by Marjorie Bidgway:

“The history and journey of the humble sewing needle”

...with examples of associated needlework. Everyone welcome.

Entry: Craft Club members free, others £3.

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Westmorland Dales Festival, Kirkby Stephen

Saturday 25-Sunday 26
July 2026

Don't miss Kirkby Stephen's 10th anniversary Westmorland Dales Festival, back on the 25th and 26th July, with just about everything free!

The Festival aims to explore different facets of the Westmorland Dales each year, and on Saturday features a Cumbria Classic Coach tour, as well as guided walking tours of Great Asby and Orton. Meanwhile back in Kirkby Stephen a 'Walkers Are Welcome' workshop will feature essential map-reading and navigation skills; and a Jubilee Park workshop will help connect young and old alike with the natural world of the Dales. Crafts with Lakeland Arts and music-making for kids will take over the town's market square, and you can find out about the work of Cumbria Wildlife Trust, the Friends of the Settle to Carlisle Line, and other organisations working locally.

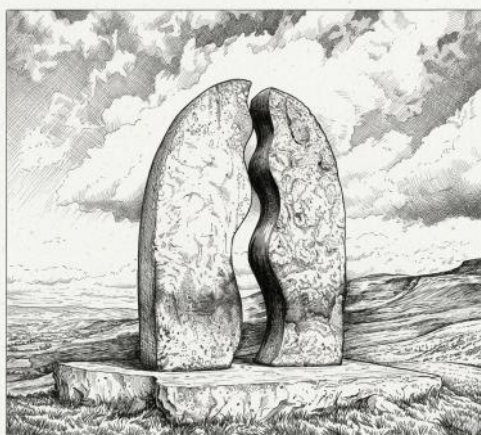
On Sunday 26 July the Festival welcomes Harrison Ward, aka the Fell Foodie, who'll demonstrate his trademark outdoor cookery (as seen on Mary Berry's 'Love to Cook') followed by a Q&A session and book signing. Other highlights include a range of activities for kids and their grownups; artisan markets; live music; and fun rugby

and scarecrow making with Upper Eden Rugby Club. There will also be Eden Animal Rescue's dog show, and humans can burn off more energy at a Sunday morning Zumba session.

A display of farming photographs and related household artefacts from the collection of well-known member of the local farming community Hilary Wilson, in the King's Arms Loki Centre all weekend, will offer a glimpse of life on a hill farm in the 1940s. Art in the Mart runs in parallel to the Festival for a second year, and also joining in are Kirkby Stephen East Station and Kirkby Stephen Club.

Also, don't forget to spread the word to anyone who might fancy a break on a farm at Tebay's Eden Ewe-nique Lonnen – they could be the lucky winner of the Festival's special 10th anniversary prize draw!

Find full information, enter the prize draw and book where necessary at www.westmorlanddalesfestival.org



BIG QUIZ OF THE SUMMER

No Big Interview over the Summer, but instead, something to tax the brain on those scorching summer evenings. Alternatively, the brain can also be challenged whilst huddling under a large parasol that's sheltering you from a tropical deluge.

Take your pick - The Big Quiz is very versatile.

ANSWERS ON PAGE 25

GOOD LUCK!

People & Events

1. Who is the current "Strictly..." champion?
2. Who is the mother of the food writer and critic Tom Parker-Bowles?
3. In the TV series 'Amandaland', who plays Amanda's mother?
4. What is the name of Melania Trump's son?
5. Which BBC network did David Attenborough become controller of in 1965?
6. Who was David Attenborough's film director brother?
7. A British polar research ship named RRS Sir David Attenborough in his honour, was launched in 2018. However an internet poll to find a name for the vessel came up with what name?
8. Where did Eurovision 2026 take place?
9. Which country won?
10. What event takes place every year on the Spring Bank Holiday at Cooper's Hill, in Brockworth, Gloucestershire?
11. Which famous artwork depicting the Battle of Hastings will be on show at the British Museum from September until July 2027?
12. Lauren Weisberger wrote a novel in 2003 which became a film in 2006, and the film's sequel came out in April this year. Both films star Meryl Streep and Anne Hathaway as the main characters. Name the novel.
13. The London Marathon was run in under 2 hours for the first time, by Kenyan runner Sabastian Sawe. He took 1 hour, 59 minutes and how many seconds?
a) 59 b) 50 c) 40 d) 30
14. How is the singer Rachel Agatha Keen better known?

??

??

15. These are 4 of the top 10 female tennis players in the world? Which one is American?
a) Amanda Anisimova b) Aryna Sabalenka
c) Elena Rybakina d) Elina Svitolina
16. According to data released in May 2026, these are the Top 3 most popular supermarkets in Britain. Which ones are 4th and 5th?
1st Tesco / 2nd Sainsbury's / 3rd Asda / 4th ?? / 5th ??



Summer

17. According to The Met Office, when is the first day of Summer?
18. 'Estate' means 'Summer' in which major European language?
19. Which 70's boy band had a hit with 'Summer Love Sensation'?
20. Jennifer Love Hewitt and Sarah Michelle Gellar starred in the 1997 film about "Four young friends bound by a tragic accident are reunited when they find themselves being stalked by a hook-wielding maniac in their small seaside town." (IMDB). Name the film.
21. Who was the guitarist with The Police?
22. What we call the Summer equinox, falls on June 21st in the Northern hemisphere. What date is it in the southern hemisphere?
23. Name the 1963 film starring Ron Moody, Una Stubbs, Melvyn Hayes, a London Bus, and Cliff Richard.

How Local Are You?

24. How many self-service checkouts does the KS Co-op have?
25. What is the fuel brand at Johnstone's Garage?
26. According to Google Maps, which is furthest by car from Brough Castle – Appleby Castle, or Pendragon Castle?
27. In Scotland there's an uninhabited island in the parish of Birsay in The Orkneys, only reachable at low tide. What's it called?
28. The Great North Air Ambulance Service has two bases – one on Teesside and one in a village near Penrith. Which village?
29. Who initiated the rebuilding of Brough Castle in 1659?
30. What's the road number that runs from Brough almost all the way to Middleton



ART IN THE MART 2026 - FREE ENTRY

Once again tying in with the Westmorland Dales Festival over the same weekend - Saturday 25th and Sunday 26th July - there will be a collective of artists across a range of genres showing and selling their wares at Kirkby Stephen Auction Mart.

Come and check out the artfulness which will fill the pens of our local cattle market. Have a chat with the artists or just browse.

There is also a farm animal themed 'Young Artists' Competition' (11-18yrs only), where a £50 prize could be won!

If you fancy your own chances or know someone who should have a go, send an image of your entry to **niki_artist@hotmail.com** (this should be one that was created this year).

Good Luck.....

If you are an artist there's still time to be part of this growing weekend of artfulness! For an application and entry form, email Karen McSkimming at:

artfulregards@btinternet.com

PLEASE NOTE – YOUR WELL-BEHAVED FOUR -LEGGED PALS ARE VERY MUCH WELCOME

Saturday 25th / Sunday 26th July 2026. 10am till 4pm both days.

Kirkby Stephen H&H Auction Mart.

Musgrave Parish Institute

Ducks, Baking and Burgers

Sunday 9th August.

Musgrave Duck Race starts at 12pm. Please gather on the Church Field. Ducks can be bought on the day at £2 each, or committee members will be selling them beforehand. The race will be followed by our famous BBQ at the Institute. Please bring your own drinks to the BBQ.

Adults £9, Children 5-11 £4, under 5's free.

Duck race prizes are as follows:
1st £60 2nd £40 3rd £30 4th £20.
Everyone is welcome.

Any donations of salads or desserts would also be very welcome!

Sunday 30th August, Bank holiday

Musgrave Annual Show Doors open at 1pm
Entries open to all within a 5 mile radius of Musgrave, with some categories open to visitors as well, No restrictions on children.

Classes for baking, preserves, fruit and veg, flowers and crafts, raffle, tombola, outside games, a dog show, and of course, refreshments. The schedules are now available in Steadman's butchers, in the One Stop shop, and other local venues. This is a fun show, we want everyone to enjoy it. Why not have a go, you might win! All the details are in the schedules. If you won a cup last year, please return it as soon as possible, cleaned and labelled, to Middlegarth, Musgrave Lane-2nd house on the right after the bridge over the A66.. Show entries can be returned to Mrs L Wells, Edenholme, Great Musgrave, CA17 4DP. Entries close Friday 21st August.

We would love to see you at our events, let's hope for some decent weather, and water in the river!

If you would like to hire the Institute for an event, please contact David Ewin
musgravevillagehall@gmail.com, or
07745030672 For general Information, contact
Lorraine Plews **07966067869**

Volunteer Jobs Clear the Backlog

We recently held a very successful Volunteer Night at the hall, with lots of jobs completed in the Orchard. A huge thank you to everyone who came along and gave their time to help. Your support is greatly appreciated and makes a real difference to the hall and grounds. As always, it was lovely to round off the evening with a chat and supper together. Our next Volunteer Night will be on Monday 7th July from 6.00pm, and new volunteers are always very welcome.

It was also wonderful to see the hall being used once again for the Annual Stainmore Sheep Show, a long-standing local event that brings people together from across the area and celebrates an important part of our community.

Our regular Dominoes and Gardening Club groups continue to meet and enjoy good support from members. It's always

encouraging to see familiar faces and welcome newcomers alike.

The Gardening Club has enjoyed some lovely outings recently, including visits to Winton Gardens and Harlea House, Great Asby, during their open days. There was plenty of inspiration to take home, along with a few plant purchases and, of course, lots of garden chat over a cup of tea.

Craft and Chat will return in September, so please keep an eye on our social media pages for further information nearer the time. We look forward to welcoming everyone back after the summer break.

We will also be getting ready to launch the next round of the **101 Club** in July. If you already hold a number, please look out for a text message asking whether you would like to keep it for the new year, which begins in September.

If you would like to renew your number, join the 101 Club, book the hall, or find out more about what's on, please contact us on **07968 851660** or email **stainmoreparishhall1@outlook.com**.

Stainmore Parish Hall Events

Thank you for your support of Stainmore Parish Hall. We look forward to seeing you over the coming months.

Dates for Diary

Wednesday July 1st Dominoes 7.30pm
Tuesday July 7th Volunteer Night in the Orchard from 6pm
Thursday July 9th Gardening group 7-9 pm
Thursday July 23rd Gardening Group 7-9pm
Wednesday August 5th Dominoes 7.30pm
Thursday August 13th Gardening group 7-9 pm
Thursday August 27th Garden Gardening group 7-9 pm
Wednesday September 2nd Dominoes 7.30pm
Thursday September 10th Gardening group 7-9pm

ST STEPHEN'S CHURCH SOUTH STAINMORE ST MICHAEL'S, BROUGH

St Stephen's

Monthly services:

- 1st Sunday – Evening Prayer 2:30pm
- 3rd Sunday – Holy Communion 2:30pm

Please note: Due to roadworks there will be no services at St Stephen's during August. Worship will resume in September.

St. Michael's

2nd and 4th Sundays –
Holy Communion at 10:30am

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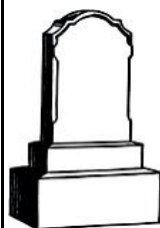
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COVER STORY

The Return of Brough Show

Don't forget - Brough Agricultural Society Show on Thursday 20th August at the usual site of Popping Lane, Kaber!

Brough is only one of a series of agricultural shows which take place in the Eden Valley every summer:

- Skelton Show will be on 4th July
- Penrith Agricultural Show 18th July
- Appleby Show 13th August
- Ravenstonedale Agricultural Show & sheepdog trials 22nd August
- Crosby Ravensworth Agricultural Show 27th August
- Dufton 'The Fellside Royal' Show and sheepdog trials on 29th August.

And that's not mentioning our local village shows at **Warcop** on 5th July, **Musgrave** on 30th August and **Kaber** on 5th September. Then for keen show-goers, to end the summer the **Westmorland County Show** held in the south of the county will be on 9th and 10th September.

Local shows are a chance for good-natured competition amongst local folk showing off their produce and animals, accompanied by entertainment, stalls and refreshments for all and sundry. In other words, a good day out for everyone! Each of these colourful events depends on a team of volunteers who put in hours of work both on the day and over the previous 12 months, and on competitors willing to spend many hours and days producing and preparing their entries. Please show willing, there's something for everyone – attend, compete, help out!

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Upper Eden Medical Practice :

Patient Participation Group – People and Projects report 2nd June 2026

General

Throughout May, the Practice conducted a total of 4,641 appointments, including 2,252 face-to-face, 1,230 via telephone, and 1,159 other appointments.

Staffing changes: Michelle France is a new practice nurse, working Wednesdays and Fridays; and a new GP assistant, Susan Bartle, is working 10 hours a week supporting General Practice with administration. Dr Belghazi has left leading to a shortage of GPs on Tuesdays, Wednesdays and Fridays. The aim is to recruit a new GP for 2 days a week.

Online consultations are now triaged everyday by clinical staff, then the receptionists will make appropriate appointments.

Stroke Association

Charlene Athersmith is a Support Co-ordinator for Westmorland and Furness Council working with stroke patients, to help and support them after discharge from hospital. She can help with advice about strokes, recovery, support, side effects, well-being, living at home, etc. and refer for physiotherapy and occupational therapy.

GPs can refer a patient to her, or patients can self-refer on her number, **07739746099**, or email her on **Charlene.athersmith@stroke.org.uk**

A Stroke Support Café is starting in June on the 2nd Monday of the month 10:30am – 12.00 noon at Penrith Cricket Club.

Work Well North Project –

Rhoda Fearon informed members of the Patient Panel about a new initiative to help people who are finding it difficult to remain in work or who are off sick due to a physical or mental health condition. The aim is to support patients get back on track with their working life. The offer is 12 to 16 weekly sessions to suit the individual, promoting work and helping with adjustments in the workplace. To qualify you must be over 18, and be either in work or out of work for less than 6 months. All patients will be contacted within 5 days of referral; you can self- refer by emailing **workwellnorth@cumbriahealth.nhs.uk**

Upper Eden Medical Practice:

Patient Participation Group – General Matters report 2nd June 2026

Patient Transport

Sarah Kirkup reported on the difficulties some patients experience when applying to the North West Ambulance Service (NWS) Patient Transport Service by phone, especially the list of questions asked. “To qualify you must have a medical need that prevents you from travelling by other means, and your health condition must impact your mobility.”

Sarah would welcome more volunteer drivers, please contact her at **sarahkirkup140@gmail.com**.

Practice Information Leaflets

Practice leaflets have been distributed around the Stainmore and Brough community and have been gratefully received. There are more to be distributed around Kirkby Stephen area. Relevant information will sometimes be published here in The Way magazine and in the Kirkby and Upper Eden Newsletter.

Reception

Concern was expressed again about the reception team coping with phone calls, patients and distribution of medication all at the same time. There is a lot of pressure on staff, and lack of confidentiality. The problem is a lack of space but there is a long-term plan to improve this.

The Pharmacy First

The local Green Tree Pharmacist (Swee) talked to Panel members about the initiative that allows the public to access help at the pharmacy with common conditions instead of going to the surgery. There are 7 conditions that can be dealt with at the pharmacy:

- Urinary Tract Infections – for ages between 16 and 64
- Shingles – aged 18 and over
- Impetigo – aged 1 year and over
- Infected Insect bites –aged 1 year and over
- Acute Sore Throat – aged 5 years and over
- Acute Sinusitis – aged 12 years and over
- Middle earache – for ages between 1 and 17

It is also possible to have blood pressure checks and contraceptive advice. In the near future staff will be ready to diagnose more minor conditions and prescribe appropriate medications. Please talk to our local pharmacist in Kirkby Stephen or Appleby.

Growing Well

The mental health charity based in Tebay, which featured in The WAY in the May issue, is having an Open day at Tebay on 9th July.

No News Is Good News

There was no formal meeting in June as we all met at Jennifer Ramsden's home in Sandford for afternoon tea. Everyone brought a selection of delicious sandwiches, savoury and sweet items which were washed down with copious amounts of tea and coffee. We would normally have had a walk around the area but this wasn't possible as the weather wasn't very kind to us. That saying we had a wonderful afternoon with lots of conversations, memories and some funny stories. We held a raffle and it was good to see that everyone present won a prize. Some of our

members were unable to attend for health reasons and we wish them a speedy recovery. Birthday gifts were presented to Mrs Barbara McAllister and Mrs Joyce Keetley.

There are no formal meetings due in July and August either. The group be visiting the Donkey Retreat in Sleagill on July 1st and Keswick's Theatre by the Lake to see 'Calendar Girls' on August 11th.

Our next formal meeting will be at Warcop Parish Hall on Wednesday 2nd September at 7.30pm. The speaker will be Mr Norman English from Beech Ings who will give an insight into 'Growing Dahlias'.

Everyone is welcome, so please come along if you're able.

WARCOP PARISH HALL DATES

Thursday 2 nd July	Foyer Café 9-11am, Post Office 9-10am Soup and Pud, 11.30-1pm
Sunday 5 th July	Warcop Village Show, 1-4pm
Thursday 9 th July	Foyer Café 9-11am, Post Office 9-10am
Saturday 11 th July	Coffee Morning, 10-11.30am with Bag Collection for GNAA
Thursday 16 th July	Foyer Café 9-11am, Post Office 9-10am
Thursday 23 rd July	Foyer Café 9-11am, Post Office 9-10am
Thursday 30 th July	Foyer Café 9-11am, Post Office 9-10am
Thursday 6 th August	Foyer Café 9-11am, Post Office 9-10am
Saturday 8 th August	Coffee Morning, 10-11.30am
Thursday 13 th August	Foyer Café 9-11am, Post Office 9-10am
Thursday 20 th August	Foyer Café 9-11am, Post Office 9-10am
Thursday 27 th August	Foyer Café 9-11am, Post Office 9-10am

Warcop Village Show

Sunday 5th July

1.00-4.00pm

Warcop Parish Hall

Refreshments

Adults: £2 (includes tea/
coffee)

Children: free entry

Historical Perspective

The re-opening of a public house in 2026 is seen as an event,

and a generally positive, community focused benefit. A couple of centuries ago, public houses and hostelrys abounded, providing facilities in our part of the country, akin to today's motorway service areas. Water was often unsafe till the late 19th century, and so beer (of various strengths) was consumed, brewed locally (in October) or at home. Here, Jeremy Godwin gives a resumé of some traveller facilities in our locality. The pubs, 1829, of The Way's area were:

Watford Gap Services: 1829-style

Place and

population (1821)

Church Brough

Market Brough
(Total 940)

Pub

Bridge Inn
Pack Horse
Black Bull
Castle Hotel
Malt Shovel
Old Fleece
Shoulder of Mutton
White Swan
Brewer in Mkt Brough
Joseph Raw, Excise Officer
*George Inn

Licensee

William Longmire
Thomas Porter
William Collinson
John Ewbank
John Bousfield
Robert Scott
John Dewis
Isabella Grindred
Fenton Fawcett

John Fryer

*and Posting House. Here you could hire a horse or carriage for a day or two.

Brough Sowerby, 180

Stainmore – North

Argill

South Stainmore

Mousegill

Kaber, 164 (in KS parish)

Great Musgrave, 188

Little Musgrave

(Crosby Garrett parish)

Warcop, 713 (whole parish)

Sandford

Coupland Beck

Black Bull
Salutation, Cooper House
Rippon Arms, Dummah Hill
Blue Bell at the Warehouse
New Inn at Pasture House
Greyhound, Slip Inn
Black Horse, Slip Inn
Robin Hood and Little John
Cross Keys
Pack Horse
New Inn at Street house
No pub

Horse Shoe
Greyhound and Hare
New Inn
Wheatsheaf at Street House
Dun Cow

Lancelot Steele
Edward Bousfield
Robert Horn
Hannah Webdale
John Hall
Christopher Holiday
John Thompson
Christopher Holliday
Richard Hutchinson
Dinah Raulton
Robert Dent

Mary Hart
John Sawyer
Isaac Alderson
William Capstick
William Patterson

Notes from a Garden

Mixed Veg Results and
Caterpillar Calamities

I have no idea what this summer has in store. I am writing 6 days off the longest day, and June has been very disappointing up to now.

However, I am happily surprised how my vegetables and fruit are doing so far. Some not performing very well eg. mixed bag with my carrots, others now beginning to grow, but one third no show. Can't decide whether they were eaten as they were coming through or if, because they are all in a line, the packet of seeds is to blame. I sowed around 4 or 5 varieties or packets so it could be either.

Finished my very early potatoes from the Polygreenhouse. They were fantastic which is why they all went so fast. My next ones are planted down at Toaves allotments where I still have a small allotment and have filled most of the raised beds with potatoes this year.

My indoor strawberries are nearing their end but the ones outside are still in

flower with few if any showing any signs of fruit.

The tadpoles have developed back legs and odd ones are changing shape so I've put lengths of wood in the tubs and resting on the side of the banking away from the pond, for them to escape when they are ready. This has worked well over the years so I will have to quickly cut the grass to avoid disturbing them when they emerge all over the garden.

I have been on early morning slug hunts and there are very few left around the vegetables. With the wind, the cabbage white butterflies have not yet been a problem, but I will be keeping watch as I like to destroy the eggs before they hatch. However, I always miss a few and can't believe how quickly caterpillars grow.

A summer of weeding awaits, and designing my edible flower beds plus a dead hedge to make, if only the weather would settle. I don't want a drought, nor really hot sunshine either. Never satisfied.

(Thanks to Mary Wilson, Wilkinson House, North Stainmore)

Warcop & Musgrave churches

St Columba's, Warcop with St Theobald's, Musgrave

July 2026

4 th	2.30pm	Rushbearing, St Theobald's Church, Musgrave
5 th	9.30am	Holy Communion, St Columba's Church, Warcop
12 th	10.30am	Songs of Praise, Open Air Service, Churches Together, Warcop
19 th	9.30am	Holy Communion, St Columba's Church, Warcop
26 th	9.30am	Morning Praise, St Columba's Church, Warcop

August 2026

2 nd	9.30am	Holy Communion, St Columba's Church, Warcop
9 th	9.30am	Morning Praise, St Columba's Church, Warcop
16 th	9.30am	Holy Communion, St Columba's Church, Warcop
23 rd	9.30am	Morning Praise, St Columba's Church, Warcop
30 th	10.45am	Benefice Holy Communion, St Theobald's Church, Musgrave

Supporting Life-Saving Response Across Upper Eden

Thanks to the continued generosity of local supporters, the Upper Eden Community First Responders have made strong progress in strengthening the area’s defibrillator network. Following the earlier installation in Ravenstonedale, new defibrillators have now been successfully installed at the Rugby Club, Church Brough, Nateby, Fell End, Wharton and Hartley.

In rural communities like ours, where emergency response times can be longer, having accessible, well-maintained defibrillators can make a critical difference. These new installations help ensure more people are within reach of life-saving equipment when it matters most.

The CFR team continues to provide immediate care in 999 emergencies and remains committed to building community confidence through basic life support and defibrillator training. If your organisation would like to arrange training, or you’re interested in joining the team as a Community First Responder, further information can be found at **uppereden.org.uk**, on Facebook at *Upper Eden Community First Responders*, or by contacting Bryan at **palphreyman@gmail.com**

BIG QUIZ OF THE SUMMER ANSWERS

4 th – Aldi / 5 th –	16.	Karen Carney
Lidl		
June 1 st	17.	Joanna Lumley
Italian	18.	Barron (Trump)
Bay City Rollers	19.	BBC2
I Know What You	20.	Richard
Did Last Summer		Attenborough
Andy Summers	21.	Boaty
December 21 st	22.	McBoatrace
Summer Holiday	23.	VIENNA, Austria
4	24.	Bulgaria
Texaco	25.	Cheese Rolling
Appleby Castle –	26.	The Bayeux
8.8 miles		Tapestry
Brough (of	27.	The Devil Wears
Birsay)		Prada
Langwathby	28.	30 seconds
Lady Anne	29.	Raye
Clifford		Amanda
BB276	30.	Anisimova

WHO BRINGS YOU 'THE WAY'?

The Way is staffed entirely by volunteers as a community resource and discussion magazine, featuring information and articles about Brough and surrounding areas, events, pastimes etc, involving or affecting local people.

Article suggestions:
thewayeditor305@gmail.com

Editor	-	Richard Want
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Advertising	-	Joan Lennox
Printing	-	Andrew Miller
		Janet Jenkins
		Eleanor Featherstone
Contributors	-	General population

DIARY DATES

JULY

1 st Wed	Lunch Club	Brough Sowerby Chapel	12noon
1 st Wed	Domino Drive	Stainmore Parish Hall	7.30pm
2 nd Thurs	Soup & Pudding	Warcop Parish Hall	11.30am
4 th Sat	Coffee Morning	St Stephen's Ch, Stainmore	10.30am
4 th Sat	Musgrave Rush Bearing	Musgrave Parish Institute	2pm
5 th Sun	Warcop Village Show	Warcop Parish Hall	1pm
7 th Mon	Orchard Volunteer Evening	Stainmore Parish Hall	6pm
9 th Thurs	Stainmore Gardening Grp		7pm
11 th Sat	Coffee am & GNAAS	Warcop Parish Hall	10am
11 th Sat	Summer Family Bingo	Kaber Village Hall	4pm
18 th Sat	Brough Farmers' Market	Brough Memorial Hall	10am
18 th Sat	Coffee Morning	Kaber Village Hall	10am
23 rd Thurs	Stainmore Gardening Grp		7pm
25 th Sat	Art in the Mart	K Stephen Auction Mart	10am
26 th Sun	Art in the Mart	K Stephen Auction Mart	10am
29 th Wed	Craft Session	Warcop Methodist Church	10am

August

1 st Sat	Coffee Morning	St Stephen's Ch, Stainmore	10.30am
1 st Sat	Duck Race & Cream Tea	Kaber	3pm
5 th Wed	Lunch Club	Brough Sowerby Chapel	12 noon
5 th Wed	Domino Drive	Stainmore Parish Hall	7.30pm
8 th Sat	Coffee Morning	Warcop Parish Hall	10am
9 th Sun	Musgrave Duck Race	Church Field, Gt Musgrave	12 noon
13 th Thurs	Stainmore Gardening Grp		7pm
15 th Sat	Brough Farmers' Market	Brough Memorial Hall	10am
15 th Sat	Coffee Morning	Kaber Village Hall	10am
20 th Thurs	Brough Agricultural Show	Popping Lane, Kaber	
26 th Wed	Craft Session	Warcop Methodist Chapel	10am
27 th Thurs	Stainmore Gardening Grp		7pm
30 th Sun	Musgrave Summer Show	Musgrave Parish Institute	1pm

September

2 nd Wed	Lunch Club	Brough Sowerby Chapel	12 noon
2 nd Wed	Warcop & Sandford WI	Warcop Parish Hall	7.30pm
5 th Sat	Coffee Morning	St Stephen's Ch, Stainmore	10.30am
5 th Sat	Kaber Village Show & BBQ	Kaber Village Hall	12 noon

WEEKLY EVENTS

Mondays: Brough Monday Club, 1.30 – 3.30pm in Brough Methodist Church Schoolroom
Mondays: Table Tennis Club, 6.30 – 8.30pm in Warcop Parish Hall
Mondays and Thursdays: Brough Methodist Chapel Library, 9am – 3.30pm in the Chapel
Tuesdays: Craft Group, 6.30 – 8.30pm in Kaber Village Hall
Thursdays: Foyer Café, 9 – 11am in Warcop Parish Hall (with butcher, & Post Office 9-10am)
Fridays: WOW Craft Group, 1 – 3pm in Brough Methodist Church Schoolroom
Fridays: Bat & Chat, 1.30 – 3.30pm in Warcop Parish Hall



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Cumberland Infirmary, Newtown Road, Carlisle	01228 523444
Penrith Community Hospital, Bridge Lane, Penrith	01768 245555
Westmorland General Hospital, Burton Rd, Kendal	01539 732288

VETERINARY SURGEONS

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

SCHOOLS

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

POST OFFICE

Kirkby Stephen	Monday – Saturday	0345 7223344
	8.45-5.00pm (Sat 9.00-1.00)	

GENERAL

Upper Eden Visitor Centre, Kirkby Stephen	017683 71199
Community and Council Centre, Kirkby Stephen	01768 812775
Public Library, Kirkby Stephen	01768 812045
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	
bspmclerk@gmail.com		07713 031087