

THE WAY

March 2026



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Are You Being Properly Served?

There was a time, sometime in the early 90s, when customer service seemed to be king, or certainly the emphasis on it being right, was on the rise. So what happened?

This week, I read an article by the broadcaster Adrian Chiles, which almost entirely mirrored my own experience. He too had forgotten to switch off auto-renew on his breakdown recovery provider, and been stung nearly £500. He too rung up to request a whopping reduction of over 50%. He too got it.

How then, could there be any objection to customer services by this company, which in my case, shares initials with Arthur Askey? A perfectly nice bloke called Freddie handled my query, saying out loud “let’s see what we can do here”, and I heard the familiar, random-sounding tapping of PC keys. “I can get that down to £235” he proclaimed, (fully half the cost of my auto-renewal) after a few pleasant observations about what a nice part of the world this was. I replied that I had hoped for under £200, say...£195.00.....

“We can do £195.00!!” he replied in a heartbeat, without a single further key tap or muffled pretend

consultation with a supervisor.

Inevitably I had a request for a score rating for Freddie’s service, and arguably I should have replied with 5 stars. But I don’t want Arthur Askey thinking it’s OK to penalise loyalty, and make me phone for a massive discount, instantly given in the snap of a finger by the most junior call handler available. Clearly, I could have demanded an even lower figure, and got the same response. This is contempt for the customer.

Luckily, positive customer feedback is available here in the heart of Upper Eden. Attendees of the seasonal Brough Memorial Hall quiz asked for a joker round to be included. At the next quiz on March 6th, a joker round WILL happen. They asked to swap sheets with other teams for the marking process – they will swap answer sheets.

Positive customer service at its purest. If you’re going – see you there!

(The Ed)

Find The Way Online

Please visit:

TheWayMagazine.co.uk for our digital archive, contact details and latest news
Archive copies are also available via
<https://www.brough-cumbria.info>

Charity collections update

Ukraine Relief and Care Closer to Home

In early February, the Trustee from Hope and Aid Direct (H&AD) came and filled his vehicle to the brim with things that would go via their lorry to Ukraine. In a recent email from H&AD they expressed a real need for toothpaste and toothbrushes, shampoo, bar and liquid soap, disposable razors and shaving soap. Also new underwear and socks. So, if you would like to add an item or two to your shopping list and then drop them off with us, you know you will be making life a little easier for some poor soul who didn't ask to be in a war zone.

On the 9th February we then had a run to Blackpool to take yet another carload of items to the Salvation Army and Care and Share. Both charities were delighted with what we took and we would like to take this opportunity to thank everyone in our caring community for their continued support. Young people leaving care and setting up home, and families on low incomes benefit greatly from these two charities.

We also still accept used spectacles, stamps, and unwanted NHS items. If you need us to collect we would be pleased to hear from you.

Councillor Graham and Heather Simpkins
heather@heathersimpkins.com
017683 42345

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

Rev Ros Watson 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

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Regular Events Always Worth a Look-in

After our successful Domino Drive in December, our New Year's Eve party, and the Whist Drive in January, we are now entering a quieter month for the Institute. Our snooker team continues to make use of our snooker room, and we have other bookings coming up, including a wedding. Our monthly socials are continuing, on the last Saturday of the month at 7pm. Everyone is welcome, just bring along a pudding or a main course to share, and your own drinks. It is a lovely way of keeping in touch during the winter months, and only costs £1 per person.

The Institute is a great venue for parties, classes, weddings, funerals, and anniversary events. We have free wi-fi in the hall as well. If you would like to book an event, please contact myself or David Ewin, or email on musgravevillagehall@gmail.com.

If you would like to come to one of our socials, look out for details on the Musgrave Community Messenger page, or contact me!

Lorraine Plews - 07966067869

David Ewin - 07745030672

Church of England Services

St Stephens, Stainmore:

March 1 st	2.30pm	Evening Prayer
March 15 th	2.30pm	Mothering Sunday, Holy Communion

St Michael's Church, Brough:

March 8 th	10.30am	Holy Communion
March 18 th	Mothering Sunday	Mothering Sunday, with Brough Chapel Congregation at Brough Chapel
March 22 nd	10.30am	Holy Communion.
April 5 th	10.30am	Holy Communion, Easter Sunday

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

March 1 st	9.30am	Holy Communion, St Columba's Church, Warcop
March 8 th	9.30am	Morning Praise, St Columba's Church, Warcop
March 15 th	10.30am	Mothering Sunday Service, Churches Together, Warcop PH
March 22 nd	9.30am	Morning Praise, St Columba's Church, Warcop
March 29 th	10.45am	Benefice Holy Communion, St Lawrence's Church, Appleby

General Activities in Brough

BROUGH Monday Club

Would you like to play dominoes or cards on a Monday afternoon in the Schoolroom of Brough Methodist Church? We meet from 1.30 to 3.30 and everyone is welcome. £3 per person for refreshments and lots of chat as well.

Any questions: 017683 42345 or heather@heathersimpkins.com

WOW

The WOW (women of wonder!) craft group meets every Friday afternoon from 1pm to 3pm in the Schoolroom of Brough Methodist Church. Only £2.50, including refreshments.

For more info, please contact Krissie on krissie.pipe@outlook.com or 01768341923.

BROUGH Methodist Chapel library

A free community library for everyone to use, at the Chapel in the High Street. Open on Mondays and Thursdays from 9.00am to 3.30pm.

As many books as you like, and the variety is enormous. This is a wonderful facility to have within our community, so don't hesitate to use it.

Brough Methodist Church Coffee Morning

Saturday 21st March

10 - 11.30am in the schoolroom

Donations for Alzheimers Research Uk

Come and meet friends old and new and enjoy a coffee/tea and a biscuit

The Kirkby Stephen and Upper Eden Community Newsletter is available in Great Musgrave. Copies can be collected from the noticeboard by the village institute.

BROUGH FOOTBALL CLUB

Semi final place for Brough FC!

It has been a very positive few weeks for the Brough boys. Two home fixtures to report on and both comfortable victories.

On 31st January Eden Valley Reserves came to The Common and Brough got a well-deserved 6-0 win. Goal-scorers included Callum Holmes, Harry Jones, Ian Wells, Dean Scott and Joe Bainbridge. Man of the match was awarded to Callum Holmes for his non-stop running, quick feet and scoring two wonder goals!

The following Saturday, Brough welcomed Arnside for the quarter final fixture of the League Cup. After going 1-0 behind, the boys got into gear and turned the match around to eventually win 6-2. Harry Jones, Mike Hastwell, Callum Holmes and Liam Coatman were on the scoreboard. Man of the match was Dean Scott, dribbling his way through the midfield all afternoon like prime Lionel Messi. This win gets Brough to the semi-final, where they will come up against Ingleton Reserves. This game will take place on 14th March at The Common. Up the Brough!

(Thanks to Ian Wells)

Brough Farmers' and Makers' Market

Saturday March 21st, 9.00 a.m. 12.00 noon

You will, doubtless, have seen the fliers in last month 'The Way' advertising the relaunch of the 'New and Improved' Brough Farmers' and Makers' Markets. We really would like to see more new local faces amongst the visitors and regulars each month. The stalls offer a wide range of quality produce and goods at value-for-money-prices and you have the added bonus of knowing that you are supporting local businesses.

In March's market we are looking forward to welcoming **Buckle's Farm's fresh eggs**, in addition to our other produce stall-holder regulars, **Margaret Tyson** with her legendary jams, pickles and preserves, Tony from **Bowland Outdoor** Reared Pork, Beef and Lamb and Leanne's home-baked, sweet treat **Temptations**.

Additionally, our Guest Appearance slot this month is being filled, by popular request, by **Spirit and Flame**, makers of handcrafted soya candles scented with amazing combinations of purely natural ingredients. Andy visited Brough Market last November for our Christmas fair and had such a positive experience with us that he requested another opportunity to join us. If you missed the stall in November you have another chance to browse (and sniff) his incredible range.

As always, entry costs nothing and you can be assured of a friendly welcome, tea or coffee and homemade cakes.

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Party Food/Bouncy Castle Calamity Avoided!

The New Year has got off to a lively start at Stainmore Parish Hall. January saw the hall hired for a birthday party which was a great success, complete with a bouncy castle that kept everyone thoroughly entertained. Our separate side room worked a treat too, keeping party food safely away from the main action – proof once again of how flexible and family-friendly the hall can be.

Our regular activities continue to go from strength to strength. Dominoes remains the highlight of our monthly programme and is always a sociable and well-attended evening. Craft and Chat is ticking along nicely and would love to welcome more people – especially if you have that half-finished project at home that you keep meaning to get back to!

The Gardening Group has also started 2026 in fine form, with an interesting and enthusiastic discussion in February about plans and ideas for the year ahead.

There's plenty to look forward to in the coming months, as refurbishments begin. New windows and front door, improved insulation, a new ramp for easier access and upgraded hall heaters, are all on the list. As always, we're keen to hear from anyone who would like to get involved - volunteers are always welcome and much appreciated. It's a great time to be part of Stainmore Parish Hall!

If you would like to learn more about our activities, book the hall, or suggest ideas for future events, we warmly invite you to get in touch.

Please contact us at stainmoreparishhall1@outlook.com or phone **07968 851660**

Stainmore Parish Hall Diary Dates –

March

4th	Wed	Domino Drive	7.30pm
4th	Wed	Craft and chat	1-3pm
11th	Wed	Craft and chat	1-3pm
12th	Thurs	Gardening Group	7.00pm
18th	Wed	Craft and chat	1-3pm
25th	Wed	Craft and chat	1-3pm

April

1st	Wed	Domino Drive	7.30pm
1st	Wed	Craft and chat	1-3pm
8th	Wed	Craft and chat	1-3pm

Serving the communities of Brough for over 100 years.

The Brough Memorial Hall is OUR community building, here to serve everyone. If it is to remain a vibrant and relevant resource, its trustees acknowledge it must modernise and have its facilities, amenities and, possibly, its structure upgraded. This will cost. As you know, we have already benefitted from a substantial grant from the Rural England Prosperity Fund, augmented by a very generous and much appreciated donation from Brough Parish Council and community fundraisers.

We are currently preparing to be 'Capital Funding Ready.' Put simply, when the next Government monies are released in 2027, we want to be first to benefit, armed with a clear plan to implement the changes that YOU want, to ensure the hall is a more welcoming, fully usable space. In 2026, we will be undertaking professional surveys checking what alterations are priorities and what works could enhance the building suitability to serve us better. We need to come together at this crucial stage in the hall's history to ensure its continued viability, so we will be seeking your help.

Whether you are:

- a regular hall user as a member of a group or society which meets there
- an occasional hall user who has attended infrequently as a guest at a private function or in the audience at an entertainment event
- someone who doesn't use the hall at all because it doesn't currently cater for you

...we'd love to hear your views.

So what improvements would ensure the hall meets your needs, and encourage you to use it more? Ideas might include:

- better heating/lighting
- improved acoustics
- more storage
- better accessibility to all areas
- a separate space for smaller groups
- a better outside space
- dementia friendly signage
- upgraded toilet facilities

BROUGH REMOTE CINEMA

Sunday March 22nd

3.00pm

ONE CHANCE

Cert.12A

This list is NOT exclusive; all feedback would be welcomed.

Contact via the link: <https://bit.ly/BMHhaveyoursay>

...or at the usual address: info@broughmemorialhall.co.uk, or by attending the **AGM in the Memorial Hall on Monday 30th March from 7.00 pm.**

COME AND BE HEARD!

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Saturday 11th April
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Spring at Kaber Village Hall:

Creativity, Community, Conversation and an interesting gig

As the lighter days return, Kaber Village Hall is gearing up for a lively programme of spring activities running over the coming months. Whether you're looking to try something new, meet neighbours, or simply enjoy an afternoon out, there's something for everyone this season.

A special event on March 21st at 7.30pm - "The Dress Rehearsal".

This is an evening of gentle and lively music from various genres performed by two duos, Caine and Denney, and FinMor.

At the heart of our spring schedule is the much loved Kaber Craft Club, a warm and welcoming space for anyone who enjoys making things with their hands. The club is proudly informal - bring along your own project, settle in with a cuppa, and spend time sharing ideas with fellow makers. Whether you're into crochet, quilting, mosaic work, seasonal crafts or you simply want to pick up a new skill, you'll find plenty of encouragement and inspiration. Beginners are always welcome, and our friendly regulars are happy to share tips, techniques and the occasional ball of wool.

Alongside Craft Club every Tuesday at 6.30pm, and Coffee mornings every 3rd Saturday of the month, the hall will host a mixture of social gatherings and community events throughout the spring months.

March 7th Quiz, Pie and Peas 7pm

March 21st Coffee morning 10-11.30am

March 21st "The Dress Rehearsal" 7.30pm

March 28th Easter Family Bingo, with hot dogs and easter prizes 4pm

April 18th Coffee morning 10 – 11.30am

May 2nd Big Brunch from 11am

May 16th Coffee morning 10 – 11.30am

June 6th Salad and Sweet 12pm

Full details and dates are available on the hall's events page: kabervh.com/events-at-kaber-village-hall or get in touch via booking@kabervh.com

Spring is a brilliant time to reconnect, unwind and enjoy the creativity that thrives in our community. We'd love to see you at the hall - come along, bring a friend and be part of something special.

(Many thanks to Rachel Green)

The BIG INTERVIEW – Lesley Sanderson

If you've owned and/or cared for an animal since 1989, the chances are you've needed a vet, and are likely to have encountered **Lesley Sanderson**. She's spent her entire career supporting the animals of Upper Eden, and occasionally, their owners. Since 2008, she's been a director of Pendragon Vets, which employs 16 staff. After nearly 37 years, she's truly queen of the veterinary scene, and on a typical Monday afternoon in February, she chatted to The WAY.

The WAY

Hello Lesley. That accent of yours isn't from round here. How come you landed in Upper Eden?

LS

I applied here after graduation when Mr Anderson was retiring, but I had to wait for Barr & Lockhart to be formed on October 1st 1989. So I had work experience in various other places then began here and never looked back. But I grew up in nearby Roxburghshire.

TW

Did you always expect to stay?

LS

Well I started looking for a new job after about three years in Kirkby, but didn't see anything better...so I ended up hefted!

TW

So, what's a typical day at Pendragon Vets?

LS

Depends if you're on the small animals side or farm animals, but all vets can deal with everything. For those at head office, it's consultation or operations, and others will be out on the farms, so a steady mix of both. It was about 80/20 farm to domestic animals when I started, but post-Foot & Mouth, plus with greater pet ownership nowadays, that's pretty much reversed. Going into March, lambing season is approaching, so we'll be busy with that, and with TB testing.

TW

How are you affected by the annual traveller gathering?

LS

We're bound to see some injured horses or dogs. Most of the travellers we see though, are really sound people, mainly because they are approaching us to care for their animals. I've rarely been left with a bad taste about any situation during the Fair period.

We once had a family who had a foal with diarrhoea, so I told them it just had too much milk, and I gave it kaolin and probiotics just to reset everything. I left saying "I bet you a fiver it's better tomorrow". A year later, I saw a pile of five £1 coins at work, and the receptionist said that a chap came in saying you'd bet a fiver last year that his foal would be better the next morning, and it was!

TW

You serve an area as far as Tebay, Cautley, Swaledale, Sandford and Brough, and seem to have an increasing client base from the Barnard Castle area. How do you account for that?

LS

Well feedback suggests we compare well on price and the time we spend with a client, and that we seem to be as interested in the owners as much as the animals. Certainly the corporate operations will offer an all-in price for everything you might possibly need for the treatment of animals, whereas we tend to break the job down and quote for individual stages of the treatment. So in a nutshell – customer service.

TW

OK – well long may it continue, and business thrive. Thank you Lesley.

PLAY TABLE TENNIS

IN KIRKBY STEPHEN AND WARCOP

Kirkby Stephen Table Tennis Club runs a number of sessions for all ages groups and ability levels. Get fit and have fun in all weathers!

First session is FREE at ALL clubs - pay as you play thereafter. £4.00 for adults / £2.00 for juniors.

Bat & Chat

A senior players group in Warcop Parish Hall run by KS TT Club.

Fridays 1:30pm - 3:30pm

Juniors

Based at KSGS Sports Hall delivering a TT Kidz Programme, coaching and fun tournaments.

Thursdays 6:15pm - 7:15/30pm

Kirkby Stephen TT Club

Adults, juniors & family groups play at KSGS Sports Hall.

Thursdays 6:30pm - 8:30pm

Warcop TT Club

Adults, juniors & family groups play at Warcop Parish Hall

Mondays 6:30pm - 8:30pm

CONTACT info:

KS TT Club:

Mike on T: 07975 946 312

Email: mikeasunderland@gmail.com

Warcop TT Club:

David on T: 07807 085 513

Email: keetleyjd@sky.com

Bat & Chat:

Chris on T: 07522 507 186

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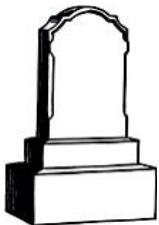
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HISTORICAL PERSPECTIVE

Main Roads through Brough in 1770

According to Thomas Jeffery's map of Westmorland, 1770, the main roads through this area were the turnpikes, so-called from the need to turn (=open) the tollgate every two or three miles, on payment of the toll for the road's use. Tolls went to pay for the road's upkeep, and to pay the tollhouse-keeper who collected them. The turnpikes had milestones along them, all shown on Jeffery's map. On this map, the main places are shown in capitals, namely Brough, Warcop, Great Musgrave, Crosby Garrett, Kirkby Stephen, etc.

Brough (i.e. Market Brough) was on the Kendal to Middleton-in-Teesdale turnpike, via the present road to Middleton (not on this map being in Yorkshire then) and Southwards via Great and Little Musgrave where the old ford was supplanted by a new bridge, made for this turnpike. However, most new 18th century bridges had cores of earth, not stone (earth was much cheaper), and many fell in floods. This bridge has long gone, and the old ford now has the present day, early Victorian bridge.

The road then went South via Soulby, Crosby Garrett, and over the fell to Newbiggin-on-Lune, then West via Kelleth and so to today's Mount Pleasant in Tebay, and onwards to Kendal.

Teesdale had lead, Kendal had supplies, hence this road.

To properly follow the detail, check the maps themselves at:
<https://maps.nls.uk/view/220113175>

(Many thanks again go to Jeremy Godwin)

Warcop Parish Hall

Easter Bingo

Friday 27 March 2026 -
Eyes down at 7.30pm

Cost - £1 a book
Easter prizes and raffle
Tea and coffee included

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.

Appleby Bowling Club

Historic Club Welcomes Members From All Over Eden

Appleby Bowling Club is an iconic club situated on the River Eden at the Sands, Appleby. First opened in 1913, its long history can be traced by the illustrations around the clubhouse. Now encompassing an indoor two rink facility for the long winter months, a professional kitchen, bar, toilets and office facilities.

In past days there were 100 resident bowlers and at busy times it was difficult to play a match. Now we are down to about 30+ playing members. We need more members!

My name is Rick Gannon, this year's president, and my job is to put out a message to Appleby and surrounding villages that it is time for you to come down and try bowling for yourself. There are free taster evenings every Tuesday evening from 6.30pm from mid-April onwards. Should this whet your

appetite, a special introductory offer of £35 (normally £65) will give you a chance to learn quickly and find out what an exciting game this can be. At these evening sessions we even have our own coaching team to help you on your way.

Socially, we are reintroducing a Friday night social night commencing on 20th February to which all our welcome. Pop in for a chat and drink from the bar, or a cup of tea or coffee. We also have many fun tournaments throughout the summer, or you can simply come and watch when county teams come down to play important matches on our wonderful green. Whether you want to just play for fun or become more serious and involved in county games, you can do it all at Appleby.

With April not far away, pop in and see us at the club any Tuesday afternoon and then when the green opens in April come and enjoy a free trial on Tuesday evenings.

For further information ring/text Rick Gannon on 07810 356278

METHODIST CHURCH TIMETABLE

DATE	CHURCH	TIME	REV / SPEAKER
1 st March	Warcop	10.30 am	LA
8 th March	Warcop	10.30 am	W Ousby
15 th March	Warcop	10.30 am	Ramnath Parish H
22 nd March	Warcop	15.00 pm	J Ousby
29 th March	Warcop	10.30 am	LA
1 st March	Brough	10.30 am	Brough Sowerby
8 th March	Brough	10.30 am	Newlove
15 th March	Brough	10.30 am	P Hilland
22 nd March	Brough	10.30 am	Betts HC
29 th March	Brough	10.30 am	S Radford
1 st March	Brough Sowerby	10.30 am	Newlove
8 th March	Brough Sowerby	10.30 am	LA
15 th March	Brough Sowerby	10.30 am	Carter
22 nd March	Brough Sowerby	10.30 am	At Brough
29 th March	Brough Sowerby	10.30 am	At Brough

Warcop Parish Hall

Thursday 19th March

The Ballad of Wallis Island (12A)

Doors open: 7.15pm -
Screening: 7.30pm

Tickets on the Door £5

Refreshments Served

Highlights Rural Touring Scheme

A world of the Arts from Brough

Highlights Rural Touring Scheme links over 85 rural communities, a passionate network of volunteer promoters, and a vibrant mix of local and national artists. Together, we light up village halls, schools and community spaces with unforgettable theatre, music, dance, and storytelling.

Highlights was founded in 1997 by Barbara Slack, working from a shed in her back garden in Colby, Appleby. The organisation moved into an office in Appleby several years later, had a few years in the BlueJam building in Penrith and has been based in the small portacabin in Brough since Autumn 2023.

Originally founded to serve isolated villages in the North Pennines, we now reach across Cumbria, County Durham, and Northumberland – areas where economic decline, poor transport, and social isolation remain real challenges.

Our events change that. They spark connection, bring laughter, and fill

village halls with life. Some venues are cosy and intimate, perfect for acoustic gigs or one-person shows. Others are grander, ready for full-scale productions. Whatever the size, expect high quality entertainment and a friendly welcome.

Nearby venues to Brough include Kirkby Club, Soulby Village Hall, Appleby Public Hall and Appleby Hub, Orton Market Hall and Murton Village Hall.

We are funded by Arts Council England and we're part of a national sector, one of more than 25 rural touring schemes reaching over 2,000 small venues across the UK, championed by the National Rural Touring Forum.

There are four of us working out of the Brough office: Kate Lynch is the Artistic Director, Jo Cottrell is the General Manager, Joel Phillimore is the Community Programmer and Dawn Foster is the Creative Administrator. We're very friendly and if the blind is open, we're in the office – feel free to pop in for a chat, grab a brochure and find out more.

<https://highlightsnorth.co.uk/>
(Many thanks to KATE LYNCH)

Pilgrim Cello at St Lawrence's Church, Appleby.

Thursday March 5th at 7.00pm.

In a special forthcoming musical event, Kenneth Wilson tells the story of a unique journey – a 1,900 mile bicycle pilgrimage around England's 42 cathedrals, with his cello, performing a Meditation on the Seven Last Words of Jesus in 41 of them. Come and hear his music and his story.

Tickets (at the door) for Performance:

£10 (adults) £5 (students). Wine and canapés to follow (donations).

First Aid 12 hour Training Course

First Aid training day at Brough Pre-School Nursery on Wednesday 8th April.

This will cover:

- Paediatric and Adults
- Defibrillator
- EpiPen
- Anaphylactic shock
- CPR
- Burns, seizures etc.

The training consists of approx. 6 hours on the day and an additional 6 hours online for you to complete your training and get your certificate. Valid for 3 years.

If you are a local business, childminder, nursery, school etc., please get in touch to book your place. The more people we have, the cheaper it will be. We do expect this to be in the range of £70 - £80 per person. The venue: Brough Pre-School Nursery building.

For more information, or to book your place please ring: 017683 42112 or 07989234565

World Day of Prayer 2026

Globally Synchronised Prayer Meeting in March.

Liz Botterill describes a unique forthcoming event

The World Day of Prayer is an ecumenical movement formally known as Women's World Day of Prayer. It promotes prayerful action throughout the world. Each year a service is produced by a group of women in a specified country. It is a service of prayer, praise and reflection and explains the circumstances, hopes and faith of some of the inhabitants. This year the country is Nigeria.

The service will take place on March 6th at 10.30am at Upper Eden Baptist Church, Kirkby Stephen. It is a unique concept as the same service will be conducted on the same day in 146 countries across the globe! All are welcome and light refreshments will be served after the service.

The morning service is hosted by Churches Together but there will be an alternative timing for people unable to make the main service. Rev. Jackie Betts will lead the same service in a more simplified form at 7.30 p.m. on March 6th in Methodist Chapel Vestry, Kirkby Stephen. (Access to the vestry is via the Church Hall). Again, everyone is welcome.

Please contact Jackie for more information **017683 71598 / jcbetts82@gmail.com**

Christian Aid Week 2026 9th to 15th

May

Over many years our community here in the Eden Valley has given tremendous support to Christian Aid, especially during Christian Aid Week which is scheduled in May each year. It is a time when we can support rural communities in different parts of the world, which are striving to support families in desperate situations. Much of the fund-raising locally has been generated by house-to-house collections which are dependent on a team of volunteers. We have been extremely fortunate over the years having a team of up to forty volunteers willing to give up their time to distribute and collect envelopes during the week. However, in the past few years the house-to-house collecting has decreased. Many people rely on bank cards or on-line payments and no longer keep "real money". Our envelope collection in recent years has been supplemented by large donations, concerts, tray bakes and coffee mornings. Maybe the way forward is to find new ways to support Christian Aid?

I am resigning as co-ordinator for Christian Aid week after twenty years at the helm. For most of these years Rosemary Turner has been assisting in all aspects of the work not only to raise money for Christian Aid but also to increase the awareness of global poverty. We were especially pleased to give presentations to local primary and secondary schools, which was an education for us too!

If anyone is interested in taking the role of Christian Aid Week organiser now is a good time to start. Materials can be ordered from mid-February onwards and the details of the project being adopted will be available from then on. Please contact me or Rosemary for more information. I can pass on details of previous Christian Aid Weeks. Churches Together has supported the work of Christian Aid and will continue to do so in whatever way is feasible. Many thanks to all who have helped and encouraged us in this work and contributed in countless ways.

Liz Botterill - 017683 72973

Rosemary Turner - 017683 72554

For information,

www.christianaid.org.uk

Cover story

The Mad March Hare

Springtime is the traditional time to see hares in the breeding season when the 'mad March hares' chase and leap over each other and sometimes box like two fighters in a ring. If you spot hares 'boxing' in the fields, it is most likely that you are watching a female warding off an overenthusiastic amorous male, not two males fighting.

Sometimes you can meet a hare lolloping along the road with its long black ears, gangly legs and big eyes – always a special experience. You may catch it in your car headlights or as the days get longer see one at dusk when there's enough daylight to see properly. If it's not panicked the hare will soon hop off the road under a gate or fence to carry on with whatever business it has in mind. Perhaps it's travelling to the next field to graze, or look for a mate or even return to young leverets.

If you're out walking across fields you may disturb a hare out of its 'form', a small depression in the ground where it has been resting. Up it will get, bounding away and running in zig-zags across the field, instinctively trying to put any predators off its trail. By entering each field quietly and slowly you may get a better sight of several hares spread about grazing, or resting, or even at this time of year leaping about and boxing like mad March hares.

(Thanks to Andrew Miller for the cover picture and Janet Jenkins for the article)

Community Mental Health Support

'Growing Well' charity that provides help with mental wellbeing

Growing Well is a local mental health charity that provides a day service to local residents. With free minibus transport and a free lunch, those struggling with their mental wellbeing are supported through therapeutic outdoor activities in a safe and friendly environment. We encourage people to unearth new confidence, skills, and purpose.

*People can be referred by any professional or can easily refer themselves – either through our website www.growingwell.co.uk or calling **07512 316564** to enquire.*

Join us in the field!

Upper Eden Community First Responders

Local People Saving Local Lives

In the Upper Eden Valley, emergency response times can be long, due to our rural geography. Community First Responders (CFRs) bridge that gap. Our trained volunteers attend 999 medical emergencies and provide immediate, potentially lifesaving care in critical situations such as cardiac arrest, breathing difficulties and loss of consciousness - where every minute truly counts.

Because early intervention dramatically increases survival, having local responders on hand is vital for our community.

Our team relies entirely on donations and fundraising to stay operational. Ongoing costs, like replacing equipment and maintaining community defibrillators, are not covered by the ambulance service. Continued financial support is essential to ensure we can keep responding when needed.

We also offer basic life support and defibrillator training for community groups in exchange for a donation. These sessions help build local confidence and resilience, while directly supporting our work. Anyone interested in volunteering as a CFR is also welcome to speak with us.

If you or your organisation would like to book training, make a donation, or support our fundraising efforts, your help will make a real difference to the safety of our rural community.

If you want to find out more visit <https://uppereden.org.uk>, our Facebook page, Upper Eden Community First Responders or get in touch with Bryan via palphreyman@gmail.com

Together, we can ensure this vital service is there when every second matters.

NEXT ISSUE SUBMISSIONS...

Anything to contribute?

All articles need to be with us **before 15th March** for inclusion in the **April** 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

Note that the editor's decision is final.

Upper Eden Medical Practice Patient Panel Meeting – Part 2

Following on from last month's report on the voluntary Patient Participation Group with the Upper Eden Medical Practice, we bring more detail from their last quarterly meeting.

The ICAT

The ICAT (Integrated Care Ageing Team) also sometimes known as The Frailty Team, is still in place. Kim Lacey works on Wednesdays and Thursdays, and Adelle Brittleton works Thursdays.

Home visits for the elderly still take place. There is a daily visit list for acutely ill patients, and also monthly ward rounds to all 3 care homes. The practice nurses also carry out home visits for flu and covid vaccinations and annual reviews for housebound patients.

Action was to be taken concerning reception checking and combining multiple appointments for patients.

Follow-up blood tests

Jane Little of Cumbria Health explained that follow-up blood tests are no longer at the surgery, and explained the current process and restrictions at the surgery.

GP practices used to do a lot of work originally undertaken in hospital clinics, such as blood tests, ECG's, and follow-up care, which has had an impact on GP work. Therefore Cumbria Health decided to stop hospital-generated tasks from 1st September 2025 so that they can focus on GP-led patient care. If the Integrated Care Board (ICB) alters funds to undertake hospital work, which they apparently do elsewhere in Cumbria, Cumbria Health would be more than happy to restart the service.

Confidentiality Concerns.

A concern was mentioned of the lack of confidentiality when dealing with patients at the window of reception and overhearing of phone calls. Patients can ask for a private discussion and playing music is to help with confidentiality, and they are in the process of requesting a phone licence to be moved to a back administrative office to enable training new staff. They will also trial keeping a blind down in reception to help with confidentiality.

Patient Practice Group

We do hope that this information is of some use. Please contact the surgery if you would like to volunteer for the group and help, especially younger members of the community.

(Many thanks to Fiona Alderson for this report).

Weather Dependent Spring Preparation

I have started sorting out the garden, but it has been very difficult with the unpredictable weather conditions. It is either too wet and boggy to dig or too hard with the icy conditions, and then when we get a good sunny day, the ground is covered with snow.

However, the outside raised beds only need some top dressing of soil or compost to be ready.

This year I am going to cover them with hoops and fine netting to keep the insects off the plants, as well as my bird cage netting, which unfortunately lets the butterflies through. It nearly becomes a full-time job removing the eggs and caterpillars from the undersides, mainly of brassicas etc.

I planted my very early seed potatoes Rocket in my raised bed in the polygreenhouse on the 9th February so I can have my first pickings on 22nd May, my daughter's birthday (it's become a tradition to do this over the years). The rest of the seed potatoes I have put to chit in egg trays in a bright cooler room.

I will, indoors, have sowed a lot of my vegetable seeds and planted onion sets in pots by the time you read this and hopefully the weather

will have settled down and we have a good show of snowdrops, daffodils, crocus and primroses and maybe a bluebell or two. Although I use my garden and planting areas for edibles, I make an exception when it comes to spring bulbs and primroses. They give me a huge lift and tell me spring is on the way so they have a purpose as far as I am concerned.

All the Winter pruning should be completed by now, and a lot of trees and bushes are showing a tiny bit of life. Spring working in the garden is a lot of hard work but when you get it right, the rewards are well worth it. Even if you don't exactly get it right there are always some little gems to surprise you and make you smile. Frogs loudly croaking and frogspawn in my pond is my best one. I hope I am successful again this year.

(thanks to MARY WILSON)

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Boxed adverts cost £40 or £80 per annum

(dependent on size)

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DIARY DATES

March

1 st Sun	YFC Big Breakfast	Brough Memorial Hall	9am
4 th Wed	Craft & Chat	Stainmore Parish Hall	1pm
4 th Wed	Domino Drive	Stainmore Parish Hall	7.30pm
5 th Thurs	Foyer Café	Warcop Parish Hall	9am
5 th Thurs	Soup & Pud	Warcop Parish Hall	11.30am
6 th Fri	Quiz	Brough Memorial Hall	7pm
7 th Sat	Quiz, Pie & Peas	Kaber Village Hall	7pm
11 th Wed	Craft & Chat	Stainmore Parish Hall	1pm
12 th Thurs	Foyer Café	Warcop Parish Hall	9am
12 th Thurs	Pensioners' Lunch	Allison's Café	12noon
12 th Thurs	Gardening Group	Wilkinson Ho., Stainmore	7pm
14 th Sat	Coffee Morning	Warcop Parish Hall	10am
14 th Sat	Soup & Sweet (Br Show)	Brough Memorial Hall	12noon
18 th Wed	Craft & Chat	Stainmore Parish Hall	1pm
19 th Thurs	Foyer Café	Warcop Parish Hall	9am
19 th Thurs	Cinema	Warcop Parish Hall	7.30pm
21 st Sat	Farmers' & Makers' Mkt	Brough Memorial Hall	9am
21 st Sat	Coffee Morning	Kaber Village Hall	10am
21 st Sat	Coffee Morning	Brough Methodist Church	10am
21 st Sat	Music Evening	Kaber Village Hall	7.30pm
22 nd Sun	Cinema	Brough Memorial Hall	3pm
25 th Wed	Craft & Chat	Stainmore Parish Hall	1pm
26 th Thurs	Foyer Café	Warcop Parish Hall	9am
26 th Thurs	Pensioners' Lunch	Allison's Café	12noon
27 th Fri	Easter Bingo	Warcop Parish Hall	7.30pm
28 th Sat	Easter Bingo	Kaber Village Hall	4pm
28 th Sat	Social Evening	Musgrave Parish Institute	7pm
30 th Mon	AGM	Brough Memorial Hall	7pm

April

1 st Wed	Craft & Chat	Stainmore Parish Hall	1pm
1 st Wed	Domino Drive	Stainmore Parish Hall	7.30pm

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If you would like to receive The Way by post please contact:

thewayeditor305@gmail.com

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The cost of this service is **£14** per annum and can be paid in advance by bank transfer or cheque.

Details for payment will be sent to you by return email.

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DOCTORS and HOSPITALS

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Appleby Medical Practice	017683 51584
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

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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