

THE WAY

May 2026



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Hope & Unity Springs Eternal in Eden

Obviously, in the Spring, the themes tend to gather around revival and growth, and it's nice to think that optimism is bursting forth with it. It may be hard in difficult economic and global conflict times to see things positively, but if we can focus on the locality, we can probably increase our chances of smiling and hoping. Insects are reappearing, gardens are producing, flowers are growing and selling. It's also important to seek continuity over time, and we can also look to the constants around us. Whatever lunacy persists on the big stages, the Penines have seen it all, ditto The Howgills and Mallerstang Valley. The A66 may be in the process of reinvention (again!), but the route has existed to a more or less degree, for centuries. Folks have always wanted to move and meet.

Insight into history can help with perspective too. Historical bridges hint at connections to people and places that were always sought. The forthcoming Loki festival will give insights into a way of life a millennium ago. However turbulent times may seem, we can maybe take consolation in the knowledge that events and history are cyclical in one form or other, and so is the urge of people to make the best of bad situations, and hope for the next phase of better times.

Whilst I can't claim that The WAY is your window to all future unity and happiness, I like to think it offers a short-term glimpse into a lively and interesting near-future, filled with hope, plus eager anticipation of the next issue!

Happy reading!

NEXT ISSUE SUBMISSIONS...

Anything to contribute?

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

Please email us at **thewaveditor305@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.

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.

A few minutes of your time per month could go a long way.

IS THIS YOU? Email: thewaveditor305@gmail.com if interested

Brough Parish Council

Serves, Cycling and Soccer

At the last meeting of Brough Parish Council, held on Thursday 16th April, the following items were discussed.

Tennis courts

Councillor Brocklehurst has repaired the net post, made some other minor repairs, and put up the new net for the summer season.

Cumbria Easter Rally

The meeting agreed that once again the Rally had been a great success and a very enjoyable event.

Resurfacing on Main Street

Councillor Simpkins reported on the recent resurfacing road works carried out on Main Street.

Pump track development project

Work to improve the pump track will begin in the week commencing 4th May – weather permitting.

Brough Football pitch improvements

Brough Football Club are proposing to make some improvements to the pitch, specifically to 'dress' the pitch at the end of the season and reposition the goal posts. This proposal was supported by the meeting.

The next Parish Meeting will be held on Thursday 21st May 2026 in the Methodist Church, High Street, Brough CA17 4BY at 7.00pm

Information is also available at brough-cumbria.info website

BROUGH FILM CLUB.

Our planned screening of Song Sung Blue, in May sometime, has unfortunately had to be postponed. Several of you "regulars" are away, as are we. It has been impossible to pick a date when we could hope to have a large enough audience to pay for the £140 license. So we shall carry this over until September, when we start again for our autumn/winter season.

We still intend to trial at least one evening event, with our bar open and possibly some sort of nibbles to munch during the film.

We thank all of you who have supported us with cakes, raffle prizes and yourselves over the years. We do hope to see you in September, but we have reached a critical moment. Without yours and others continued support, we will have to close our doors. Have a great summer, see you in September.

Thank you, Ailsa and the team.

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Charity Clothes Collections

Another month has passed and we would like to say a huge thank you to all those in our community who have left items with us. We have taken another carload to the Salvation Army, Care and Share charity and Vincent House – all in Blackpool. The latter takes care of the homeless. We are still happy to be the point of contact for these institutions although, as mentioned before, we will be winding down as the year progresses. As long as the war in Ukraine continues we will be supporting Hope and Aid Direct of course. One of their trustees collected items left with us in April as well. It is amazing how much can be packed into a car.

If you are unsure about leaving something with us, just give us a ring and we will try to be helpful. We also still take unwanted spectacles and NHS items, and used stamps. Any odds and ends that aren't suitable for the above charities go to Age Concern in Appleby or Barnardos in Kirkby Stephen.

We are happy to collect locally – just get in touch if you can't deliver. Remember the outer porch door round the back of our house is always open so you can leave things in there.

Thank you to everyone.

Councillor Graham and Heather Simpkins. heather@heathersimpkins.com
Longway, New Road, Brough. 017683 42345

Brough FC

Penalty Pain and Duck Delight.

On Saturday 4th April, Brough welcomed Ingleton to the Common for the biggest game since the re-establishment of the team in 2021: the semi-final of the League Cup.

Ingleton started strongly and took the lead in the first five minutes. Brough then settled into the game and went 3-1 up - goals coming from Ian Wells, Callum 'Ronaldo' Holmes and Harry Jones. But in the final ten minutes, Ingleton dug deep and managed to score two late goals, meaning at full time the result was 3-3.

A penalty shootout was to follow and it ended 4-3 to Ingleton. A disappointing end to a great occasion.

The first duck race for Brough FC was a brilliant success over the Easter Bank Holiday. 600 ducks were sold, raising funds for the club.

The results were:

- 1st Dawn Henderson
- 2nd Calvin Jones
- 3rd Elsie Coulthard
- 4th Julie Smurthwaite
- 5th Julie Robinson.

The club would like to thank everyone for the support of this event, and looks forward to doing it again next year.

(Ian Wells)

Charity Collections

CHRISTMAS BAGS FOR CHILDREN IN UKRAINE

Would you like to be part of this local initiative? If so please read on.

Admittedly, this is an early call, as the April showers are still happening while I write this request for Christmas bags!

The bags need to measure 13" x 10" roughly and have a ribbon (not elastic) drawstring in the top. I currently have quite a lot of these so, if sewing is not your thing, just let me know how many you would like.

Contents:

- A ball (tennis or a little bouncy one)
- Bag of sweets (not chocolates)
- Little notebook, pencil(s), crayons, rubber, pencil sharpener
- Soap, flannel, toothbrush and toothpaste
- Hairbrush or comb
- A Christmas card saying something like "Happy Christmas from your friend in Cumbria, England"

These items will fill the bag nicely. They will also suit either boys or girls. Hats, gloves/mittens, scarves, socks etc. are being sent separately as an ongoing need so they don't need to be included, and the bag wouldn't be big enough anyway!

A minimum donation of £1 per bag would be perfect. All donations will be given to the charity to help towards the cost of transport. Please don't put the money in the bag!

The bags will be collected from our house (Longway, New Road, Brough – opposite the chippy) by a volunteer from **Hope and Aid Direct** and taken south to be loaded onto their lorry. Plenty of time to work on these.

THEY NEED TO BE WITH US BY 1ST OCTOBER SO THEY CAN GO ON THE LORRY IN MID-OCTOBER AND BE READY FOR DISTRIBUTION FOR CHRISTMAS

Don't hesitate to contact me if you have any questions.

Heather Simpkins on 017683 42345 or heather@heathersimpkins.com

Brough Methodist Church Coffee Morning

Saturday 9th May

10.00am - 11.30am in the schoolroom

Donations for Chapel Funds

We will take a break for Summer and our next coffee morning will be in September.

BROUGH SOWERBY LUNCH CLUB

We continue to meet on the first Wednesday of the month from 12-1pm, in Brough Sowerby Chapel.

We serve a choice of soups, bread, & puddings, followed by tea/ coffee & biscuits – all homemade.

EVERYONE IS VERY WELCOME

Any queries, contact:

Debbie - 07891 681798

Margaret - (017683) 41223

Brough Sowerby Chapel Anniversary Service

You are invited to join us at BROUGH SOWERBY CHAPEL for the Chapel Anniversary Service.

Date: SUNDAY MAY 17th at 10.30am,

Worship will be led by: PETER & HELEN STOBART.

Followed by lunch. (Please note that this will replace the usual Coffee Morning.)

As ever, all are welcome!

Musgrave Village Institute

Eggs & Ducks

Last month an egg show was held in the institute by the Eden Poultry club, with 362 entries from all over Northern England and beyond. The Championship was won by Eddie Eastham from near Carlisle, and Reserve Champion honours went to Marc le Clecq from Rowlands Gill. Let's hope the bird flu restrictions are lifted to allow a Poultry show to be held here in September this year.

We held our final Winter Social at the end of March but are planning a Midsummer Social on Sat 27th June at 6.30pm. More details will be on the Messenger page nearer the time. All are welcome.

Musgrave annual Duck race will be on Sunday 9th August. The annual show is on Sunday 30th August, with the show schedules to be made available in due course. Both events are good fun, so do come along and take part. Again, more information nearer the time via the same channels.

The Institute is a great place for your event, with its beautiful outside space and views over the countryside. We also have free wifi, plus it's a great venue for craft and art clubs and the snooker room is also well used.

If you would like to hire the Institute for your event, please contact David Ewin **07745030672** / **musgravevillagehall@gmail.com**

Or Lorraine Plews **07966067869** for general information

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Stainmore Parish Hall

Upgrade update

We're delighted to share that we're now in the final stretch of the first stage of renovations at Stainmore Parish Hall. It's been wonderful to see the improvements coming together—the hall is looking better than ever and will soon be even more comfortable for everyone to enjoy. Once this stage is finished, the hall will be ready to welcome more groups into this lovely community space. Our dominoes evenings and gardening group are already up and running—new faces are always welcome! We're also keen to hear from anyone interested in running a fitness or wellbeing group—please do get in touch if that might be you.

Dates for your diary:

Dominoes - Wednesday 6th May 7.30 pm

Gardening Group - Thursday 14th May 7pm Wilkinson House

Craft and Chat - dates for May to be decided, follow us on Facebook for updates.

Plant Swap & Coffee Morning - Sunday 17th May, 10 a.m.–1 p.m. A great opportunity to pick up some plants for your garden and support the hall at the same time. Bring plants to swap or make a donation and take some home. Stay a while for a drink and a slice of cake - and there'll be cakes on sale to take away too.

Volunteer Gardening Evening - Wednesday 20th May, 6 p.m. Come and lend a hand with a bit of clearing around the orchard trees. Just bring your gardening gloves - tools and a thank-you supper will be provided. Please let us know if you would like to help so that we know how much supper to prepare.

We look forward to seeing you there and thank you all for your continued support.

Get in touch for more information or to offer your help, call or text **07968 851660**. Follow us on Facebook at Stainmore Parish Hall for the latest news and events.

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

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

St Stephens Church, South
Stainmore

Soup and Sweet

12.30pm (after the coffee
morning)

Saturday 6th June

£7 per person

Raffle and Pew Top Sale

All proceeds to St Stephens
Church

All welcome

To book, phone Karen
017683 42633.

STAINMORE WOMEN'S GROUP

We are re-starting our Stainmore Women's Group in June and warmly invite you to join us.

We meet to connect, eat, drink and network. Please invite your neighbours and come along. Lifts are available if needed. Date and venue are still to be decided. If you are interested in joining us then please get in touch with me by phone - **07890756760** or by emailing: **mrsrachelmilburn@gmail.com**

Events at Warcop Parish Hall in May 2026

Thursday 2nd – 4th

Art and Craft Exhibition, 10am – 4pm

Thursday 7th

Foyer Café 9-11am, Post Office 9-10am

Thursday 21st

Foyer Café 9-11am, Post Office 9-10am

Cinema – Downton Abbey: Grand Finale (PG) 7.30pm

Thursday 28th

Foyer Café 9-11am, Post Office 9-10am

Sunday 31st

Dog Show – Entries from 12noon, Judging from 1pm

Warcop Parish Hall

Warcop fun dog show

Sunday 31st May

Entries from 12noon – Judging from 1.00pm

£1.00 per entry

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Antarctic Tales

Mrs Maureen Heron, President, opened the meeting and welcomed our speaker Mr Chris Bulloch.

Chris talked about his trip to Antarctica, one of three, where he worked on project 'Preservation Antarctica'. He told us that Antarctica once had a subtropical climate and is an island mass surrounded by water. Only one sixth of an iceberg is above the water. He travelled via Buenos Aries to Ushuaia the most Southerly city in the world and the Argentinian navy sailed from there to the Falklands.

Chris has sailed on HMS Ushuaia, an icebreaker, and also on HMS Beagle through the Beagle Channel, which was named by Charles Darwin on his 'Voyage of Discovery'. Some of the whale species in the area are, Minke, Humpback Whales, Orca (part of the Dolphin family).

In the 20th century, some two million whales were hunted, bringing many close to extinction. They were

used in oil, food, corset manufacture, as well as pet food. Seals, penguins and birds are also inhabitants. The Skua bird tends to mob people and eats penguin eggs. Whalers Bay is a cruise ship stop due to the waters being warm and passengers bathe in it as stated to be beneficial for some medical conditions.

Chris worked on the environmental cleanup on King George island. 1000 tonnes of waste including machines, cars etc were dismantled, cut up and loaded into floating skips. These were transported to Montevideo, offloaded and recycled. It was a very interesting insight into the area.

Mrs Maureen Heron gave the vote of thanks. Delicious refreshments were provided by Mrs Gillian Lancashire and Mrs Veronica Steele.

A short meeting took place to discuss our trip to see Calendar Girls in Keswick. Also discussed - Country Fest on 30 and 31 May, the Federation Bursary update and membership subscriptions. A birthday gift was presented to Mrs Sheila Moreby.

Next meeting - Wednesday 6th May 7.30, Warcop Parish Hall. Our speaker will be Julie Sandilands from Appleby Handbell Ringers. Everyone welcome.

CHURCH SERVICES

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

May 2026

- 3rd 9.30am - Holy Communion, St Columba's Church
- 10th 9.30am - Morning Praise, St Columba's Church
- 17th 9.30am - Holy Communion, St Columba's Church
- 24th 9.30am - Morning Praise, St Columba's Church

WARCOP RUSHBEARING

will take place on Monday 29th June 2026.

The Warcop school children's procession will begin from the Chamley Arms at 2pm.

Church service will begin at 3.15pm at St Columba's church.

Cream teas will be served in the Parish Hall from 4pm.

The BIG INTERVIEW – Rocke ‘n’ Roses



Before lockdown, Daisy Rocke was working as a bean counter for the Civil Service in county Durham, when she was inspired to enquire about retraining as a florist. At evening classes, knowledge bloomed and she took more steps towards a possible new direction, including a Saturday job in a florist in Bishop Auckland. After lockdown, office life's appeal had gone to pot.

Having grown up in Kirkby Stephen in her parents' café Rattan & Rush, the career change didn't lead to rack and ruin, but to Rocke & Roses.

(TW)

It's a Thursday lunchtime Daisy, what's going on?

(DR)

It's quietened down over lunchtime but it'll start to pick up near to school collecting time. Mornings up to lunch are usually busy with deliveries and people walking in and ordering, but there's a natural lull around now before people come by again, mainly collecting orders. I close on Wednesdays because it's nice to have a fallow day, but I'm always open Saturday. Thursdays and Fridays can be busy because people are looking ahead to the weekend, maybe going to visit friends and family.

(TW)

So do you have storage out the back stacked with flowers?

(DR)

Well no, I have quite a lot of small but frequent deliveries because I don't have the space here, and I don't have a fridge like some florists have. But because of this, my stock is always fresh and I always know my flowers are going to last.

(TW)

Where do supplies come from?

Daisy (DR)

From a distributor called the Flower Bank up near Carlisle, who cover the North West down to Lancashire and up to Southern Scotland. They buy their stocks from The Netherlands, from the major auctions over there. Such is the set up that a flower can be cut from a field over there, and be in my shop within 24 hours. It's an amazing set up – The Netherlands sells something like 12 billion flowers annually and deals with 50% of all

global floral trade, so it's handy for the UK to have the Dutch so close!

(TW)

So absolutely everything comes from just over the Channel?

(DR)

Well not all – roses tend to come from Ecuador or Kenya. Obviously springtime in the UK is a massive growing time, and I tend to get tulips, irises, hyacinths from this time onwards. Also later in the year a lot of Christmas foliage is UK produced.

(TW)

Is the flower trade subject to trends over the years in terms of styles and colours?

(DR)

Yes definitely. Red and greens around Christmas time and Valentine's. Mother's Day tends to be softer, pastely colours. For weddings, the colours tend to be dictated by the

Pantone* colour of the year. We get quite a lot of say, chrysanthemums that are artificially sprayed. You can get rainbow roses, where the bases of the flowers are injected with different colours and you get that multicoloured ripple effect. We went through a phase recently where soft brown and cream colours were coming in to make 'cappuccino' roses. They literally looked like scoops of ice-cream.

The WAY (TW)

So you're glad you made the change of career?

Daisy (DR)

Oh definitely – I'm busy all the time now. Of course there are births, marriages and deaths all year round as well as the event days and the seasonal demands, so yes, I don't really have quiet times of year at all. I've never looked back.

(* a proprietary colour naming system)

Brough Memorial Hall News

EASTER RALLY REVS UP FUNDS

An amazing total of £2240.00 for the Brough Memorial Hall (BMH) was raised by all those from near and far who attended the Easter Vintage Vehicle Rally and called into the hall to support our efforts to increase our funds.

A HUGE THANK YOU to all who helped achieve this impressive amount:

- Stall holders who attended, contributing to a great atmosphere and creating interest so crowds lingered and spent at the BMH cafe, and also, to those talented bakers and cooks who prepared and donated delicious goods to sell there (£1753.00 raised);
- Those who donated prizes to or had a go (or 10!) at the tombola (£480.00 raised);
- Those who gave generously to stock or bought something from the bric-a-brac stall (£107.00 raised).

All contributed to the final, incredible sum!

But, especially, thanks must go to the wonderful volunteers who gave their time selflessly to ensure the weekend was a success: we couldn't have done it without you.

The next opportunity to help raise funds will be the BMH June Quiz - Friday 19th, June from

7.00 p.m.) Remember to book early to be assured of a table and a fabulous night of entertainment. Email: info@broughmemorialhall.co.uk or phone on: 07792655129

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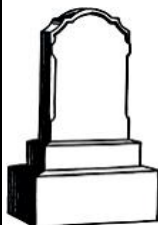
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THE LOKI STONE Festival

Dates:

9th / 10th May 2026. (10am - 5pm on Saturday 9th & 12-5pm on Sunday)

Location: Kirkby Stephen Parish Church, Churchyard & Market Place.

Host Organisations: Upper Eden History Society & Herlid Vikings

Join us in Kirkby Stephen this spring for a unique celebration of our town's early medieval and Viking heritage. The Loki Festival brings history to life with live Viking re-enactments, family activities, and the chance to discover the famous tenth century Loki Stone - one of the rarest carvings of its kind in Europe.

The festival takes place in the atmospheric churchyard of **Kirkby Stephen Parish Church**, home to centuries of history and remarkable ancient stonework.

What's Happening at the Festival?

A Live Viking Age Re-enactment.

Meet **Herlid Vikings**, Cumbria's premier Dark Age re-enactment group. They'll be setting up an authentic Viking encampment where you can watch combat demonstrations, learn about traditional crafts, and see how people lived more than a thousand years ago. Their living history displays include cooking, clothing repair, blacksmithing and more.

The Loki Stone

Step inside the church to see the **renowned Loki Stone**, a 10th century carving of a bound figure long associated with the Norse god Loki. Only two such carvings are known in Europe, making this a truly rare and fascinating piece of Viking age art. Its striking form and mysterious symbolism have inspired generations of visitors, and it will be housed in a new display case from the spring of 2026.

Explore Local Heritage

Kirkby Stephen has deep Viking and early medieval roots, reflected in both its name—meaning “church settlement” in Old Norse—and in the historic stones found throughout the church. During the festival, you'll have opportunities to discover more about the area's past through displays, talks, and self guided exploration.

Fun for All Ages

The Loki Festival is designed for the whole community and visiting families.

- Hands-on activities inspired by Viking life
- Opportunities to chat with costumed interpreters
- Heritage displays and demonstrations
- Two replica Viking age boats
- Craft stalls

We look forward to seeing you there.

Historical Perspective

Where were the local bridges?

Bridges were few in rural Westmorland till the late 19th century, so any road with a bridge was an important route locally. On Thomas Jeffery's map of Westmorland (1770), the bridges in The WAY's area were:

- Market Brough, over the Swindale Beck, carrying the main road north and south to Scotland and London
- At the north End of Church Brough, also over Swindale Beck, carrying the route to Kirkby Stephen and beyond
- Buckle's Bridge, over the River Belah below Oxenthwaite, carrying the low-level main road eastbound.
- Over Augill Beck, on the present A66. Just beyond, to the east were the New Inn and The Punch Bowl
- South of Brough Sowerby, over the

Belah

- West of Warcop, over the Eden (Warcop Old Bridge, 16th Century)
- at Great Musgrave, next to the Church. This bridge no longer exists.
- On the A66 north of Warcop, at Dyke's Nook, and at Coupland Beck
- On the Hilton Road at Dykes, north-west of Burton. This road led to Dufton and to Great Musgrave.

Buckle's Bridge was named after Sir Cuthbert Buckle, who originated from Barras. Buckle had travelled to London as a youth, and got a position as a vintner's apprentice, married the owner's daughter and eventually, following various positions as an alderman, became Lord Mayor of London. He was sworn in, in the presence of Elizabeth I, but within a year, died in 1594 whilst in role as the mayor. As well as the bridge being named after him, a chapel and school were established on Stainmore as part of the stipulations of his will.

Thanks to Jeremy Godwin

Monthly craft sessions

10.00am – 12.00 noon

at Warcop Methodist Chapel

Last Wednesday of month

Bring your own craft

Learn rag rug making

Just come for coffee and chat.

Everyone welcome

Warcop Parish Hall

Thursday 21st May

Downton Abbey:

The Grand Finale (PG)

Doors open: 7.15pm Screening: 7.30pm

Tickets on the Door £5

Refreshments Served

CINE NORTH

St Stephen's Church South Stainmore

Restoration Fund Started For South Stainmore Chapel

As reported in April the church of St Stephen's on South Stainmore has launched an appeal to cover the cost of urgently needed restoration work. Emergency work has already begun on the roof, guttering and drainage. There is also a need for work on the chimney stack which needs taking down and capping to prevent water ingress in various places.

The total cost of the work would be over £10,000, and this is where we are hoping readers might consider donating.

How can you help us?

Please could you contact :
mrsrachelmilburn@gmail.com

...or send a cheque payable to Brough with Stainmore PCC, to our treasurer at the following address: -

Stephen Barnes - Westwood Garth, Brough Sowerby. Kirkby Stephen, CA17 4EG, or to:

Rev Judy Polkinhorn, Rob Ridding, Kaber. Kirkby Stephen, Cumbria. CA17 4ER. (Tel 017683 41473)

METHODIST CHURCH TIMETABLE

DATE	CHURCH	TIME	REV / SPEAKER
3 rd May	Brough	10.30pm	I Newton
10 th May	Soulby	10.30am	
	Tebay	18.30pm	
17 th May	Brough Sowerby	10.30am	
24 th May	Brough	10.30am	Carter
17 th May	Brough Sowerby	10.30am	CA P&H Stobart
24 th May	Brough Sowerby	10.30am	P Hilland
31 st May	Kirkby Stephen	10.30am	

Creativity Blooming

This month's cover picture is a reflection of flowers blooming in May, one of many sources of inspiration for artists in the Upper Eden valley. Our area seems to be full of people being inspired by art whether in school and college art lessons, or those enjoying an absorbing hobby, and others for whom it is a source of income.



Last month the members of Brough and Stainmore Art Group held a very successful exhibition of their work in Kirkby Stephen. This month an annual Arts and Crafts Exhibition will be happening in Warcop when artists and craftspeople from around the area will be displaying their talents: an opportunity for everyone to browse, buy and join in with demonstrations and workshops. In July 'Art in the Mart' will be back in Kirkby Stephen for a second year: local artists will be joined by those from further afield to set up demonstrations and sales of their masterpieces. All these events and more are advertised in The Way.

If you should feel inspired to pick up paper and pencil or brush and paints keep an eye on The Way for notices of up-coming art events and offers of tuition.

ADVERTISING

Contact:

advertising@thewaymagazine.co.uk

Boxed adverts cost £40 or £80 per annum

(dependent on size)

This includes appearing in 1000 copies of each of ten editions of

The Way per year

The Way by Post

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

GARDENING AT WILKINSON HOUSE

A Tale of Fruit and Frogs

Half way through April but no chance yet to put seeds in the ground outside. Managed a couple of days of sunshine and warmth before back to usual wind, rain, hail and even snow and ice.

However. the frogs have excelled themselves and produced loads of frogspawn and to my amazement there are even strings of toad spawn. I have collected some of both and put it in tubs to protect them from the newts and dragonfly larvae lurking in the pond which love to eat the tadpoles.

The apricot and peaches are producing lots of small fruits, so my attempt at being a busy bee has worked. I've been potting on my seedlings. The early potatoes are growing well and I have managed to get my first and second earlies in the ground at the allotment. The rest need to be in, hopefully next week or by the beginning of May.

I was very surprised when I noticed a couple of asparagus sprigs showing through. I was convinced they were dead with all the wet weather and even the waterlogged ground. If there are a couple I am hopeful

for more as May comes in. But I cannot pick any of them this year as its only the second season and they need three years to mature and allow full root growth. I have however, had a bumper crop of forced rhubarb which was worth doing. This was the first crop of the season and I made a delicious rhubarb cake. Over-winter lettuce is growing and I picked my last swede and leeks to make room for new crops. I only have three sprouting broccoli plants which are producing a crop now. In my polygreenhouses I also have flowers appearing on my strawberry plants.

No dead hedge yet but plenty of materials to get going, but the ground at the moment is too soft to paddle about in.

Hopefully, when you are reading this we are in the warm spring sunshine with suncream and hats on to protect ourselves from the strength of the sun.

Mary Wilson, Wilkinson House.

Find *The Way* Online

Please visit:

TheWayMagazine.co.uk

Archive copies at

<https://www.brough-cumbria.info>

Coming soon! The Way Magazine
Brough Cumbria on Facebook

Brough Farmers' and Makers' Market

Saturday May 16th, 9.00 a.m. 12.00 noon

Saturday the 16th of this month will see the third of our 'new look' farmers' and makers' markets, and it has been universally agreed that the first two of these markets (inviting a guest stall holder to make a one off appearance in Brough) have been really encouraging.

In March, Spirit and Flame's return visit after their Christmas market debut saw many customers returning to re-stock on quality candles with beautiful intriguing scents. Andy, of Spirit and Flame was so impressed with the genuinely welcoming atmosphere he gave the market a highly complimentary review on his socials!

Tony of 'Morgan Leather' travelled from North Lancashire to join us at April's market to showcase his beautiful hand-crafted leather work. What a treat! Hopefully, he will be able to return at Christmas.

But, of course, it's our regular producers and makers who make the market a monthly event worth

building into your diaries: fresh eggs from Buckle's farm, Margaret Tyson's amazing preserves, Tony's meat from Bowland Farm, Leanne Taylors sweet bakes and Anne Bray's pies and savouries, not to mention the all year round quality gifts of jewellery, fused glass, books, artworks and photographs from our fabulous makers.

Come and have a look, a slice of homemade cake and a brew; you'll be made very welcome!

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
Graphics / layout	-	John Ockerby
Finance / Distribution	-	Janet Jenkins
Finance	-	Jo Owen
Advertising	-	Joan Lennox
Printing	-	Andrew Miller Janet Jenkins Eleanor Featherstone
Contributors	-	General population

A unique volunteering opportunity in your local community

Are you passionate about supporting others? Can you give a day a week to help and learn at the same time?

As featured in the April issue of The WAY, Growing Well, is the mental health charity based at Tebay Services. It is searching for Support Volunteers to help deliver their work.

What the role entails:

Assisting Activity Leads to deliver supported group activity within our kitchen garden

Helping individuals or the group as a whole to carry out tasks and activities

Being a non-judgemental, active listener and modelling healthy, supportive human relationships

What you'll get in return:

Being part of a diverse and inclusive social network

Loads of horticultural experience and skills

Mental health and safeguarding training

Refreshments, lunch and all equipment provided

A total buzz from being part of something that transforms lives!

For more information please contact:

Kate Lund, Office Coordinator kate@growingwell.co.uk / 07512 316 564

www.growingwell.co.uk



MORE MAY MOTH MATTERS



Putting aside the day flying moths, most are nocturnal, making finding a mate challenging. In addition, you may be surprised to hear that several females have no wings, spending their lives on a tree trunk or similar. Even some with wings chose to hardly fly. So how do they do it? Well, the females release a pheromone (a smell!!!!) which the males can detect from vast, almost unbelievable distances. Male moths have antennae developed to detect the pheromone, being big and feathery, with an enormous surface area. Once detected, they home in and keep the line going!

Not all moths come to light, so another way of attracting them is to use a pheromone, some of which are available commercially. If you don't want to buy one, a nice sweet, smelly, home-made alternative could be worth a try, smearing it onto a tree trunk and seeing what turns up.

(Many thanks again to Peter Boardman)

Men's Health

The 'Donut' Club

Prostate cancer is pretty big news at the moment. It is the number one cancer for men, and the only major cancer for which no reliable screening is available. It affects 1 in 8 men over the age of 60, or 1 in 4 if there is a familial connection. The real problem is even bigger, as there are a lot of other prostate issues for older men, with about 50% having a problem at some point in their lives. And that's

not counting the carers and partners who are affected.

The situation is made worse because men are notoriously bad at talking about personal medical problems, and there is a tradition of not mentioning the prostate in 'polite' society, so a group of us have started a series of social get-togethers where men can talk to other men who have experience or advice to offer.

So here in Upper Eden, a group has been formed to air the issues related to this problem.

We call ourselves the Donut Club and we are happy to meet anywhere (bars and cafés both work well) and to discuss freely what has worked, what doesn't work, what the different treatments and operations achieve. We have had 6 meetings to date in various venues, and at the moment we are promoting the club in newsletters and social media, so keep your eyes open for a session near you in the future.

Bill Sylvester
bill.sylvester@sky.com

News from The Medical Practice

The Upper Eden Medical Practice Patient Participation Group met on 24 February.

At present there are 4.5 WTE (whole time equivalent) doctors and advanced medical practitioners.

Representatives from the Primary Care Network reported on their ongoing work within the ten Eden practices. For example, the introduction of multidisciplinary teams including Clinical Pharmacists, Social Prescribers; also Barnado's and first contact Physiotherapists. The suggestion of a roadshow in Kirkby Stephen was discussed. The aim would be to bring together all local services and groups available to patients in the area.

Extra copies of the Practice Leaflet which gives detailed information of the different ways of contacting the surgery, names of the doctors and the days they are available, is to be printed and will be available at various venues including One Stop Shop, Brough Art Group, Brough Sowerby Lunch Club.

Hospital blood tests and wound care. The practice continues to be in touch with the Integrated Care Board about this urgent matter. At the time of going to press appointments will be available at the practice.

Bill Sylvester gave an informative talk about The Donut Group – a support group for men with prostate issues and their families.

The next meeting will be Tuesday 2 June. If anyone would like to join the group, or have matters they would like discuss, contact Fiona Alderson at gimmer.tup@gmail.com or Sarah Kirkup at sarahkirkup140@gmail.com (07970 377698).

Great North Air Ambulance

Bag Collection

Sunday 17 May
2026

12-1pm, 5-6pm

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For more information on what they will accept go to clothesaid.co.uk

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2.15pm

Wednesday 12.30pm—
4pm

Thursday 10.30am—
2pm

Warcop

Thursday 9am—10am

DIARY DATES

MAY

2 nd Sat	Coffee Morning	St Stephen's Ch, Stainmore	10.30am
2 nd Sat	Art & Craft Exhibition	Warcop Parish Hall	10am
3 rd Sun	Art & Craft Exhibition	Warcop Parish Hall	10am
3 rd Sun	Big Brunch	Kaber Village Hall	11am
4 th Mon	Art & Craft Exhibition	Warcop Parish Hall	10am
4 th Mon	Spring Song Recital	St Columba's Warcop	2.30pm
6 th Wed	Lunch Club	Brough Sowerby Chapel	12noon
6 th Wed	Domino Drive	Stainmore Parish Hal	7.30pm
6 th Wed	Warcop & Sandford WI	Warcop Parish Hall	7.30pm
7 th Thurs	Soup & Pudding	Warcop Parish Hall	11.30am
9 th Sat	Coffee Morning	Brough Methodist Church	10am
9 th Sat	Coffee Morning	Warcop Parish Hall	10am
14 th Thurs	Stainmore Gardening	Wilkinson House	7pm
16 th Sat	Coffee Morning	Kaber Village Hall	10am
16 th Sat	Brough Farmers' Market	Brough Memorial Hall	9am
17 th Sun	Plant Swap & Coffee am	Stainmore Parish Hall	10am
17 th Sun	Anniversary Service	Brough Sowerby Chapel	10.30am
17 th Sun	GNAAS Bag Collection	Brough Memorial Hall	12noon
20 th Wed	Gardening Evening	Stainmore Parish Hall	6pm
21 st Thurs	Cinema	Warcop Parish Hall	7.15pm
27 th Wed	Craft session	Warcop Methodist Chapel	10am
31 st Sun	Fun Dog Show	Warcop Parish Hall	12 noon

JUNE

3 rd Wed	Lunch Club	Brough Sowerby Chapel	12 noon
6 th Sat	Coffee Morning	St Stephen's Ch, Stainmore	10.30am
6 th Sat	Soup & Sweet & Sale	St Stephen's Ch, Stainmore	12.30pm
19 th Fri	Quiz	Brough Memorial Hall	7pm
20 th Sat	Brough Farmers' Market	Brough Memorial Hall	9am
24 th Wed	Craft session	Warcop Methodist Chapel	10am
27 th Sat	Midsummer Social	Musgrave Parish Institute	6.30pm
29 th Mon	Warcop Rush bearing	Chamley Arms	2pm

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, and 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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USEFUL CONTACTS

DOCTORS and HOSPITALS

Upper Eden Medical Practice	017683 71369
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

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