

THE WAY

October 2026



Your guide to local services, events, clubs and gatherings

Brough and surrounding villages

www.thewaymagazine.co.uk

IAN HUTCHINSON

Garden Services

Lawns mowed, Hedges cut
Gardens Tidied

017683 71008 or 07966948496

Excellent references



THE WILDING

STAY ▪ DINE

MAIN STREET, BROUGH, CA17 4AX

Coffee/Scones/Tray bakes

Weekend Lunch / Afternoon Teas

Evening Meals

Sunday Roast

Licensed Bar

**LARGE FUNCTION ROOM AVAILABLE
TO HIRE**

**017683 41252 www.wildinghotel.co.uk
info@wildinghotel.co.uk**

SEASONED FIREWOOD

Hardwood £115 Softwood £98

Mixed Hardwood and Softwood £106

Kiln Dried Hardwood £122(in dumpy bags)

Price includes 5% VAT + Delivery to CA17 postcodes

T J Ewbank 017683 62746

www.tjewbanklogs.co.uk

Woodsure "Ready to Burn" Accredited

D.A.STEADMAN LTD

BUILDING & ROOFING

SERVICES

*For all your building and
roofing requirements*

07876222269

PODIATRY SERVICE

Footcare Available

To arrange a visit call

017683 98457 or 07910028955

Nail care & attention to corns or callus

Miss Aggie Koza (MCFHP)

21 Bellevue Appleby CA16 6TY

Art
by **Elise**
Artist and Tutor

Local Art Class

First Session FREE

Every Thursday 2.15-4.15 /

Every Friday 10-12

Warcop Parish Hall

Commissions taken—Dogs, Horses,
Landscapes etc

Contact Elise on **07796463852**

Email: **ArtByElise@outlook.com**

www.ArtByEliseUK.com

ArtByEliseUK



STEPHEN CLOSS

BUILDING CONTRACTOR

Roofing, plastering etc

Also interior and exterior painting

GRP Flat Roofing

Reasonable rates and no VAT

No job too small

07716573052

CLIFFORD COURTYARD

Comfortable Self-catering Cottage

Brough, central village location,

but quietly tucked away

Two bedrooms—Sleeps 4

Sorry no dogs

www.cottages.com

No Room for Doom

There's a lot of doomy, apocalyptic stuff in the air at the moment, about the end of humankind within ten years at the hands of AI, or its controllers. (We may as well say 'the hands' of AI – it's going to be so intelligent, it's going to grow literal hands!). And who's offering up these predictions? Well, if it isn't the creators and masters of AI themselves. How fantastic for them, this potential power is all in their hands, making them feel absolutely terrific about themselves. But, guess what? The solution to humankind NOT becoming extinct, is also all in their hands. This also makes them feel amazing, and us totally indebted to them, when it doesn't happen.

Here at The WAY Towers, we have been thinking on this, and how to boost our status in the community. To this end, we predict that The WAY will grind to a halt in December 2036, making everyone fear for what the future in Brough and adjacent villages, has in store. Worry not though, dear readership. When the edition of The WAY comes out in February 2037 (we will of course, have taken a break for Christmas), you can all thank us profusely and throw flowers at our feet as we pass in the street. We will all make sure you know who we are so our humanity and community saving efforts, are fully appreciated.

But in the meantime, there are some articles to be read and some whist drives to attend. Stay happy folks!

COVER STORY

At this time of year squirrels are busy collecting and hiding food ready for lean times in the winter. We are lucky to live in one of the few remaining areas where red squirrels thrive. In large parts of the country the only squirrels to be seen are greys which are an invasive non-native species with no protection under the Wildlife and Countryside Act (1981).

Grey squirrels were first introduced to England from North America in 1876 as an ornamental species to populate the grounds of stately homes. After about 30 separate introductions the damage caused by the grey squirrel was recognised and in 1930 it was made illegal to release a grey squirrel to the wild. Grey squirrels have spread rapidly and colonised much of

mainland England, to the detriment of our wildlife, especially the native red squirrel, and to crops and trees.

Red squirrels can live in most habitats as long as there are no threats from grey squirrels. Red squirrel conservation, therefore, consists mainly of strategic grey squirrel control to remove all threats from the non-native invasive species.

The thriving populations of red squirrels in our part of Cumbria are largely due to the activities of the Penrith and District Red Squirrel Group. This month Gary Murphy, the squirrel ranger for the Upper Eden Valley, has contributed an article about his role with the PDRSG and encourages us to help protect our beautiful red squirrels.

Busy Early Season Ends With a 9-0 Win!



It's been a very busy start to the season for Brough, already playing 8 league games and taking part in the cup.

Some changes for this season with promotion to division 3 and getting used to the demands of new manager Callum 'Pep' Holmes and Assistant Ross 'Allardyce' Steadman. A step up in quality has definitely been noticed by the team.

Currently the team sit in 8th

position out of 14 teams. 3 victories, 1 draw and 4 defeats.

Brough have played the local derby vs Appleby reserves both home and away, losing narrowly both times 3-2 and 5-3.

3 great victories coming against Storeys of Lancaster, Kirkby Lonsdale and Calthwaite.

Most recently the team came up against Millhead Reserves in the Junior Cup. Callum set up an attacking team and the lads enjoyed a great afternoon at home winning 9-0! Goals coming from Ben Collinson, Harry Jones, Joe Bainbridge, Dante Cousin and Pork Pie.

Hopefully more wins will come and Brough can climb up the table.

Business Opportunity

Prime Fast Food Space Available

Brough Chippy tenancy is shortly due for renewal and the space will be available for rental to new tenants from 1st February 2027 and possibly earlier should the new tenant wish.

Highly visible, in a prominent position as people enter the village on the A685 from Kirkby Stephen, and just off the A66, the business offers real potential. Brough Chippy has been a destination chip shop, drawing customers from far and wide. We are initially seeking interest to continue the business as a going concern. However, the premises would be equally suited to operating as an outlet for other types of fast food.

Rental payable monthly on the first of each month in twelve equal parts is currently £4,176 p.a. (set to increase by 10%) plus a proportion of the annual insurances. A five year lease is preferred.

For further details and to arrange a viewing, please contact the Trustees of Brough Memorial Hall at info@broughmemorialhall.co.uk



Able Memorials Ltd
Monumental Sculptors and Architectural Masons
Showrooms and Offices

1 Wildman Street
Kendal LA9 6EN
01539 735583
07779025745

38 King St.
Penrith CA11 7AY
01768 863324
07967774825



www.ableworldofstone.co.uk Email: sales@ableworldofstone.co.uk

BROUGH MEMORIAL HALL

Hall for hire for clubs, events, functions at competitive rates

To book see our website:

www.broughmemorialhall.co.uk

For enquiries contact on:

info@broughmemorialhall.co.uk

MARK JENYON

Painter and Decorator
Interior and Exterior

Oaklands, Flitholme

Warcop, Appleby

CA16 6PT

07817902265



POST OFFICE

Mobile Service

Brough

Tuesday 10.45am—2.15pm

Wednesday 12.30pm-4pm

Thursday 10.30am—2pm

Warcop

Thursday 9am—10am

Mike Howard

HANDYMAN SERVICES

Guttering, Fencing, Plumbing

No job too small

Call Mike for a quick reply

07950 428136

Sue Tyson

Decorator

Interior & Exterior

Domestic & Commercial

Wallpapering a speciality

07747 738431

Established 1996 Based in Little Musgrave

Find *The Way* Online

Please visit:

TheWayMagazine.co.uk

Archive copies at

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

Also on facebook!

The Way Magazine Brough Cumbria

PHILIP METCALFE LTD

BUILDING CONTRACTOR

CONVERSIONS, EXTENSIONS, DAMPROOFING, ROOFING,

PLASTERING, ALL BUILDING WORK UNDERTAKEN

017683 52745

07891727815

07816243273

Email: philipmetcalfe7@yahoo.co.uk

BROUGH PARISH COUNCIL - September 2026

Co-option of a Councillor – Mr Ross Gilby-Steadman was co-opted to the position of Councillor on Brough Parish Council, and has taken up his position immediately.

Trees – Cllr Rawlins set out proposals for improvements to Jubilee and Oak Tree Gardens. Some trees would be removed from Jubilee Gardens to let in more light, and new trees would be planted to offer more variety. Similar work would be carried out in Oak Tree Garden. Perennial beds in Jubilee Gardens would be improved as a second stage.

A tree would also be planted outside the Memorial Hall between the benches.

The Chair had previously reported that the Appleby & Brough Place Action Group had given approval in principle to support the proposed works, with up to £2,000 being made available for the project. Cllr Rawlins also reported that J T Atkinsons were being very supportive with regard to the cost of materials for a new fence at the rear of Jubilee Gardens and a new table for the Brough Allotment & Garden Society's excess produce. Once funding has been secured, it is hoped that the work can begin later this Autumn and into the New Year.

Pump Track – the Chair provided an update on the completed project, with particular thanks being sent to Craig Wearmouth and Wearmouth Plant Hire Ltd for their support. Members also thanked Cllr Brocklehurst and his brother for their efforts in bringing the project to a successful conclusion. This had received good press coverage. Grass cutting arrangements around the track as part of the re-tendering process, will be discussed at the Council's October meeting.

Brough Clock – the Chair reported on the performance of the clock, which was currently operating properly. The Clerk had spoken to directors of the clock specialists - Smith's, and agreement was reached regarding next steps. Options for resolving any future problems of the clock's performance would be prepared by Smith's.

A full report of the meeting can be found on the Council's website at:

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

Church Services – St Michael's and St Stephen's

St Michael's, Church Brough

Sunday 11th October 10.30am.

Holy Communion

Sunday 25th October 10.30am.

Holy Communion

St Stephen's, Stainmore

Sunday 4th October 2.30pm Harvest Festival

Sunday 18th October 2.30 pm Evening Prayer

Brough Methodist Church Anniversary Services

Coffee Morning

Saturday 17th October

in the schoolroom, 10.00 - 11.30am

Donations for Alzheimer's Research

Sunday 25th October at 10.30am

The service will be taken by Paul Dunston

MUSGRAVE PARISH INSTITUTE

Available for hire for all your local events
and functions at extremely competitive rates
inclusive of heating and power

Main hall has a stage and tables and chairs
to seat 100 with ease.

Contact David Ewin

07745030672

Kevin Hanna Ltd

PLUMBING AND HEATING

GAS SAFE & OFTEC

Bank House, High Street, Brough

017683 41303

07950327567

DALEMAIN MANSION & GARDENS

Garden Days with Shelagh Todd

19 Oct 2026

Interactive, fun & suitable for all,
with the Garden as our inspiration.
RHS Members/ Friends of Dalemain
get 20% discount.

**Christmas Lunch in the Mediaeval
Hall by the fire.**

Bookings open in August.

Register your interest by emailing
tourism@dalemain.com



SURVEYING
ASSOCIATES



RICS®

Chartered Building Surveyors

24A Cumberland House

St Lukes Road

Kirkby Stephen

Cumbria

CA17 4HT

Tel: 01768339278

Email: claire.bainbridge@lewissurveying.co.uk

Liz Simpson Home Care

*Fully qualified professional
trusted carer*

Elizabeth Simpson

elizsimpson67@gmail.com

07815310515

SUPPLY AND FIT TILING

Large Format Porcelain Tiles

Free Quotes

Call Malcolm from

WHY NOT TILE IT

07971607911

Lakeland Aerials

Digital TV & Radio Aerials installed - Extra Aerial Sockets Installed - Sky Systems Serviced

Rusty Satellite Dishes Replaced - Telephone Line Extensions

Free Sat Installations and Servicing TVs - Foreign TV Systems Installed

TV Wall Mounting Service - CCTV Installation - Broadband Setup Check

New Builds Wired - Member of The RDI (Registered Digital Installer) - Fully Insured

FREE NO OBLIGATION QUOTES. HELPFUL, FRIENDLY ADVICE

www.lakelandaerials.co.uk Email: Lakelandaerials@sky.com

01768 631901 07807650053

You Read it Here!

A recent study from Cambridge University has confirmed what so many already know – that reading for pleasure can improve health and wellbeing at any age, regardless of what you read.

The report came in a story on the BBC website, stating that researchers (technical term: “boffins”! – Ed.) from the university's department of psychiatry, “...argued that reading boosts mental health and academic performance, leading to greater empathy and lowering the risk of dementia.” They also stressed that “it's never too late to start reading...(as)...it can bring benefits throughout life into old age”.

They added that “Given how beneficial reading for pleasure is at a young age, we should be doing everything we can to introduce children and young people to reading.”

This gives us a timely reminder that here in Brough for two days a week, there is a lending library facility open to the public. The Methodist chapel serves as a free library with a selection of many types of novel and non-fiction writing.

"The important thing is to find something they'd really enjoy

reading about – it might be a TV programme or a game – and use this as a way in." The Cambridge scientists worked with The Queen's Reading Room – the charity founded by Queen Camilla (a great reading champion) to highlight the benefits of reading – as part of the National Year of Reading.”

Other benefits found in the study, involving 10,000 young people found that children who begin reading for pleasure early, have a better attention span, memory and problem-solving skills. They also tend to perform better at school, have fewer mental health problems, and lead healthier lifestyles – including more sleep and less screen time.

The review also found adults aged 55+ who were engaged in activities such as reading were significantly less likely to develop cognitive impairment.

If you have read everything on your shelves, or just fancy the prospect of randomly stumbling across something unlikely, pop into the church Mondays and Thursdays on the High Street in Brough, for a free update to your reading collection.

SOURCE: <https://www.bbc.co.uk/news/articles/cmx2zdp1wvl1o>

Brough Charity Collections

Collected Gain for Hospice and Ukraine

Thank you again to everyone who has left things with us – either at our front door or anonymously in our back porch.

The Christmas bags for children in Ukraine are increasing in number every day and the final number will of course be given in November's copy of *The Way*.

The Hope and Aid Direct volunteer collected 24 boxes, sleeping bags, back packs, knitted blankets, hats and gloves, sanitary wear, soap and shampoos, walking sticks and 4 huge bags of knitted teddies. And that is just what I can remember! Luckily he has a clever way of stacking his van – I still can't believe how he managed to fit everything in!

We currently have about 5 large bags of toys ready to take to the Salvation Army in Blackpool who put together about 2,000 Christmas

bags every year for children who otherwise would be disappointed on Christmas morning. There is still time for you to drop items off with us if you would like to be involved in this initiative.

The Eden Valley Hospice volunteer collected from us as well in September. Again, a considerable amount went to support that local charity.

So, once again, nothing has been wasted, everything has a new home and will be doing some good.

We also still collect unwanted glasses, stamps, tools and NHS items that are no longer needed of course – four more charities benefit from these items.

We can never thank everyone in our community enough for what you leave with us. Please keep it coming.

Councillor Graham and Heather Simpkins **017863 42345**
heather@heathersimpkins.com

CHURCH OF ENGLAND CLERGY

Rev Becca Gilbert	Revbeccagilbert@gmail.com	07527 728256
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	TBC	TBC
St. Columba's & St Theobald's	Mark Blackett-Ord	mblackettord@5sblaw.com

Brough Film Club Remote Cinema

We are pleased to be able to confirm the films, days and times for October and November 2026. Tickets remain £10.

October:

Firebrand (15): SUNDAY 25th

Doors open 2.30pm for 3pm showing.

Katherine Parr's tale of survival. As Henry VIII turns increasingly paranoid, Katherine finds herself fighting against Henry's courtiers who try to turn the king against her.

Tea/Coffee and cake will be served during the interval. The bar will also be open

November:

Limbo (12A) SATURDAY 28th

Doors open 7pm for 7.30pm showing.

Separated from his family, a young musician anxiously expects to hear back about the status concerning his asylum claims as he shoulders the weight of his grandfather's oud.

Refreshments will include some nibbles, tea, coffee and cake. The bar will also be open.

If you want to be kept informed/ updated about the films, text/ WhatsApp Laura on **07986921096** and we'll add you to our contact list.

Hello From the New Vicar

Hello! It's been lovely to arrive and find such a friendly and welcoming place. I am really thankful, and looking forward to being Vicar of the Upper Eden and Upper Lune Benefice, which stretches as far as Tebay to the west, and Brough & Stainmore here to the east.

I have already enjoyed meeting a great bunch of people, including local ministers. I've always found this area to be incredibly beautiful since moving back up north six years ago. Born in Blackpool, I moved down to Suffolk as a child but always felt drawn back to live, and work, here in the north. I became a priest in 2011 and have enjoyed working in Cambridgeshire and, most recently, in Kirkby Lonsdale. I have two children, and we enjoy the outdoors; I particularly love wild swimming, and making bread—although some of that

may have to wait until I've unpacked our many boxes here in Kirkby Stephen!

Whilst the church for some is a place of prayer and worship, I recognise our parish churches represent many things to many different people: from a place of worship, to a place which tells stories of our heritage, to a place that holds special significance at important moments of our lives. My hope and prayer is that our churches are places of welcome and hospitality for all, places that can provide company on life's journey reflecting something of God's generous love. Only a week in, I have much to learn, and discover! However, I'm looking forward to getting stuck in, and of course, you're very welcome to join us at any of our Sunday services.

Love

Rev Becca

AGM and Village Show Success

Kaber Village Hall recently held its Annual General Meeting, where the existing committee was unanimously re-elected. The committee would like to thank everyone for their support, enthusiasm and involvement over the past year. It has been another fantastic year for the hall, with a wide range of activities and events bringing the community together.

A particular highlight was the recent Kaber Village Show, which once again showcased the incredible talents of local residents. From baking and produce to crafts and photography, the range and quality of entries was outstanding. Congratulations to everyone who took part and helped make the show such a success.

We look forward to welcoming everyone to our upcoming events:

Coffee Morning

17 October, 10.00am to 11.30am

Join us for coffee, tea, cake and good company.

Whist Drive

30th October, 7.30pm

Maurice Fisher Memorial Whist Drive.

Proceeds to the Great North Air Ambulance.

Spuds & Puds

14 November, 12.00pm to 1.30pm

Enjoy a jacket potato with a choice of fillings, followed by a delicious pudding and friendly conversation.

Festive Bingo

12 December, 4.00pm to 6.00pm

Eyes down for family Christmas bingo with festive prizes, hot chocolate and mince pies.

Christmas Carols

14 December, 7.00pm to 8.00pm

Celebrate the festive season with carols, readings and reflection.

We hope to see you at one or more of these events. New faces are always welcome, so come along and join us!

Trips to Inspire

Coach Day Trips offered by NBM Travel

Wednesday 21st October
BURY MARKET & BOUNDARY MILL
£25

Saturday 21st November
LIVERPOOL
£28

Saturday 5th December
DURHAM
£25

Sunday 6th December
LIVERPOOL
£28

To Enquire or To Book, ring Mark or Michele on
07344 765 463 daytrips@nbm-travel.co.uk



Have a group? Need to travel?

NBM Hire Ltd have been providing Coach travel since 1996. We operate out of depots in Penrith & Kirkby Thore

Email: NBMhireLtd@gmail.com
Telephone: 07503989870

We have a fleet of vehicles ranging from 6 to 53 seats ensuring we can accommodate your requirements.



Landscape Commercial Animal Tuition
Prints Gifts and commissions

Brough based photographer
www.alanrobertsphotography.co.uk
alan@alanrobertsphotography.com
Tel: 07717 063444

Clodhopper Blooms Flower Grower Florist Kirkby Stephen

Specialist in British grown flowers
and sustainable floristry

- ✿ Providing seasonal natural/garden style funeral tributes & wedding flowers all year round
- ✿ Locally delivered bouquets between March & November
- ✿ Workshops & hen party activities

Tel: 017683 30364

Email: frances@clodhopperblooms.co.uk

www.clodhopperblooms.co.uk

ADVANCED MORTGAGE SOLUTIONS

Whether you are looking to move,
remortgage to a better deal,
debt consolidate, protection, wills or
power of attorney or just want some
advice!

give John a call on 07973313567

or

Tracey on 07974398429



All Types of Vehicles Repaired & Serviced
M.O.T Testing for class 4 & 7
Air conditioning service
Body Work Repairs
Tel: 017683 41791

RACHEL HAYWOOD ART

Artwork • Books • Classical Concerts

89 High Street Kirkby Stephen
'Art Gallery and Museum'

Museum presents a family history of Lancashire artists and weavers and Yorkshire farmers past and present.

Rooms available to let throughout the year

www.rachelhaywood.org
info@rachelhaywood.org

Summer Show Reflections

Our annual Summer Show on 30th August was another great success. The weather was kind, and the deluge of rain held off until the very end of the afternoon. There was a good turnout with 470 entries - in classes including jams, jellies, chutneys, cakes, bread, photos, eggs, fruit and veg, flowers, giant veg, eggs, crafts and agriculture. The dog agility and pet show was very popular, especially with the addition of a P.A. system provided by David Ewin. The tea room was busy, the raffle had some great prizes, the tombola was popular, and the bottle stall was a bit different this year! The auction at the end was a fantastic success, and just about everything that could be moved was sold! Proceeds from the show were over £1,000 and this will go straight towards the upkeep of the Institute for another year.

Thank you to all those who supported the event by putting in entries, donating cakes and prizes, and of course all those who came along and spent money. We mustn't forget the judges who have to make some very difficult decisions! Volunteers who run the event work

hard to make it a success, so thanks to all of those who make it possible.

We will be holding a Whist Drive on Friday 2nd October starting at 7.30pm, and winter Social evenings will start again in October, on the last Saturday of the month (information on the Musgrave Messenger Page). A date for the Christmas Domino Drive will be set soon.

The Institute is available for hire for events and classes: please contact David Ewin on musgravevillagehall@gmail.com or 07745030672. For general information, contact Lorraine Plews on 07966067869 and leave a message.

Show Winners with the Most Points:

Child in the Parish Ella Heron

Vegetables Val Ewin

Flowers Norman English, Ian Plews

Handicrafts Anita Hannam

Preserves Harriet English

Photos Hazel Deighton

Agriculture M. Watson, A. Wells,
A Dowson

Eggs JM & B Hayllar

Dog Agility Billy

Pets Lexi

WHIST DRIVE

Friday 2nd OCTOBER

7.30pm — £3 ENTRY

MUSGRAVE PARISH INSTITUTE

PRIZES / RAFFLE / REFRESHMENTS

ALL WELCOME

The *Small* Interview

No BIG INTERVIEW as such this month. Instead, there's a lot of talk these days about neurodiversity. Typically, when there's a new medical or social phenomenon in the air, it gets at best, a mixed reaction. Awareness and acceptance are eventually caught up by scepticism and weariness. Here, Richard Want offers a personal insight into the late diagnosis of a lifelong state of mind.

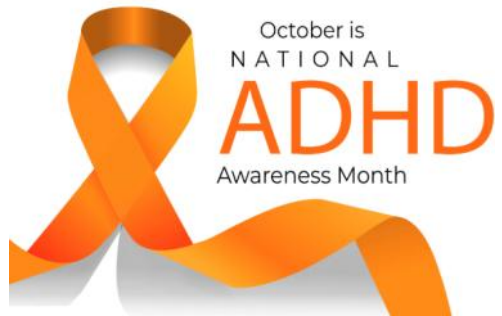
"He's wired up a bit funny".

"Ay, she's an odd one, that'un"

We have all thought this at some time, myself included, having encountered someone whose reactions are not what is generally called "the norm", or whose speech patterns or social interactions are "odd", or "annoying". Latterly, people are inclined to observe that someone's probably "on the spectrum". These are all mostly benign responses. The "Spectrum" word has jokingly been referred to, but increasingly is seen as a genuine observation, rather than a friendly (or otherwise) taunt. Everyone got used to the 'OCD' expression in the 80s and 90s. These days it's autism and ADHD.

The availability of a diagnosis prompts further scepticism. High Street 'clinics' offering an assessment off a checklist, alongside all manner of phobias and anxieties, hints at over availability and quackery. You can almost get a free diagnosis "...with a packet of Cornflakes" I once heard.

So, with all this talk spinning round my head and in the general ether, I waited and waited. For many, ADHD is only about kids whirling around the classroom.



Well that's how it manifests itself in part, at the early stages, and fortunately, there is help and support for such children, so that they may be able to integrate into the learning experience. It wasn't so fifty plus years ago, and it wasn't something that people just grew out of.

In the modern world, in middle age, I started to contemplate, and adapt. Late to further education, I embarked on an Open University degree over 6 years in my own time, aged 48, and in the process worked out a way to learn and retain sustained information. That process involved reading or watching information for 20 minutes, maybe half an hour, then walking about to process it all, before sitting down again and smashing the keyboard keys for an intense period in a bid to get down in writing what I believed

I had learned. Repeat over 50+ months. Latterly, sometime after 2016 when I'd graduated, I saw a TED (Technology, Entertainment and Design) Talk by the educationalist Sir Ken Robinson, talking about a famous choreographer, who in her youth, "...could only think when she moved. She had to move to think". Through my screen, I thanked Sir Ken for the understanding. I felt like the latter-day, adult version of the zigzagging child.

In 2025, I decided to indulge my curiosity, but not via some off the peg internet or high street diagnosis shop. I applied via the NHS. 7 months later, I had my assessment. ADHD was confirmed, and by their scoring system,

with a little more prior information, the psychiatrist would have chucked in autism as well. Darn! Just missed out on a 2-for-1 offer (not that I had paid money, of course).

No-one wants to be labelled, when 'labelling' comes with negative connotations. But clarity brings comfort, and then access to support if required, and at the very least, greater understanding. Yes, the world can get a bit tired of hearing about it, but it's never as wearying as being "wired up funny", but never properly understanding why or how.

Time now, to replace my keyboard.

Contributors wanted!!

If you're a regular, or even occasional reader of The WAY, you may have noticed that we cover a broad range of subjects. Well, now we're asking...could you contribute?

Words about anything that relates to Brough and surrounding areas would be of interest, as would news from out of the area that may interest the locality.

Feel free to home in on any subject that takes your interest, and make a contribution. Contributors are always welcome. Your words about hobbies or observations on all matters, secular as well as religious, will be of interest.

It's not just about articles either. We always welcome distributors, collators, help with ads or printing. If you're interested, there's probably a job for you. Just drop me a line here if you have ideas.

Looking forward to hearing from you.

E: thewayeditor305@gmail.com



The Domino Effect Brings The Crowds!

September's Dominoes evening was our best attended yet, with a fantastic 52 people joining us! It was a really good night, with plenty of dominoes, chat and laughter. Thank you to everyone who came along and helped make it such a success.

We've also had a busy time with the 101 Club. Once again, all the numbers for the 2026/27 season have been sold. A big thank you to everyone who has kept their number or bought a new one. The 101 Club is a great fundraiser for the hall, with all the profits going towards improvements to make it a nicer and more comfortable place for everyone in the community.

The Gardening Group has spent the summer visiting members' gardens, enjoying some lovely, relaxing evenings of garden chatter and sharing ideas. It's been a lovely way to make the most of the lighter evenings and see what other gardeners are growing. We will be meeting the second Thursday of the month from now on at Wilkinson House at 7pm.

Craft & Chat starts again on Wednesday 14th October and will then take place on the second and fourth Wednesday of every month, from 1pm–3pm (or just drop in for however long you can). Bring along a craft to work on while we chat. You don't have to be an expert or even particularly crafty — it's simply a chance to spend a couple of hours together, have a cuppa and get something done! It's £3 and includes a drink and a snack, with all money going towards hall improvements.

The hall is also available for hire. We have a large room with wonderful views across North Stainmore, as well as a separate hall space. We've made significant improvements to the floors, insulation and heating, making it a warm and comfortable venue for all sorts of activities and events. The hall is suitable for birthday parties, meetings, sports, music and art groups, wellbeing sessions and much more — in fact, almost anything! If you're looking for a welcoming local venue, please get in touch to find out more about availability and hire rates.

We look forward to seeing you there.
Contact number **07968851660**
email
stainmoreparishhall1@outlook.com

**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

St. Michael's

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

All welcome.

Dahlia Delights

Mrs Maureen

Heron,

president,

opened the

most recent

Warcop and

Sandford WI meeting and

welcomed Mr Norman English

from Beech Ings to give a talk on

growing Dahlias.



Norman told us that growing them from scratch is quite intensive.

They can be grown from tubers or

from cuttings, and need to be

shielded from frost as this turns

the stems and leaves black, killing

them off. To grow from cuttings

they are cut down to 4" in October,

dug up and turned upside down to

allow the liquid in the stems to

drain. They can then be stored

inside and brought out in

February, put in damp soil and

then potted in 6" pots in March.

They must be planted out by 1st

June to ensure a good show. The

side shoots should be removed to

encourage large heads as leaving

them results in smaller flowers

There are many varieties such as

Dinnerplate, Cactus, Ball,

Pompom, Decorative, Waterlily,

Anemone. One of the most

common is Bishop's Llandaff.

Dahlias range in height from 12 to

over 60 inches, and can spread

between 12" and 36". Head sizes

range from 2 inches, to giant

heads over 10 inches. When cut

they usually last about a week

inside, and there's an amazing

array of colours to suit every taste.

Norman brought several bunches

which we were able to purchase.

He and his wife Harriet also grow

vegetables, fruit, make jams and

chutneys and their own honey

which they sell.

Mrs Valerie Brook gave the vote of

thanks and the competition for

'Dahlia Poem' was won by Mrs

Susan James.

A short meeting was held where

we discussed speakers for 2027

and our stall in the Cloisters in

Appleby on Friday 11th

September. Birthday gifts were

presented to Mrs Valerie Brook

and Mrs Susan James.

Our next meeting will be

Wednesday 7th October at Warcop

Parish Hall 7.30 pm. The speaker

is Mr Jon Chappell, a

documentary photographer, on

'Life behind the Lens' Please

come along if you're able.

OVENMAN

A family run business with over
12 years' experience.

We clean all domestic ovens

For a free quote or to book in
just call

07833517244



IT SUPPORT TEAM

07883 716477

Support@ITSupportTeam.co.uk

Local, friendly IT
support

Free advice

Software & Hardware

Microsoft certified

Mike Addison Optician

Providing eye care for all the family
Private and NHS patients welcome
Children and over 60s receive free eye
examinations

Supplier of all spectacles and vision related
products

Email: info@mikeaddisonoptician.com

**The Shire Hall
Appleby**

017683 53199

**Market Street
Kirkby Stephen**

017683 71555



Mike Addison FRCO.C.
OPTICIAN



**all aspects of groundworks,
stonemasonry, bricklaying,
plastering and associated
general building.**

conversions, restorations, new build,
landscaping and more. Heritage and
conservation works including lime-
work (pointing, building, plastering)
and dry stone. Operated plant hire. .

01768 593500

theyard@kirkman.construction

<https://kirkman.construction>

WALKER'S

**Independent Family
Funeral Directors**

Chapel Street

Appleby In Westmorland

017683 30321

mail@walkersfunerals.co.uk

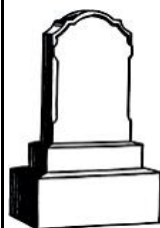
www.walkersfunerals.co.uk

A Caring and Professional

24 Hour Service to All Areas

Alan and Susan Smyth

Damon Steadman, Dip FD, MBIE



Parkin & Jackson Monumental Sculptors

14 Appleby Road, Kendal LA9 6ES

New Memorials ~ 2nd Inscriptions ~ Cleaning & Repainting

Renovations ~ Memorials designed to your specifications

Advice freely given

01539 722838

info@parkinandjackson.co.uk www.parkinandjackson.co.uk



Warcop Parish Hall

Ghost Walk

Friday 30th October

departing 6.30pm

£2 per adult – £1 per child –
toddlers free

Fancy Dress Competition for
Children

Warcop Parish Hall

I Swear (12A)

Thursday 15th October

Doors open: 7.15pm Screening: 7.30pm

Tickets on the Door £5

Refreshments Served

CINE NORTH

Warcop Parish Hall Events

Thursday 1st Oct	Foyer Café 9-11am, Post Office 9-10am Soup & Pud 11.30–1pm
Thursday 8 th Oct	Foyer Café 9-11am, Post Office 9-10am
Saturday 10 th Oct	Coffee Morn 10-11.30am
Thursday 15 th Oct	Foyer Café 9-11am, Post Office 9-10am Cinema 7.30pm
Thursday 22 nd Oct	Foyer Café 9-11am, Post Office 9-10am
Thursday 29 th Oct	Foyer Café 9-11am, Post Office 9-10am
Friday 30 th Oct	Ghost Walk 6.30pm

Warcop & Musgrave churches

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

4th	9.30am Holy Communion St Columba's, Warcop
11th	9.30am Morning Praise St Columba's, Warcop
18th	9.30am Holy Communion St Columba's, Warcop
25th	10.30am Churches Together - Songs of Praise, Warcop Parish Hall

The Way by Post

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

thewayeditor305@gmail.com

telling us your name and delivery address.

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.

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

NOTES FROM A STAINMORE GARDEN

Spuds Look North for the Winter

Autumn definitely came in early, around first September with cold nights and shorter days. We had a few sunny days but a lot more cool and dull days.

I managed to dig my potatoes up before the ground got too wet, so I just needed to sort through them and put the keepers in buckets under a table in a North facing room (less sunshine) with a blanket over them to keep them in the dark. The others I will eat first to avoid any waste. They will most likely last to Christmas before I need to use the good ones. Hopefully by then I will have my Root Cellar that I am designing, which is work in progress and experimental - making it up as we go along and weather-sensitive for the digging work. A root cellar is a small underground building where you put your root veg, covered over with soil to the depth, to stop it getting frosted inside.

Managed to grow four large pumpkins which I have put into my front porch/sun room to ripen. As long as you pick them when they are beginning to change colour they will ripen in a sunny place. I do this also with sweet peppers as soon as they have a slight colour change (I'm not fond of green peppers, too

bitter for me). Tomatoes work well with this treatment later in the season but, again a slight change in colour needs to happen first for them to continue going red, yellow, orange, black etc.

Things are beginning to slow down which has given me time to weed everything and plan for next year. I am digging a patch over to enlarge my herb garden. I know everyone goes on about 'NO DIG' but I know there are a lot of stones to dig out so this first year I definitely need to dig it over to remove them. Plus, I have to build my dead hedge. Managed to get lots of material but needs putting together.

So much to do, so little time!

Mary Wilson



Community First Responders thanks

The Upper Eden Community First Responders (CFRs) would like to thank everyone who has supported our fundraising and community activities over the past year. Thanks to your generosity, we have continued to strengthen the area's network of publicly accessible defibrillators, helping to ensure that life-saving equipment is available when and where it is needed most.

In rural communities such as Upper Eden, early intervention can make a vital difference. We are proud to support our local communities by responding to 999 calls and providing immediate care and basic life support until ambulance crews arrive.

Alongside emergency response, our team is committed to helping people feel confident in an emergency. We offer basic life support and defibrillator awareness training to local groups, organisations and communities.

If your organisation would like to arrange a training session, or if you are interested in volunteering as a Community First Responder, we would love to hear from you. To find out more, visit <https://uppereden.org.uk/>

find us on Facebook, or contact Bryan at **palphreyman@gmail.com**.

By working together, we can help make Upper Eden an even safer place to live, work and visit.

Pennine Young Farmers

Young Farmers in Season

Pennine Young Farmers have recently just begun their 2026/2027 season and kicked off with a brilliant first meeting back at Owen's Farmshop with a very kindly hosted talk and farm tour.

New members are always welcome to come and join us, every Tuesday evening starting at 7:30pm, with all regular meeting locations posted on our Facebook page and our messenger groups.

Also everyone should keep eyes peeled and ears open for our upcoming events:

Annual Tup Sales Disco @ Kirkby Stephen Club - October

Christmas Tractor Run - November

All details to be revealed soon!

PENRITH AND DISTRICT RED SQUIRREL GROUP (PDRSG)

by Gary Murphy, Upper Eden Valley Squirrel Ranger

The PDRSG is the first port of call if you want to save the red squirrel in your area. We cover about 600 square miles, of which part is in the Upper Eden valley where I have been the ranger for 16 years.

The only way to help the red squirrel is by removing the grey squirrel. With landowners help we are managing to maintain a good population of red squirrels in Cumbria. This is a constant battle as grey squirrels breed all year, having up to 16 kittens, whereas the red squirrel will just have kittens in April and August. It is important to report sightings of the greys so we can dispatch them, but also tell us where the reds are so we can help you look after them. I have help from a great group of volunteers, who put in a lot of time and effort. Like me their reward is seeing the iconic red squirrel. The PDRSG provides feed, feeders, traps, and trail cameras to monitor the woods and this comes at a cost: around £200,000 a year. If you have reds in your wood or garden PLEASE help the Group by becoming a member, and look out for our merchandise and collection boxes, or book a talk about the red squirrel and the PDRSG for your local organisation.

It is such a rewarding job for me and the other rangers knowing that we are trying hard to keep this iconic native species alive. There is no doubt that without red squirrel groups here in Cumbria the red squirrel would have disappeared: thousands of grey squirrels have been dispatched by the PDRSG in the last 20 years.

Partners: the M.O.D. are big sponsors of the group and control greys on their land, locally at Warcop army camp, as do the Wildlife Trust and the Woodland Trust.

WE CAN SAVE THE RED SQUIRREL IF WE ALL WORK TOGETHER

Please contact us if you can help in any way.

www.penrithredsquirrels.org.uk/report-squirrel-sightings

info@penrithredsquirrels.org.uk

phone Gary Murphy on **07974788434**

UEV - Gary - 07974 788 434
NEV South - John - 07841 449648
Whinfell - Jerry - 07736 779965
*UEV—Upper Eden Valley



Ullswater and NEV North - Justin -
07739 655601

Greystoke and Hutton - Mick -
07944 313748
*NEV—North Eden Valley

For general enquiries - info@penrithredsquirrels.org.uk

To report sightings outside of the above area map - northernredsquirrels.org.uk

Memorial Hall Quiz returns!

Make space on October 9th. The next Quiz Night is coming to the Memorial Hall. Featuring top prizes from local businesses, the quiz will be the usual challenge to your knowledge of events, music and localness. Here then is a mini-teaser to whet your appetite, some of which might feature on October 9th. All the best!

1. Add three more names to complete this randomly arranged list:
Boris Johnson / Tony Blair / Theresa May / Rishi Sunak / David Cameron / Keir Starmer
2. The Great North Air Ambulance Service has two bases – one on Teesside and one in a village near Penrith. Which village?
3. What's the road number that runs from Brough almost all the way to Middleton?
4. Which of these is a fake Mills & Boon novel?
"The Autumn Of The Witch" / "Tangled Autumn" / "Healing Autumn's Soul"
5. Diane Morgan starred as Linda, the elderly care support robot, in the BBC comedy in 2026. What was it called?
6. Who is the president of FIFA?
7. How is Sarah Mullally better known?
8. 'Songs in the Key of Life' is an album marking its 50th year in October. Which global superstar recorded it?

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 017683 41923.

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.

Poetry Platform

*Two limericks by Heather Simpkins,
recently entered into the Musgrave
show, on the theme of collies.*

There once was a collie named
Heather
Who longed to be light as a feather
But the pile of best meat
In her bowl left to eat
Impeded her every endeavor

There once was a collie named Kelly
Whose owner would tickle her belly
But when children came round
She made not a sound
Just laid down in front of the telly



*A poem about the modern
phenomenon of screen-staring, by
Rich William*

Fried Eyes

I fried my eyes on the internet
It was never its creator's intent,
But with infinity in my possession
It fast became an obsession.

Why I click clickbait's a mystery
The ugliest dogs in history.
Dashcam madness before your gaze,
Wardrobe malfunctions illuminate your
days.

I've joined the keyboard pundit lobby
Doomscrolling is my favourite hobby
Immersion in life's minutiae
It's impossible to fathom why

I'm frying my eyes on the internet
I hope its gods are feeling content,
Absorbing consumerism's
aggression...
I'm comfortable with my obsession.

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

Upper Eden Patient Participation Group

Notes from the Meeting held on 1 September, 2026.

Staffing update: Some staff are changing their hours and days of work. A new Advanced Clinical Practitioner will be starting in October for three days each week

Reception - a new receptionist is also due.

The Practice is hoping to purchase a booth where patients can check their own weight, height and blood pressure. This will be positioned in the foyer.

The next meeting is scheduled for Tuesday 2 February 2027.

NEXT ISSUE SUBMISSIONS...

All articles need to be with us **before 15th October** for inclusion in the **November** 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.

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	-	VACANT—Can you help?
Printing	-	Andrew Miller
		Janet Jenkins
		Eleanor Featherstone
Contributors	-	General population

DIARY DATES

October

1 st Thurs	Soup & Pud	Warcop Parish Hall	11.30am
2 nd Fri	Whist Drive	Musgrave Parish Institute	7.30pm
3 rd Sat	Coffee Morning	St Stephen's Ch, Stainmore	10.30am
3 rd Sat	Pie, Peas & Sweet	St Stephen's Ch, Stainmore	12.30pm
7 th Wed	Lunch Club	Brough Sowerby Chapel	12 noon
7 th Wed	Domino Drive	Stainmore Parish Hall	7.30pm
8 th Thurs	S'more Gardening Grp	Wilkinson House	7pm
9 th Fri	Quiz	Brough Memorial Hall	7pm
10 th Sat	Coffee Morning	Warcop Parish Hall	10am
14 th Wed	Craft & Chat	Stainmore Parish Hall	1pm
15 th Thurs	Parish Council Meeting	Brough Methodist Church	7pm
15 th Thurs	Warcop Cinema	Warcop Parish Hall	7.30pm
17 th Sat	Farmers' Market	Brough Memorial Hall	10am
17 th Sat	Coffee Morning	Brough Methodist Church	10am
17 th Sat	Coffee Morning	Kaber Village Hall	10am
21 st Wed	Craft & Chat	Stainmore Parish Hall	1pm
25 th Sun	Brough Cinema	Brough Memorial Hall	2.30pm
28 th Wed	Craft Session	Warcop Methodist Chapel	10am
30 th Fri	Ghost Walk	Warcop Parish Hall	6.30pm
30 th Fri	Whist Drive	Kaber Village Hall	7.30pm

November

4 th Wed	Domino Drive	Stainmore Parish Hall	7.30pm
14 th Sat	Spuds & Puds	Kaber Village Hall	12 noon
28 th Sat	Brough Cinema	Brough Memorial Hall	7pm

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 (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



R A Lofthouse Roofing Services LTD

We SPECIALISE in traditional and modern slating, flagging and tiling

- Traditional slate specialist
- Lead work
- Re Roof / repair work
- Velux replacement /installation
- Slating, flagging & tiling
- Chimney repair/replacement

For a FREE quotation or any other enquiries please call

Tel: 01768348787 Mob: 07557738016

Email: r.a.lofthouse@outlook.com Website: www.ralofthouser roofing.co.uk

Philip Cook

Burnside House, Brough

Painter & Decorator

All aspects covered

017683 42956

07834632828

Mobile Hairdresser

Kelly Walton

Hairdressing in the comfort of your own home.

Brough and surrounding area

07498786434



SKYLINE
WINDOW SHUTTERS

With a 5-star rating on Google, we are proud to be the trusted choice for wooden window shutters across Cumbria, Durham, Lancashire, North Yorks and The borders.

- Local independent family run business
- Specialising in shutters
- We also supply various types of blinds - Rollers, Romans, Venetians, Verticals and Motorised
- Based in Cumbria, serving the whole county and wider surrounding area within the north
- Honest, personalised advice and incredible attention to detail

m: **07886798246** w: skylinewindowshutters.co.uk e: info@skylinewindowshutters.co.uk



Professional Cleaning Services



Specialising in residential and small commercial property
**Houses - holiday lets
halls – offices**

No job too small

Weekly, fortnightly, monthly
or one off cleans

Small family business offering
reasonable rates & exceptional service
Contact your cleaning fairy today

Bernadette 07958 025694

Bernmee21@gmail.com



FUEL AND MORE FOR YOUR HOME

Woodsure Ready To Burn Accredited

BULK BAGS, BARROW BAGS, NETS

LOGS: Kiln dried, hard wood & soft wood

OVOIDS: 50kg or 25kg bags. Kindling,
firelighters, flammers **Free local delivery**

017683 72333

wpssupplies@btconnect.com

Razzamataz Theatre Schools

Performing Arts Classes for

0 - 18year olds

held in Appleby, Kendal and Penrith

07539144225

penrith@razzamataz.co.uk

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	
bspmcclerk@gmail.com		07713 031087