.St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. .Also with additional information from Methodist Churches at The Sands, Appleby; Great Asby; Warcop; and Dufton with Knock; & The Roman Catholic Church of Our Lady of Appleby. **But** we also bring information from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the advertisements which follow the news items

Heart of Eden
March 2026
The News Magazine of the Benefice

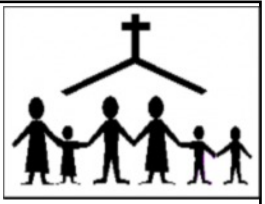
The Annunciation, by Lavra

What's on in February in the Heart of Eden?

What's on?? What's on?? What's on?? Whats onWhat's on?? ?? What's on?? Wha

Date	Time	Place	Event
1st	18:00	Sands Methodist Church	Celebration (formerly known as Filling Station)
2nd	14:00 – 16:00	Public Hall Supper Room	Evergreens
2nd	10:30 – noon	Ormside Village Hall	Coffee Morning
3rd	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
3rd	14:30	St. Lawrence's, Appleby	Healing Service
3rd	19:00	Brampton Village Hall	Book Club
3rd	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
4th	12:30	Brampton Village Hall	Brampton Ladies - The Spine race
4th	19:30	The Hollies, Asby	Asby Fellowship with Jane Morris
4th	19:30	Dufton Village Hall	(Open Circle) Ice Age Landscape
4th	4pm & 7pm	Sands Methodist Church	Lent Groups, see. P.11
5th	19:00	St. Lawrence's, Appleby	The Highway Cellist
5th	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
6th	19:00	Dufton Village Hall	(EVAN) Wild Sparrow
7th	10 – 12:30	Dufton Village Hall	Coffee Morning i.a.o. St. Cuthbert's
7th	10:30 – noon	Milburn Village Hall	Village coffee morning
8th	9:30 – 11:30	Appleby Bowling Club	Table Top Sale
9th	19:30	Ormside Village Hall	Country Dancing
10th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
11th	10:30	Public Hall	Appleby Arts– Women Artists in Britain
11th	19:00	Brampton Village Hall	Eden Valley Woodturners
11th	10:30	Sands Methodist Church	Memory Club
11th	4pm & 7pm	Sands Methodist Church	Lent Groups, see. P.11
12th	19:30	Public Hall Supper Room	Appleby Archaeology Group – King Arthur's Round Table
14th	19:00	Appleby Public Hall	Lights, Camera, Appleby – Anora
14th	10:30 – noon	Colby Village Hall	Coffee morning
14th	10:00 – 11:30	Warcop Parish Hall	Coffee Morning
15th	12:00	St. Peter's, Asby	Café Church – Food for Thought
16th	14:00 – 16:00	Public Hall Supper Room	Evergreens
17th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
17th	19:30	Ormside Village Hall	Craft Evening
17th	14:30 – 16:30	Temple Sowerby Victory Hall	Coffee Morning
18th	15:00	Brampton Village Hall	Appleby Fair Drop-in
18th	19:30	The Hollies, Asby	Asby Fellowship with Andrew Burrell
18th	19:00	Dufton Village Hall	The Pike, etc. – information session
18th	19:30	**Kirkby Thore Memorial Hall**	Dufton Local History Group – the coming of telephones to Cumbria
18th	4pm & 7pm	Sands Methodist Church	Lent Groups, see. P.11
19th	14:00	Colby Village Hall	Colby WI – visitors welcome
19th	19:00	Knock Mission Rooms	The Pike, etc. – information session
19th	19:30	Warcop Parish Hall	Remote Cinema "The Ballad of Wallis Island"
20th	t.b.a	Temple Sowerby Victory Hall	Film Night – Forest Gump
21st	19:30	Colby Village Hall	Wine Tasting
21st	11:30 – 13:30	Dufton Village Hall	Dufton Show Soup and Sweet
21st	10:30 – noon	Milburn Village Hall	Church coffee morning
23rd	19:30	Ormside Village Hall	Country Dancing
25th	10:30	Sands Methodist Church	Memory Club
25th	4pm & 7pm	Sands Methodist Church	Lent Groups, see. P.11
27th	19:00	Dufton Village Hall	Paul Logan
28th	All Day	Appleby Public Hall	Northern Crafts Market
28th	19:30	Ormside Village Hall	Easter Bingo

Church of England:



Rector: Rev. Andrew Burrell (☎07778683820)

For (C of E) baptism or wedding bookings contact Sue Wigley, Office Manager, email: applebymc@carlislediocese.org.uk See also article later in newsletter

Methodist Minister: Rev. Ros Watson: ros.watson@methodist.org.uk or ☎017683 51244

Roman Catholic Priest (Our Lady of Appleby) Fr. J. Winstanley ☎ 01768 862273

Mothering Sunday - the fourth Sunday of Lent- offers families an opportunity to honour the women who have nurtured them. Lots of different streams and traditions have come together to make today's Mothering Sunday the special day that it is.

In the Middle Ages it was an occasion for everyone to visit their 'mother' church - the place where they had been baptised. Later, an opportunity for those who worked away from home to visit their mothers became added to the mix of reasons to make it a special day.

Today we honour all women who have in one way or another been special to us, and in church this is usually signalled by small bunches of flowers for every woman present.

Treating mums and grans to Sunday lunch, chocolates and flowers is also part of the present mix. And will there be a simnel cake to be seen - a tradition from ages past - with its rich layers of marzipan, and eleven balls of marzipan on top, reminders of the 11 disciples who remained faithful to Jesus?

Not everyone has enjoyed a wonderful or enduring relationship with their mum, so lest we get carried away on a wave of love and sentimentality, there is usually space in the Mothering Sunday church service to reflect on and pray for those whose relationships with their mother were not all they might have been.

Also, there are the families blighted by the lack of, or death of a child; families remembering a mum who died tragically young; women who never had a child but would have dearly loved the opportunity; all these and more are a recognition of the imperfections of human love, human life.

These imperfections can be brought in prayer to the God who mothers us. In the Old Testament, Isaiah speaks of God comforting His people like a mother hen. In the New Testament, both Matthew and Luke bear witness to Jesus expressing His desire to gather His people as a mother hen gathers her chicks under her wings. Yes, God has strong maternal qualities which He invites us to discover and enjoy!

Have you discovered the mothering, nurturing, maternal qualities which God offers to all people? It's lovelier than flowers, more long-lasting than simnel cake, better than a visit from family, and it's free to everyone who wants it - it could be yours!

By the Revd Roy Shaw, a retired priest in the diocese of York

Recent Church Registers

Funerals	***May they rest in peace and rise in glory***	
4th February	Keith Carrick	St. Michael , Kirkby Thore
5th February	John Pape	St. Lawrence, Appleby

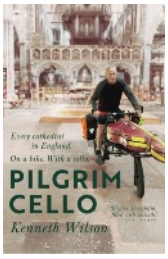
Electronic copy by email is preferred; email address heart-of-eden-editor@hotmail.co.uk. Please identify the content in the email subject line and in the name of each attachment. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'. Prices on application for commercial advertisements - payment in advance, please! We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. The editor welcomes articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. We will accept 'Small Ads' (suitable for a Church Magazine), and they will cost £5 for up to 40 words. Please email anything to be included to the editor as above or write it on a piece of paper, with your address, and leave it in the Heart of Eden tray near the main church door of St. Lawrence's. Put an envelope, with a £5 note in it, and marked 'HoE Small Ad' and something to identify it, in the safe, which is straight ahead of you as you enter the church. **Most important, if you just leave hard copy in the church, tell the editor it's there, otherwise he won't know!** To be included in a particular edition of the newsletter, please do this before noon on the 14th as with other items. n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know (☎07.401.425.430). On-line delivery of this newsletter is strictly by the editor's list of email addresses, or as a link from "A Church Near You" (https://heartofeden.org.uk/),

Church of England

St. Lawrence, Appleby with St. John, Murton cum Hilton

Churchwarden and Secretary: Jo Ayres (☎52017)

Visit of Kenneth Wilson (The Highway Cellist)



On Thursday March 5th at 19.00 we will welcome Kenneth Wilson back to St Lawrence's Church, Appleby, following his much-acclaimed visit in March 2024 when he presented his Meditation on the Seven Last Words of Jesus.

On this coming occasion he will tell us about his 1900-mile cycling pilgrimage (with cello attached!!) around 41 of the 42 English Cathedrals. We hope that Kenneth will bring a supply of his CD's and fascinating books which would be available for purchase.

There needs to be a entrance charge (£10 or £5 students) for this event, mainly to help defray Kenneth's expenses. Refreshments to follow and an opportunity to talk to Kenneth.

Everyone is welcome to come to what promises to be a fascinating and very rewarding evening.

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎ 07966.371044

St. Cuthbert, Dufton

Churchwardens:
Mrs. Gillian Bryan ☎51414
Mrs. Pam Day

Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore

Churchwarden:

Margaret Davidson ☎017683.61699

Church Warden and Secretary:

Maeve Moore ☎017683.62005

SS. Margaret & James, Long Marton

Churchwarden:

Mr. Lutaf Greenshaw ☎07802254982

St. Cuthbert, Milburn

Churchwarden:

Mr. Leigh Harding ☎ 0333.014.3944

Secretary: Christine Braithwaite

St. Theobald, Musgrave & St. Columba, Warcop

Churchwarden Mark Blackett-Ord
mblackett-ord@5sblaw.com

St. Edmund, Newbiggin

Churchwarden:

Mrs. M P. Sawrey-Cookson ☎017683.61574

Tim Whittaker

St. James the Less, Ormside

Churchwarden: Margaret Parry ☎0785.042.1343

Secretary: Richard Parry ☎07.401.425.430

St. James, Temple Sowerby

Churchwardens:
Angela Cleasby ☎07947379412
Laura Crackanthorpe ☎07470403623
Secretary: Anne Farmer
☎017683.61770

Rainbow Cafe is held on the second Tuesday of every month (10th March) in Temple Sowerby Church from 2:30 to 4:30

Our Sister Churches

Methodist Church:

Minister:Rev. Ros Watson. ros.watson@methodist.org.uk or ☎017683 51244

Dufton with Knock Methodist Church

Secretary: Mrs. Avril Swinbank
email dacreandavril@gmail.com or
☎017683.53102

Sands Methodist Church

General Enquiries Alastair Kirkpatrick on
email am.kirkpatrick@yahoo.com
or ☎017683.51184

Lent Groups Wednesdays in March, see poster p.

Warcop Methodist Church

Secretary: Mrs. Glenda Burton on
email cotehouse@aol.com
or ☎017683.98067

Roman Catholic Church of Our Lady of Appleby, (Parish of St. John Boste)

Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

Tours of St Anne's Hospital

Regrettably not available for the duration of the building work going on at the hospital. No services will be held in the chapel, either.

Better news - after a significant renovation of all 13 Almshouses, the Trustees of The Hospital of St Anne are pleased to be able to offer homes to Ladies seeking accommodation.

The Almshouses in Appleby were originally built in 1651 by Lady Anne Clifford. They have been updated over the years with the latest work nearing completion now. This small community provides low cost, warm and secure independent living.

Single ladies are welcome to apply to the Trustees via our Clerk who can provide further details about eligibility.

Please feel free to make contact if you would like to know more, for yourself or a relative.

For more information please email:-
info@thealmshousesappleby.org

News from the Area

Age Concern

Age Concern Appleby & District is looking for temporary help on Saturdays at its Boroughgate shop. We are open from 10 until 3 pm but would be happy to accept a few hours of help. Please call into the shop and speak to Janet Martin, manager, if you are interested. Alternatively contact Elaine Barraclough, Secretary, at the email address below for more information. Thanks in anticipation! ageconcernappleby@gmail.com

Children's Society

Thanks to all who attended the Christmas Eve Christingle Service at St. Lawrence's. No less than £769.80 was raised, which will go to help children all over the United Kingdom. Thanks as well to all the people who prepared the Christingles.

Upper Eden Food Bank
'A church led, community fed project'

Donations can be made at Appleby and Kirkby Stephen Co-Ops, and K.S. Spar shops during opening hours, also at the wheelie bins outside Sands Methodist Church on Appleby Sands **from 11 to 11:30 on Tuesdays and 10 to 10:30 on Fridays**

Should you know of any person or family in need of the food bank, please do get in touch, contact details below:

☎ : 07596 690 902 or Web:
www.upperedenfoodbank.org.uk

The organisations listed overleaf may also be helpful:
Citizens Advice Carlisle & Eden:
03300 563 037, or Facebook
Local Links, Kirkby Stephen: Mon & Wed, 10 - 12, 1-3pm
017683 71775,
Cumbria County Council Community Support:
01228 221100

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - (1st February)

Welcome Inn Sanctuary

There have been some minor changes which mean we are no longer affiliated to the Guild of Health and St Raphael.

We still meet every Tuesday afternoon, from 1pm to 3pm, in St Lawrence's Church, Appleby as a place of companionship and healing with an opportunity for prayer and connection. We also have a private and confidential space available in our Lady Chapel if you would like to talk or pray with one of our team. We conclude with a short time of prayerful reflection.

On the first Tuesday at 2.30pm - we also hold a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love. All are very welcome! We look forward to seeing you.

As a church we believe that healing is not just about people being well; it is about human flourishing and that, whatever the state of our body, mind and spirit, all people are beloved of God.

For further information, or for prayer requests, you can email us on welcomeinnhhh@gmail.com

Renew Wellbeing Café

Where it's ok to be not OK. An intentionally calm, shared space Free of charge All Welcome, everyone values Open to people of all faiths and none Each session starts and ends with a 5 - 10 minute meditation and prayer, which we find helps wellbeing. You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you. If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good. Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please. **Now removed to the Public Hall Supper room**. Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore kristy@pattimore.com ☎07480.935119 See our ad. page 12

Citizens Advice Carlisle and Eden

Citizens Advice Sessions at Appleby

These are held the first and third Tuesday of each month, with the next ones being:

" 3rd February
" 17th February
" 3rd March
" 17th March

Advice on issues including benefits, employment, housing, consumer, and family/relationship matters.

Location: Appleby Medical Practice

Bookable appointments from 10 to 11am (phone 03300 563 037 to book)

Drop in session from 11am to 1pm

Volunteers needed

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit: Digital Advisors: to work with clients by email and on the phone to provide advice across a wide range of issues.

Energy Advisers: to work with clients on the phone to give information and advice on dealing with problems people are having with their energy suppliers and bills

No special experience is required but volunteers should be good communicators and non-judgemental, be prepared to undertake a rigorous training programme, have good IT skills and able to commit to one day a week of volunteering.

If you are interested full details and how to apply can be found at: http://www.ca-ce.org.uk/ or email volunteer-recruitment@ca-ce.org.uk with a daytime phone number so we can call you for a chat

Winter Warmers

Help to get the money you're entitled to this winter

Imagine going from having to work into your late 70s to being £800 a month better off? That's just one of the success stories from last year's Winter Warmth Appeal in Cumbria - overseen by Cumbria Community Foundation with £75,000 from Westmorland and Furness Council.

As well as delivering grants to pay for fuel and warm clothing, applicants were given advice on claiming benefits and discounts that they are entitled to. Across Westmorland and Furness, people were helped to claim more than a quarter of a million pounds in benefits and discounts last winter through the project.

If you or someone you know is struggling, you're not alone. Get in touch: www.westmorlandandfurness.gov.uk/winterready

Inner Wheel

We have two manual wheelchairs for temporary use by local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed. Contact Stan Rooke on ☎017683 52864.

Appleby Smarter.

The Appleby Smarter group have spent yet another year meeting once a week for a couple of hours to help keep our lovely town looking nice. We wish to thank Appleby Town Council and Age Concern Appleby for their support again this year.

Appleby Smarter is not purely about "jobs' though - it's about getting out of the house, companionship and a lot of chatting, with the occasional cuppa at the end of a session. We had a Monday afternoon off in August, taking advantage of fine weather to have a barbecue party instead of work!

Our hard working volunteers have been enjoying a short, well earned winter break and will return to our Monday afternoon jobs sometime in February. We have been delighted to welcome some new volunteers in 2025.

If anyone is thinking of making a New Year's resolution to :

- Get out and about
- Become a bit more active
- Make some new friends
- Start volunteering

then here is your opportunity! Ring or email Mike if you would like to know a bit more, on ☎0775 192 4982 or email applebysmarter@gmail.com

Tourist Information Centre

Our winter opening hours are Monday to Saturday 10am till 2pm,

Please see our website www.visitappleby.com for services and other information we provide. Social Media Facebook: Appleby Tourist Information Centre, Twitter/X @applebytown, Instagram @applebytic

Appleby Library

Opening hours now:

Monday, Wednesday and Friday, 9am to 12:30, 1:30 to 5pm **and** Saturdays 10am to 1pm

And don't forget the new library app. Try googling https://www.westmorlandandfurness.gov.uk/news/2024/new-app-library-members-cumbria

Penrith and District Red Squirrel Group

Your native red squirrels need you! Become a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey or sickly red please ring Gary Murphy on ☎07974788434

Visit our website at www.penrithredsquirrels.org.uk to donate. If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.

Public Hall Coffee Mornings

Appleby Public Hall, Supper Room Saturdays - 9:30am to 11:30am
Nothing to my knowledge this month. ***Ed***
… but Norther Crafts Market on the 28th.

Town Council

Applications are invited for this year's Community Achievement Awards

Nominations are invited for people who live, work or volunteer within Appleby-in-Westmorland. This could be someone who:

- Works as a volunteer for a local community organisation.
- Has been a long serving member of a number of community organisations and projects over many years.
- Raises money for worthwhile causes within the community.
- Looks out for neighbours, who might need a little help from time to time.
- Brightens the lives of people in some way – this could be a friendly shop keeper, postman, etc, who always goes over and above.

The awards are to recognise people who are doing exceptional things for the good of their community,

who often remain behind the scenes and who are often not normally recognised.

Candidates must be nominated by someone within the community who either works with them or who has directly benefitted from them in some way. For a copy of the Nomination Form, email clerk@applebytown.gov.uk or download from www.applebytown.gov.uk/community-achievement-awards/

Applications need to be received by Friday, 3rd April 2026 and the awards will be given out at the Annual Parish meeting on Wednesday, 29th April.

Appleby Town Centre Shop Front Grant Improvement Scheme

Appleby Council have launched this grant scheme to help improve the look of Appleby's town centre, which in turn will help to boost trading for other local businesses. Four grants have already been awarded and the next round is open and applications need to be received by 2 March 2026.

To be eligible for the grant:

- Applicants must be small independent businesses, or owners of retail premises (occupied or unoccupied) and located within Appleby town centre.
- The repairs must be in respect of work to the external front elevation of the property. This includes, but is not limited to:
  - Repairs to windows and doors
  - Repairs to external stonework and brickwork
  - Repair and reinstatement of guttering and down-pipes
  - Painting of external property front
- Improvements to shop signage.
- The repairs will make a positive impact to the surrounding businesses and street.

Applicants must provide at least 33% towards the costs of the repairs and the maximum grant awarded will be £1,000.

For an application form and guidelines, please email clerk@applebytown.gov.uk or pop into the TIC.

Local public consultation on Appleby Post Office

Post Office Ltd are moving Appleby's Post Office branch to a new location at the Spar on Boroughgate, where it would continue to operate as one of their main style branches, subject to consultation. They have published an online Consultation which can be found online at

https://www.postofficeviews.co.uk/.../appleby-ca16.../...

Why are we proposing this move?

The current postmaster has resigned; however, we are pleased to inform you that a new operator has been appointed, who has identified an alternative location to operate Appleby Post Office. Our priority is to safeguard our services in the locality in the longer term, and the relocation of Appleby Post Office would enable us to maintain a Post Office service to our customers in the community.

We'd like your help ...We're now starting a period of local public consultation, and your feedback is important to us as it will help to inform our decision. For more details of the proposed services and accessibility, please see the branch information summary later in this consultation document.

What exactly are we consulting on?

- How easy is it to get to the proposed new location?
- Are the new premises easy for you to get into and are they easily accessible once inside?
- Are there any other local community issues which you believe could be affected by or affect the proposed Post Office move?
- If the move were to proceed, is there anything we could do to make it easier for customers?

Please note the proposed change of management of the branch is a decision for Post Office Ltd and therefore we are not seeking feedback on this aspect of the change.

Consultation starts on Thurs, 5 Feb and ends of Thurs, 19 March

Proposed month of change April/May 2026

Bus Talk

563 Penrith to Kirkby Stephen Bus Service

The expanded 563 bus service now operated by Stagecoach between Penrith and Kirkby Stephen, runs from early morning to early evening Monday to Friday, with four journeys to and from Kirkby Stephen and six to and from Appleby.

The first weekday journey now arrives in Penrith before 8.30 and there is now a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith. The four return journeys on Saturday between Penrith and Kirkby Stephen have not been changed.

Timetables for the 563 service are available from Appleby TIC or online at
westmorlandandfurness.gov.uk/buses/service/563

It is rumoured the service may be extended to Sundays! *Ed.*

561 Appleby to Kendal Bus Service

The 561 service operates on Wednesdays, leaving opposite Appleby Moot Hall at 09.30 and arriving at Kendal Bus Station at 10.30 and returning from Kendal at 13.30, arriving back at Appleby Moot Hall at 14.30.

The service is operated by Westmorland & Furness Council with a 16 seater minibus and although ENCTS permits will be eligible, the £3 fare cap will not, and normal ticket fares apply for anyone travelling without a permit.

Timetables for the 561 service are available from Appleby TIC or online at
westmorlandandfurness.gov.uk/buses/service/561

Community Transport

(Supported by Westmorland and Furness Council)

Community Wheels service

This service continues to operate on Fridays into/out of Appleby - to join the Community Wheels scheme, please call 01228 226430.

Voluntary Social Car Scheme

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied).

Appleby Council are currently coordinating the scheme, and new enquiries for transport can be made by phoning ☎017683.51177 Ex. 3 or by popping into the Tourist Information Centre in the Moot Hall.

The Voluntary Social Car Scheme for Appleby and District has over 160 potential users on its books, of whom at least 50 are active at any one time. But currently we can count the number of available drivers on the fingers of one hand and more are urgently needed. Please ring the number above for more information on how to join this valuable service to the people of Appleby and district.

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening and nature enthusiasts who like to grow fruit and veg, socialise, and share skills in pleasant surroundings. Our members are of all ages and abilities, and we are happy to welcome members with health challenges. We enjoy a strong sense of connection with the environment.

Where are we?

At the far end of the former Appleby Heritage Centre site (near the railway station). There is free parking adjacent to the garden.

When are we open?

Please come and visit us Tuesdays and Saturdays 10-12. When you join Appleby Edibles you come up and garden whenever you like.

Enquiries to Karen West (Chair) 07974 759136, Annie Weir (Secretary) 07919 542143, or email us at applebyedibles@hotmail.com

Appleby Clubs, etc.

Appleby Archaeology Group

On Thursday 12th March at 7.30pm in the Public Hall Supper Room, the lecture is titled King Arthur's Round Table and Mayburgh Henge, by Gill Hey

Appleby Arts Society

On Wednesday 11th March at 7.30pm in the Public Hall , we have a lecture about Women Artists in Britain 1520 - 1920,.

Dr Amy Lim, researcher for Tate Britain's landmark exhibition Now You See Us: Women Artists in Britain, 1520–1920, will give a lecture on how women artists fought against barriers to establish themselves in the art world. She will introduce both celebrated figures, such as Angelica Kauffman and Rosa Bonheur, and once-renowned women who have since been forgotten. Drawing on her work for the exhibition, Dr Lim will focus on the art schools and exhibitions of the nineteenth century and share the stories of artists who challenged expectations and reshaped opportunities for women in art.

Appleby Bowling Club

The Winter Indoor season continues until April. Casual bowling takes place indoors on most afternoons starting at 2pm. Presently the Annual Membership fee is £65.00 for adults, which covers both the Outdoor and Indoor Seasons. Contact details:- Peter Metcalfe, Hon. Secretary. ☎01768 352306 and email: metcalfe6xy@btinternet.com

Also, on Sunday 8th March from 9-30 till 11-30 there will be a Table Top Sale. Tables pre booked £5 by ringing ☎017683 51562, or on the day £6.

Appleby Evergreens

Regular meetings are generally from 2 - 4 pm on alternate Mondays, in March 2nd and 16th (**I think *Ed.***)

Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking for people who could help either on a weekly basis or regularly on a rota basis.

You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at kath1nunn@gmail.com *Kathryn Nunn*

Chair Appleby Friends of Guiding

Appleby Rainbows, Brownies and Guides

JOIN US

Meeting times:
1st Appleby Rainbows (age 5-7) Thursday 5:00-6:15pm
2nd Appleby Brownies (age 7-10) Wednesday 5:00-6:45pm
1st Appleby Guides (age 10+) Wednesday 6:15-7:45pm
We are always on the look out for adults to become a leader with any of these groups.
Message the group for more information:
kath1nunn@gmail.com or Appleby Rainbows, Brownies and Guides

1st Westmorland Scout group

We're still recruiting:

Beavers (6-8yrs)	alternate Thursdays
Shap Beavers	Tuesdays
Morland Cubs (8-10½ yrs)	alternate Thursdays
& Scouts (10-14yrs)	times on application.

We create stronger communities and inspire positive futures, by providing fun, friendship and adventure. Join as a young person or volunteer and help young people gain skills to succeed.

Contact: ☎/WhatsApp 0333 339 3710, or https://edenscouts.org.uk

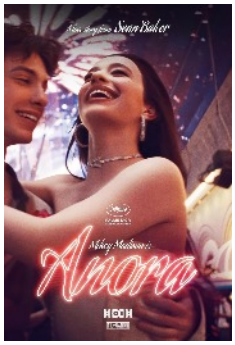
1stwestmorland@edenscouts.org.uk

Highlights at the Hub

Highlights presents: "366 Days of Kindness"…this is the true story of one woman's mission to answer the question 'Can kindness change the world?' by carrying out an act of kindness for a total stranger every day for 366 days. Empowering and funny, this is a story that needs to be heard!
Saturday 21st March 7.30pm. Tickets from: www.highlightsnorth.com or Appleby TIC or ☎017683 52902

Lights…Camera…Appleby

Saturday 14th March 2026 Anora (18)



Anora or Ani as everyone calls her, (played by Mikey Maddison), is fluent in Russian and works in a strip club. She is emphatically not a sex worker, although she occasionally moonlights on the side, and is smarter and tougher than she lets on with clients. Vanya (Mark Eidelstein), is the spoilt son of a Russian oligarch, supposedly studying in New York but mostly out partying and spending his family fortune. He doesn't want to go back to Russia to work in the family business so he proposes marriage to stay in the USA. Ani agrees. When his family hear this, they send the heavies in to annul the marriage.

Winner of the prestigious Palm d'Or, Anora is a contemporary Cinderella story and mirrors elements of the 1990 film Pretty Woman; but this film has been made for a new generation. Please be forewarned, this tragi-comic romance is not for the prudish, with lap dancing and extensive sex scenes.

James Brighurst, former patron of Angelo's Italian Restaurant in Appleby, will be cooking a Russian inspired beef stroganoff with mashed potatoes and red cabbage. Vegetarian option will be available.

Please book food tickets well in advance to avoid disappointment.

Tickets £13 for food and film. Film only tickets, £4. **Doors open 6pm, food served 6:15-6:30pm.** Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

Tickets from **Appleby Tourist Information Centre or the Courtyard Gallery, Appleby**. For further information please email applebyremotecinema@btconnect.com or ☎07921489611

Upper Eden Linking Lives.

Loneliness and social isolation affect millions of people in the UK. These feelings can be overwhelming. People may lack confidence after an illness or a fall. They may have lost their partner, and their friends and family may live miles away.
Befriending is one of the most effective ways of combatting loneliness and social isolation. A weekly visit or phone call can make all the difference to someone's quality of life.
We are a befriending service which helps tackle loneliness in the local area. We receive referrals from local organisations, family, friends and neighbours: people can even refer themselves.

We assist adults who require companionship, provided through weekly home visits or telephone calls. All our volunteers are fully trained and vetted before being matched up.

For information on volunteering or to refer someone, contact Sara on 0800 688 9984 or email at uppereden@linkinglives.uk

Memory Club in Appleby

Meetings are normally held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon, i.e. be 11th and 25th of March. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.For further information please contact:-

Anne ☎017683 51219; Tim ☎017683 52640

Probus Club

If you enjoy a good meal and interesting conversation, perhaps you might like to consider joining the Appleby Probus club.

The Appleby Club is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

You might also like to know that the club also runs occasional outings such as trips to the theatre or sporting events. As an example, we recently visited the Carlisle Airport museum.

If you think that any of this might interest you, please drop a line to either Ian Rudd at ian.rudd70@icloud.com
or Adrian Marsh at adrian.marsh@live.co.uk

Appleby Rotary Club

Appleby Rotary Club is supporting Physionet, a UK based humanitarian organisation dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the UK. Physionet supplied almost 8000 items of physiotherapy, paediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended in landfill.

If you have any surplus/redundant equipment please contact us and we will arrange collection.

Alastair Bell - Appleby Rotary Club on atbell@btinternet.com
or ☎07970597536 / 017683 51547

Villages

Asby

Wed. 4th	7:30 pm	The Hollies	Asby Fellowship - Jane Morris
Wed. 18th	7:30 pm	The Hollies	Asby Fellowship - Andrew Burrell

Brampton Village Hall

Tue.	3rd	7:00pm	Book Club
Wed.	4th	7:30pm	B'ton Ladies - talk on The Spine race
Wed.	11th	7:00pm	Eden Valley Woodturners
Wed.	18th	3pm	Appleby Fair Drop-in

Every Thursday at 6:30pm — Table Tennis: Equipment provided, all ages & abilities welcome

Colby Village Hall

Sat.	14th	10:30 - noon	Coffee Morning
Thu.	19th	2pm	Colby WI - visitors welcome
Sat.	21st	7:30pm	An informal Wine Tasting Evening ,

led by Peter, Chair of Colby Village Hall - an enthusiastic amateur!

£5. Pay on the door but must book in advance by Whatsapp or text to ☎07749934101. Bring and share savouries requested for the evening.

Dufton

Village Hall Regular Weekly Events:

Mondays 11.30am - 11.30am Playgroup (in term time)

Wednesdays 10am - 11.45am Yoga with Jo Chapman

Fridays 9.30am - 11.30am Playgroup (in term time)

Special Events:

Wed.	4th	7.00pm	(Open Circle) Unravelling A Complex Ice Age Landscape
Fri.	6th	7.00pm	(EVAN) Wild Sparrow / Slip The Jig
Sat.	7th	10 - 12:30	Coffee Morning in aid of St Cuthbert's
Sat.	21st	11:30 - 1:30	Dufton Show - Soup and Sweet
Wed.	18th	7pm	The Pike, A Pick & A Pear Tree information session
Fri..	27th	7pm	Paul Logan (Young Beatle)

Invitation

We're delighted to share that the National Lottery Heritage Fund is supporting a new 5 year project in Dufton, Knock and the surrounding area. This is a chance for all of us to explore local stories, landscapes and skills - and to shape something new together.

Join us at a briefing session where you'll hear what's planned for the next 5 years, and discover ways to get involved - from walks, events and research to creative projects.

Everyone is welcome. Come along, meet others and see if it's something you'd like to be part of.

St Cuthbert's Church, Dufton and Knock

Knock

Thu. 19th 7pm The Pike, A Pick & A Pear Tree information session See the invitation above

Long Marton

Due to our ongoing refurbishment, the hall is closed until Monday 6th April. But any enquiries can still be made, if you are thinking of setting up a new activity after Easter, please contact Christine at bookingslongmartonvi@gmail.com Hire rates are from £7 per hour. **Local History Group has relocated to Kirkby Thore Memorial Hall** for the March meeting on Wednesday 18th March, 7.30pm - The coming of telephones to Cumbria. If you would like any details please email Christine at longmartonlocalhistorygroup@gmail.com

Any enquiries if you are thinking of setting up a new activity, please contact Christine at bookingslongmartonvi@gmail.com

Milburn

Village coffee mornings first Saturday of each month (7th). Church coffee mornings third Saturday of each month (21st), both 10:30 to noon.

Murton-cum-Hilton Institute

Badminton 7:30 - 10pm every Thursday. All abilities welcome. £2.

Ormside

Mon.	2nd	10:30 to 12	Coffee Morning
Mon.	9th	7:30 till 9pm	Country Dancing
Tue.	17th	7:30 till 9pm	Craft Evening
Mon.	23rd	7:30 till 9pm	Country Dancing
Sat.	28th	7:30pm	Easter Bingo

Fancy a game of Ping Pong?! We have a table tennis table at Ormside Village Hall. It's available to hire, at £6 per hour, including use of the hall for an hour, 4 bats and balls or BYO equipment.To book ring ☎07759011555

Temple Sowerby

Information on clubs, events, sports and exercise classes held in the village can be found on the website which is https://templesowerbyvillage.co.uk/

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month at the Victory Hall. All are welcome

Fri. 20th Film Night Forest Gump

The history of the United States from the 1950s to the '70s unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart.

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church from 2.30 to 4.30 pm

The Reading Group has its monthly meetings in the Kings Arms Pub. Formed in Spring 2012, we have read a variety of titles chosen from the Cumbria Library Service's list of 600 books available to reading groups. We are a friendly Group and everyone can contribute as much or as little as they wish. Anyone interested please email Angela at neilandangela@live.co.uk.

Warcop - Parish Hall

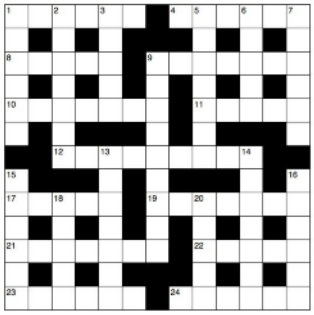
Mondays		6:30 - 8	Table tennis club
Thursdays		9am	Foyer Café (Inc. Post Office till 10am)
Thu.	5th	11:30 - 1pm	Soup and Pud
Sat.	14th	10-11.30	Coffee Morning.

Thu. 19th 7:30pm Cinema - The Ballad of Wallis Island (12A)
Doors open: 7.15pm, Screening: 7.30pm

Tickets on Door £5 Refreshments Served

Reviews described this as: "A bittersweet, cardigan-clad treasure of a film and balm for battered souls." Charles is an eccentric lottery winner who lives alone on a remote island and dreams of getting his favourite musicians, McGwyer Mortimer played by Tom Basden & Carey Mulligan, back together. His fantasy turns to reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig.

Monthly Crossword



Across

1 Arouse (Song of Songs 2:7) (6)
4 Extinguish (Isaiah 1:31) (6)
8 '"They — — ," you will say, "but I'm not hurt!"' (Proverbs 23:35) (3,2)
9 Unhappiness (Nehemiah 2:2) (7)
10 Jewish (7)
11 Dirge (anag.) (5)
12 'A truthful witness gives honest — , but a false witness tells lies' (Proverbs 12:17) (9)
17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
19 'Do not use your freedom to — the sinful nature' (Galatians 5:13) (7)
21 'As you can see, he has done nothing to — death' (Luke 23:15) (7)
22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
23 'All the people — — one man, saying, "None of us will go home"' (Judges 20:8) (4,2)
24 Lazarus, who was carried by angels to Abraham's side when he died, was one (Luke 16:20) (6)

Down

1 Appalled (Job 26:11) (6)
2 'In an — to escape from the ship, the sailors let the lifeboat down into the sea' (Acts 27:30) (7)
3 Expel (Acts 18:16) (5)
5 'But I have a baptism to — , and how distressed I am until it is completed!' (Luke 12:50) (7)
6 'Of the increase of his government and peace there will be — — ' (Isaiah 9:7) (2,3)
7 Hurry (Psalm 119:60) (6)
9 'For I desire mercy, not — , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)
13 One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)
14 Shouting (Acts 7:57) (7)
15 Arachnid (Isaiah 59:5) (6)
16 One of Paul's first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
18 Donkeys (5)
20 Raked (anag.) (5)

Carlisle Cathedral's East Window has been named the Nation's Favourite Stained Glass Window, in the Divine Light social media campaign and competition organised by the Association of English Cathedrals (AEC).

The campaign ran from the beginning of Advent into the New Year and featured a stained-glass window from each of the 42 English Cathedrals on the AEC's social media platforms. The number of likes on each post were counted, and the top 12 were placed into the final, with members of the public asked to vote for their favourite on the AEC website.

The Venerable Michael Everitt, Interim Dean of Carlisle, said "I am delighted that our wonderful East Window has been voted England's favourite! I hope that many people will come to Carlisle Cathedral to see it in person. For many of us it has played a central part in our lives: whether through concerts, services or visits. The combination of the ancient glass at the top and the wonderful Victorian depictions of Jesus' life, all set beneath our starry ceiling means you truly get a glimpse of heaven inside the Cathedral. Thank you to so many people for voting for it and I look forward to welcoming you here."

In celebration of the competition win, Carlisle Cathedral are delighted to announce a new guided tour, Sacred Light: The Stained Glass of Carlisle Cathedral, which will take place for the first time on Saturday 21st February. This 40 minute guided experience offers a rare chance to explore some of the finest and most distinctive glass in the country.

We rely on the generous support of our worshippers, visitors, partners and supporters to help preserve this Cathedral and its work for generations to come. Your support helps us to remain open, for free, for everyone, every day. No matter the size, your gift will make a real difference. Please consider making a donation. Thank you.

Lent Groups 2026 - At Sands Methodist Church every Wednesday, 4 - 5pm and 7 - 8pm. These sessions will have a relationship at their heart - about Christ and some of the relationships he had in the Gospels. The theme is to challenge us while travelling with Christ through the encounters - all rooted in 'relationship'

4th	Christ's conversation - born again	John 3: 1 - 7
11th	ditto - Samaritan woman	John 4: 5 - 42
18th	Christ talks about sin	John 9
25th	Christ and Lazarus	John 11: 1 - 45

Marie Curie's Great Daffodil Appeal 2026 - as it celebrates 40 years

Throughout the month of March, the end-of-life charity Marie Curie will be holding its annual flagship fundraiser, the Great Daffodil Appeal.

There's only one chance to give someone the best possible end of life.

And one chance for you to help give care that makes all that possible. Care that protects someone's dignity - instead of leaving them alone or in pain. This Great Daffodil Appeal is that chance.

Now in its 40th year, the appeal raises vital funds to help Marie Curie provide end of life care and support in homes, hospitals and hospices across the UK. By donating and wearing your daffodil this March, you can help Marie Curie Nurses bring expert end of life care when there's no cure, whatever the illness.

Money raised also funds the charity's free support line and webchat which is available to anyone with an illness they're likely to die from and those close to them. It offers practical and emotional support on everything from managing symptoms and navigating care to financial information, including how to get help with energy bills and bereavement support.

Whether it's taking part in a fundraising challenge, organising a bake sale or volunteering your time to collect donations, every penny will help Marie Curie deliver quality care to those who need it most.

The Great Daffodil Appeal only happens once a year. This is your chance to make it count. For information and to donate visit: Mariecurie.org.uk/daffodil

Crossword Solution

A	W	A	K	E	N		Q	U	E	N	C	H
G		T		J				N		O		A
H	I	T	M	E		S	A	D	N	E	S	S
A		E		C		A		E		N		T
S	E	M	I	T	I	C		R	I	D	G	E
T		P				R		G				N
		T	E	S	T	I	M	O	N	Y		
S				A		F				E		D
P	S	A	L	M		I	N	D	U	L	G	E
I		S		A		C		R		L		A
D	E	S	E	R	V	E		A	R	I	E	L
E		E		I				K		N		E
R	O	S	E	A	S		B	E	G	G	A	R

The Daughters of Mothers

There are certain small things that you notice,, Little things you have started to do,

That prompt you to question, and wonder If the face in the mirror, is you.

The realisation is dawning, As one year hurtles after another,

That in word, thought and deed, In gesture and glance,

You have somehow turned into your mother!

By Daphne Kitching

Yoga & Mindfulness classes - Suitable for all abilities			
Tue	Yoga	Appleby	7pm – 8.45pm
Wed	Yoga	Dufton	10am -11.45am
Thur	Yoga	Appleby	7pm - 8.45pm
Fri	Yoga Gentle Mindful Yoga & Meditation	Appleby	10am – 11.30am
Interested in workshops and retreats?			
Please contact me for info and booking: Jo Chapman 07902718957 Email: jodufton@hotmail.com www.cumbriayoga.co.uk			

The Good Book Club

Reading the Bible for ourselves

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Every Wednesday

12.30 – 2pm

Memorial Hall
Kirkby Thore

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citizens advice Carlisle & Eden

We give free, up-to-date advice to everyone in Eden

Coronavirus has made life hard for many people. Citizens Advice Carlisle & Eden is here to help.

If you need help with benefits, work, debt and money, housing, or more, please get in touch or look at useful information available at www.citizensadvice.org.uk.

For Debt/Money advice or Foodbank referrals: 03300 563037

For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

Email Advice:
Via Contact Us form on website;
www.ca-ce.org.uk

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Church Services for March 2026

Church of England

Mon.	**30th**	**19:00**	**(Monday in Holy Week - venue to be decided)**

Appleby, St. Lawrence,

Sun.	1st	08:30	Holy Communion
Sun.	1st	10:45	Morning Prayer
Mon.	2nd	19:00	Compline
Fri.	6th	10:00	Holy Communion
Sun.	8th	10:45	Holy Communion
Fri.	13th	10:00	Holy Communion
Sun.	15th	10:30	Mothering Sunday at Sands Methodists
Mon.	16th	19:00	Compline
Fri.	20th	10:00	Holy Communion
Sun.	22nd	10:45	Holy Communion
Fri.	27th	10:00	Holy Communion
Sun.	29th	10:45	Holy Communion (for benefice)

Asby, St. Peter

Sun.	1st	18:30	Holy Communion
Sun.	8th	11:00	United Service (@ Baptists)
Sun.	15th	12:00	Café Church *(food for thought)*
Sun.	22nd	11:00	Morning Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	8th	15:00	Taizé
Sun.	22nd	11:00	Holy Communion
Sun.	29th	10:45	Joint Service at Methodist Church

Kirkby Thore, St. Michael

Sun.	1st	10:00	Breakfast Church
Sun.	8th	11:00	Morning Worship
Sun.	15th	10:00	Breakfast Church
Sun.	22nd	11:00	Holy Communion

Long Marton, SS. Margaret & James

Sun.	8th	10:30	Morning Prayer

Milburn, St. Cuthbert

Sun.	1st	10:30	Holy Communion
Sun.	8th	10:30	Holy Communion
Sun.	15th	10:30	Holy Communion
Sun.	29th	10:30	Holy Communion

Murton, St. John

Sun.	22nd	15:00	Holy Communion

Musgrave, St. Theobald

No Service

Newbiggin, St. Edmund

Sun.	1st	11:00	Holy Communion
Sun.	22nd	16:00	Evening Prayer

Ormside, St. James

Sun.	1st	**09:30**	Matins
Sun.	8th	**09:30**	Holy Communion
Sun.	15th	**09:30**	DIY
Sun.	22nd	**09:30**	Holy Communion (1662 -BCP)

Temple Sowerby, St.James

Sun.	15th	09:30	Holy Communion

Warcop, St. Columba

Sun.	1st	09:30	Holy Communion
Sun.	8th	09:30	Morning Prayer
Sun.	15th	10:30	Mothering Sunday Churches Together at Parish Hall
Sun.	22nd	09:30	Morning Prayer

Methodists

Sands, Appleby

Sun.	1st	10:30	Celia Ramnath All Together Worship
Sun.	8th	10:30	Rev. Mike Harrison
Sun.	15th	10:30	Elaine Ewin
Sun.	22nd	10:30	Richard McGregor
Sun.	29th	10:45	United Service at St. Lawrence's

Dufton with Knock

Sun.	1st	10:45	Richard McGregor
Sun.	8th	10:45	Rev. Paul Dunstan
Sun.	15th	10:45	(Mothering Sunday) Jacky Ousby
Sun.	22nd	10:45	Rev. Ros. Watson
Sun.	29th	10:45	(with Anglicans) Heather Radford

Warcop,

Sun.	1st	10:30	Local Arrangement
Sun.	8th	10:30	Mr. Will Ousby
Sun.	15th	10:30	Churches Together, with Celia Ramnath at Parish Hall
Sun.	22nd	**15:00**	Jacky Ousby
Sun.	29th	10:30	Local Arrangement

Roman Catholic Church of Our Lady of Appleby

Sunday Mass 4pm (Sacrament of Confession available from 3.30pm) ,

followed on the first Sunday each month by tea and refreshments

Weekday Mass Tuesdays 12noon (changeable, check Newsletter and

Parish Website: www.stjohnboste.org.uk)