



Kirkby Stephen & Upper Eden Community News

May 2019

Summer 2019



Picturing Kirkby Stephen

SATURDAY 29TH JUNE 2019

Take up the challenge...
Create an original piece of artwork in one day from scratch, in any medium.
Entry £15 for adults / £5 for 16-19 year olds.
Sign up today!

Cash Prizes
1st Prize £350
2nd Prize £250
3rd Prize £150
Young Artist Prize £100
Peoples Choice £100

For full information and registration visit:
www.edenvalleyartisticnetwork.co.uk
Entry forms are also available at the Upper Eden Valley Visitors Centre, Kirkby Stephen and from the EVAN Gallery and Studios, Penrith.

This year's Westmorland Dales Day in Kirkby Stephen (28 July) will feature a two-part 'promenade' performance of a play about Lady Anne Clifford funded by the Yorkshire Dales National Park. The first part will take place at Pendragon Castle and the second on Church Green. The play is being devised, written and performed by professional actor and director Lisa O'Hanlon, together with members of the Lune Spring Players and Kendal musician Carolyn Francis. A limited number of free tickets for the classic bus journey to Pendragon will be available



from
Upper
Eden
Visitor
Centre.

Inside this issue:

News from Kirkby Stephen Local Links	1
Town Council News	2 - 3
Local News & Support	4 - 5
Business Spotlight	6 - 7
Recipe & What's on?	8
Upper Eden News/Sport and Social/Local events	9 - 10
Business Listings	10 - 12

Like our Facebook page:
Kirkby Stephen Community Centre

Follow us on twitter:
communitycentre@kslocallinks

FREE WIFI at
Kirkby Stephen Local Links



Sponsored by



WE NEED YOU !!!

Upper Eden Community First Responders need more members. We will be at Westmorland Dales Day in Kirkby Stephen on Sunday 28th July. Come along and see us and learn about what we do. Hopefully you will be interested and join us. The community needs you. For more

information, contact Dave Prince at david.prince1945@btinternet.com or telephone 07887 683831

citizens advice Carlisle & Eden
www.ca-ce.org.uk
03300 563 037
AdviceHub@ca-ce.org.uk

Citizens Advice Drop in Sessions

We're holding a drop in session at various venues around Eden

If you'd like advice on housing issues, getting the most out of your energy, money or benefits. Why not come and speak to our adviser.

Kirkby Stephen Local Links
4th Wednesday each month from 10am - 12:30pm

Appleby Library
4th Wednesday each month from 2:00pm - 4:00pm

April 24th June 26th September 25th November 27th
May 22nd July 24th October 23rd

BROUGH FARMERS' MARKET







Memorial Hall, Brough 9.30am—2.00pm
Buy lamb, beef, pork, venison, fish, poultry, eggs, bread, cheese, cakes, photography, jewellery, textiles and more..... **3rd Sat of each month - no admission fee!**

SUNDAY 28TH JULY 2019

WESTMORLAND DALES DAY — KIRKBY STEPHEN —

FROM RAILWAY STN. TO TOWN CENTRE

BUSES

- Arts & Crafts
- Bread Making Demo
- Silver Band
- Food Market
- Guided Walks
- Cycle Rides
- Childrens Activities
- Lady Anne Clifford Play
- Conservation Groups
- Stainmore Railway Weekend
- Guided Runs
- Cumberland & Westmorland Wrestling

.... plus much more

check us out at www.westmorlanddalesday.org
Not online? Visit the Upper Eden Visitor Centre or call 017683 71199

Eden District Council

Kirkby Stephen Town Council Report 2019 - Joan Johnstone

The Town Council continues to meet monthly. In January David Gilmour resigned due to health problems, which reduced the Council to eight members.

Looking back over the year a great deal of council business has focused on Appleby Fair issues. In 2018 the local community had many concerns regarding the numbers visiting the town in the run up to the fair. People arrived early and this led to increased pressure not only on the locals, but also the police. The annual horse sale was cancelled which led to the animals being sold on the main street causing a chaotic scene, with travellers spilling out of public houses and drinking in restricted areas, anti-social behaviour and littering were an added problem.

A public meeting followed the fair, a hundred plus people attended to inform MASCG of their many concerns.

The Council has tried and failed on a number of occasions, through correspondence to the Chairman of MASCG to have input into the new strategy going forward, this has proved disappointing and frustrating. On the positive side we pushed for a local representative of the settled community to join the group and I am pleased to report that County Councillor, Phil Dew, has been appointed.

Chief Superintendent, Rob O'Connor, who is the appointed Gold Commander for this

year's fair, spoke to the Council and assured us a greater police presence would be seen in Kirkby Stephen. A dedicated 101 line is being set up as is CCTV to monitor the town. The town's licensees have met with Police and Eden District Councils Licensing Officer and are being asked to cooperate with the enforcement of no drinking in restricted areas and using plastic glasses.

The parking arrangements for caravans along the A685 remains a concern to locals. The Gypsy community are willing to play their part in seeing the fair run smoothly. It was noted that from a meeting, with Sedbergh and Kirkby Lonsdale Councils, that they had many similar problems.

The Eden Local Plan has now been adopted and at a training session led by officers the Council was told that the plan now supercedes the Neighbourhood Plan. Planning applications are consulted on when required. Paula Smith, Conservation Officer for EDC, spoke to the Council about producing an appraisal and management plan for the conservation area and a working group has now been formed.

The Flood Prevention Group was disbanded as it was felt that this came within the remit of the Community Local Plan, the Council agreed to provide sand bags and sand when needed.

The Council formally applied to join the Upper Eden Community Interest Company and Eileen Simpson was approved by the CIC to become a director.

Councillors have held two meetings with officers from EDC regarding devolution of services, these have resulted in the Council taking responsibility for footway lighting and we are still looking into the terms for the transfer of the public toilets, Stoneshott car park and the two play areas. Along with the CIC we are exploring the transfer of the Visitor Centre building.

The Town Council agreed to be the nominated body for the Kirkby Stephen Community Sports Association bid for funding from EDC Signature Fund. We were delighted that £75,000 has been offered, subject to some additional funding from the Grammar School. These grants along with others will see a new all-weather pitch installed this summer. Congratulations must go to association members, Andrea Dixon and Claire Smithson, who have worked diligently to secure the funding. Recognition must also go to Alex Birtles for overseeing all the legal requirements, thanks also to officers at Eden who have been a great support.

Highway matters are efficiently dealt with by County Councillor Phil Dew. Reports of inconsiderate parking on pavements and around the Market Square are ongoing.

A review of the Council's Asset Register has been undertaken by the Clerk and an update report and valuation has now been adopted.

The Council led by the Clerk held a pre-

budget meeting to assess the present financial situation. It was resolved to build up restricted reserves over a five-year period in light of an anticipated increase in expenditure in the future. Going forward finance reports will feature higher up the agenda with a monthly bank reconciliation report followed by a quarterly budget monitoring statement.

The Council continues to support the Burial Board, Visitor Centre and Easter Rally, through grant giving. This year the Brittleton Bursary awarded four young people funds and we wish them success improving their chosen skills.

The Community and Council Centre continues to support the local community and with the change in the delivery of library services the staff are involved in helping customers to use the self-service system, the assistance needed is being monitored. The licence between Cumbria County Council and the Town Council to occupy the building is drafted and almost ready to sign.

Eden District Council arranged a bench marking exercise for the town, the result was good with cleanliness scoring highly. It was also noted that the town had no empty shops and that shop fronts had been improved.

To celebrate no empty shops an initiative by Linnhe Harrison, of Mini Eden, and Olivia, of Only Willow, colourful banners have been designed and erected by businesses to make the town look vibrant. This has been well received and a big 'thank you' to those involved is called for.

The Christmas lights were again erected by a willing team of volunteers and the switch on proved an enjoyable event. I thank the volunteers and the Vicar and PCC for the use of the Parish Church. Congratulations also to the shops that took part in the excellent window competition.

I thank our Council employees, Christian Barnes, Wendy Hamilton, Zelda Bromfield and Alan Simpson, for their commitment to the work of this Council.

As we come to the end of the four-year cycle of the Town Council it is fitting to acknowledge Councillors Glenys Lumley and Judy Sowerby who are standing down, they have worked tirelessly for this Council. Likewise, EDC Councillors Trevor Ladhams and Valerie Kendall who are not seeking re-election. In Trevor's case his longstanding involvement with first the Town Council and then EDC is to be applauded and I do thank them for their contribution to the public life of the team.

Thank you to County Councillor Phil Dew who is enthusiastic and hardworking on behalf of the community of Upper Eden. My thanks to my fellow councillors for all their support and commitment to me and the community. As we look forward to new members joining the Town Council I hope with renewed energy and commitment we can work together for the benefit of all the community.

Dates of Town Council

Meetings

Meetings are the first Tuesday of the month and start at 6.45pm in the Local Links Meeting Room.

Meetings start with Public Participation

If you have anything you wish to raise about the town or items on the agenda this is your opportunity to speak to the Council.

Agendas & minutes are available to download at www.kirkby-stephen.com
Your Town Councillors Are:

Mr. A Birtles

Mrs. J Johnstone

Miss. G Wren

Mrs S Lancaster

Mr. P Richardson

Mr C Lynch

Mrs. D Thornton

Mr. M Walker

Clerk/Financial Officer:

Mr. C Barnes

Phone/Fax: 017683 74854
clerk@kirkby-stephen.com

Kirkby Stephen Town Council News

New Councillors for Kirkby Stephen

The election on the 2 May was uncontested and standing councillors, Joan Johnstone, Dorothy Thornton, Alex Birtles, Mike Walker and Paul Richardson were re-elected unopposed. New councillors: Conrad Lynch, Sandy Lancaster and Grace Wren have joined them for the 2019 to 2023 term. At the council's first meeting on the 7th May Joan Johnstone was elected to serve another term as Chairman and Paul Richardson re-elected to the Vice Chairmanship. At the last council's meeting in April correspondence was read out from a local resident regarding the increase in the council's precept and it was agreed that the basis of the reply should be published in our newsletter. Of course, it is recognised that electors may be taken back by a headline figure showing a 36% increase. This is something that our councillors have thought very carefully about and have implemented with regret. It is however worth pointing out that the increase actually amounts to just under £35 over the year or 67 pence a week on a band D property. The council does consider what it costs resident tax payers when it sets a precept. The underlying factors behind this increase are Devolution of Services and the need to build up the council's recently depleted reserves.

In the years 2017 to 2018 and 2018 to 2019 the council set a deficit budget reducing its reserves by approximately £28k to fund a 'lone working policy' that it had to implement to protect vulnerable staff because it was anticipated that the Library Service would withdraw staff from its Library which the council part occupies at Local Links. Local Links provides a range of community support services including the library which the council is keen to support and continue. There are three councils in Cumbria, County, District and Local (meaning Towns and Parishes). In the last year the District and County took measures to pass some of the services they deliver to Kirkby Stephen residents to the Local Council (us). This is what is meant by 'Devolution of Services'. Their bills appear to be stable but in reality, we are now providing some of the services that they used to provide, last year footway lighting was transferred to the town council and this year we are negotiating over playgrounds, public toilets and car parks (which the council wants to keep free to use).

Our staff now provide some library services for the County Council in return for a reduced rent. In an ideal world you would have seen the element of the Council Tax precepted by the higher tier authorities reduced to reflect the fact they are providing less. However, they have not chosen to pass on these savings in their part of the council tax levy and in any case the figures are hardly visible in percentage terms. The devolution of all public toilets in Eden for example accounts for a saving of only 1% of Eden's budget. If we take on the toilets at Stoneshott (and it costs us the same as Eden to maintain them) then this will account for nearly 20% of our budget! By comparison with Cumbria County Council or Eden District Council our budgets are much smaller which makes the reporting of percentages seem much bigger.

The Council thinks that keeping these services free and available supports town centre vitality and we are proud that Kirkby Stephen, unlike other Eden towns, has no empty shops. The availability of free parking and public facilities is believed to be a factor that supports the towns retailers in difficult trading conditions. At the same time the council needs to improve its own financial standing and reverse the depletion of its reserves.

It was for these reasons that the council chose to increase its precept. However, the council is accountable to electors for its decisions and its expenditure and does its planning in an open and transparent manner. Residents will find all the council's minutes and decisions at www.kirkby-stephen.com and in the coming year these will be accompanied by significantly improved financial statements. Electors are welcome to participate in all our meetings and to feedback to councillors. Public participation always takes place at the beginning of every council meeting and it does inform councillors thinking. The council has been good at representing residents' interests and responding to residents' views.

If you would like to receive council papers and notice of meetings you can subscribe to our mailing list on the council's pages at www.kirkby-stephen.com. I can't stress enough how welcome all electors are to attend meetings and participate. The council values and depends on public feedback to confirm and validate the spending decisions it takes.

A message from Phil Dew

Summer is fast approaching and with it the Appleby Horse Fair. The memories of last year's Fair are still fresh in the mind and for many people they conjure up a sense of fear and foreboding. You will be pleased, and hopefully reassured, to hear that I have not sat idly by over the past twelve months but have worked hard to bring about improvements – even though that process has at times been somewhat frustrating.

I now have a seat on the Multi Agency Strategic Coordinating Group [MASCAG] which oversees the management of the Fair and I have been very vocal in meetings expressing the views and interests of local residents and businesses. I have visited Carlton Hall several times to discuss the policing of Phase 1 of the Fair with Peter McCall and Chief Superintendent Rob O'Connor [Gold Command]. I expect to see a much more robust and effective police presence in Kirkby Stephen this year with officers committed to maintaining law and order. I would encourage local residents to play their part by patiently reporting incidents on the dedicated 101 line which will be in operation for the duration of the Fair. Cumbria County Council Highways Officers have amended the Traffic Management Plan to restrict encampments on the A685 and I have accepted the compromises that have been made. In an ideal world there would be no stopping on the verge but that policy can't be implemented this year due to a lack of resources. Certain areas will be strictly out of bounds and I have asked officers to keep the carriageway clear of obstructions at all times.

I have done my best to improve relations with the genuine gypsy/traveller community in the hope that we will be able to work together to restore the traditional values of the Fair. Last month I visited Billy Welch at his home in Darlington and hosted a Gypsy/Traveller Cultural Evening in the Kings Arms, featuring Billy Welch and Bill Lloyd, which was attended by over one hundred people along with senior officers from Cumbria Constabulary. The evening passed peacefully and provided an opportunity to learn more about the history and customs of the gypsy/traveller people.

Very soon the talking will be over, the Fair will begin and our plans and preparations will be put to the test. Ultimately, we will be judged by results. Do not expect perfection. Compromises will inevitably have to be made. However we will not tolerate the unacceptable behaviour that became the norm last year. The police cannot work miracles but we do expect them to keep us safe. That is the bottom line.

I will be available throughout the Fair for advice and support. If you have any concerns let me know and I will do my best to resolve them with the help of senior officers. All my contact details are available online or at the Local Links.

Local news and support

UPPER EDEN FOODBANK The Upper Eden Foodbank exists to provide short term support to people in need. People can receive a food parcel which is enough to feed an individual or family for at least three days. The food can be collected from the Local Links office at Kirkby Stephen. Local Links staff and other caring organisations (health services, social services, education providers and churches) can help people to get the food they need for themselves and their families. Contact through Local Links, health professionals, charities, or church staff. Alternatively find us on our Facebook page: **THE UPPER EDEN FOODBANK**



DO YOU NEED HELP DEALING WITH UNMANAGEABLE DEBT?

Then help is at hand for Upper Eden residents. Christians Against Poverty—**CAP UK** offer a FREE, in depth, caring service for people with spiralling personal debt regardless of age, gender, faith or background. Our team do all the negotiating with creditors and support you until the day you are debt free. More information is available from the Kirkby Stephen Local Links Office, and to arrange a face to face appointment with debt coach Jon Cook **call 0800 328 0006. www.capuk.org**



Upper Eden Memory Club Facilities for those with memory problems are still limited at this end of Cumbria, so we feel that we provide a useful service. We continue to meet alternate Thursdays at the Kirkby Stephen Methodist Church, where we enjoy fellowship over tea and coffee, followed by guided activities and usually end with singing some favourite songs of old. We are always ready to accept newcomers and volunteer helpers. Our next meetings are 30th May, 13th June, 27th June, 11th July and 25th July. **10.30am till 12noon.** The Thursday People Group will meet at Brough Methodist Church on 6th June, 20th June, 4th July and 18th July, **also from 10.30am to 12noon.** Contact Heather Simpkins on 017683 42476. For any further information contact Tony Taylor 017683 42702 or **revtt@hotmail.com PLEASE NOTE THE CHANGE OF VENUE**

Voluntary Social Car Scheme in Kirkby Stephen & Brough

This scheme is funded by Cumbria County Council. The scheme provides transport to members of the community of any age (under 16 years must be accompanied by an adult) who cannot make their journey by public or private transport. Examples of journeys include getting to doctors/dentist appointments, shopping, visiting friends & making public transport connections. Passengers pay a contribution towards the cost of the transport. If two or more people travel then the fare is shared between them. Journeys are available depending on volunteer availability. You may be asked to share transport & you may need to be flexible about the time you travel. To book your Voluntary Social Car Scheme journey or for further information please contact the local coordinator Robin Haywood **017683 72678** or Trevor Capstick **017683 41696**, if you would like to volunteer as a driver, please get in touch.



To find out more please contact us. We provide a wide variety of services including:

- Day services • Lunch clubs • Winter Warmth Fund
- Community Home Support • Information and Advice
- Independent Living Support • Advocacy • Befriending
- Volunteering. Please ask for details

Registered charity number 1128565

01228 536673 ageuk.org.uk/carlisleandeden.org.uk

admin@ageukcarlisleandeden.org.uk

Parkinson's Café After 2 years of running the Parkinson's Café, Andrew and Robina gave notice that the 27th March would be the last meeting, for now. They would like to thank everyone who supported the meeting. If you require support, please contact Parkinson's UK support line on **0808 800 0303** or visit **www.parkinsons.org.uk**

Kirkby Stephen and Upper Eden Good Neighbours Scheme

Helping to make a difference to your day!

If you or any one you know could benefit from a visit from one of our Good Neighbours, please get in contact. Some examples of the help which we have given since our scheme began has included befriending, book delivery, DIY jobs, collecting prescriptions, help with shopping, help with using home equipment, reading the paper and chaperoning for hospital visits. The help and support that our scheme offers is **free**. Whatever your needs, however small, give us a call on **017683 71775** or email: **goodneighbours@kirkby-stephen.com**. If you wish to become a Good Neighbour, please get in touch, we are looking for volunteers, we'd love to hear from you!

Eden Sight Support

The Resource Centre, Sandgate, Penrith Tel: 01768 891724 We offer information and support to anyone with a visual impairment within the Eden area. We hold an outreach event in Kirkby Stephen bi-monthly. Members and non members are welcome to join us for a cup of tea and a chat and to get information and advice relating to their visual impairment. If you think that you, a friend or family member may benefit from attending please join us for one of our upcoming meetings. Further information can be obtained from the Resource Centre.



Eden Carers. Do you care? If so Eden Carers may be able to help you. We are a charity providing free support to unpaid Carers, throughout Eden, who look after a family member, relative, friend or neighbour who could not manage without their help. We

support over 850 individuals (170 of whom are young Carers aged 5 to 18 years). We provide statutory carers' assessments: information and signposting; 1 to 1 support; benefit information; newsletters, support groups including after school clubs for Young Carers; social events; training and activities. Contact us on 01768 890280 or enquiries@edencarers.co.uk Let us help you care.

For more information call 01768 890280 or email:

enquiries@edencarers.co.uk



EDEN HEARING SERVICES

Eden Hearing Services offer advice, support, maintenance and repairs, as well as replacement hearing aid batteries. The sessions will take place from 10am - 12noon here at Kirkby Stephen Local Links on the following dates:-

18th June 2019, 16th July, 20th August and 17th September.

If you would like any further information please contact us here at Kirkby Stephen Local Links, if you are unable to make the sessions, but, would like a pack of replacement hearing aid batteries, we do hold a small quantity and would be happy to provide you with some as an interim measure.

Local news and support

Village Verges

This season has developed into a weekly litter pick, 10am til 12pm every Tuesday, since October 2018 - 30 weeks. With the weekly average of x7 blue Eden District refuse bags we have collected and recycled approximately 200 bags from the local roadsides verges. A small team of Hartley and Kirkby residents have regularly joined in with this project and we have had full support from the Kirkby Stephen Local Links, who have loaned us pickers, rings and blue bags, for which we are very grateful. A big thank you to Ann Sandell, of "Walkers are Welcome" for supporting Village Verges and circulating members with times and venues. A special note of thanks to the A team - Jill Neame, John Coleman, Kathy Alexander, Guy Days, Chrissie from Lockholme B&B on South Road, for turning out in all weathers and getting stuck in, helping to quietly make a difference to our local verges - stretching from Hartley to the Tommy Road and from Kirkby to Waitby. In addition the social element and exploring quiet lanes has been a great motivator.

The highlight was 18 bags (in x2 hours) around the Midland Hill, Sedbergh junction - never again on a main road - and to inspire "Out of Eden" to arrange their own litter pick in April. The most unusual collection was x 30 mini-wine bottles, at a foot path junction, off the Soulby Road! Which were discreetly recycled.

We will rest up until October and start again when the verge growth has died back. If you are interested in joining us please speak or e-mail Mike Sunderland, so you can be added to the exclusive list of volunteers.

E: mikeasunderland@gmail.com

Local Bus Services

Please support the range of buses now available to ensure longevity:

- 502 Brough - Kirkby Stephen - Sedbergh - Kendal**
Stagecoach Monday—Friday term-time only
- S4 Dent - Sedbergh - Kirkby Stephen - Brough**
Western Dales Bus—Fridays only
- S5 NEW Sedbergh - Kirkby Stephen - Ravenstonedale - Kendal**
Western Dales Bus—Thursdays only
- 563 Appleby - Kirkby Thore - Temple Sowerby - Penrith**
Mon—Fri, 3 off peak trips in both directions
- 570 Ravenstonedale-Shap-Tebay-Kendal**
Cumbria Classic Coaches—Thursdays
- 571 Brough - Kirkby Stephen - Ravenstonedale - Tebay - Grayrigg - Kendal**
Cumbria Classic Coaches - Mondays only
- 572 Ravenstonedale—Kirkby Stephen—Barnard Castle**
Cumbria Classic Coaches—Wednesdays only
- 574 Kirkby Stephen - Brough - Appleby - Kirkby Thore - Penrith**
Cumbria Classic Coaches - Tuesdays only

All services, except for the 563, stop at the railway station on route. Other buses can be accessed via Settle-Carlisle at Appleby or Hawes. **Timetables are available to download from Cumbria County Council website or collect from Kirkby Stephen Local Links & Upper Eden Visitor Centre.**

Travel with us on the **Western Dales Bus**

S4 Kirkby Stephen Connect – Fridays Explore the Howgills and the Upper Eden Valley and connecting with Settle-Carlisle line. Connecting Dent – Sedbergh – Cautley – Kirkby Stephen – Brough

S5 – Kirkby Stephen Shopper – Thursdays Have a day out in Kendal, take the train from Kirkby Stephen station or enjoy a walk and lunch in Ravenstonedale. Links Sedbergh – Kirkby Stephen – Ravenstonedale – Newbiggin – Kendal

The Western Dales Bus summer timetables start on 21st May.

Some timings on the S4 Friday service between Sedbergh and Kirkby Stephen will change, but the S5 Kirkby Stephen to Kendal service on Thursdays remains unchanged. In addition, we recently reviewed our fares in order to bring greater consistency across all our routes. As a result, some cash fares will be slightly lower while others will increase. These fare changes will come into effect when the new timetables are introduced on 21st May. Concessionary travel will not be affected.

For full details see our new timetables, available soon on the buses and on our website at www.westerndalesbus.co.uk. You can also find them in Kirkby Stephen at the Visitor Centre, Community Links and the Station.

Volunteers Needed to Support Families with Young Children in Upper Eden.

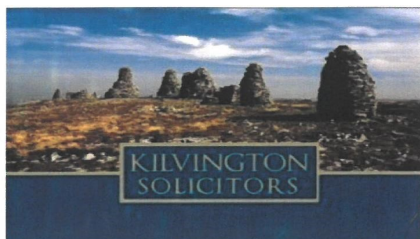
Cumbria Family Support (Note new name - we used to be 'East Cumbria Family Support') need more volunteers to support families who are going through a difficult patch, and have young or primary age children. Volunteers are carefully 'matched' with a family and then visit weekly to provide practical/emotional support to parent/s, and/or children as needed. Support might involve looking after a child to enable a parent to attend appointments which benefit the whole family; or focus on building positive relationships by facilitating family activities. Sometimes support may focus on helping parents to build on their strengths, and feel confident about the decisions they make. These are just examples, and each family's needs are individually assessed. To use that well-worn phrase – 'we do what it says on the tin' - we support families. Our volunteers come from all walks of life, and are of all ages and experience. They respect family confidentiality, are non-judgemental and have been at the heart of our organisation since we began 24 years ago. Full training and ongoing support is given, and travel expenses paid. If you would like to know more, please contact our Eden Family Support Coordinator, Sarah Craig on 01768 593102; or email sarah@cumbriafamilysupport.org.uk .cumbriafamilysupport.org.uk Twitter - @CumbriaFS Facebook - Cumbria Family Support



Eden and South Lakeland Credit Union

Your community bank providing affordable loans and a place to save. To enquire about membership please contact the Penrith office on: 01768 890065, leaving your contact details if outside opening hours of 10.30am—1.00pm pm on weekdays. More information about Eden and South Lakeland Credit Union can be found at edensouthlakeland.com.

Business Spotlight



WHO WE ARE

Our firm in Kirkby Stephen has been providing legal services to the community of the Eden Valley and beyond for over 100 years.

There are currently three partners (W. Anthony S. Kilvington, S. L. Litini Newcombe and R. Alexander Sykes) and four assistants, two of whom also have legal qualifications.

We take pride in offering an efficient and professional but friendly service, treating our clients as individuals and always acting in their best interests.

Our fees are competitive and we offer home visits at no extra cost and free initial consultations on any legal matter.

WHAT WE DO

- Residential and Commercial Property Sales and Purchases
- Administration of Estates
- Agricultural Matters/Rural Property
- Wills, Powers of Attorney and IHT planning
- Landlord and Tenant Matters – Residential and Commercial
- Divorce, Separation and Financial Proceedings

CONTACT DETAILS

info@kilvingtonsolicitors.co.uk

Tel: 017683 71495

Adam In Eden

Gardening Services

Supplying Kirkby Stephen with a greener happier environment.



SUMMERTIME GARDEN CLEAN UP

During the summertime, it's the best time to have a tidy up of the garden. We can now offer:

- Clearance of garden green waste/fallen tree branches
- Clearance of garden sheds/garages/lock ups
- We are looking for old tools, benches, tables & garden ornaments

As well as our usual work:

Grass cutting/strimming/weeding/garden make overs/Hedge trimming/planters/raised beds/Handyman service/pressure washing and recycled timber products.

One off jobs or regular weekly contracts for homes/offices/holiday lets or For Sale vacant properties.

All work is fully insured

Please understand that all work is weather dependant and may be delayed.

As an active on-call fire fighter, I may leave work with little to no notice to you.



Tel: 07801 823628

Email: adamineden@rocketmail.com

Kaber, Kirkby Stephen

Pain effects us all and as we go through life it becomes more likely that we will encounter diseases or injuries which leave us in pain. Painkillers can be useful but many of us don't want to take them long-term. There are ways to manage pain without depending on them solely: we all know about the benefits of exercise and that we should try to carry on with normal activities but when you're in pain it's not so easy!

I know that understanding a bit about pain and more about your condition and what the future holds can make a real difference to how painful and debilitating your condition is! If you're looking for a better way to manage pain – if you've got questions about your condition and what it means to your life – whether you're safe to work, play sport, dig the garden etc when you're in pain – whether you're doing any harm by continuing anyway – come on a Pain & Injury Workshop.

They run regularly in Cumbria and the Dales and have a practical element where you get to try movements and exercises to help you during an acute phase and build strength and resilience for the future. I can come to you if you have a group or club and design a Workshop around your needs. One-to-one sessions are also available.

Take that positive step towards managing your pain better and contact me today!

07975 999373

www.logicpaineducation.com

Find me on



CERBERUS
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BUSINESS STATIONERY

COPYING & SCANNING

FINE ART PRINTS

& MUCH MORE

Cerberus Printing is an independent Print and Design company based in Kirkby Stephen, Cumbria.

We opened our doors 30 years ago and have been delivering high quality print & graphic design services ever since. We offer a friendly, personal service, ensuring that your needs are met through a seamless process from start to finish.

www.cerberusprinting.co.uk | 017683 72070 | info@cerberusprinting.co.uk
Skywalk House, Kirkby Stephen, Cumbria CA17 4SY

Business Spotlight

**YOUR LOCAL, ELECTRIC BIKE SPECIALIST
HERE TO HELP YOU GET BACK ON YOUR BIKE**

Eden-e-Motion

**IMPROVE YOUR FITNESS
REDUCE YOUR CARBON FOOTPRINT
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This year has seen us introduce our brand new Wedding & Event Hireware range. From Unique Vintage Vases to 4ft Letters & 6ft Moongates, Selfie Mirrors & Full Wall Flowers, the list is endless, we offer bespoke products to suit our customer & are introducing new ranges all the time. We have hit the floor running with this new venture &

are now covering venues throughout Eden Valley & The Lakes. With a solely hire only basis or a part/full venue dress the option is yours.

It has also been an exciting time revamping our upstairs area for our very popular workshops & are excited to be introducing our new Summer schedule very soon which will include childrens activities over the Summer Holidays & Weekends. In this area which we will be opening up to the public throughout the week we will have a DIY Succulent Potting station where people can call in & chose their own pot, plant & accessories, potting it up yourself or leaving it for us to do. Also added is our fantastic online shop where you can either order online for delivery options or simply Click & Collect, check it out we are super proud of it -

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Recipe



Heritage tomato salad with sweetcorn salsa

1. Buy some good quality tomatoes or some lovely homegrown ones. You will need about 4 nice tomatoes per person

Ingredients

4 nice tomatoes per person

Small bunch basil

1 cooked sweetcorn cob

1 peeled shallot

100 ml olive oil

25ml balsamic vinegar

10ml maple syrup

Salt and pepper

2. Cut the sweetcorn nibs of the corncob, place in a small mixing bowl

3. Peel and finely chop the shallot, add to the sweetcorn nibs

4. Finely chop half the basil, add to the sweetcorn. Reserve remaining basil for garnishing the salad

5. Add the olive oil, balsamic vinegar and maple syrup to the sweetcorn. Mix well and season with salt and pepper.

6. Slice and cut the tomatoes into various sizes, don't worry about being to exact in size and shape. Arrange on a plate, season with a little salt and pepper, then garnish with the remaining

basil leaves.

This recipe has been kindly provided by Justin Woods—Executive Chef at The Castle Green Hotel, Kendal
www.castlegreen.co.uk



Congratulations to all of the amazing women who took part in the **MoonWalk London** on Saturday May 11th.

The Cumbrian Chicks team, who were from Kirkby Stephen, Penrith and Kendal all travelled to London on Saturday to walk 26.2miles, through the night to raise money for Breast Cancer. So far the team have raised over **£12,000**, which is absolutely amazing. Well done to everybody involved.

Kirkby Stephen & District Walkers are Welcome

are delighted to announce that they have won the bid to host the



national Walkers are Welcome Get-Together on 12/13th October 2019. Anyone that would like to be involved in organising this event or help over the week-end, we shall be delighted to hear from you
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What's On.....



Remote Cinema

Bohemian Rhapsody (12A) - Friday
14th June 7.30pm

A foot stomping celebration of Queen, their music and their extraordinary lead singer

Freddie Mercury.

Widows (15) - Friday 12th July 7.30pm

From Oscar-winning director Steve McQueen and writer Gillian Flynn comes this stark, yet ferociously entertaining heist thriller about four women who refuse to submit to their circumstances, when left with the consequences of their dead husbands crimes.

Doors open at 7pm, Adults £5/under 18's £3

Kirkby Stephen Sports & Social Club

Summer Stompers Picnic—Saturday 1st June 11am – 3pm, Franks Bridge, Kirkby Stephen.

We had such a lot of fun last year on our river's programme, we thought we would re-visit some of our favourite bits! Join us for a free day of creative play, nature inspired craft and bring and share lunch with Stomping Ground.

TELLING TALES—10.00am every Monday during term-time.

A friendly storytime and craft session for 0-5 year olds and their grown-ups. £1 per family, includes drink and snack plus teas and coffees for parents and carers.

For more information visit

www.kirkbystephencommunityarts.co.uk. For all tickets call Kate on 017683 71885.



Take positive steps to avoid trips and falls

People of all ages fall. However, the consequences of falling for older people can be serious. Falling due to aging is not inevitable, there are simple things we can do to minimise risk.

Regular exercise will help by improving your strength, fitness, and balance. Having your eyes and hearing tested is another positive thing to do as vision and hearing play a vital role in balance and movement. Ask your pharmacist or GP for an annual medication review as some medicines or illnesses can make you feel faint and dizzy. Looking after your feet - did you know that painful feet and ill-fitting shoes can affect your balance and increase your risk of falling. Finally, it may seem obvious, but you should check your home for trip hazards. Most risks are fairly obvious but clutter and poor lighting can be the cause of some falls. Making small adjustments in your daily life doesn't mean you have to limit your activities. In fact, it can give you greater freedom and confidence. If you have had a fall or feel you are going to, tell your GP. For more information or if you would like to arrange a talk or a drop-in, please contact me 01228 536673 or email jo.radcliffe@ageukCarlisleandeden.org.uk Age UK Carlisle and Eden, 20 Spencer St, Carlisle, Cumbria CA1 1BG. Look at our Website Like us on Facebook

Members of Upper Eden History Society have agreed to work with Kirkby Stephen Town Council in producing a long overdue Appraisal of Kirkby Stephen Conservation Area. This will include a brief history of the town's development and some information about the character and buildings. Eden District Council intend to include a Management Plan. If any residents know of any particular historical features that should be mentioned or valued, or indeed would like to be involved in this work, please contact UEHS <http://upperedenhistory.org.uk/>

Upper Eden News & Events

Sports and social, clubs and groups



Save the date!
Sunday 2nd June
2019

23 miles, 11.5 miles or 6.5 miles (you choose) Supporting Eden Valley Hospice, Jigsaw Children's Hospice & Rotary nominated charities. Get your own sponsorship and raise money for your charity, club or school. Enter online or on the day
www.yomp.org



Saturday 22nd June—1pm-4pm—Conservation day at Argill Woods Nature Reserve, why not join members of the Upper Eden Local Support Group on their annual bracken bashing visit to this attractive, but, little known nature reserve? Meet at layby near the former Hard Hills Riding Centre GR:NY 841148 (on the old A66). If you have a suitable tool for tackling bracken, bring it with you and do make sure that you have boots and gloves.

Donations welcome, contact Richard Arrowsmith 017683 371182 dick.arrowsmith@gmail.com

Saturday 6th July—10.30am—6.30pm—A scenic walk, guided or self guided through traditional hay meadows on a traditional upland farm, presenting Cumbria's first coronation meadow. Refreshments available to purchase. Contact Frank Hunter, Piper Hole Farm, Ravenstonedale. Tel: 07789 725264 or email frank37hunter@btinternet.com.

Friday 26th July—10am-5pm—Westmorland Dales: Scything workshop. Come along and learn how to use an Austrian Scythe and enjoy cutting grass quietly with ease. This one day course covers the correct set up & maintenance of a scythe and practical scything for management of grassland. Booking required 01539 816300, email: events@cumbriawildlifetrust.org.uk. Free events, donations welcome.

Tuesday 13th August 10am-3pm—A chance to see Scotch Argus butterflies and many more at Smardale Gill Nature Reserve. Contact Chris Winnick, Butterfly Conservation on 01539 728254. www.cumbriawildlifetrust.org.uk

Sports and social, clubs and groups

DAWDLES—Walkers, meet every Thurs 10.30am at the Cloisters. For more details visit: www.walkeden.org

Running—Howgill Harriers meet at KSGS Mon 6.30pm running, Weds 7.00pm circuits. For more details of runs and events visit: www.howgillharriers.co.uk

Kirkby Stephen Tae Kwon-Do meet every Friday in the Gallery Room at KSGS Sports Hall, Age 7-12 6.00-7.00pm, Age 12 & over 7.00-8.30pm and every Monday from 7.00-8.30 pm, 12 years & over in the Dance Studio at KSGS Contact: James Wilbye 07591 522317 e.jameswilbye@gmail.com visit: www.gtuknorthwest.co.uk.

Friday Night Footy 8pm Kirkby Stephen Grammar School astro-turf <https://www.facebook.com/james.coulthard.52>

Better Balance with Margaret Hind 017683 71818

Walking Netball alternate Tuesdays and Fridays Kirkby Stephen Grammar School Gym, £2 anne.cradock@btinternet.com or 017683 71422

Exercise class Mondays 10-11am with Sara Sylvester in the Masonic Hall tel: 07811 216590

Upper Eden History Society—Meet 3rd Monday of the month in The Coffee Bar in KSGS. visit: www.upperedenhistory.org.uk for details.

Dance classes every Wednesday for Juniors then Adult Punch & Squat female fitness, Kirkby Stephen Grammar School. Contact Meg Fynn on meg.fynn@yahoo.co.uk

Pad9 Kirkby Stephen Youth Club—Evergreen Hut—Redmayne Road. Mondays Juniors' club 6pm—8pm, Thursdays Seniors' club 7pm—9pm. Subs £1 per week. All welcome come along or phone Jackie (71950) for more information.

Badminton for all from beginners to experienced players. Meet Weds from 7.30—9.00pm KSGS Sports Hall contact: Sarah Bowman 07912 122624.

Upper Eden Quilters—Quilting, Knitting & Crochet. For sharing patterns, information and skills. Any age, any gender. Fridays @ Friends Meeting House, 2.00-4.30pm tel: Sue Bradley on 017683 72700 or Jenny McWilliam on 017683 71820.

Kirkby Stephen Family History Group—Meet 3rd Tues in month @Kirkby Stephen Local Links email: ksfhstg@googlemail.com
Brough Sowerby Lunch Club, first Wednesday of every month at Brough Sowerby Chapel. 12.00—1.00pm. Contact Sarah Kirkup on: 017683 41258.

Kirkby Stephen Silver Band. Meet every Monday in the Band Hut off Mellbecks, Kirkby Stephen at 7.30pm. New members welcome.

For more details go to: www.kssb.org.uk

Kirkby Stephen Bowling Club. Our outdoor bowling green is open from April to September any week day at 5.30pm or Saturday afternoon. All welcome. Bowls and instruction given to new players. For more details contact Mick Botterill on 017683 72973 or email: michaelbotterill@btinternet.com.

Upper Eden Community Choir—"The Local Choir with a Big Heart" meet Wednesday 7.00—9.00pm at KSGS Coffee Bar. Cost £4. All welcome, lots of fun, music to suit all tastes. Contact Karen West on 07974 759136 or email: karenwestmusic@gmail.com.

Tap Dancing and All That Jazz, come and join us for Dance and Exercise. We are a small friendly group who meet at Kirkby Stephen Sports and Social Club, Mondays 2-3pm. Contact: Norma on 017683 41462

Nateby and Wharton WI—first Fri of month 7.00-9.00 pm, Quaker Meeting House tel: Sally Parsons 017683 72583, email dwp59@icloud.com or visit www.natebyandwhartonwi.wordpress.com

Pay & Play Badminton—Any ages & all abilities welcome KSGS Sports Hall, Fridays 7.00-9.00pm Contact: Jeanette McWhirter 017683 72442 or email jcmacwhirter@aol.com £2 per hour

Koryo Eden Taekwondo, meet every Wednesday in Warcop New Village Hall between 6.00—7.30pm. All welcome. Contact: tom6tkd@gmail.com tel: 07710 011730.

Table Tennis Club: Meet in KSGS Gym every Thursday between 6.30 and 9.00pm, September to Easter. All standards of play welcome, from beginners to competitive play, with bats and balls provided. Junior coaching Thursday 6.30 to £7.30 - £2

Adults 7.00pm to 9.00pm - £3 Juniors after school on a Tuesday - KSGS Gym, 3.45-5/5.15pm - Free. Junior Fun workshops and mini tournaments in half term holidays. Contact Mike Sunderland for details: mikeasunderland@gmail.com or 0797 5946 312

The Gardeners of Eden, meet on the first Tuesday of the month, except January and February. Winter meetings are held at The Friends Meeting House at 2pm. Summer meetings are elsewhere, out and about. Contact Sue Bradley on: 017683 72700

Kirkby Stephen Bridge Club, Monday 7.00pm at Kirkby Stephen Sports and Social Club. Ring Colette Dow 017683 53887 or Jean Metcalf 017683 71672.

Junior Hockey trains every Monday 5-7pm on the Astro, Kirkby Stephen Grammar School, and Adults Wednesdays 7-8pm and Thurs 8-9pm contact Claire Smithson at clairesproat@hotmail.com

Pilates every Tuesday night 7.30-8.30pm in the Gallery, Kirkby Stephen Grammar School, contact Liz Riley on lizriley480@icloud.com
Kirkby Stephen Scout Group part of the international Scout Association for ages 6—14yrs. Contact: Lois Wiseman, Group Scout Leader 017683 41107, email: gsl@ks-scouts.org.uk

Scrabble Club Wednesdays 2.00pm—4.00pm Mill Gardens in Kirkby Stephen. For more information please contact Jill on 017683 71104

Stainmore Railway Company Ltd Passenger trains operate at special events and on other days throughout the year: for details see our leaflet at Local Links or the Tourist Information Centre, or visit www.kirkbystepheneast.co.uk Entry to the station is FREE at week-ends between 10am and 4pm. Whether you're interested in volunteering or just want to look around we would love to see you, why not call in one weekend?

Kirkby Stephen Lawn Tennis Club, main club night Tuesday @7pm, members may play at other times. All standards welcome, contact 017683 72101/74874, for further details.

Upper Eden News

The Parents, Teachers and Friends Association (PTFA) at Kirkby Stephen Grammar School have joined forces with a UK wide scheme with a goal to help schools raise money through their local communities. As a supporter you can join the lottery for a little as £1 per week and 40% of the ticket sales goes to our school. There are cash prizes to be won each week and if you match all six numbers you can win **£25,000**! The draws are done each Saturday and results are posted on line, you will also be notified by email if you have won. Joining the lottery is really very easy to do, simply go to <https://www.yourschoollottery.co.uk> and follow the instructions making sure that you search for Kirkby Stephen Grammar School to proceed with your application. **Please will you support this new scheme as not only will you stand the chance of becoming a cash prize winner, you will also be supporting the PTFA who can use funds raised to support your children at school. If we can sell just 100 tickets per week then we can raise over £2000 per year - just imagine how that money will help school to improve educational facilities for children attending our local school.**

Full steam ahead for Westmorland Dales Landscape Partnership Scheme

It's great news for the Westmorland Dales Landscape Partnership Scheme. The Round 2 bid was submitted to the National Lottery Heritage Fund in September 2018 and in December we heard that the application was successful. We can now start to deliver this exciting scheme worth £3.45m, which includes cash match funding and volunteer time. The scheme will be delivered over 4 years and will include 21 natural heritage, cultural heritage and connecting heritage projects.

We are currently in the process of recruiting new members to the team, setting up office and workshop space in Tebay within the scheme area and getting projects underway this summer.

Keep up to date

Find out more about the 21 projects and follow the latest project news on our website www.thewestmorlanddales.org.uk and, if you haven't done so already, sign up to our newsletter. If you have any queries, please contact Nicola Estill our community engagement officer at Friends of the Lake District on 01539 540046 or email: nicola-estill@fld.org.uk



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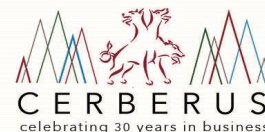
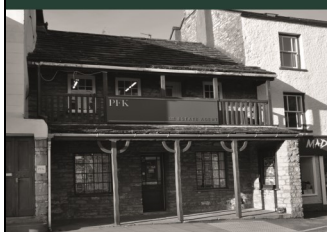
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