



Kirkby Stephen & Upper Eden Community News

December 2018

Winter 2018

News from Kirkby Stephen Local Links ...



Are you on you own on CHRISTMAS DAY?

Join us in Kirkby Stephen
for a **TRADITIONAL LUNCH**

Call Val 017683 72819

or

Mary 017683 72119

Transport available



A Churches Together in Kirkby Stephen initiative

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Community Centre



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communitycentre



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**FREE WIFI at Kirkby
Stephen Local Links**

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On behalf of everyone here, at Kirkby Stephen Local Links, we would like to wish you a very **Merry Christmas** and a **Happy New Year**.

**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
Kirkby Stephen Local Links

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
Community and Council
Centre**

Wednesday 23rd January
Wednesday 27th February
Wednesday 27th March

10:00am to 12:30pm



**Drop in sessions will also be held at Appleby Library on the
same dates from 2:00pm – 4:00pm**



Tap into energy and money -saving advice service

A free service to help you save money and keep your home cosy is now available in the Kirkby Stephen area. If you're eligible for this national service called LEAP (Local Energy Advice Partnership), you'll get a free home visit by a qualified home energy advisor. They can

install simple energy-saving measures for you there and then if you need them (such as LED light bulbs and basic draught-proofing) – all free of charge. They can also check if you're on the cheapest tariff for your gas or electricity. The advisor will share some tips for saving energy and check that your heating system is set up to keep you warm and save money. If you need other energy-efficiency improvements, like loft insulation or a new boiler, they can even refer you for those, if there are any grants or other support available. If you'd like help with benefits, debt and money problems, the advisor can arrange a free telephone advice service for you. The service has some very broad eligibility requirements and is open to homeowners, private renters and social housing tenants. LEAP is offered in your area in partnership with the Penrith-based charity Cumbria Action for Sustainability. For more information or to book a home visit, phone LEAP on 0800 060 7567 or visit www.applyforleap.org.uk.

Kirkby Stephen Town Council News

Standing as a Town Councillor.

Our councillors decide on the council's direction and focus what it spends its money on. In May 2019 there will be elections and there is a great opportunity for new people to be elected, as councillors to join the council. Councillors are expected to have opinions, a mandate from voters and to act on their principles and views! To be a councillor you have to be over 18, meet a few reasonable eligibility criteria and live/work in the town. You don't have to be a professor or an expert just a member of the community... oh and it's OK to be a young councillor!

It's a four year commitment and councillors are subject to a code of conduct that requires respectful behaviour. Councillors are supported by the Town Clerk who is responsible for implementing the decisions and policies that councillors agree on. Councillors have access to training and advice to support them. Typically the council meets every month and councillors can spend time in the community and council centre working on the council's business. If you would like to know more about standing for the council the Town Clerk would be very happy to meet you and discuss what is involved.

What does the Town Council do?

Kirkby Stephen Town Council represents one of the four principal towns of Eden District. The Council is a 'Local (Parish) Council' and operates under a range of Powers and Duties set out in Law. Its practical role is likely to grow as Eden District Council seeks to provide fewer local services such as playgrounds, toilets and footway lighting. The Town Council plans to take them on in a bid to avoid a decline in residents' amenity. Kirkby Stephen is a little bit different from the other Town Councils in Eden as it maintains a strong social provision helping electors access services from local providers ranging from charities such as Barnardo's and the Eden Food Bank to helping local people of all ages access the support and guidance to which they are entitled and helping tackle issues of isolation through its Council and Community Centre based at Local Links where people can get internet access, information about local jobs and services. As Universal Credit is being introduced these services are in demand.

We have fewer assets and less private income than Town Councils in Appleby and Penrith and we cost taxpayers a little more than they do, because we don't have these assets and income, so we have to raise local taxes to fund our work.

The Council also acts as a statutory consultee on planning applications and planning policy and it provides an important, local democratic forum in which residents can raise issues that are matter in the community. This year public participation has been dominated by the response of local people and councillors to the events preceding the Appleby Horse Fair. The Town Council has lobbied hard to try to ensure that the views of local people, councillors and residents are taken into account by both the Police and the Multi Agency group that co-ordinates the official response to the annual gathering. At its meeting in July the Town Councillors led calls for a new strategy focussed on the whole district and the routes to Appleby Fair taken by travellers to replace the now exhausted five year strategy which it is acknowledged has been very successful in improving the experience of the fair in Appleby Town. The Town Council has also led calls for local elected representation on this otherwise unaccountable Multi Agency group. It has emerged that there is some common ground between Gypsies and Traveller representatives and local residents and scope to act together on some issues. A common worry for example that the fair is becoming too big. The Town Council has reached out to Town Councils in Sedbergh and Kirkby Lonsdale to work with us to lobby for positive changes in the response of the authorities to Towns affected in the build up to the fair often for much longer periods than the fair itself.

A Horse Corral in the Market Place in 2019?

At the Town Council's last meeting the Police suggested that establishing a corral for horses in the town centre (Market Place) in the build up to the Appleby Horse Fair next year 2019 might be a good way of managing the risks connected to traffic and pedestrian safety. Horse Trading is expected to take place in the Town Centre and the Police say they have no power or capacity to stop it. The Town Council wants to know what local people think about this idea 'in principle' and in practice. Please write to the clerk who will be collating responses from the public by email on clerk@kirkby-stephen.com before December 6th 2018.

18 November 2018.

Christian Barnes (Town Clerk)

Kirkby Stephen Town Council News



Eden District Council is informing you that North Gas Network (NGN) is offering all eligible households not currently connected to gas, but living within the supplied area an opportunity to receive piped Gas.

North Gas Network, the regional Gas distributor manages the Gas pipeline, transports it through a vast network of underground pipes which it owns and manages.

NGN is helping to create warmer, more environmentally friendly homes, which are easier and cheaper to heat by providing free or discounted gas connections for eligible customers.

Do you qualify for funding help?

You may qualify for funding towards your gas connection if;

- You are the occupant, or owner of an existing domestic dwelling
- AND
- A member of your household receives certain benefits, or
 - Based on an assessment of your household income and heating load.

To see if you qualify please access the NGN website at

www.northerngasnetworks.co.uk/gas-connections/get-connected/funding-help

or to request an assessment contact our Team on 0113 426 1616

Please quote reference CE493

Judith Woof, Health & Wellbeing Officer, Eden District Council, 01768 212390

judith.woof@eden.gov.uk

A Message from Phil Dew

In the autumn edition of the Community News I focussed on the Appleby Horse Fair which has become a little bit like Brexit – an issue that you wish would just go away! However, in public life wheels move very slowly. In fact sometimes it feels like we're rolling backwards. But the good news is that progress is being made! The Multi Agency Strategic Coordinating Group [MASC] which oversees the fair meets on 26 November, 2018 and is likely to approve member representation which is something that we have been fighting for over the past several months. The Police and Crime Commissioner would like to take all the credit for this change of heart but in reality it has come about as a result of the combined and relentless pressure applied from lots of quarters including Kirkby Stephen Town Council.

I already sit on the MASC Highways Working Group and I can report that there is now a general acceptance that encampments on the A685 cannot be tolerated in the future and we are currently discussing ways in which this change of policy can best be implemented. I also sit on Cumbria County Council's Health Scrutiny Committee and Eden's Health and Well Being Forum and I have good news to share about Eden's Integrated Care Community [ICC] which is based in the former Lonsdale Unit at Penrith Hospital. Community health and care professionals; including nurses, occupational therapists, social workers and voluntary sector organisations now work out of the same premises and meet together on a daily basis to discuss individual patients and cases in a concerted effort to avoid unnecessary hospitalisation and reduce the length of time patients have to wait to return home. This is a truly innovative project and should improve service delivery across the health and care sector and ensure that provision is better coordinated. The initiative has only been up and running for a few weeks but I would be interested to hear about people's experiences – both positive and negative.

The GP Lead at Penrith is Ashley Liston who is doing a tremendous job of overseeing the new system. Ashley has also introduced another novel idea called social prescribing which encourages GPs to refer patients to local voluntary organisations such as gardening clubs, walking groups and good neighbour schemes rather than simply prescribing medication, given that many patients have significant non-medical issues such as loneliness and depression. To help embed this new way of working each practice will shortly have a link worker who will be tasked with matching a patient's need with an appropriate community group as considered necessary. This concept has worked well elsewhere in the country and has resulted in significant long term benefits for the health of patients. Christmas is fast approaching – which for me is the best news of all. It is my favourite time of year and I am looking forward to decorating both my house and garden. Christmas reminds me that no matter how difficult and divisive this world becomes it is underpinned by love, joy and peace and that will never change. So I remain, as always, full of hope!

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
Mr. D Gilmour
Mrs. J Johnstone
Mrs. G Lumley
Mr. D Marsh
Mr. P Richardson
Mrs. J Sowerby
Mr. D Thornton
Mr. M Walker

Clerk/Financial Officer:

Mr. C Barnes

CONTACT DETAILS

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

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 Friends Meeting House on High Street (opposite side of the road to the Spar Shop), 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 Sept 13th & 27th, Oct 11th & 25th, Nov 8th & 22nd and Dec 6th & 20th **10.30am till 12noon**. The Brough group will meet at Longways, New Road, Brough (opposite the café and chip shop) on Sept 20th, Oct 4th & 18th, Nov 1st, 15th & 29th, Dec 13th **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



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

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@eden carers.co.uk Let us help you care.



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 **for free**. We have a team of fantastic volunteers, happy to help with tasks and eager to meet new people in the area, whom they can chat and listen to. 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 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 December 2018, 15th January 2019 and 19th February 2019. 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

Police Community Support Offer— Update

Speed Watch

During September a Traffic Data Unit was placed in the north end of the town in the 40mph speed limit area, which did reveal that some vehicles were travelling in excess of this limit.

To date there has been 41 warning letters issued to drivers having been found to exceed the Town's speed limit.

Suspicious incidents / people / vehicles

10 suspicious incidents were reported in the Town. We are grateful for this vital assistance from the community. Please report anything you deem as suspicious by ringing Cumbria Police on the non-emergency number 101 (any time day or night). Email 101@cumbria.pnn.police.uk In an emergency always dial 999

Farm Watch/Country Watch Eden

We are actively looking for more volunteers for Farm Watch in the area. If you would like more information or want to get involved please contact PCSO 5169 Janet Allinson or PCSO 5206 Karen Dakin, using tel: 101 or EdenNPT@cumbria.police.uk.

The Farm watch scheme, together with initiatives using Smartwater and Datatag, have helped to deter criminals as they know these schemes increase the chances of them being caught. However, while Cumbria is one of the safest counties to live work and visit, that doesn't mean we have no crime, as some farms and businesses could testify. We all need to remain vigilant and be prepared to report suspicious activity immediately, if we are to keep crime low. If you are interested in joining one of our Schemes please get in touch.

Follow the facebook page – Country Watch Eden

Contact police on 101

For emergency always call 999

Your Police Community Support Officer is: PCSO 5169

Janet Allinson Email: janet.allinson@cumbria.police.uk

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 – Sedbergh
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.**

If you wish to contact Valerie Kendall, District Councillor for Kirkby Stephen, regarding any concerns or problems which you may have please contact her on Tel: 017683 53159; or Email: vkendall@live.co.uk

Volunteers Needed to Support Families with Young Children

Cumbria Family Support (Note new name - as they 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 www.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.

Parkinson's Café If you care for someone with Parkinson's or are a person with Parkinson's, come and join our friendly monthly get togethers on the **FOURTH WEDNESDAY** of each month 10.30—12.00 noon at The Eden Emporium Cafe, Kirkby Stephen, CA17 4QW. For more information please contact Andrew & Robina on 017683 41997. Please note there will not be a December meeting

Business Spotlight

We Wish You A Merry Christmas & Happy New Year

10% OFF

CHRISTMAS FLOWERS ORDERED BY 15TH DECEMBER

Quote LL10

ORDER ONLINE FOR DELIVERY OR CLICK & COLLECT OPTIONS AT www.theflowershop-kirkbystephen.co.uk

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Visit Us MARKET SQUARE, KIRKBY STEPHEN, CA17 4QT

THE FLOWER SHOP
Kirkby Stephen



Neil Marston

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- Business Continuity Plans
- Emergency Response Plans
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Email : neil@neilmarston.co.uk

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- Tote Bags of Kiln Dried Logs
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17/19 MARKET STREET, KIRKBY STEPHEN, CUMBRIA, CA17 4QS



Christmas in Kirkby Stephen & Upper Eden



Kirkby Stephen Primary School

30/11 School Christmas Fair 2pm - 4pm School Hall
20/12 School Carol Service at KS Parish Church 2pm - all welcome
The school will also be Carol Singing at KS Co-Op in December to raise funds for school.

Friday 30th November—Kirkby Stephen Christmas Light Switch on. Silver Band, presentation of Window display prizes and Christmas Carols from 5.30pm at the Parish Church. Christmas lights will be switched on at 6.30pm.

Saturday 1st December—Christmas Fayre— The Kings Arms Hotel 11am to 4pm Teas, Coffees, Cakes, Many stalls to make your Christmas present buying easy. All in aid of KSGS Maths Department

Saturday 1st December—Join us for the Winton Christmas light switch on 5.30pm at The Bay Horse Winton.

Sunday 8th December – Santa Train Event – The East Station, South Road, Kirkby Stephen
£8.50 per child, with one accompanying adult. This includes a train ride, meeting Santa, in his Grotto and an age appropriate gift. For more information visit www.kirkbystepheneast.co.uk or email kirkbystepheneastevents@gmail.com

Saturday 8th December – St Michaels Christmas Dinner – The Church Hall, Church Brough
Traditional 4 course Christmas meal. 5pm for 5.30pm. £12 for adults £5 for children. Free Taxi Service available by request. Bring your own alcohol/soft drinks. Entertainment includes – prize bingo, carol singing, quick quiz, raffle and visit from Santa. Limited seating and tickets must be purchased in advance from Diane 41219, Lesley (WOW group 07508 355523 or Rachel 07890 756 760).

Saturday 15th December – North and West Young Rangers Christmas Party
It is our Christmas Party, we will be joining Ranger James to make some bird and bat boxes to put in the local area and also one for you to take home. We are also hoping to do some other Christmas themed activities to celebrate the end of the year!
The day normally starts 10am and finishes at 1.30pm on site. Full details will be sent out before the task day. Free transport is provided from Sedbergh People's Hall. To join in you need to book a place as places are limited. To book a place or for more details contact: Rachael Addison Young Rangers Officer. Email – rachael.addison@yorkshiredales.org.uk
Tel – 01969 652366 Mobile – 0783 7253763

Nateby Inn

***12th December** Christmas darts knock-out 8pm
***16th December** Christmas dominos 8pm start *Celebration menu available for Christmas party's from now till Christmas (menus available)
*Open Christmas Day (menus available)



Christmas Party Menu

3 courses with coffee and mince pies
available lunchtimes and evenings



THE BAY HORSE WINTON
Tel: 017683 71473

The Ennmine DISTRO

Christmas MENU 2018
(Advance bookings, along with pre-orders only for this menu)

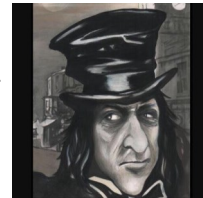
Starters	Main Course	Dessert
Roast Butternut Squash Soup Dressed Potato, Swiss Chard, Cream Sauce Baked Garlic Tomato Sweet Potato, Roasted Potatoes & Cream Sauce	Roast Free Range Turkey Breast Dressed with the Turkey Pan Gravy Slow Cooked Feather Blade of Local Beef New Potatoes, Roasted Potatoes, Roast Root Vegetables, Rich Red Wine & Mushroom Gravy	Bakers' Cheese Cake Vanilla Ice Cream & Strawberry Coulis Traditional Christmas Pudding Brand Sauce Chocolate Orange Fondant Fresh Caramelized Lemon
Classic Prawn Cocktail Crisp Lettuce, Cherry Tomatoes & Mince, Pine Sauce Cumberland Raitt Mashed Potato, Roasted Potatoes, Roast Root Vegetables, Rich Red Wine & Mushroom Gravy	Salmon En Croute New Potatoes, Swiss Chard & Mushroom Sauce Braised, Wild Mushrooms & Salmon Bake Roasted New Potatoes, Roasted Root Vegetables & Mince Crust	Panna Cotta Luscious with Strawberry, Brand Sauce Fresh Cream & Strawberry Great British Cheese selection 100% Applesauce, Fresh Cream & Caramel Tea or Coffee & Mince Pie £1.95

TWO COURSES £18.95
THREE COURSES £22.95
Enquiries or to book 017683 74997
Please notify us of any allergies in advance!

MARKET SQUARE | KIRKBY STEPHEN | CUMBRIA | CA17 4QT
T: 017683 74997 | postoffice@outlook.com

The Taggy Man

Saturday 1st – Steve Chapman Smith, Singer and Guitarist playing covers 8pm
Sunday 2nd – 3pm- Frigga, Irish folk and Americana Trio
Wednesday 5th – Open Mic Night hosted by Ian Anderson. 8pm
Friday 7th– Odd Shoes/Ian Anderson, Singer and Guitarist playing covers 8pm
Sunday 9th– Christmas Darts Tournament. £3 entry, cash prizes. Starts 2pm
Sunday 16th– Charity Race Afternoon in aid of Kirkby Stephen Mountain Rescue. Starts 2pm
Christmas Day– Open 11am-3pm for drinks
New Years Eve– Fancy Dress Party until late



CHOFHS Youth Group Christmas Special Saturday 15th December 2018 Open 10am—3pm

Free Gift Wrapping Service—Bring your presents and let the young people wrap and tag them for you. All wrap and accessories are included.

Children's Crafts—Free kids Christmas theme crafts available

Refreshments—Warmed Mulled Wine and Mince Pie or Slow Cooker Hot Chocolate with Marshmallows and homemade shortbread biscuits. No charge.

Sponsored by Cumbria Youth Alliance. More details available from Rachel 07890 756760

Kirkby Stephen Post Office

Post your Santa letters before Friday the 7th December. Our Santa Box is up and ready! Letters should be addressed to:
Santa/Father Christmas
Santa's Grotto
Reinderland
XM45HQ

All letters must have the correct postage applied. Letters will be sent via Royal Mail and your child should receive a reply via Royal Mail. We don't have any responsibility over the letters.



Recipe

What's On.....



Winter Pasta Salad

Ingredients

500g small pasta—something like Orecchiette would be good.

4 cloves garlic

Few sprigs fresh thyme

300g wild mushrooms, washed

300g leftover cooked turkey, shredded

Olive oil

3 tbsp crème fraîche

200g baby spinach

Parmesan cheese

100g dried cranberries

100g toasted cashew nuts

1 lemon

1. Cook the pasta in a pan of boiling salted water according to the packet.

2. Heat good drizzle of olive oil to a large frying pan, add 4 cloves of peeled and thinly sliced garlic. Cook for a minute or two until it starts to colour.

3. Add the thyme and the wild mushrooms. Season with salt and pepper. Cook gently for 6-7 minutes.

4. Add the shredded turkey and continue to cook for a further 5 minutes.

5. Add the dried cranberries and the toasted cashew nuts.

6. Stir in the crème fraîche and remove from the heat. Drain the pasta once cooked, allow to cool slightly, then add to the turkey and mushroom mix. If it looks a little thick, add some of the pasta cooking water to loosen.

7. Stir in the baby spinach and a good grating of fresh parmesan.

8. Finely grate some lemon zest and add the juice from 1 lemon.

9. Give a good mix to combine, season to taste. Serve in a large bowl and garnish with some pea shoots or watercress.

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



Pad 9 Youth Club run two groups per week for young people to have fun, socialise and hang-out with friends plus some optional activities to suit all ages all in our own space and facilities.

Evergreen Hut – Redmayne Road

**Mondays Juniors' club
6pm to 8pm**

**Thursdays Seniors' club
7pm to 9pm**

Subs £1 per week
All welcome, come along or phone for more information
Jackie 71950



Family owned Butchers selling fine meat produce.

Homemade Sausages and Burgers, perfect for BBQ's
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REMOTE CINEMA WITH EDEN ARTS

Friday 14th December 7.30pm—The Greatest Showman (PG)

Hugh Jackman is joined by an all-star cast and a whole host of fantastic tunes to celebrate the birth of show business.

Christmas Matinee Screening

Thursday 27th December 3pm—Peter Rabbit (PG)

Who said the countryside was peaceful? Join the adventures of Peter Rabbit, the mischievous and adventurous hero, in this contemporary comedy.

Friday 18th January 7.30pm—Mamma Mia! Here we go again (PG)

Get yourself some sunshine this January with this ABBA-solutely fabulous sequel, set ten years after the original. How can you resist it?

Kirkby Stephen Sports & Social Club, doors open 30mins before the advertised time.

Cost: Adults £5/ Under 18s £3

Monday 11th Feb Open Mic on 7-9pm at The Sports and Social Club, free entry

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.

CONSTRUCTION CLUB—Mondays at 3.45pm, fortnightly.

Spaceships, palaces, monsters, butterflies, people, cars ... just bring yourself and your imagination to our fortnightly construction club and show off your very best building. £1 per child, Ages 3+. Under 8s must be accompanied by an adult.

For more information visit

www.kirkbystephencommunityarts.co.uk

For all tickets call Kate on 017683 71885.



BROUGH FARMERS' MARKET

Memorial Hall, Brough 9.30am—12.30pm

Buy lamb, beef, pork, venison, fish, poultry, eggs, bread, cheese, cakes, photography, jewellery, textiles and more

3rd Sat of each month - no admission fee!

The Arts Society Appleby In Westmorland - Appleby Market Hall

Wednesday 12th December 2018 - "io Saturnalia—Happy Christmas the Roman Way" lecture given by Gillian Hovell BA (Hons).

Wednesday 9th January 2019 - "A Concise History of our Great British Public Parks" lecture given by Mr Paul Rabbitts FLS

We meet in Appleby Market Hall on the second Wednesday of the month at 11am, for more information please visit: www.taswestmorland.org.uk

Upper Eden News & Events

Upper Eden History Society welcomes all visitors to its archives, first Saturday of every month (December 1st and January 5th), Quaker Meeting House, 10 am to 12 noon. Free. Come and see a range of books, newspaper cuttings and old photographs, with tea, coffee and biscuits, plus committee members on hand to help you with your research.

The Upper Eden History Society meets October to April, 7.30pm, in the Coffee Bar, Kirkby Stephen Grammar School, for a series of monthly lectures, usually the third Monday in each month. Visitors very welcome, £3 per meeting.

- **Dec 10** - 'The Story of Cumbria's Co-operative society' talk given by Bill Myers, plus tea, coffee and Christmas cake.
- **Jan 21** Members' Night - films and presentations from several members of the Society.
- **Feb 11** - 'Penrith and area's Roman heritage' talk given by T C Bell.

**Scrabble Club**

Whether you're a keen Scrabble player or a complete beginner, come along and give Scrabble a go, it's a great way to socialise and meet new people.

Wednesday 2.00pm – 4.00pm in Kirkby Stephen

For more information please contact Jill on 017683 71104 or Wendy on 017683 71775

Upper Eden Railway Heritage Partnership

A new group has been formed in Kirkby Stephen called the Upper Eden Railway Heritage Partnership which has the purpose of conserving, developing and promoting the areas rich railway heritage. This will be of benefit to both tourism and transport in Upper Eden. The partnership is a loose affiliation of like minded organisations including the Stainmore Railway Company based at Kirkby Stephen East, Northern Viaduct Trust, John Strutt Conservation Foundation, Upper Eden History Society, Stainmore Summit Limited, Cumbria Wildlife Trust and Eden Valley Railway Company. The hope is that the partners will be able to achieve together what would be much more difficult or impossible on their own. A website is currently being developed with the assistance of students from Kirkby Stephen Grammar School which will make it much easier to communicate and disseminate relevant information.

In the meantime, several of the member organisations are looking for volunteers who could help carry out much needed conservation work. If you are interested and would like to know more please contact Phil Dew, who chairs the partnership, on 017683-72898 or phil.dew@cumbria.gov.uk.



Did you know there's a growing tourist attraction on your doorstep? **Stainmore Railway at Kirkby Stephen East** has become an award-winning heritage centre and we're inviting people like you to visit and perhaps even get involved with this exciting local venture that is winning national attention. 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 weekends between 10am and 4pm. New volunteers, whether skilled or not, are always very welcome, and we're particularly looking for people to help with restoration work and to support our catering and retail activities. Whether you're interested in volunteering or just want to look round we would love to see you, why not call in one weekend?

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.

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

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: kshhistg@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

Junior & Senior Badminton—KSGS Sports Hall, Fridays 6.00-9.00pm Contact: Jeanette McQuirter 017683 71693

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 September to Easter. Juniors 3.45—5.15pm, Seniors/Families 6.00—7.15pm. All welcome. Contact Mike Sunderland for details KS 71406.

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

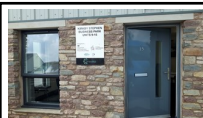
Pilates every Tuesday night 7.30-8.30pm in the Gallery, Kirkby Stephen Grammar School, contact Liz Riley on lizriley480@icloud.com

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

Kirkby Stephen Scout Group part of the international Scout Association providing fun & structured activities to help youngsters aged 6—14yrs develop more fully as adults. Contact: Lois Wiseman, Group Scout Leader 017683 41107, email: gsl@ks-scouts.org.uk

To include your group, club, sport or social activity in this listing, email: communitynews@kirkby-stephen.com or telephone 017683 71775

Business Directory

**Do you run a business in Upper Eden?**

The Upper Eden Business Support programme provides FREE 1-2-1 business advice, subsidised training and quarterly networking events for local businesses. The aim of the programme is to provide accessible support to help the development and growth of the Upper Eden business community. To access support, training or the networking events please contact Kellie Bradburn-Sims, Business Adviser and Project Co-ordinator on 017683 89132 or email: upperedenbusiness@gmail.com. The Upper Eden Business Hub on the Kirkby Stephen Business Park has been set up to provide a central office for local businesses to seek help or advice with many different business matters. The Hub is open Thursday and Friday 9am – 4.30pm. We advise businesses to call and book an appointment in advance. To keep up to date with the business support programme activity, Find us on facebook: [Upper Eden Business](#) and follow us on twitter: [@upperedenbiz](#). All forthcoming training and networking events are posted on our social media pages. To join our mailing list for forthcoming events, business advice sessions, training, networking, funding updates and more please contact the hub.


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