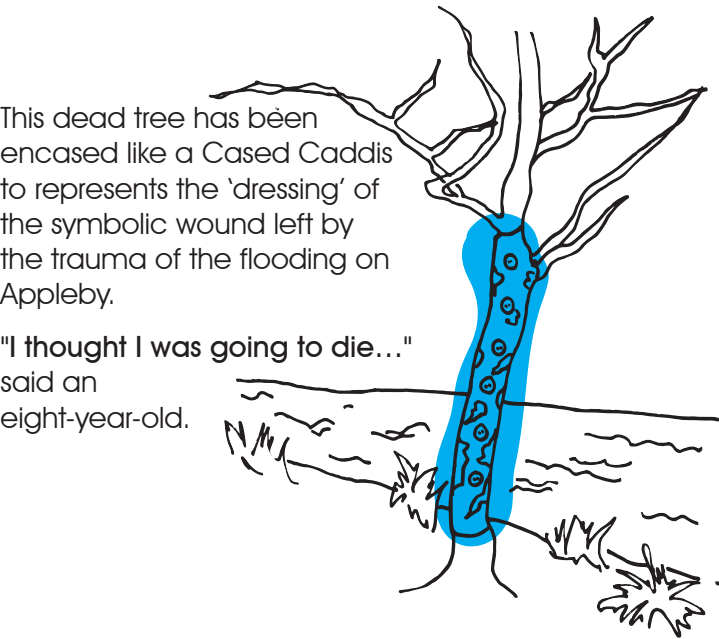


### 3. Cased Caddis

The Riverfly larvae creates a 'home' out of anything – sand, bark, grass etc. within the river.

The larvae drags the 'home' around with it at all times until it metamorphoses, emerging as an adult to fly above the river.



This dead tree has been encased like a Cased Caddis to represents the 'dressing' of the symbolic wound left by the trauma of the flooding on Appleby.

"I thought I was going to die..." said an eight-year-old.

Made by 1st Appleby Brownies.

### 4. Mountains to the Sea

This work symbolises the journey and displacement of the stones from the fells and mountains of the Pennines at source, through the becks and rivers, to the estuary and beyond.

Harold used to live at Edenside and has now, with great sadness, been displaced to a home in Penrith.

When he comes to the Friday Club which is at the Guide Hut opposite Edenside, he goes to try to get into his former home and cannot understand why he is not able to.

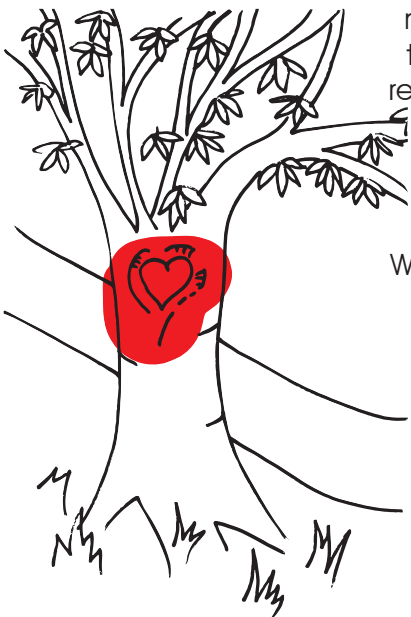


The Cairn was begun by members of the Friday Club, a social group of fabulous adults and young people with special needs, and completed by members of the public.

### 5. Heart-felt

A seven-year-old pupil from Appleby Primary School, discovered this heart-shaped hole in an ancient Horse-chestnut tree.

We took a 'mindful' walk with Year 3 & 4 pupils down to the river to observe the beauty of the river restored by nature and to talk about the cycle of destruction, resilience and restoration.



We realised that when we take time to slow down and observe the reality of nature, we are better able to appreciate our place in the larger scheme of things.

Made by members of the Friday Club, Appleby.

### 6. Flood Flags

When all returns to normal, we soon forget the power of nature and the resulting impact on our environment.

The two Flood Flags signpost the landslides on the opposite banks of the river, awaiting restoration.



Capsticks Carpets, a business on The Sands was flooded:  
"We filled 16 skips with stuff from my grandad's shop. It was so sad - that was all the carpets people had ordered for Christmas."

Children expressed their grief through words on a class mural: mortified, frightened, amazed, sad, terrified, angry.

Made by Yr3/4 pupils from Appleby Primary School.

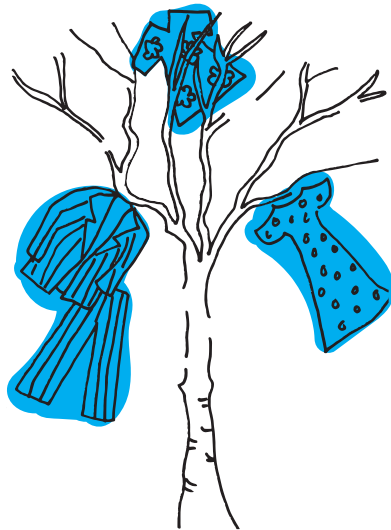
### 7. Nothing to Wear

All along The Sands, residents who lived on ground level lost all their clothing and belongings to the floodwater. These were strewn along the course of the river Eden, in trees, fields and out to sea.

"The most weird moment during the height of the floods was in the middle of the night, no lights, no people, no cars."

It was the silence which was the most unsettling,"

said a resident of Holme Street.



Made by Emily Warburton, Faye Jowett and Kate Mayer at drop-in workshops at The Appleby Hub.

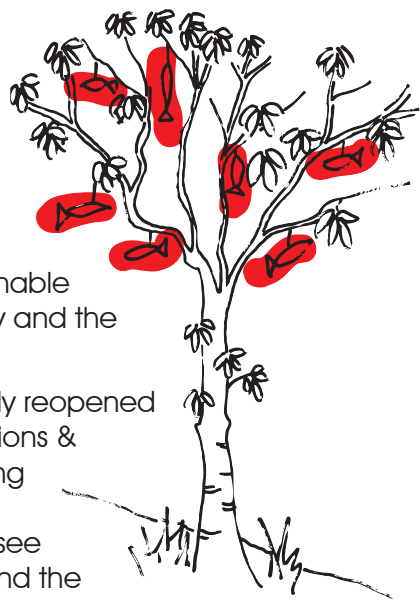
### 8. Fissssh!

The Eden is famous for its plentiful and diverse species of fish, including Brown Trout, Salmon and Grayling. During the floods, fish that lived in the river were carried into the trees and surrounding fields by the floodwaters.

The Scout Hut, the building closest to the river, was totally flooded out, so the group had to meet elsewhere.

For over eight months, these lively kids were unable to access outdoor play and the riverside.

The Scout hut was finally reopened after extensive renovations & improvements, including larger windows, so the Cubs are now able to see and explore the river and the surrounding area during meetings.



Made by 1st Appleby Cub Scouts.

### Share your Story

Share your story of the river and the floods and explore other people's stories at our website:  
[www.edenriverstrust.org.uk](http://www.edenriverstrust.org.uk)

### Eden Rivers Trust

This art trail is an Eden Rivers Trust project which has been funded by the Heritage Lottery Fund. Eden Rivers Trust works with local communities and landowners to make the River Eden, its tributaries and lakes a better place for people and wildlife.

Since the 2015 floods, the trust has worked with those communities affected by flooding - providing practical help in cleaning-up and restoring their stretch of the river.

To find out how you can get involved visit:  
[www.edenriverstrust.org.uk](http://www.edenriverstrust.org.uk) or call us on 01768 866788

Eden Rivers Trust, Dunmail Building, Newton Rigg College, Penrith. CA11 0AH. t: 01768 866788 e: [office@edenrt.org](mailto:office@edenrt.org)

© Eden Rivers Trust / Karen Babayan and Debra Esterhuizen 2016

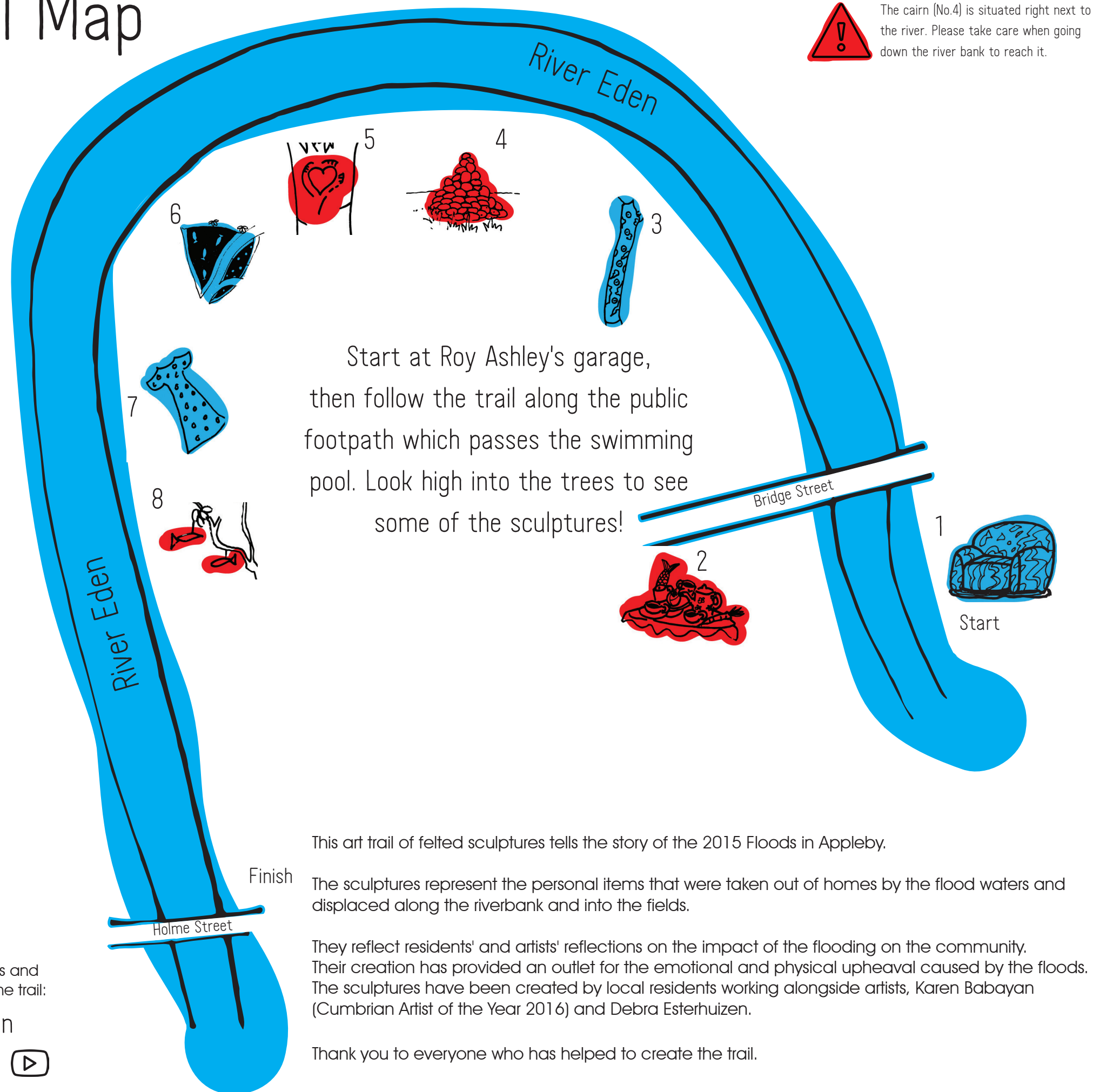
# Inside Out River Art Trail

Extended until 30 September

Telling the story of the  
2015 floods in  
Appleby



# Trail Map

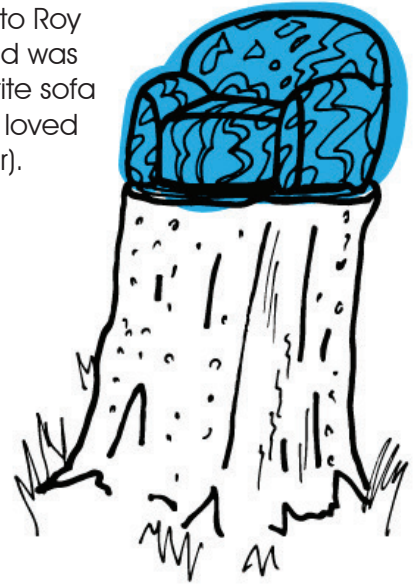


The cairn (No.4) is situated right next to the river. Please take care when going down the river bank to reach it.

## 1. The Story Sofa(r) ...

This iconic sofa, as seen on world-wide media (Sky and ITV), was carried spectacularly through Appleby by the River Eden in full flood.

This sofa belonged to Roy Ashley's Garage and was Mack Ashley's favorite sofa (Mack was a much loved chocolate Labrador).



This sculpture can be seen at Roy Ashley's garage on The Sands.

Made by local residents of all ages affected by the flooding at drop-in workshops at The Appleby Hub

## 2. Anyone for Tea?

All the cafés along Bridge Street and on Low Wiend were flooded.

For the owners this meant total loss of business and potential financial disaster.

For the residents, an essential social space for nourishment and meeting friends disappeared.



"I came in on the second day of the flood, once the water had subsided. There was still three inches of water in the café with teapots, parsnips and onions floating around."

This sculpture can be seen at Eden River Cafe on Bridge Street.

Made by local residents of all ages affected by the flooding at drop-in workshops at The Appleby Hub.

This art trail of felted sculptures tells the story of the 2015 Floods in Appleby.

The sculptures represent the personal items that were taken out of homes by the flood waters and displaced along the riverbank and into the fields.

They reflect residents' and artists' reflections on the impact of the flooding on the community. Their creation has provided an outlet for the emotional and physical upheaval caused by the floods. The sculptures have been created by local residents working alongside artists, Karen Babayan (Cumbrian Artist of the Year 2016) and Debra Esterhuizen.

Thank you to everyone who has helped to create the trail.

Share your photos and thoughts about the trail:

#MyEden

