

Around Kirkby Lonsdale

February 2016

Keep Kirkby Tidy!

February already! The Town Council is nearing the end of its first full year since last year's elections, when all members were returned unopposed.

I'm writing these notes just before our precept meeting, when we determine our budget for the year ahead, so I can only make this comment - if the precept is to rise, it's because we need a little bit more to pay for the positive plans we have for the year ahead, and if there is to be no increase, it's because we have decided, perhaps, not to be too ambitious with our proposals.

It's good to see that our trend of not having empty shops continues to hold true. We welcome the new business people to Kirkby and wish them well. I'm sure they'll find the Chamber of Trade a worthwhile organisation to support them. Unfortunately, I also get a fair share of complaints about some of our local premises - the ones who have street furniture or advertising boards on pavements. There is a voluntary code of conduct about the use of A-boards, issued by the district council. While the code actually discourages the use of A-boards, the powers that be acknowledge that many businesses rely on them to advertise themselves. So, a softly-softly approach is taken to their use.

The big complaint, however, is about these items which are on the street 24 hours a day. I'm sure we all know where the advertising boards are which obstruct pavements overnight, where there are tables and chairs left outside in the most foul weather, obviously of no use to any passer-by during the winter months. It would be good if a Keep Kirkby Tidy campaign could include clearing our streets of such obstructions which are a danger to everyone during the hours of darkness.

On a more positive note, there was widespread complimentary comments about our weekend Christmas market and fair, held during what was probably the worst weather ever back in December. All credit to the organisers for ensuring that as much of the programme as possible actually happened, even if Santa had to arrive a day late! Finally, I note that the Lunesdale Hall management committee are holding an open meeting on Tuesday, March 8, to discuss the future of the Hall. I'd encourage as many as possible who have views about how the Hall should be used to go to that meeting and have their say.

Allan Muirhead, Chairman, KLTC



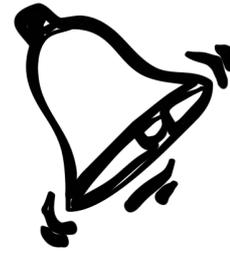
Kirkby Lonsdale Brass Band

The Carol Concert in St. Mary's Church was a great success and we are delighted to announce that a cheque for £460 has been sent to the Cumbria Community Foundation for the Flood Recovery Fund. Many thanks to everyone who came along and contributed.

Wishing a Happy New Year to all.

**Allan Greenwood
MD KLBB**

Deadline for March AKL: Midday Thursday 15th February. Nothing received after the deadline can be included. Please email submissions to akl@kirkbylonsdale.co.uk
Editorial matters: Contact the editorial team at akl@kirkbylonsdale.co.uk
Advertising: For advertising accounts email akladverts@gmail.com
Payment for adverts: Mail to AKL, Lunesdale Hall, Bective Road, Kirkby Lonsdale, LA6 2BG. **For all other advertising matters:** Email allanmuirhead@icloud.com



Note from the Editor

Well, I've had my arm twisted and I am having a second go at editing the AKL. Thank you to everyone who gave me positive feedback for October's edition, it appears I did okay and I hope that February's AKL will be as well received.

Sarah Moorby.

Leap Year Church Bells

To mark the Leap Year, a peal of bells will be rung on the afternoon of Monday 29th February, 3-6pm, on the bells of St. Mary's Kirkby Lonsdale.

Contacts

THE CHURCH OF ENGLAND

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C. OF E. SCHOOL: St Mary's Primary, Kendal Rd, Kirkby Lonsdale, LA6 2DN. 015242 71334. St Patrick's, Endmoor, Kendal, LA8 0HH. 015395 67388.

THE METHODIST CHURCH: Rev'd Wendy Thornton, Kendal Methodist Circuit, (015242) 62758 or mobile 07788 653 000, wendy.thornton@methodist.org.uk

ST JOSEPH'S RC CHURCH: Back Lane, Kirkby Lonsdale. Sunday Mass, 9am. During the week, as announced. Parish Priest Canon Luiz Ruscillo, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

FRIENDS' MEETING HOUSE: Preston Patrick Sundays 10.30 Warden 015395 61163 and Brigflatts, Sundays, 10.30am. Warden, 015396 20005.

VOLUNTEER DRIVER SCHEME: 07788 52 25 11

CUMBRIA POLICE: Emergency 999 Non-emergency 101

From The Team Ministry

Worried, don't like to change your plans?.....think again!

We all have times in our lives when we get worried. Even our Lord Jesus Christ was worried on the night, before he was going to surrender himself to the Jewish authorities, and who can blame him? He knew He was going to a painful and degrading death. So what did He do, He prayed to His Father in heaven that He, Jesus, would not have to go through with this self sacrifice, but said He would still do it if the Father wanted Him to.

Thankfully, most of us do not have to repeat this sacrifice, but we do get ourselves up tight about all sorts of things that we would rather not do. Perhaps we have to go for an interview for a job, perhaps go to see the Bank Manager about a loan. In my case I was very apprehensive about having a general anaesthetic. Why, because my previous experience with anaesthetics when in my 20's, was not good.

I had the two week period up to Christmas all planned out. January was to be the month when I would go for a small operation on my knee. Then the letter came from hospital "Please ring to agree a mutually convenient time for your operation." Expecting them to suggest January as previously agreed, I rang up. "Yes, we have a date for you, 21st December, a *week's time*." My first thought was "Nooo, I have the next 2 weeks all planned" but unlike some people who work, have children or have a journey or journey's to make over Christmas, I felt I could not legitimately stick rigidly to my original plan. I found myself saying "If you want me to come in before Christmas, I will come." I then started to run around, re-planning 2 weeks

into one, apologising to those who would have to take the extra services, so that I could make the hospital date. Inevitably some things got overlooked. My anxiety was increasing, I had forgotten or chosen to ignore Jesus' teaching in Matthew's gospel chapter 6 'Do not worry about your life', your heavenly Father knows what you need. Knowing my concerns, many friends were praying for me, so on the day of the operation, a feeling of calmness came over me. I met only friendly Nurses, Anaesthetist and Surgeon. When I came round after the surgery, I was delighted and surprised to feel really good, no nausea nor dizziness. This is because now after an operation, a litre of saline is run through your body which hydrates you and contains some pain relief.

If I had not been prepared to change my plans, I may not have experienced the wonderful unrushed care I received. I am guessing that many people had refused to come into hospital before Christmas.

So what have I learnt from the experience?

That when, somehow, I cannot pray for any situation, I can ask others to pray for me. That staff at Westmorland General Hospital are friendly, skilful and caring. That we should never be reluctant to change our plans, because if we pray to God and let Him, He will always be at work in these changes, so that the outcome is best for us.

Liz Dew Lay Reader.



Cumbria Wildlife Trust

You are warmly welcomed to our interesting and varied winter talks. Meet in the Lunesdale Hall, Bective Room in Kirkby Lonsdale which is suitable for wheelchairs and has a hearing loop. These events are open to everyone and we always have complementary tea and biscuits at the end. We suggest an entry donation £2.00 for adults. Children are free and are most welcome. Please contact Roger Neale on 015242 41155 for further information.

Wednesday 27th January 7.30pm - 9.00pm
Recent research and conservation of pine martens.
John Martin will talk about his recent work with pine martens in the field of research and conservation

Wednesday 24th February 7.30pm - 9.00pm
The wildlife of Ingleborough National Nature Reserve.
Colin Newlands from Natural England will talk about the wildlife of the Ingleborough National Nature Reserve

Wednesday 23rd March 7.30pm - 9.00pm
Life in the soil: coming to terms with worms. Trevor Pearce will give an illustrated talk on earthworms.

Many thanks

Miss Hazel Jones
Senior Fundraising Officer
Normal work hours Monday – Friday 9am-3pm

Cumbria Wildlife Trust, Plumgarths, Crook Road,
Kendal, Cumbria, LA8 8LX Direct Telephone: 01539
816310

Save Cumbria's wildlife and wild places by becoming a member today
Registered in England as Cumbria Wildlife Trust Limited, a Company Limited by Guarantee No. 00724133. Registered Charity No. 218711

Detoxing at the Lunesdale Hall Therapy Centre

Now that we are emerging from hibernation and possible over indulgence over the festive season it is a great time to strengthen your immune system or kick start your new eating habits to help you feel cleaner from the inside.

There are Detox courses at your local Lunesdale Therapy Centre, Lunesdale Hall, Bective road, Kirkby Lonsdale.

Alison Marsden specialises in helping people change their habits and has combined this with her love of food. She has developed a unique package of detox kits and courses to help you build up your connection with your own body's wisdom so you can begin to eat what's right for you and start to enjoy good health. The course is specifically designed to help you maintain your regular routine of detoxing or support your new eating habits.

Choose from a weekly class (for 3 weeks) or 1-2-1 session. Detox kits are provided offering you a really easy step towards better health and a new you. The next weekly class starts on 24th Feb 2016 10am-11am for 3 weeks.

Contact Alison on 015242 73291 text 07929 151 240 Web email : Alison.Marsden22@gmail.com

Other modalities, available at Lunesdale Therapy Centre, which may benefit your Detox or address other issues include:

Acupuncture, Alexander Technique, Myofascial Release, Osteopathy, Reflexology, Yoga, Pilates

Pickup a leaflet when you are next passing or visit our Facebook page.

Lunesdale Decorative and Fine Arts Society

“The Art of Cuisine and the Cuisine of Art”

Ms Howard romped through the history of art showing how artists delighted in culinary delights from pre-historic times to the present. Whether all artists are also great cooks, the jury appears to be out on this one!

She started with the gorgeous paintings in the Lascaux Caves. These animals were food on the hoof, waiting to be caught for lunch. In conjunction with this she showed a delightful cartoon of a cave-man running after a bison exclaiming “I do hate fast food!” However, there were more serious elements of the representation of food in painting. The “Seven Works of mercy” in Fra Angelico’s painting of distributing food to the poor and needy. Rembrandt’s “Supper at Emmaus” is echoed through the ages by Van Gogh and Soutine. This emphasises on the simplicity of the meal and the people that partake in it, the sombreness of the colours resonates down the ages. Hieronymus Bosch in his painting of “Earthly Delight” and Breughel in the “Land of Cockayne” and many others have used food symbolically to emphasise Christian values and morals from medieval times to the present. However, long before Christianity there are delightful examples of food shown for the pure pleasure of depicting objects that give pure delight. Fruit has been shown through the ages in all its gorgeous form from a small painting on a wall in Pompeii, to Caravaggio’s meticulous painting up to Cezanne. Gauguin so admired Cezanne’s “Still life with Compotier” that he bought it for himself! And many feel that no other artist have ever represented apples as well as Cezanne. Food was used for social gatherings of all sorts – religious as in “The Last Supper” or as a humble family meal, as in Van Gogh’s “Potato Eaters”. It is central to life and depicted as such by painters through the ages.

The next talks will be **Tuesday 19th January 2016**, when Andrew Lowe **BA** will give a talk entitled “**Wrestlers, Crucks & Mullions – Traditional Lake District Architecture**”, and **Tuesday 16th February** when Susan Rumfitt **BA** will give a talk entitled “**Faking it – A Desire to Deceive**”. The venue is Borwick and Priest Hutton Memorial Hall. All lectures start promptly at 2.15 pm. Fanny Leech, Old Manor House, Kirkby Lonsdale, LA6 2AT, (telephone 015242 72009) .

Fat Face fundraising

Within retail Black Friday has become something of a manic shopping period in November, with the encouragement of discounting and bargains to be had before Christmas! This year Fat Face decided to approach this cause different with a slogan of "Thanks for Giving", over the Black Friday weekend we decided to give a percentage of our profits to charity. Each Fat Face store choose a local charity to donate to. Kirkby Lonsdale Fat Face choose the Kirkby Lonsdale Arts Scene to donate to, with the donation being over £800 we were really pleased with our achievements.

With the devastation the flooding brought on December 5th, we also set up a donation fund to raise money for the Cumbria Flood Relief Fund 2015, which has currently raised £350.

Hannah Swainson

Store Manager, Kirkby Lonsdale.

Help for the Hospice

My name is Shirley Holland, I am raising funds for St John's Hospice Lancaster by doing The Great Wall of China Trek between 17th and 27th September 2016. Many of us have lost loved ones to cancer and other terminal illnesses and know first hand how the work of St John's Hospice & other hospices is invaluable in providing dignity and helping patients through the final stages of their lives.

If you wish to donate you can do so at:-
<http://greatchinatrek.everydayhero.com/uk/shirleyholland-1>

Thank you in advance for your generosity.
Shirley



Casterton WI

The WI Centenary year was brought to a splendid close by Joan Bentley at our meeting on 2 December. Famous for her flower arranging demonstrations, Joan opened the festive season for Casterton WI by showing members a range of beautiful decorations with a Christmas theme. Since (for weather-related reasons) there is no January meeting, the WI programme for 2016 opens on 3 February when well-known local farmer, Stewart Lambert of Kitriding, will be talking about farming in the 21st Century, a hugely important and relevant topic for us here in the north-west. The following month (2 March) local gardener, Tom Attwood of Halecat, who writes regularly in the *Westmorland Gazette*, will be talking about the restoration of its gardens. He has bravely agreed to answer questions from the audience!

Ever since its founding in 1916 the Women's Institute's aim has been to give women an opportunity to learn about a wide range of subjects while meeting others in their neighbourhood and Casterton WI's programme for 2016 will be doing just that. Besides the talks mentioned above, two of the subjects which we'll be hearing about later in the year are the RSPB Skydancer Project, concerned with the conservation of hen harriers, and the important work of the National Trust.

Held in Casterton Village Hall on the first Wednesday of the month at 7.30 p.m., meetings are always convivial affairs with tea and biscuits on offer. As well as the events arranged by Casterton WI there is a wide range of creative activities and theatre trips put on by Cumbria-Westmorland Federation open to WI members. Do come along to one of our meetings – we're a very friendly group. Our website – castertonwi.co.uk – will give you lots more information about our plans for this year.

Hornby Flower Club

The next meeting of Hornby Flower Club is on Thursday the 18th February at 7.30pm in Hornby Village Institute. Our speaker will be Graham MacFarlane and his theme is propagating and growing dahlias. Graham has been growing Dahlias for over 40 years and as well as being a keen exhibitor of dahlias, Graham is a national judge at all the National Dahlia Flower Shows including London, Harrogate and in his native Scotland. However Graham says his greatest joy is 'to cut a nice bunch of flowers for people who admire the flowers grown on his allotment'.

Our meetings are open to all so if you want to know more about growing, showing or cultivating Dahlias then this meeting is for you.
Cost £4.00 to include refreshments.

ADVANCE NOTICE !!!! **OPEN GARDENS IN KIRKBY** **LONSDALE**

Over the first weekend in July 2017, The Friends of St. Mary's and the Lunesdale Hall committee are intending to organise a trail of Open Gardens in Kirkby Lonsdale. I don't want anyone to feel they must commit themselves to this at the moment, but please give it some thought and if you are interested, please contact me. The proceeds will be split between St. Mary's Church and the Lunesdale Hall, formerly the Institute.

There will be plenty more information available later in the autumn and spring 2017, but this is a preliminary notice, so gardeners, you are not unprepared! Pat France (71740)

Kirkby Lonsdale Civic Society

The 2015-16 season of talks continues on Monday, February 8th 2016 at 7.30pm in the Lunesdale Hall, New Rd. Kirkby Lonsdale.

'THE THIRLMERE HUNDREDS' by JOHN BUTCHER

How is it possible to carry 220 million litres of water through a pipe from Thirlmere to Manchester, a distance of 83 miles, without the use of pumps?

United Utilities manager John Butcher, the aqueduct expert, has the answer and will explain how this massive project was designed and completed over 120 years ago. There was huge opposition to the scheme and it was not until a series of droughts, when 80,000 Mancunians died from water borne diseases, that construction began.

This promises to be another fascinating talk in this year's series. Everyone welcome.

Admission £2, including refreshments.



Cub Scouts is 100 years old

Having launched Scouting in 1907, Lord Baden Powell was persuaded to extend the adventure to younger boys (and later girls too) from the ages of 8-10 years and this was the birth in 1916 of Wolf Cubs known today as Cub Scouts. Kirkby Lonsdale has a proud history of Scouting in the town and surrounding villages and the Cub pack has survived throughout this time. Scouting has adapted over the years to respond to a changing society but the aims of the movement remain close to those drawn up over a century ago. Today's stated aim is: Scouting exists to actively engage and support young people in their personal development, empowering them to make a positive contribution to society.

Kirkby Lonsdale Scout troop was reopened in 2008 and has enjoyed a gradual growth in numbers with a new leadership team taking over last September; our Beaver Colony (6-8 years) opened in 2012 and is gradually growing in number. Cubs has enjoyed a strong leadership over the years offering a varied and exciting programme, however when the last Cub leaders stepped down due to changes in work commitments the Cubs were unable to find new leaders and numbers have fallen to a critically low level. As the Kirkby Lonsdale Cubs enter this Centenary year they find themselves perilously close to folding and we would like to appeal to the wider community for your help in keeping Cubs in our town.

We would like to hear from anyone interested in helping us to form a team of leaders, previous experience of Scouting not essential as guidance and training is provided. Whether you are able to offer weekly support, fortnightly or monthly we would love to meet you and discuss ways in which you can help the group to re establish its Cub pack.

We would also be happy to hear from any 8-10 year olds keen to join our pack.

Call Nigel Bradshaw 01524273722
Email kirkby_lonsdale_scouts@live.co.uk

Your Cub Pack Needs You!



New Choral Group

New Choral Group Sing Joyfully! is a new choral group with a difference! It aims to bring people together to have fun whilst making music together and learning how to develop the voice. Choral sessions include training in vocal technique and repertoire covers a wide range of genres and styles from classical western traditions, pop, jazz, folk, world traditions and gospel. We guarantee that there will be something for everyone! Sessions run in Casterton Church on Tuesday evenings from 7:30pm-9pm and there will be a public performance on March 15th at 8pm. Beginners and experienced choral singers are all welcome, irrespective of experience or music reading ability! For more details and all enquiries, please email Anastasia on or call 07952 601568.

Hutton Roof

We will be having a Domino Drive and Horse Racing night on Friday Feb 19th, 7.30pm in the Village Hall. It's a fun night out for all ages and there is no betting on these horses. £1 adults, 50p children. Raffle. Refreshments are included.

MISSING!

One of St. Mary's Church artefacts, a black and white hand embroidery of the pillars, has gone missing. The Friends of St. Mary's are anxious to trace it, and would appreciate any information about its whereabouts. It was known to be in church at the end of November. If you can help, please contact me. Thank you.
Pat France. 71740

The Rotary Club of Lunesdale

We have all been shocked by the appalling weather the NW Region has suffered beginning with storm Desmond on December 5th. At that time we did not realise what was to come and the devastation it would cause. The biggest single good factor to come out of it was the incredible way that local communities responded to help the thousands of people who suffered from the storms and extensive flooding. Numbers of Rotary Clubs from across the region and beyond instantly rose to the challenge of providing help and assistance in whatever form it was needed ie shelter, food, clothing, toys, baby equipment and money. As always, in emergencies, Rotary worked alongside other organisations from across the UK who came to help.

The Rotary Flood Appeal collection at Booths Kirkby Lonsdale store on Saturday 19th December, with the help of the 1st Kirkby Lonsdale Scout Group, amounted to £ 3,262 almost half of which was donated by the Club.

Thank you to everyone who supported this and donated.

Our pre-Christmas Sleigh collections around the Lunesdale villages were also, as always, well supported and raised a total of £2,979. This money will be used to help local deserving causes. Many people tell us how much they look forward to a visit from Father Christmas in his sleigh and your comments are appreciated.

On February 25th Lunesdale Rotary Club will host its annual International Evening and Auction. This is the one night in the year when the club raises money for the international projects it supports. If any local business or individual would be willing to donate an auction "lot" to be sold on this evening please call 015242 73166.

Finally a date for your diary. On Sunday 5th June the Rotary Club will organise the "Lune Walk" which so many people enjoyed last year. Once again there will be a walk catering for all abilities. Please spread the word to your family and friends.

The Christmas Quiz

The Lunesdale Hall welcomed a full house of more than 70 quizzers for the Town's Christmas Quiz in December. With an entertaining variety of questions to test their knowledge of the festive season and an array of seasonal nibbles and drinks to provide mental sustenance, the contest was, in the end, tightly fought by some and certainly enjoyed by all.

Amidst the cheers (and groans) as answers were revealed, it became clear that there was going to be a race for the 'top spot!' When the scores were totted up, team 'Six of the Best' emerged with a two-point win, enough to knock the 'Plum Duffs' into 2nd place just one point ahead of the 'Bah Humbugs'. Well done to all the players in the 14 participating teams - you can take your antlers and Christmas jumpers off now!

The evening raised a splendid £600 which was divided equally between Roy and Sylvia Taggart's 'Romania Appeal - Together we Care' and the Lunesdale Hall.

Grateful thanks to all those who helped out behind the scenes on the night and thanks also to those who donated items for the raffle, including the traders in Kirkby Lonsdale who so kindly added to the array of gifts – much appreciated.

The Barbon Backdoor Club

The first meeting of 2016 will take place on Monday 1st February in Barbon Village Hall at 2pm.

The subject for our talk is "Catch-up on our work in Rumania" which will be presented by Sylvia and Roy Taggart. Both Sylvia and Roy are well known to many of us. They have been visiting Rumania for the past 15 years helping individuals, hospitals, schools and orphanages. Many local people contribute to their charity. The talk will be illustrated with photographs. Do come along, maybe bring a friend, to be brought up to date with the work of this charity and enjoy a chat and a cup of tea afterwards. At our Christmas Lunch at the Heaves Hotel I made an appeal for the victims of Storm Desmond. I am delighted to announce that £80 was raised which was passed on to the Rotary Club of Lunesdale. It was added to their collection on 19th December for the same cause. Thank you to all who contributed on that day.

Lilian

AKL Police report for December 2015

Logs of note for the area and surrounding areas of Kirkby Lonsdale are:

- 30/11 - Theft of 19 Swaledale ewes from the Casterton area.
- 5/12 – Numerous flooding logs in the area and surrounding area of Kirkby Lonsdale
- 8/12 – A vehicle on Ruskin Drive was broken into and items to the value of £1100 were taken. A Mikita site radio in navy blue and a Mikita stone saw in navy blue, this would be identified by the loser as it been branded.
- 13/12 – An assault was reported in the area.
- 13/12 - ASB caused by loud music on Main St.
- 13/12 - An assault was reported on Market St. 1 person arrested.
- 18/12 - An assault was reported on Fairbank. 1 person arrested.
- 23/12 - A domestic incident was reported on Fairbank.
- 24/12 - A burglary was reported at Kirkby Motors. Cigarettes stolen. 1 person arrested.
- 1/1 - Persons reported fighting in the area. All in order on arrival of officers.

-Keep wallets, purses, mobile phones and ipods out of sight and bags secure, especially in crowded places.

- Avoid carrying large amounts of cash, and be vigilant when drawing money from ATM's.**
- Keep your PIN number safe, do not disclose to anyone or carry with your card.**
- Keep gifts, cash and valuables safe and well hidden in your house so they can't be seen or reached by thieves**
- Lock doors and windows before you go out.**
- Leave a light on in a room and draw curtains when you go out at night.**
- Look out for your neighbours property**
- Make sure callers to your home are genuine, always ask for ID.**

There have been several calls for service due to the road conditions. Can we advise all road users that as driving conditions worsen in the winter months it is imperative that you take precautions for your own safety. Allow extra time for your journeys and ensure you have sufficient clothing and fuel and always drive to the conditions of the road.

PCSO 5361 Kyle Bateson & PCSO 5244 Mandy Coleman

If you would like anymore information please contact your Neighbourhood Policing Officer.

In an emergency call 999, for all other incidents or advice call 101.



The future of the Lunesdale Hall - your say

The Lunesdale Hall is Kirkby Lonsdale's only public building. If Kirkby wasn't a town, it would be known as the village hall, which is at the very centre of every community...

There's a big question mark over the future role of the Hall - and residents can help.

The name change a couple of years ago was designed to bring the building and its use into the 21st Century.

When a public meeting was held in the town last November to discuss the future of Kirkby, how the Hall is used was a top topic among those who attended. Questions were asked, and suggestions were put forward.

The Hall management committee are a representative group of local people who are also Managing Trustees. The Town Council is Custodian Trustee, holding the legal title to the property.

The Hall committee wants to build on what's been done by past committee members and find out what those who use the Hall - and those who don't - think about the building.

An open meeting will be held in the main hall of the Lunesdale Hall on Tuesday, March 8, starting at 7.30pm. No change is an option, but there are so many ideas coming forward that change is almost inevitable.

People attending on the 8th will be asked what they think of the Hall as it is - its accessibility, its facilities, its size, the charges. Can it be changed? With a blank sheet of paper, it's easy to come up with a whole range of proposals. But are they the ones the town wants? Come along on 8th and help to form a development plan for the future of the Hall. Some call this blue sky thinking - think outside the box, put aside its current appearance and use.

Topics for discussion may well include disabled access, toilets and kitchen facilities, theatre and/or cinema use, using the main hall for indoor sports activities. There is also talk in town of the Hall housing the local library, being home for the visitor information shop, or being a one-stop hub for town, district and county council services.

Is there scope to do any or all this? Can room be created? What are your ideas? And, most importantly, if you have a practical proposal, will you join the team to see it through?

Your views matter. Remember, the Lunesdale Hall is your Hall.

Boxes of Hope Cumbria

When I last wrote about “Boxes of Hope”, I was anticipating helping to distribute 5,000 boxes to children in the Constanta area of south-east Romania, instead of which we gave out boxes to 4,500 children in the south-west of the country – flexibility is the name of the game! Wherever they are, children are still children and poverty is still poverty, especially in a town like Petrosani, an already poor place where the major local employer, the coal mine, has recently shut down.

Distribution was done mainly through schools and churches, although we also visited some out-lying communities, where the level of poverty is just as dire as in the north-west, the home-base of our Romanian partner charity “People to People”. In some places the children sang to us and in one extremely poor village the pastor and his family invited us to stay for a meal, treating us like royalty and showing us extravagant generosity.

On our last day, in yet another poor and dusty town still suffering the after-effects of the Communist regime, we visited a day care/after-school centre where the children are looked after in a loving, family atmosphere. They rejoiced in our visit and were delighted to receive their boxes, the older ones helping the younger or less able to open them and examine the contents. The name of the centre was “Casa Speranti” (House of Hope), which we felt was a fitting conclusion to our week in Romania.

For further details and pictures of our trip, as well as the January distribution trip to north-west Romania, why not have a look at the “Boxes of Hope Cumbria” web-site.

Here’s to the next time!

Pam Dent.



4 Steps to help tackle domestic abuse

Last year 1 in 15 women, and 1 in 33 men experienced domestic abuse at the hands of their partner or former partner. The Citizens Advice ‘Talk about Abuse’ campaign encourages friends and family to identify those at risk and where to seek help.

Pay attention to changes in behaviour

Abuse isn’t always easy to spot. Even if it’s physical it may be hidden. Domestic abuse is about one person seeking to control another, be it physical, emotional, financial, psychological or sexual. Changes in behaviour such as going out less, or seeming frightened, could be indicators of domestic abuse

Start a conversation

When a person decides to tell someone that they’re experiencing abuse, they are most likely to tell someone close to them. Don’t assume that someone else is better placed to help them. Make sure you are not overheard.

Listen, support and believe

If your friend does confide in you, help them understand that they are not alone and let them know where they can turn to for more support. You want to show them they are believed and raise their confidence to make it more likely they seek specialist help.

Suggest further help

There are many places to turn to for further help, both for you and your Friend. Call the 24-hour National Domestic Violence Freephone 0808 2000 247 or online nationaldomesticviolencehelpline.org.uk.

Remember, abusers are dangerous people always call the police if you think anyone is in danger. Citizens Advice has online advice about dealing with domestic abuse - See citizensadvice.org.uk/talkaboutabuse for more information.

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help

Councillor's Corner

From Cllr Nick

Water water everywhere. December 2015 was amongst the wettest since records began and there can be few people who do not have some flood story to tell about the storms running from Storm Abigail through to Storm Frank, with the worst brought by Storm Desmond on the weekend of 5th and 6th December.

In terms of houses affected, Kirkby Lonsdale got off quite lightly, especially compared to Kendal where there are over 2000 flooded properties. The damage in and around the town has been to the infrastructure, most notably to the Riverside Path from Devil's Bridge to Radical Steps but also to road bridges and footbridges up and down the Lune Valley and many roads temporarily impassable with floodwater.

Work has already begun with the clear up of the Riverside Path. I was out with 15 brave volunteers before Xmas bagging up rubbish brought down by the floods, burning wooden debris and starting the job of clearing debris from trees and fences. There are plans to restore the gravel where it has been washed away and to come up with some more technical solutions to rebuild under the concrete path near Mill Ayre where it has been scoured away and also under the concrete 'apron' at the bottom of Radical Steps, another victim of the power of the floods.

Perhaps more serious is the loss of a large area of vegetation on the steep slope below Ruskin's View but I have been in contact with CAN Geotechnical, the specialist firm who carried out work on Church Brow almost 25 years ago and we hope that they will soon be able to produce a report with our options for stabilising this area.

Councillor Mel and Councillor Kevin

Sadly the dreadful weather of the past five weeks has been catastrophic. Though we have not been immune to its effects, there have been individual cases of hardship, Kirkby Lonsdale has been fortunate to escape the problems facing Kendal, Appleby and Carlisle. We all have immense sympathy for Sarah Ross our Town Manager, the Chamber of Trade, the Churches and all the Shops and Businesses who have strived so hard to make Christmas in Kirkby Lonsdale so exciting.

Let us give thanks for all our good fortune and do our utmost to help our less fortunate neighbours.

Cllr Mel Mackie and Cllr Kevin Lancaster

Cllr Mel Mackie will hold a " Help Desk " on Monday 22 February at the Royal Hotel from 5pm to 6pm



Kirkby Lonsdale Methodist Church Services for February

Sunday 7th 0900 Rev Wendy Thornton, Sacrament
1030 Mick Pidd (St Thomas's Lancaster)
1900 Service @ 7

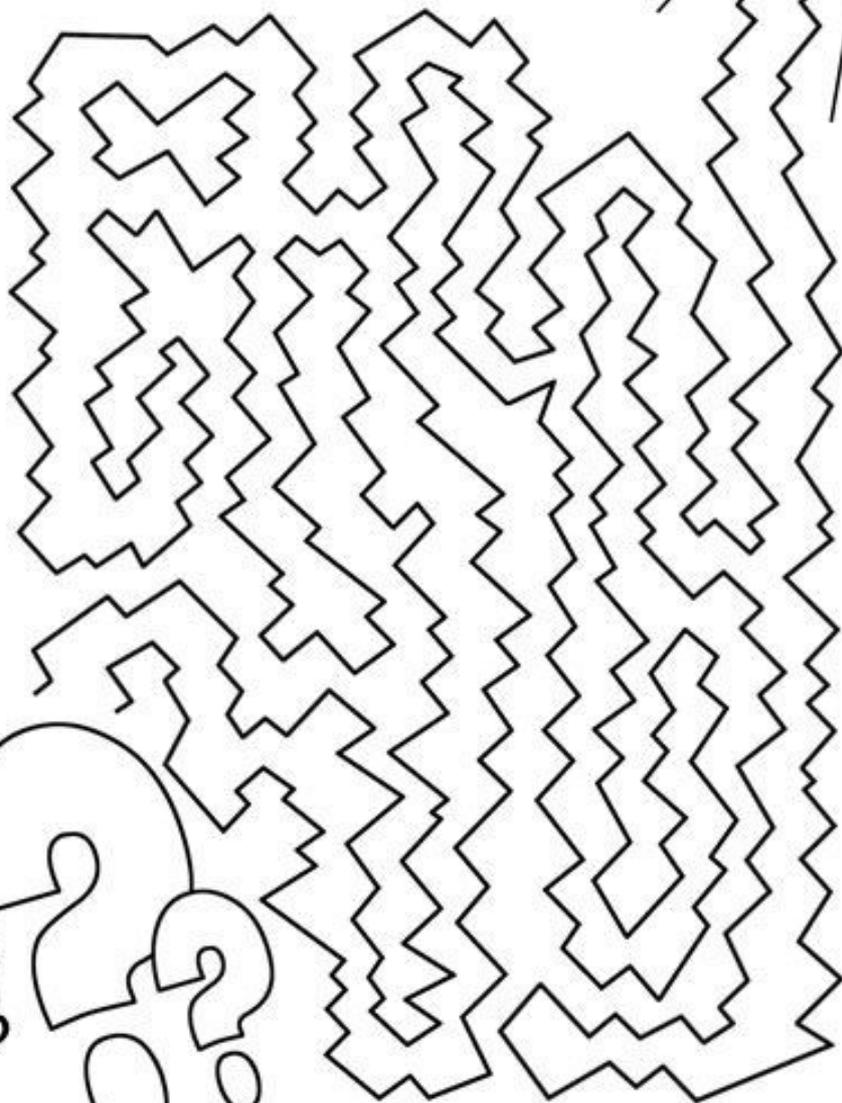
Sunday 14th 1030 Angela Mills (Warton Methodist Church and Capenwray)
1830 Working with God

Sunday 21st 1030 Rev Geoff Shutt

Sunday 28th 1030 Rev Wendy Thornton (Sacrament)

Kid's Corner

Martin has a problem!
Help him find the answer
in the Bible.



Kirkby Lonsdale Chamber of Trade Members Directory

Shops

Booths Supermarket
015242 73443
The Card Gallery (Cards & gifts)
015242 71237
Carr & Bleasdale (Home furnishings & fabrics)
015242 71261
China Bull Emprorium (Kitchenware & Gifts)
015242 71265
Chocolat (Speciality chocolates & home of the Enchanted Chocolate Mine)
015242 72830
Dales Butchers
015242 71278
Edge Of The World
015242 71390
H.T. News (Newsagents)
015242 71357
Holly's Cakes & Bakes
07966 294724
Isaacs Jewellers
015242 72444
Kirkby Lonsdale Visitor Information & Gift Shop
015242 71437
K70 Ooh-La-La!
015242 73006
La Maison (Lifestyle emporium)
015242 71223
Lunesdale Bakery
015242 71296
Lunesdale Home, Garden & Hardware
015242 72751
No. 9 (Ladies fashion)
015242 72814
Parma Violet (Gift & homewares)
015242 72585
Post Office
015242 71233
Sienna Jewellery
015242 72121
Spar (Convenience store)
015242 71260
Sweet Shop
015242 71570
Tails of Kirkby Lonsdale
015242 98050

Food, Drink & Accommodation

Avanti (Restaurant & bar)
015242 73500
The Barbon Inn
015242 76233
The Blue Pig (Bed & breakfast)
015242 73272
The Copper Kettle (Restaurant & guest house)
015242 71714
Crossing Point (Café)
015242 98050
Devil's Bridge Snacks
Tel not available
The Green Room
Tel not available
The Highwayman (Pub)
015242 73338
Mill Brow House (B & B & self catering accommodation)
015242 71615
Number FortyFour (Café)
015242 72160
The Orange Tree (Hotel, restaurant & pub)
015242 71716
Plato's (Bar, restaurant, rooms, traiteur)
015242 74180
The Royal Hotel
015242 71966
The Sun Inn
015242 71965
Whoop Hall Hotel
015242 71284

Self Catering Accommodation

Apartment 52
015242 71740
Clover Cottage & High View Meadows
07711 304113
Holly Tree Cottage
07837 244659
Lavender House
015242 72086
Laurel House
015242 72189
New House Caravan Park
015242 71590
Woodclose Caravan Park
015242 71597

Specialist Services

The Abbeyfield Society (Homes for the Elderly)
015242 71306
Around Kirkby Lonsdale (AKL)
07779 728206
Athena Accounting Services
015242 71610
Business Lines (Wheel Nut Safety Products)
015242 71200
Community Seasonal Decorations
015395 67521
Doby Basket (Laundry & dry cleaning)
015242 71550
Hackney & Leigh (Surveyors & Estate Agents)
015242 72111
Kirkby Lonsdale Brewery
015242 72221
Love Beauty
015242 73520
Lunesdale Hall (Community facility)
015242 71603
Off The Hook (Graphic & Website Design)
07887 958103
Oglethorpe, Sturton & Gillibrand (Solicitors)
015242 71388
Orchard Financial Planning
01524 781377
Pearson & Pearson (Estate Agents)
015242 71222
Purestone (Natural Stone Tiles)
015242 73610
Sew What (Sewing & embroidery)
015242 71895
Toubas (Unisex Hair Salon)
015242 74333
Westmorland Vets
015242 71221
The Wright Design (Architects)
015242 71697

Sports Clubs

Kirkby Lonsdale Rugby Union Club
015242 71570 (Gym 72721)

MyKL privilege card scheme

The MyKL privilege card is a great way to reward and encourage locals to use their local high street. Come in to the Information & Gift Shop to buy your card (£7.00 for LA6 residents/£5 for temporary visitors)

Please take advantage of these offers - the more you use your card, the more offers we will attract from retailers

MyKL Offers for February 2016

Below you can see all the offers available to MyKL card holders from 1st February 2016. Each month we'll be offering new deals and discounts to those who live or work in the LA6 postcode area.

Food & Drink...Treat a relative or friend!

The Crossing Point Cafe - Cream Tea Special - Cream Tea including either loose leaf tea or Americano coffee for the special price of £5 per head or Cream Tea with a glass of Bubbly for £6 (offer applies Monday to Friday) **NEW!**

Holly's Cakes & Bakes - Hot drink and a cupcake for the special offer price of £3 (Typical saving £1.20). One offer price beverage and cake per day.

The Royal Hotel 15% off food Monday to Friday - **NEW!**

Chocolat in Kirkby Lonsdale - Valentines Special (between 1st Feb - Lovely wrapped gift pack reduced to by £5 to £15. Happy Hour for Hot Chocolate is anytime for myKL card holders (as long as its not too busy!) This means hot chocolate reduced from £2.50 to £1.50. Weekday Special 10% off on weekdays when you spend over £10. - **NEW!**

Gifts & Toys

The Card Gallery - Wednesday Special 10% off any purchase when you spend over £20.

Information & Gift Shop - Free chocolate lolly when you spend over £10 on books & maps- **NEW!**

Shades of Green – Gifts & toys - 10% off all purchases £20+.

Jewellery

Isaacs Jewellers - 5% off all watches

For the Home

Carr & Bleasdale – Home furnishings, linens & accessories - 10% off anything

Lunesdale Home & Garden - 10% off Johnstone Paint when you spend over £10

Fashion

Oh La La – Fashion & accessories - Weekday special 10% off when you spend over £20.

For you

Love Beauty – Beauty Salon 10% off massage and Signature facials on Mon, Tues and Weds.

Other services

The Doby Basket – Laundry services - 20% off when you spend over £10.

Sew What - 10% off shortening of trousers.

Some things to remember:-

If you don't present your card when paying then retailer can't honour the offer!!

You can buy your MyKL card at 24 Main Street from the KL Information & Gift Shop (open every day from 10am – 4.30pm - bring proof of your address with you).

Cards cost £7 and last for one year.

Offers cannot be used in conjunction with any other offer from the retailer

These offers apply to the card holder only – you can't share your card around!

If you are just visiting the area or have guests, they can purchase a card for £5 which will last for two weeks.

Cards can be purchase online at www.kirkbylonsdale.co.uk/mykl/join

Notes - these offers cannot be used in conjunction with any other offer and apply to Feb 2016 only!

WE ARE STILL HERE AND GOING STRONG!

Award winning Churchmouse Cheeses relocated to Barbon in the summer of 2013, after 12 very happy years in Kirkby Lonsdale. Part of the reason for the relocation was the increase in our family size (from 3 to 5 overnight with the arrival of Ava and Elliott, our twins) and the other reason was to provide ourselves with a new challenge of taking a failing village store and turning it in to some that Barbon could be proud of. Also, we needed more space as our Cheese Wedding Cakes now form a large part of our business - we supply them nationwide and last year topped the 15 cakes per week mark over the summer!

It's now the start of 2016 and the business is going from strength to strength. We still have a range of speciality cheeses (currently 50 local, British and International cheeses including Bright Blessed Crest, our own cheese which won "Best British Newcomer" in the World Cheese awards) and condiments, but we also stock:

Every day Groceries – many of them price marked
Meat and Pies from Dales Butchers in Kirkby Lonsdale
Freshly baked bread every day from Lunesdale Bakery
Fresh fruit and vegetables delivered daily from Powells in Sedbergh
Smoked salmon, chicken and duck from Brougham Foods in Penrith

On top of these range of delicious products, we have a cafe with a stunning terrace which is open 7 days a week. Our freshly ground coffee is from Atkinsons of Lancaster (we consider it to be the best coffee around), homemade soup and cakes, a range of light lunches including Kens luxury tartlets. We are licensed and are available in the evenings for private hire – birthdays, anniversaries, celebrations, etc. We also have our own large FREE car park at the rear of the store.

Not only that, but we have reinvented our "Friday Social" from Kirkby Lonsdale days and open every Friday night as a Bistro. Booking is strongly recommended as we do get full most Fridays. Our menu changes every week and can be viewed on our Facebook page

Barbon is open as usual after the flooding – the sign at Devils Bridge relating to the temporary bridge is much further nearer Sedbergh and way past Barbon. So do stretch those legs and take a wander up to Barbon – you'll be in for a nice surprise! To entice you even further, bring along your copy of AKL and we will give you a complementary coffee with your lunch (one coffee per person)

John Natlacen, The Churchmouse at Barbon, LA6 2LL
Tel 015242 76224



The Christmas Quiz - December 2015

The Lunesdale Hall welcomed a full house of more than 70 quizzers for the Town's Christmas Quiz in December. With an entertaining variety of questions to test their knowledge of the festive season and an array of seasonal nibbles and drinks to provide mental sustenance, the contest was, in the end, tightly fought by some and certainly enjoyed by all. Amidst the cheers (and groans) as answers were revealed, it became clear that there was going to be a race for the 'top spot'! When the scores were totted up, team 'Six of the Best' emerged with a two-point win, enough to knock the 'Plum Duffs' into 2nd place just one point ahead of the 'Bah Humbugs'. Well done to all the players in the 14 participating teams - you can take your antlers and Christmas jumpers off now!

The evening raised a splendid £600 which was divided equally between Roy and Sylvia Taggart's 'Romania Appeal - Together we Care' and the Lunesdale Hall. Grateful thanks to all those who helped out behind the scenes on the night and thanks also to those who donated items for the raffle, including the traders in Kirkby Lonsdale who so kindly added to the array of gifts - much appreciated.

Haffner Orchestra Concert

The Haffner Orchestra's second concert of the current season will be on 27th February at 7.30 pm in the Great Hall at Lancaster University. The programme is entitled 'Kindred Spirits' and we will hear Britten's Violin Concerto, with David Greed as the soloist and Shostakovich's Symphony No 5.

This season the Haffner Orchestra has a new Musical Director, the now internationally celebrated Justin Doyle and one review of the last concert said this:

"In its new musical director, the orchestra has found someone who, himself standing on the shoulders of giants, has already begun to lift the orchestra to even greater heights. As a long-standing patron, I have witnessed the development of these players over many years. But I was astonished at the quantum leap of improvement achieved in such a short period under Justin Doyle."

This will be a most exciting concert. We are so lucky to be witnessing the Haffner Orchestra becoming an orchestra of considerable regional significance. One not to miss!

Kirkby Lonsdale Car Parking Group Calling Local Community

Kirkby Lonsdale Parking Group need new members

We would like to invite you all to join us at Bective Room, Lunesdale Hall at 7pm on 9th March 2016 where we will be discussing progress of the group over the past 4 years and the challenges that are still faced in KL.

New Chairman Needed The 12 member group was established formally in 2014 at the first AGM on the 26th Feb. For 2 years prior to this date a considerable amount of work had already been completed including:

- Group set up- involving every stakeholder
- Community communication to understand local issues • Carry out detailed research on parking patterns locally (questionnaire, open day, 6 month monitoring programme - 4 days per week to determine actual evidence in our town)
- Presentations/networking with key local organisations & councils As a result the group created 8 initiatives that would address our local issues; 1.) 2 hr free parking at booths 2.) footpath between QES & surgery 3.) Way finder & visitor info board in all carparks 4.) Accommodation provider permits 5. Identification of two new parking areas if required 6. Resident & staff parking permits at reduced rates 7.) School parking 8.) New building developments.

All these initiatives are underway however SLDC and Cumbria County Council are slow to enact on decisions and arrangements which is causing very slow progress and preventing the group achieving the 8 initiatives that will address the parking and management issues in Kirkby Lonsdale. Having created over the last 4 years a great foundation of evidence, requirements & communications, which have been particularly time consuming to Mark Fuller as the Chairman, we have, as a community, a fantastic platform to drive the initiatives to fruition. Unfortunately three of the initial team need to resign so we are looking for a chairman and 2 members from the community who can continue with this much needed project. I am sure you are asking - what skills would be needed?

1. Chairman - You would need a passion and tenacity to pursue and follow up with local government & representatives the steps that would result in achieving our initiatives. This is a key role in the group and could be a fulfilling and frustrating (at times!) challenge for someone who has time & organisational/admin skills to drive this forward.
2. Resident representative (homeowner or living in Kirkby Lonsdale). Knowledge of issues and ability to network with local people.
3. Press Officer - local press, social media & minute promotion. Knowledge of online social media.

This group is at a pivotal point as without a Chairman is it likely the group would need to dissolve which we all feel would be a great loss as a community. We all have responsibly, living or working in Kirkby Lonsdale to ensure we make our environment safe, convenient and attractive. Current parking provision is a barrier to our thriving community and local businesses and would be further endangered by housing/structural development in our town. **WE WOULD THEREFORE ASK YOU TO GET INVOLVED** - either put yourself forward or encourage others so this fantastic project can continue and evolve for us ALL. We would be electing these new posts at our AGM 9th March 2016 7pm - Bective Room, Lunesdale Hall, New Road. We'd love to hear from anyone. If you would like to find out more or interested in a particular role please call or email Mark Fuller at The Sun Inn. 015242 71965 or email 56malf@gmail.com
AGM 9th March 2016

If you are unable to attend please email and we will note your interest or comment..



Rainbow Parish

Casterton

Advent and Christmas were celebrated in fine style, with some engaging and uplifting events. Thanks to those who helped with decorating the church, which looked atreat. Many visitors admired the skilled and creative Nativity collage made by Rachel Twist's pupils from Casterton, Sedbergh Prep. School singers and musicians performed a well attended concert of traditional and modern carols from around the world. Anastasia's 'Sing Joyfully' choir delivered an equally varied programme of Christmas music, demonstrating rapid and effective progress since September. At Holy Trinity's own carol service, Deborah enthused a substantial congregation, with music complemented by traditional Bible readings. On Christmas morning, it was good to see plenty of well known faces and some new ones at Holy Communion, ably led by Anne Pettifor.

A handsome new teak bench, largely financed by the Casterton Community Trust, is now installed on flags at the west end of the church. We are sure that it will be much used, when better weather arrives.

We were represented at excellent rainings delivered in Kendal and Penrith by the Society for the Preservation of Ancient buildings (SPAB). This organisation, founded by William Morris, is funded by the Heritage Lottery Fund and other benefactors. We hope we can form a group from the DCC to fundraise and negotiate a SPAB grant for the repair of our chancel roof.

International pianist Anthony Hewitt is in Casterton on Thursday 28 January. Anthony will give a masterclass for talented young pianists and also a public recital. Times and details will be circulated and posted on the Prep School website. A Christingle service at 7.00 p.m. on 31 January features the School's senior chamber choir and is open to all. We will have our usual evening service at 6.30 p.m. on Sunday 14 February; Holy Communion is at 10.30 a.m. on Sunday 28th. We have had really good congregations over Christmas and hope that many will keep coming to church this year.

Barbon

The Christmas festivities in Barbon began with a lively singing of carols in the Village Hall accompanied by a brass band group led by Pauline Bateman. Mary Goldie was determined to make it after her hip operation and she introduced carols and readings and kept the evening flowing, especially after her mulled wine brew.

The Carol service in church was led by a Methodist minister and followed by tea, cakes and a chat with friends. The crib service was a busy congregation with too many children to carry up the figures but everyone enjoyed Deborah's interactive address.

Anne made the Christmas Day service right on time after dashing from Casterton to lead a large congregation at this special time of the year.

Helier and Merlin devised a nine carols and readings service on the fourth Sunday of the month which was greatly enjoyed, with our last opportunity to sing some old favourites and lesser known carols for another year.

Thank you to Barbara and her helpers for making the church look so beautiful with tree, flowers and greenery. It looked especially awe inspiring when the candles were lit in all the windows on those dark afternoons.

The New Year was welcomed in by the peeling of bells and bacon butties and bubbles in the Village hall. It was good to see so many friends and neighbours getting together.

Lupton

Christmas activities went well. Carol Singing round the parish made around £250 for Manchester Childrens Hospital. Well done to donators and singers. The Nativity and Childrens Party were thoroughly enjoyed by everyone. At the nativity we say many thanks to the contribution from the children taking part and to the children from "down under" for their contribution. The annual New Year service and lunch at Brow Head was another good get together and feed! ON Feb 7th at 4pm we are having our first Christingle service at Church when we will be making the Christingles in the service! Dances at Whittington are on Feb 6th and 20th at 8pm and include refreshments.

Lunesdale Quilters

We meet on Tuesdays 1.30pm - 4pm at Barbon Village Hall. We are a small friendly group of mixed patchwork abilities. If you would like to join us, for more details email ,com

The Lunesdale Hall - A View from The Chair

2015 departed with scenes of floods and misery for many, but in the true spirit of Kirkby Lonsdale we rallied and started 2016 with optimism!

Despite the wettest day on record, the Table Top Sale in the Lunesdale Hall welcomed about 40 people through the door; admittedly a good number were seeking a refuge from the deluge, but we were able to offer our town's visitors a warm welcome, a hot drink and a browse around. The Christmas

Quiz night was very well attended and a resounding success; details are elsewhere in this issue.

The first quarter of the new year sees a dramatic change to one area of the Hall's administration as committee-member June steps down from her role in charge of the Hall bookings. Her stalwart input to this (and the myriad other small but vital functions she has undertaken) has not gone unnoticed over the years and we have been fortunate indeed to have reaped the benefit of her time and energy in the smooth running of the Hall.

Our Accounts Clerk, Alison Newton, is instigating a new on-line Booking system, of which full details will be published when it is ready to launch. Please bear with us during the changeover if there are teething troubles; even the best multi-national technology companies have struggled with their new systems! The threat of losing our 'Rag Bag' (clothing and material collection) has been lifted and this facility remains in situ alongside the paved area outside the New Road entrance. Please continue your support of this; it raises vital funds for the Hall throughout the year. Discarded clothing, shoes and other fabric items can be placed in The Rag Bag. (Items must be DRY, and should NOT include pillows, cushions, duvets, plastics, or electrical items.) If you are unable to get to The Rag Bag yourself, we can arrange to collect from your home. For more information please contact 71630 or 71027.

Finally, if you feel you could help in some way around the Hall (but not necessarily on the Committee) there are always small DIY-type tasks awaiting attention - putting up shelves, touching up paintwork, hanging pictures, that sort of thing. We would be very pleased to hear from you if you think you can help us now and then; many hands make light work! Please contact me (71630) if you are willing to join the 'Help the Hall' team; your skills and input will be much appreciated.

Geoffrey Buswell [Chairman]
Lunesdale Hall Management Committee



Hearing Aid Drop In Centre K/L 2016

This service will be available on the following dates at the Lunesdale Surgery, Kirkby Lonsdale starting at 10.30am till 12noon. The service offers replacement batteries, re-tubing and cleaning plus advice concerning problems with hearing. Please note that hearing aid tests are NOT available from this service. 17th February, 16th March, 20th April, 18th May, 15th June, 20th July, 17th August, 21st September, 19th October, 16th November, 21st December.

Children's Nearly New Sale

The Centre @ Halton near Lancaster is continuing its successful events programme with a Children's Nearly New Sale on Saturday 19th March 2016 from 10am to 12 noon.

There will be over 20 tables selling a wide variety of children's goods, including nursery equipment, toys, clothes and relevant household items. Tables can be booked for £10 each, with payment being required within a week of booking.

There will also be refreshments in our successful Coffee Shop, a cake stall and a raffle. Donations of cakes and raffle prizes are most welcome.

Entry is 50p for adults and children are free.

Funds raised on the day will help to finance continuing improvements to the Centre and its facilities.

For more information and to book a table please contact the organiser Maureen Richardson on 811316 or e-mail:

Services for October

<u>2 Tues St Mary's</u> Group	9.30am Ecumenical Prayer	<u>21 Sun LENT 2</u>	
<u>4 Thu</u> Kirkby Lonsdale	10.30am Holy Communion	Kirkby Lonsdale	8.30am Holy Communion 11.00am Holy Communion 6.30pm Evensong
<u>7 Sun SUNDAY BEFORE LENT</u>			
Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Communion 6.30pm Evensong	Preston Patrick Lupton Barbon	9.30am Morning Service 9.30am Morning Service 10.30am Holy Communion
Preston Patrick Lupton Barbon Middleton	9.30am Family Service 9.30am Holy Communion 10.30am Matins 6.30pm Evening Service	<u>23 Tue</u> Kirkby Lonsdale Group	9.30am Ecumenical Prayer
<u>9 Tues St Mary's</u> Group	9.30am Ecumenical Prayer	<u>25 Thu</u> Kirkby Lonsdale	10.30am Holy Communion
		<u>26 Fri</u> Kirkby Lonsdale	7.30pm Compline
<u>10 ASH WEDNESDAY</u>			
Barbon Communion	10.30am Ash Wednesday	<u>28 Sun LENT 3</u>	
Kirkby Lonsdale Communion	7.30pm Ash Wednesday	Kirkby Lonsdale	8.30am Holy Communion 11.00am Family Service 6.30pm Evening Worship
Preston Patrick Communion	7.30pm Ash Wednesday	Preston Patrick Barbon Casterton Hutton Roof	9.30am Holy Communion 10.30am Morning Service 10.30am Holy Communion 11.00am Holy Communion
<u>11 Thu</u>			
Kirkby Lonsdale	10.30am Holy Communion		
<u>14 Sun LENT 1</u>			
<u>Kirkby Lonsdale</u>	8.30am Holy Communion 11.00am Matins 6.30pm United		
Service at St Joseph's			
Preston Patrick Barbon Hutton Roof Mansergh Casterton	9.30am Holy Communion 10.30am Holy Communion 11.00am Morning Service 11.00am Holy Communion 6.30pm Evening Service		
<u>16 Tue St Mary's</u> Group	9.30am Ecumenical Prayer		
<u>18 Thu Kirkby Lonsdale</u>	10.30am Holy Communion		
<u>19 Fri Kirkby Lonsdale</u>	7.30pm Compline		
<u>20 Sat Kirkby Lonsdale</u>	4.00pm Treasure Chest		



Dates for the Diary

(KLLH Kirkby Lonsdale Lunesdale Hall/Institute;
KLMH: Kirkby Lonsdale Methodist Hall; BVH Barbon
Village Hall; CVH Casterton Village Hall; CSP Casterton
School Pavilion; WOM week of the month)

MONDAY

1-3:15pm Playgroup – KL St Marys School
1:30-3:30 pm Over 50s Monday Club (1st/3rd WOM) KLLH
4-5pm Brownies – KLMH
5.45-7pm Beavers - KLLH
5:45-7:15pm Cubs - KLLH
7-8:30pm Scouts - KLLH
7:30-9pm Bible study group - KLMH
8-10pm Barbon Bowling Club (Mon & Thur) - BVH

TUESDAY

9:30am Ecumenical Prayer Group – KL St Marys Church
9:30-11:30am Baby/Toddler Group (Tue & Fri) – CSP
10am Baby Clinic & Edward Bear Club (4th WOM) St Marys
Church
10:30-12pm Sight Advice Support Group (2nd WOM) –
KLMH
12:30pm Over 50s Lunch Club (3rd WOM) The Orange Tree
2:15-3pm Contemp. Julian Prayer (3rd WOM) – KL St Joseph
Church
2-4pm Lunesdale Quilters (term time only) - BVH
2-4:30pm Barbon Bridge Club – BVH
5:30-7pm Police drop-in (1st WOM) – KL Library
7:30pm Scottish Dance Class – CVH
7:30pm Lindy Hopping Dance Class – Melling Institute
7-9pm Rainbow Guides – KL St Mary's school

WEDNESDAY

10:30-12pm Hearing Aid clinic (3rd WOM) – KL surgery
12-2pm Meet to Eat – KLMH
2pm Carers Association (2nd WOM) – KLLH
3:30-6:45pm Danceworks Dance classes - KLLH
7:15pm KL Town Council Meeting (2nd WOM) - KLLH
7:30pm Casterton WI (1st WOM) - CVH
7:30-9:30pm Handbell Ringers Masonic Lodge (7 Fairbank)

THURSDAY

9:15-11:30am See + Know meet 0-5yrs old - KLMH
10-12am Farmers' Market (KL Square) / Country Market
(KLLH)
10-12am MacMillan / Age UK drop-in (1st & 3rd WOM)
Library
2pm KL Embroiderers' Group (2nd WOM) - BVH
2-3pm SLDC Planning Surgery - KLLH
3:30pm-8pm Danceworks Dance classes – BVH & Fraser Hall
7pm Bridge Club – KLLH
7pm Boxercise – CSP
7:30pm KLCS - KLLH
7:30-9:30pm KL Art Society Evening sessions - KLMH
8-10pm Barbon Bowling Club (Mon & Thu) - BVH
QES Police drop-in – QES

FRIDAY

9:30-11:30am Baby/Toddler Group (Tue & Fri) – CSP
10-11am Zumba Fitness – Whittington VH
10:30-2pm Friendly Friday Coffee & Chat (2nd WOM) –
KLMH
7:30-9:30pm Church Ringing Group – KL St Marys Church

SATURDAY

9:45-1:30pm Danceworks Dance classes - BVH
10:30-12am Fairtrade Coffee Morning (2nd WOM) – KLLH

SUNDAY

10:30am Preston Patrick Quakers, Sunday Worship
10:30am Briggflats Quakers, Children's Worship
Barbon Quiz (1st WOM)

What's on?

Feb

Sat 6 [Dances@Whittington](#)

Mon 8 K.L. Civic Soc. 7:30 Lunesdale Hall
Tues 16 LDFAS Talk Lunesdale Hall

Wed 17 KL Gardening Assoc Bective Room
7.30pm

Thurs 18 Hornby Flower Show 7:30 Village
Institute Dahlia talk.

Sat 20 [Dances@Whittington](#)

Sat 20 Rotary Club Auction

Wed 24 Cumbria Wildlife Trust Lunesdale Hall
7.30pm

Sat 27 Haffner Orchester 7:30 @ Lancaster Uni

March

Tue 8 The future of Lunesdale Hall @ Lunesdale
Hall 7:30

Wed 9 Parking Group AGM 7pm Bective Room

Friday, 18 March, 7.30 pm A Talk by Dr Mike
Hall - 'The Wildflowers of Mansergh' - Mansergh
Community Hall

Sat 19 Nearly New Sale [10-12@The Centre](#)
Halton

Wed 23 Cumbria Wildlife Trust Lunesdale Hall
7.30pm