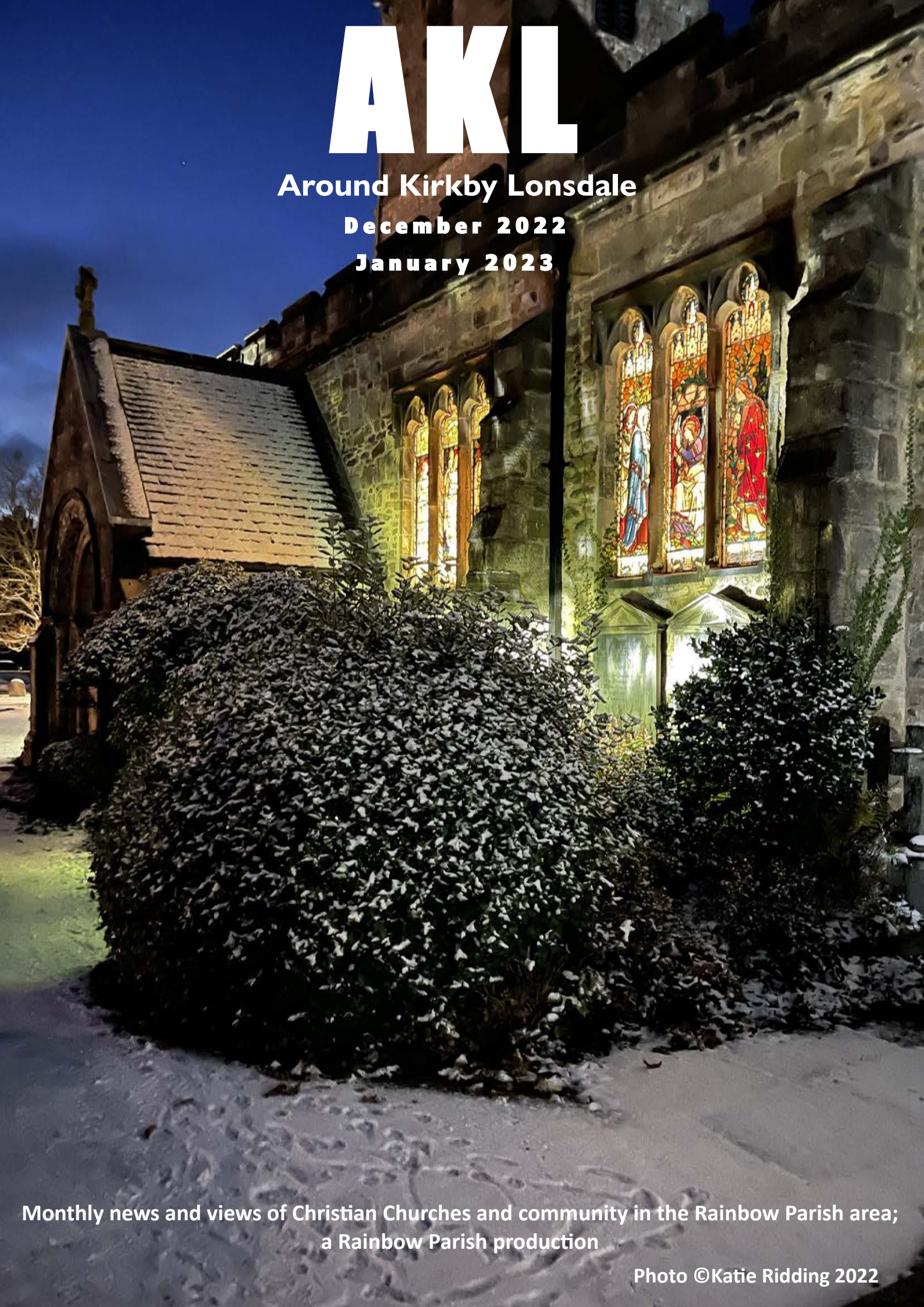


AKL

Around Kirkby Lonsdale

December 2022

January 2023



Monthly news and views of Christian Churches and community in the Rainbow Parish area;
a Rainbow Parish production

Photo ©Katie Ridding 2022

Christmas Fair Programme

Thursday 1st - Sunday 4th December

2022

Indoor Market



Lunsdale Hall
Saturday, 10am-5pm
Sunday, 10am-4pm

Chalet Village

Extending
to The
Snooty Fox



Market Square
Friday, 4-8pm
Saturday, 10am-7pm
Sunday, 10am-4pm

Brio-A-Brac



St Mary's Church
Friday, 10am - 6pm
Saturday, 10am-5pm
Sunday, 12.30-4.30pm



Candlelight Carols

with Save
Ruskin's
View



St Mary's Churchyard
Friday, 5.30pm

At 6pm
process from
St Mary's
Churchyard to
Market Square
with giant light
up puppets!

Light Switch-On

FREE!



Market Square
Friday, 6.15pm

Late Night Shopping

FREE!



The High Street
Friday & Saturday until 7pm
(a selection of shops)

Charter Market



Market Square
Thursday, 9am-3pm

Santa Parade

FREE!



Main Street
Saturday, 3pm

Games Cafe

FREE!



Plato's Basement
Saturday, 4-6.30pm
Ages 12-18

Volunteer With Us



**Volunteer at the
Christmas Fair!**
Contact Phoebe at
lovethelunep@gmail.com

Quiz Night

FREE!

Book with
Info & Gift
Shop



Kirkby Lonsdale Rugby Club
Sunday, 7.30pm
Live Music!



More information available at:
the Information & Gift Shop and
online: [www.kirkbylonsdale.info/
christmas-fair-2022](http://www.kirkbylonsdale.info/christmas-fair-2022)

The North Pole Programme

in St Mary's Churchyard...

Alpaca Petting



St Mary's Churchyard
Saturday & Sunday
11am-2pm

Santa's Grotto



St Mary's Churchyard
Saturday, 4-6pm
Sunday, 11am-4pm

Elf Crafts & Games



St Mary's Church & the Yurt
Saturday (Crafts) and
Sunday (Games) 11am-4pm

Silent Disco



The Yurt, St Mary's Churchyard
Friday, 7-10pm
Ages 14-18

Circus Show



The Yurt, St Mary's Churchyard
Saturday, 1.30pm

Christmas Cafe



The Methodist Church
Saturday, 10am-4.30pm
Sunday, 1-4.30pm

Casterton Carols



St Mary's Church
Friday, 12.30pm

Seasonal Carols



St Mary's Church
Sunday, 4pm

Lantern Walks



The Monument, Market Square
Thursday - Sunday at 5pm
(except Friday at 4pm)

Christmas Workshops



The Methodist Church
Friday 18th & 25th November, 6-8pm
Saturday 26th November, 3-7pm

Christmas Concert



St Mary's Church
Saturday 10th December, 7.30pm



More information available at:
the Information & Gift Shop and
online: www.kirkbylonsdale.info/christmas-fair-2022

Christmas Fair Map 2022

Thursday 1st - Sunday 4th December



More information available at:
the Information & Gift Shop and
online: [www.kirkbylonsdale.info/
christmas-fair-2022](http://www.kirkbylonsdale.info/christmas-fair-2022)

THE CHURCH OF ENGLAND

Rainbow Team: Rector: Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, LA6 2BA, 015242 72044, rector@therainbowparish.org. Team Vicar: Revd Wendy Thornton, The Vicarage, Vicarage Lane, Kirkby Lonsdale LA6 2BA, 015242 73570, wendy.thornton@methodist.org.uk. Team Vicar: Revd Anne Pettifor, Stonebeck, Fairbank, Kirkby Lonsdale LA6 2DU 015242 71904, anne@therainbowparish.org. Distinctive Deacon: Revd Sue O'Loughlin, 60 Paddock Drive, Stonecross Meadows, Kendal, LA9 5FH 07900 530849 sueoloughlin.so@gmail.com.
Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com; Mr Alan Cox, Stedman House, 3 Hunter St, Carnforth LA5 9BP, 01524 735188, stedmanhse@gmail.com. Parish Administrator: Mrs Vicky Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE, 015242 71218, treasurer@cassworks.net.

Barbon: DCC Secretary: Janine Trinder; DCC Treasurer: Mr Roger Groves, Kemps Hill, Moorthwaite Lane, Barbon, LA6 2LP, 015242 76322, jrogergroves@gmail.com.

Casterton: DCC Secretary: Mrs Gill Sykes, Old Manor, High Casterton, LA6 2SD, 015242 72143, gillsykes.casterton@outlook.com. DCC Treasurer: vacancy—contact PCC treasurer, above. Churchwarden: Stephen Evans, The Old Vicarage, Casterton, LA6 2SA, 07973 173546, stephen@evanshart.co.uk.

Kirkby Lonsdale: DCC Secretary: Ms Diane Nowell, 57 Fairgarth Drive, Kirkby Lonsdale LA6 2FB, 015242 73636, diane@copywritten.co.uk. DCC Treasurer: vacant. Churchwardens: Mrs Anne Foulerton, Gatelands, High Biggins, LA6 2NP, 015242 71281, afoulerton@hotmail.com; Mrs Maggie Venys, 8 Bective Road, Kirkby Lonsdale, LA6 2BG, 07980 009162, t_mvnyens@icloud.com.

Lupton: DCC Secretary: Mrs Eleanor Higton, Hill Crest, Cow Brow, Lupton, LA6 1PJ 015395 67521, eleanor_higton@yahoo.co.uk. DCC Treasurer: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PP, 07561605582 lindseyoakden@hotmail.co.uk. Churchwardens: Mrs Margaret Lambert, Brow Head, Cow Brow, Lupton, LA6 1PJ, 015395 67478; Mrs Grace Lewis, 9 Eaveslea, Kirkby Lonsdale, LA6 2AB, 015242 74306.

Middleton: DCC Secretary and Treasurer: Mrs Anne Dehany, Smailthorn, Middleton, LA6 2LY, 015242 76075, anne.dehany@gmail.com.

Hutton Roof: DCC Treasurer: Mrs Paula Hall, Kilnerfoot, Hutton Roof LA6 2PQ, 015242 71268, phall355@btinternet.com

Mansergh: DCC Secretary: Mrs Sue Harrison, Belle Vue Farmhouse, Mansergh, LA6 2EJ, 015242 72448, harrison.bellevue@btinternet.com. DCC Treasurer: Mrs Ann Humphries, The Gate House, Old Stable Yard, Rigmaden, Mansergh, LA6 2ET, 015242 76526, ahumphries500@gmail.com. Churchwardens: Mrs Wendy Hadwin, Marlan, School Lane, Barbon LA6 2LR 015242 71397.

Preston Patrick: DCC Secretary: Mrs Tina Allen, 4 Grayrigge Croft, Kents Bank Road, Grange over Sands LA11 7HD tina.allen812@gmail.com 015395 34684. DCC Treasurer: Mr Andrew Hardwick, 12 Mowbray Drive, Burton in Kendal LA6 1NF ajhardwick@waitrose.com 01524 782913. Churchwardens: Mr Anthony Mason, Mount Pleasant, Gatebeck, LA8 0HS, 03301135289, masonsmp@btinternet.com; Mrs Sue Sanderson, The Old School, Knott Edge, Crooklands, LA7 7NR, 015395 66967, susansanderson@live.co.uk.

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

CHURCHES IN LUNSDALE FAMILY PROJECT: Project Leader Miss Lol Wood, 07413 689311, lol@ciifamilyproject.org.

THE METHODIST CHURCH: Rev Wendy Thornton, Kendal Methodist Circuit, 015242 73570 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 Very Rev. Fr. Michael Docherty, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

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

VOLUNTEER DRIVER SCHEME: 07788 52 25 11

KL COMMUNITY HUB: Mon-Fri 10-1 015242 36404 klcommunity.co.uk
CUMBRIA POLICE: Emergency 999, non-emergency 101

*Muddy Church
presents*

Christingle



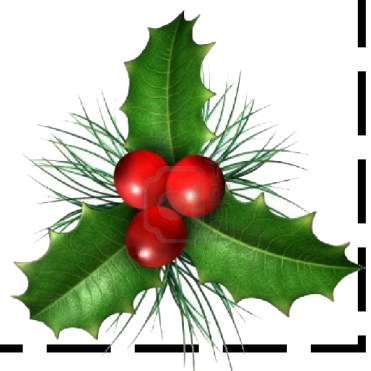
*You are invited to join us on 10th December
3-4pm at Kirkby Lonsdale Methodist Church*

**Deadline for Feb AKL:
Sun 15 Jan**

**We are changing our
contact details—please
note our new email
addresses:**

Editorial matters:
Please email queries,
articles, photos and other
submissions to the
editorial team at
akl@kirkbylonsdale.org

Advertising: For all
advertising matters,
email:
**akladvertising
@kirkbylonsdale.org**



Lunesdale Home & Garden
Traditional Ironmongers
 Trade & DIY tools, fertilisers & garden sundries, paints & sundries
 54-56 Main St. KL 015242 72751
 Email: lunesdalehg@uwclub.net

The Card Gallery 015242 71237
 62 MAIN ST KIRKBY LONSDALE
 Stockists of a large selection of quality greeting cards
 Jellycat Orange Tree toys
 Steiff Glick
 Rachel Ellen Wrapping
 Herdy Balloons and much more.
kirkbylonsdalecardgallery.co.uk
A welcoming shopping experience awaits

LT Locksmiths & Security
 Your local locksmith and mobile key cutter, UPVC specialist
 24/7 emergency work carried out.
NO CALL OUT FEE.
 07969 288538 / 015242 41046
www.ltlocksmiths.co.uk

FISHWICKS FUNERAL SERVICE
 Inc: R.J. Lowery, Kirkby Lonsdale
 Private Chapel of Rest: 24 hour service
 Pre-payment plans available:
 Members of NAFD & SAIF
 Beetham Hall, Beetham, Milnthorpe, Cumbria, LA7 7BQ
 Tel: 015242.71400

LOCAL INDEPENDENT MILKMAN
 TRADITIONAL GLASS PINT DOORSTEP DELIVERY SERVICE
 RINSE & RETURN
 CONTACT BORDERS MILKFLOAT
 SCOTT - 0753 818 4094 SARAH - 0786 779 8478

DAVID CARR—Removals
 Part loads - London & Scotland
 Piano removal specialists
 Local removals
07710 287670, 01524 732350
 2 Hazelmont Drive, Warton, Carnforth, Lancs., LA5 9HR

MANSERGH HALL FARM HOG ROAST
 Professional Hog Roast service, with an attention to detail. Serving outdoor reared pork, beef & lamb.
 Weddings, birthdays, Corporate events, Fund-raising.
www.manserghhall.co.uk **07825 424981**

Paul Mill 07746714392
PIANO TUNING
 Repairs, Moving & Restoration
 Fully qualified piano tuner and technician working in Lancaster and surrounding areas
pmill.piano@gmail.com
pmillpiano.co.uk

Your Local Estate Agents Thomson Hayton Winkley

 Our quality estate agency service is now available in our
 Kirkby Lonsdale office.
 Pop in and meet our award winning team to discuss your sales and letting requirements.
 29 Main Street, Kirkby Lonsdale
015242 71999
www.thwestateagents.co.uk

Around Kirkby Lonsdale is printed by
 Kent Valley Colour Printers Ltd
 Kendal
07818 45 54 60

LUNE VALLEY PHYSIOTHERAPY
 Have you had:
 a new joint?
On screen appointments for people having chemo or shielding and fascial facials until you can get back to the spa
07934 78 57 97
www.leahthephysio.co.uk

Tree & Garden Work Walling & Fencing Firewood
FRED GIBSON
 Kirkby Lonsdale 015242 71921
 E-mail: s.willan@btinternet.com

Temptations Craft Boutique
 31 Main Street, Bentham, LA2 7HQ
 015242 61868
 Over 500 Patchwork Cottons
 Dressmaking Fabrics
 Knitting Wool, Patterns, Haberdashery, Books
 Agents for Brother Sewing Machines

www.temptationsbentham.co.uk

LUNE VALLEY ACCOUNTING
 35 years' experience and based in the Lune Valley
 Bookkeeping and Accounts production for; Sole traders, Partnerships & Limited companies. Personal and corporate tax returns Wages/PAYE/ CIS Company formation, and VAT registration.
 Contact Peter Scott on 07341 388 109
peter@lvaccounting.co.uk

Ridding Joinery
 Internal & Ext joinery work
 Energy efficient windows & doors
 Timber & engineered wood floors
07818 408 050
riddingjoinery@gmail.com

THOMAS CONSULTING Chartered Engineers Established 1979
 STRUCTURAL & CIVIL DESIGN ENGINEERS
 The Institution of Structural Engineers
Services:
 Structural Engineering Expert Witness
 Highways & Drainage CDM Principal Designer
 Flood Studies Forensic Engineering
 Structural Inspections and Surveys
 Contaminated Land Surveys
Industries:
 Domestic Properties and Residential Developments, Education, Leisure, Health Care, Petrochemical, Nuclear and Defence
Tel: 01524 846022
www.thomasconsulting.co.uk

CHRIS POTTS BSc MRICS
 Chartered Building Surveyors
 Design and Construction Consultants

- Planning advice
- Full architectural design service
- Extensions & Alterations
- Internal re-design
- Project Management

CNP Associates Ltd
 3 Market Square, Kirkby Lonsdale, LA6 2AN
 Tel: 015242 73228 Mob: 07540 610582
info@cnpassociates.co.uk

CASTERTON GOLF COURSE
Membership 015242 71592
 Adult from £310 Junior £60
 Under 35's from £140
Tuition 2022
 Junior Lessons - Sat 3 - 4pm
 Adult Group Lessons - Various (phone)
 Ladies Social Golf - Tuesday 6.30pm
Course Fees
 Short Course - £8
 Main Course - £12/£20
 Unlimited Golf after 4pm - £12
 Driving Range from £2

www.castertongolf.co.uk

W Dawson and Son
 Fuelling the UK since 1895
Multi-Fuel Stove Fuels & Kiln Dried Logs
 House coal & Smokeless Fuels
BSL Approved Wood Pellets
 Kiln Dried Logs in loose loads, crates & tote bags
 Call: 015396 20210
 Email: sales@dawsonsfuels.co.uk

Sheila Shuttleworth
Experienced Dressmaker
 Made to Measure Skirts, Jackets, Dresses, Bridal etc. Alterations also undertaken
All made to the highest quality
Tel. Tunstall 015242 74322

**MARK DODD
PAINTER
DECORATOR**

15 YEARS' EXPERIENCE

CONTACT FOR A QUOTE

07896 67 92 63

markdodd1969@hotmail.co.uk

MARK WATSON HOME & GARDEN MAINTENANCE

Digging, fencing, hedge trimming, mowing, paving, planting, power washing, rotavating, seeding, spraying, strimming, turfing, gutters, demolition, insulating lofts, pointing, rendering, painting. No job too small, reasonable rates, estimates given

**07759 680938 / 07759 680943
01524262038**



Westmorland Veterinary Group

PETS

'Experienced vets for your much loved pets'

Kendal: 01539 722692 Kirkby Lonsdale: 015242 71221

24hr Emergency Service

www.westmorland-vets.co.uk

Nick Brown Chimneys

All aspects of chimney and fireplace construction and maintenance undertaken. Specialising in lining & multi-fuel stove fitment.

Call anytime 07795 188073 or email nick@nickbrownchimneys.co.uk

P.W.T. Alarms

Domestic or Commercial Alarms

Installation or repairs

Contact Will Thompson

Tel: 01539 726942

Mobile: 07767 87 83 16

Sole to Soul

Holistic Chiroprody, Podiatry & Therapy Centre

Offering a full range of treatments & a wide range of therapies, seminars, courses & workshops to promote health & wellbeing.

Grasmere Drive, Bentham LA2 7JP
Tel 015242 63067 www.sole-to-soul.net



Sound 4 Self Sound Therapy by Kate PT

Offering regular Group Sound Bath Sessions

The Lunesdale Hall - Kirkby Lonsdale

For more info and dates
0781 088 8967
bookwhen.com/sound4self

With gongs and crystal bowls for improved wellbeing and stress relief.  

The Whoop Hall Country Club

OFFERS HEALTHY OPTIONS
SWIMMING | SPA | STEAM SAUNA | GYM

EXTENSIVE CLASSES
Including - Aqua Aerobics
Boxercise, Kettlebells, Core conditioning and TBW

Call in or Call us
Tel. 015242 71326

whoophallclub@gmail.com
whoophallcountryclub.co.uk

Lakes & Dales

Cleaning & other services

Seasonal-Catering-Horticulture

Contact 07495 297312

lakesanddales.my-free.website

KLRUFC

CLUBHOUSE FOR HIRE

Catering facilities available. Competitive rates.

For more information or bookings,
roy@klrucf.co.uk

Trusted Solicitors & Advisers



Your local solicitors

Agriculture, Family, Inheritance
Business, Dispute resolution
Property.

29 Main Street,
Kirkby Lonsdale, LA6 2AH
015242 71222

info@thwlegal.co.uk
www.thwlegal.co.uk



GREENARB TREE SERVICES
Domestic & Commercial Tree Care

Dismantling Crown reduction
Crown lifting Felling & Hedge care

TPO/Conservation area checks with local authorities
Woodland management

GreenArb Tree Services are fully qualified and insured arborists providing a wide range of professional services to meet all your Domestic and Commercial tree care needs.

07949 006 464
greenarb.bc@gmail.com
greenarbtreeservices.co.uk

City & Guilds NPTC



Marquees & Teepees
KILLINGTON

MARQUEE, TEEPEE & FURNITURE HIRE

T: 01539 620602
E: office@marqueetepee.co.uk
W: www.marqueetepee.co.uk


GB Building & Electrical Contractors Ltd

All aspects of building or electrical work undertaken. Building work includes, new builds, renovations, extensions etc

Electric car points fitted

Fully insured and NAPIT registered electrician

Ring Graham
07766 468 984



CASTERTON SEDBURGH PREPARATORY SCHOOL

- Outstanding, independent education for children aged 4 - 13 years
- Small class sizes, individualised learning, specialist, dedicated staff
- Wrap around care from 8.00am to 5.00pm
- Boarding options available from Year 3

EVERY DAY IS OPEN DAY!
CONTACT US TO BOOK YOUR VISIT

www.sedberghprep.org | 015242 79200
admissions@sedberghprep.org

Casterton, Sedburgh Preparatory School, Nr Kirkby Lonsdale, LA6 2SG

MATHS TUITION

Key Stage 2, Key Stage 3, GCSE, A-Level

Regular or occasional lessons with an experienced teacher to suit individual needs.

Marjory Glover Tel: 015396 25438



Merry Christmas from the Community Cupboard!

Community Hub 015242 36404

10 am till 1 pm // Monday to Friday
We will still be running throughout December and January to carry out shopping, pick up prescriptions, and for information on the Cupboard ventures. Please order Christmas Shopping by 19th December.



Community Cupboard

We will still be providing Food Bags from the Cupboard over the Christmas Holidays. We understand that December and January can be a costly month and we are here to help. Sign up online or through the Hub.

Community Lunches

Lunches continue every Monday throughout Dec and Jan. Order through the Hub by the prior Thursday.

19th Dec : Christmas Feast (reserve place by 8th Dec)

26th Dec : Boxing Day Lunch

Please note: 9th to 23rd Jan, Lunches will be held at the Methodist Hall



Community Cafe

Community Cafe will be running throughout Dec and Jan on Saturdays, from 10 am till 12 noon. Join us for a coffee, tea or soft drink and a sweet treat in a warm space at the Bective Room in the Lunesdale Hall.

Budget Planning

Worried about rising costs? We now have a member of our team trained as a budget coach to help you put a budget together. Our budget coach will be available every Monday at Community Lunches and monthly at our Community Café - please see our website for more information



Food Club

Food Club continues to run every other week, providing a bag of food that would otherwise go to landfill, for £2.50. Please note, that we will not be holding Food Club on 29th December. In partnership with FareShare.



Co Op Local Community Fund!

We are delighted to have been chosen to be part of the Co-op Local Community Fund. The funding round will run until 21 October 2023. During this time, Co-op Members will be able to select us as their cause and help raise funds. Spends at any branch of Co-Op count (conditions apply).

Soup Silver Screenings

Join us on Tuesdays for a bowl of soup from 12.30, followed by a Silver Screening starting at 1pm. We will be accepting requests for film choices!

Kids Cinema

21st December
28th December

2 - 4 pm, Lunesdale Hall

The community Kid's Cinema is back for the Christmas Holidays! Join us for soft drinks, popcorn and activities. Donations welcome.

015242 36404



klcommunity.co.uk



Most Wonderful Time of the Year

The run up to Christmas is always one of the most exciting times of year. It feels filled with hope and anticipation of what is to come! For many of us that includes the stopping and re-remembering of the miracle that is the birth of a young boy, born into an ordinary family but destined to do extraordinary things. The Christmas story is one many of us are familiar with but every year whenever I revisit it, I notice a new detail within the story. Find some time this year to revisit it – whether that be during a church service, watching a school nativity play, having a go at our Christmas trail or during a Christmas film such as the infamous ‘Nativity!’. Actively look for a new phrase, a new moment or understanding of the details within this familiar story. Whenever I do it often makes me feel even more connected to Christmas and brings that sense of child-like wonder back to this busy season for me.

The Family project is involved with the various events happening over the first weekend of December. If you are a teenager, get a ticket and join us for the teenage silent disco which will be held in a yurt opposite St Mary’s Church on the evening of Friday 2 December. On Saturday 3 December we have a games café for teenagers in the lower room of Plato’s from 4-6.30pm. Plus on Sunday 4 December from 11am-4pm there will be games such as hook a duck and pin the carrot on the snowman plus many more, for the whole family, also in the same yurt opposite St Mary’s Church. For more details, check the first few pages of this issue of AKL.

On 10 December we are making Christingles as part of Muddy Church at Kirkby Lonsdale Methodist Church

Kirkby Lonsdale Warm Spots

Our wonderful community has once again pulled together and is providing Warm Spots seven days a week. Enormous thanks to everyone involved in allowing their venues to be used and for the volunteers who are enabling this to happen.

Warm Spots:

Monday – 11.30am-1.30pm **Lunesdale Hall**. If lunch is also required, please call The Hub to book a meal 015242 36404 (pay as you are able); **Tuesday** – 12.30-2.30pm **Lunesdale Hall**. Soup and drink followed by opportunity to watch a film in the hall or simply enjoy a chat; **Wednesday** – 12noon **Methodist Church**. Meet to Eat with soup and a pud or just enjoy a warm with a hot drink; **Thursday** – 11am-1pm **St Mary’s Church**. Tea and coffee; **Friday** – 11am-1pm Tea and coffee at **St Joseph’s Church**; **Saturday** – 10am-12noon Bective Room, **Lunesdale Hall**. Tea and coffee at Community Café; **Sunday** – 12-2pm **St Mary’s Church**. Tea and coffee.

from 3-4pm. Come and explore ‘The Light of the World’ with us and have a go at making a Christingle alongside a quick scavenger hunt and some reflection. As always this will be totally free and everyone is welcome.

Our Christmas trail will be held in St Mary’s Churchyard in Kirkby Lonsdale and St Bartholomew’s Churchyard in Barbon from 13 December-6th January. Enjoy spotting the different posters throughout each churchyard and looking for various animals connected to the Nativity story. This a great activity for a post-Christmas dinner stroll or as a fun outdoor activity if you are in Kirkby Lonsdale at any point during this festive season. Designed for both the whole family plus for individuals who are wanting a good reflective space.

This year the Muddy Church team has also created a New Year trail that will be in St Mary’s Churchyard and St Bartholomew’s Churchyard from 9 January- 31 January 2023 called ‘Climbing the Mountain of the New Year’. New Year can be a tricky time for many people. I often find it can feel a bit of a lull period after the excitement of Christmas. We hope this trail helps start your new year well! Enjoy being outside whilst also being inspired for 2023.

In January we begin the New Year with a Messy Church on 15 January 4.30pm-6pm in Kirkby Lonsdale Methodist Church. It will be a great time to come and catch up, hear how everyone’s Christmas was, plus any new year plans, whilst also exploring various activities and ending the time together with a warming meal. All welcome and as always totally free.

Lol

Repair Café

Repair Café will be next running on 14 January in partnership with the Community Cupboard’s Community Café. This will run from 10 am till 12 noon in the Main Room of the Lunesdale Hall.

We have an amazing group of volunteers who can repair an ever-expanding repertoire of items, as we welcome new volunteers who are kind enough to give up their time! Learn as your item is fixed over a cup of tea or coffee and see what new skills you can pick up. We are also looking for volunteers to help photograph our fixes, make teas and coffees, and welcome visitors!

Please email me at issybradshaw@outlook.com to get involved.

Meet to Eat

Meet to Eat Christmas Lunch is 14 December 12.00pm Tickets need to be bought in advance from M2E on Wednesdays along with menu choice.

**CHARLESWORTH
TREE CARE & FENCING LTD**

Firewood – Bark Peeling – Woodchips
Turning Wood – Burr Wood
Middleton Woodyard, nr Sedbergh,
Open Mon-Fri 8am-4pm
Office 015242.71840 – Yard 01539620006

JUST COMPANY

Enriching Wellbeing in Later Life

Lonely, isolated, in need of
some support and or just need
some company?

A trusted and safe companion
service.

Call us on:
07879 606 636
justcompany.co.uk



Specialist hearing aid advice
Ear wax removal by microsuction
iPhone compatible hearing aids
Accessories for TV & Phone
Hearing protection - Home visits

Salt Pie Lane, Kirkby Lonsdale,
LA6 2BH. Tel: 015242 73589
www.irenetaylorhearing.co.uk

**ROWSELL
LUXURY INTERIORS**

- Bathrooms
- Kitchens
- Bedrooms
- Tiling
- Plastering

Your home the way you want it ...

Phone: 07769779936
Email: rowselllectrical@gmail.com
Facebook: @rowsellluxuryinteriors

GR & RD Taylor

13-15 Market Street,
Kirkby Lonsdale, LA6 2AU
UK passport photos for worldwide travel,
also for visa applications.
Army surplus, outdoor clothing and accessories
for camping & walking.

Wide range of small white goods and electrical
goods including Roberts radios, telephones,
domestic irons and batteries

Open seven days a week
Tel: 015242 71170
Email: grrdtaylor@gmail.com
Web: grrdtaylorlimited.com



Valerie Hinde

Chartered architect and designer
New build and extensions
Refurbishments
Listed buildings
Planning applications
Building regulations
Community
Commercial

49 Robin Lane, Bentham, LA2 7AG
Tel 07503 731818 015242 61407
valeriehinde@gmail.com
www.valerie-hinde.co.uk



LS DECORATING

Bring new life to your home
All aspects of
painting and decorating

interior and exterior painting
wallpaper hanging
install drywall, repairs 15 Years
spraying experience
wooden window repairs
laminare flooring

Residential | Commercial | Industrial
Please contact Lucas
07894 581 602 - 07922 304 182
lucas@lsdecorating.co.uk
lsdecorating.co.uk

**A HELPING HAND FOR OLDER
PEOPLE**

A friendly and reliable service for older people
in Kirkby Lonsdale, Sedbergh and surrounding
areas.

Do you need help with:

- Weekly shopping trips?
- Transport/companionship for your
interests and hobbies?
- Transport for hospital/doctor
appointments?
- Home help, sorting paperwork, ironing,
etc?

If so, call Linda Greensmith on 07919 152526 or
email lindagreensmith1@aol.com and I will be
happy to help.

Current DBS check, references available,
competitive rates.

**The Zero
Pantry**



55 Main Street,
Kirkby Lonsdale
LA6 2AH
T: 015242 73848

WINTER OPENING HOURS

From 1st January 2023

Monday 10am - 4pm
Tuesday 10am - 4pm
Wednesday - CLOSED
Thursday 10am - 4pm
Friday 10am - 4pm
Saturday 10am - 4pm
Sunday - CLOSED

**Why not try our new click & collect?
Go to www.thezeropantry.co.uk**



**SEDBERGH CURTAIN
WORKSHOP**

BEAUTIFUL HANDSEWN
CURTAINS & BLINDS
MADE TO ORDER

LINED OR LINED + INTERLINED

VARIETY OF TAPED OR
BUCKRAM HEADING STYLES

REPAIRS AND ALTERATIONS

HELEN BROMLEY
54 BAINBRIDGE ROAD
TEL: 015396 20165

Diploma in Curtain Making and Soft Furnishing

**BODY CONTROL
PILATES®**

Cindy Clarke 015242 73974
Classes and individual lessons
e-mail: cindy@lakelandpilates.co.uk
www.lakelandpilates.co.uk

Hutton Roof Village Hall

- ◆ Rent only £7/hour from 1/1/18
- ◆ Up to 85 people
- ◆ New, well equipped kitchen
- ◆ Accessible toilet & parking
- ◆ Large playing field
- ◆ Good sized car park
- ◆ Sports Equipment available

Bookings: Eve Simpson 01539 567605



Find us on Facebook

www.huttonroof.org.uk
committee@huttonroof.org.uk

next125
authentic kitchens

**butler
interiors**

Next125 Kitchens
Lane House Business Park
Kendal Road, Kirkby Lonsdale
Cumbria, LA6 2HH

015242 37747
www.butlerinteriors.co.uk

Land and Estate Agents
since 1942
Chat to us today on
015242 74445
or visit davis-bowring.co.uk



**Experienced, Qualified,
TES Award Winning
English Teacher**

Available for 1-1 English Language/
Literature tuition

Enhanced DBS check
Excellent success rate GCSE and A
Level
GCSE/A Level Exam moderator

Mrs Alison Brookes
Tel: 015242 80096
Tel/Text: 07515708617

**High-quality day-care for children
aged 3 mths—11 yrs**

Rated 'Outstanding in all areas' by
Ofsted

- Free 15 & 30 hour nursery entitlement for 2-5 year-olds
- Flexible daily sessions offered
- Holiday club for school-aged children

*Lancaster Guardian Nursery of the Year
winners 2016/2018*

**Smile Day Nursery, The Old Dairy,
High Biggins, Kirkby Lonsdale**
Tel: 015242 73700
Web: www.smiledaynursery.co.uk
Email: info@smiledaynursery.co.uk



**MAKE GREEN SPACE
YOUR HAPPY PLACE**

**WE'LL HELP YOU
GET THE LAWN
OF YOUR DREAMS**

Get in touch to speak to one of our dedicated
experts for a FREE lawn analysis

☎ **01524 227025**
✉ lancaster@greensleeves-uk.com




THE FAIRBANK SOCIETY
Supported Housing for Independent People

For a monthly rent, we provide en-suite accommodation with all services
including 2 cooked meals a day, heating, laundry and maintenance.

manager@fairbanksociety.com The Gables and Travers House
015242 71077 Fairbank, Kirkby Lonsdale, LA6 2BD

PHOTOCOPYING SERVICES

Photocopying, Printing,
Scanning, Laminating – A4 & A3
Colour or Black & White
Print from email/USB

The Book Lounge, 12 Main Street
015242 72319
photocopying@lunesdalebooks.uk

Kirkby Lonsdale Golf Club

Visitors welcome. There are
always daily offers on green fees.
Become a member

There are a variety of
membership options that
start at just £17 per month
All details are on the website

www.kirkbylonsdalegolfclub.com
015242 76365/6
Scaleber Lane. Barbon. LA6 2LJ

LUNESDALE DECORATORS
High Class Interior & Exterior Decorators

Painters & Decorators
Powered-access Platform Hire

6 New Road, Kirkby Lonsdale, LA6 2AD
015242 72907 — 07836 789 670

DALTON
WOODLAND BURIAL GROUND
Natural Woodland
Burial Ground

'Return to the Earth, naturally'
www.daltonwoodlandburial.co.uk
Burton-in-Kendal 01524 782442

SIENNA JEWELLERY

65, Main Street, Kirkby Lonsdale,
015242 72121
www.sienna-jewellery.com

GIFTS FOR ALL OCCASIONS

WASP & BEE CONTROL



RAPID RESPONSE
COMPETITIVELY PRICED
EFFECTIVE REMOVAL
CALL MARK
01539 821910
07476965432 / 07890565223



**Powerplumb
Ltd.**

015242 72738
07710 477 436



Quality bathroom suites
supplied, fitted, tiled.
Repairs, leaks,
blockages repaired

All general plumbing

Insurance work; public liability.
Free quotations no obligation.

44 Fairgarth Drive, Kirkby
Lonsdale.

B&W Funerals Ltd
James G Macdonald & Tara Wilson

24 Hour Service — Private Chapel of Rest
Ingleton, Burton, Bentham, Austwick, Clapham, Settle,
Wray, Hornby, Caton, Kirkby Lonsdale & all
surrounding areas.

We offer our own Funeral Plans on request.
6 Chapel Lane, Ingleton, Carnforth, LA6 3FX
015242 41293 or 07758 002 260
jmfunerals@gmail.com




**Oglethorpe
STURTON &
GILLIBRAND**

Friendly, professional legal advice
Individuals | business | agriculture
Call us today: 01524 846 846
LANCASTER | KIRKBY LONSDALE
www.osg.co.uk

ATLANTIS

The biggest local fitted Kitchen and Bedroom
Specialist. Massive choice of affordable,
top quality furniture and appliances!
For free, no obligation design and quotation
service, contact us or visit our massive
showroom.

Station Yard, Kendal, Cumbria, LA9 6BT,
(01539) 724053



Lantern Walks

Evening lantern walks around Kirkby Lonsdale are back for the festive period!

Learn about Kirkby Lonsdale's history and enjoy mulled wine and mince pies. Book one every day over the Christmas Fair weekend at 5pm (except Friday 2 December which will be at 4pm before the Christmas Light Switch-On).

Lantern Walks will also be available closer to Christmas on Friday 16 and Saturday 17 December at 5pm.

Book at the Information & Gift Shop or email Phoebe: lovethelunep@gmail.com.

Casterton WI

This month's meeting was our AGM, which was held after the usual business was done. Nominations were made and an election held by the 17 members present, overseen by an independent teller. Gill Sykes was duly returned as President, with other members making up the committee.

Annual financial and social reports were read out and it was agreed that our return from COVID had provided us with a busy and interesting year. Gill was also able to share with the members the plans for next year's meetings which proved to be an excellent mix of crafts, demonstrations, self-care, environmental management and various talks. Plenty for everyone to look forward to.

The meeting was duly completed by a 'Fun with Paper' session led by Melanie, with lots of laughter as members attempted to make Christmas decorations, followed by a delicious Jacob's Join supper.

Our next meeting will be on Wednesday 7 December, in Casterton Village Hall at 7.30. This will be a Christmas candlelight evening with members of the group contributing seasonal readings and stories for entertainment and will be accompanied by a glass of wine. There will be no meeting in January 2023 as January is our holiday month.

Any women wishing to join us are very welcome; please contact Gill Sykes for further details on 015242 72143.

Christmas Coffee Morning

Casterton WI will be holding a Christmas coffee morning on Saturday 10 December, at Casterton Village Hall, between 10 and 12.

Entry will be £2 for adults to include tea/coffee and cake and free entry for children! There will also be a Tombola and Crafts stall.

Everyone is invited to attend with their families for an early festive celebration.

Kirkby Lonsdale Carol

This year, a Christmas carol has been specially created for Kirkby Lonsdale. Commissioned by Kirkby Lonsdale & Lune Valley CIC and funded by the Christopher Robins Trust, the Kirkby Lonsdale Carol will debut during the weekend of the Christmas Fair.

Composed by Isobel Mortimer, with lyrics by Matt Sowerby.

Lune Valley Probus Club

Monday 5 December – Pat Ashcroft will talk about Irish Horse Power.

Monday 16 January – Adrian Taylor will talk about The Grand Theatre Lancaster.

Partners, friends and guests are always welcome at our meetings at the Hornby Village Institute at 10.30am. For further details contact Roger Carter, Hon. Secretary 015242 22283.

LVCS Hornby Swimming Pool

Family events and open swims over the Christmas and New Year period, check website for opening hours.

We are pleased to be part of the Co-op Local Community Fund for 2022/2023. If you are a Co-op member, please consider nominating us as your cause.

For all Hornby Pool general enquiries please contact Georgia or Scott on 01524 805666 www.lunevalleypool.com.

House wanted to rent

House wanted to rent from January 2023 in the Kirkby Lonsdale area – 2/3 bedrooms, we have 2 dogs. Please contact Jane Sayner on Jane.sayner@btinternet.com or call on 07964717615.



LOOKING AFTER YOURSELF AT CHRISTMAS



Christmas is a time of year that often puts extra pressure on us, and can affect our wellbeing in lots of different ways.

If Christmas is a hard time for you, you are not alone. But there are things you can try that might help:

Plan Ahead:

Think ahead about what might be difficult, and if there's anything you could do that would help you cope. Think about whether you really need to do things if you're not looking forward to them. Don't be afraid to cancel plans if you're not up to it. If you're worried about feeling lonely, think about some activities that might pass the time, like spending time in nature or relaxing. Perhaps plan something nice to look forward to after Christmas. "Christmas can be a very busy time of year. If you need a break, don't feel bad about taking one."

Be Gentle, Generous and Patient With Yourself:

It's ok to prioritise what's best for YOU, even if others don't seem to understand. Think about what you need and how you might be able to get it. Talk to people you trust about what would help you cope.

Look After Yourself:

Let yourself experience your own feelings. Even if they don't match what other people are feeling, they are no less valid or real. Take time out for yourself when you need to. Watch a film, read a book, go for a walk. Spending a day hanging out in your pyjamas is fine, it's great! But make sure you're not too house-bound and spending all day eating and drinking. A brisk walk is a nice way to spend an afternoon, or maybe a day trip somewhere. If you can't avoid something difficult, plan something for yourself afterwards. It might help reduce the stress. Why not give the most important person – yourself – a present for Christmas.

Talk To People:

Connecting with others is one of the best ways to protect your mental wellbeing, friends, family or even online communities can help you connect with others who have similar experiences. If you are struggling, let people know. When you keep your feelings to yourself, it can often feel like it's just you – when it's not. You don't have to justify your feelings to anyone nor do you need their permission to look after yourself.

Don't Believe the Hype:

Don't compare yourself and your Christmas with the 'perfect' Christmas moments on social media or adverts. Most people only share the good bits and you don't know what goes on behind the scenes. Don't get sucked into measuring your experience against something that isn't real.

HELP AND SUPPORT IS OUT THERE

If you are struggling with your mental wellbeing; talking helps.

Helplines:

- Breathing Space (Mon – Thurs 6pm – 2am, Fri 6pm – Mon 6am): 0800 83 85 87
- NHS 24 (out of hours): 111
- Childline (for Children/Young People): 0800 111
- Hopeline UK (For Young People: 0800 068 4141
- Samaritans (24hrs): 116 123



Dates for 2023

Messy Church 15th January 4.30-6pm at Kirkby Lonsdale Methodist Church (KLMC).

Muddy Church 12th February 3-4pm at KLMC

Messy Church 19th March 4.30-6pm at KLMC

Muddy Church 16th April 3-4pm at St. Mary's Churchyard

Messy Church 21st May 4.30-6pm at KLMC

Muddy Church 11th June 3-4pm at St. Mary's Churchyard

Messy Church 16th July 4.30-6pm at KLMC

Messy Church 17th September 4.30-6pm at KLMC

Muddy Church 15th October 3-4pm at St. Mary's Churchyard

Messy Church 19th November 4.30-6pm at KLMC

Muddy Church Christingle December 17th 3-4pm at KLMC

Volunteer at the Information & Gift Shop!

Looking to try something new this year? Join a friendly and passionate team who love Kirkby Lonsdale! We are looking for volunteers for the Information & Gift Shop who enjoy sharing local information & knowledge with residents and visitors.

This is a great opportunity for someone who would like to learn more about the Kirkby Lonsdale community, enjoys talking to customers and is interested in the retail environment.

The Information & Gift Shop is open 7 days a week, 10.00am – 4.30pm and our volunteers work in half-day shifts. We sell books about local walks and history, hand-made products by local craftsman and personalised Kirkby Lonsdale products.

If you are interested in volunteering with us, please contact Phoebe at lovethelunepr@gmail.com, ring us on 015242 97177 or pop in and have a chat!

The Rotary Club of Lunesdale

Christmas Concert Change of Venue. Please note those who are planning to come to the Christmas Concert on Saturday 10 December featuring the Kendal Male Voice Choir that the venue has been changed and it will now be held at St Mary's Parish Church, Queen's Square, Kirkby Lonsdale.

Club members were very pleased to welcome Kath Bromilow MBE, a member of Carnforth Rotary Club and currently the District 1190 Governor, to the meeting on 3 November. In her year as Governor, she will visit all the clubs in District 1190. Kath was of course our speaker of the evening and she spoke about her childhood years in a family of seven children. She gave an honest review of those early years when the children were in and out of care homes.

Life could have turned out very differently had it not been for the intervention of a Rotary Club member, whose sustained efforts helped to bring the family back together. In her working life Kath spent 30 years working for firstly the Greater Manchester Police and secondly for the Lancashire Constabulary. She has vast experience working with Volunteer Police Cadets. In 2002 she was named Police Officer of the Year for GMP in recognition of her work with local communities and young people.

At the meeting on 10 November, members welcomed the now retired Chris May, Emeritus Professor of Political Economy, Lancaster University. Chris is currently Chairman of The Lancaster Canal Regeneration Partnership and he spoke passionately about the LCRP and how its main role is to reach out to communities to maximise use of the canal corridor.

On Saturday 10 December at 7.30pm, the Club will host a Christmas Concert featuring Kendal Male Voice Choir at St Mary's Parish Church in Kirkby Lonsdale and NOT in the Lunesdale Hall as stated in the November newsletter. We hope to see you there.

On behalf of Club President Dave Tuohy and the members of the Rotary Club of Lunesdale we wish you all a very Happy Christmas and a healthy, prosperous 2023.

Lilian

Kirkby Lonsdale Singers and Sing Joyfully!

The choirs will be presenting their Christmas concert 'Christmas Joy' on Wednesday 7 December at 7.30pm in St Mary's Church. As always, we are led by Anastasia Micklethwaite and are delighted that Ian Honeyman will be our accompanist.

Everyone is welcome. Free admission and retiring collection in aid of Church and Choir funds. Please come and support your local choirs.

Made For Each Other!

As our Kirkby Lonsdale WI nears the end of 2022, it's been so good to have been able to meet monthly meetings for fellowship and friendship, and to welcome new members and many visitors. In November we had a very interesting evening with Fiona Marley Pattinson, ITV Border's reporter for the Lake District and South Cumbria who is based in Kendal. Who knew what's involved in bringing the news to our screens and the scores of people behind the scenes?

We gave our grateful thanks to all who fought for our freedom when we laid our KLWI wreath at the Remembrance Day service.

On Monday 5 December, we'll welcome Graeme Gladwinfield, our local wine expert, who will provide advice on the delicate process of wine pairing, the technique of matching complementary flavours that partners food dishes with the perfect wine to elevate the dining experience. The evening will include tasting wine samples to help us appreciate why wine and food need to balance each other out, with neither one overwhelming the taste of the other. All are welcome to this evening in addition to members whether guests or gentlemen – it's just £5 for the evening. Christmas cards supporting the Children's Hospice, Derian House will be on sale at this meeting so don't forget to bring some cash.

We'll be taking a break in January and then our meetings will resume on Weds 1st February 2023 with Irimi Tzortoglou, winner of Masterchef 2019. May we take this opportunity to say please stay safe, take care, and Season's Greetings and best wishes for the New Year.

Amanda and all on the Committee. Tel: 015242 98587 / 0776548094 Email: kirkbylonsdalewi@gmail.com; Web: www.klwi.co.uk; Instagram: kirkbylonsdale_wi
Meta: Kirkby Lonsdale WI.

MENCAP

Recently, we held an event at Barbon Village Hall, 'Dancing to The Defenders'. The evening was very well supported and enjoyed, with great music, amazing raffle prizes donated by local businesses, delicious food prepared and given by the committee. We extend our grateful thanks to all who participated in making the evening, such a success. We are awaiting the final total.

From June of this year, we have been able to send to Kendal H.Q. £7,000 to help children and young people with severe learning disabilities living in Cumbria. A magnificent sum! We are very proud of this total and thank those who continue to support us—especially in such uncertain and challenging times for so many.

Lynda Skinner, Chair

The Church in and around Kirkby Lonsdale

Eleven churches comprising Anglican, Methodist and Catholic congregations, committed to growing as disciples and serving our communities together.

Unless there are changes to the plan for easing restrictions these are the services during Dec/Jan Cowan Bridge Methodist Chapel congregation is currently meeting with St Bartholomew's Barbon. Please continue to follow all the social distancing and hygiene guidance.

December

4 Sun ADVENT 2

Kirkby Lonsdale	11.00am Holy Communion
Preston Patrick	9.30am Morning Service
Lupton	9.30am Morning Service
Barbon	10.30am Morning Service
KL Methodist Church	Sunday@7
St Joseph's	9.00am Mass

5 Mon	7pm Carols Endmoor Village Hall
8 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	6.30pm Mass

11 Sun ADVENT 3

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Morning Service
Hutton Roof	11.00am Morning Service
KL Methodist Church	10.30am Morning Service
St Joseph's	9.00am Mass

18 Sun ADVENT 4

Kirkby Lonsdale	11.00am Holy Communion
	6.00pm Community Carol Service
Barbon	10.30am Carol Service
Lupton	2.00pm Nativity Service (tbc)
Preston Patrick	4.00pm Carols in the churchyard
KL Methodist Church	10.30am Christmas Reflections
St Joseph's	9.00am Mass

19 Mon Casterton	6.30pm Carol Service in Church or
(20th if poor weather)	on the Headmaster's Lawn
20 Tue Mansergh	6.30pm Carol Service
21 Wed Hutton Roof	7.00pm Carol Service
22 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	11.00am Carol Service

CHRISTMAS EVE

Barbon	4.00pm Crib Service
Preston Patrick	4.00pm Crib Service
	11.30pm Christmas Communion
Kirkby Lonsdale	5.00pm Crib Service
	11.30pm Christmas Communion
Lupton	11.30pm Christmas Communion

CHRISTMAS DAY

Kirkby Lonsdale	11.00am Christmas Communion
Barbon	10.30am Christmas Communion
Casterton	10.30am Christmas Communion
Hutton Roof	11.00am Christmas Communion
Mansergh	11.00am Christmas Communion
KL Methodist Church	10.30am All Age Celebration
St Joseph's	9.00am Mass

29 Thu	10.30am Holy Communion
St Joseph's	6.30pm Mass

31 Sat Kirkby Lonsdale	5.30pm New Years Eve Service
------------------------	------------------------------

January

1 Sun CHRISTMAS 1

Kirkby Lonsdale	11.00am Holy Communion
Preston Patrick	9.30am Morning Service
Barbon	10.30am Morning Service
Lupton	11.00am New Year Service
KL Methodist Church	10.30am Morning Worship, J Burd
St Joseph's	9.00am Mass

5 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	6.30pm Mass

8 Sun EPIPHANY

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Morning Service
Hutton Roof	11.00am Plough Service
Mansergh	11.00am Holy Communion
KL Methodist Church	10.30am Morning Worship,
	M Timmis
St Joseph's	9.00am Mass

12 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	6.30pm Mass

15 Sun EPIPHANY 2

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Lupton	9.30am Plough Service
Barbon	10.30am Covenant Service
KL Methodist Church	10.30am Morning Worship,
	K Glazebrook
St Joseph's	9.00am Mass

19 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	6.30pm Mass

22 Sun EPIPHANY 3

Kirkby Lonsdale	10.30am Covenant Service
	at KL Methodist Church
Preston Patrick	9.30am Morning Service
Casterton	10.30am Morning Service
Hutton Roof	11.00am Holy Communion
St Joseph's	9.00am Mass

26 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	6.30pm Mass

29 Sun THE PRESENTATION

Kirkby Lonsdale	11.00 Café Church
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Morning Service
St Joseph's	9.00am Mass

(The type of service may have to change after AKL goes to print—please check church notice boards and website for up to date information)

DOWNHAMS LTD
 CARPENTRY, MANUFACTURED JOINERY & BUILDING PROJECTS

**Qualified Carpenters,
 Joiners & Builders**

Established 1979

Free Quotations:

The workshop at the rear of
 Deewood, Cowan Bridge.
 07776294111 – 015242 72695
 chrisdown1984@hotmail.co.uk

DALES
traditional butchers

FREE LOCAL DELIVERY

2 Market Street, Kirkby Lonsdale
Tel: 015242 71278

DALESBUTCHERS.CO.UK

HART & WILLOW
 Hornby, Kirkby Lonsdale
 Traditional and
 Modern Upholstery
 and Furnishings
 07889 950746
 emily@hartandwillow.co.uk



CASTERTON VILLAGE HALL
 Attractive, modern hall. Ideal for celebrations,
 children's parties, meetings.
 Seats up to 75.
 Fully equipped kitchen including commercial
 dishwasher and all tableware.
 High speed broadband. Competitive rates.
 Call 015242 71056, or
 email enid.hastings@gmail.com.

PARKIN & JACKSON
 MONUMENTAL SCULPTORS
 EST. 1855

14 APPLEBY ROAD, KENDAL, LA9 6ES
 Tel. 01539 722838
 e-mail info@parkinandjackson.co.uk
 www.parkinandjackson.co.uk

- New memorials
- Additional inscriptions
- Repairs & renovations
- Home visits available
- Home & business signs

Contact: Craig Benson or James Yates-Bell

HOMEMAIDS
 THE FRIENDLY, HELPFUL & PROFESSIONAL
 CLEANING COMPANY

Whether it's domestic or business, a one
 off clean or every week, HOMEMAIDS
 offers an efficient, discreet and
 trustworthy service.
 07921 950 863 - 07539 169 651
 wendyathomemaids@aol.com

PURE STONE
 IMPORTERS OF STONE AND
 PORCELAIN TILES FROM
 AROUND THE WORLD

LIMESTONE, MARBLE, SLATE,
 PORCELAIN TILES AND
 WOOD FLOORING

015395 61307 / 07884384358
www.pure-stone.co.uk
 PRIZET COURT, KENDAL, LA8 8AA



Yvonne 07795063107
 Fritz 07817665662

Dalesway Therapies
 015396 21303

TREATMENTS BY APPOINTMENT IN MILLTHROP,
 SEDBERGH MEDICAL CENTRE AND
 BARBON VILLAGE HALL (FRITZ ONLY)

GIFT VOUCHERS AVAILABLE

www.daleswaytherapies.co.uk
 @dalesway_therapies f daleswaytherapies
 daleswaytherapies@gmail.com

**Kidz Day
 Nursery**
 Flexible childcare
 Funded places available
 Collections from local schools
015242 41903
 www.kidzdaynursery.co.uk

SMARTSIGNAL
 Aerial & Satellite Installation & Repair
 Wi-Fi and Home Network
 CCTV Installation
 Ben Fawcett
 015242 62017 - 0795 002 8622
 smartsignal@outlook.com

Flower Bank Florist

FRESH FLOWERS EVERYDAY
 LOCAL DELIVERY
 Weddings, Funerals. All occasions
 INFO@FLOWERBANK.CO.UK
 FLOWERBANK.CO.UK
 015242 73668

ALAN DALE
JOINERY CONTRACTOR
 For all internal and external joinery
 work. Free estimates, no VAT.
 Douglas House, Tram Lane,
 Kirkby Lonsdale
Tel: 07971 637880

The William H Jones
Studio

Original oil paintings Dairy Cottage
 Local prints Fellside Farm
 Greetings cards Kirkby Lonsdale

www.williamhjones.co.uk
 015242 71124

Parties, Meetings, Education, Social
FRASER HALL
 Village Hall on A65 at COWAN BRIDGE
 Seat up to 80 - Buffet, Bar, Disco
 Car park, Broadband, Crockery, Glasses
 Rosemary Rimmer: 07900 927 819
 rosemary.anne.rimmer@gmail.com

Brant Howe Residential Home
 Kirkby Lonsdale
 24 Hour friendly Care
 Day Care
 Nutritional Food
 Entertainment Programme
 Family Run Business
 Prop: Mr & Mrs P.M. Jackson

**Redheads
 Coal and
 Gas.**

Enviromentally friendly
 smokeless fuels and all
 sizes of bottled gas delivered


Kindling, Logs, Wood Pellets,
 Pre-packed fuel

WE WON'T BE BEATEN ON PRICE
 QUALITY AND SERVICE
 Regular deliveries to Kirkby Lonsdale
01524241626

**PETER ALLEN
 FLOOR COVERINGS LTD**

- CARPETS
- VINYLs
- AMTICO SPECIALISTS
- RUGS
- BLINDS
- ENGINEERED WOOD
- BEDS & MATTRESSES

SETTLE 01729 825122
 www.peterallenflooring.co.uk

the pc doc **On call - for ALL your tech issues**
 Call Mark - 0759 702 4329
 thedoc@thepcdoc.co.uk
 PC - Mac - Smartphone - Tablet - Home tech 

Hire The Lunesdale Hall
 Wedding Receptions Concerts & Classes
 Fund Raising Events Birthday Parties
 Optional on-site self catering facilities
 Alcohol licence on application
 Flexible rates to suit your space & time requirements
Inspection invited
 lunesdalehallbookings@gmail.com
 kirkbylonsdale.info/lunesdale-hall *Kirkby Lonsdale*

Estate Agents
 Chartered Surveyors 
 Valuers
 abarnett.co.uk
 01539 751993

RIBBLESDALE HERITAGE
PROFESSIONAL HOUSE CLEARANCE SERVICE
 FULL & PART CLEARANCES
 INCLUDE: HOUSE, GARAGE, OUTBUILDINGS ETC
 TIDY, TRUSTWORTHY & EFFICIENT
 REASONABLE RATES

 0797 635 7560 - 015242 62664

J.J. MARTIN
 FUNERAL DIRECTORS

 JJ Martin are your local, independent funeral directors based in Kirkby Lonsdale and covering the surrounding areas.
 We pride ourselves in offering a personal, caring and professional service where the needs of your family come first.
 We provide free advice, pre-paid funeral plans and a 24 hour service.
EDWARD WALLER: 07779025745 or 015242 72431
 www.jjmartinfunerals.co.uk info@jjmartinfunerals.co.uk
 The Old Police Station, 1 Long Lane, Sedbergh Cumbria, LA10 5AL. Telephone: 015396 20130
 4 Harling Bank, Kirkby Lonsdale, Carnforth, Lancashire, LA6 2DJ. Telephone: 015242 72431


Ofsted rated us Outstanding in all areas
 Open 7.30am - 6.30pm
 • 30 hours free childcare for eligible 3 & 4 year olds
 • 15 hours free childcare for eligible 2 year olds also offered
 • Holiday club available during all school holidays
 1 Station Road, HORNBY
 015242 22288
 info@hornbydaynursery.co.uk
 Call or email the nursery to discuss your individual needs or to arrange a visit.

Tiggywinkles Laundry
 5 New Road,
 Kirkby Lonsdale, LA6 2AB
 015242 71550

 Washing, drying, ironing,
 dry-cleaning, duvets
 Weekly specials
 Dry and fold £6

H & M CRAFTSMEN

 kitchens
 bedrooms
 studios 
 Ingleton, North Yorkshire, LA6 3NU
 015242 41535
 kitchensandbedrooms.co.uk


ART, HOME & GIFT
 10 MARKET STREET
 KIRKBY LONSDALE
 015242 98220
 www.bumblebeegallery.co.uk

JR & Son Electrical
Plumbing & Home Repairs
 NO JOB TOO SMALL
 COMPETITIVE PRICES
 015242 76252
 07919 818646

joules *Weird Fish*
White STUFF  SEASALT
 fransa BRAKEBURN 
 bugatti
 CASUAL FASHIONWEAR
 Market Square
 Kirkby Lonsdale
 015242 71390
 edgeoftheworld.com

Wills and Lasting Powers of Attorney
 Affordable, specialist, friendly advice. No obligation home visits
 01524 928226 or 07899 957130
 clare@wiseowlwills.net wiseowlwills.net
 Clare Malley trading as Wise Owl Wills and Estates is a Member of the Institute of Professional Willwriters and complies with their Code of Practice

WISE OWL WILLS AND ESTATES
 

Kirkby Lonsdale Town Council

Over the last few years, we have tried to make the Town Council more diverse and there has been a long-standing invitation to QES to provide a student member to sit on the Town Council. Now we have Molly Watson who has brought a new perspective to the Council. Molly has formed a group of students in QES (a Town Council Working Group) who are identifying the issues which they think the Town should address and coming forward with their own ideas and suggestions. In particular they want to work with the Council to forge links between QES and the Town over fundraising for Ruskin's View. It is great to see such enthusiasm and it is now up to the Town Council to work closely with Molly and her friends.

Town councillors were proud to join with representatives of the faith community, a wide range of organisations and a large number of the public to commemorate Remembrance Day. On a warm and bright November morning, the Town turned out in force.

Turning to more practical matters, the Council at its meeting on 9 November received an update from Ed Waller, the Chair of the Play Park Working Group. The Group are taking action on a number of issues such as the repair of the zip wire and other safety considerations identified in a recent inspection. However, there are some major repair issues facing the Group, together with improvements to the entrances to the Park, which have been suggested by the Council. The Play Park Working Group has been asked to come forward with a programme of improvements that the Council can consider when it sets its budget early in the New Year.

The Town Council received a report on the proposal by Sustrans to develop a footpath link from Kirkby Lonsdale to Ingleton; agreed to more widely publicise the availability of defibrillators in the town; and to develop a recordings policy and Facebook page for the Council.

The Town Council has agreed with St Mary's DCC to jointly fund a feasibility study to determine if there is a viable and affordable, temporary, route through church/Underley land, whilst the Brow footpath is closed.

On 11 November, the Friends of Ruskin's View formally launched the fundraising campaign at the Royal Barn. The intention is to raise all the money needed to carry out the works by this time next year, so that work can be carried out in 2024 and the path re-opened. Kirkby Lonsdale brewery has produced a new beer 'The 1822' with a percentage going to the fund, and a Just Giving page is now in operation as well as a range of social media sites.

On behalf of the Council can I wish all residents of the Town a very happy and peaceful Christmas and a good 2023.

Mike Burchnell, Chair, Kirkby Lonsdale Town Council

Lunesdale Hall Management Committee



The Lunesdale Hall is run by a Management Committee and at the AGM on 24 October a new Committee was formed. Over the last few years membership of the Committee has been widened and now comprises: four members of the Town Council; three community representatives; and representatives of Kirkby Lonsdale PCC, the Community Interest Company, the Chamber of Trade, and users of the Hall.

The Chairman of the Committee is Robin Ree and the Deputy Chair and Secretary is Paul Cassell. The members of the Committee are: Mike Marczynski, Braddan Quale, Pat France, Shirley Boyd, Peter Irving, Robert Cass, Liz Saunders and Peter Raven.

The Committee is aiming to make the Hall more attractive to the local community and to develop the Hall to accommodate more musical events, weddings and other celebrations. A new kitchen will be installed in early January and through AKL we will keep the Town informed of our programme of events.

Robin Ree, Chairman of the Lunesdale Hall Committee.

St John's Hospice

Come and join us for carol singing with the wonderful Burton Singers whilst having your shopping packed by our lovely volunteers at Booths, Kirkby Lonsdale.

Please come along and say hi to us all on Sunday 4 December from 2pm. All money raised to go to St John's Hospice, Lancaster.



Made possible with
**Heritage
Fund**



KL & District Civic Society

In October we travelled through nearly 2000 years of history as we followed development of the A683 up the lower Lune Valley, from its origins as a Roman Road, parts of which it still closely follows, to the formation of country councils in the late 19th century which took over responsibility for roads from the turnpike companies. These had flourished in the 18th century as roads were vastly improved and toll charges to use them introduced. The A683 turnpike originally ran through Caton and Brookhouse but, being full of hills and bends, was soon replaced by the route we know now with its distinctive toll house near Farleton.

Last month we travelled further afield when the story of two 'military' tins, a 1914 Princess Mary Christmas gift tin and a D-Day emergency ration tin of heavily caffeinated chocolate, took us to the battle fields of France and Belgium. A miner's 'snap' tin – preferred content: jam butties as they better withstood the heat! then brought us back to the Lancashire coalfield, and a tin of Heinz beans to Wigan and the biggest canning factory in Europe producing 1.5 million cans a day.

Our last talk this year is on Monday 12 December at 19:30 in Lunesdale Hall when Hannah Kingsbury will join us to update us on the various projects of the Westmorland Dales Landscape Partnership Scheme, which we first heard about in November 2020. Hannah is the Cultural Heritage Officer of the Partnership and says 'This is a four-year scheme (entering its final year) primarily funded by the National Lottery Heritage Fund. The talk will explore recent archaeological surveys and excavations, including what we can tell about dry stone walls, how we have revealed prehistoric farming and some of our smaller heritage features we've surveyed.' Entrance £2.50 including refreshments.

There will be no talk in January.

KL Gardening Association

Kirkby Lonsdale Gardening Association are looking for an organiser to continue their popular Annual Flower and Vegetable Show with the established team who will assist with all practical aspects.

You don't have to have green fingers or be a dab hand at baking or crafting but if you are keen to see this special event continue and can spare time over the summer months, we'll make sure you have all the support you need to make it a success.

We need someone or maybe two people together, with administrative skills and enthusiasm, to head up the running of the team and help us carry on this wonderful Kirkby tradition.

If we've piqued your interest please contact Margaret Haygarth on 07443 589398 for further information.

Lupton

We had a wonderful service at Lupton Church when two bishops came to an evening service to perform confirmation of three Lupton residents, Jayne and David Wilson and Maddie Watson. Bishop James from Carlisle and Bishop Rob from Penrith were joined by Anne Pettifor and Richard Snow. Bishop James gave a pleasing sermon and went over the usual timing for Lupton Church! Margaret Lambert had prepared an excellent spread which took us an hour to get through so plenty of time for us to have a chat and socialise. Thank you, Margaret.

Other happenings have been our Harvest Festival with a Harvest supper the day after and the sale of produce by auctioneer Michael Mashiter. We raised a total of £450 for Church funds. Thank you to all those who made hot-pots and puddings. The recently held jumble sale raised £300, thanks to those involved. The Kirkby Lonsdale Brass Band helped us celebrate Lupton Patronal festival with their wonderful music which we all thoroughly enjoyed.

St John's Hospice Christmas Tree Collections

Recycle your Christmas trees and support for your local hospice! Collections take place on 5, 6, 7 & 8 January 2023. Suggested donation £10. All trees must be booked for recycling before 12 noon on Monday 3 Jan 2023. Call: 01524 382538 or book online at: sjhospice.org.uk/recycletrees

MyKL LOYALTY CARD OFFERS

Don't forget to take your MyKL card every time you shop....

The scheme has now been suspended - you can no longer buy new cards but if you have an existing card you can benefit from the following offers until it expires

Kirkby Lonsdale Information & Gift Shop, The Old Bank, 29 Main Street, Kirkby Lonsdale - 015242 97177

Opening Hours: Monday - Saturday 10am-4.30pm and Sunday 10.30am - 4.30pm

RUSKINS VIEW APPEAL

The Town needs to raise £1million to save The Brow!

Donation tins will be appearing in members shops very soon!

Lunesdale Home & Garden Ltd

10% OFF
paint and sundries
when you spend over £20

54/6 Main Street, Kirkby Lonsdale
Tel: 015242 72751

A Touch of Artisan

10% OFF
with a £25 spend.

13 Market Square, Kirkby Lonsdale
07738 773328

Sew What

10% off
shortening of trousers

Orders taken by Messenger, email
or calling mobile.

2 Chapel Close, Kirkby Lonsdale
Tel: 07766711288

DottyandV

10% OFF
on purchases over
£30

3 Chapel lane, Kirkby Lonsdale
015242 73122

The Book Lounge

10% Discount
on sales of £20 or more
on new books and gifts

Email:
thebooklounge@lunesdalebooks.uk

12 Main Street, Kirkby Lonsdale
Tel: 015242 72319

Kirkby Lonsdale Tourist Information & Gift Shop

BUY 1 GET 1 FREE
Felt So Good Products

Including:
Decorations, toys, animals (including
sheep, chickens, reindeer etc.)

Opening Hours:
Monday - Saturday 10am - 4.30pm
Sunday 11am - 3pm

29 Main Street, Kirkby Lonsdale
015242 97177

Piries' Soul Food

10% Discount
on Events!

All Abilities Welcome
No Experience Needed

SOCIALLY DISTANCED YOGA
Kirkby Lonsdale & Barbon

**ESSENTIAL OILS & TOXIC FREE
PRODUCTS**

SHIATSU & AROMATOUCH TREATMENTS

RETREATS - Online & In Person

ON DEMAND MINDFUL YOGA

MOVEMENT & MEDITATION

Enjoy whenever & wherever you wish
FREE TASTER CLASSES & TRIAL WEEK!

8 Week Online

MINDFULNESS BASED LIVING COURSE
GIFT VOUCHERS FOR ALL BUDGETS

Keep looking after yourselves & each other

Zoë & Oliver Pirie
07483 214210

www.piriessoulfood.com
admin@piriessoulfood.com

Jasmine Cottage Kirkby Lonsdale

5% OFF
on all bookings

We are delighted to be open again for
bookings.

Just visit

www.lakeholidaycottages.co.uk

or you can still buy a voucher if you prefer
<https://lakeholidaycottages.regalo.gifts>

Chocolat

FREE
Chocolate Goodie Bag
RRP £4.95 when you spend £20+

AND

1/2 price on all take-away hot drinks
choose from a coffee made with our new
house blend beans roasted by Kirkby
Lonsdale Roasters, a freshly brewed
loose leaf tea or a gorgeous hot
chocolate.

3 New Road, Kirkby Lonsdale
015242 72830

The Zero Pantry

Opening Hours
Monday to Saturday
10am - 4.30pm
Sunday
10am - 4pm

55 Main Street, Kirkby Lonsdale
Tel: 015242 73848

Little Walkers

selected shoes
HALF PRICE

with the purchase of a full price pair of
shoes or boots.

20 Market Street, Kirkby Lonsdale
Tel: 07843 284198
Tel: 015242 72726

Kirkby Lonsdale Chamber of Trade Members Directory

Please consider joining. You can't be part of the new MyKL scheme unless you're a CoT member.

Shops

Abrahams Store

015242 72299

A Touch of Artisan (craft beers, food and gifts)

07738 773328

The Bath House (Fragrance, skincare & bathing)

015242 73189

The Book Lounge (Independent bookshop)

015242 72319

Booths Supermarket

015242 73443

Bumblebee Gallery (Homeware gifts)

015242 98220

Carr & Bleasdale (Home furnishings & fabrics)

015242 71261

Chocolat (Speciality chocolates, home of the Enchanted Chocolate Mine)

015242 72830

Dales Butchers

015242 71278

Dotty and V (children's clothing)

015242 73122

Edge Of The World (Outdoor clothing, footwear & lifestyle fashion)

015242 71390

Flower Bank

015242 73668

Just N So (home and lifestyle)

015242 71464

Kirkby Lonsdale Visitor Information & Gift Shop

015242 97177

La Maison (Lifestyle emporium)

015242 71223

Little Walkers (Children's shoes)

015242 72726

Lunesdale Bakery

015242 71296

Lunesdale Home, Garden & Hardware

015242 72751

Lux Boutique

015242 73014

Parma Violet (Gift & homewares)

015242 72585

Post Office

015242 71233

Sienna Jewellery

015242 72121

Zero Pantry (Wholesale food store)

07745 945503

Food, Drink & Accommodation

The Barbon Inn

015242 76233

Botanica (café)

015242 80087

The Copper Kettle (Restaurant & guest house)

015242 71714

The Crossing Point Café

015242 98050

Devil's Bridge Snacks

Tel not available

Lunesdale Arms, Tunstall (restaurant & pub)

015242 36191

Mill Brow House (B & B & self-catering accommodation)

015242 71615

Number Forty Four (Café)

015242 72160

Plato's (Restaurant & bar)

015242 74180

The Orange Tree

015242 71716

The Sun Inn

015242 71965

Self Catering Accommodation

Absoluxe Suites

07944 414565

Jasmine Cottage

0191 478 3456

New House Caravan Park

015242 71590

Woodclose Caravan Park

015242 71597

Specialist Services

Around Kirkby Lonsdale

015242 73636

Checkpoint Safety (Wheel Nut Safety Products)

015242 71200

The Fairbank Society (Supported Independent Living)

015242 71077

Hackney & Leigh (estate agents)

015242 72111

Lunesdale Hall (Community facility)

015242 71618

Mindful Yoga & Shiatsu

07483 214210

Northern Print Distribution

015242 73907

Oglethorpe, Sturton & Gillibrand

015242 71388

QESudio (Studio School)

015242 71275

Sew What? (Sewing & embroidery)

07766 711288

Stuart Brown Graphic Design

07887 958103

Toubas (Unisex Hair Salon)

015242 74333

Whittington Actuarial Services

015242 73507

Wright Design (Architects)

015242 71697

Sports Clubs

Kirkby Lonsdale Golf Club

07779 71570

Reasons not to be a Scout Leader 1,2,3

In this season of giving we think of how we can help others, and the idea of becoming a scout, or beaver, cub or explorer, leader comes to mind. And then the reasons why we can't.

1. I can't commit to every week.
2. I can't tie knots.
3. The existing leaders are doing such a great job.

The truth is leaders don't need to commit to every week. A team of 3 or 4 people will always provide someone each week, and the young people have access to a wider range of experience and skills: yours! Or if you're big into a hobby such as hill walking, climbing or water sports, then offer them that experience. If you can only do occasional weekends join the camps support team.

And our aim is to provide #SkillsForLife. Knotting is just one small part of one way we might do this. Every

volunteer I've met is absolutely brilliant at something I'm not; if you just share that our youngsters will grow up so much better prepared for life.

Finally, yes we have a great team, but we're the Scouts Movement. We need to keep refreshing ourselves. All leaders and helpers started as new volunteers, learnt the role in our supporting environment, made it look easy, and then will move on to other roles in scouting or life. If that journey seems to take a long time, it's because being a leader helping our young people is so rewarding. Try it now and find out for yourself.

Skip (Nigel Bradshaw)

or Kirkby_Lonsdale_Scouts@live.co.uk.

Sing Joyfully! and Kirkby Lonsdale Singers

Present a Musical Finale to the Kirkby Lonsdale Christmas Fair Weekend. Come and enjoy seasonal songs and your favourite carols at St Mary's Parish Church, Kirkby Lonsdale, Sunday 4 December at 4pm.

A Day to Remember



Pic by Robin Ree

I would like to commend the Remembrance Day service as the best I have ever attended. I am 86. The organisation was first class, everything was clearly audible, the Brass Band excellent and the address so fitting it should be published in AKL. Well done to all concerned. **Norman Philbey.**

Burns' Night

Casterton Village Hall, Friday 20 January 2023, 7 for 7.30pm. This celebration of Robert Burns' life is being reborn in Casterton after a gap of several years and will have many of the features which made it so popular.

Classic Burns' supper including: 3-course meal + coffee + whisky + wine included. Traditional speeches. Other entertainment. Tickets £32 from 07979 745128.

Places are limited, so please book early.



Seven blokes who sing to entertain, amuse and stir the emotions!

Come and enjoy GBH in concert

St Bartholomew's Church, Barbon on Thursday 1 December at 7.30pm. Tickets: £7.50 to include glass of mulled wine and mince pie.

All proceeds to St John's Hospice.



Memorial tree planting for June Peckston



Many thanks to all who came on a sunny afternoon to see the tree planted in memory of June. Family, friends and even some passing visitors watched as her three sisters helped plant a tree in Jubilee Field. It stands proud and spectacular with its black guard and red poppy in place.

I would like to thank all the people and organisations that made this possible: Mr Ced Leeming for donating the hand-made poppy; Mr Chris Benson for making the tree guard; The Royal British Legion for the memorial plaque; generous donations from local organisations including Kirkby Lonsdale Town Council, Chamber of Trade, Lunesdale Hall Committee, CIC, and relatives and friends. Thanks to Geoff, Peter, Paul and Craig for their help on the day. If you were unable to be there, please take time to go and see the tree – a true and lasting memory of such a lovely lady. **Ann Irving**

Looking for a team sport,
want to try something new or,
simply get *back* into hockey?

Men's

School Year 10 & above

Practice:
Wednesday eve
QES Astro



Junior's

U14, U12 & U10 boys and girls
Practice: Thursday eve, Casterton Astro

Ladies'

School Year 10 & above

Practice:
Thursday eve
Casterton Astro

www.klhc.co.uk

We cater for all abilities

Match play is not obligatory but the more you play,
the better you'll get*



SCAN ME

*maybe



South Lakes Oven Cleaning

RELIABLE . FRIENDLY AND PROFESSIONAL

LOCAL • FULLY QUALIFIED • FULLY INSURED

PROFESSIONAL
OVEN CLEANING SERVICE,
USING ONLY GOOD
QUALITY PRODUCTS

CALL NOW TO BOOK YOUR
PRE-CHRISTMAS OVEN CLEAN



01524 259332

WWW.SOUTHLAKESOVENCLEANING.CO.UK

MEDI-SPA

LOCATED IN THE HEART OF
KIRKBY LONSDALE

SHOP B
OLD MARKET HALL,
KIRKBY LONSDALE
CARNFORTH
LA6 2BJ



OUR PROMISE

We will always deliver the best treatments to our clients and provide the best service and care.

OUR TREATMENTS

Delivering the most advanced treatments in the industry, we offer treatments head to toe and have the solutions for you.

WHAT WE OFFER

- ✓ Advanced Treatments
- ✓ Aesthetics
- ✓ Beauty
- ✓ SPA
- ✓ Skin
- ✓ Over 15 years experience

@jhmedi-spa.co.uk

015242 73985

www.jhmedi-spa.co.uk

Anthony Baines
Building Contractor
 BUILDING, PLASTERING & ROOFING
 FREE ESTIMATES
 MINI-DIGGER & DUMPER HIRE
 1 Dodgson Court, Tram Lane,
 Kirkby Lonsdale LA6 2RS
015242 73116 07798 627175

Champagne & Strawberries



BRIDAL, PROM,
 BRIDESMAID &
 OCCASIONALWEAR.

NEXT TO REDWELL, ARKHOLME

APPOINTMENT ONLY
0 7 4 2 7 5 0 6 4 3 1



Katy Harrison Architects

Specialising in residential architecture from new-build projects, through to smaller extensions, renovation and refurbishment.

katy@kharrisonarchitects.co.uk
 telephone:- 07920 048012



HAIR BY GEMMA & JAMES
 COLOUR & HAIR DESIGN STUDIO
 EST 2006

Shop 1 Old Market Hall
 Market Street
 Kirkby Lonsdale, LA6 2BJ
 Telephone: 015242 71000

LUNE VALLEY BUILDERS LTD

Established building contractors, experienced in quality new build and refurbishment.

Newbiggin, Kirkby Lonsdale
 Tel: 01539 567461or 07909 551337
 lunevalleybuilders@yahoo.co.uk

ABLE MEMORIALS Ltd

Monumental & Architectural Masons
 Office and Showroom
 1 Wildman Street, Kendal, LA9 6EN
01539 735583
Workshop: 01524 784920
 New Memorials, additional inscriptions & renovations
 Home visits & Brochures on request
 www.ableworldofstone.co.uk

Collinge Opticians

Private & NHS Eye Examination
 Retinal photography, Contact lenses
 Coloured overlays/colorimetry
 Frames for all budgets
 12 Market St, Kirkby Lonsdale
 Tel: 015242 72944

LAWN MAN

Fertilisation, Moss and Weed Control
 Beautiful, Greener, Weed Free Lawns
 Scarification
 FOR A FREE QUOTE, CALL
 John Gilmore - The Lawn Man
015395 38949

ACCOUNTS ADMINISTRATION

ALL ASPECTS OF ACCOUNTS
 ADMINISTRATION FOR SMALL BUSINESSES
 BOTH ACCOUNTS RECEIVABLE AND PAYABLE
 PETTY CASH - BANK RECONCILIATIONS
 MONTHLY REPORTING - VAT
 IF YOU DON'T HAVE MUCH TIME TO DEVOTE TO THESE
 TASKS GIVE US A CALL AND LET'S SEE IF WE CAN HELP
07776 058 765
 sabarton@talk21.com

BENTHAM PHYSIOTHERAPY CLINIC

For Professional, effective, Chartered Physiotherapy, for sports injuries, backs, necks, acupuncture. Also see website. AXA, AVIVA, BUPA authorised clinic.

Phone 015242 62216
 www.benthamphysio.com
 info@benthamphysio.com



Design - Installation - Testing & Inspection

- Electrical Installation & Maintenance
- inspection & Testing
- Part P Approved
- LED Lighting
- Landlord Certificates
- Electric Car Charger Installations
- Smart Home Installations
- Consumer Unit (Fuseboard) Changes
- Napit Reg # 29925
- New Builds & Rewires

07769779936
 rowsellelectrical@gmail.com



groves architects ltd RIBA
01756 748648
 design@groves-architects.co.uk
 www.groves-architects.co.uk

Hackney & Leigh
 Property Sales, Lettings & Conveyancing

Friendly, knowledgeable local staff with many years experience are here to help you sell or let your property.

015242 72111
 kirkbysales@hackney-leigh.co.uk

Ambleside | Arnsdale | Carnforth | Grange Kendal | Kirkby Lonsdale | Windermere

www.hackney-leigh.co.uk

Cumbria Stove Centre

Supply and installation of multifuel, wood and gas stoves
 Flue and chimney lining services
 Inglenook specialists
 Fully qualified and experienced Hetas engineers
01539 821061 (day)
015396 25227 (evening)
 SHOWROOM: 34a Main Street, Staveley, nr Kendal

PREMIUM PROPERTY MANAGEMENT

Agent for Residential Rental properties and ongoing management.
 Offering a professional, personal and friendly service with competitive rates.

Jannett Forrest
07783 800450—07828 199851
 service@premiumpropertymanagement.co.uk
 www.premiumpropertymanagement.co.uk

F.W. HUDDLESTON LTD

Drainage, groundwork & landscape specialist
 Driveways, tarmac, block paving, flagging,
 Fencing, turfing, decking, water features

Plant & Machinery for hire
 07831 389474/01524 736205
 www.fwhuddleston.co.uk

SEW WHAT?
 2 CHAPEL CLOSE. KL
07766 711288

Clothing alterations & soft furnishings made to your specific requirements. Now working with HGW SPORTS to supply, embroider & print workwear, sportswear & teamwear.

kay.porteous@yahoo.co.uk



Lonsdale Farmhouse
Hutton Roof, Carnforth,
Lancs, LA6 2PG

Septic tanks, general binding rules surveys and drain jetting

- General binding rules surveys undertaken for house sales/purchases.
- Septic tanks and treatment plants emptied and installed.
- Efficient drain unblocking service provided.
- CCTV investigation work undertaken.
- Emergency call out facility available.
- Established local family run business.
- Registered Waste Carrier.
- Domestic and Commercial tanks.

Landline: 015242 72842
Philip: 07836 651 940
Richard: 07595 880 576

info@pgparkseptictanks.co.uk - www.pgparkseptictanks.co.uk



BIGGINSWOODPHYSIO

WELCOME TO
BIGGINSWOOD PHYSIO
TIM PATTERSON BSC (PHYSIO) HONS. MCSP

MOVE WELL. MOVE OFTEN
PAIN REHABILITATION
RUNNING ANALYSIS
MOVEMENT SCREENING

+44 7908 053 881 www.fissio.co.uk
BIGGINSWOOD, HIGH BIGGINS, KIRKBY LONSDALE LA6 2NP



Everything for knitting, crocheting and crafting

Workshops • Craft & Chat • Tutorials

6 Main Street, Ingleton, LA6 3EB, North Yorkshire
Tel: 015242 41221
craftopia.ingleton@gmail.com
www.craftopiaingleton.co.uk



Providing a clean and professional service

Stoves, Liners, Bird Guard, Cowsls and Carbon Monoxide Alarms supplied and fitted

01729 823683
07815285321
settlechimneysweeps@outlook.com




Rathbones
Look forward

One of the UK's leading providers of investment management.

For further information, please contact:

Tomas Owen-Jones on 015395 61457 or email tomas.owen-jones@rathbones.com

Rathbone Investment Management
The Stables, Levens Hall,
Kendal LA8 0BP

The value of investments and income arising from them may fall as well as rise and you might get back less than you originally invested.

Rathbone Investment Management Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

DWS CONSTRUCTION

RENOVATION - EXTENSION - STONEMWORK
Specialists in damp treatment and tanking
Serving Kirkby Lonsdale, South Lakes and surrounding areas

ACHIEVING EXCELLENCE THROUGH EXPERTISE AND EXPERIENCE

Contact Dale on 07528 018 268 or dwsconstruction@hotmail.com

Carpet Inn. Est 1972

8 Market Street Kirkby Lonsdale 015242 73609

All aspects of flooring. Low prices for over 40 years. Guaranteed to beat any like for like quote. Excellent Quality, Excellent Prices, Excellent Service

CLEAN19
DOMESTIC & COMMERCIAL CLEANING CO

If you're looking for a reliable cleaning company with excellent rates and an ongoing commitment to quality then look no further.

We take pride in our work, are vaccinated against C-19, undergo daily lateral flow tests and have enhanced DBS checks in place for your peace of mind.

Call today to discuss your requirements
T. 07852 791 998 // ContactClean19@gmail.com

Dotty and 

childrenswear

tel: 015242 73122
3 Chapel Lane
Kirkby Lonsdale
LA6 2AL

www.dottyandv.com

 @dottyandv | #bigernclothing

UPHOLSTERY SERVICE

Reupholstery, restoration and repairs
Modern, vintage and antique furniture
Call 07809 430 123
Email: clare@fairthwaite.co.uk



Sports Rehabilitator

Sports massage
Deep tissue massage

07375 488698
sbwmassage@yahoo.com

MASSAGE THERAPY



Designed
exclusively
for over 55s

Pictured: Castlestead View bungalow

Beautiful homes ready to move into for over 55s

Castlestead View and Bowland View are the perfect places for over 55s to call home.

Live independently in your own home with access to welcoming communal areas including a café/bistro and hair salon. On-site care can also be provided if and when you need it. We have two nearby schemes that may be the perfect place for you.

Castlestead View (Burton Road, Oxenholme, LA9 7FY)

Bungalows priced from £285,000.

Register your interest by calling **01539 678 288**.

Visit housing21.org.uk/castlestead-view for more information.

Bowland View (Scholars Rise, Bentham, LA2 7FS)

Apartments priced from £45,000 (25% share).

Register your interest by calling **01524 884 552**.

Visit housing21.org.uk/bowland-view for more information.

Housing 
Extra Care Living

Herdwork

AT UNDERLEY

NEED TO FIND A BETTER WAY TO WORK?



Herdwork is a coworking space just outside Kirkby Lonsdale, designed to be a beautiful and professional environment that inspires you and lures you away from the kitchen table.

Flexible memberships on offer to suit a range of requirements from part-time and hot-desking, to fixed desks, private offices and meeting rooms.

Hyperfast B4RN broadband, refreshment facilities and 24hour access.

The Forge, a fully-equipped private gym, is also available on site



TO BOOK A TOUR OR FIND OUT MORE:

Call: 015242 72669

Email: Hello@herdwork.co.uk

Herdwork.co.uk



Lakes Solar

Renewable Energy Experts

SOLAR PANELS & BATTERY STORAGE

INSTANTLY REDUCE YOUR ELECTRICITY BILL
FREE ELECTRICITY STRAIGHT INTO YOUR HOME



RESIDENTIAL & COMMERCIAL
FREE ELECTRICITY,
USE IT WHEN YOU NEED IT



- LOCAL FIRM WITH OVER 10 YEAR'S EXPERIENCE
- THOUSANDS OF EXISTING INSTALLATIONS IN CUMBRIA
- RELIABLE PROFESSIONAL SERVICE FROM START TO FINISH
- QUICK INSTALLATION, NO MESS OR DISRUPTION

BOOK A FREE HOME SURVEY CALL **07811 393 622**
OR BOOK ONLINE AT WWW.LAKESSOLAR.CO.UK

NEVER BEEN A BETTER TIME TO BUY SOLAR

WE ACCEPT ALL MAJOR DEBIT & CREDIT CARDS

Are you or a loved one in need of extra support & companionship?

We're here to help.

- » Companionship visits
- » Dementia Specialists
- » Parkinson's Specialists
- » Home help
- » Personal care

We provide home care all over the South Lakes including Kirkby Lonsdale and surrounding villages.

"Dad is more than happy with 'His ladies!' They all go above and beyond their duties. They are part of our family now."

— Mandy B (Daughter of Client)

Home Instead

Inspected and rated
Outstanding ☆
 Care Quality Commission



Call 01539 291804 or visit homeinstead.co.uk/south-lakes

**Butterworth
Cleaning Services**
CARPET - FLOORS - ALGAE CLEANING



CALL MARK:

015242 71348 - 07989 402 333

CARPET - FLOORS - ALGAE CLEANING

**REVOLUTIONARY, JET-WASH-FREE,
FAST & EFFECTIVE EXTERIOR CLEANING
SERVICES AND SOLUTIONS**

100% BIODEGRADABLE



BEFORE



AFTER



TURN SLIPPY...

BEFORE



...TO GRIPPY!

AFTER

We Transform Exterior Hard Surfaces

- DRIVEWAYS
- NATURAL STONE
- RENDER
- PATIOS
- PAINTED WALLS
- CANOPIES &
- TARMAC
- CONCRETE
- MUCH MORE!



**CARPET
CLEANING**

**HEAT CLEANS
DEODORISE
STAIN PROTECTS**

WE'LL MOVE YOUR FURNITURE

**DRY IN
30 MINS**



**FREE SAMPLES
AND ESTIMATES
CALL MARK**

SEE OUR WEBSITE FOR OUR LATEST OFFERS
www.algaecleaning.co.uk • www.carpetandfloorcare.co.uk