

AKL

Around Kirkby Lonsdale
February 2022



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

Photo ©Jeanette Lawrence 2021

The Queen: a life of faith and service



70 years ago, on 6th February 1952, Princess Elizabeth was staying in Kenya with her husband Prince Phillip when she heard of the death of her father King George VI. She returned home and was proclaimed 'Queen Elizabeth II', aged just 25.

Since then, Christianity may have diminished in our nation but one of the things that has become more apparent is the Queen's faith and the way that it is the foundation of her life. In our family we have a tradition of always watching the Queen's speech on Christmas Day and it is clear that her deep sense of duty, her service, her dedication and whole approach to life rests firmly on her faith.

At the time of her 90th birthday in 2016, the Bible Society produced a little book about the Queen with the title 'The Servant Queen and the King She Serves'. In the foreword, written by the Queen herself, she said:

'In the last 90 years the extent and pace of change has been truly remarkable. We have witnessed triumphs and tragedies. Our world has enjoyed great advances in science and technology, but it has also endured war, conflict and terrible suffering on an unprecedented scale

In my first Christmas Broadcast in 1952, I asked the people of the Commonwealth and Empire to pray for me as I prepared to dedicate myself to their service at my Coronation. I have been – and remain – very grateful for your prayers to God and for His steadfast love. I have indeed seen His faithfulness'.

The last line echoes two verses from the book of Lamentations in the Old Testament: 'The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is his faithfulness'. Lamentations 3.22,23

'Steadfast love' is the English translation of just one word in Hebrew. There isn't an English equivalent to this Hebrew word which interweaves love and strength and steadfastness, so translators use the phrase 'steadfast love'. It is a very important word and it is used of God to express love that is never failing, trustworthy, never ending and tenacious. It is love of one for another that is generous, protecting, merciful, and seeks to bring blessing.

Christianity is all about 'steadfast love' and I admire people in whom we glimpse that quality. I would put the Queen among them. In all the changes that she has lived through and the changes during her reign she has been steadfast in her commitment and her service to this country.

Heavenly Father,

In this year that we celebrate the Platinum Jubilee of Her Majesty the Queen,

receive our heartfelt thanks for all that you have given her over the years

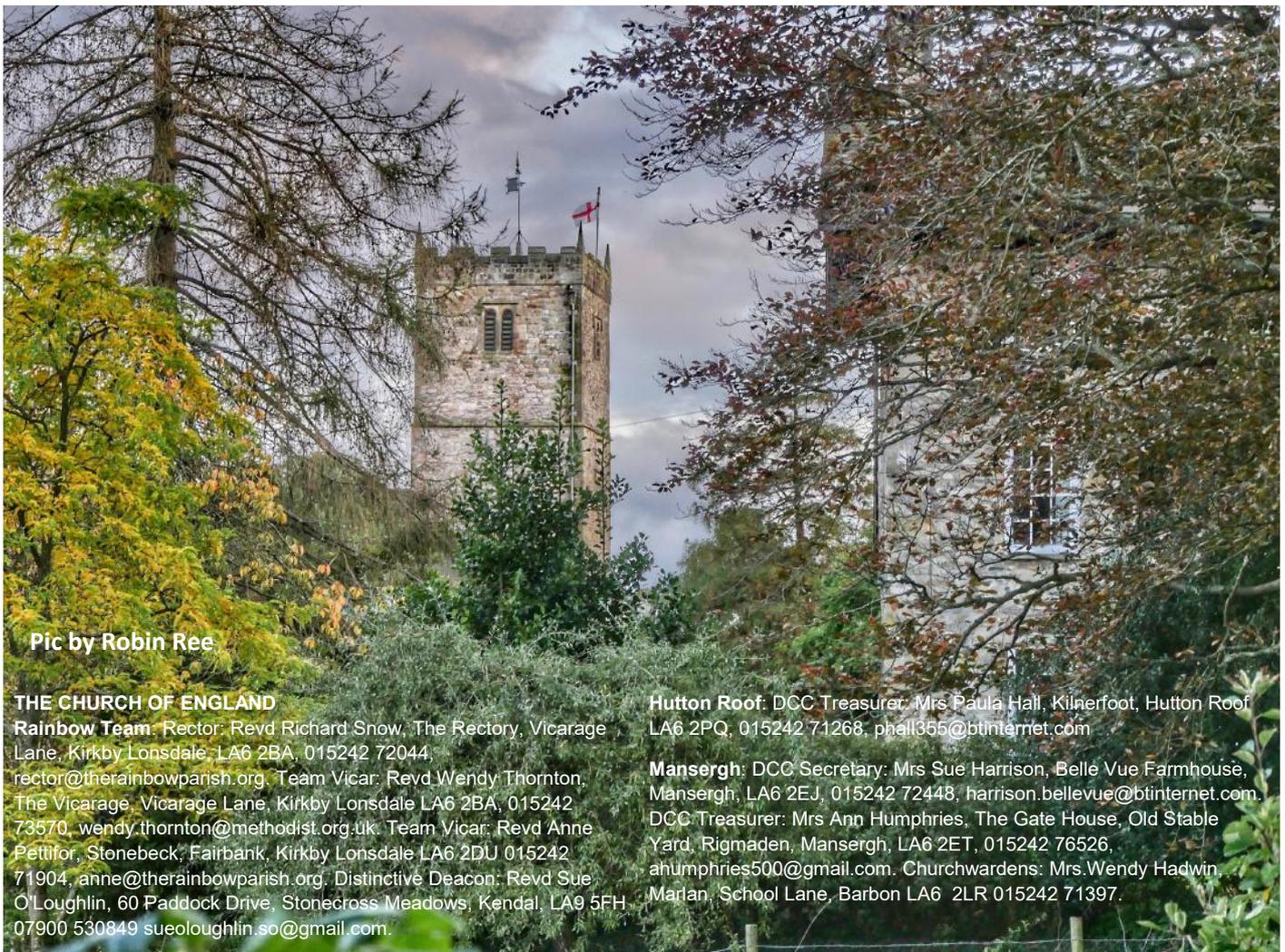
and for all that she has given to her people.

Continue, we pray, your loving purposes in her,

and unite us in love and service to one another;

through Jesus Christ our Lord.

Rev Richard Snow



Pic by Robin Ree

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.

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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 LUNESDALE FAMILY PROJECT: Project Leader Miss Lol Wood, 07413 689311, lol@cilfamilyproject.org.

THE METHODIST CHURCH: Rev Wendy Thornton, Kendal Methodist Circuit, 015242 73570 or mobile 07788 653 000, wendy.thornton@methodist.org.uk.

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New Year Trail and meditation opportunities

The Family Project has been adapting slightly due to the increase of Covid cases in January. We have moved online for certain things, such as assemblies, for a time and have made the decision to postpone our first Messy Church until March 20th.

Assemblies online have been a new thing to try out in this Covid world for the Family Project. In-person assemblies are usually very interactive and rely on the answers of those engaged for the assembly to take different turns and trajectories as we learn together about the stories in the Bible.

Yet, when you are creating assemblies online, to be shared amongst classes, rather than a whole school assembly, it is hard to envisage how exactly they will be received. One thing I learnt quickly, from March 2020, is that anything online must be shorter in delivery length than in person, as everyone's ability to focus is simply shorter. It seems that all of us at times struggle to focus when looking at a screen. Personally, I think this is a great sign! It highlights how much we innately need and value face-to-face interaction. I am aware in a tech-savvy world how, in pre-pandemic times, many worried that

the younger generations were becoming too reliant on technology to communicate. In fact, what I am seeing is that they, like everyone else, crave time interacting in person with their peers and family.

In January, the Muddy Team created and put up a New Year Trail, offering local people the chance to use the Trail, dotted around St. Mary's Churchyard, as an opportunity to pause, reflect and look for the light in 2022. We hope those who used it found it fun and uplifting. Keep an eye out for an Easter Trail in the coming months too!

During January and February, Deacon Sue O'Loughlin and I are offering an online meditation experience called Taketime on a Monday evening. As these experiences are online you can join us from anywhere, even your car! If you would like to know more about these please email me: lol@cilfamilyproject.org.

As mentioned earlier, we postponed our Messy Church until March 20th 4.30-6pm. We do hope that on that day you will join us at Kirkby Lonsdale Methodist Church. We will be exploring the concept of firm foundations and there will be pizza for tea! All totally free and as always everyone is very welcome. We would love to see you.

Lol

Kirkby Lonsdale Volunteer Driver Scheme

Do you need help to get to the doctor, dentist, hospital, station etc.?

The Volunteer Driver Scheme is here to help. It was set up many years ago to help people in Kirkby Lonsdale and surrounding area who have transport difficulties. If you need a driver, please ring me on 07788522511. I will answer messages as quickly as I can. Please try to give as much notice as you can and I will do my best to find a driver for you. The cost is 45p per mile, calculated from the driver's home and back to it. Our drivers will wait for you when you have an appointment.

We have helped many local people over the years and are here to help many more.

Ruth Hart

The Rotary Club of Lunesdale

The threat of Covid restricted the club's usual Christmas programme. Normally Father Christmas in his sleigh would visit many of the villages in the Lune Valley. Owing to the spike in Coronavirus numbers it was decided to restrict the programme to a static visit to Country Harvest, Bentham Mart and Booths at Kirkby Lonsdale. Thank you to everybody who stopped to have a chat with us and make a donation. The 3 collections amounted to a total of almost £1,000. This money will be used to help local deserving causes/projects.

30+ Rotarians and their guests held a Christmas Party in the Highwayman Inn, Burrow, on Thur 9th December. Prior to commencement of the festivities, Rotary President John Clare made a surprise presentation, on behalf of Rotary GB&I, to Rotarian Stuart Slater of a certificate to celebrate his 50 years of service in Rotary. The assembled guests showed their appreciation in the normal fashion to Stuart's marvellous achievement.

Entertainment throughout the evening was provided by 'Ian the Magician', a well-known local table-top magician whose illusions and tricks kept everyone absolutely enthralled. Once again, Aimie and her team at the Highwayman provided excellent fayre and service and a wonderful time was had by all.

It was hoped that by 2022 it would be possible to hold face-to-face meetings once again. However, the way things are at present that may not be advisable so we shall continue cautiously and carefully to observe both government and Rotary advice. We have also learned that Zoom has provided the opportunity, which we have taken advantage of, to engage with incredibly well-qualified and interesting speakers from around the world.

Looking ahead, and the right conditions prevailing, we plan to hold a sale of goods. If you have any items in good condition which you are willing to donate then please get in touch.

Finally, if you are interested in learning more about your local Rotary Club, which incidentally is part of a global organisation, please tel 015242 73166. You may be interested in getting involved in community affairs and helping where there is a need.

Please do give us a call. Keep well, keep safe.

Lilian

Casterton Village Hall

La Bella and the Lost Chord of Ulaanbaatar

This show, to be held in Casterton Village Hall on Thu 17th February 2022, will be postponed to a later date because of the present pandemic situation.

View from the Bridge

Just a couple of news items that end 2021. Storm Arwen brought down many trees across the county and sadly it brought down my eucalyptus tree which was 30' plus. Amazingly, it fell in the gap between the hedges into my neighbour's garden and the only damage was to an old fence post. Thanks to Roy and Lucy for their patience whilst it was removed. I am also pleased to let you know my grandson should be in the adapted bungalow shortly, which is not far from my daughter. Thanks from my daughter and me for the prayers to the prayer groups.

On a good note, the long-awaited CCTV cameras are now working. The lighting of the steps outside Lunesdale Hall – funded by the 100 Club – have also been improved, making it safer during these dark nights. Thanks to Kerry and Mel, the Monday lunches at Lunesdale Hall are to continue. It is planned to have the catering equipment upgraded shortly including a new cooker and warming cupboards and the application for grants has been successful and cover a large proportion of the costs. If you have a special occasion on the horizon, why not consider using the hall?

The two successful candidates for the vacant seats on the council were Issy Bradshaw and Maddy Williams. It is encouraging that we have a younger interest in local affairs and I am sure once settled in they will make a good contribution to the running of the council. I must also thank the 3 unsuccessful candidates for their interest and remind anyone thinking of becoming a town councillor that we are all up for re-election in 2023. With a unitary authority replacing SLDC and CCC in 2023 interesting times lie ahead.

The minutes of the meeting should be on the notice board by the time the AKL drops through your letter box and are also available to read in the library or the council's web site. Concerns were raised that the council met in the hall and not on Zoom. January is possibly the most important meeting of the year as we have to set the precept which must be sent to SLDC by the end of January. We are not allowed by law to hold our meeting on Zoom and we cannot prevent people attending a council meeting. Councillors have a right not to attend if they are concerned but must inform the clerk in writing to give their apologies and the reason.

As usual, any correspondence should in the first instance be sent to the town clerk at kevtherev7@hotmail.com.

Finally, my thanks to my fellow councillors and Diane for her help and an excellent magazine.

Keep safe and best wishes to all

Cllr. Geoffrey Buswell

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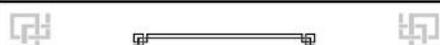
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The Brow and Ruskin's View

There has been a lot of speculation about the reasons behind the sudden closure of The Brow footpath, which gives access to the important tourist attraction, Ruskin's View. There have been questions about the need for such a closure.

The land known as Church Brow is owned by the Town Council. The footpath on The Brow is the responsibility of Cumbria County Council. Historically, The Brow has always been a problem. In the mid-1980s, the then parish council carried out significant improvement works which helped stabilise The Brow. However, Storm Desmond (December 2015) and subsequent storms have seriously eroded The Brow at river level. Drainage runoff has also affected the stability of the slope.

The Town Council has employed technical consultants who have given interim guidance and developed ways of stabilising the slope and protecting the footpath. Following an initial assessment, a slope stability report was produced, and a topographical survey has been commissioned. Having received the slope stability report from the Town Council, Cumbria County Council were left with no option but to close the footpath last Sep.

The site investigations have highlighted the current instability of the slope and the fragility of the footpath, together with the adjacent St Mary's Church land including parts of the old Churchyard, parts of the New Churchyard and of the Glebe Field and Motte. Kirkby Lonsdale PCC are having work done to establish the extent of risk and/or damage and this will inform the final design solution.

The decision to close the footpath for safety reasons was not taken lightly. Relatively temporary measures to prevent public access were put in place but have not been entirely effective. The Town Council has agreed to contribute 50% of the cost of more secure measures which are being urgently discussed with the County Council.

The footpath closure has presented the Church with particular difficulties around access to, and use of, the New Churchyard. The Kirkby Lonsdale Rugby Club helped, by allowing access from their land for funerals, mourners and visitors. This is not ideal, and the Church are looking at how to provide a better, controlled, access from the town side of the new graveyard.

The unfortunate reality is that The Brow footpath and Ruskin's View will be closed to the public for some considerable time. The Town Council and St Mary's are exploring the possibility of providing a viewing platform to enable visitors to enjoy Ruskin's View from within the old graveyard.

The cost of repairing The Brow and reinstating the footpath has not been finalised, but estimates suggest it

could be in excess of £1m. For environmental reasons, complying with the Environment Agency's working window, much of the work can only be done between June and September. This puts the target start date for remedial work at June 2023, which is when the funding will have to be available.

A fundraising strategy has been developed. The Town Council recognises the importance of this project and has agreed to contribute £100,000 towards the cost, in addition to £34,000 for initial technical surveys. The Town Council relies on council tax for income, so residents will see an increase in the Town Council section of their council tax bills, to reflect this.

If the concerns which have arisen since the footpath was closed reflect how the community values The Brow and Ruskin's View, it is hoped the efforts being made by all parties to protect The Brow and the footpath will be supported. Support for the fundraising campaign will be critical.

Updates will be provided at least quarterly in AKL and further information can be obtained by accessing the website: kirkbylonsdaletowncouncil.org.uk/

Kirkby Lonsdale Town Council, Kirkby Lonsdale Parochial Church Council, Kirkby Lonsdale Rugby Club, County Councillor Nick Cotton.

CCTV in the Town

The Town Council was successful in its bid to Cumbria Police and South Lakeland District Council for shared funding to install CCTV equipment, which is monitored 24 hours a day from police headquarters in Penrith.

The cameras are positioned at each end of Main Street (on the Royal Hotel and Plato's) and are capable of being remotely controlled so they can sweep from Market Square and New Road, along Main Street to Mill Brow and then to the Mitchelgate - Market Street junction.

CCTV is a proven deterrent when it comes to crime and antisocial behaviour, but understandably can raise concerns about privacy. However, the system is designed so that 'masking' is introduced when a camera pans over residential property, thereby protecting the privacy of residents.

Shortly after the cameras became operational before Christmas the police were called to a group of men who had been caught on camera causing anti-social behaviour on a night out.

The police had little difficulty tracking the group as one of them was dressed as Jesus - no arrests were made but warnings were issued. Locking up Jesus just before Christmas might not have gone down too well.

Kirkby Lonsdale Town Council

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COMMUNITY LUNCHES

How to book:

Please call the Community Hub on 015242 36404, the Thursday before.

February Menu

- Monday 7th February

Roast pork and all the trimming
or Nut Roast with all the trimmings

- Monday 14th February

Chicken Chasseur, potatoes and vegetables
or Vegetarian Cottage Pie

- Monday 21st February

Roast pork and all the trimming
or Nut Roast with all the trimmings

- Monday 28th February

Chicken Chasseur, potatoes and vegetables
or Vegetarian Cottage Pie

Voluntary donation, suggested Main £3.50, Dessert £1.

Delivery option available, please ask the Community Hub on 015242 36404 for more details.

Mental Health First Aid



MHFA England

After the success of the first course, a second Mental Health First Aid course will be running Wednesdays (23/2, 2/3, 9/3 and 16/3) 6.30 - 9pm. The course takes place online.

For more information or to register your interest please contact:

coordinator@klcommunity.co.uk

VOLUNTEER

CAN YOU HELP?

Can you spare a hour or so? We looking for volunteers to join our invaluable team. Roles are varied, always worthwhile, and some are home based. You might be surprised - there's usually something to suit your skills and availability.

Sign up at klcommunity.co.uk/volunteer

Or for more information, please contact

coordinator@klcommunity.co.uk

KL Gardening Association

Lengthening days and green shoots in the garden! Spring is on its way!

Wednesday 16 February in the Main Hall will be our first meeting of 2022. We start with our brief AGM at 6.30 followed by a chance to catch up with gardening friends whilst enjoying tea and cakes.

Followed at 7.30 by our presentation about the fascinating history of the Barnhaven Primroses which were once grown in Brigsteer in the Lyth Valley. Their history can be traced back to the famous plantswoman, Gertrude Jekyll, who in the early 1900s started selecting different coloured strains of primroses in her garden at Munstead Wood in Surrey and Suttons Nursery later sold seeds of her strains.

In America in the 1930s, Florence Bellis spent her last 5 dollars on 4 packets of the Sutton/Jekyll primrose seeds. So, what happened next? Join us to hear the rest of the story from Wendy and David Prescott who live in Brigsteer.

Our new programme for April 2022 – March 2023 will be available in March but as advance notice our plant sale will be held on Saturday 21 May in the Lunesdale Hall and we will be organising a coach trip to the new RHS garden Bridgewater on Wednesday 15 June. The Annual Flower and Vegetable will take place in the Lunesdale Hall on Saturday 20 August.

Our meetings are open to all and new members are always welcome to join our group, £3 for a single person and £5 for a couple. For further information please contact Membership Secretary, Maureen Dwyer, tel 015242 72594.

If you would like to receive notifications about the Gardening Association by email, please register your interest via kirkbylonsdalega@gmail.com

Margaret Clarke, Events Secretary, 015242 72045

Harmony Hounds

Harmony Hounds will be visiting Hornby on Saturday 19th February.

This long-established and popular band style themselves on the 'Pasadena Roof Orchestra' who play the music and sing the songs that were heard in the dance halls and clubs in the 1920s to the original orchestrations.

Join us at the Village Institute, Main Street (A683), Hornby, LA2 8JR. Doors & Bar open at 7.30, music from 8pm.

Tickets £15, available on the door or ring 01524 22227.

Newsagent News

After nearly 22 years as HT News and in the safe hands of Dave and Helen, Jonathan and Holly are now the new proprietors of Kirkby Lonsdale Newspapers on Main Street. Jonny and Holly have very exciting plans to further develop the newsagents, increasing opening hours, interior and exterior refurbishment and extending daily delivery service of newspapers, magazines, milk, bread and National Lottery services.

Jonathan has always been in customer facing roles, brought up in a pub, Landlord of the Red Lion, Sedbergh for 8 years and a chef for 30 years including a spell as an Executive Chef at Sedbergh School and most recently Head Chef (Sir Jonny Chef to the pupils) at Casterton, Sedbergh Prep School. Jonathan will be supported by his partner Holly and their 9-year-old son Jack, who has played for KLRUFC since he was 5. After Covid delays, not only will Jonny and Holly be launching their new business but they will tie the knot later in year; so definitely an exciting year ahead.

Shop Opening Hours (From Saturday 8 January)

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Jonny said "We are thrilled to be given this wonderful opportunity to support Kirkby Lonsdale residents and the surrounding communities. A special thanks must go to Christopher Robins Charitable Trust for making this possible.

I am looking forward to working with them over the next few months as we begin refurbishing the shop and exploring new services we can provide. We are really looking forward to welcoming customers to the shop and should you have any ideas of what you would like to see in the shop, please send us an email or pop in.'

Casterton WI

The WI year of 2021 ended in traditional style with Christmas carols and seasonal stories. As there is no meeting in January, the first meeting of 2022 will be on 2nd February, when Mike Tracey will be talking about the British Antarctic Survey, sure to be full of topical interest, especially in these days of global warming. As usual, the meeting will take place in Casterton Village Hall at 7.30 p.m. when members will have a chance to catch up after a two-month break.

The following month, Casterton WI will be welcoming local author Diane Allen who will be talking about her writing – 'A Saga in the Dales' – on 2nd March at the usual time of 7.30 p.m. in the Village Hall.



Connecting KLRUFC to B4RN as part of the roll out for the rest of Kirkby Lonsdale.
(Picture by Peter Farrington)

B4RN – A personal perspective

B4RN is a local 'not-for-profit' organisation set up to bring good internet access to the local communities. It was established by a couple of local volunteers to bring fibre optic broadband to small village communities, by laying fibre optics through the fields, with the permission of local landowners. B4RN were able to connect up to one of the main national trunk fibre trunks and provide customers with 1,000 Mbits per second broadband (both up and down) for the fixed fee of £30 per month with no additional data charges (only £15 for holiday lets).

All profits are committed to building the network and going back to the local communities.

Kirkby Lonsdale was largely bypassed in the original roll out (the exceptions being QES and Oakfield Park), but B4RN has now developed the capability to go through the streets and is now planned for rolling out in Kirkby Lonsdale during 2022.

The B4RN Network relies on the support of local landowners and volunteers to plan routes, secure wayleaves, knock on doors, deliver leaflets, help with garden digs and house kit fitting, support neighbours needing help on the how to and raise investment.

Fibre optic broadband provides a more reliable faster internet connection than is ever possible with traditional

supply over the telephone wires. It provides a reliably fast connection for all home requirements including watching TV, video calling, gaming, shopping, access to cloud services and watching YouTube – and for families that is all at the same time (there is no drop in signal nor buffering when Auntie Agnes downloads the latest Netflix vampire movie!). For business it provides a fast reliable connection for EPOS equipment, access to cloud services, file transfer, CCTV monitoring etc.

Most existing B4RN Customers use the benefit of Free WiFi calling on their mobile phone but the more 'traditional' telephone service can be provided over the internet by a number of independent suppliers using VOIP (Voice over internet protocol – in simple terms using the internet to make your phone call rather than a traditional landline).

Putting B4RN into Kirkby Lonsdale is a Community Project for the benefit of all and it will not happen unless the Community supports it. There are many ways to get involved including by signing up now to get B4RN to take the service (when the network is built) becoming a local volunteer to help in your street or area and by buying shares in B4RN to help fund the B4RN Project for Kirkby Lonsdale. Please see the B4RN website or contact the volunteer team at b4rnforkl@gmail.com.

Merlin Hibbs

Fairtrade Fortnight 21 Feb—6 Mar 2022



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Kirkby Lonsdale is passionate about Fairtrade Fortnight and, as a Fairtrade Town and allied with the Cumbria Fairtrade Network, continues to work with the Fairtrade Foundation to amplify marginalised voices especially when it comes to climate change.

For two weeks each year at the end of February and start of March, thousands of individuals, companies and

groups across the UK come together during Fairtrade Fortnight to share the stories of the people who grow our food and drinks, mine our gold and who grow the cotton in our clothes, people who are often exploited and underpaid.

In 2022, the online Choose the World you Want Festival will return from 21 February to 6 March.

Last year's festival saw campaigners, shoppers, students and businesses come together in a show of support for the farmers behind our food on the front line of the climate crisis. From online panels to bake-offs and coffee mornings over 50 virtual events took place as part of our virtual festival, with supporters sharing the power of Fairtrade and what needs to happen next to ensure farmers and workers are put front and centre of conversations on how to tackle the climate crisis. The COVID-19 pandemic has shown us more than ever how interconnected we are globally. This interconnection is at the very heart of the Fairtrade message and is where your role begins. You are part of the Fairtrade movement, and you have the power to drive long-term change, not only with your shopping choices but with your support in spreading the message.

Join the revolution on social media and help spread the word! Fair Trade is part of the Climate Issue, fight for

climate justice with us on Facebook and Instagram:  @KirkbyLonsdale.info  @KirkbyLonsdaleTown

Fairtrade Fortnight 21 Feb—6 Mar 2022

Since last Fairtrade Fortnight we have seen the G7 and COP26 take place, when Kirkby Lonsdale organised the Make a Promise to My Planet postcard competition and welcomed the Listening to the Land pilgrimage to COP26. Over 33,000 campaigners joined 1.8m Fairtrade farmers and workers in backing the Be Fair With Your Climate Promise challenge to world leaders at the UN COP26 summit.



But frustration came as the wealthiest nations failed to recognise the urgent need to invest in farmer expertise by delaying their promised \$100bn annual funding to the most climate vulnerable countries until 2023. That isn't good enough.

“A frustrating conclusion to a summit filled with hope.” This was the verdict of Mary Kinyua, Fairtrade's lead COP26 delegate, and a Fairtrade flower farmer representative.

Climate justice was never going to be won or lost at one conference in Glasgow. But where the COP26 agreement fell short, we need to increase the pressure for urgent action.

Fair Trade champions communities who have contributed the least to climate change but suffer its consequences the worst.

Join the revolution on social media and help spread the word! Fair Trade is part of the Climate Issue, fight for climate justice with us on Facebook and Instagram: @FairtradeUK  @FairtradeFoundation @CumbriaFairTradeNetwork

The UK and other wealthy countries benefit the most from an unfair world trade system which restricts many farmers and workers on the front line of the climate crisis from building sustainable lives and prospering. Fair Trade Towns across the UK like Kirkby Lonsdale promote and sell Fair Trade products to help alleviate this disparity.

What can I do in Kirkby Lonsdale?

Buy one Fairtrade product today! You will find Fairtrade products at the Information & Gift Shop, the Zero Pantry, Abrahams, Booths and many more shops around town.

Encourage local shops and hospitality venues to choose Fairtrade products. If you own a business, join the Cumbria Fair Trade Network: <https://cumbriafairtrade.wixsite.com/cftn> Join the online discussion groups and workshops during Fairtrade Fortnight and throughout the year (details can be found at <https://www.fairtrade.org.uk/get-involved/>)

Contact Liz or Phoebe via the Information & Gift Shop to find out more:

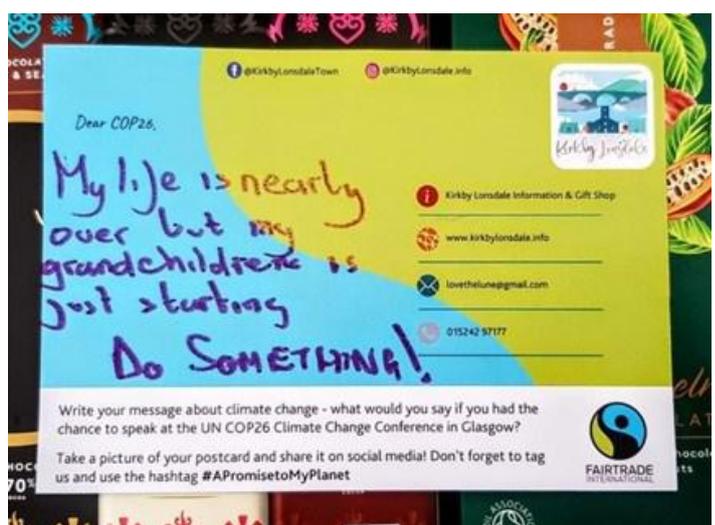
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015242 97177

lovethelunepr@gmail.com

Liz Saunders, Kirkby Lonsdale Fairtrade Group

Phoebe Rodway, Kirkby Lonsdale CIC



The Church in and around Kirkby Lonsdale

Eleven churches comprising Anglican, Methodist and Roman 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 February.

Cowan Bridge Methodist Chapel Services with St Bartholomew's Barbon During February.

Please continue to follow all the social distancing and hygiene guidance. (The type of service may change after AKL goes to print. Please check church notice boards and kl.church website for up to date information)

February

3 Thu Kirkby Lonsdale	10.30am Holy Communion	17 Thu Kirkby Lonsdale	10.30am Holy Communion
6 Sun 4 BEFORE LENT		20 Sun 2 BEFORE LENT	
Kirkby Lonsdale	11.00am Holy Communion	Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Holy Communion	Preston Patrick	9.30am Morning Service
Lupton	9.30am Morning Service	Lupton	9.30am Holy Communion
Barbon	10.30am Morning Service	Barbon	10.30am Holy Communion
KL Methodist Church	10.30 Mr Stephen Hitchcock	KL Methodist Church	10.30am Rev Wendy Thornton Holy Communion
RC Church	9.00am Mass	RC Church	9.00am Mass
10 Thu Kirkby Lonsdale	10.30am Holy Communion	24 Thu Kirkby Lonsdale	10.30am Holy Communion
13 Sun 3 BEFORE LENT		27 Sun SUNDAY BEFORE LENT	
Kirkby Lonsdale	11.00am Morning Service	Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Holy Communion	Preston Patrick	9.30am Morning Service
Barbon	10.30am Morning Service	Barbon	10.30am Morning Service
Hutton Roof	11.00am Morning Service	Casterton	10.30am Holy Communion
Mansergh	11.00am Holy Communion	Hutton Roof	10.30am Morning Service
KL Methodist Church	10.30am Derek Burnside from Capernwray	KL Methodist Church	10.30am Mrs Maureen Timmis
RC Church	9.00am Mass	RC Church	9.00am Mass

Julian Meetings

Waiting on God in Silence

A Julian Meeting is an ecumenical group who meet regularly for silent, contemplative prayer or meditation.

Before covid we used to meet at St Joseph's. If you would like to be part of a group I am proposing to hold an introductory meeting on the afternoon of TUESDAY 8TH FEBRUARY at 2.15pm in St Mary's Church, Kirkby Lonsdale.

Please come along if you are interested or contact me on 01539 324483 or 07900 530849 or sueoloughlin.so@gmail.com.

Sue O'Loughlin

Deacon



Rowing a Million Metres For NWCR

We embarked on our sponsored 'Million Meter Challenge' for North West Cancer Research on 22 Nov 2021. Our aim is to row 1 million meters in 100 days using rowing machines in the gym and as this article is being written we have just past the halfway stage.

Who are we? Richard (Gabbler) Day and David (Higgy) Higson with a combined age of 146 years. Whilst Richard is rowing the whole distance, David (the older one) is supplementing an element of walking to reach his goal. Our target is to raise £1500 for this worthwhile charity during a particularly difficult time with the Covid virus

Used Postage Stamps

Thank you for your wonderful response to our request for your old used postage stamps this time last year.

North West Air Ambulance and I are most grateful and now renew our appeal for used stamps throughout the year.

still restricting fundraising. Gabbler is a well know local fundraiser whilst Higgy has been the Lune Valley Treasurer for NWCR over the past 38 years. When you read this article, we will have 3 weeks in which to complete our challenge and ask for your support in getting us over the line by sponsoring through our web page www.justgiving.com/higgyandgabbler or getting in touch with one of us.

Many thanks and Best Wishes for 2022

Gabbler and Higgy.

We do not know what happens to the stamps following the highest auction bid but we do know they command a high value.

Please leave stamps at KL library or contact me.

Thank You

Alan Day 71715

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Caught on Camera – Take Two

(plus our AGM)

The Kirkby Lonsdale WI invites you to attend our first meeting of the year which will be held on Wednesday 2nd March when Amy Bateman will be delivering her re-scheduled talk.

Amy, a celebrated local photographer, will share her story of life as a farmer, wife and mum with a passion for photography. Her mastery of the lens has been acknowledged in many quarters and she has been awarded the prestigious accolade of British Life Photographer of the Year. Amy's photography has been described as 'capturing light and memories, and making important details stand out to create images that tell a story'.

The competition for this event (members only) is: A photograph of a landscape (5" x 7" max), which will be judged by Amy.

Please come along and join us in what promises to be an excellent evening.

Our meetings are very relaxed and all are welcome including non-members and gentlemen. Entry for non-members is £5. You may also wish to bring some loose change for the raffle and remember to wear some layers; even though the Hall will be cosy, we will be ensuring there is sufficient ventilation.

Please note we will also be holding our AGM on this night which will include our new programme for the year ahead. The AGM, which will precede Amy's talk, is for members only. Details of this will be circulated nearer the date.

At December's meeting, we were entertained by the effervescent Helen Askew, founder of The Topsy Filly, whose entrepreneurial spirit led her to create her innovative mobile bar in a converted horse trailer. Helen creates her own gins and cocktails, some of which we had the pleasure of sampling. We would like to thank Helen for a fabulous evening, her pop-up shop, and her generous contribution to our raffle.

Please follow us on social media and don't hesitate to get in touch if you would like further information about our meetings or want to join; it's always a pleasure to hear from you.

Rosalind and all on the Committee

Tel: 015242 98587 / 0776548094

Email: kirkbylonsdalewi@gmail.com

Web: www.klwi.co.uk

Instagram: kirkbylonsdale_wi

Facebook: Kirkby Lonsdale WI

Kirkby Lonsdale Singers

We are delighted to be able to return to live singing under our musical director Anastasia Micklethwaite and currently are joined by our friends from Sing Joyfully!

Rehearsals are held from 7.00-8.30pm every Wed (during term time) at St Mary's Church, Kirkby Lonsdale. We would give a warm welcome to new members of all voice types. No audition or music reading ability is necessary. We sing a wide range of new and well-loved choral music, including unison and part singing, classical and folk traditions, stage and screen, songs from across the world, including a range of British, European and American composers.

All singers need to sign and agree our risk assessment, including mask wearing when not singing, and must bring proof of a negative LFT on rehearsal and concert days. Anyone displaying symptoms of Covid, cold or flu should please not attend. Please note that rehearsals and events will combine singers from both vocal groups for 2022 and all gatherings are now socially distanced.

Do come and join us.

For further information contact Lynne on 07515 685544 for Kirkby Lonsdale Singers

Contact Anastasia on 07952 601568 for Sing Joyfully!

Meals on Wheels

Can we help you?

We are here to help you if you are feeling in need of a little support. Maybe you have just come out of hospital and having a hot meal delivered at midday would help you get back on your feet. Maybe getting a hot meal during the week would be a relief and ease the pressure of having to cook for yourself. We can help in these situations.

We can provide a hot meal, which is a main course and pudding, on each or any of the 5 weekdays depending on what suits you. We try to accommodate any dietary requirements you may have.

The meals are being provided by The Orange Tree and are much enjoyed by all.

We are a service run by volunteers and all the cost goes towards providing the meals.

Meals cost £5.50 per day,

To find out more, contact:

Liz Groves 015242 76322,

Jane Nute 015242 72065

Kirkby Lonsdale and District Civic Society



Monasteries Of Cumbria

In the Middle Ages there were twelve houses of monks, nuns and canons in what is now Cumbria, all closed, and many destroyed during the Reformation. At 19:30 on Monday 14th February Dr Alan Crosby will tell us about some of them and their distinctive local characteristics, particularly in the context of their relationship with the wider community, which might have played a part in the resilience of Catholicism in the area after the Reformation. Alan is one of Britain’s leading and most respected local historians, with a particular interest in landscape history and the social history of the North West.

We hope you’ll join us in Lunesdale Hall, where appropriate COVID precautions will be in place. Entrance is £2.50, including refreshments. If for any reason we’re unable to meet in person, the talk will be Zoomed in which case you can book a free place by emailing kldcstalks@gmail.com. Please check our website www.kirkbylonsdalecivicsociety.org or Facebook page www.facebook.com/Kirkby-Lonsdale-District-Civic-Society-106522207930224 for the latest information, or mail kldcstalks@gmail.com.

Volunteers Needed Save the Children shop

We are looking for wonderful people to come and join our Kirkby Lonsdale team. So, if you have a few hours to spare, whether weekly, fortnightly, monthly or ad hoc, we would love to hear from you.

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For more information please visit our Facebook page @ Vale O Lune Young Farmers Club or give us a ring on 07725744412 (Will).

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Bumblebee Gallery (Homeware gifts)

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015242 71261

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Dales Butchers

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Dotty and V (children's clothing)

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

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015242 97177

La Maison (Lifestyle emporium)

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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)

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Food, Drink & Accommodation

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The Copper Kettle (Restaurant & guest house)

015242 71714

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015242 72160

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afford it. What help can I get or small changes can I make around my house to help save some money this winter?”

The cost of energy is very high at the moment. Normally we would suggest switching to a better deal, but there aren’t a lot of good deals out there. However, there are still other small ways you can keep your bills down.

Make sure TVs and other electronic devices are switched off and not left on standby, wash clothes on a lower temp and only fill the kettle with the water you need. Turning down your main thermostat by 1 degree can save you around £60 on your energy bill. And by spending one minute less in the shower each day, a family of four could save £75 a year on energy and water bills. The Government’s [Simple Energy Advice](#) website has more tips .

Another way of cutting costs in the long run is to invest in good insulation— if you’re renting, ask your landlord.

You may be able to get financial support to help insulate

your home under the [Energy Company Obligation](#) scheme. Contact your energy supplier for more information. If you’re in a household that’s not connected to the gas grid you may also be able to receive help under the Home Upgrade Grant scheme through your local authority.

There’s some financial support available for paying your energy bills, depending on your situation. For example, if you’re a pensioner with a low income or receive Universal Credit or other means-tested benefits, you may be entitled to the Warm Home Discount. This gives you £140 a year to go towards your bills. Check the [Government website](#) to find out if you can claim it.

The Government recently announced a £500m fund to support households this winter so keep a look out for announcements about how this could help you. Remember you can always call South Lakes Citizens Advice on 015394 46464 for free advice about your energy costs and staying warm this winter.

Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm

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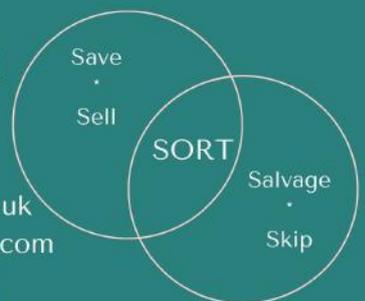
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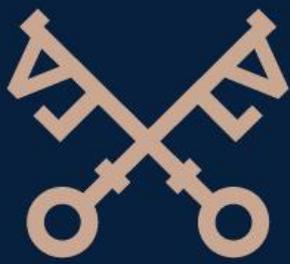


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