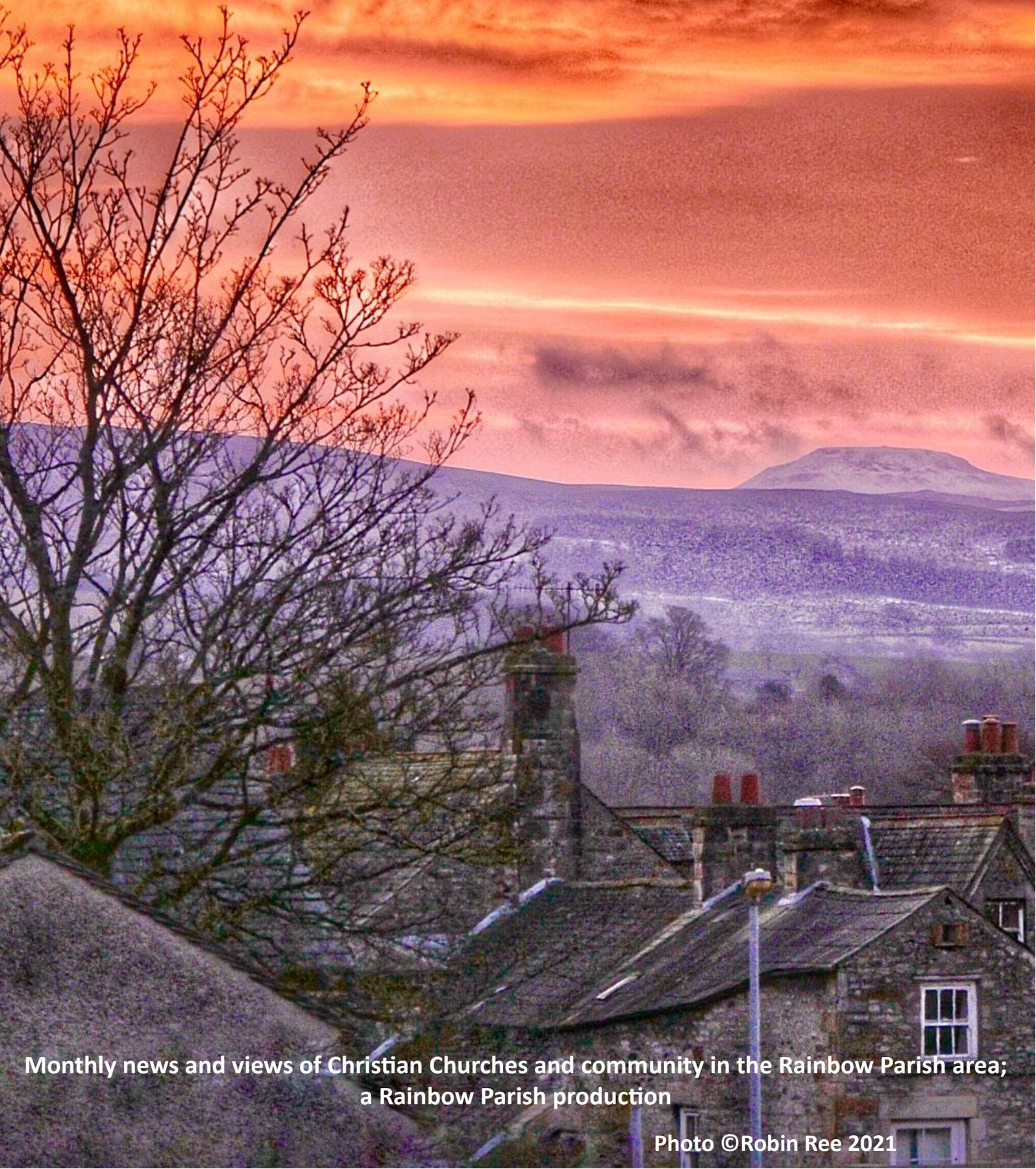


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Around Kirkby Lonsdale

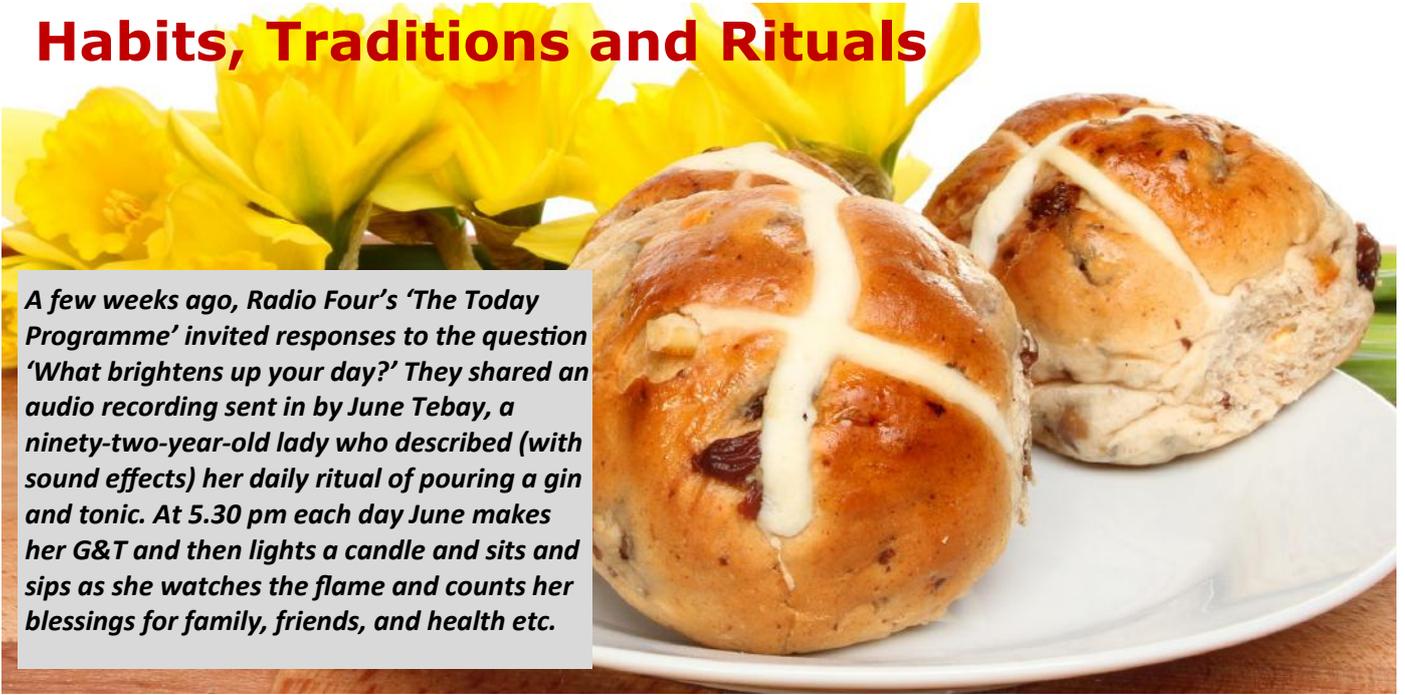
March 2021



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

Photo ©Robin Ree 2021

Habits, Traditions and Rituals



A few weeks ago, Radio Four's 'The Today Programme' invited responses to the question 'What brightens up your day?' They shared an audio recording sent in by June Tebay, a ninety-two-year-old lady who described (with sound effects) her daily ritual of pouring a gin and tonic. At 5.30 pm each day June makes her G&T and then lights a candle and sits and sips as she watches the flame and counts her blessings for family, friends, and health etc.

It really made me smile, it was the obvious pleasure and comfort she gained from this daily ritual. It was a marker in her day, a reflective and prayerful moment and something she had valued prior to and throughout lockdown.

Rituals and traditions are hugely important and life-sustaining for human beings.

Traditions emerge from the story of where we come from, they give us our identity and connect us to previous generations. Through ritual we build families and community, we grow, change and mark important events in our lives. Every family has its own traditions and rituals to some degree. Rituals motivate and move us help us find expression in times of joy and sorrow. They also bond us together and make us feel like we're part of something special and give us much needed comfort during difficult times.

D R Messenger writes,

"Ceremonies are an expression of culture," he adds, "mechanisms which express and generate love, forge and declare the bond between individuals, and establish and identify community." Dally R Messenger (1999) Ceremonies and Celebrations

There is a sense of before and after, that life has been touched by the experience and given deeper meaning.

Do we need traditions?

Traditions can offer a way to organise and centre us through life and especially at times of difficulty or uncertainty. In other words, these familiar actions provide a sense of calm and peace to our busy lives. From reciting blessings to raising a glass to make a toast, seasonal traditions are brimming with rituals. Research shows that the structured and repetitive actions involved in such rituals can act as a buffer against anxiety by making our world a more predictable place.

The rhythm of the seasons and the associated festivals provide markers through the year.

Christian practices and rituals are an important part of how we experience and practise faith and spirituality. Since the beginning of the pandemic we have been denied the means to practice our traditions in the usual way. Important rites of passage such as weddings, funerals and baptisms and celebration of birthdays and anniversaries have been significantly affected, leaving us feeling emotionally vulnerable, and in some way as though we are incomplete!

The major festivals of Easter, Harvest and Christmas were significantly curtailed last year but we tried hard to re-frame those rituals and traditions which enabled us to celebrate them and help us to feel connected as community. The traditions and rituals serve to remind us of God's eternal love, faithfulness, and grace.

When this edition is published, we will already be in the season of Lent, the very important 40-day tradition of preparing to commemorate the Death of Christ on Good Friday and the Resurrection Hope on Easter Morning. Lent is often associated with the tradition of giving things up. However, I think most people will feel we have given enough up this past year, so perhaps we can take the opportunity to explore and join in activities which will help us to energise us, encourage faith and keep us positive. We may well find we adapt our traditions or even make new traditions and rituals! Perhaps we need traditions and rituals more than ever in these uncertain times?

Rev Wendy

[Please see the Church Service diary for Good Friday Open Air Services and Easter Sundays across our churches.]



Pic by Jeanette Lawrence

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View from the Bridge

I am starting this month's view with some good news about the Play Park refurbishment. It was reported at the council meeting on the 10th February that Russell Armer are going to release the monies towards the work now rather than instalments as originally proposed. The Play Park committee are close to announcing which of the tenders has been successful. Cllr Marie Batty will be setting out details in April AKL, including acknowledgment to contributors that have helped in financing the project.

The next two council meetings will be held on Zoom and you can contact the Town Clerk if you wish to attend. The link is sent out seven days prior to the meeting. We have a 15-minute public participation for you to address the council. Unfortunately, we are unable to discuss matters raised so would have to be an agenda item for a future meeting. The reason is we can only discuss matters that have been published on the agenda which is prepared ahead of time. Strict rules governing council meetings don't allow any other business which is common practice at most other clubs or annual general meetings

An issue that has been doing the rounds on social media is the felling of trees. These are dealt with by SLDC and not the town council. A planning application along with a tree surgeon's report has to be submitted together with the reason for the felling. We lose very few, if any, to development, but usually they are a danger to life or property. Trees that come within the YDNP all require their permission to be felled, even those along the riverbank. During the latest storm and high-water levels, we lost three, and there are several more which need to be heavily pruned or removed before they do extensive damage to the bank. Thanks to the local Rotary Club and Peter Irving, several new trees have been planted in Jubilee Field but space in and around the town is very limited when it comes to planting trees.

The light at the end of the tunnel is coming but it is a very long one – much like the Gothard Tunnel in Switzerland! Our surgery is ahead in vaccinations and if we all support our local economy wherever possible, we will win.

My thanks to all the volunteers that are helping to keep our town ticking over, my helpers and Diane for help and support.

Stay safe and best wishes.

Cllr. Geoffrey Buswell

Plastic Free: do the best you can?

This may feel a daunting process once you take stock of how much plastic we actually use in our homes on a daily basis. Over the coming months I would like to guide you through some easy steps to achieving your goal. Remember - "We don't need a handful of people doing zero waste perfectly, we need millions of people doing it imperfectly". If you can go 100% plastic free then that's an amazing achievement but if, like me, you can only do as much as you can then that is better than nothing at all.

We'll start in the bathroom. When I looked into going plastic free it overwhelmed me - just take a moment and look at your bathroom. Study how many bottles, containers, lotions and potions all come in plastic containers. So, where do we start? By taking one step at a time and replacing each item with a plastic-free alternative or refill option as it runs out. Replace your toothbrush with a bamboo one or your electric toothbrush heads with ones that are recycled and can be recycled. Swap your shampoo and conditioner for solid bars or just refill the bottles that you already have with an environmentally friendly alternative. Change the way you wash by using solid soap or refillable body wash and ditch that scrunchie for a soap saver bag or washable cloth.

By doing just one thing at a time it won't be so overwhelming. Over time you will not only see a difference with the amount of bottles in your bathroom but you will also start to notice a difference with the pennies. There are plenty of options out there to meet everyone's personal preference, so come on everyone - let's start to make a difference today.

Kim Bradshaw,

The Zero Pantry

Scouting continues

During lockdown 1st KL Scouts and Aluna Explorers have been running virtual meetings for all sections, and this will continue until we can get back to face-to-face. Fortunately, virtual doesn't mean just staring at a screen. We've made bubbling volcanos, balloon-driven cars, models of Arnside, scavenger-hunt pictures of Ruskin's View and cooked biscuits, cakes and pancakes for England.

If any boy or girl aged 6 to 18 wants to have a bit of fun to break the week please get in touch.

Skip (Nigel Bradshaw) kirkby_lonsdale_scouts@live.co.uk



Drop-in online!

Come for a natter and a catch-up Zoom with some of the Drop-In team and fellow Parents/Guardians. We will be online every Monday during term-time from 2-2.30pm (ish), starting on Monday 1st March 2021.



Grab yourself a cuppa and a snack of your choosing and join us. We expect there to be noise and movement in the background of your Zoom as you are part of a family unit. We enjoy your company. All parents, guardians, grandparents and carers of the children of St. Mary's School are welcome .

For the Zoom code please email:
kldropin@gmail.com



Time for exploring and time for a cuppa!

The Family Project

We launched our Muddy Church challenge to find all the different stones we had placed around Kirkby Lonsdale. Each stone had a pair of wellington boots painted on it and if you picked up the stone, with sanitized hands of course, you would find a secret quote. We gave you all a set of cryptic clues to help you find the 20 stones hidden around the town. I wonder if you managed to find them? If you are reading this and wondering how you missed this, please take a look on Twitter, Instagram or Facebook using the #klmuddychurch for more information. The stones may be a bit worn but are hopefully still findable for some time. We have asked you to also make your own stones with muddy wellington boots and add them to around town with your own clue that you can share on our Facebook page. If you can, pop a positive quote on the back of the stone you make, to hopefully make someone's day as they search for the stones on a walk.

Drop-In is back!

Drop-In was an initiative we began two years ago at St. Mary's School. It was held in a room at St. Mary's School and parents could drop-in for a cup of tea, refreshments and chat before pick-up on a Monday afternoon. We had hoped to be back in that space by now but the pandemic had other ideas! However, we are going to start Drop-In online from the 1st March. Every Monday at 2pm for 30 mins or more, we will be online, ready for chat. If you are a parent who is looking for a thirty-minute breather why not make yourself a cuppa, grab a snack and join us? Feel free to bring along knitting or crafting if that makes the time out more relaxing for you! Just like old Drop-In, if young people are around playing whilst you are talking that is great- we have missed hearing how you are all doing and look forward to catching up after our longer than predicted break.

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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.

CHURCH ACTIVITIES LENT & EASTER

At time of writing, we do not know if we will be able to physically gather as families, church, and community at Easter. There are a range of creative activities available to help us participate in Lent and the festival of Easter including a Lent course. You can find information about them on the website kl.church or look out for the Newsletter or Facebook pages. The recorded Service will continue on youtube kl.church throughout.

Holy week begins on Monday 29th March where there will be a Reflective Space from 7.00-8.00pm Mon -Thurs. We are hoping to meet in St Mary's, but it will be on Zoom if not. This will be led by Rev Dr James Tebbutt the Methodist Chair of Cumbria District.

EASTER WEEKEND

Please check the Weekly Newsletter and Church Notice boards for Good Friday Open Air Services and Easter Sundays across our churches.

For further information contact info@kl.church or contact any of the Clergy.

Website kl.church, Fb page [@kirkbylonsdalemethodistchurch](https://www.facebook.com/kirkbylonsdalemethodistchurch) or [@kl.churchcumbria](https://www.facebook.com/kl.churchcumbria)

EGGXITING FAMILY ACTIVITY

We would like to create an Easter Tree in the Churchyard a symbol of Easter Hope. There will be eggs available in the Church porch to take home to decorate or write a word or message of encouragement. Once finished please bring back and hang on the tree which will be marked in the churchyard. The Eggs will be in the porch from 4th March for collection.

Stuart French

1935-2020

Barbara and family wish to thank the many friends and Barbon neighbours for the comforting cards, letters and expressions of sympathy following the sad passing of Stuart. He spent twenty happy years in the town from 1984 to 2004 as co-owner with his wife of Beck Head Books and Gallery.

In what has been such a difficult year for all of us we are so grateful for the many acts of kindness including support from medical staff, community nurses, carers and also to Ruth Hart and the team of volunteer drivers who contribute so much to our community

Barbara French

Robert Etherington

Liz Etherington and her family would like to thank everyone who sent cards and flowers following the passing away of her husband Robert. We particularly appreciated those who shared fond memories of Robert and we have been comforted by the many offers of support we have received. Thank you all.

Many thanks

Jane Etherington (daughter)

St Mary's Lockdown Bookbank

Donations of children's and adults' books in good, clean, condition are most welcome to our bank in St Mary's Church porch. Also puzzles, games and DVDs. There is no storage facility, so please leave just a few items that you think would be enjoyed by others during lockdown. Fiction is the most popular. Please, no maps, videos, textbooks, old or tatty donations. Thank you.

St. Mary's Church Needs You

St. Mary's Church is looking for a volunteer who can help with some of the financial aspects of the church's life. The church receives income from a variety of sources and in different ways, and it is in this field - keeping track of income - that we are seeking additional help.

Such a person would need to be sympathetic to and supportive of the vision of the church but would not necessarily need to be an active member of the congregation. Some familiarity with spreadsheets would be needed, but we would be able to give training, guidance and support as necessary.

If this role interests you, and you feel as though you could help the church in this way, we would be delighted to hear from you. You can find out more by contacting Robert Cass or Rev. Richard Snow (see contact details under 'Rainbow Team' on page 3 of AKL).

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The Fairbank Society, which is a registered Charity, is located on Fairbank near St Mary's Church in Kirkby Lonsdale.

Our main purpose is to provide a high standard of accommodation and support for independent, older people at our lovely location in the town. People who choose to come to live with us do so because they can maintain their independence but be relieved of the day-to-day chores involved in living alone – shopping, washing clothes, cleaning, gardening. They also value the companionship of living near to like-minded people with no obligation to join in activities.

Personal choice is important. We provide a safe place where people can take advantage of excellent food, companionship and entertainment in a beautiful setting. Some local residents come to live with us, while others have come to be near their children or other family members.

Within the spacious grounds are two houses, Gables and Travers House. The Fairbank Society was formerly The Abbeyfield Society (Kirkby Lonsdale). These were both gifted to the charity, for the benefit of local people. We are a highly regarded non-profit and now extend a welcome to people from elsewhere.

Fairbank is managed by a local Board of Trustees who are accessible and closely involved. We employ a team of professional staff headed by a Manager. They collectively provide the highest standard of service and support in line with our values and commitment to our residents.

Residents pay a monthly rent which covers all aspects of living including breakfast items and meals taken in the dining room at lunch time and supper time. They sometimes choose to eat out with family and friends but we encourage the social aspects of shared meals.

The rent also covers cleaning of all areas, laundry, heating, insurance, full property maintenance and help from staff for day-to-day living. The only extra charges are for personal telephone bills and personal care which can be purchased through local agencies if that becomes necessary. We have volunteers who are actively involved in activities.

There are various types of accommodation – two cottages, 5 apartments and 16 en-suite rooms with rents ranging from £1,500 to £2,300.00 per month. This covers all expenses. A guest room is also available for overnight stays by relatives and we can provide short term accommodation for convalescence or holidays.

If you would like more information you can telephone on 015242 71077,
email – manager@fairbanksociety.com or visit our website – www.fairbanksociety.com



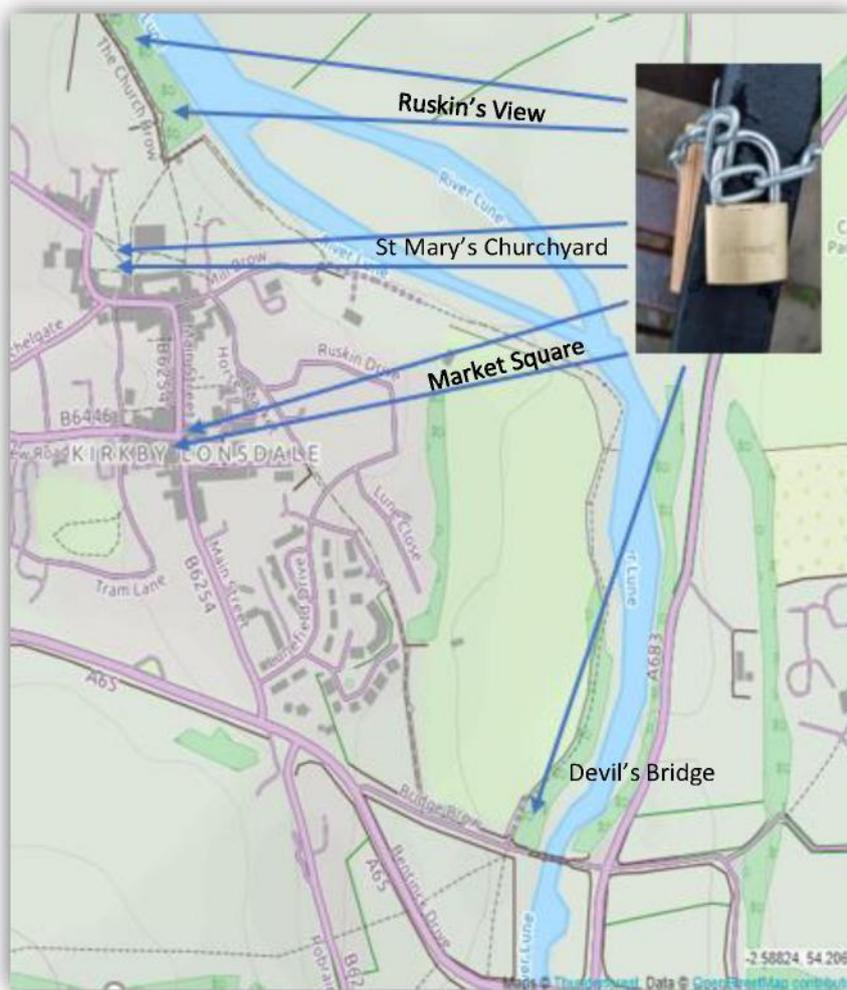
The Vault Unlocked

Over the winter months, residents and visitors will have spotted boards with QR codes -  - padlocked to benches around the town.

Get out your phone and use a QR code reader to scan the codes and unlock some of the town's lesser-known stories. Then go and search for the others, the locations of which are all shown on this map – a perfect lockdown trail.



Once the Visitor Information Centre and Shop reopen post-lockdown, come in and immerse yourself in a very special experience in the original bank vault, and watch this space... more stories are in the pipeline...



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Kirkby Lonsdale WI

For the past month I have been very busy, working five days a week for the NHS Mass Covid-19 Vaccination Centre in Kendal's shopping centre and so I can appreciate just how much the prospect of vaccines is at the forefront of everyone's mind. I'm sure you'll agree that we in Kirkby Lonsdale are very fortunate to have such an excellent surgery which has already offered many of us our jabs.

Looking ahead, there are a few things I'd like to bring to your attention:

The His & Hers Coat-Hangers Competition

No doubt you are all busying yourselves with your clever ideas and we can't wait to see how creative you've been. Please deliver your entries in the designated, socially distanced competition box at the home of Chrissy, our Competition Secretary (Corner Cottage, 13 New Road - opposite the Post Office and the library). The deadline is on 10th March.

We'd love you to engage with us on social media, a dimension of our branch which is fast developing thanks to the efforts of our Social Media Team: Amorelle Hughes, Elaine Howden and Jen Kell. I'm sure you'll agree, they're doing a wonderful job. Social media is such a great way to keep in touch and we invite everyone to 'follow' us on Instagram and 'like' our public WI Facebook page. We welcome members to 'join' our private Facebook, KLWI Members Group.

Subs: The CFWWI has asked all branch Treasurers to remind members of the new renewal date for subscription fees on 1st April. This year, the National Federation has granted branches the discretion to set their own subscription fees; our Committee has approved a £10 discount on this year's subs. The full membership fee will be reduced from £44 to £34.00 (dual membership will be £11.60). Please could you make your cheque payable to Kirkby Lonsdale WI and deliver to me at my home address, details of which will be circulated by Amanda.

A little Bundle of Joy and Happiness: We'd like to share some good news and send our congratulations to our member, Amira, along with hubby and sons, on the safe arrival of their baby girl.

Contact Us: Remember, if there is anything you need, there are many ways in which you can keep in touch.

Tel: 015242 98587 / 07765480943

Please take care and hope to see you all soon.

Patsy

Tel: 015242 98587 / 07765480943

Email: kirkbylonsdalewi@gmail.com,

Facebook: Kirkby Lonsdale WI,

Website: www.klwi.co.uk

The Rotary Club of Lunesdale

Meeting online, as the club continues to do, is by no means as good or as satisfactory as meeting in person. It does however enable club members to keep in touch and abreast with how their fellow members are coping in this pandemic. Additionally, at virtual meetings Rotary objectives and news from local, national and international levels can be raised and discussed. We hear from these meetings how much is being achieved both locally, nationally and globally by Rotarians despite the restrictions we are all subject to. In this digital age we are so fortunate to have several quick and efficient methods of communication to spread news during this extremely testing time.

We continue to have speakers with a fascinating story to tell. On 21st January, Dave King, the Editor of our national magazine "Rotary", was our speaker. He spoke about the exclusive interviews he is privileged to have had with people who have inspiring and human-interest stories to tell. Some of which were done as a series of online talks. Other speakers included Alistair Richards of NW Cancer Research whose job is to raise the vital funds to enable this hugely important research to continue. Mark Wood, a speaker with a military background, talked about some of the expeditions he has undertaken e.g. to Antarctica and Mt Everest. On February 11th we look forward to welcoming Dave Ellis as our speaker. He is the incoming RIBI President for the year 2021-22.

Stay well, keep safe. Lilian

Fairbank Farewell

Dear friends,

It was with a heavy heart I finally hung up my pager and decided to retire from my role as Manager at the Fairbank Society. The past 12 months had been very challenging, especially with the Covid 19 situation.

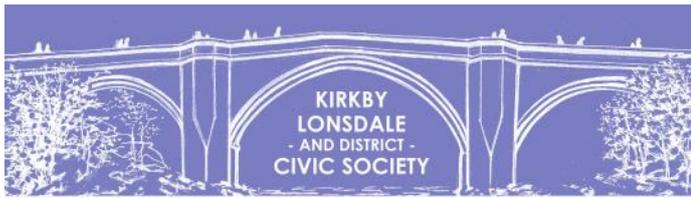
I have spent over 14 happy years at the Gables and Travers House and seen many changes to make the happy family environment that is there today. I'd like to thank everyone who has helped and supported me in my role within Kirkby Lonsdale and surrounding area. You are all too numerous to mention but you have always been very generous with your commitment to me in my role as manager. I will miss greatly the camaraderie of the staff, residents, trustees, volunteers and contractors who have always been there for me.

I would like to take this opportunity of wishing Janet Farrington, the new manager, my very best wishes for her future role and hope she enjoys the high degree of job satisfaction I had and I know she will be made very welcome by you all.

Take care, stay safe and my best wishes to everyone.

Susan

Kirkby Lonsdale and District Civic Society



CONSERVING AND ENHANCING OUR HISTORIC COMMUNITIES

JOIN US FOR A FREE ZOOM TALK
**THORNS - THE RISE & FALL OF
AN ANCIENT SETTLEMENT**
BY DR DAVID JOHNSON

David, a landscape archaeologist & historian, led a four-year archaeological project under the Yorkshire Dales 'Stories in Stone' programme investigating the history of Thorns. Thorns, an uninhabited hamlet close to Ribbleshead Viaduct, was first recorded in 1190 as a lodge for Furness Abbey and the last record was in 1881. David will tell us about this project and what was uncovered.

MONDAY 8TH MARCH 7.30PM



If you would like to join us online please email:
kldcschairman@gmail.com

giving your name, as it appears on your Zoom account and 'Talk 8th March' in the subject line.

Please reply by 4th March as places are limited.
www.kirkbylonsdalecivicsociety.org

Registered Charity No: 502315

The Corpse Roads of Cumbria

Alan Cleaver gave a talk via Zoom to over 80 people on The Corpse Roads of Cumbria. Corpse roads were those paths which led from remote areas to the mother church and along which pall bearers would carry the coffin.

There are probably about 30 such roads in the county, including at least one coming into Kirkby Lonsdale. Researching the corpse roads has drawn attention to a number of legends relating to deaths and funerals. These ranged from ringing of the church bell when someone was dying, the existence of a special death chair which was 'loaned' out so the dying person would be comfortable sitting in this, to the tradition of telling bees when someone dies so they would spread the message across the countryside. If you did not tell them, they would stop producing honey.

It was an entertaining and informative talk. Alan summed up the appeal of the Corpse Roads: while you may not be sure where the Corpse Roads goes, you can be sure of a very enjoyable walk and a chance to keep history alive.

We have organised yet another, open to all and free talk. If you would like to join us please would you e mail kldcschairman@gmail.com by 4th March giving the name that appears on your zoom account and include 'Talk 8th March' in the subject line .

Casterton WI

As we are unable to meet in Casterton Village Hall at the moment our first meeting of 2021 was held via Zoom. The speaker was Ann Featherstone, author and expert on Victorian popular culture, whose talk was entitled 'Victorian Fairs – Freak Shows and Fisticuffs'. Originating in the hiring fairs where farm workers and household servants were taken on, the Victorian fair developed into a huge popular event - part theatre, part circus, with music, drinking, boxing matches, betting, pickpocketing and eating. Particularly associated with the fair was the flying gingerbread man - possibly the first instance of fast food.

Members were enthralled by the talk which was illustrated with atmospheric contemporary images - some drawings and some photographs. Sadly there was no cup of tea and chat afterwards but members enjoyed being able to see one another even if only on a computer screen. We hope it won't be long until we can meet in the hall again.

Until then meetings will be via Zoom. Next month - 3rd March at 7.30 p.m. - the speaker will be Gary Prescott talking about his cycle trip around the country visiting RSPB sites.

Explorer Scouts Fundraising

The Explorer Scouts of Kirkby Lonsdale (Aluna Explorers) are doing a charity event during lockdown, to support the national and local communities. We decided a safe way of raising money for charity during the Covid pandemic is to walk, run, cycle or roller-skate 1000 miles between us by Easter. The charities we are supporting are the North West Air Ambulance (NWAA), because they do life-saving work that helps to keep the mountains and fells safe, and Mind, as so many people are struggling with mental health. Our target is to raise £1000, to match the miles, splitting all the money raised 50/50 between the two charities. If you would like to donate, here is our JustGiving page: <https://www.justgiving.com/crowdfunding/1st-kirkby-explorers>.

Aluna Explorers are aged between 14 and 18, we meet weekly, virtually at the moment, doing activities such as baking, playing games or debating about various topics. In summer, we hope to meet outside together again, and to do more camping. If you would like find out more about our group, please contact our leader Nigel Bradshaw at kirkby_lonsdale_scouts@live.co.uk.

Matthew Goodship

Aluna Explorers

We Are Still Open

(In conjunction with the MyKL Loyalty Card)

March 2021

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March:

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Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	9am - 5pm
Friday	9am - 5pm
Saturday	9am - 5pm
Sunday	10am - 4pm

18 Main Street, Kirkby Lonsdale
Tel: 015242 73848

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<https://the-book-lounge.square.site>

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Tuesday to Saturday

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Thursday	9am - 2pm
Friday	9am - 2pm
Saturday	9am - 2pm
Sunday	Closed

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

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

The Bath House (Fragrance, skincare & bathing)

015242 73189

The Book Lounge (Secondhand books & coffee shop)

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

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

015242 71390

Encanto (Lifestyle boutique & interior design)

015242 72288

Kirkby Lonsdale Visitor Information & Gift Shop

015242 97177

La Maison (Lifestyle emporium)

015242 71223

Little Owls Emporium (traditional toy shop and children's playroom)

015242 71588

Little Walkers (Children's shoes)

015242 72726

Lunesdale Bakery

015242 71296

Lunesdale Home, Garden & Hardware

015242 72751

Parma Violet (Gift & homewares)

015242 72585

Post Office

015242 71233

Sienna Jewellery

015242 72121

Zero Pantry (Wholesale food store)

07745 945503

Zinc (clothing)

07342 648377

Food, Drink & Accommodation

Botanica (Café)

015242 80087

The Barbon Inn

015242 76233

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

Number Forty Four (Café)

015242 72160

The Orange Tree (Hotel, restaurant & pub)

015242 71716

Plato's (Restaurant & bar)

015242 74180

The Royal Hotel (Hotel and Restaurant)

015242 71966

The Sun Inn

015242 71965

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Absoluxe Suites

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Jasmine Cottage

0191 478 3456

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

015242 71615

New House Caravan Park

015242 71590

Woodclose Caravan Park

015242 71597

Specialist Services

AKL

015242 73636

Checkpoint Safety (Wheel Nut Safety Products)

015242 71200

The Fairbank Society (Supported Independent Living)

015242 71077

Hackney & Leigh (estate agents)

015242 72111

Kirkby Lonsdale Brewery

015242 72221

Lunesdale Hall (Community facility)

015242 71618

Mindful Yoga & Shiatsu

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Whittington Actuarial Services

015242 73507

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www.kirkbylonsdale.co.uk/advertise

Advertising on the Kirkby Lonsdale website is very easy, and great value for money as well. There is one simple quarterly price of £90 and each advert is shown on every page throughout the website. Kirkby Lonsdale Chamber of Trade members' enjoy a discount of 50%.

The website receives thousands of visitors every month, ranks highly in Google and is the premier source for local visitor information as well as news and events.

Book 12 months up front and you'll receive an extra 3 months of advertising for free!

Support in the Community

The Community Hub

If you're unable to leave your house, or don't feel comfortable about going out at the moment, The Hub is there to take your call. There are friendly local volunteers to help with shopping, picking up your prescription, or just to have a chat to over the phone. For information and practical help while self-isolating, ring 015242 36404 Monday to Friday, 10am to 1pm (answering machine at other times).

The Community Cupboard

The Cupboard is there for all who are facing unexpected dips in income, extra pressure on their household budgets, or simply in need of a familiar face checking in. Please do not hesitate to get in touch, or let us know about a friend or neighbour who you think would benefit from a weekly/ fortnightly parcel. Visit www.klcommunity.co.uk for more information and instructions on how to register. Alternatively, please email enquiry@klcommunity.co.uk or call The Hub on 015242 36404.

Community Lunches

The Community Lunches are still running, to be reviewed at the end of March. You can order a hot meal for Tuesdays, Fridays or both, and the meals are chicken pie on the Tuesday and cottage pie on the Friday, with vegetarian options available. A voluntary donation of £3.50 per meal is suggested which can be paid through BACS or cash. Register your interest with The Hub on 015242 36404 - the cut-off for the meals is midday Friday for Tuesday meals, and Wednesday midday for Friday meals, and they can be booked weeks in advance.

Families struggling with home-schooling can also get a variety of frozen meals in various portion sizes, and include dishes such as meatballs, chicken curry, beef stew, chicken casserole, and macaroni cheese. Email enquiry@klcommunity.co.uk to arrange collection.

Together Apart – Connecting Communities through Zoom

The Cupboard will be setting up regular drop-in zoom sessions for all ages, in partnership with local organisations. Keep an eye on Facebook for more details or enquire through The Hub, who can also help those struggling to get online. We will make them as accessible as possible and will be offering a range of different activities from crafts to cooking, or simply a chat.

Collection Boxes and Donating

Thank you to all who continue to donate to our collection boxes, which are collected regularly. The boxes remain in place at St Mary's Church porch, SPAR, Cowan Bridge Stores, and The Churchmouse at Barbon (monthly collection only at Barbon). Any excess food is being taken through to Kings Food Bank.

Items in demand this month include: jelly; custard; rice pudding; corn beef; soap bars; biscuits.

We are also grateful to receive any monetary donations, which you can send to:

The Community Cupboard

Account Number: 71838015

Sort Code: 01-54-90

The Book Lounge Market Jigsaw Exchange

When the market reopens we're opening a new stall. Alongside used books we'll be opening a jigsaw exchange selling pre-owned and new jigsaws. This will offer a cost-effective and environmentally friendly way of always having another jigsaw! We've already had a good response to our pleas to buy your pre-owned jigsaws to get us started, but if you have any jigsaws you'd like to sell us, please contact me on 015242 72319.

How does it work? Simply bring your pre-owned 500 or 1000 piece jigsaws to our market stall on Kirkby Lonsdale Charter Market every Thursday and get credit towards another pre-owned jigsaw. Jigsaws will be priced at £3.50 for a 1000-piece and £2.50 for a 500-piece jigsaw. The exchange rate will be £2 for a 1000-piece and £1 for a 500-piece jigsaw. If you can't find another jigsaw to exchange with, we'll give you a credit note to use, valid for 4 weeks.

The exchange is only on pre-owned jigsaws, not the new ones.

What about missing pieces? Obviously, we cannot 100% guarantee all the pieces are in these jigsaws, but they are brought into us by other puzzlers who know how annoying it is when you complete a jigsaw and find a piece(s) missing.

So, inside the lid of each jigsaw that goes out from us, is a 'missing' piece register, once you have completed the jigsaw, please register if any pieces are missing. If a jigsaw comes back to us for exchange with five pieces missing, we will withdraw it from sale/exchange.

OUR GUARANTEE TO YOU IS THAT A JIGSAW WILL HAVE NO MORE THAN 4 PIECES MISSING (if any).

Looking forward to seeing you when we can open the shop and be on the market again.

Valerie

Guardian Goody Bag



The Guardian Goody bag is for anyone who is a guardian of a pupil at St. Mary's School. The Guardian Goody bag we hope will be a bit of a pick me up for you! Each bag contains some goodies for you and some for your children.

Please come and collect your Guardian Goody Bag from :

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Kirkby Lonsdale

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