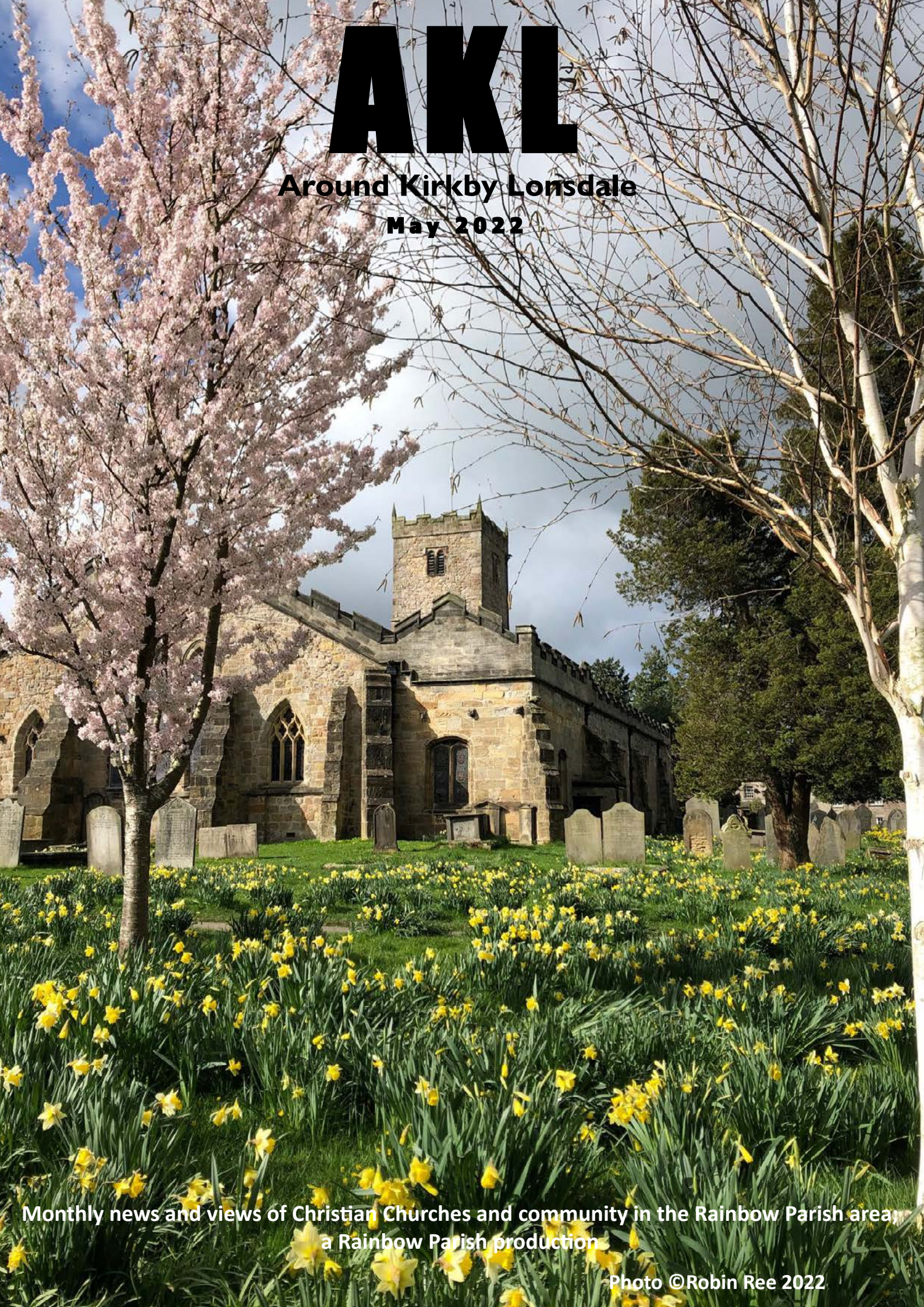


AKL

Around Kirkby Lonsdale
May 2022



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

Photo ©Robin Ree 2022

New Life

I wonder if you are like me? I love this time of year with its freshness and new life. Are you being woken at silly o'clock in the morning? That will be the bird song which is loud and very varied just now. Are you seeing white, fluffy balls of wool, bouncing on the hillsides? That will be the new lambs, frolicking with each other.



Photo by Chris Hoyle

Have you seen how yellow the gorse is on the banks of the M6 motorway, going north from Kendal? On closer inspection, they are banks of daffodils, how on earth did they get there?

Every morning we can wake up and thank God that it is Him who gives us all these promises of new life. Talking about new life, we have just celebrated the Easter resurrection of Jesus. Jesus came from heaven to earth to teach us humans about God, our Father.

Before Jesus came, every time humans did things that broke God's commandments, they had to make an animal sacrifice, because God is perfect, and He cannot tolerate His laws being broken. When Jesus, who was sinless, chose to make a sacrifice of Himself on the cross, because He loves humanity so much, everything changed.

Now if we go against God's laws, but are truly sorry, by asking God to forgive us, God will look on Jesus's perfect sacrifice, accept this, and forgive us.

Not having to dwell on our past misdemeanours, we are able to have a fresh start, a new life, so every time we ask Jesus to forgive us, this can be a weight off our minds, and should cause us to be peacefully happy about the future. What's more through prayer, we can even ask Jesus to help us not to make the same mistakes again.

Spring means new life and believing in Jesus also gives us a potential new life, following His way of love. Borrowing Rev Anne Pettifor's last sentence from the April edition of AKL: many small acts of love and kindness, given and received – well.... together they can change the world!!

Liz Dew, Lay Reader

**KIRKBY LONSDALE AREA
UKRAINE NETWORK**



**Connecting people, creating links
and Supporting each other!**

Kirkby Lonsdale Area Ukraine Network is a network group for people hosting, or thinking of hosting, people from Ukraine, and for families who come to live in and around Kirkby Lonsdale.

We would like to enable people to connect, to support each other and to build friendships. There is a closed Facebook page for the group to use, please request to join the group. Rev Wendy Thornton is admin for the group.

<https://www.facebook.com/groups/305627138312718>

We would like to create a local support network and so we invite hosts or people thinking of hosting to register their details via the Community Hub. Please call the Hub phone number 015242 36404.

If you can offer other forms of help such as accommodation or specialist skills such as Counselling or ESL tutoring, please join the fb group and register with your offer via the Hub line.

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_mvenys@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.

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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 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.

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.

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Diary

May

- Wed 4 Story time, The Book Lounge, 11-11.30am
Casterton WI, CVH, 7.30pm
- Sat 7 Bluebell Day, Whelprigg House, 1-4pm
River Lune Ramble, Devil's Bridge, 2pm
- Sat 14 The Defenders, HI, 7.30pm
- Mon 16 Lunesdale Probus Club, HI, 10.30am
'More Deaths Than One', KL Library, 2pm
- Wed 18 Give Peat a Chance (online talk), 7.30pm
- Sat 21 KLGA Plant Sale/Coffee Morning, KLLH, 10-12
- Wed 25 Brow drop-in session, KLLH, 6-8pm

Jun

- Thu 2 Killington Sports, Becks Farm, 5pm
- Thu 9 The D'Cruz Trio concert, St Mary's, 11.30am
- Sun 19 Brass Band Contest, Market Square, 11am-5pm

Notes

Deadline for June AKL: Sun 15 May

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

Advertising: For all advertising matters, email: akladvertising@kirkbylonsdale.co.uk.

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Fancy a walk and a story?

We have two new projects by the Family Project starting in May.

The first is Storytime at The Book Lounge in Kirkby Lonsdale. Every Wednesday during termtime from 11-11.30am we will be retelling Bible Stories for toddlers and their parents/guardians. We will begin on May 4th at 11am. Storytime is totally free! Come along and hear about different adventures and characters each week.

The second project is Fell Pilgrims. Fell Pilgrims is a family friendly walking group that meets on the last Sunday of the month at Barbon Village Hall at 9am for a two-hour stroll. Fell Pilgrims' aim is to explore the sacred places of the fells through pilgrimage and discover the wildness of God in the natural environment. During our walks we will offer moments of reflection, alongside a chance to chat and bond with fellow pilgrims. We will finish with some tea and biscuits at St. Bartholomew's Church. All welcome whether you are a seasoned walker or someone who wants to try being part of a walking group for the first time!

If you are interested in learning more about either Storytime or Fell Pilgrims, please do get in touch: lol@cilfamilyproject.org or 07413689311 or go to <https://kl.church>.



Fell Pilgrims

Join us for a family friendly walk on the last Sunday of the month in May, June, July, August and September.

We meet at 9am at Barbon Village Hall car park for a stroll around the local area.

Fell Pilgrims' aim is to explore the sacred places of the fells through pilgrimage and discover the wildness of God in the natural environment.

Our walk will finish with tea and biscuits at St. Bartholomew's Church at around 11am.

- Keen to explore your local area?
- Enjoy seeing nature up close?
- Feel like you connect with something bigger when outdoors?

Come and try Fell Pilgrims!
Email: lol@cilfamilyproject.org for more details.

Storytime



The Book Lounge

Starting on Wednesday
4th May 11-11.30am



Every Wednesday during term-time the Family Project invites preschoolers and parents to join us for Storytime at The Book Lounge.

Together we will hear about different characters from the Bible as we explore tales of adventure and mystery.

Storytime is totally free- we cannot wait to see you!

Scouts

As I write this, we have just lost to Covid one of our Scout Leaders and friend, Fiona Elliott. Fiona epitomised a great scout leader. She had no scouting experience when she became joint scout leader in 2016. But the old adage of recruit for attitude, as skills can be taught, holds good for scouting. Scouts provide great training in both scouting skills and the various soft skills of people management.

What Fiona had was attitude in abundance. Kind, helpful and full of life. She brought in her experience as a TV producer to organise events, especially lifting theatrical performances to a new level. She also taught journalism and with it had an ability to pass on skills to scouts. And as a parent she brought her caring support. In recent years her attendance was limited by a long-term illness. However, when Covid came she stepped forward to host lockdown Zooms and helped keep the Group going.

Her scout nickname of 'Indy', short for Indiana Jones, summed up her fun, can-do attitude to any challenge or adventure. Scouting, and the world, needs more Fionas. She will be missed. Fiona: gone home.

If you would like to know more about 1st Kirkby Lonsdale Scouts, Aluna Explorers, or Scouting in general contact Skip (Nigel Bradshaw) at Kirkby_Lonsdale_Scouts@live.co.uk.

View from the Bridge

As many of you will already know I have decided to stand down as chairman of the council in May. I have been at the helm for a number of years and feel now is time for a new leader to take the council and our town forward. We do have some major projects – like the Brow – which both from a technical and fundraising perspective will take centre stage over the next two to three years and although I feel well, I think we do need someone that can offer the 100%.

I have enjoyed my time as chair. I am sure that the new chairman will receive the same enthusiastic backing from the council and the town as I've enjoyed. My intention is to stay on the council till May 2023 when we are all up for re-election. Do I stand for council and go for another term? It will take some thinking about. Over my time we have had several good councillors go their separate ways, but we have been fortunate that the new members have settled in and we still have a strong team.

An update on my grandson. He is still in rehab, waiting for the local council to finish adapting the bungalow and my daughter is getting very frustrated at not having him close by and because of the additional restrictions due to Covid. That said, he is being looked after and will get care arranged once they get him home (South Holland DC not SLDC).

As I write my last view from the bridge of the S.S. Kirkby Lonsdale, I would say that none of my offerings would have been so popular and humorous without the help of my late wife, Lesley, and, latterly, from Diane.

The Rotary Club of Lunesdale

As I write this article the Club is looking forward to hosting an evening featuring the well-known and popular group 'The Defenders' at The Hornby Institute on Saturday, May 14th at 7.30pm.

Tickets, priced £12.50, are on sale at the Tourist Information shop in Kirkby Lonsdale or from John Clare tel 07841 428301. Cheques to be made payable please to The Rotary Club of Lunesdale. All profits from the evening will be donated to NW Cancer Research.

We look forward to another great evening featuring the Rock & Roll years with the music of Cliff & The Shadows, Elvis, Gene Vincent, The Beatles, The Kinks and many more. Drinks will be available from the bar operated by Institute staff.

Do come along let your hair down enjoy a dance, a great evening and support a worthy cause.

Keep safe, keep well.

Lilian

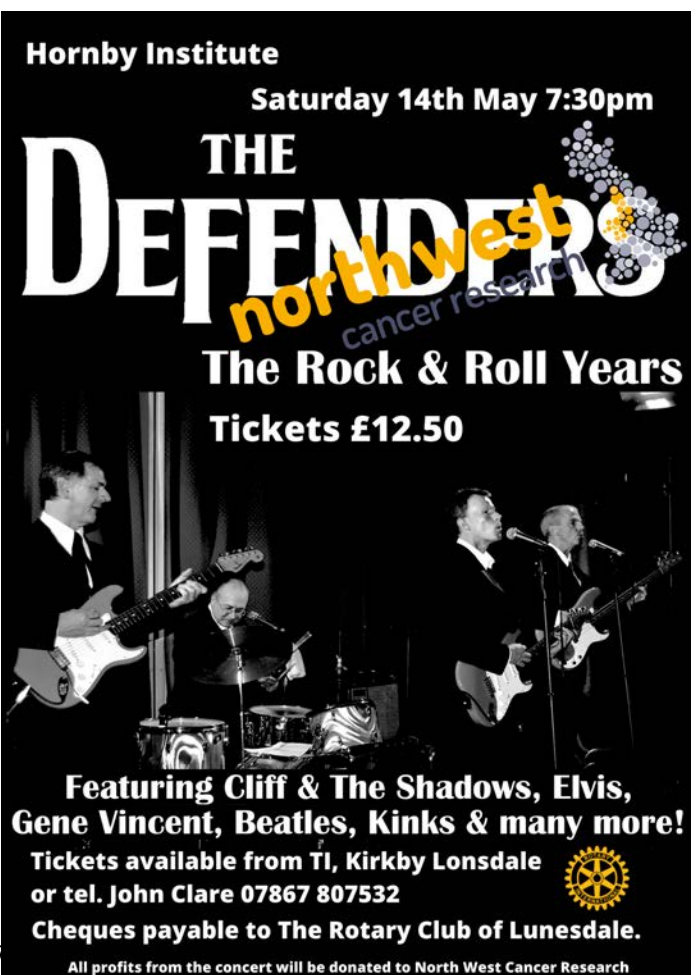
The recent outbreak of graffiti, mainly on the road signs, should hopefully have been removed by CCC as this issue is distributed. Cllr Nick Cotton and the town council are writing to Open Reach, and it is hoped that they will take steps to remove the graffiti from their roadside cabinets. If you have any information about who is responsible, I'm sure the police would be happy to hear from you.

At the town council meeting on 13th April, the minutes were taken by Cllr Mike Burchnall in the absence of the clerk due to illness. The minutes will be published shortly on the council's website, the hall notice board and in the library. Any correspondence should in the first instance be sent to the clerk Rev. Kevin Price kevtherev7@hotmail.com. Correspondence can be read out at the next meeting but not discussed; any matter requiring council's debate would have to be an agenda item for the following meeting. We get asked many times why we don't have an A.O.B. – simply it is the law that council can only discuss items published on the agenda which has to be posted 7 days in advance.

Finally, as I come to the end my thanks go to my fellow councillors and Kevin our clerk who, over the past few years, have been a great help and support. No, I haven't forgotten Diane for her help and producing one of the best local magazines. My final thank you has to go to you the reader for the many positive comments and expression of sadness that this will be my final offering.

Stay safe and best wishes

Cllr. Geoffrey Buswell



Hornby Institute
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THE DEFENDERS
north west cancer research
The Rock & Roll Years
Tickets £12.50

Featuring Cliff & The Shadows, Elvis, Gene Vincent, Beatles, Kinks & many more!
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All profits from the concert will be donated to North West Cancer Research

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COMMUNITY HUB

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015242 36404



For information and practical help for those isolating or finding it difficult to get out of the house.

You can request shopping or prescription pick-ups, pre-book lunches or just a calm friendly voice

Mental Health First Aid



MHFA England

The next *Mental Health First Aid* course will be running Tuesdays though May (3/5, 10/5, 17/5, 24/5) 6.30 - 9pm. The course takes place online and costs a reduced price of £30 through grants.

For more information or to register your interest please contact:

coordinator@klcommunity.co.uk

Or find out more at:
klcommunity.co.uk/mental-health-first-aid/

COMMUNITY LUNCHES

Each week, on a Monday, between 30-40 hot meals go out from the Rugby Club kitchen, some to homes around town and others to The Lunesdale Hall where a regular crowd of residents come along to enjoy each other's company and make new friends, a lovely and growing luncheon club. Why not come along and give it a try; pre booking is required by Thursday of the previous week, just call the Hub on 015242 36404. Lunch is served at 12:30 each Monday.

Visit klcommunity.co.uk/volunteer to find out how you can help!

UKRAINE RESPONSE

Considering hosting a Ukrainian family? Already hosting a family?

Give the Community Hub a call to find out what is happening in the community or find out how the Cupboard can help support more mouths to feed.

For up to date information on the town's response to Ukrainian visitors, please visit klcommunity.co.uk/ukraine



THE COMMUNITY CUPBOARD AND FOOD CLUB



The KL Food Club runs every Thursday, providing locals with a £4 bag of food that would otherwise go to landfill. We do this by working with Fareshare, a company that redirects food waste from big supermarkets. The food that comes in surprises us every week and ranges from Pot Noodles to raspberries to kefir yoghurts! The food club exist to enable us to redirect a share of the ambient food we receive into the Community Cupboard.

The Cupboard provides free bags of personally selected ambient food and household items for households that are struggling. Bags can be ordered from our online shop on a weekly or occasional basis, with complete confidentiality. Sign up to either or both, or just to learn more at klcommunity.co.uk or call the Hub on 015242 36404

The Brow

Just what is happening about The Brow? Why is it closed? When will it re-open? These are questions we hear around town almost daily.

A lot is going on behind the scenes to make The Brow safe again, and to enable visitors and local people to once again enjoy the panorama which is Ruskin's View - an attraction which attracts visitors year-round and boosts the local economy.

To keep our community fully informed, a public consultation and drop-in session will be held at the Lunesdale Hall on Wednesday, May 25, between 6pm and 8pm. Come along with your questions and find out why The Brow is at risk, what needs doing to make it safe, and how you might be able to help.

The Town Council, together with others in the community, are developing plans to secure the area. This includes raising the significant funds needed to restore and stabilise the area.

Raising the money, and carrying out the necessary technical works, will be a long process. In the meantime, we sadly have no other option but to follow expert advice from a variety of professional sources and close The Brow between the Radical Steps and the path to Lily Wood just past the new graveyard gates. New, more robust barrier gates have been installed, along with explanatory signage.

The area is being monitored with specialist equipment and since The Brow was closed in September 2021; there has been measurable movement on the sloped embankment in the closed area, which confirms the area is unsafe.

The disappointment and inconvenience caused by the closure is totally understandable but is unavoidable.

We hope to see you at the consultation on May 25.

Ruskin's View Appeal Group

KL Golf Club

New captain Mr Bywater, a local architect who has been a club member for ten years, ceremoniously launched the new season with a Captain's Drive In, which involved driving off with an old hickory-shafted club. The day also included three competitions. The winner of the men's white tees competition was James Parker; the men's yellow tees competition was won by Jeremy Marriott; and the ladies' competition was won by Cathy Parsons.

If anyone would like to book a round at the club or join as a member, they should contact the Pro Shop on 015242 76366 or book a tee time on the website <https://www.kirkbylonsdalegolfclub.com/>

Access to the New Churchyard

New closure gates have now been installed by the Town Council and Cumbria County Council on the Brow and as a result it is no longer possible to access New Churchyard via the metal entrance gates. We have created a new gateway at the Rugby Club end so that it will still be possible to visit the churchyard from the north aspect. It is also possible to access to the New Churchyard from the town between 2:00 pm and 3:00 pm on Thursdays and Sundays via the Rectory.

The Church are planning a new entrance for access to the New Churchyard by taking part of the Rectory Garden as an interim measure until such times as the Brow can be reopened. The final scheme is subject to SLDC Planning Permission which has been applied for (Ref SL/2022/0218 and 0219). This new path will allow funeral parties to access the New Churchyard from St Mary's, it will be used for visitors to the New Churchyard, it will allow access for Glebe Field events and it will allow the Churchyard maintenance team to move machinery back and forth.

The Church, together with the Town Council, have looked into the feasibility of a route that would enable access from St Mary's Old Churchyard to Lily Wood or the Rugby Club. Any such route would require a path through the New Churchyard. Unfortunately, the lack of space, and the need to ensure that the churchyard remains a place of rest and comfort, makes it impossible to create the sort of pathway that would be necessary.

Investigative work is underway on the Church land to gain a better understanding of the underlying geology and the drainage in support of the work of the Town Council on the Brow.

Ruskin's View Appeal

Thursday, 9th June, 11.30am in St Mary's Church. The D'Cruz Trio: Clarinet, Edward Adams; Cello, Stephen Latham; Piano, Caroline D'Cruz (Atkins).

Caroline D'Cruz (Atkins) is delighted to bring her trio to play in St Mary's. Although composers such as Brahms and Beethoven wrote for Piano, Clarinet and Cello, there are many lesser-known works as well as arrangements where the violin part can be played on the clarinet.

Over their 15 years of playing together, the trio have discovered some wonderful music such as the trio by the well-known film composer, Nino Rota, who wrote for many of Zeffereilli's films and for The Godfather. The cellist, Stephen Latham, has written or transcribed music for the combination of instruments, including 'Dialogue', which will be played in a varied programme along with Schubert, Debussy and other composers.

Programmes at the door. Silver collection.

Janet Atkins

Casterton WI

At our April meeting we welcomed local garden designer, Jennifer Lauruol who encouraged everyone to make mini nature reserves in their gardens. Gardens are a vital, and sadly disappearing, habitat for many creatures, and of course, for insects.

Rather than being areas where lawns are neatly mown and some plants killed because they are seen as weeds, we were encouraged to ensure that our gardens welcome all kinds of wildlife.

Nettles and brambles are vital breeding grounds for the hundreds of insects, including bees and butterflies, on which the future depends. Jennifer also recommended creating small ponds to provide homes for frogs and toads and, instead of clearing away dead leaves and sticks, leave them to provide shelter for various small creatures including hedgehogs.

As part of the forthcoming Platinum Jubilee celebrations in the village, we will be planting a crab apple tree on the Village Green, the occasion to be photographed at our June meeting.

Recently nine Casterton members went to the very enjoyable fashion show held by Barbon WI, when a total of £320 was raised for Ukrainian refugees.

Our next meeting is to be held on 4th May at 7.30 p.m. in the Village Hall and will be a Resolutions Meeting - this year's resolution focuses on under-identified autism and ADHD in girls and women. The discussion will be followed by a general knowledge quiz.

All our meetings are held on the first Wednesday of the month at 7.30 p.m. in Casterton Village Hall - visitors are always welcome.

We are a very friendly group and if you'd like more information about our WI and details of the forthcoming programme have a look at our website:

: www.castertonwi.co.uk.

Killington Sports

A traditional old English sports meeting for all ages

Thursday 2nd June

Start 5pm

Lighting of the Beacon for the Queens Platinum Jubilee
9.45pm

Beckside Farm, Killington, LA6 2EY

www.killingtonsports.org.uk

Casterton Jubilee Weekend

Lighting of the Jubilee Beacon on Thursday 2nd June.

Meeting at the village hall at 7.30pm for a celebratory fizz and nibbles then a group walk up Brownthwaite Fell for the lighting of the beacon at 9.45pm. Bring your own picnic and refreshment. Join us for the walk or meet us at the top of the fell. All are very welcome.

Friday 3rd June at 7.30pm join our fun and foot-tapping party band Boogie Bill Billionaires at our 50s themed party taking place at The Pavilion at Casterton School. This is a great opportunity for us to experience some good time rhythm and blues. All are welcome just come along and join in the fun in themed dress or not. Drinks and nibbles provided.

Saturday 4th June at 11am a celebratory church service to commemorate the Queens Platinum Jubilee at Casterton Church followed by an organ recital at 11.30am.

Saturday 4th June at 3pm A cookery demonstration by Fiona Dodds our resident (and amazing!) chef. Fiona will make the official Platinum Jubilee Tart in our village hall. Come along and enjoy the delicious food and be guided through how to make this special celebratory dish.

Sunday 5th June 1pm to 4pm Street Party – The Pavilion at Casterton School. The street party will take place rain or shine as we have the indoor and outdoor facility. Jacob's Join, please bring along one savoury and one sweet dish for sharing. Live music and traditional games on the playing fields inc Family teams. Cricket, Rounders, Tug of War, Throwing the Wellie, Garden Jenga.

All our events are free but any donation you can make on the day will be gladly received. The above are all community events and all are welcome to join in the fun!!! If you have a problem getting along to any events, please contact Lisa Lodge 07495944559 and we will make every endeavour to help you attend.

For more information visit our village website
www.castertonparishcouncil.org.uk

Barbon and Middleton branch of North West Cancer Research

A Bluebell Day

By kind permission of Henry Bowring

At Whelprigg House, Barbon on Sat 7th May,
1pm to 4pm

White elephant, cake, games stalls and big raffle

Entry with tea/ coffee £2.50


For sale: scones with jam and cream and home-baked cakes.

IN AID OF MENTAL HEALTH AWARENESS

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Live Music

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THE BEST OF THE BEAUTIFUL SOUTH



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TAKE ON THE BEAUTIFUL SOUTH

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LUNESDALE HALL, KIRKBY LONSDALE
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£12.50 INC FOOD, BAR AVAILABLE

SUPPORT FROM
ISSUES DECLARED

Live music returns to KL

The team that brought you the Kirkby Lonsdale Festival of Music in pre-Covid times is at it again! We are delighted to be bringing to KL a concert of Beautiful South songs, performed by the amazing Alfresco band and friends. The concert, aptly named Beautiful Mind, is a fundraiser in aid of mental health awareness.

The concert will take place at the Lunesdale Hall on Sat July 2nd, 5-9pm. Tickets are available from the Tourist Information Shop, priced £12.50 including food. Refreshments available from bar. Alternatively, tickets can be reserved by contacting Dave Sapsford on 015242 71942.

This is going to be a fabulous evening of LIVE MUSIC in aid of a tremendous cause.

Kirkby Lonsdale Library

Monday 16th May at 2pm, Kirkby Lonsdale Library.

A Talk by retired Coroner Ian Smith on his recent book 'More Deaths Than One'.

Tickets £2 to include refreshments, available from the library (015242) 71386.

Please book as space is limited.

KL Gardening Association

We are looking forward to our summer programme of a plant sale with coffee morning, two coach trips and the Annual Show.

Our first 'Bring and Buy Plant Sale and Coffee Morning' after two years absence will be held on Saturday 21 May from 10am – 12 noon in the Lunesdale Hall. Come along to raise funds and enjoy a convivial social gathering meeting old friends and new.

We welcome all contributions so please remember our plant sale when you are dividing plants or have extra seedlings. Plants can be left either at 10 Bective Road beforehand or outside the main door in front of the hall on Friday evening or early on Saturday morning. If you would like plants collected, please ring Margaret Clarke on 72045 or any committee member.

Our two coach trips are nearly full, the first to the new RHS garden Bridgewater on Wednesday 15 June and the second on Wednesday 13 July to a private garden near Brampton in the morning and then to Lowther Castle Gardens near Penrith. The Annual Flower and Vegetable Show will take place in the Lunesdale Hall on Saturday 20 August and show schedules will be sent out at the beginning of July.

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

Wishing you all an enjoyable and sunny gardening year!

Margaret Clarke, Events Secretary, 015242 72045

Carer Support South Lakes

Could you spare a few hours each month?

Help support local unpaid carers by becoming part of our team of volunteers. By giving only a few hours of your time, you'd be making a huge difference to carers' lives and wellbeing. If you are reliable, understanding and enjoy being part of a team, then we have a number of volunteering opportunities that may be of interest to you.

Sitting Service, Here to Hear, Telephone Befriending Office, Online Admin Support, Carer Champions, Fundraising and events.

To find out more about the work we do and how you can get involved, please call and chat to our volunteer coordinator on 01539 815970 option 6. Alternatively, email nicky@carersupportsouthlakes.org.uk.



DANCING THROUGH THE DECADES 2ND - 5TH JUNE

The Queen's Platinum Jubilee is taking place this Summer, Thursday 2nd – Sunday 5th June, and Kirkby Lonsdale will be Dancing Through The Decades in celebration of Her Majesty's 70 year-long reign. Join in with music and dance to unite our community - see below for a first look at the programme, and find out how you can get involved!

How Can You Get Involved?

Jubilee flower project

Join in with flower making and arranging workshops this May as we decorate the Monument and Old TSB Building in visual celebration of the platinum jubilee!

Flower-making workshops will be advertised online and around town for all ages, using sustainable materials and making carnival-style flowers.

Contact Phoebe at the CIC to get involved:
lovethelunepr@gmail.com

Dress your decade

Join in by dressing up in the fashions of your favourite decade! Whether it's a 50's poodle skirt, a 60s inspired shift dress, 70s flares, or even some 90s grunge just go for it! There's no need to buy anything new simply: **Re-use, Borrow** and **Recycle**.

Share photos via our social media pages:
@KirkbyLonsdaleTown @KirkbyLonsdale.info

Street parties

Organise your own street party during the Jubilee Weekend! Contact South Lakeland District Council at least three weeks in advance, or earlier for larger scale events.

Find out more online:
www.kirkbylonsdale.info/street-parties



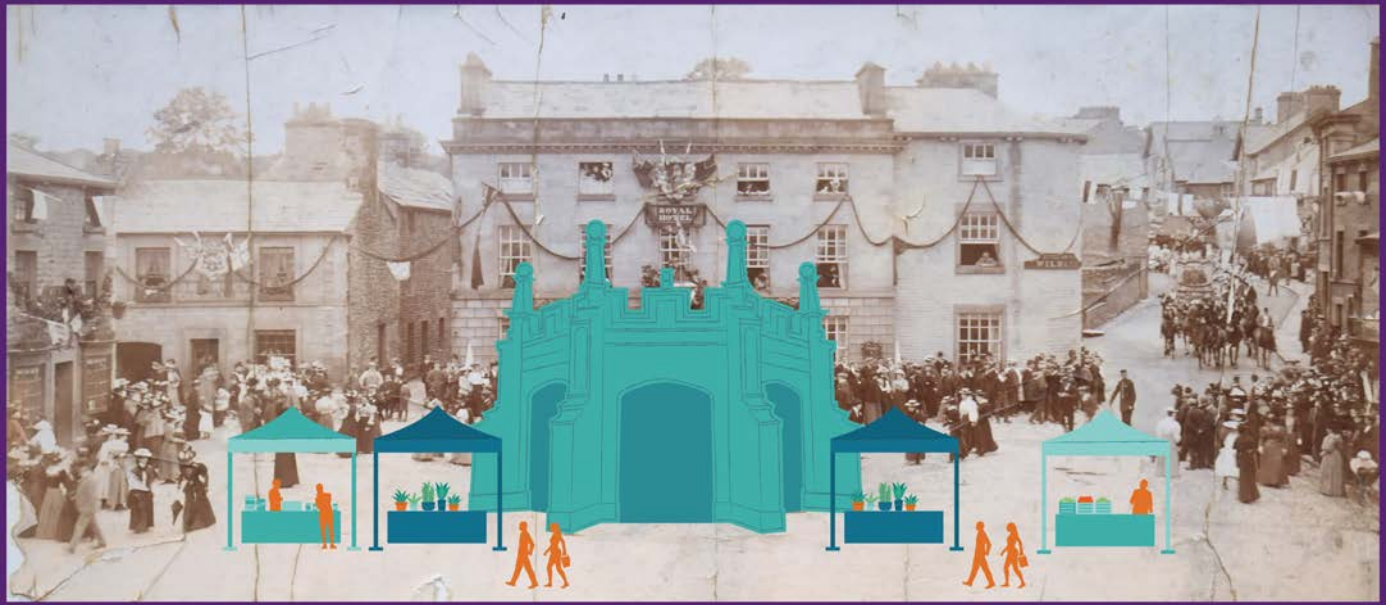
Volunteers needed!

We need volunteers to help make this community event happen! Including:

- Stewards
- Marshals
- Town Decorators
- Arts & Crafts
- Equipment Collection
- Children's Sports Activities
- Running Community Market Stalls

Contact Phoebe at the CIC to get involved:
lovethelunepr@gmail.com

MARKET SQUARE "STREET PARTY"



Dancing through the decades programme

Kirkby Lonsdale CIC are pleased to announce they have received £5,000 from the Arts Council's Let's Create Jubilee Fund to put on an exciting weekend of dance themed events so that the community can celebrate the Jubilee together! Dance with us at the Market Square "Street Party" and other venues around town...

Thursday

On Thursday 2nd come along to the regular weekly market, admire the floral arches, grab a selfie with one of the giant walkabout blooms and see which decade each trader is 'grooving down to'. Follow the market on social media for a Tik Tok treat!

The giant blooms will make a second appearance on Thursday evening at the beacon lighting ceremony in the Play Park but you'll need to wait till Friday evening to carry on dancing at a 'Choose Your Decade Disco' with DJ Rick Parker at Kirkby Lonsdale Rugby Club.

FRIDAY & SATURDAY

On Friday 3rd and Saturday 4th June there will be a 'street-party' stage in Market Square with music from local bands on both days and a specially commissioned dance performance from Curious Dance Company on the Saturday.

If you want to 'get your groove on' there'll also be free dance demonstrations from Curious Dance at St Mary's Church throughout the day on Saturday so that you can learn some moves and dance along.

SUNDAY

Sunday 5th June will provide an extra day of market stalls on the square and the perfect opportunity to mooch around Kirkby Lonsdale's local shops and eateries. From our award-winning high street shops and establishments to our beautiful parks with a view, why not grab some food in town then have a picnic by the river or in Jubilee Field.

Finally on Sunday there will be a special showing of Ludus Dance's Miss Baines for members of the local Community Cupboard.

Don't be shy, grab your shoes and join the dance! Full programme details online at www.kirkbylonsdale.info/platinum-jubilee

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 May. Cowan Bridge Methodist Chapel congregation is currently meeting with St Bartholomew's Barbon. Please continue to follow all the social distancing and hygiene guidance.

May

1 Sun EASTER 3

Kirkby Lonsdale 11.00am Holy Communion
 Preston Patrick 9.30am Morning Service
 Barbon 10.30am Morning Service
 KL Methodist Church 10.30am J Wraight
 7.00pm Sunday@Seven
 RC Church 9.00am Mass

5 Thu Kirkby Lonsdale 10.30am Holy Communion
 RC Church 6.30pm Mass

8 Sun EASTER 4

Kirkby Lonsdale 11.00am Morning Service
 6.30pm Evensong
 Preston Patrick 9.30am Holy Communion
 Barbon 10.30am Morning Service
 Mansergh 11.00am Holy Communion
 Hutton Roof 11.00am Morning Service
 KL Methodist Church 10.30am M Timmis
 RC Church 9.00am Mass

12 Thu Kirkby Lonsdale 10.30am Holy Communion
 RC Church 6.30pm Mass

14 Sat Lupton 7pm Lambing Service
 Brow Head, Cow Brow, Lupton

15 EASTER 5

Kirkby Lonsdale 11.00am Morning Service
 Preston Patrick 9.30am Morning Service

Barbon 10.30am Holy Communion
 KL Methodist Church 10.30am Rev W Thornton HC
 RC Church 9.00am Mass

19 Thu Kirkby Lonsdale 10.30am Holy Communion
 RC Church 6.30pm Mass

22 Sun EASTER 6

Kirkby Lonsdale 11.00am Morning Service
 Preston Patrick 9.30am Morning Service
 Barbon 10.30am Morning Service
 Casterton 10.30am Morning Service
 Hutton Roof 11.00am Holy Communion
 KL Methodist Church 10.30 S Hilton
 RC Church 9.00am Mass

26 Thu Kirkby Lonsdale 10.30am Ascension Day
 Communion
 RC Church 6.30pm Mass

29 Sun EASTER 7

Kirkby Lonsdale 11.00am Morning Service
 Preston Patrick 9.30am Holy Communion
 Barbon 10.30am Morning Service
 KL Methodist Church 10.30am Pastor John Bunjo,
 Uganda
 RC Church 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)

KL Brass band News

The band has been rehearsing Monday evenings 7.30-9.30pm at the Rugby Club. Covid has taken its toll on numbers, but we have been plodding along.

The February Patrons concert at St Mary's Church was well attended with a mixed programme presented by the band. The band were somewhat under rehearsed due to Covid and the shortage of players was evident at times. Our Musical Director Philip Watson has resigned after 5 years of hard work—he will be missed. Allan Greenwood MD has taken up the reins and we are now planning our year's programme.

On a more positive note, band members are assisting St Mary's Primary school with their brass training in Year 4. We hope that some of these children will be interested to progress their brass playing within the town band in the future. As usual, the band will be playing during the outdoor Good Friday service, and in June to celebrate the Jubilee with St Mary's Church. We have concerts at

Grange bandstand, Bentham and in Kirkby Lonsdale planned for the summer. The band is still short of players particularly on cornet, bass trombone, bass Bb and percussion and we would love to see new people or returners to boost the ranks.

Our major event of the year is the Brass Band contest on Father's Day, 19th June 2022. We have 10 bands, including our own Kirkby Lonsdale Brass Band, who will be marching down the street and playing an entertaining programme in the square. Training bands will be in the square from 11am and Senior bands from 12.30pm until 5pm. Do come along and support this event buy a raffle ticket or donate a raffle prize and watch the bands march down the street and listen to the brass music resonate in the town. Seats are provided in the square. You are welcome to come to watch and listen to our rehearsal there are other ways to help the band other actual playing come and talk to us or message us on Facebook.

Run, Run as Fast as You Can

The Kirkby Lonsdale WI invites you to our next meeting on 4th May with Lisa Smith, founder of Ginger Bakers. Lisa began baking cakes from home and selling them at farmers' markets until she built her business to the successful enterprise it is today that has won several of the national Great Taste awards. The evening will include sampling some of her delicious recipes. The member's competition for this meeting is: best decorated gingerbread person.

All are welcome to our meetings whether as new members or visitors. Gentlemen, you are most welcome to attend our events, too.

Last month, Andrew Butcher impressed us with the rigour his career as a Line Umpire at Wimbledon demands. He regaled us with tales from his 14 years, to date, of having one of the best seats in the house whilst calling the shots over the likes of Andy Murray and Roger Federer.

Our annual fee of £44 is still available (see details on how to pay, below) and now would be a good time to join as we have an exciting and diverse range of speakers coming up.

Our 2022 programme:

4 MAY

Run, Run as Fast as You Can. Lisa Smith: Founder Ginger Bakers

1 JUNE

Garden Party. Queen's Platinum Jubilee Members only. Hosted by Gill and Neil Hardy: Abbots Brow.

We would be most grateful if members would consider donating some bottles for the bottle tombola. Please could these be brought along to our May meeting.

6 JULY

A Gift... or Two. Claire Mansfield & Amy Onyango: Directors Felltarn - Design & Giftware

3 AUGUST

A Farm, plus so much more. Isaac & Kerrie Benson: Directors Exclusive evening visit to the Lakeland Farm Visitor Centre

7 SEPTEMBER

Sugar and Spice... and all things nice. Emily Burr, Head of Confectionery Buying at Booths

5 OCTOBER

Paddling, thriving and surviving - Rowena Pryor: Chair Paddlers for Life Windermere (Breast Cancer Awareness)

2 NOVEMBER

Breaking News. Fiona Marley-Paterson - ITV Border Broadcaster, Reporter, Presenter

30 NOVEMBER

Christmas Meal. Venue to be confirmed.

7 DECEMBER

Made for Each Other. Graeme Gladwinfield: Owner of Avanti. Wine Pairings

Membership payments, cash or cheque will be taken in person at our May meeting. Payments can also be made before this date by either hand delivering or posting to KLWI, 36 Fairgarth Drive, Kirkby Lonsdale LA6 2FB. Please make cheques payable to: Kirkby Lonsdale WI.

It is also possible to pay online:
Account Name: Kirkby Lonsdale WI
Account Number: 34663975
Sort Code: 01 04 81

Looking forward to seeing you all on 4th May.

Amanda and all the Committee

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

Peak Endeavour

Martin Smith and his son, Michael, of Bective Road Kirkby Lonsdale, will be climbing Kilimanjaro in June 2022 in support of Team Endeavour, a UK registered charity, that raises money and awareness for children and families of the armed forces who are suffering through illness, hardship and poverty. Martin has been a Patron of Team Endeavour since May 2017 and has seen first-hand the difference that this agile charity can make to peoples' lives. Many of you will remember Martin's father Bill Smith, who was Kirkby's police officer for many years and also Chairman of the local branch of British Legion. The trip is self-funded to raise as much as money as possible for Team Endeavour.

Any donations would be greatly appreciated - either by scanning the QR code or visiting Martin's JustGiving page - www.justgiving.com/Smith-Kili-TE

Mount Kilimanjaro is the highest mountain in Africa and the highest single free-standing mountain in the world: 5,895 meters above sea level and about 4,900 meters above its plateau base.



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There's also emergency support that you may have access to, such as food bank vouchers or fuel vouchers. You could contact your local council to see if they could also offer support.

If you're struggling to stay on top of bills, it's really important to understand what money you have coming in and going out each month. Citizens Advice has a budgeting tool on its website that can help with this.

And if you're already behind on bills, prioritise paying your rent or mortgage, plus energy bills and Council Tax first. Not paying these bills has the most serious consequences. You should speak to the person or company you owe money to, to see if they can help you repay your bills sustainably.

We know that times are incredibly tough but please remember, you don't have to face this alone. Contact South Lakes Citizens Advice on 015394 46464 to help you find a way forward.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice.

How to access: Call 015394 46464 - this is being staffed from 9:30 - 12 noon (this line will open more in due course). Adviceline: 03444 111 444. Email advice via our submission page on our website www.southlakescab.org.uk. Help to Claim (Universal Support): 0800 144 8 444

River Lune Ramble

Date: Saturday 7th May

Time: 2pm at Devil's Bridge, Kirkby Lonsdale.

Group size: Max 16 people

Book a place: text 07988 883418 or

email pgdr758@gmail.com

Local geologist, Carolina Goodship, will lead a geo-walk from the Devil's Bridge to Ruskin's View to explore the rocky outcrops along the riverbank and discover how they offer a glimpse into the evolution of our Earth.

Overall walking distance is 1.1 km. Care will be required while on the rocky outcrops as these can be slippery. Sturdy footwear is recommended. Towards the end of the walk, we will be going up the steep Radical Steps, finishing at Ruskin's View. The excursion is expected to take around 1.5 to 2 hours max.

This event is being organised by Cumbria Geoconservation for Geoweeek 2022, a national initiative to introduce people of all ages to the amazing world of geoscience.

Carolina Goodship

Moor Peat

Yorkshire Dales environmental campaigning charity, Friends of the Dales launches its new Peatlands Campaign, #MoorPeat this month. Covering 42% of the National Park and of national and international importance for its fauna, flora and carbon - stored in the form of peat, our peatlands are heavily degraded. This campaign aims to support 'sister' organisations such as Yorkshire Peat Partnership in its restoration work as well as working to raise awareness of the issues which continue to adversely affect the peatlands. As part of this campaign the charity has organised a digital event which will enable you to learn more about peat and the wildlife it sustains and about the restoration work being undertaken.

Digital Talk - Give Peat a Chance 2022

Jenny Sharman from Yorkshire Peat Partnership returns on 18 May at 7.30pm to tell the story of the restoration of three moors that are close to her heart. What might have caused them to degrade and decline? What were the likely consequences of this to the wildlife, the carbon store, local flood risk and water quality? What has been done to rewet, replant and restore them?

Through these examples, the enormous undertaking to restore all of Yorkshire's upland peatlands by March 2035 will be brought to life.

Email victoria.benn@friendsofthedales.org.uk to book your place/s.

Local Authors at The Book Lounge



Danielle Owen-Jones

Danielle lives in Kirkby Lonsdale and has just launched her debut novel, 'Stone Broke Heiress', a romantic comedy set in Liverpool. Bella's outlook on life is turned upside down when she loses her job, her boyfriend and her livelihood on the same day. She embraces change— with a few embarrassing moments along the way!



Lisa Nicholas

Lisa lives in Gressingham; her debut novel, 'Don't Forget Me' was launched here at The Book Lounge last year! This tense psychological thriller has twists, turns and surprises all the way through and keeps you guessing till the end.

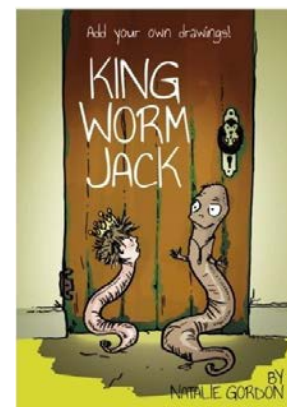
Mike Biles

Mike lives in Burton and has now published two books, 'A Bit About Britain's History' and 'A Bit About Britain's High Days and Holidays'. Both books are great for anyone who wants a serious, yet very light, introduction to Britain's traditions. Did you know that London was originally called Lundenwic? Why do we have April Fool's Day? An enjoyable meander through our nation's history.



Natalie Gordon

Natalie lives in Bentham. Her book, 'King Worm Jack', is about an ordinary boy's adventures with his extraordinary cat, Max, his very clever best friend Sally and Rodney, who happens to be a worm. Suitable for readers aged 7+, with spaces for children to personalise them with their own illustrations.



Hornby Lunesdale Probus Club

On Monday May 16th, Jane Tarlton will give an illustrated talk about clearing bush and setting up cattle farms in Cameroon. Hornby Probus Club meet at 10.30am in the Hornby Village Institute on the first and third Monday of each month. Guests and visitors are always welcome and for further details or any information please contact Roger Carter, Hon Secretary, Hornby Probus Club 015242 22283.

The Lune Valley Swimming Pool

'Splish Splash' Party night rescheduled

LVCS would like to apologise to all supporters and friends who planned to attend the party night at Arkholme Village Hall on April 2nd. Unfortunately, one of the members of The Jetsons tested Covid positive and we had to cancel. However, we have been able to re-book for July 30th at Hornby Village institute. All tickets sold for Arkholme will be honoured for the new date or fully refunded if this not convenient. Thank you for your support, we always look forward to seeing you.

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Email: poolmanager@lunevalleypool.com. Direct line pool telephone. (01524) 805666. Lune valley Community Society Ltd Charity no 1176086.

Gardens Open for NGS in June

Close to Kirkby Lonsdale there will be three gardens to enjoy visiting this month. All three very different in the parishes of Tatham and Wennington.

The National Garden Scheme beneficiaries provide critical much needed support to Nursing and Health Charities. During your visit you will be able to enjoy home-made refreshments and buy plants raised in the gardens. Children's admission free. Details of each garden can be found in the NGS leaflet in the Tourist Office.

The Gardens will be open as follows.

Clearbeck House, Mewith Lane, Tatham LA2 8PJ

June 2nd & 3rd for Jubilee Holiday and June 26th 11am to 5pm, admission £4.

Mill Croft, Spout Lane, Wennington LA2 8NX

June 19th 10am to 4pm, admission £4.

Raw Ridding House, Monks Gate, Tatham LA2 8NH

June 19th 10am to 4pm, admission £4.

Raw Ridding and Mill Croft share a joint entrance fee of £6.

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Fashion Show Success

On Wednesday 6th April, at Arkholme Village Hall, Kirkby Lonsdale Branch of MENCAP hosted a fashion Show by Renes of Lancaster. It was a fantastic evening, and a massive success.

The fashion house and models were superb and special thanks must go to owners Tiffany and Amanda, who were so kind in giving a 20% discount to everybody there, to use when they shopped at Renes. Banks Lyon were also on hand, with some beautiful shoes.

The Hall looked sensational and the fizz and delicious and attractive canapés, provided by the committee, were enjoyed by everyone.

Extremely generous prizes were given by many local businesses, and we owe a huge debt of gratitude to them.

Likewise, our thanks, for the monetary donations, which were quite amazing. Up to going to press, we have raised £2,800, absolutely incredible, and we would like to thank all those who gave their support, time, help and

donations, which made the evening a resounding success.

Also, we would like to make mention, of the swimathon, which one of our committee members took part in, raising an outstanding £619, again for MENCAP.

Finally, we would like to publicise that Westmorland MENCAP has received a surprise gift of £600 which, yet again, we are humbled to receive.

You can probably see that these staggering amounts will help so much in enriching the lives of so many children and young people in Cumbria with severe learning difficulties and disabilities.

Our sincere thanks, are sent to you all for always supporting and generously giving to our worthy charity.

Lynda Skinner (Chair)

Kirkby Lonsdale Branch, Westmorland MENCAP.

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We are what we eat

We often hear the term 'we are what we eat' but this also has its benefits. Did you know that certain foods are effective in helping reduce cholesterol, help with digestion and also ease pain? Below are a few common ones that may be able to help you on a day-to-day basis.

Ginger: stimulates digestions; lowers blood pressure; reduces nausea; reduces inflammation; blood-sugar regulator; reduces menstrual pains; positively affects cholesterol. Fresh or ground ginger steeped in tea is great for combating the above ailments. Ginger chews are also a quick relief as well as ginger oil which can be taken internally or rubbed topically to treat pain.

Turmeric: eases joint pain; boosts immune system; good for stomach ailments; helps with depression; improves long-term cognitive function. Ground turmeric goes great with eggs or even better in a curry. Mix turmeric, ginger, cinnamon, cloves, cumin, and black pepper with olive oil and toss with chickpeas. Roast at 350°F until crispy (about 20 minutes) and enjoy over a salad or veggie-rich soup.

Cinnamon: anti-viral, anti-fungal and anti-bacterial; may be beneficial for the ageing brain; lowers blood sugar. For the majority of people, cinnamon is generally recognised as safe when consumed as a culinary spice and in small amounts – no more than 1 tsp per day is considered safe for most adults, with less for children.

Apple Cider Vinegar: aids weight loss; improves gut health; good for hair; supports your immune system; improves skin and nail health; fights dandruff. Apple Cider Vinegar can be used in many ways - as a drink, alternative to salt, salad dressing, skin cleanser, hair rinse or a foot soak.

Sage: menopause; memory and brain health; may alleviate diarrhoea. For centuries women have used sage to help alleviate menopausal symptoms like hot flushes. To make a sage tea just add 1-2 grams of sage per cup of boiling water, steep for 10 minutes and drink up to three times a day.

Pecan Nuts: improves digestion; boost immunity; healthy heart (contain monounsaturated fats); excellent source of vitamin-E, vitamin-A, zinc, folate and phosphorous. Delicious on their own, these nuts are also great when eaten in cereal, cupcakes, ice-cream and other delicious treats.

As always, please take professional medical advice if you have any health concerns.

Kim Bradshaw

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For the Junior Golfer:

Junior Golf every Saturday 3 -4pm 6-16 years.

Pay as you go. £6.50 per session.

Beginner junior competitions every 1st Sunday of the month. Suitable for all juniors with or without handicaps.

Championship Putting League in memory of John Makinson, course owner. Running 7th April - 27th August every Saturday and Thursday 10am - 3pm. Open to members and non members. Prizes for the best score each day plus overall League winner. £1 per round.

50% of entry fee goes to Cancer Research UK.

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Just for Ladies:

Ladies Golf Social Nights Every Tuesday 6.30pm run by level 1 Golf Coach Ruth Kendal. 1/2 hour skills session and a few holes of golf before returning to the clubhouse for refreshments and to socialise. Informal fun sessions. £7 per person.

For all Golfers:

Adult Improvers session for golfers with some experience. Tuesday 10 - 11am. Pay as you go. £10 per session.

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