

AKL

Around Kirkby Lonsdale

September 2022



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

Photo ©Robin Ree 2022

New Beginnings

So, FOOTBALL HAS COME HOME. I wonder if, like me, you can remember the last time England won in 1966, before women were allowed to play professional football. And now, I have to say it, before the men have won again the ladies did it!! What a night! What a different atmosphere in Wembley Stadium! What celebrations at Wembley and in Trafalgar Square the next day!

And, as I write this the Commonwealth Games in Birmingham have just finished. I was struck by the attitude of Laura Kenny and Adam Peaty who, after set-backs and disappointments made a fresh start, fired up their determination and went on to win again. Yet, I wonder, is winning, achieving whatever goal you set out towards, the most important thing? Perhaps it's more about the way you participate, the choices you make and the lifestyle you choose that determines your sense of satisfaction and contribution to those around you.

I am always impressed when watching the sporting games by how much it means to those who don't win a medal yet achieve a personal best. In reality that will probably mean more to those individuals in the longer term than standing on the rostrum! And, how our hearts go out to those who come fourth, such a difficult position to find yourself in.

And now, what happens next – new beginnings, new opportunities. September is the month of all sorts of new beginnings – the new school year, starting school for the first time, moving on to secondary school or sixth form, or uni or into other training. It's also the beginning of a new season as the days get shorter and the weather gets cooler and, of course, this September we shall have a new Prime Minister, which may bring more new changes in the governing of our country.

Other changes may be facing some of us – moving house, moving on after a bereavement – adapting to life without a beloved partner or companion. The Bereavement Support Group restarts on 13 September

(see notice opposite). The people who come tell me they have found it very helpful to share and listen to others' experiences and ways of coping. There are other activities restarting this month so look out for the notices further in this issue of AKL.

Maybe some amongst us are worried or anxious about other issues: the future, perhaps the cost of energy through the winter or difficult decisions or choices they may be facing.

So many fresh starts in September, I am reminded of a verse from the Bible which says:

“The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.” (Lamentations 3:22-23)

No matter what our circumstances or the changes or new beginnings we are facing as individuals or corporately God's love for us and for all humankind never ceases, His faithfulness is unending. When we look to God, although our circumstances may not change, we lift our eyes and thoughts off the problems and give him the chance to be a part of our lives. Then maybe the problems or worries become a little easier to bear and a little bit less frightening.

If you are facing some new beginnings, training, a new stage in your life, a health issue or other difficulties, maybe you will find that verse above is something to hang onto in the coming weeks.

Rev Sue O'Loughlin

THE CHURCH OF ENGLAND

Rainbow Team: Rector: Revd Richard Snow, The Rectory, Vicarage Lane, Kirkby Lonsdale, LA6 2BA, 015242 72044, rector@therainbowparish.org. Team Vicar: Revd Wendy Thornton, The Vicarage, Vicarage Lane, Kirkby Lonsdale LA6 2BA, 015242 73570, wendy.thornton@methodist.org.uk. Team Vicar: Revd Anne Pettifor, Stonebeck, Fairbank, Kirkby Lonsdale LA6 2DU 015242 71904, anne@therainbowparish.org. Distinctive Deacon: Revd Sue O'Loughlin, 60 Paddock Drive, Stonecross Meadows, Kendal, LA9 5FH 07900 530849 sueoloughlin.so@gmail.com.

Lay Readers: Mrs Liz Dew, 9 Burton Park, Burton in Kendal, LA6 1JB, 01524 781645, mrs.lizdew42@outlook.com; Mr Alan Cox, Stedman House, 3 Hunter St, Carnforth LA5 9BP, 01524 735188, stedmanhse@gmail.com. Parish Administrator: Mrs Vicky Hazlett, Parish Office, 1 Bective Road, Kirkby Lonsdale, LA6 2BG, 015242 71320, office@therainbowparish.org. PCC Lay Chair: Mr Merlin Hibbs, Low Fell House, Barbon, LA6 2LJ, 015242 76410, merlin@hibbs.org.uk. PCC Treasurer: Mr Robert Cass, 17 Mitchelgate, Kirkby Lonsdale, Carnforth, LA6 2BE, 015242 71218, treasurer@cassworks.net.

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

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

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

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

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

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

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

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

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

CHURCHES IN LUNSDALE FAMILY PROJECT: Project Leader Miss Lol Wood, 07413 689311, lol@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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Key: **KLLH**, Kirkby Lonsdale Lunesdale Hall; **BVH**, Barbon Village Hall; **CVH**, Casterton Village Hall; **AVH**, Arkholme Village Hall; **KLMH**, Kirkby Lonsdale Methodist Hall; **MVH**, Mansergh Village Hall; **WVH**, Whittington Village Hall; **HRVH**, Hutton Roof Village Hall; **PPMH**, Preston Patrick Memorial Hall; **HI**, Hornby Institute

Bereavement Support Group

Restarts 13 September

The Bereavement Support Group will begin again in September on the second Tuesday of each month at 10.30 in Kirkby Lonsdale Methodist Church Hall.

The group is open to all who have suffered bereavement and is an opportunity to share experiences and to support each other in our journeys with grief. It is not a counselling group. I am not qualified in grief counselling, but we have previously found members discovered that sharing and listening to others' experiences was helpful to them.

Later in the autumn we shall be looking at 'The Bereavement Journey' a 6-session course about the experience of bereavement. Subjects covered include: understanding loss; the pain of grief – how it feels; the pain of grief – how we deal with it; coping with change; moving on; and an optional session on faith questions.

The course is non-denominational and is not "religious" – it is about the experience of grief and ways to cope. If you have any questions or would like more information, please contact me on 07900 530849 or 01539 324483 or email me at sueoloughlin.so@gmail.com.

Rev Sue O'Loughlin

Deadline for Oct AKL: Thu 15 Sep

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

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

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

We will continue to monitor email traffic to the old mailboxes till 2023.

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Reconnecting in September

I am aware as I write this that we are in the midst of school summer holidays. A time for many which I hope will be filled with relaxation and adventure.

During the summertime the Family Project spends some time planning and looking ahead to the next term. We have several regular activities returning such as Storytime in the Book Lounge in Kirkby Lonsdale from 11-11.30am every Wednesday during term time. As one of the leaders of Storytime, I love my Wednesday meet ups. I love seeing a child who perhaps doesn't normally enjoy sitting for stories, become so engrossed with a specific story that they can't help but come and sit by you or look over your shoulder. I find it reassuring whenever a child falls asleep mid story – that they have found the atmosphere soothing enough to enjoy a nap. I also understand when sometimes two stories are enough and a child now wants to go home. I simply enjoy seeing how stories are enjoyed by all of us at different times and there is great satisfaction that comes when you find the story that captures the hearts of everyone in the room.

Storytime is aimed at pre-schoolers and their parents/guardians and is a great chance to come and meet new people, hear some stories, sing a few songs and have a relaxing chat afterwards. Many people stay, enjoying the coffee and having a look through the amazing range of books in the Book Lounge afterwards. Do come and drop by if you fancy meeting new people who also have pre-schoolers. We will be starting Storytime again on Wednesday 7th September at 11am. I hope to see you there.

Drop-in at St. Mary's School in Kirkby Lonsdale will also be returning. Drop-in is a space at St. Mary's School from 2-3.30pm on a Monday during term-time for parents/guardians to drop in for a cup of tea/coffee and some biscuits/cakes before pick-up. It is a space to come, be listened to, chat and make new friends. If you would like to come along, keep an eye out for posters appearing around on the Family Project Facebook Page (@familiesinlunesdale). If you want more information, you can also email me on lol@cilfamilyproject.org. We cannot wait to restart Drop-in this term; the exact date we are starting back we will publish on Facebook and also via the school. We hope to see you for a catch up soon at Drop-in.

This September Messy Church returns on Sunday 11 September 4.30pm-6pm at Kirkby Lonsdale Methodist Church. Messy Church is a fantastic mix of storytelling, activities, time to chat and an evening meal. Follow us on our Facebook page: Kirkby Lonsdale Messy Church for more info!

Lol

Friends of St Mary's

The Friends of St Mary's are pleased to invite you to join them for AN EVENING OF LIGHT LATE SUMMER MELODIES with Anne Wodeman and friends on Fri 7 October at St. Mary's Church, Kirkby Lonsdale from 7pm. Drinks available, before the concert and in the interval. £7 per head. Pay on the door.

Whittington Parish Church

The organ at Whittington Parish Church is an extremely rare example of an Issac Abbot pipe organ that has survived and was still in working order in its original form unchanged since its creation back in 1883-apart from the fitting of an electric blower in 1952. Due to its age though it has been in need of expert restoration which is currently being carried out off site.

To celebrate the completion of the restoration there will be an exciting Grand Opening Recital on Saturday 8 October at 3pm with Adrian Self-the Organist at Cartmel Priory performing.

Admission is FREE and open to all. After the recital there will be afternoon tea with cakes, scones etc. There will be a retiring collection. Come along to see the magnificent organ re-instated in the church, which itself is a beautiful building.

#Togetherwecan

The Community Cupboard would like to publicly thank the individuals and organisations who quietly and often anonymously donate money, some on a regular basis.

These donations have enabled the Cupboard to offer an expanding range of services to the community on a pay-as-you-are-able basis. Far from being abused the donations from recipients demonstrate that those that can, do, enabling those who can't to pay as and when they are able. Providing a level playing field for everyone to access companionship, nutritious food and so much more makes for a healthier community both physically and mentally.

If you'd like to know more about the work of The Community Cupboard, would like to volunteer some time or talent, have an idea you'd like to explore more that improves community mental and physical well-being or to make a donation please check out the website klcommunity.co.uk or email: coordinator@klcommunity.co.uk.

Royal Hotel

Recruitment open day. Thursday 8 September 2pm-7pm, The Royal Hotel, Main Street, Kirkby Lonsdale. Pop along to meet our teams and to find out more about exciting careers in: Front of House, Bar, Kitchen & Chef, Reception, Housekeeping, Managerial. Please bring your CV with you on the day.

Kirkby Lonsdale Town Council

As I write this on 14 August, the heatwave has just ended and it's raining – no surprise in Cumbria!! The last weekend has seen more visitors than ever to Kirkby Lonsdale, most enjoying themselves and behaving well. This has always been a welcoming town and visitors are good for business and to spread the word about what a great place it is to visit.

But there have been some serious issues for the town which need addressing. These include: illegal parking along the A65 and on the roads in and around Devil's Bridge; illegal camping; the use of barbecues in Jubilee Park; incidents of antisocial behaviour; and rubbish and waste left along the banks of the Lune and in Jubilee Park. The Town Council is bringing together all the key agencies (Chamber of Trade, Community Interest Company, Police, Fire Service, Cumbria County Council, South Lakeland District Council and Yorkshire Dales National Park) to identify how these problems can be addressed. I will report back on the actions agreed.

Re-opening the Brow footpath when it is safe to do so is the Town Council's highest priority. Technical design work is underway and events around the town are raising funds to 'Save Ruskin's View' – all contributions greatly received. The Fundraising Group are working hard on details of the campaign including logos, means of giving and social media sites – there is likely to be a formal launch of the campaign in late October. St Mary's Church is opening the Gazebo by the Radical Steps to allow better views of the river and the Yorkshire Dales have agreed that tree works can take place to open up the view. These works should be complete by the time you read this. St Mary's Church and the Town Council will be commissioning a feasibility study to look at alternative temporary footpath routes.

A local resident suggested that the Council holds an open surgery once a month so that residents can discuss Town Council issues with councillors. The first is at the Lunesdale Hall from 6.00 – 8.00pm on 15 Sep.

The recycling containers near the Play Park have been relocated. We will now look to make a more attractive entrance to the Play Park.

Mike Burchnall, Chair, Kirkby Lonsdale Town Council

Cheese And Wine Evening

North West Cancer Research would like to invite you to a Cheese and Wine Evening from 6.30 to 9pm on 9 Sep at the new home of Barbara Dale, Beech Lodge, Bentinck Drive. Wine and Canapés, a raffle with quality prizes and other entertainment. Tickets at £10 per head can be obtained from members of the committee or T.I.C.

For information phone Daphne Peel on 71432.

Poppy Appeal

It's that time of year when our thoughts turn to planning the 2022 RBL Poppy Appeal and Remembrance events in town and the surrounding villages. As the district Poppy Appeal Coordinator, I have started planning and will shortly be contacting the usual parties to arrange ordering wreaths for our Remembrance Parade and Service on Sunday 13th November. If there are any groups/churches that don't usually order through your local POA but would like to, please contact me at klpoppyappeal@outlook.com or 07723 018865.

This year we are also planning to bring back the Remembrance Day Coffee Morning at Lunesdale Hall. Details of this, our street collections, the parade and Remembrance Sunday service to follow.

If you have an hour or two to spare and would like to help with this year's appeal, please let me know using the contact details above.

Rachel Wilkinson

Poppy Appeal Coordinator, Kirkby Lonsdale District

Christmas Fair 2022 Updates

The Christmas Fair 2022 Consultations are your chance to have your say about the Kirkby Lonsdale Christmas Fair. They are an opportunity for individuals and businesses to come together and work as a community: learning from previous town events and sharing views and ideas about what should happen at this year's Christmas Fair.

At the first consultation on Wednesday 16 March at 5pm in St Mary's Church, we discussed "What Christmas Means to You", what you want to "See, Hear, Feel, Think" at the Christmas Fair, "What Do We Want" at this year's fair, our "Dream Weekend" and other ideas.

The second Christmas Consultation took place on Wednesday 15 June at 5 pm in St Mary's Church and we discussed "Where Do We Need to Focus Our Efforts?" "How Can We Learn from the Jubilee?" and "What Decisions Do We Need to Make?".

We also decided we need to focus on applying for funding and, learning from the Jubilee, bringing free, accessible and high-quality art to the Christmas Fair. We also want to continue working with schools and showcasing young and local talent.

You can read the full consultation report on our website (www.kirkbylonsdale.info/christmas-fair-2022-consultation) or by popping into the Information & Gift Shop, 29 Main Street.

The next and final consultation will be on **Wednesday 14 September, 5pm at St Mary's Church**. RSVP now: lovethelunepr@gmail.com.

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For those struggling to make their food shop last - we are here to help. It's easy to sign up on our website, klcommunity.co.uk, we just ask for some basic details and send you over how to order your first bag! No referral needed.

COMMUNITY LUNCHES

Every Monday

Hot, nutritious meals are available for delivery or to eat in at the Lunesdale Hall

Just give the Community Hub a call to find out what the meal options are or check out our website for more info!

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For those who find it difficult or are uncomfortable leaving the house - we can help with shopping, prescription pick-ups, and post office trips! Just give us a call.

FOOD CLUB

Running Thursdays. Memberships offer a food bag every 2nd week.

Food Club works with FareShare to redistribute good quality surplus food from major supermarkets. Check out our website for more info.

Suicide Awareness Talk

13th September, 6 - 7pm; at the Bective room at the Lunesdale Hall

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matters** ...

This one-hour bitesize FREE awareness session is aimed at anyone in the community who wants to learn more about the myths and facts surrounding suicide, understand when someone might be at risk, how to talk directly and comfortably about suicide, and what we can all do to offer practical support. With thanks to Every Life Matters for running this session. Find out more at every-life-matters.org.uk

A NOTE FOR SUMMER

The Community Cupboard trialled a few new ventures for the summer holidays conscious of rising prices and a post-pandemic need to keep providing places to socialise. These included a Kid's Community Cinema, Community Cafe and Summer Family Food Bags. Our aim was to provide easy access to low cost, local activities, basic food supplies and companionship. What a positive response from those who came, this was a learning experience for us, so let us know what you would like to see offered and keep an eye out for what's next!

Special thanks to our volunteers who engaged with such enthusiasm across all CC ventures throughout the summer break, our wonderful Lunesdale Hall providing a great community space and to Cumbria County Council for funding our family food bags throughout Summer.



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The Rotary Club of Lunesdale

We have been very fortunate to have as our guest speaker on two occasions recently Anne Oliver from Lancashire Age UK. One of her subjects was "Avoiding Scams". Apparently, the 7 most common types of scams are Doorstep, Mail, Phone, Email and Online, Relationship, Identity Theft and Investment and Pension scams. Just remember, think: if it sounds too good to be true, it probably is! Age UK has an excellent booklet available to help you avoid and deal with scams. There are other helpful guides available concerning Looking After Your Money, Staying Safe and Advice for Carers. To obtain any of the above contact Age UK tel: 0800 169 65 65 or visit the website www.ageuk.org.uk. On her second visit, Anne's other subject was "Hospital Aftercare", explaining how they can provide practical and emotional support to help adults aged 18+ to remain in their own home. The Advice Line is tel 0300 303 1234 calls charged at local rate.

The Club was delighted to provide a tree sapling to St Mary's Junior School in Kirkby Lonsdale which was the prize for a competition to design a stamp celebrating the Queen's Platinum Jubilee. It proved to be a delightful occasion when, with the Head Teacher Mr Brian Jones, teachers and the children, our then club President John Clare assisted one of the boys to plant the sapling in the school grounds. Let us hope that it thrives under the care of the children.

On 11 August our guest speaker from Lancaster Loyne Rotary was Susan Wilson who gave an excellent talk entitled "Northern Entertainers" including, just to name a few, George Formby, Bobby Ball, Tommy Cannon, Ken Dodd, Ken Goodwin, John Thor and of course Morecambe and Wise.

Stay well, stay safe.

Lilian

Volunteer Driver Scheme

New voice, same service.

Kirkby Lonsdale's Volunteer Driver scheme continues providing a vital transport service in our community. Our team of dedicated volunteers will take you to medical appointments in the town or hospitals; to a catch-up with friends or family; a weekly lift to the swimming pool; even for some shopping in Kendal or Lancaster.

At a low cost of 45 pence per mile we're filling the gap between a missing bus and an expensive taxi.

Ruth Hart coordinated this service for a long time, following Hilary Morgan, and John Preston before her. Ruth has now passed the baton on to me, Sabine Janowitz. I'll happily sort you with a driver, may it be for a one-off or regular lift. Just give me a ring at the same number 07788 522 511.

Sugar and Spice & all things nice

Kirkby Lonsdale WI would like to invite you to our next meeting on Weds 7 Sep when our guest speaker will be Emily Burr, Head of Confectionery Buying at Booths. Whilst studying for her degree in Food Technology Emily gained a placement at Booths, this set her on her sugary career and she hasn't looked back since. Emily will share her story and explain what her role as Confectionery Buyer entails, for which she gets to select products from crisps and chocolates to sweets and cakes. The evening will include tasting samples. The member's competition is a decorated Home-made Cup Cake— one per member.

Over the summer we've had two excellent meetings. On 6 July we welcomed Claire Mansfield and Amy Onyango, founders and directors of Felltarn Design and Giftware. They shared their journey on how Felltarn started, back in 2013, when they met on the school run. Both mums had a desire to work for themselves and find something 'different' to direct their time and skills.

Our meeting on 3 August was rather different with an exclusive evening visit to the Lakeland Farm Visitor Centre, run by Isaac and Kerrie Benson. We gathered in the farm arena, designed in the style of a traditional Auction Mart for a talk by Isaac. He explained why modern Lakeland farms are so important to the working landscape of the Lake District and why their future is vital to the sustainability of the Lakes we know and love. We were introduced to the different types of livestock on the farm and learnt about the important role they play in shaping and maintaining the countryside. It was then outside for a demo of Lynn, one of the four farm sheepdogs, rounding up the Herdwicks. Inside, we continued our chat and fellowship with a cuppa and home-made cakes. All are welcome to our meetings whether as new members or visitors.

Amanda and all the Committee. 015242 98587 / 0776548094, kirkbylonsdalewi@gmail.com

Meet to Eat Community Cafe

Meet to Eat (M2E) will re-open on Wed 14 Sep following its summer break. M2E is a friendly Community Cafe which meets in the Methodist Hall in Kirkby Lonsdale providing lunches each Wed during term-time between 12.00 and 1.00pm. Everyone is welcome to come along and enjoy a choice of soups and puddings, home-made by volunteers, rounded off with tea or coffee.

We are urgently seeking more volunteers to either prepare food (anytime and frozen until needed) or to assist on the day. This doesn't need to be a weekly commitment; you can help as little or as often as convenient. Any help you can give will be very much appreciated by the volunteers who support M2E as well as our customers. To find out more please contact Anna 07950 475124.

KL Gardening Association

In July our second coach trip of the summer took us north, first to Cumwhitton, east of Carlisle, where we visited a beautiful, extensive private garden packed full of plants we knew and many we didn't, giving lots of inspiration for our own gardens.

Then on to Lowther Castle and Gardens which we last visited in 2013 when work had only just begun to restore the castle ruins and recover the abandoned gardens. In the nine years since then so much has been achieved with new planting throughout the gardens. The rose garden was spectacular on our visit as were the plantings inside the walls of the old castle and the wild-flower plantings. We also enjoyed, in the castle itself, the exhibition describing the history of the whole area as far as the west coast and in particular the part the Lowther family has played in influencing that area. We recommend visiting—it's just an hour from Kirkby.

By the time you read this issue of Around Kirkby Lonsdale we will have had our Annual Flower & Vegetable Show – a full report will appear in the next issue.

We resume evening talks from Wednesday 21 Sep at 7.30pm in the Lunesdale Hall with our first speaker being Lachlan Rae, formerly Senior Gardener at Gresgarth near Caton. Unsure of what future career lay ahead on leaving school, a series of random circumstances led him eventually to the Royal Botanic Gardens in Edinburgh and it was there that Lachlan realised his future would be in horticulture. Several positions later he arrived at nearby Gresgarth.

The following month's talk will be on Wed 19 October when our speaker will be Kevin Preston who will be talking about Autumn Interest and Forward Planning for Next Summer's Success.

If you would like to receive notifications about the Gardening Association by email, please register your interest via kirkbylonsdalega@gmail.com. New members are always welcome to join our group – please contact Membership Secretary, Maureen Dwyer, 015242 72594.

Margaret Clarke, Events Secretary, 015242 72045.

We Love To Sing! Do You?

Kirkby Lonsdale Singers are holding a 'Come and Sing' evening, led by our musical Director, Anastasia Micklithwaite, on Wed 7 September from 7 till 8.30pm in St Mary's Church, Kirkby Lonsdale. For new faces and returning friends, please come and join us, have fun and enjoy singing a wide range of music. All welcome, there are no auditions and you do not need to be able to read music.

For further information contact Lynne Rowling 07515685544 or visit kirkbylonsdalesingers.co.uk

Casterton WI

Casterton WI has met twice since the last issue of AKL. The business has included a report on the Annual Meeting in Liverpool from President, Gill Sykes, and details of the lunch at The Highwayman which is planned for September.

The July evening continued with a demonstration of sugarcraft by Jan Berry. The techniques were explained and Jan created a lovely little arrangement including lavender, sweet pea and a leaf which was raffled at the end. Throughout the evening members could admire a wonderful display of some of Jan's previous handiwork which emphasised how talented she was. Everything was beautiful and so lifelike.

The speaker at the August meeting was Janice McGloine, a self-taught artist from Silverdale, who told us about her career. She has painted professionally since 1993 and she originally specialised in animal portraits. She is much better known now for her quirky village scenes but she also paints the coastline and she has produced a range of gorgeous gifts adorned with her art. Janice brought a wide selection of her work for us to see.

The next meeting will be held on Wednesday 7 September when Helen Clark will talk about the work in Morecambe Bay of the Bay Search and Rescue charity.

All our meetings are held on the first Wednesday of the month at 7.30pm in Casterton Village Hall. Visitors are always very welcome. If you would like more information, look at our website: www.castertonwi.co.uk

Casterton Village Events

Saturday 10 September 10 till 11.30am. Cakes and a Coffee at the Village Hall. Please come along and meet other members of the village and enjoy freshly brewed coffee and some lovely homemade cakes and treats.

Tuesday 4 October 7pm. Quiz night at the Village Hall. You are all warmly invited to our first ever quiz night created with our lovely village community in mind. Expect a quiz with a difference. Play in teams of 2-4. There will be prizes for the winning team and maybe a special booby prize for the losers... You have to be in it to win it! Entry is free but donations will be very welcome.

If you have a problem getting along to any events, please contact Lisa Lodge 07495 944559 and we will make every endeavour to help you attend. For more information visit our village website www.castertonparishcouncil.org.uk or check our platinum jubilee Facebook site.

Jumble Sale

Tatham Church Grand Jumble Sale at Hornby Institute at 2pm on Sat 24 Sep.

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

September

1 Thu Kirkby Lonsdale 10.30am Holy Communion

4 Sun TRINITY 12

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

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

11 Sun TRINITY 13

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

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

18 Sun TRINITY 14

Kirkby Lonsdale 11.00am Morning Service
6.30pm Evensong
Preston Patrick 9.30am Morning Service
Lupton 9.30am Harvest Communion tbc
Barbon 10.30am Morning Service
KL Methodist Church 10.30am Morning Service
RC Church 9.00am Mass

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

Kirkby Lonsdale Trauma Relief Fund AGM

A meeting will be held at the Lunesdale Hall (Bective Room) on Thu 13 Oct at 7pm for the Kirkby Lonsdale Trauma Relief Fund (KLTRF) Annual General Meeting AGM. Members of the public are invited to attend.

From time to time, we hear of, or read about, incidents where people have their lives changed by a totally unexpected event – such as a road accident. Those who have experienced this, or their closest relations, say that one element of support that could have helped towards unexpected costs, such as travel, accommodation etc. Some may even suffer from loss of income or loss of wages whilst caring for their loved one in hospital. With this in mind, the residents of Kirkby Lonsdale formed the KLTRF.

The aim of the charity is to provide a one-off payment

25 Sun TRINITY 15

Kirkby Lonsdale 11.00am Morning Service
Preston Patrick 9.30am Morning Service
Barbon 10.30am Morning Service
+ Fell Pilgrims
Casterton 10.30am Holy Communion
Hutton Roof 11.00am Harvest Service tbc
KL Methodist Church 10.30am Morning Service
RC Church 9.00am Mass

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

(The type of service may change after AKL goes to print. Please check church notice boards and website)

St Mary's Evensong

Please note that from September, evensong will be held at St Mary's Church, Kirkby Lonsdale at 6.30pm on the Third Sunday every month. The date for September Evensong will be Sunday 18 September. All are welcome.

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to an individual who either lives in Kirkby Lonsdale or can demonstrate a close current relationship with the town following a sudden, life changing incident, as a gesture of goodwill and to alleviate immediate financial pressure. The incident would normally result in a period in critical care in excess of 24 hours, or death: - the charity is aimed at those who suffer from a devastating unexpected incident, although an award would not normally be made for medical conditions.

The KLTRF has been busy over the last few years, supporting residents and their families. Without generous donations or fundraising this would not be possible. If you have further ideas or would like to make a contribution via a donation, please do get in touch. Please support us in any way you can!

Marie Batty, Volunteer Secretary, Kirkby Lonsdale Trauma Relief Fund Tel 07940031814

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And the (Live) Music Goes On!

Summer has seen LIVE music make a spectacular return to Kirkby Lonsdale. At the beginning of July, Alfresco brought their superb show of Beautiful Songs to a sell-out audience in the Lunesdale Hall and in the process raised in excess of £1100 for MIND's work in the area of mental health awareness! Many thanks to everyone who made this remarkable result possible. Hot on the heels of this show, the Hall hosted another superb sell-out performance – an evening of amazing guitar playing and harmony singing presenting the songs of Simon and Garfunkel.

As we move into the autumn and spring, we are delighted to announce two further shows that will be presented at the Lunesdale Hall. On Sunday 13 November we welcome West Country singing sensation Sarah McQuaid, who has fitted a visit to KL into her busy European Tour schedule. This will be a musical night to remember. Tickets are just about to go on sale soon in the Tourist Information Shop. As we move into 2023, we are delighted to be able to bring a truly stunning show to the Lunesdale Hall on Saturday 25 February – the Cat Steven's songbook. This is one NOT to be missed. Watch this space for more information and details of when tickets will go on sale; but in the meanwhile, you can add your name to the recently opened pre-sale list in the Information Shop.

Dave Sapsford and the KL Music Festival Team.

From Peat to Paddling

If you are interested in debating what constitutes a healthy river 'from peat to paddling' why not attend Friends of the Dales FREE conference on 24 September at Grassington's Devonshire Institute? Guest speakers include the naturalist and biologist, Dr Amy-Jane Beer; Professor Rick Battarbee from UCL; Professor Jonathan Grey of the Wild Trout Trust; Martin Christmas, area environment manager for North Yorkshire; Charlotte Simons from the Dales to Vale Rivers Network and Tim Thom, peat programme manager for Yorkshire Wildlife Trust. All will be exploring what constitutes a healthy river, using the River Wharfe from Oughtershaw Beck to Ilkley as a case study. The event runs from 1pm-5pm and all 16-25 year olds can claim a travel bursary of £25. To find out more visit: www.friendsofthedales.org.uk or to register your interest email:

victoria.benn@friendsofthedales.org.uk

The charity is also hosting its regular programme of free digital talks again from September, featuring one by Wild Ingleborough on 14 September and a review of Plastic Free Woodlands by the Yorkshire Dales Millenium Trust and YDNPA member and Friend of the Dales vice president, Mark Corner on 19 October. To register for either of these, email: victoria.benn@friendsofthedales.org.uk

Your future is in the past

Are you interested in finding out more about our local area and the people here in days gone by? Who lived in the Yorkshire Dales? What kind of places did they live in? What did they do?

Ingleborough Archaeology Group is a group of keen amateur archaeologists who enjoy finding answers to these questions by using clues these people have left behind. Our area covers Ingleborough and the valleys of Ribblesdale, Chapel-le-Dale and Kingsdale.

We research and survey sites, and even get digging! It's fun and sociable, yet we work in a professional way and are guided by qualified archaeologists. Full training is given in all aspects. Recently we have investigated a monument complex, excavated at Clapdale and surveyed enigmatic placed stones on limestone pavements around Ingleborough. We produce and publish full reports and keep people informed of ongoing work via blogs.

If you don't want to get your hands dirty, we also run monthly meetings throughout the year – fascinating talks by local archaeologists and historians in the autumn and winter, with guided local walks and tours in the spring and summer. We welcome everyone. Our talks take place in the evenings, and outings at weekends. Our practical work takes place on weekdays and at weekends, so that everybody can be involved.

Please come join us for our October talk "Muck, Medicine and Mortality"? It's by Dr Mike Winstanley, Associate Lecturer Lancaster University and will be in Ingleborough Community Centre. Meet us for refreshments and cakes from 5pm on Monday 17 October 2022. Members will be available to welcome you and you can see photos and artefacts from our excavations. The talk starts at 7.30pm.

For further details, see our website: <http://ingleborougharchaeologygroup.org.uk> or email us at: ingleborougharchaeologygroup@gmail.com

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CranioSacral therapy (CST) can help manage the everyday stresses of a busy and full life, as well as being beneficial to those who've had an accident or experienced a traumatic event. It can help create a sense of calm and relaxation that allows someone to 'take stock' of everyday life during a session that's free from other responsibilities. Coming for a treatment can help to take away the 'busy', calm your nervous system and maximise your body's natural healing strength.

If you would like to learn more about it then call me (Fritz Hrynyk) on 07817 665662, visit our website www.daleswaytherapies.co.uk or www.upledger.co.uk

Kirkby Lonsdale and District Civic Society

To begin our 2022/23 season of talks we invite you to visit 'The Dales On Our Doorstep' with past Chairman Ken Humphris.

Incorporation of all the upper Lune Valley villages and a small part of Kirkby Lonsdale itself into the Yorkshire Dales National Park in 2016, emphasised what a key gateway to the Dales Kirkby is. This illustrated talk describes, from a very personal perspective, what amazing natural beauty and recreational opportunities, as well as a wealth of history and culture, are very close at hand, almost literally on our doorstep.

Ken retired to High Casterton in 2002 and joined the Civic Society soon afterwards, becoming a committee member, then Secretary, and for more than ten years Chairman. Since 2002 he has been a Yorkshire Dales National Park volunteer, involved with many volunteering activities and for three years a member of the Access Forum.

Becoming a member of Friends of the Dales (formerly Yorkshire Dales Society) in 2020 gave a fresh perspective on the Dales from a campaigning perspective and he is now a Trustee. As a keen walker and cyclist, he is never happier than when exploring the Dales in the company of his wife Jill.

Our 'visit' is on Monday 12th September at 19:30 in the Lunesdale Hall, Kirkby Lonsdale, LA6 2BG; admission £2.50 including refreshments. We hope you will join us!

Scouting for peace

Across the world the scout movement strives to break down barriers and build mutual understanding. Next year two of our Explorers will join more than 40,000 scouts and guides at the International Jamboree in South Korea. And this summer our Scouts were at the Red Rose International Camp, held nearby at Crooklands. There they were on the superheroes sub camp with scouts from Ireland, Croatia and across the UK.

Meanwhile here in Kirkby and surrounds we are gearing up for another year sharing the scouting values and teaching #SkillsForLife. And we're growing; opening a new Beaver Colony as our current one is bursting at the seams. I'm so grateful to all the new leaders and helpers joining the team, and if they find it half as fun and rewarding as I they've got a lot to look forward to.

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.

Remembering Kirkby Lonsdale

Films now on YouTube!

These two films about our small market town in the 1930s & '40s, have been screened several times around Kirkby, but are now finally free to view in full on YouTube. With a running time of about an hour each, they capture stories from every part of the town as remembered by eight of the town's eldest residents. The films by John Hamlett include archive photos and cinefilm that paint a vivid picture of what life was like in the town, before the post-war world found Kirkby. Broken into many short chapters they recount past times of horsepower and steam trains, poverty alongside the affluence of Underley, fading skills of blacksmiths and cloggers, but also persisting traditions and pastimes that are still at the heart of Kirkby today. Above all the stories are full of the captivating character and warm humour of George Harrison, Audrey Phillips, Jack Sedgwick, Joe Tomlinson, Ruth Carling, Margaret Downham, Dr Graham Mathews and Joan Fishwick.

They're best enjoyed with others so catch a local screening if you can – or invite some friends round, put it on the TV, and settle in for an evening immersed in old Kirkby. Each film was naturally 'premiered' by KLDCS, and other screenings have helped raise thousands for MENCAP, St John's Hospice and McMillan. Upcoming screenings include Casterton and Mansergh village halls. Please contact john@lunar.co.uk if you'd like to run a screening for your group/charity.

The project started out as a labour of love in 2013, but was completed with the support of the Yorkshire Dales National Park Authority and, more so, the Christopher Robins Charitable Trust which provides grants to local projects that benefit the people of Kirkby.

You can find out more about the project at www.memoirfilms.co.uk or just search for 'Remembering Kirkby Lonsdale' on YouTube. The films can also be found on the KL Archive at www.kirkbylonsdalehistory.info along with hundreds of the town's old photos and films.

Lunesdale Probus Club

Monday 5 September – Tim Forman on the subject of 'Going it alone'; the trials and tribulations of opting for new career and losing the corporate business safety net.

Monday 19 September – Adrian Taylor will talk about the Lancaster Grand, Britain's third-oldest theatre.

Lunesdale Probus Club meetings are held on the first and third Monday of each month. Members, guests, friends and visitors are always welcome to join us at the Hornby Village Institute at 10.30am for coffee and chat before each meeting. For more information please contact Roger Carter, Hon Secretary, 015242 22283.

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B4RN for Kirkby Lonsdale

You will now have seen B4RN digging up the pavements, roads and gardens around Fairbank and Kendal Roads in Kirkby Lonsdale ready for the installation of the fibre optic broadband. They will finish most of this work for Phase 1 by mid-September. This will be followed by traditional soft dig work around the north side of Fairbank, Low Biggins and Robrairie and the installation of a distribution cabinet in the grounds of the Fairbank Society. This will lead the way for blowing of the fibres and the connection of the Phase 1 properties with a 1,000 Mbps broadband connection – probably in later September and October.

All of this work is connected with Phase 1. B4RN have not had to make a decision on Phase 2 and 3 but more sign ups to take the service to all areas of Kirkby Lonsdale are needed to make the continuation of the roll out a reality. Please do consider signing up. Just go to the B4RN website (b4rn.org.uk) and click on Get B4RN. More information is available on the display in St Mary's Church. For most people and small businesses, the service costs £33 per month. For those receiving Council Tax Support the cost is only £15 per month.

For further information please contact B4RN directly (01524 555 887) or email b4rnforkl@gmail.com.

Back to School the Eco Way

1. Use stainless steel/recycled lunchboxes or wrap sandwiches in beeswax wraps, reusable sandwich wraps or even the bread bag!
2. Take your own water bottle and refill it as necessary. (one person can save up to 730 plastic bottles a year by just changing this habit)
3. Choose reusable cutlery: bamboo or reusable metal camping ones are great.
4. Pencils are more environmentally friendly than pens, but if a pencil is not an option then try to find an eco-friendly and refillable pen instead.
5. Choose pads and books made from recycled paper.
6. Ditch the Sellotape! Plastic free tape is great and even comes with some really neat prints on them in either white or brown.
7. If you don't need it, don't buy it! Recycle last year's items wherever you can.
8. Consider second-hand uniform It is a lot cheaper and saves money as well as landfill. Look out for school sales and local Facebook groups.
9. NAME YOUR UNIFORM! If it is named then it can be returned, if lost!

Kim Bradshaw, The Zero Pantry

Parlez-Vous Francais?

Calling all Francophiles!

Whether you are a native French speaker or have lived in a French-speaking country or just fancy reviving your underused and rusty skills, whatever your connection to the French language, if you fancy meeting up for the odd French-speaking get-together then please let me know! I am a retired French teacher who recently moved to Kirkby, but I miss the opportunity to speak French and as they say, if you don't use it, you lose it! Format, timing, etc, are all to be decided but if you think you might be interested, then just drop me a line- no obligation to sign your life away, just seeing what the interest might be!

Suzanne Sutton suzanneinkl@gmail.com

Dance and Fitness

Adult Balletfit/Pilates Fusion. A gentle, dance and Pilates-inspired, mind-body-soul workout for adults that leaves you feeling lighter, taller and happier in your own skin. No experience necessary, suitable for beginner and intermediate levels. Tuesdays at the Lunesdale Hall, 6-7pm from 20 September.

Dance with Miss Holly! A welcoming environment that nurtures children's dance and movement skills, building strength, coordination, flexibility and confidence in a supportive community. For children ages 4+ in Leck & Kirkby Lonsdale.

For more information and to register your interest, contact Holly Wood on 07983 000450 or hollywoodstudioperformingarts@gmail.com.

Movement and Stillness

Exercise and contemplation in the t'ai chi tradition

After a long summer holiday, these one-hour sessions are starting again on Tuesday 13 September at 9am in the Bective Room (the one with the kitchen - Bective Road entrance) at the Lunesdale Hall in Kirkby Lonsdale. Once again, we will use some gentle exercise, breath work and contemplation to calm down, strengthen the joints, extend their range, integrate the body's movements and encourage our built-in self-healing processes. And feel better on a Tuesday morning! The Bective Room is nice and spacious so we might move about more than we did before.

Almost all the content is adaptable for people with movement problems or difficulty standing for several minutes at a time. I have full insurance, teaching accreditation through the Tai Chi Union for Great Britain and recent First Aid training. A 4-week block will be £20. For more information do get in touch via andichapple@gmail.com or 07891 8025, or look at www.freakout.biz/taiji/



Join us on
 Sunday
 11th September
 4.30 to 6pm
 Kirkby Lonsdale
 Methodist Church

We'll hear a
 retelling of the
 Good Shepherd
 story....



Free entry,
 crafts and food
 - no need to
 book

....do some fun crafts
 and activities and
 have a meal together

'ewe' won't want to miss it - we look forward to seeing you

For more information email klmessychurch@gmail.com

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