

# AKL

**Around Kirkby Lonsdale**

**June 2023**



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

Photo ©Robin Ree 2023



# Brighter Days Are Coming!

*It has seemed this year that spring would never come, let alone summer! The prolonged cool and wet weather has dampened our spirits, so the celebrations of the Coronation Weekend were timely. And the sun and warmth on the Bank Holiday Sunday when so many lunches and celebratory activities took place were so uplifting.*

Suddenly, everything was green and hope-filled, for in the words of the Coronation Song – ‘Brighter Days are Coming’. At least, shorter days and warmer days!

It has felt as though we were spending an inordinate amount of time just waiting – for spring, for better weather, for the Coronation, for Brighter Days. I wonder how it felt for our new King – he waited for decades to be king, but for that to happen it meant the death of his beloved mother. Yet he used all those years in many positive, constructive ways for the good of all sorts of people and to grow as a person.

It struck me that we can get a bit lost in what feels like endless waiting. All the time we get stuck in looking to tomorrow, next week, month, year or when ‘I have the time’, or can afford it, or when whatever it is changes. In all that time we’re stuck and we miss everything that’s happening NOW. Living in the present moment, noticing something about the right now that is uplifting and encouraging, can make a huge difference to our mood and outlook – I’ve just looked up from my desk and seen the swifts are back (or they might be house martins) sweeping and swirling overhead – a sure sign of summer. I could so easily have missed the moment!

Thinking about remaining in the present moment, I recall some of the words the Bible says about waiting -

“Wait for the Lord; be strong, and let your heart take courage;  
wait for the Lord!”  
Psalm 27:14

Waiting for God to act can feel more difficult than waiting for the change in the weather. We can be sure that spring will follow winter, and summer spring, but we can often wonder if God is still there. Does he know what’s going on? Why doesn’t he act? And yet the verse goes on to say ‘be strong, take courage’; maybe in that conscious act of deliberate waiting for God, our courage and strength grow. But, I hear you say, what can we do in these waiting times, which seem so frustrating and a waste of time.

Well, I’m reminded of another Bible verse that might help:

“Be still, and know that I am God!” Psalm 46:10

I am convinced that being still, taking time out, just being quiet and reflective, really does help settle the frustration of waiting. Stopping our endless round of ‘what-ifs’, and ‘whys’ and just dwelling in the present moment. Noticing something small, or big, that we wouldn’t otherwise have seen, can change our whole perspective. And, as we pause, we might think to ourselves ‘this is just the way things are at the present moment’. We pay attention deliberately and non-judgementally to the way things are right now. And we give ourselves space. Space to take a deep breath and maybe in that moment of stillness we know more deeply the presence of God and his care.

I hope by the time this magazine is published we have arrived in summer and we will all enjoy every moment.

*Rev. Sue McLoughlin*

## 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 Manager: Rachael Pelham, Tel 07951 618514, Rachael@kl.church. 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, janinetrinder@outlook.com. 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: Jayne Wilson, 07437 443164, jayneboulterwilson@yahoo.co.uk. DCC Treasurer: Mr Arthur Oakden, Tarnside House, Lupton, LA6 2PP, 07561 605582, 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: To be appointed.

**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. Churchwarden: Mrs Sue Sanderson, 3 Rowan Tree Crescent, Kendal, LA9 6AW, 01539 721949, 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.

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## Diary

### Jun

27 May Labyrinth, St Mary's Churchyard

-5 Jun

Sat 3 Dance Night, EVH, 8pm

Mon 5 Hornby Probus Club, HI, 10am

Sat 10 Antiques Fair, BVH, 10am-4pm

Repair Café, KLLH, 10-12

Thu 22 Music for Ruskin's View, St Mary's Church, 11.30am

Sat 24 Dance Night, WVH, 8pm

Concert, Ashton Hall, Lancaster, 7.30pm

Wed 28 Dementia Awareness, Beetham Nurseries, 9.30am -5pm

### Jul

Sat 1- Open Gardens Weekend, KL

Sun 2

Sat 1 Friends of the Dales event, Addingham

Sat 8 Fairbank Society Strawberry Tea, 2-5pm

Tue 18 The Book Lounge Author Event, St Mary's Church, 7pm

## Deadline for Jul/Aug AKL: Thu 15 Jun

**This is a double issue, so please make sure you submit articles and event dates for both months.**

We have changed 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: **akladvertising@kirkbylonsdale.org**



## Connections and Labyrinth Journeys

It was fantastic to be part of Kirkby Lonsdale Coronation weekend. I enjoyed meeting so many of you who came and had a go at hook a duck, making a flower coronet, stone painting, fingerpainting or receiving and/or writing a compliment for our compliment jar. The weekend felt like a celebration of the King and the wider community.

The Drop-in team are enjoying chatting to various parents, grandparents and guardians on a Wednesday from 3-4pm in the Family Room at St. Mary's School. We are hoping to be outside a little more in the coming months with the weather being a bit warmer. Do come along and say hi. Feel free to simply come and get a piece of cake for the post-school journey. We look forward to seeing you.

We will have a labyrinth in St. Mary's Church for you to enjoy during half-term week. The labyrinth will be available to visit from 4pm on 25 May until 12pm on 7 June. Come and explore this labyrinth designed by children from throughout Cumbria. Labyrinths were originally created to enable people to explore journeying with God. People stepped into the labyrinth to clear their minds and began opening their hearts to God. Their journey to the centre gave them space to talk and connect with God. Some thought through a problem or issue and then left it in the centre for God. You can use this labyrinth in whatever way suits you. We hope you enjoy the journey.

Finally, we are looking at trialling a Forest Church session on Sunday 11th June 3-4pm. If that interests, you do email me for more info: [lol@cilfamilyproject.org](mailto:lol@cilfamilyproject.org)

**Lol Wood**





# Labyrinth

27th May-5th June come and find the  
Labyrinth in St. Mary's Church in  
Kirkby Lonsdale.  
Journey to the centre.



Tell us your experience [#stmaryslabyrinth](#)

## Music for Ruskin's View

Last June, Caroline (Atkins) and her Trio (piano, clarinet and cello) travelled up to Oban Cathedral to give a recital in aid of the restoration of the site of the Church of St Bride the Virgin. The history of this is well worth looking up online, as the church has been a centre for Christian worship since the 6th century. On their journey the Trio passed through Kirkby Lonsdale and played in aid of the appeal for Ruskin's View. This year they are repeating the trip to Oban, and have kindly offered to stop off at St Mary's church with another programme of music for us. This will include works by Schumann, Faure and a performance of the inspiring variations for piano of the spiritual 'Deep River' by Samuel Taylor Coleridge.

THURSDAY, 22nd JUNE AT 11.30am

We very much hope to see a repeat of the good and appreciative audience of last year!

Janet Atkins





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# The Community Cupboard

*Here for everyone in Kirkby Lonsdale and all surrounding areas. We operate all our ventures on a pay as you can basis.*



## Mondays 🧶 🧶 🧶 🧶 🧶 🧶 🧶 🧶 🧶

*Community Lunches* - Providing hot, nutritious lunches either delivered to your doorstep or to your seat at the Lunesdale Hall from 12.30 pm. Call the Hub to book your place by the Thursday prior.

*Knit and Natter* - Join our friendly group of crafters at the Lunesdale Hall from 1 pm to 3 pm. All are welcome to enjoy a hot drink and a good chat!

*Household Budget* - Helping provide advice on budgeting through our trained budget coach! No booking needed, come talk to us with your concerns at the Lunesdale Hall.

## Thursdays 🏠 🏠 🏠 🏠 🏠 🏠 🏠 🏠 🏠 🏠

*Food Club* - Sign up on our website to receive a bag of food saved from landfill every alternate week. Help save the environment and your food bill!

## Monday to Friday 📞 📞 📞 📞 📞 📞

*Community Hub* - Our phone line is open 10 am to 1 pm and puts in contact those who need shopping or prescription pick up or advice. Please do get in touch if we can help.

**015242 36404**

## Saturday, 10th June ✂ ✂ ✂ ✂ ✂ ✂ ✂ ✂

*Repair Cafe* - Runs 2nd Saturday of each month. Bring along your items in need of repair and see what we can do! Check out more details on our Facebook page!

## Community Cupboard

Our Community Cupboard is there for everyone, in Kirkby Lonsdale and the surrounding areas. We can provide a bag of ambient food and toiletries on a weekly basis, through our confidential and non-judgemental website.

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If you would like to be part of a new venture - we are looking to start up a Dementia Friendly Cafe that incorporates the Playlist for Life (.org.uk)

[klcommunity.co.uk](http://klcommunity.co.uk)



## Kirkby Lonsdale Town Council

At the Annual Town Assembly meeting the Chair has to report on the year's activities. An abridged version of my report on 17 May follows.

'It has been a challenging and rewarding time for the town and the Town Council.

Whilst the technical and cost issues associated with re-opening the Brow footpath and 'Saving Ruskin's View' have perhaps been the main topics considered by the Town Council, there have been many other issues that have brought the town closer together.

Many organisations joined together in what has become the 'Community Share' to make the Christmas celebrations in 2022 such a success and in arranging events around the Queen's Platinum Jubilee celebrations, the passing of Queen Elizabeth II and the coronation of Charles III. Whilst the town is a major tourist destination, many of these events were locally focussed and brought residents together.

The Town Council has supported local initiatives as much as possible and in particular has part funded the Community Interest Company (CIC), given grants to a number of local organisations and both last year and in the coming year has provided significant financial support to the Community Cupboard, an initiative born of the pandemic but recognising the long-standing needs of our community.

In the coming year the Council has committed funds to improving access to the Play Park and carrying out improvements to the park itself; relet the grounds maintenance contract which should result in the town parks and open spaces being maintained to the high standard

## B4RN for Kirkby Lonsdale

We are writing to provide a short update on our plans for the B4RN project in Kirkby Lonsdale.

We have successfully completed Phase 1 of the build together, and there are currently 156 properties live on this part of the network. We really couldn't have achieved this without the support of the local community – thank you.

This work was always planned to be the first phase of a project that would connect all of Kirkby Lonsdale. This is still the ambition, but there is another supplier who has also announced build plans to connect towns and villages in the region, and so this ambition is currently on hold.

This announcement has presented us with two issues. Firstly, we don't want to be in a position where we are duplicating building a full fibre network. Secondly, our build is reliant on government funding through the voucher scheme, and this funding only remains available

achieved over recent years; and we may even get a large metal ram on the A65/Booths roundabout.

Deciding on the final work programme to re-open the Brow footpath and raising the funds to do this are the biggest issues facing the Council. In the next month it is expected that a final programme of works and the likely costs will be identified by the Council's engineering consultants, Fairhurst. A further public meeting will be arranged to update residents.

The Town Council has employed a specialist to develop and implement a funding strategy and a fundraising co-ordinator. Both have been instrumental in establishing a 'Friends of Ruskin's View' group and in turn that group has helped implement the strategy and organise a wide variety of fundraising events, all of which have been given wide media coverage.

The Town Council will continue to lead on this campaign and to date the support from the town and local area has been amazing. Whilst we have a long way to go, I am confident that we will achieve the re-opening of the footpath, when, I am not sure.'

### Co-option to the Town Council

There is one vacancy on the Town Council and we can now appoint by co-option rather than by election. If you would like to be a town councillor, please send a short note outlining why you would like to do this to Kevin Price, the Clerk to the Council, at [kev-therev7@hotmail.com](mailto:kev-therev7@hotmail.com) by 7 June. Before the next Town Council meeting on 14 June we will interview all those interested and make an appointment.

### Mike Burchnall, Chair KLTC

if there are assessed to be no credible commercial build plans for an area.

We are therefore in a position where even if we started today, we may find the voucher funding, on which we rely, unavailable when we were to start connecting properties.

We hope you understand that given the reasons above, the right course of action for Kirkby Lonsdale and B4RN is to pause build until we have clarity on any commercial build plans in the area, and any associated changes to government voucher funding.

Thank you again for all your support for B4RN.

Broadband for the Rural North Ltd

## Fairbank Society Strawberry Tea

This will be held on Saturday July 8th from 2.00-5.00pm.

There will be further details in the July edition of AKL or you can contact the Manager on 015242 71077.



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## Once Upon a Time...

The Kirkby Lonsdale WI invites you to attend our meeting on Wednesday 7th June when our guest speaker will be children's author, Helen Haraldsen. Helen, who is based in Cumbria, is an English teacher and former school librarian who is passionate about inspiring young people to read and who has written 12 books for children aged between 5 and 12. She is a life-long animal lover and often uses her own pets as characters in her books. There will be a pop-up shop at this meeting and the competition, for members only, will be to write an opening for a children's story – max of 30 words. Remember only one entry per member.

At May's meeting Aidan Monks and Catherine Connor from Lovingly Artisan, Kendal, told us about how they built up their successful bakery business and enlightened us about the many interesting facts and health benefits of sourdough bread. They sell their bread in markets as far afield as Altrincham and regularly scoop up both regional and national awards. The evening included tasting samples of some of their delicious award-winning breads and a pop-up shop.

We would like to say a huge thank you to all who supported us at our Coronation Tea Party which was a huge success. The sun shone on us and everyone was able to sit outside to enjoy our delicious homemade cakes. A special thank you Rachel Edmondson, who brought the Cumbria Westmorland Federation's sales table, and to the many local businesses for their generosity in donating so many fabulous raffle prizes.

Please come along and join us. Our meetings are very relaxed and all are welcome including non-members and gentlemen. Entry for non-members is £5. You may also wish to bring some loose change for the raffle.

Rosalind and all on the Committee.

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## Fundraising Success

The Barbon and Middleton branch of North West Cancer Research would like to thank all the people who came to Whelprigg House, the home of Mr Henry Bowring. The generous committee contributed delicious cakes to enjoy with a cup of tea and also provided things for a tombola, bottle, book and bric-a-brac stalls.

The busy afternoon made £2252.

A big thank you to everyone.



## Making Space for Nature

Villages and parishes - do you want to make space for #Nature?

Event: Saturday 1 July, 10am – 2.30pm, Addingham. Environmental campaigning charity, Friends of the Dales is offering a unique opportunity for villages, parishes, environment groups and fledgling environment groups to find out practical and replicable ways to create more space for nature.

In collaboration with [Addingham Environment Group](#) (AEG), they will showcase AEG's journey from inception to current times, along with information about its aims for the future and successes and challenges along the way. There will also be an opportunity to join one of two guided walks through Addingham village to see the nature-positive actions taken to improve and increase habitats, support clean water and increase biodiversity.

There will be an opportunity for ideas sharing and discussion over a light, complimentary lunch. Event timed to coincide with public transport from Keighley, Skipton and Ilkley.

Places limited to two people per village/parish/group. To take part in this FREE event please email: [victoria.benn@friendsofthedales.org.uk](mailto:victoria.benn@friendsofthedales.org.uk)

[www.friendsofthedales.org.uk](http://www.friendsofthedales.org.uk)

## Concert

Saturday 24 June 2023, Ashton Hall, Town Hall, Lancaster 7:30 pm.

Conductor: Lauren Wasynczuk; Soloist: Lizzy Russell; Leader: Julian Cann

Prokofiev: Classical Symphony

Mozart: Oboe Concerto in C major

Haydn: Symphony no. 104 'London'

Adults: £15; 18 and under: free; students and benefits claimants: £5 on the door. Essential carers of the disabled are also free.

Tickets can be purchased on door by card or cash.



## Coronation flowers



We were totally honoured to be contacted by Phoebe, with a request to create something flowery for the town's street party celebrations to mark his Majesty's coronation, what an occasion. For us, everything looks and feels better with fresh flowers, so of course it was a huge YES!

We were aware that we wanted it to be something super special on several levels, we wanted something that looked beautiful, striking, and impactful enough, whilst also wanting it to be symbolic of the occasion. We were keen to include scent, and importantly we hoped it could span generations and be current. We hoped also to be as environmentally conscious as possible, especially given the King's ideas and values regarding sustainability in the floristry.

We decided to create something inside the monument, so whatever the weather our flowers could still be enjoyed – a photo booth, where people could sit and

capture gorgeous memories of the day, surrounded by beautiful blooms.

For our immediate inspiration we looked to the official Coronation invitation. We wanted to echo the beauty of the colours and flowers used, so as far as the aesthetic for the installation was an English country garden with a mix of native, woodland foliage's.

We wanted as much of our installation as possible to be locally sourced, so our first stop was our gardens; cow parsley, blossoms, bluebells and foliage of beech, birch, hazel, and oak. Herbs of rosemary, both for scent and in remembrance of the late Queen, sage, bay, and the eucalyptus we used were also all home grown.

Representing the nations of Great Britain was another priority high on our list, with the tall green spires of Molucella (Bells of Ireland). The spikey blue spheres of Eryngium (blue thistles). Both white and red roses for England, and the ancient royal houses of Lancaster and York, (both had to be included as I'm a Yorkshire girl and we're on the border!) The yellow of Wales came from yellow ranunculus, a gorgeous spring flower, as all our narcissi and daffodils were finished.

The other flower choices all common in English country gardens, deep blue clematis, tall white gladioli, delicate scabious, nigella, and wonderfully scented stocks.

Centre stage of the photo booth was the most beautifully regal oak chair. We were very kindly given permission from Rev Snow, to use one of the Bishop's chairs from St Mary's church, intricately carved with crowns, and so it became a throne for the day, echoes of Edward the Confessor's chair in Westminster Abbey, although not quite so old!

We had so much fun on Sunday morning placing and finishing off the flowers in the square, it was a hive of activity from around 8am with Market traders, volunteers and the great and the good of Kirkby Lonsdale all hoping to mark the occasion and make a really special day for all, I was so excited to show my children the installation when they arrived, my 9 year old's response: 'hmmm they are OK, when are the alpacas arriving!'

### ***The Flower Bank***

## **LVCS Hornby Swimming Pool**

The recent Coffee morning at the Hornby Institute proved to be a very enjoyable time to meet up with the team and discuss future plans. A fun quiz about the pool devised by Georgia and Scott caused quite a bit of head scratching.

The Coffee Morning was to be followed by our 2023 AGM at 12.00 but sadly we were unable to establish the required 'membership' quorum. A new date for this will be announced shortly. Please check our website for this and the most recent support funding results

For all Hornby Pool general enquiries please contact Georgia or Scott on 01524805666.



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## Friends of St Mary's

I am sure some of you are aware that we are holding an OPEN GARDENS event in Kirkby Lonsdale over the weekend of 1 and 2 July 2023, 10 gardens are open between 10.30 a.m. and 4.30 p.m.

Tickets, which are also a programme of the gardens open, will be available from the Tourist Information Centre from mid-June and will also be available in St Mary's Church over the weekend; refreshments, plants and garden supports will be available there as well. The cost is £5 per adult, and the ticket lasts for both days.

Please come along and support us; this is in support of the ongoing repairs to St. Mary's Church.

Pat France, Chairman of The Friends of St Mary's,  
07887 940442

## Community Catalyst

A new free development programme has launched to help people get set up working for themselves offering care and support to older and disabled people locally.

These 'community micro-enterprises' could offer any kind of help at home, such as cleaning, cooking, shopping, trips out, sitting and chatting, support to dress and wash, DIY, gardening and more. Community micro-enterprises are run by passionate people who want to work locally, help their community, choose their own hours, set a fair rate of pay and be proud of the quality service they offer.

Experience in caring for someone is great, but not essential, what really matters is your passion to make a difference in people's lives.

The programme is coordinated by social enterprise group Community Catalysts in partnership with Westmorland and Furness Council with the aim of helping people to find the support they need locally.

For more information about setting up, or anything else, contact Jade Gibson your local Community Catalyst for South Lakes:

Call or text: 07435 943 933

## Dementia Awareness Day

Wednesday 28 June, Beetham Nurseries, Milnthorpe, 9:30-5pm

Dementia affects so many people. One in 14 people over the age of 65 have dementia and the number is increasing sharply. Often people don't know where to go for support. We can help. Join us at Beetham Nurseries where you can experience the life changing virtual dementia tour and learn where to access help; from how to get a diagnosis to funding options and support groups in our area.

The virtual dementia tour is the only scientifically and medically proven method of giving a person with a healthy brain the experience of what dementia might be like. It has been experienced by over 2 million people and has changed the lives of so many caring for people with dementia. This tour gives you a window into the world of someone living with dementia and enables loved ones to be able to support in a better way as they will gain a better understanding of the disease.

We will be there along with other support groups and there will be information packs with lots of useful resources. You can pop along anytime, but if you have any questions please call our office on: 01539 267220.



## KL Gardening Association

Longer days and warmer temperatures mean that summer is almost here and we can all look forward to spending more time in our own gardens and to visiting other gardens for pleasure and inspiration.

Our summer programme continues with three garden outings - the first is our coach trip on Sunday 11 June when we visit Dalemain in the morning when they are holding their annual plant fair and where, as well as their collection of over 200 old fashioned roses, there may still be Himalayan blue poppies flowering in the extensive newly restored large gardens. In the afternoon we visit Chapelside, a beautiful garden in Mungrisdale where we will have afternoon tea. At the time of writing there are still places available on the coach so if you are interested please do get in touch.

Our next garden visit is on Sunday 9 July to two beautiful private gardens near Crook and Windermere and our last an evening visit on Tuesday 18 July to Holme Mills, the growing area of one of our favourite speakers 'Kevin the sweet pea man' when his huge display of sweet peas should be at their best - 'A spectacle the like of which you will not see elsewhere'.

The Annual Flower and Vegetable Show will take place in the Lunesdale Hall on Saturday 19 August and show schedules will be sent out to members 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](mailto:kirkbylonsdalega@gmail.com)

Wishing you all an enjoyable and sunny gardening season!

**Margaret Clarke, Events Secretary, 015242 72045**

## Settle Orchestral Society

Our Summer concerts will take place in Settle and Skipton as follows:

Saturday 17 June at 7.30 pm, Settle Parish Church;  
Saturday 24 June at 7.30 pm, Christ Church, Skipton.

We will be playing: Beethoven: Fidelio Overture; Dvořák Violin Concerto (soloist Anna Tulchinskaya); Schubert - Unfinished Symphony; Dvořák - Slavonic Dances Op.72 Nos. 1,2,6,7.

Why not come along to one of them, to enjoy an exhilarating evening, support local musicians and help keep live music alive? Full details of future concerts and contacts are on our website [www.settleorchestra.org.uk](http://www.settleorchestra.org.uk). We look forward to seeing you soon!

## The Book Lounge Events

An Interview with M W Craven

Tuesday 18 July at St Mary's Church, Kirkby Lonsdale.

Doors open at 6.30pm – Event starts at 7.00pm

Tickets £5 – includes drink and nibbles.

Tickets available from The Book Lounge or order online. Books will be available at the event and Mike will be signing them.

We are very pleased that we are included in the tour of bestselling author M W Craven's new book, Fearless, which is due to be published 29th June 2023. Mike is a multi-award-winning crime writer whose first book 'The Puppet Show' has been translated into 25 different languages.

Fearless is the first book set in the US and introduces us to Ben Koenig, a man with no fear. Ben Koenig is a ghost. Six years ago, he headed up the US Marshal's elite Special Ops group. Until the day Koenig disappeared. He told no one why and he left no forwarding address.

For six years he was untraceable. But now Koenig's face is on every television screen in the country. Someone from his past is trying to find him. They've killed before and they will kill again. Only this time they've made a mistake. They've dismissed Koenig as just another drifter - but they're wrong. Because Koenig has a condition, a unique disorder that makes it impossible for him to experience fear.

**Val**

## River Concerns

I've lived in Kirkby Lonsdale off and on for the last 38 years. I remember swimming in the Lune as a child and young adult and one of my favourite runs is along the Lune riverbank to Whittington. I've noticed this year that the sewage works at Robrairie appears to have been discharging raw sewage into the river. Toilet paper and solids are evident and it stinks. I also noticed there is a large sinkhole right next to the path that is overgrown with nettles that could very easily cause somebody a serious injury.

I never noticed this discharge until this year but as I know many people swim in the Lune in the summer months surely United Utilities should be looking into this. Perhaps the sewage works at Robrairie needs investment to meet the growth of the town. Maybe this just needs highlighting to United Utilities so they can fix it. It's sad to see such a beautiful area being polluted.

**Daniel Nute**

(Letter forwarded to Town Council, Editor)



## Casterton Community Trust

In 2014 a Community Trust was set up to provide grants to help fund projects or activities which have a broad community benefit in the civic parish of Casterton. Since then, the Trust has been able to assist with projects as diverse as –

- seating in public spaces
- equipment for the Women's Institute
- B4RN
- the provision of defibrillators for the village
- cleaning equipment for the parish church
- maintenance/improvement of the fabric of the village hall
- jubilee celebrations

More details of the Trust's activities and foundation can be found at [Casterton Community Trust - Casterton \(castertonparishcouncil.org.uk\)](http://Casterton Community Trust - Casterton (castertonparishcouncil.org.uk)).

If you have an idea or a project which might benefit the community of Casterton generally, we would love to hear from you. Perhaps you know of a proposed group or organisation which needs some start-up funding or would welcome help with the cost of hire of premises?

The genesis of the Trust was the British Gas 'Green Streets' challenge in 2010: encouraging communities to work together to save and generate energy. The trustees therefore welcome any opportunity to consider green projects or ideas.

There is a short application form which can be found on the website; alternatively, please contact the Secretary of the Trust at/on [cctsecretary@castertonvillage.org](mailto:cctsecretary@castertonvillage.org).

## A Little Help from my Friends—and Others!

About seven weeks ago, I fell and fractured my coccyx, badly bruised my ribs, waist and lung, the pain was excruciating, I was pretty 'off colour'.

Back in February, I had received an invitation to attend a Royal Garden Party at Buckingham Palace in May. The King and Queen were to be present. Naturally, I was thrilled, honoured, and brimming with excitement. But this once in a lifetime experience, was beginning to look out of reach.

To the rescue came my family and kind friends from Kirkby Lonsdale, Casterton and further afield. Thanks to the Lord Chamberlain's Office, who sorted out special parking for my daughter to drive me, into the grounds, of the palace, the wonderful doctors and nurses at the Urgent Treatment Centre, at WGH for doing everything possible to make sure I would be improved enough to

## Casterton WI

After the usual business was concluded, the focus of the May meeting was on debating the resolution proposed for ratification at the WI National council meeting. Melanie Harvey presented the resolution that the NFWI should urge the government to make, support and promote applications for officially designated bathing sites on appropriate stretches of river.

Members engaged in a full and interesting discussion about the impact of water pollution both locally and nationally, of great concern to all as this has been a recurring item in national headlines of late. The resolution was supported, with recommendations to consider possible amendments to the final wording.

This was followed by a beetle drive organised by Gill, prompting much hilarity due to the fast and furious nature of the competition, until Melanie emerged victorious.

Carolyn brought along an exquisite piece of her hand embroidery, which had recently been shown as an exhibit at the Federation Arts Exhibition in Appleby. We were all impressed with the 'shadow shading' which was incredibly intricate.

Finally, there was a toast to their majesties, King Charles and Queen Camilla.

The next meeting will be held in Casterton Village Hall on Wednesday 7th June, when Judith Shingler and Allison Peak from Ambleside Archives will be talking about 'The Big House'

All are welcome from 7.30 onwards. If anyone wishes to make further enquiries, please contact Gill Sykes on 015242 72143.

travel, and to the incredible Assistance Package offered by British Rail to get me to London.

All of these people went over and beyond what was required of them, and it resulted in my being able to attend the Palace and enjoy a magnificent day that will stay in my memory for ever. In this day and age we hear of so much bad and alarming news; how rewarding to relay something good.

So, it's thank you to our NHS, to everyone from British Rail, Oxenholme to Euston, for their kindness and care, and of course to the superb friends in and around KL.

Against all odds, with everyone willing me on and determination on my side, I got to Buckingham Palace.

You know, there is still a lot of goodness, out there. Always has been, always will be.

I am so grateful that I was a recipient.

**Lynda Skinner**



## The Church in and around Kirkby Lonsdale

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

Cowan Bridge Methodist Chapel congregation is currently meeting with St Bartholomew's Barbon.

### June

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

#### 4 Sun TRINITY SUNDAY

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 10.30am Morning Service  
Sunday@7  
St Joseph's 9.00am Mass

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

#### 11 Sun TRINITY 1

Kirkby Lonsdale 11.00am Morning Service  
Preston Patrick 9.30am Holy Communion  
Barbon 10.30am Holy Communion  
Hutton Roof 11.00am Morning Service  
Mansergh 7.00pm Rainbow Service  
KL Methodist Church 10.30am Morning Service  
St Joseph's 9.00am Mass

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

#### 18 Sun TRINITY 2

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

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

#### 25 Sun TRINITY 3

Kirkby Lonsdale 11.00am Morning Service  
Preston Patrick 10.00am Morning Service in  
Endmoor Village Hall  
Barbon 10.30am Morning Service  
Casterton 10.45am 200th Ann Service  
Hutton Roof 11.00am Holy Communion  
KL Methodist Church 10.30am Morning Service  
St Joseph's 9.00am Mass

29 Thu Kirkby Lonsdale 10.30am Holy Communion  
St Joseph's 6.30pm 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)

## New Group Scout Leader

For 1st Kirkby Lonsdale Scout Group (1st KL)

1st KL is a buoyant, successful Group with 20 adult leaders and 75 beavers, cubs and scouts, supported by an enthusiastic Executive Committee and local District team. We are looking for a new Group Scout Leader (GSL) from September to replace Nigel Bradshaw who is moving on to other roles in scouting.

The Group Scout Leader is a key role to manage the direction of the Group and ensure that a great scouting experience is delivered safely by the Section leaders. Running meetings or camps is not part of the role.

#### Who are we looking for?

The role will suit someone with management skills, who is able to work with volunteers, coordinate different teams, and offer a strategic vision. Scouting experience is not required.

Don't worry if that sounds like a lot - you'll be well supported. Scouting provides comprehensive training to fill gaps and enhance your CV if applicable. The Group has many experienced leaders, and the Executive Committee

on which you'll sit is responsible for finances, governance and other non-scouting support. Your line manager will be the District Commissioner, who will also be your conduit to the wider team in the local area.

You will be able to build your own GSL team of volunteers to help you as you want. There is already an Administrator in place.

#### What will I get out of it?

The satisfaction of helping the young people of Kirkby Lonsdale and its surroundings develop #SkillsForLife whilst having fun, challenges and adventures. Plus the pleasure of working with leaders and supporters who are some of the most generous, caring and dedicated adults that you could wish to meet.

#### Want to know more?

Contact Kentdale District Commissioner Damian King at [dc.kentdale@cumbriascouts.org.uk](mailto:dc.kentdale@cumbriascouts.org.uk) or Nigel Bradshaw at [kirkby\\_lonsdale\\_scouts@live.co.uk](mailto:kirkby_lonsdale_scouts@live.co.uk).



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## citizens advice

*"I've just had my bathroom re-tiled, but I'm not happy with the work. The tradesperson left to do another job halfway through and I had to chase them to finish the job. The work looks pretty rough*

*around the edges. They also left all the old tiles and plaster for me to dispose of, which I wasn't expecting. I've now got the invoice, but I don't think the price reflects the work done or the service I got. Can I challenge this?"*

If the work looks unfinished or unsafe, you should be able to get the tiler to come back to fix it. You could also suggest that removing the old tiles is part of finishing the job. You are protected by the Consumer Rights Act 2015, which says a tradesperson should have completed the work with 'reasonable care and skill'. If they haven't done this, they've broken the law. The Act means you're legally entitled to ask the tiler to fix the problem (if they provided the tiles as well as the service) or get money refunded (if they just provided the service and you bought the tiles). They should fix the problem or refund you in a reasonable amount of time, without causing too much inconvenience. Ask them to fix the issue or negotiate a lower price for the work before you pay anything.

Before you contact them, it's a good idea to take photographs to use as evidence of the problem. Make notes about what happened, including dates and times. You should also gather any paperwork and receipts - was there any prior written agreement about who would dispose of the old tiles? Was the final cost was in line with estimates or quotes given to you at the outset of the work? If not, there is [advice on the Citizens Advice website](#).

Let the tiler know you understand what you're entitled to. Keep a written copy of all contacts, whether you speak to them, write or email. There are [template letters](#) on the Citizens Advice website. If you're still struggling to come to an agreement, there are other steps you can take, including using 'alternative dispute resolution', which is a way of solving disagreements without going to court. There are [full details](#) about how to do this on the Citizens Advice website.

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, your local charity, is here for you. How to access:

Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm Adviceline: 0808 2787 984

email advice via our submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)

Help to Claim (Universal Support): 0800 144 8 444

## Lunesdale Hornby Probus club.

Boats, Bats and Battle of Britain!

On Monday 5 June we welcome Commander Bernie Thompson RN Rtd, telling us the incredible story of X Craft, miniature manned submarines and their use in wartime.

On Monday 19 June we have an illustrated talk by Gail Armstrong on the local bat population and why we should love them!

On Thursday 15 June we travel to Squires Gate Airfield Blackpool for a private guided tour of the Lytham St Anne's Spitfire Collection in Hangar 42 restoration workshop. There are several Spitfire replicas and a Hawker Hurricane MKI along with a unique collection of wartime RAF Airfield vehicles and equipment. After the workshop and display visit we take a break at The Flower Bowl / Barton Grange Garden Centre on the way home.

Coaching and Admission just £20pp. Morning departure from Hornby. Guests very welcome.

For a full itinerary and further details on this or other Lunesdale Probus Club matters please contact - Roger Carter. 015242 22283

## AKL Classified Advertising Rates

The rates for classified adverts will be increasing slightly from 1 June 2023. The new rates are as follows: single space £48; double £96; triple £144; quad £192.

These rates will be applied to new advertisers and renewals alike from June onwards.

Thanks!

## Drop-in at St. Mary's School

Every Wednesday from 3-4pm  
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*"Without any question, we would highly recommend using this care provider to others. They were quite simply outstanding in all aspects and we really appreciate all the support provided both to Mum and all of the family."* - **Daughter of Client**




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