

AKL

Around Kirkby Lonsdale

March 2023



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

Photo ©Chloe Dean 2023

Lent: Giving up and taking up

The days are lengthening and the signs of spring are appearing. It is a remarkable time of year when we can watch the world around us being transformed. Centuries ago, when people were talking about this time of year, they would use the term 'lencten', (it means 'spring season'). That word has disappeared from use but somewhere along the line a shortened form, Lent, became the title for the weeks leading up to the festival of Easter.

Lent begins on Ash Wednesday, which was 22 February this year. It lasts for 40 days, (a little bit of mathematics will tell you whether Sundays are included or excluded in the 40 days of Lent). In the year 325 an assembly of religious delegates, known as the Council of Nicaea, decreed that Easter should be observed on the first Sunday following the first full moon after the spring equinox (21 March). This means that Easter Day can fall on any Sunday between 22 March and 25 April.

Consequently, the start of Lent moves each year according to the date of Easter, although it is always a Wednesday.

People often associate Lent with 'giving things up'. It is a tradition that derives from the connection between the season of Lent and the period of forty days that Jesus spent in the wilderness before the start of his public ministry. He was hungry and he was tempted. For some people, fasting during Lent helps them remember what it is like for the great many people in the world who do not have enough food.

Some people collect money in a 'Grace jar' during Lent; adding a coin before each meal as a way of saying 'thank you' for having enough to eat, and then donating the contents when Easter arrives. I wonder what will happen to traditions like this as we become an increasingly cashless society?

'Taking something up' can be just as good as giving something up. Simply taking time to observe the world around us and notice things coming back to life as the days lengthen after the dark days of winter can be incredibly therapeutic. Something that can work very well in a family setting is to jointly come up with forty 'Lenten deeds': something to do on each day of the season. The idea is that these are simple things that someone can do to support and encourage the other members of the family or the wider community. Taking it in turns, one person performs the deed for the day.

A few years ago, I came across a Lenten prayer that rather cleverly combines 'giving up' and 'taking up'. It offers a holistic approach to Lent and it goes like this:

Help us fast from criticism
and feast on the good we see in others.

Help us fast from inactivity
and feast on action for justice.

Help us fast from greed
and feast on giving.

Help us fast from conflict
and feast on peace making.

Help us from self-centredness
and feast on Christ-likeness
so that we might become more like your Son.

I also like the way that the 'us' in the prayer could refer to a family or a community, or even the whole of humanity. In these challenging times the prayer is hopeful that somehow by the end of Lent both we, and situations, might be transformed.

Rev Richard Snow

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_mvnyens@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: Mrs Wendy Hadwin, Marlan, School Lane, Barbon LA6 2LR 015242 71397.

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

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

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

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

ST JOSEPH'S RC CHURCH: Back Lane, Kirkby Lonsdale. Sunday Mass, 9am. During the week, as announced. Parish Priest Very Rev. Fr. Michael Docherty, The Presbytery, St Mary's RC Church, Hornby. Tel. 015242 21246.

FRIENDS' MEETING HOUSE: Preston Patrick Sundays 10.30, Warden 015395 61163. Brigflatts Sundays 10.30am, Warden 015396 20005.

VOLUNTEER DRIVER SCHEME: 07788 52 25 11

KL COMMUNITY HUB: Mon-Fri 10-1 015242 36404 klcommunity.co.uk

CUMBRIA POLICE: Emergency 999, non-emergency 101

Key: **KLLH**, Kirkby Lonsdale Lunesdale Hall; **BVH**, Barbon Village Hall; **CVH**, Casterton Village Hall; **AVH**, Arkholme Village Hall; **KLMH/C**, Kirkby Lonsdale Methodist Hall/Church; **MVH**, Mansergh Village Hall; **WVH**, Whittington Village Hall; **HRVH**, Hutton Roof Village Hall; **PPMH**, Preston Patrick Memorial Hall; **HI**, Hornby Institute

Diary

Mar

- Sat 4 Jazz Evening, HI, 7.30pm
- Mon 6 Relax with Ruskin, KLLH, 9.30-10.30am
- 6-10 Sister Act Jr, St Mary's Church, 7pm
- Fri 10 Remembering KL (2), KLLH, 7pm
- Sat 11 Repair Café, KLLH, 10am-12 noon
- Annual Muck Haul
- KL Bowling Club open afternoon, from 1pm
- Wed 15 KL Gardening Association talk, KLLH, 7.30pm
- Sat 18 KL & District Civic Society course, BVH, 1-5pm
- Organ recital, Whittington Church, 3pm
- Wed 22 Friends of the Dales social stroll, 9.30am-1pm
- Fri 24 Books Fizz, KLLH, 7pm
- Sat 25 KL & District Civic Society course, BVH, 1-5pm
- 29-31 Yeomen of the Guard, HI, 7.30pm
- Apr
- Sat 1 Yeomen of the Guard, HI, 2.30pm
- Sat 15 Repair Café, KLLH, 10am-12 noon
- Sat 22 Magic Bus, KLLH, 7.30pm

Deadline for April AKL: Wed 15 Mar

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 end 2023.

<p>Lunesdale Home & Garden <i>Traditional Ironmongers</i> Trade & DIY tools, fertilisers & garden sundries, paints & sundries 54-56 Main St. KL 015242 72751 Email: lunesdalehg@uwclub.net</p>	<p>Your Local Estate Agents Thomson Hayton Winkley</p>  <p>Our quality estate agency service is now available in our Kirkby Lonsdale office. Pop in and meet our award winning team to discuss your sales and letting requirements. 29 Main Street, Kirkby Lonsdale 015242 71999 www.thwestateagents.co.uk</p>	<p>Ridding Joinery Internal & Ext joinery work Energy efficient windows & doors Timber & engineered wood floors 07818 408 050 riddingjoinery@gmail.com</p>
<p>The Card Gallery 015242 71237 62 MAIN ST KIRKBY LONSDALE Stockists of a large selection of quality greeting cards Jellycat Orange Tree toys Steiff Glick Rachel Ellen Wrapping Herdy Balloons and much more. kirkbylonsdalecardgallery.co.uk <i>A welcoming shopping experience awaits</i></p>	<p>Around Kirkby Lonsdale is printed by Kent Valley Colour Printers Ltd Kendal 07818 45 54 60</p>	<p>THOMAS CONSULTING Chartered Engineers ESTABLISHED 1979 The Institution of Structural Engineers</p> <p>Services: Structural Engineering Expert Witness Highways & Drainage CDM Principal Designer Flood Studies Forensic Engineering Structural Inspections and Surveys Contaminated Land Surveys</p> <p>Industries: Domestic Properties and Residential Developments, Education, Leisure, Health Care, Petrochemical, Nuclear and Defence</p> <p>Tel: 01524 846022 www.thomasconsulting.co.uk</p>
<p>LT Locksmiths & Security Your local locksmith and mobile key cutter, UPVC specialist 24/7 emergency work carried out. NO CALL OUT FEE. 07969 288538 / 015242 41046 www.ltlocksmiths.co.uk</p>	<p>LUNE VALLEY PHYSIOTHERAPY Have you had: a new joint? <i>On screen appointments for people having chemo or shielding and fascial facials until you can get back to the spa</i> 07934 78 57 97 www.leahthephysio.co.uk</p>	<p>CHRIS POTTS BSc MRICS Chartered Building Surveyors Design and Construction Consultants</p> <ul style="list-style-type: none"> • Planning advice • Full architectural design service • Extensions & Alterations • Internal re-design • Project Management <p>CNP Associates Ltd 3 Market Square, Kirkby Lonsdale, LA6 2AN Tel: 015242 73228 Mob: 07540 610582 info@cnpassociates.co.uk</p>
<p>FISHWICKS FUNERAL SERVICE Inc: R.J. Lowery, Kirkby Lonsdale Private Chapel of Rest: 24 hour service Pre-payment plans available: Members of NAFD & SAIF Beetham Hall, Beetham, Milnthorpe, Cumbria, LA7 7BQ Tel: 015242.71400</p>	<p>LOCAL INDEPENDENT MILKMAN TRADITIONAL GLASS PINT DOORSTEP DELIVERY SERVICE RINSE & RETURN CONTACT BORDERS MILKFLOAT SCOTT - 0753 818 4094 SARAH - 0786 779 8478</p>	<p>CASTERTON GOLF COURSE</p> <p>Membership 015242 71592 Adult from £310 Junior £60 Under 35's from £140</p> <p>Tuition 2022 Junior Lessons - Sat 3 - 4pm Adult Group Lessons - Various (phone) Ladies Social Golf - Tuesday 6.30pm</p> <p>Course Fees Short Course - £8 Main Course - £12/£20 Unlimited Golf after 4pm - £12 Driving Range from £2</p> <p>www.castertongolf.co.uk</p>
<p>DAVID CARR—Removals Part loads - London & Scotland Piano removal specialists Local removals 07710 287670, 01524 732350 2 Hazelmont Drive, Warton, Carnforth, Lancs., LA5 9HR</p>	<p>Tree & Garden Work Walling & Fencing Firewood FRED GIBSON Kirkby Lonsdale 015242 71921 E-mail: s.willan@btinternet.com</p>	<p>W Dawson and Son Fuelling the UK since 1895 Multi-Fuel Stove Fuels & Kiln Dried Logs House coal & Smokeless Fuels BSL Approved Wood Pellets Kiln Dried Logs in loose loads, crates & tote bags Call: 015396 20210 Email: sales@dawsonsfuels.co.uk</p>
<p>MANSERGH HALL FARM HOG ROAST Professional Hog Roast service, with an attention to detail. Serving outdoor reared pork, beef & lamb. Weddings, birthdays, Corporate events, Fund-raising. www.manserghhall.co.uk 07825 424981</p>	<p>Temptations Craft Boutique *Now Incorporating* Pennine Outdoor Fabrics Patchwork, Quilting, Dressmaking Waterproof & Breathable Fabrics Yarn • Haberdashery • Buckles etc Brother Sewing Machines 015242 61868 www.temptationsbentham.co.uk</p>	<p>Paul Mill 07746714392 PIANO TUNING Repairs, Moving & Restoration Fully qualified piano tuner and technician working in Lancaster and surrounding areas pmill.piano@gmail.com pmillpiano.co.uk</p>
<p>Paul Mill 07746714392 PIANO TUNING Repairs, Moving & Restoration Fully qualified piano tuner and technician working in Lancaster and surrounding areas pmill.piano@gmail.com pmillpiano.co.uk</p>	<p>LUNE VALLEY ACCOUNTING 35 years' experience and based in the Lune Valley Bookkeeping and Accounts production for; Sole traders, Partnerships & Limited companies. Personal and corporate tax returns Wages/PAYE/ CIS Company formation, and VAT registration. Contact Peter Scott on 07341 388 109 peter@lvaccounting.co.uk</p>	<p>Sheila Shuttleworth Experienced Dressmaker Made to Measure Skirts, Jackets, Dresses, Bridal etc. Alterations also undertaken All made to the highest quality Tel. Tunstall 015242 74322</p>

**MARK DODD
PAINTER
DECORATOR**
15 YEARS' EXPERIENCE
**CONTACT FOR A
QUOTE**
07896 67 92 63
markdodd1969@hotmail.co.uk

**MARK WATSON HOME &
GARDEN MAINTENANCE**
Digging, fencing, hedge trimming, mowing, paving,
planting, power washing, rotavating, seeding,
spraying, strimming, turfing, gutters, demolition,
insulating lofts, pointing, rendering, painting. No job
too small, reasonable rates, estimates given
07759 680938 / 07759 680943
01524262038



**Westmorland
Veterinary Group**
PETS
'Experienced vets for your much loved pets'
Kendal: 01539 722692 Kirkby Lonsdale: 015242 71221
24hr Emergency Service
www.westmorland-vets.co.uk

Nick Brown Chimneys
All aspects of chimney and fireplace
construction and maintenance undertaken.
Specialising in lining & multi-fuel stove fitment.
Call anytime 07795 188073 or email
nick@nickbrownchimneys.co.uk

P.W.T. Alarms
Domestic or Commercial Alarms
Installation or repairs
Contact Will Thompson
Tel: 01539 726942
Mobile: 07767 87 83 16

Sole to Soul
Holistic Chiroprody, Podiatry & Therapy
Centre
Offering a full range of treatments & a
wide range of therapies, seminars,
courses & workshops to promote health
& wellbeing.
Grasmere Drive, Bentham LA2 7JP
Tel 015242 63067 www.sole-to-soul.net



**Sound 4 Self
Sound Therapy
by Kate PT**
Offering regular
Group Sound Bath Sessions
The Lunesdale Hall - Kirkby Lonsdale
For more info and dates
0781 088 8967
bookwhen.com/sound4self
With gongs and crystal bowls
for improved wellbeing and stress relief.  

**The Whoop Hall
Country Club**
OFFERS HEALTHY OPTIONS
SWIMMING | SPA | STEAM
SAUNA | GYM
EXTENSIVE CLASSES
Including - Aqua Aerobics
Boxercise, Kettlebells, Core
conditioning and TBW
Call in or Call us
Tel. 015242 71326
whoophallclub@gmail.com
whoophallcountryclub.co.uk

Lakes & Dales
Cleaning & other services
Seasonal-Catering-Horticulture
Contact 07495 297312
lakesanddales.my-free.website

KLRUFC
CLUBHOUSE FOR HIRE
Catering facilities available.
Competitive rates.
For more information or bookings,
roy@klrucf.co.uk

Trusted Solicitors & Advisers
Thomson Hayton Winkley
Your local solicitors
Agriculture, Family, Inheritance
Business, Dispute resolution
Property.
29 Main Street,
Kirkby Lonsdale, LA6 2AH
015242 71222
info@thwlegal.co.uk
www.thwlegal.co.uk



**GREENARB
TREE SERVICES**
Domestic & Commercial Tree Care
Dismantling Crown reduction
Crown lifting Felling & Hedge care
TPO/Conservation area checks
with local authorities
Woodland management
GreenArb Tree Services are fully qualified
and insured arborists providing a wide range
of professional services to meet all your
Domestic and Commercial tree care needs.
07949 006 464
greenarb.bc@gmail.com 
greenarbtreeservices.co.uk



Marquees & Teepees
KILLINGTON
MARQUEE, TEEPEE
& FURNITURE HIRE
T: 01539 620602
E: office@marqueeteeppee.co.uk
W: www.marqueeteeppee.co.uk

**GB Building & Electrical
Contractors Ltd**
All aspects of building or
electrical work undertaken.
Building work includes, new
builds, renovations,
extensions etc
Electric car points fitted
Fully insured and NAPIT
registered electrician
Ring Graham
07766 468 984



**CASTERTON
SEDBURGH PREPARATORY
SCHOOL**
• Outstanding, independent education for
children aged 4 - 13 years
• Small class sizes, individualised learning,
specialist, dedicated staff
• Wrap around care from 8.00am to 5.00pm
• Boarding options available from Year 3
EVERY DAY IS OPEN DAY!
CONTACT US TO BOOK YOUR VISIT
www.sedberghprep.org | 015242 79200
admissions@sedberghprep.org
Casterton, Sedburgh Preparatory School, Nr Kirkby Lonsdale, LA6 2SG

MATHS TUITION
Key Stage 2, Key Stage 3,
GCSE, A-Level
Regular or occasional lessons with an
experienced teacher to suit individual needs.
Marjory Glover Tel: 015396 25438

Actions speak louder than words

As part of my role as the Family Project Leader, I have the privilege of visiting three different primary schools. I love learning alongside children and I find assemblies are often the place where that happens naturally. This last month I have taken various assemblies, but one that stood out was one school visit where we gathered to think about the parable of the two sons. The story goes that a farmer wanted to pick his fruit from his vineyard. He asked the first son to help him, but he said no. However, once his father had gone, he thought about it again and decided to go and help him.

Meanwhile, his father had gone to see his second son and asked him to help him pick the fruit. The second son agreed to help, but he never showed up to help. When I asked the children which son did the right thing, everyone agreed it was the first son. We then thought about why he may have initially said no. We had some fantastic answers including, 'he woke up moody', perhaps 'he was tired or hungry' or even 'he felt lazy'. We imagined how much self-control or even self-talk the son may have had to move from deciding to stay at home to deciding to get up, leave the house and join his father in picking the fruit. To move from a position of thinking about himself to thinking about his dad.

Next, we considered the words of a famous Catholic Friar, Francis of Assisi, who spoke about showing God's love to the world primarily by action rather than merely talking about it. He said 'Preach the Gospel at all times. Use

words if necessary.' We wondered what this might mean for them today and how we could show God's love through actions. Answers included 'smile at people', 'do a job before you are asked', 'share what you have, including food' and 'be kind'. Wise words. I think this is something we are all able to do, but it can be hard, particularly if you 'wake up moody.' I hope this month you can receive God's love via others' selflessness and kindness. Look out for those extra smiles!

One place where we saw a few big smiles was at our last Muddy Church. Although we were small in number, the company and chance to chat together was really valued by all who came. We spent time thinking about hidden things in nature before thinking a little bit about the Easter story. We remembered how Jesus, after he had been on the cross, was put hidden away in a cave. But then he rose again!

We had a go at juggling and learnt that Dr Kaye had this hidden talent! We ended by planting some sunflowers. During the pandemic, sunflowers became a symbol of hope for many, their bright yellow bringing light onto days that felt at times very dark. I still find it astonishing how such a bright big flower began its life in a very small seed that is then hidden in the ground.

Our next Messy Church is on Sunday 19 March at Kirkby Lonsdale Methodist Church from 4.30-6pm. Our theme is Caring for others! Do come along. As always there will be various activities, some storytelling and yummy food. All welcome. **Lol**



Join us on
Sunday March 19th
from 4.30 to 6pm in
Kirkby Lonsdale
Methodist Church
for stories, crafts and
a hot meal

'Caring for others....'



No charge for entry, crafts or food
(cottage pie and apple crumble) and
no need to book!

For more information do get in touch through our
Facebook page 'Kirkby Lonsdale Messy Church'
or email klmessychurch@gmail.com

Kirkby Lonsdale Town Council

We decided to rearrange the date of the February Town Council meeting as it clashed with an important online discussion between Parish and Town Councils and the new Westmorland and Furness Council (WFC). I will report on the February Town Council meeting next month.

The 'Teams' (ie online) discussion with the locality team from WFC was interesting and thought provoking, with many Parish and Town Councils facing the same issues we have of limited resources and a shortage of relevant skills. Good points were made such as the need for residents to be able to log on to Council meetings rather than attending in person. The disappointing aspect was to be told that any further devolution of powers/responsibilities was likely to be some years off.

The new authority has announced how it is going to be dealing with planning applications. As it is a much bigger authority than SLDC, it is setting up a strategic Planning Committee to deal with matters such as major infrastructure projects and mineral workings. All other planning applications will either be dealt with at officer level or by a Local Area Planning Committee – there will be three Area Committees based on the boundaries of the current Barrow, Eden, and South Lakeland Councils. In effect this means no change for us!! However, the recent performance of SLDC in dealing with planning applications has been very poor and in discussions with officers and members of the new authority we have stressed the need for significant improvement.

The Save Ruskin's View fundraising efforts are resulting in some significant donations including an individual donation of £5,000 and a pledge of £30,000 from a local firm. A number of events are planned for the first part of this year and they will appear elsewhere in AKL. There is a long way to go, but the level of community support is not only appreciated, but vital. One of the key points will be the likely costs of the works – two contractors have visited the site and by the end of February we are likely to have cost estimates. Once these have been considered by the Council the task ahead of us should be clearer.

As I was changing the locks on the gate the other day a young woman walked along the path towards me. I asked how she got onto the path, she said she climbed over the railings. I asked if she had seen the gates and the warning notices, she said 'no'. Barely credible!! Our technical consultants are of the view that the path is breaking up further and that in particular the second viewing area is highly dangerous – they will not go on it. Please don't access the footpath and if you see anybody trying to do this, please warn them of the risks.

More on this next month, but in April all Town Councillors stand down and anyone can put their names forward for the new Council. We face challenging times and it would be great if there was strong interest in joining the Council.

Mike Burchnall, Chair, Kirkby Lonsdale Town Council

Kirkby Lonsdale & District Civic Society



Spring Course 2023

Just a reminder that between 13:00 and 17:00 on Saturdays 18 and 25 March you can take a whirlwind tour of the globe exploring 'Georgian and Victorian Houses around the World' with Roger Mitchell, all without leaving the comfort of Barbon Village Hall

(and with tea and cake!).

The talks are fully illustrated and Roger is an experienced and engaging speaker. He says:

In the first session, we will concentrate on Georgian architecture. Classical designs from the Mediterranean came to England via Palladio and Inigo Jones and became the norm in the 18th century. They proved adaptable and convenient throughout the Empire and in the newly independent United States. The second session looks at the Victorian period when buildings were confident and exuberant architectural historians use the word 'eclectic' which can be summed up as 'anything goes'.

The cost for the two afternoons is £20 for members, £25 for non-members, and for one afternoon £15.

If you would like to join us, or for more information, please send your name, address, phone number and E mail address to kldcstalks@gmail.com or see our website <https://www.kirkbylonsdalecivicsociety.org/>

**CHARLESWORTH
TREE CARE & FENCING LTD**
Firewood – Bark Peeling – Woodchips
Turning Wood – Burr Wood
Middleton Woodyard, nr Sedbergh,
Open Mon-Fri 8am-4pm
Office 015242.71840 – Yard 01539620006

JUST COMPANY
Enriching Wellbeing in Later Life

Lonely, isolated, in need of some support and or just need some company?
A trusted and safe companion service.
Call us on:
07879 606 636
justcompany.co.uk

P Specialist hearing aid advice
Ear wax removal by microsuction
iPhone compatible hearing aids
Accessories for TV & Phone
Hearing protection - Home visits

Salt Pie Lane, Kirkby Lonsdale, LA6 2BH. Tel: 015242 73589
www.irenetaylorhearing.co.uk

IRENE TAYLOR
HEARING CENTRES

**ROWSELL
LUXURY INTERIORS**

- Bathrooms
- Kitchens
- Bedrooms
- Tiling
- Plastering

Your home the way you want it ...

Phone: 07769779936
Email: rowsellelectrical@gmail.com
Facebook: @rowsellluxuryinteriors

**BODY CONTROL
PILATES®**

Cindy Clarke 015242 73974
Classes and individual lessons
e-mail: cindy@lakelandpilates.co.uk
www.lakelandpilates.co.uk

Hutton Roof Village Hall

- ◆ Rent only £7/hour from 1/1/18
- ◆ Up to 85 people
- ◆ New, well equipped kitchen
- ◆ Accessible toilet & parking
- ◆ Large playing field
- ◆ Good sized car park
- ◆ Sports Equipment available

Bookings: Eve Simpson 01539 567605

 Find us on Facebook www.huttonroof.org.uk
committee@huttonroof.org.uk

GR & RD Taylor
13-15 Market Street,
Kirkby Lonsdale, LA6 2AU
UK passport photos for worldwide travel,
also for visa applications.
Army surplus, outdoor clothing and accessories
for camping & walking.

Wide range of small white goods and electrical goods including Roberts radios, telephones, domestic irons and batteries

Open seven days a week
Tel: 015242 71170
Email: grrdtaylor@gmail.com
Web: grrdtaylorlimited.com

LS DECORATING
Bring new life to your home
All aspects of painting and decorating
interior and exterior painting
wallpaper hanging
install drywall, repairs
spraying
wooden window repairs
laminare flooring

15 Years experience

Residential | Commercial | Industrial
Please contact Lucas
07894 581 602 - 07922 304 182
lucas@lsdecorating.co.uk
lsdecorating.co.uk

The Zero Pantry  55 Main Street,
Kirkby Lonsdale
LA6 2AH
T: 015242 73848

WINTER OPENING HOURS

From 1st January 2023
Monday 10am - 4pm
Tuesday 10am - 4pm
Wednesday - CLOSED
Thursday 10am - 4pm
Friday 10am - 4pm
Saturday 10am - 4pm
Sunday - CLOSED

**Why not try our new click & collect?
Go to www.thezeropantry.co.uk**

 **Valerie Hinde**
Chartered architect and designer

New build and extensions
Refurbishments
Listed buildings
Planning applications
Building regulations
Community
Commercial

49 Robin Lane, Bentham, LA2 7AG
Tel 07503 731818 015242 61407
valeriehinde@gmail.com
www.valerie-hinde.co.uk

oven maid
oven cleaning specialists

We Clean
Aga's
Range
Single Ovens
Double Ovens
Hobs
Extractors
Microwaves
Combi Ovens

angela@theovenmaid.co.uk
www.theovenmaid.co.uk
07312644733

 **SEDBERGH CURTAIN
WORKSHOP**

BEAUTIFUL HANDSEWN
CURTAINS & BLINDS
MADE TO ORDER

LINED OR LINED + INTERLINED
VARIETY OF TAPED OR
BUCKRAM HEADING STYLES
REPAIRS AND ALTERATIONS

HELEN BROMLEY
54 BAINBRIDGE ROAD
TEL: 015396 20165

Diploma in Curtain Making and Soft Furnishing

next125
authentic kitchens

Next125 Kitchens
Lane House Business Park
Kendal Road, Kirkby Lonsdale
Cumbria, LA6 2HH

butler interiors

015242 37747
www.butlerinteriors.co.uk

Land and Estate Agents
since 1942
Chat to us today on
015242 74445
or visit davis-bowring.co.uk

davis & bowring

The Churchmouse at Barbon

LA6 2LL
Telephone: 015242 76224



Café open 10-4
(closed on Mondays)
Indoor Seating and Outdoor Terrace

See more at
www.churchmousecheeses.com

FREE tea or coffee at production of this advert (original copies only - no photos or photocopies)



High-quality day-care for children aged 3 mths—11 yrs
Rated 'Outstanding in all areas' by Ofsted

- Free 15 & 30 hour nursery entitlement for 2-5 year-olds
- Flexible daily sessions offered
- Holiday club for school-aged children

Lancaster Guardian Nursery of the Year winners 2016/2018

Smile Day Nursery, The Old Dairy, High Biggins, Kirkby Lonsdale
Tel: 015242 73700
Web: www.smiledaynursery.co.uk
Email: info@smiledaynursery.co.uk



MAKE GREEN SPACE YOUR HAPPY PLACE

WE'LL HELP YOU GET THE LAWN OF YOUR DREAMS

Get in touch to speak to one of our dedicated experts for a FREE lawn analysis

01524 227025
lancaster@greensleeves-uk.com




THE FAIRBANK SOCIETY

Supported Housing for Independent People

For a monthly rent, we provide en-suite accommodation with all services including 2 cooked meals a day, heating, laundry and maintenance.

manager@fairbanksociety.com
015242 71077

The Gables and Travers House
Fairbank, Kirkby Lonsdale, LA6 2BD

PHOTOCOPIING SERVICES
Photocopying, Printing, Scanning, Laminating – A4 & A3
Colour or Black & White
Print from email/USB
The Book Lounge, 12 Main Street
015242 72319
photocopying@lunesdalebooks.uk

Kirkby Lonsdale Golf Club

Visitors welcome. There are always daily offers on green fees.
Become a member
There are a variety of membership options that start at just £17 per month
All details are on the website

www.kirkbylonsdalegolfclub.com
015242 76365/6
Scaleber Lane. Barbon. LA6 2LJ

LUNESDALE DECORATORS
High Class Interior & Exterior Decorators

Painters & Decorators
Powered-access Platform Hire
6 New Road, Kirkby Lonsdale, LA6 2AD
015242 72907 — 07836 789 670

DALTON WOODLAND BURIAL GROUND
Natural Woodland Burial Ground
'Return to the Earth, naturally'
www.daltonwoodlandburial.co.uk
Burton-in-Kendal 01524 782442

SIENNA JEWELLERY

65, Main Street, Kirkby Lonsdale,
015242 72121
www.sienna-jewellery.com

GIFTS FOR ALL OCCASIONS

WASP & BEE CONTROL

RAPID RESPONSE
COMPETITIVELY PRICED
EFFECTIVE REMOVAL
CALL MARK
01539 821910
07476965432 / 07890565223




Quality bathroom suites supplied, fitted, tiled.
Repairs, leaks, blockages repaired

All general plumbing

Insurance work; public liability.
Free quotations no obligation.

44 Fairgarth Drive, Kirkby Lonsdale.

B&W Funerals Ltd
James G Macdonald & Tara Wilson

24 Hour Service — Private Chapel of Rest
Ingleton, Burton, Benham, Austwick, Clapham, Settle, Wray, Hornby, Caton, Kirkby Lonsdale & all surrounding areas.
We offer our own Funeral Plans on request.
6 Chapel Lane, Ingleton, Carnforth, LA6 3FX
015242 41293 or 07758 002 260
jmfunerals@gmail.com



OGLETHORPE STURTON & GILLIBRAND

Friendly, professional legal advice
Individuals | business | agriculture
Call us today: 01524 846 846
LANCASTER | KIRKBY LONSDALE
www.osg.co.uk

ATLANTIS

The biggest local fitted Kitchen and Bedroom Specialist. Massive choice of affordable, top quality furniture and appliances!
For free, no obligation design and quotation service, contact us or visit our massive showroom.
Station Yard, Kendal, Cumbria, LA9 6BT,
(01539) 724053

KIRKBY LONSDALE COMMUNITY CUPBOARD

EVERYTHING WE DO IS PAY-AS-YOU-CAN

COMMUNITY HUB 015242 36404 (Mon-Fri, 10 am to 1 pm)

If you find it difficult or are unable to leave the house or just need more help with errands. Call the hub, we can connect you to a volunteer who can help with shopping, prescriptions and more.

COMMUNITY CUPBOARD

Packed every Thursday, we provide free bags of ambient food to those facing some financial struggles, without judgement. This could be waiting for benefits to start, the end of an expensive month, an unexpected expense needing paying or whatever life throws at you. Find out more on our website.

MON-FRI

MONDAY

LUNCHES

We cook hot, nutritious meals to be either delivered to your house or to be eaten with us at the Lunesdale hall (from 12 noon).

HOUSEHOLD BUDGET

Being in control of your finances can make a huge difference to your well-being. Join our trained budget coach to put together your own budget at our drop-in (11 till 1pm, Lunesdale Hall)

KNIT AND NATTER

You bring the crafts, we'll bring the tea and coffee! Pop in when you can to the Bective Room at the Lunesdale Hall (1 till 3pm) for friendly conversation And new friends in a warm space!

SOUP AND SILVER SCREENING

Join us at the Lunesdale Hall at 12 noon for soup and 12.30 pm for a film played on the big screen.

TUESDAY

THURSDAY

FOOD CLUB

Join our membership scheme to pick up a bag of food saved from the landfill - coming up to its BBE date. Collection is once every two weeks. Find out more on our website.

COMMUNITY CAFE

Drop-in to our warm spot at the Bective room, 10 am to 12 noon. We have tea, coffee, cake, the latest newspaper and a friendly conversation! *Repair Cafe* runs alongside the cafe every second Saturday of the month.

SATURDAY

015242 36404
Mon - Fri, 10 am to 1 pm



klcommunity.co.uk
coordinator@klcommunity.co.uk

KL Gardening Association

Gardens are awakening from their winter sleep, a time to see what is coming through and keeping fingers crossed that the extreme cold spells we've had have not done too much damage.

The final event of our winter programme will be on Wednesday 15 March when Marguerite Hughes will give a presentation on 'Making the most of your garden in spring and achieving continuity to summer and beyond'. A horticultural lecturer, Marguerite is one of our most entertaining and knowledgeable speakers. Her talk will cover how to have a colourful and interesting garden in spring which forms the bedrock for successional interest through the year. She will include key plants and methods to give multi seasonal interest with underplanting and effective planting combinations. She will bring plants to demonstrate her talk and for sale afterwards.

Our new programme for April 2023 – March 2024 will be distributed in March when subscriptions will be collected. Full details of events and visits will be in the programme but as advance notice our plant sale will be held on Saturday 20 May in the Lunesdale Hall and we will be organising a coach trip this year on Sunday 11 June to Dalemain, the stately home near Penrith, when they will be holding their annual plant fair followed by a garden visit to a lovely garden in Mungrisdale where we will have afternoon tea.

We have good news to report! The Annual Flower and Vegetable Show is to go ahead! Barbara Dale is to take over as Show Secretary aided by Linda Ashworth and Maureen Dwyer. The team would welcome any extra helpers both on the day and just before. The show will take place in the Lunesdale Hall on Saturday 19 August. Thanks are due to Rosalind Buckland for all the hard work she has put in over the last six years to make the show such a success and to put it on such a sound footing before handing over the baton.

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

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

Margaret Clarke, Events Secretary, 015242 72045

Open Gardens



The Friends of St Mary's are very pleased to hold an Open Gardens in Kirkby Lonsdale weekend on 1 and 2 July 2023. If you would like to show your garden to interested people, please let me know. If you've done this before you will know that it's so interesting, and indeed fun, to do. If you haven't but are curious about opening your garden, please also get in touch and I will run through how it works with you. In previous years we had about 15 gardens taking part, and it was a most enjoyable weekend

Pat France

Email pfrance.kl@gmail.com or call on 07887940442 or 015242 71740.

Repair Café

The Repair Café runs on the Second Saturday of every month (11 March this month), alongside the Community Café from 10 a.m. to 12 noon at the Lunesdale Hall. We have repairers who can: mend clothing, fix electronics, help with computer software issues or changes to the hard disk and repair antiques or small furnishings – come find out what we can't do! We have hot drinks and cakes – and all we ask for in return is a pay-as-you-can donation.

We are also putting a call out for volunteers to help run the repair café, either through offering your own repair skills, or to help with media promotion, photography, admin or providing drinks.

Please email me with any questions or offerings of help at issybradshaw@outlook.com

Lunesdale Learning Trust in association with the Rainbow Parish present:

Sister Act Jr

Performances 6-10 March at 7pm in St Mary's Church. Tickets: Adults £12; Pupils and concessions £8; QES and QESstudio Staff £5 available from the MCAS app, by emailing office@qes.org.uk or phoning 015242 71275.

Casterton WI

Twelve people attended the first meeting of the year and after the usual business was concluded, we were treated to an entertaining and informative talk by Dr Zoe Pirie who runs a Mind, Body, Heart business providing workshops, classes and individual treatments using yoga, meditation, mindfulness, Chi Gung, Shiatsu, essential oils and supplements for supporting individual well-being. Originally trained in psychology, a severe back injury followed by chronic pain led to her search for alternative ways to manage her health and she now shares her methods with others.

Zoe spoke about the powerful impact of essential oils particularly in managing stress and preventing infection, and subsequently took the group through a number of relaxation exercises incorporating specific oils such as lavender, peppermint and some blended oils to guard against viruses. She advised individuals on specific oils they could use to combat individual conditions such as asthma and digestion problems and she demonstrated various methods of using oils from the massage of pressure points to inhaling. Several diffusers were switched on during the session, bringing delightful aromas to the village hall.

A highly personable individual, Zoe emphasised the importance of finding time to relax and take care of yourself, something that is easily overlooked in our busy world, most particularly by women. It was a most enjoyable and calming meeting.

On a separate note, members were advised that our Christmas quiz was popular and the winners have had cheques forwarded to them. Answers and winners' names can be found on <http://www.castertonwi.co.uk/>. The Christmas coffee morning was well supported, despite the snow, and raised £215 towards Casterton WI funds. Thanks to all of those who supported the quiz or attended the coffee morning.

Our next meeting will be held on Wednesday 1st March, when Fiona Dodd, a resident of Casterton who runs Three Counties Catering, will be giving a cookery demonstration entitled 'Easy Entertaining'. All visitors are very welcome; please contact Gill Sykes on 015242 72143 for further details.

Whittington Parish Church

Spring Organ Recital on Saturday 18th March at 3pm

Organist - Graham Toft from Settle Parish Church.

Admission is FREE and open to all. Donations towards refreshments and retiring collection

Come and listen to the beautiful organ that has recently been fully refurbished.

Cathy Parsons, 015242 72476

Remembering Kirkby Lonsdale (Part 2)

Westmorland MENCAP, Kirkby Lonsdale Branch, invite you to a screening of 'Remembering Kirkby Lonsdale' (Part 2), a film by John Hamlett.

Friday, 10 March 2023 at 7 p.m in the Lunesdale Hall, New Road, Kirkby Lonsdale.

£10 per ticket to include a glass of wine or soft drink and canapés. Available from committee members or call 015242 71120. All proceeds in aid of Westmorland MENCAP.

Hope to see you there!

Lupton

Carol singing. Thanks to all who joined the carol singers round Lupton this Christmas. £250 was raised so thanks to all the contributors. This went to Stoke Mandeville Hospital, burns unit where someone involved in the parish is currently receiving absolutely fantastic care.

Christingle Service

We were lucky to enjoy the fun of making Christingles with the message of love, care and light in the world. Then we all went off to the Bridge at Tatham for an excellent meal and socialising. Thanks to Margaret for organising us to take part in this enjoyable occasion.

Kirkby Lonsdale Bowling Club

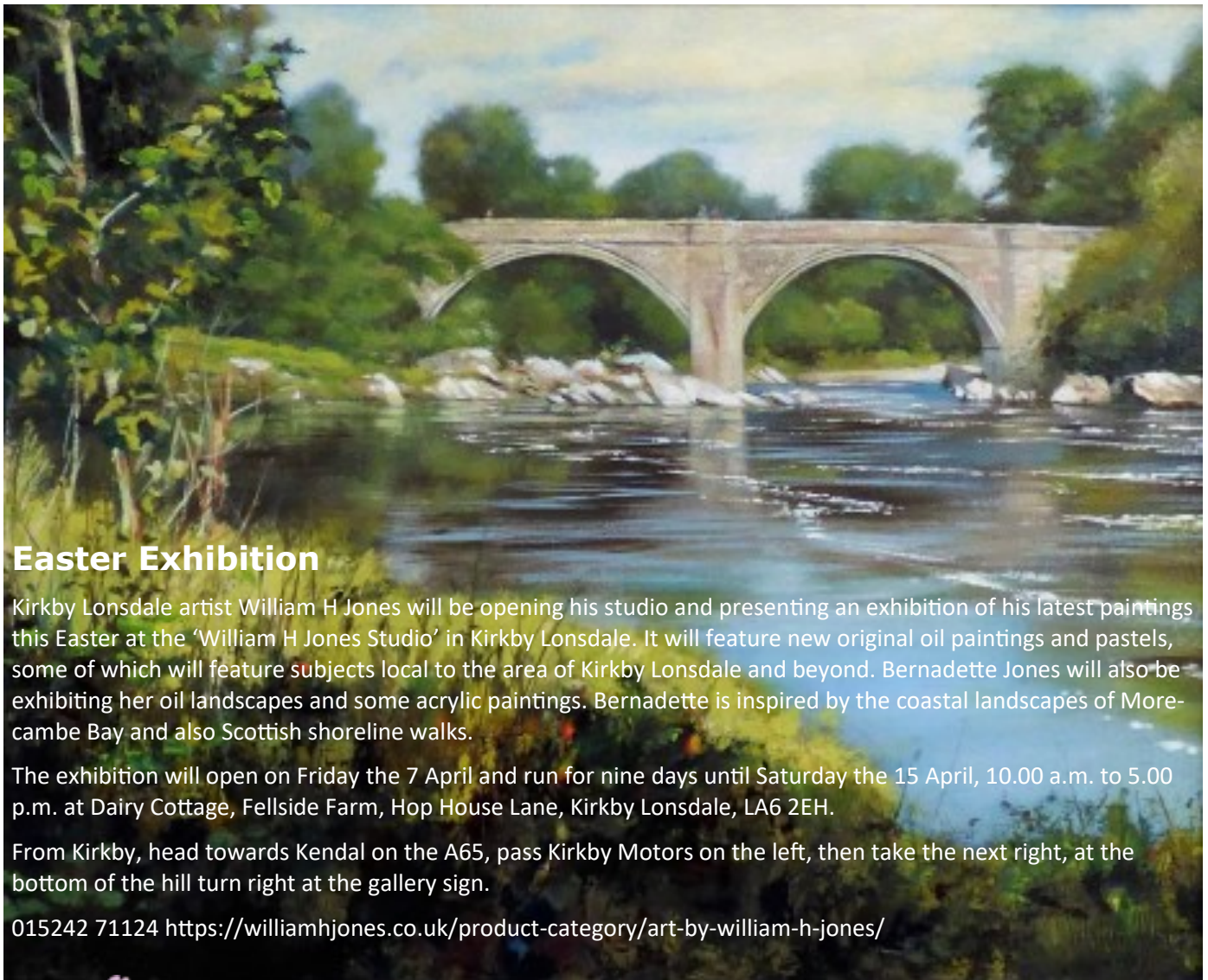
Kirkby Lonsdale Crown Green Bowling Club will be starting the 2023 season on Saturday 11 March when, weather permitting, the green opens at 1 p.m. We are situated on Kendal Road, next to QES, almost directly opposite Harling Bank. The Club always welcomes potential new members, from experienced players to absolute beginners. Whether you want to roll a few bowls on a sunny afternoon or test yourself against the very best players in the county, we're confident you will find your level at our Club.

Full equipment is provided as well as tuition to get you started. Should you enjoy the sport and wish to join the Club, we offer half-price membership for the first season at £17.50. If you would like to try it out we'd be delighted to meet you. You can either call in to the Club on 11 March or drop into Club Practice Nights on Wednesday evenings at 6.30pm which start in the middle of April.

Alternatively, contact Janet Forshaw (Secretary) on [015242 71055](tel:01524271055) or Katrina Sinclair (Club Captain) on [015242 73220](tel:01524273220).

For further information visit our website at www.kirkbylonsdalebowls.co.uk.

Janet Forshaw, Secretary, Kirkby Lonsdale Bowling Club



Easter Exhibition

Kirkby Lonsdale artist William H Jones will be opening his studio and presenting an exhibition of his latest paintings this Easter at the 'William H Jones Studio' in Kirkby Lonsdale. It will feature new original oil paintings and pastels, some of which will feature subjects local to the area of Kirkby Lonsdale and beyond. Bernadette Jones will also be exhibiting her oil landscapes and some acrylic paintings. Bernadette is inspired by the coastal landscapes of Morecambe Bay and also Scottish shoreline walks.

The exhibition will open on Friday the 7 April and run for nine days until Saturday the 15 April, 10.00 a.m. to 5.00 p.m. at Dairy Cottage, Fellside Farm, Hop House Lane, Kirkby Lonsdale, LA6 2EH.

From Kirkby, head towards Kendal on the A65, pass Kirkby Motors on the left, then take the next right, at the bottom of the hill turn right at the gallery sign.

015242 71124 <https://williamhjones.co.uk/product-category/art-by-william-h-jones/>



Social Stroll

Wednesday 22 March 2023, 9.30 a.m. – 1pm

The first of our Social Strolls, created for people who want to walk over less arduous terrain with time to chat and socialise. This walk promotes the benefit of using buses to get out into the Yorkshire landscape, this one incorporating a linear route back. After meeting at Skipton Bus Station, walkers will take the bus to Gargrave, returning to Skipton by the Leeds Liverpool canal tow path.

This walk is free, but booking is essential as numbers are limited. To secure your place email:

victoria.benn@friendsofthedailes.org.uk



If you're arriving at Sizergh Castle & Gardens by bus any day up until 31 March 2023, claim a free regular hot drink in the cafe by showing your bus ticket. From Jan to 31 March 2023 the Government is running a £2 bus fare cap which includes: Stagecoach X6 (Barrow to Kendal), 555 (Lancaster to Keswick), 755 (Bowness to Carnforth) and Kirkby Lonsdale Coaches 551 (Arnsdale to Kirkby Lonsdale). Entry to the gardens is currently half price (free for NT members), and there's also a 1600-acre estate, which is free to explore—a free map can be collected from Visitor Reception.

DOWNHAMS LTD

CARPENTRY, MANUFACTURED JOINERY & BUILDING PROJECTS

Qualified Carpenters,
Joiners & Builders

Established 1979

Free Quotations:

The workshop at the rear of
Deewood, Cowan Bridge.

07776294111 – 015242 72695

chrisdown1984@hotmail.co.uk

DALES

traditional butchers

FREE LOCAL DELIVERY

2 Market Street, Kirkby Lonsdale

Tel: 015242 71278

DALESBUTCHERS.CO.UK

HART & WILLOW

Hornby, Kirkby Lonsdale

Traditional and
Modern Upholstery
and Furnishings

07889 950746

emily@hartandwillow.co.uk



Hart & Willow

CASTERTON VILLAGE HALL

Attractive, modern hall. Ideal for celebrations,
children's parties, meetings.

Seats up to 75.

Fully equipped kitchen including commercial
dishwasher and all tableware.

High speed broadband. Competitive rates.

Call 015242 71056, or

email enid.hastings@gmail.com.



14 APPLEBY ROAD, KENDAL, LA9 6ES

Tel. 01539 722838

e-mail info@parkinandjackson.co.uk

www.parkinandjackson.co.uk

- New memorials
- Additional inscriptions
- Repairs & renovations
- Home visits available
- Home & business signs

Contact: Craig Benson or James Yates-Bell

HOMEMAIDS

THE FRIENDLY, HELPFUL & PROFESSIONAL
CLEANING COMPANY

Whether it's domestic or business, a one
off clean or every week, HOMEMAIDS
offers an efficient, discreet and
trustworthy service.

07921 950 863 - 07539 169 651

wendyathomemaids@aol.com

PURE STONE

IMPORTERS OF STONE AND
PORCELAIN TILES FROM
AROUND THE WORLD

LIMESTONE, MARBLE, SLATE,
PORCELAIN TILES AND
WOOD FLOORING

015395 61307 / 07884384358

www.pure-stone.co.uk

PRIZET COURT, KENDAL, LA8 8AA



015396 21303

TREATMENTS BY APPOINTMENT IN MILLTHROP,
SEDBERGH MEDICAL CENTRE AND
BARBON VILLAGE HALL (FRITZ ONLY)
GIFT VOUCHERS AVAILABLE

www.daleswaytherapies.co.uk
@dalesway_therapies f dalesway therapies
daleswaytherapies@gmail.com



FRESH FLOWERS EVERYDAY
LOCAL DELIVERY

Weddings, Funerals. All occasions

INFO@FLOWERBANK.CO.UK

FLOWERBANK.CO.UK

015242 73668

ALAN DALE JOINERY CONTRACTOR

For all internal and external joinery
work. Free estimates, no VAT.
Douglas House, Tram Lane,
Kirkby Lonsdale

Tel: 07971 637880

The William H Jones Studio

Original oil paintings

Local prints

Greetings cards

Dairy Cottage

Fellside Farm

Kirkby Lonsdale

www.williamhjones.co.uk

015242 71124

Parties, Meetings, Education, Social

FRASER HALL

Village Hall on A65 at COWAN BRIDGE

Seat up to 80 - Buffet, Bar, Disco

Car park, Broadband, Crockery, Glasses

Rosemary Rimmer: 07900 927 819

rosemary.anne.rimmer@gmail.com

Brant Howe Residential Home Kirkby Lonsdale

24 Hour friendly Care

Day Care

Nutritional Food

Entertainment Programme

Family Run Business

Prop: Mr & Mrs P.M. Jackson

Redheads Coal and Gas.

Environmentally friendly
smokeless fuels and all
sizes of bottled gas delivered

Kindling, Logs, Wood Pellets,
Pre-packed fuel

WE WON'T BE BEATEN ON PRICE
QUALITY AND SERVICE

Regular deliveries to Kirkby Lonsdale

01524241626

Kidz Day Nursery

Flexible childcare
Funded places available

Collections from local schools

015242 41903

www.kidzdaynursery.co.uk



Aerial & Satellite Installation & Repair
Wi-Fi and Home Network
CCTV Installation

Ben Fawcett


015242 62017 - 0795 002 8622
smartsignal@outlook.com

PETER ALLEN
FLOOR COVERINGS LTD

- CARPETS
- VINYL
- AMTICO SPECIALISTS
- RUGS
- BLINDS
- ENGINEERED WOOD
- BEDS & MATTRESSES

SETTLE 01729 825122

www.peterallenflooring.co.uk

the pc doc **On call - for ALL your tech issues**
 Call Mark - 0759 702 4329
 thedoc@thepcdoc.co.uk
 PC - Mac - Smartphone - Tablet - Home tech 

Hire The Lunesdale Hall
 Wedding Receptions Concerts & Classes
 Fund Raising Events Birthday Parties
 Optional on-site self catering facilities
 Alcohol licence on application
 Flexible rates to suit your space & time requirements
Inspection invited
 lunesdalehallbookings@gmail.com
 kirkbylonsdale.info/lunesdale-hall *Kirkby Lonsdale*

Estate Agents
 Chartered Surveyors 
 Valuers
 abarnett.co.uk
 01539 751993

RIBBLESDALE HERITAGE
PROFESSIONAL HOUSE CLEARANCE SERVICE
 FULL & PART CLEARANCES
 INCLUDE: HOUSE, GARAGE, OUTBUILDINGS ETC
 TIDY, TRUSTWORTHY & EFFICIENT
 REASONABLE RATES

 0797 635 7560 - 015242 62664

J.J. MARTIN
 FUNERAL DIRECTORS

 JJ Martin are your local, independent funeral directors based in Kirkby Lonsdale and covering the surrounding areas.
 We pride ourselves in offering a personal, caring and professional service where the needs of your family come first.
 We provide free advice, pre-paid funeral plans and a 24 hour service.
EDWARD WALLER: 07779025745 or 015242 72431
 www.jjmartinfunerals.co.uk info@jjmartinfunerals.co.uk
 The Old Police Station, 1 Long Lane, Sedbergh Cumbria, LA10 5AL. Telephone: 015396 20130 | 4 Harling Bank, Kirkby Lonsdale, Carnforth, Lancashire, LA6 2DJ. Telephone: 015242 72431


Ofsted rated us Outstanding in all areas
 Open 7.30am - 6.30pm
 • 30 hours free childcare for eligible 3 & 4 year olds
 • 15 hours free childcare for eligible 2 year olds also offered
 • Holiday club available during all school holidays
 1 Station Road, HORNBY
 015242 22288
 info@hornbydaynursery.co.uk
 Call or email the nursery to discuss your individual needs or to arrange a visit.

Tiggywinkles Laundry
 5 New Road, Kirkby Lonsdale, LA6 2AB
 015242 71550
 Washing, drying, ironing, dry-cleaning, duvets
 Weekly specials
 Dry and fold £6


H & M CRAFTSMEN

 kitchens
 bedrooms
 studies H & M
 Ingleton, North Yorkshire, LA6 3NU
 015242 41535
 kitchensandbedrooms.co.uk


ART, HOME & GIFT
 10 MARKET STREET
 KIRKBY LONSDALE
 015242 98220
 www.bumblebeegallery.co.uk

JR & Son Electrical
Plumbing & Home Repairs
 NO JOB TOO SMALL
 COMPETITIVE PRICES
 015242 76252
 07919 818646

Jonles *Weird Fish*
White Stuff  SEASALT
 fransa BRAKEBURN 
 rieber bugatti
edge OF THE WORLD CASUAL FASHIONWEAR
 Market Square Kirkby Lonsdale 015242 71390
 edgeoftheworld.com

Wills and Lasting Powers of Attorney
 Affordable, specialist, friendly advice. No obligation home visits
 01524 928226 or 07899 957130
 clare@wiseowlwills.net wiseowlwills.net

 Clare Malley trading as Wise Owl Wills and Estates is a Member of the Institute of Professional Willwriters and complies with their Code of Practice


WISE OWL WILLS AND ESTATES

Peace of Mind

(plus our AGM)

The Kirkby Lonsdale WI invites you to attend our meeting on Wednesday 1 March when Mary Smith will discuss how her background in rural and food development led her to her current role as Chief Executive at the Growing Well charity where she is currently working to make the organisation more sustainable. Growing Well, which is based at Low Sizergh Farm and Tebay, helps adults who are experiencing mental ill health to flourish in the calm and caring environment that nature and Growing Well provides. In addition to this healing, the fruits of their labours results in the successful veg box scheme and grow-to-order wholesale contracts.

The competition for this event is for a three-dimensional, hand-made carrot made from any material of your choice. Please note that competitions are for members only and are limited to one entry per person.

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

AGM: 6.30pm. Please note we will also be holding our AGM on this night which will include our new programme for the year ahead. The AGM, which will precede Mary's talk, is for members only and will commence at 6.30pm. Sarah Middleton and Lin Stretton from the Cumbria Westmorland Federation WI will be in attendance in their capacity as our Advisors. The AGM includes complimentary tea, coffee and biscuits.

At February's meeting Sarah Jane Nielsen, Director of Nielsen House, the bespoke interior designers based in the Lake District, impressed us with her remarkable portfolio of clients from around the globe, including the Gilpin Hotel, Windermere. As in most successful careers, Sarah Jane encountered her fair share of challenges including some which were life changing and of which she spoke so poignantly. Members were invited to look at, touch and feel the vast selection of objects, fabrics, and colours that Sarah Jane typically uses for inspiration when creating her 'mood boards' for her designs.

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

Rosalind and all on the Committee.

Tel: [015242 98587](tel:01524298587) / [0776548094](tel:0776548094)

Email: kirkbylonsdalewi@gmail.com;

Web: www.klwi.co.uk

Instagram: [kirkbylonsdale_wi](https://www.instagram.com/kirkbylonsdale_wi); Facebook: Kirkby Lonsdale WI

Jazz Evening

Saturday 4 March

Hornby Institute, Main Street, Hornby LA2 8JR.

Tickets: £15 on the door or ring 015242 22227.

Doors & Bar open at 7.30 p.m., music from 8 p.m.

Swim the Lune!

The LCVS pool in Hornby continues to thrive and during 2022 we welcomed over 28,000 users. This is massive increase over 2021 when we were closed for 3 months! 250 children swim every week plus all who attend with their schools. Other groups include: Lunesdale Divers, Lancaster Sub Aqua, Cubs and Beavers and our famous family party bookings.

We are pleased to confirm that Scott Townend and Georgia Tazzyman were promoted to Pool Managers in 2022 and they are introducing new sessions such as Splashball and many more. They are also organising a 'Swim the Lune' 53-mile swimathon in March; all details are online.

For 2023 we have commissioned an energy audit of pool plant and building. This will assess efficiency and make recommendations on improved operation and upgrades. It will help us pull together an investment programme, with projected energy savings for the future.

This is great local community success story and to celebrate we are holding a 'thank you' coffee morning on Saturday 22 April at 10.30 in the Hornby Institute, where you can enjoy cake and coffee and have a chat with the team followed by an AGM at 12 noon. Further details will be available shortly.

For all Hornby Pool general enquiries please contact Georgia or Scott on 01524 805666.

Website: www.lunevalleypool.com;

Email poolmanager@lunevalleypool.com

Hornby Occasionals

Present Gilbert & Sullivan's 'Yeomen of the Guard'

Wed 29, Thu 30 and Fri 31 March at 7.30 p.m.

Sat 1 April matinee at 2.30 p.m.

Admission: £12; children £6

Tickets available from the Hornby Institute
01524 22227.

Facebook: The Hornby Occasionals.

Magic Bus comes to Kirkby Lonsdale

Enjoy an evening of live music and Help Save Ruskin's View

Magic Bus: The Defenders of 60s Music will be stopping in KL on Saturday 22 April to deliver an evening of live 1960s music in Lunesdale Hall. Magic Bus is a six-piece band who specialise in delivering 60s Classics in a fun 'groovy' way!

The evening will kick-off at 7.30pm. Tickets are on sale at the Tourist Information Shop on Main Street, priced at £12. Alternatively, tickets can be reserved by contacting Dave on 015242 71942. Cabaret style seating, a licensed bar and raffle.

Magic Bus.....next stop the 60s Enjoy an evening of LIVE MUSIC and help Save Ruskin's View.

Calling All Book Hoarders!

Need a great reason to sort through that pile of books in your garage, spare room or under the bed? Experience that Marie Kondo moment and the 'joy of letting go' and all for an excellent cause!

We are currently asking for your pre-loved books for our BOOKS FIZZ EVENING in support of The Save Ruskin's View Campaign on FRIDAY 24 MARCH.

There is a collection box in the porch at St Mary's so please feel free to dump them there. Huge thanks!

Relax for Ruskin

With Zoe Pirie!

Monday 6 March 9.30-10.30am at the Lunesdale Hall. Adults of all ages and abilities welcome—movements can be done sitting or standing.

Enjoy boosting your health and happiness while supporting the Save Ruskin's View campaign. Gentle movements from yoga and Chi Gung, incorporating essential oils and a guided relaxation.

Tickets cost £10 and are available from KL Tourist Information Centre.

Haffner Orchestra Concert

Saturday 4 March 2023

Great Hall, Lancaster University, 7:30 p.m.

Conductor: Robert Guy

Leader Julian Cann

Soloist: Callum Smart

Byström: 'A Walk to Beethoven'; Sibelius: Violin Concerto; Brahms: Symphony No 1

Adults: £15; 18 and under: Free

Students and benefits claimants: £5 on the door

Essential carers of the disabled are free

Tickets can be purchased on the door by card or cash or, in advance through the Haffner web

site: www.haffnerorchestra.org

The Kings Arms Hotel is reopening April 2023

“ We are so excited to be taking on this wonderful public house, with rooms, and we are seeking a **fresh team** to join us ”

We are looking to recruit in **all areas**

Front of house, full and part time.

Chefs, all levels, to include kitchen management.

Shift leader/key holder duties.

Cleaner, to include bedroom servicing.

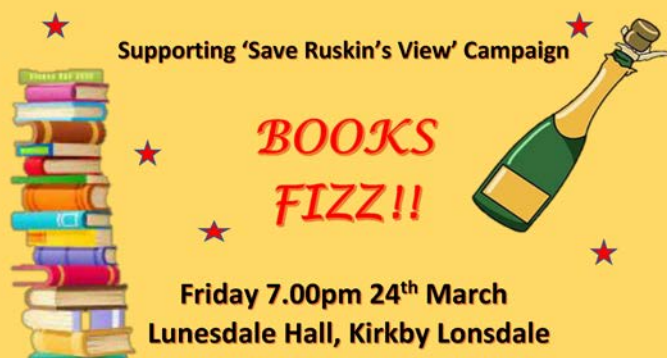
Please call Simon
07734422365

or

email your CV to
sjm738@hotmail.com

We would love to hear from you!

We also would love to hear from any local fresh food suppliers, that would like to work with us!!



Tickets £10 includes Glass of Fizz & Raffle Tickets

Second-Hand Books / Quiz / Raffle Prizes ★
Local Authors Arranged by Book Lounge

★ Join us for a fun evening of all things book-related,
whilst enjoying a glass of fizz!

Tickets : KL Tourist Information Centre or scan the QR code below

PLEASE HELP! ★ ★

★ We desperately need your second-hand books for our stall!
Please leave any book donations in St Mary's porch. Thank You!



Citizens Advice

“Life is getting more and more expensive. I’ve seen offers for ‘Buy Now Pay Later’ when I’m doing online shopping. It seems like a good way to spread the cost of some of the things I need to get for my family but how can I make sure I don’t get into debt?”

There are lots of things you can do to try and stay in control of your money, but you are right to be wary of ‘Buy Now Pay Later’ offers. Before you start spending, work out exactly what money you have coming in and going out each month. Be realistic about what you need for essentials like food and travel. Take a look at the [budgeting tool](#) on the Citizens Advice website. This can help you set a budget you can stick to. You’ll also be able to find tips on [how to reduce your regular living costs](#).

While it can be tempting to split payments with schemes like Buy Now Pay Later (BNPL), you will need to pay in the end, so you need to plan how you will do it. Keep a record of how much you owe in total.

Always make sure you understand what you’re signing up for, how you’ll make the repayments and what will happen if you can’t pay on time. It’s important to check the returns process for both the retailer and credit provider. Paying through BNPL may also affect the cost of postage returns if you’ve ordered online. The riskiest thing about it is that you’re not guaranteed to be protected if something goes wrong. For example, you can’t go to the Financial Ombudsman Service if you have a complaint.

If you find yourself turning to credit cards, your overdraft, or store cards for your spending, keep track of what you owe. You should prioritise paying your rent or mortgage, plus energy bills and Council Tax first, because not paying these has the most serious consequences. On the [Citizens Advice website](#), you can find information on what bills to prioritise and how to manage debts. There’s also information on [the support available for paying these and other bills](#).

If, like many during this crisis, you find you can't afford to reduce your debts after paying your priority bills and essentials, seek advice as soon as possible. Call us on 015394 46464 or 0808 2787 984.

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 - 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

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

From the Registry

Funerals

Dot Slater, aged 87 years, Beetham Crematorium, 31 October 2022

Alan Day, aged 96 years, St. Mary’s Church, 3 November 2022

Tom Allan, aged 18 years, St. Mary’s Church, 11 November 2022

Frank Westbury, aged 96 years, Holy Ghost Church, 16 November 2022

Jean Fuller, aged 100 years, St. Mary’s Church, 19 December 2022

Peter Harrison, aged 59 years, St. Mary’s Church, 6 January 2023

Ted Slater, aged 89 years, Beetham Crematorium, 17 January 2023

Annie Barber, aged 88 years, St. Patrick’s Church, 23 January 2023

Joan Heys, aged 89 years, Beetham Crematorium, 17 February 2023

Gordon Ridgway, aged 67 years, Beetham Crematorium, 27 February 2023

Baptisms

Emily Grace Blackburn, daughter of Chris Blackburn and Donna Crisp, St. Patrick’s Church. 15 January 2023

Charlie John Booth, son of Patrick Booth and Kristina Armistead, St. Bartholomew’s Church, 29 January 2023

Emma Capstick, St Bartholomew’s Church, 29 January 2023

Cleaner Required

St Mary's Church is looking to appoint a cleaner. The job is varied and interesting, and is an integral part of presenting the church at its best both for specific events and regular activities. This position is for 6 hours per week, with times flexible and pay negotiable. If you are interested and require further information, please contact either Rev. Richard Snow (015242 72044) or Anne Foulerton (07789601838).

AKL needs you!

Couples / or friends with transport to deliver AKL bags and boxes to various homes around Kirkby Lonsdale. To be collected from Lower Abbotsgate. The bags and boxes are labelled and a delivery list with addresses and a possible route is given. The deliveries occur ten times over the year and with sufficient helpers it is usually only twice per couple. We do need some volunteers to assist with this. The round takes between 1 – 1 1/2 hours.

Please contact: Marjorie York on 07811 280348.

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.

Unless there are changes to the plan for easing restrictions these are the services during March. Cowan Bridge Methodist Chapel congregation is currently meeting with St Bartholomew's Barbon. Please continue to follow all the social distancing and hygiene guidance.

March

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

5 Sun LENT 2

Kirkby Lonsdale 11.00am Holy Communion
Preston Patrick 9.30am Holy Communion
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

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

12 Sun LENT 3

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

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

19 Sun MOTHERING SUNDAY

Kirkby Lonsdale 11.00am Morning Service
6.30pm Evensong

Dust & Glory

This Lent we are all invited to explore how we can live well with the mess of everyday life. *Dust and Glory* encourages us to take a fresh look at the frustrations and failings that every day brings and, rather than pretending we can always avoid them, seek to learn from them and grow closer to God through them. Failure is human, universal and inevitable. The question is what we do with it and, even more importantly, what God does with it in partnership with us.

Join a Lent group Starting week beginning 27 February.

Tuesdays 6.30pm in St Joseph's

Wednesdays 10.30am on Zoom, access details via email to info@kl.church or from the Notice sheet on <https://kl.church> (followed by Coffee & chat at 11.15am

Thursdays 7.30-8.30pm in the Methodist Church.

Booklets available for group members and anyone who wish to use it at home. Children and family version available. Please contact Wendy to register your interest in joining a group or reserve a booklet. 015242 73570/07788 653000 wendy@kl.church.

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

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

26 Sun LENT 5

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

30 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 the latest notice sheet on <https://kl.church> for up to date information.)



Holy Week

This Year we are delighted to welcome Bishop Rob (Bishop of Penrith) who will lead our Holy Week reflections.

Daily Reflections begin Monday 3 April to Wednesday 5 April in St Mary's 7.00 - 8.00pm

Maundy Thursday 6 April, Passover Meal in St Mary's

Good Friday 7 April Open Air Service 11.00 am in the Market Square with Bishop Rob. Walk of witness sets off from Queens Square 10.50 am

Easter Sunday United Service St Mary's 11.00 am with Bishop Rob, preceded by the presentation of the Cross of Flowers at the Methodist Church 10.30 am.

Please contact Rev Wendy for information 015242 73570/07788 653000 wendy@kl.church.

Anthony Baines
Building Contractor
 BUILDING, PLASTERING & ROOFING
 FREE ESTIMATES
 MINI-DIGGER & DUMPER HIRE
 1 Dodgson Court, Tram Lane,
 Kirkby Lonsdale LA6 2RS
015242 73116 07798 627175

G
HAIR BY GEMMA & JAMES
 COLOUR & HAIR DESIGN STUDIO
 EST 2006

Shop 1 Old Market Hall
 Market Street
 Kirkby Lonsdale, LA6 2BJ
 Telephone: 015242 71000

Collinge Opticians
 Private & NHS Eye Examination
 Retinal photography, Contact lenses
 Coloured overlays/colorimetry
 Frames for all budgets
 12 Market St, Kirkby Lonsdale
 Tel: 015242 72944

BENTHAM PHYSIOTHERAPY CLINIC
 For Professional, effective, Chartered
 Physiotherapy, for sports injuries, backs,
 necks, acupuncture. Also see website. AXA,
 AVIVA, BUPA authorised clinic.
Phone 015242 62216
 www.benthamphysio.com
 info@benthamphysio.com

Hackney & Leigh
 Property Sales, Lettings & Conveyancing

Friendly, knowledgeable local staff
 with many years experience are
 here to help you sell or let your
 property.

015242 72111
 kirkbysales@hackney-leigh.co.uk

Ambleside | Arnsdale | Carnforth | Grange
 Kendal | Kirkby Lonsdale | Windermere

www.hackney-leigh.co.uk

F.W. HUDDLESTON LTD
 Drainage, groundwork & landscape specialist
 Driveways, tarmac, block paving, flagging,
 Fencing, turfing, decking, water features

Plant & Machinery for hire
 07831 389474/01524 736205
 www.fwhuddleston.co.uk

Champagne & Strawberries

BRIDAL, PROM,
 BRIDESMAID &
 OCCASIONALWEAR.

NEXT TO REDWELL, ARKHOLME

APPOINTMENT ONLY
0 7 4 2 7 5 0 6 4 3 1

LUNE VALLEY BUILDERS LTD
 Established building contractors,
 experienced in quality new build and
 refurbishment.
 Newbiggin, Kirkby Lonsdale
 Tel: 01539 567461 or 07909 551337
 lunevalleybuilders@yahoo.co.uk

LAWN MAN
 Fertilisation, Moss and Weed Control
 Beautiful, Greener, Weed Free Lawns
 Scarification
 FOR A FREE QUOTE, CALL
 John Gilmore - The Lawn Man
015395 38949

ROWSSELL ELECTRICAL
 Design - Installation - Testing & Inspection

- Electrical Installation & Maintenance
- Inspection & Testing
- Part P Approved
- LED Lighting
- Landlord Certificates
- Electric Car Charger Installations
- Smart Home Installations
- Consumer Unit (Fuseboard) Changes
- Napit Reg # 29925
- New Builds & Rewires

07769779936
 rowsselelectrical@gmail.com



Cumbria Stove Centre
 Supply and installation of multifuel,
 wood and gas stoves
 Flue and chimney lining services
 Inglenook specialists
 Fully qualified and experienced
 Hetas engineers
01539 821061 (day)
015396 25227 (evening)
 SHOWROOM: 34a Main Street,
 Staveley, nr Kendal

 **Katy Harrison Architects**

*Specialising in residential
 architecture from new-build
 projects, through to smaller
 extensions, renovation and
 refurbishment.*

katy@kharrisonarchitects.co.uk
 telephone:- 07920 048012

ABLE MEMORIALS Ltd
 Monumental & Architectural Masons
 Office and Showroom
 1 Wildman Street, Kendal, LA9 6EN
01539 735583
Workshop: 01524 784920
 New Memorials, additional inscriptions &
 renovations
 Home visits & Brochures on request
 www.ableworldofstone.co.uk

ACCOUNTS ADMINISTRATION
 ALL ASPECTS OF ACCOUNTS
 ADMINISTRATION FOR SMALL BUSINESSES
 BOTH ACCOUNTS RECEIVABLE AND PAYABLE
 PETTY CASH - BANK RECONCILIATIONS
 MONTHLY REPORTING - VAT
 IF YOU DON'T HAVE MUCH TIME TO DEVOTE TO THESE
 TASKS GIVE US A CALL AND LET'S SEE IF WE CAN HELP

07776 058 765
 sabarton@talk21.com

groves architects ltd RIBA
01756 748648
 design@groves-architects.co.uk
 www.groves-architects.co.uk

PREMIUM PROPERTY MANAGEMENT
 Agent for Residential Rental
 properties and ongoing
 management.
 Offering a professional, personal
 and friendly service with
 competitive rates.
Jannett Forrest
07783 800450—07828 199851
 service@premiumpropertymanagement.co.uk
 www.premiumpropertymanagement.co.uk

SEW WHAT?
 2 CHAPEL CLOSE. KL
07766 711288
 Clothing alterations & soft furnishings made to
 your specific requirements. Now working with
 HGW SPORTS to supply, embroider & print
 workwear, sportswear & teamwear.
kay.porteous@yahoo.co.uk

Park's Tanks

Septic Tank Specialists

015242 72842

www.parkstanks.co.uk info@parkstanks.co.uk

- High pressure drain jetting
- Septic tank emptying
- CCTV surveying
- Installations
- Treatment plant servicing
- Home buyers & sellers surveys



BIGGINSWOODPHYSIO

WELCOME TO
BIGGINSWOOD PHYSIO
TIM PATTERSON BSC (PHYSIO) HONS. MCSP

MOVE WELL. MOVE OFTEN
PAIN REHABILITATION
RUNNING ANALYSIS
MOVEMENT SCREENING

+44 7908 053 881 www.fissio.co.uk
BIGGINSWOOD, HIGH BIGGINS, KIRKBY LONSDALE LA6 2NP



Craftopia

Everything for
knitting, crocheting
and crafting

Workshops • Craft & Chat • Tutorials

6 Main Street, Ingleton, LA6 3EB, North Yorkshire
Tel: 015242 41221
craftopia.ingleton@gmail.com
www.craftopiaingleton.co.uk



Providing a clean and professional service

Stoves, Liners, Bird Guard, Cowls and Carbon Monoxide Alarms supplied and fitted

01729 823683
07815285321
settlechimneysweeps@outlook.com



Rathbones

Look forward

One of the UK's leading providers of investment management.

For further information, please contact:

Tomas Owen-Jones on
015395 61457 or email
tomas.owen-jones@rathbones.com

Rathbone Investment Management
The Stables, Levens Hall,
Kendal LA8 0BP

The value of investments and income arising from them may fall as well as rise and you might get back less than you originally invested.

Rathbone Investment Management Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

DWS

CONSTRUCTION

RENOVATION - EXTENSION - STONEMASONRY
Specialists in damp treatment and tanking
Serving Kirkby Lonsdale, South Lakes and surrounding areas

ACHIEVING EXCELLENCE THROUGH EXPERTISE AND EXPERIENCE

Contact Dale on 07528 018 268 or
dwsconstruction@hotmail.com

Carpet Inn.

Est 1972

**8 Market Street
Kirkby Lonsdale
015242 73609**

All aspects of flooring. Low prices for over 40 years. Guaranteed to beat any like for like quote. Excellent Quality, Excellent Prices, Excellent Service

CLEAN19

DOMESTIC & COMMERCIAL CLEANING CO

If you're looking for a reliable cleaning company with excellent rates and an ongoing commitment to quality then look no further.

We take pride in our work, are vaccinated against C-19, undergo daily lateral flow tests and have enhanced DBS checks in place for your peace of mind.

Call today to discuss your requirements
T. 07852 791 998 // ContactClean19@gmail.com



Dotty and V

childrenswear

tel: 015242 73122
3 Chapel Lane
Kirkby Lonsdale
LA6 2AL

www.dottyandv.com

@dottyandv | #bigernclothing

UPHOLSTERY SERVICE

Reupholstery, restoration and repairs
Modern, vintage and antique furniture
Call 07809 430 123
Email: clare@fairthwaite.co.uk



Sports Rehabilitator

Sports massage
Deep tissue massage

07375 488698
sbwmassage@yahoo.com

MASSAGE THERAPY

Join our Home Instead family and *feel valued* every day:

- 1-hour minimum visits
- Pay up to £16.50 an hour
- Paid mileage and paid waiting time and travel time £13.50
- Training with a registered Nurse and career pathway support
- Employee benefits and shopping discounts
- Free counselling, legal, financial & well-being advice



IS CARING YOUR ?

NEW CALLING?

Turn your kindness into a rewarding job at Home Instead South Lakes.

Bring your smile and make a client's face light up as they welcome you at the door. From preparing a warm meal to helping someone get up and ready for the day, you'll leave knowing you've made a real difference, providing care and companionship for people in their own homes.

"Working for Home Instead is like joining a family. This is one of the most rewarding jobs I have ever done for a company that really does what it promises, care for people."

— Abigail, Care Professional Home Instead South Lakes



Find out why we are different!

Call Manon: 01539 267220



Herdwork

AT UNDERLEY

NEED TO FIND A BETTER WAY TO WORK?



Herdwork is a coworking space just outside Kirkby Lonsdale, designed to be a beautiful and professional environment that inspires you and lures you away from the kitchen table.

Flexible memberships on offer to suit a range of requirements from part-time and hot-desking, to fixed desks, private offices and meeting rooms.

Hyperfast B4RN broadband, refreshment facilities and 24hour access.

The Forge, a fully-equipped private gym, is also available on site



TO BOOK A TOUR OR FIND OUT MORE:

Call: 015242 72669

Email: Hello@herdwork.co.uk

Herdwork.co.uk

JH MEDI-SPA

LOCATED IN THE HEART OF KIRKBY LONSDALE

SHOP B
OLD MARKET HALL,
KIRKBY LONSDALE
CARNFORTH
LA6 2BJ



OUR PROMISE

We will always deliver the best treatments to our clients and provide the best service and care.

OUR TREATMENTS

Delivering the most advanced treatments in the industry, we offer treatments head to toe and have the solutions for you.

WHAT WE OFFER

- ✓ Advanced Treatments
- ✓ Aesthetics
- ✓ Beauty
- ✓ SPA
- ✓ Skin
- ✓ Over 15 years experience

[@jhmedispa.co.uk](https://www.instagram.com/jhmedispa.co.uk)

[015242 73985](tel:01524273985)

www.jhmedispa.co.uk



South Lakes Oven Cleaning

RELIABLE, FRIENDLY AND PROFESSIONAL

LOCAL • FULLY QUALIFIED • FULLY INSURED

PROFESSIONAL
OVEN CLEANING SERVICE,
USING ONLY GOOD
QUALITY PRODUCTS
CLEAN AND TIDY

BOOK NOW FOR SPRING CLEAN

015242 59332

WWW.SOUTHLAKESOVENCLEANING.CO.UK



Lakes Solar

Renewable Energy Experts

SOLAR PANELS & BATTERY STORAGE

INSTANTLY REDUCE YOUR ELECTRICITY BILL
FREE ELECTRICITY STRAIGHT INTO YOUR HOME



RESIDENTIAL & COMMERCIAL

FREE ELECTRICITY,
USE IT WHEN YOU NEED IT

- LOCAL FIRM WITH OVER 10 YEAR'S EXPERIENCE
- THOUSANDS OF EXISTING INSTALLATIONS IN CUMBRIA
- RELIABLE PROFESSIONAL SERVICE FROM START TO FINISH
- QUICK INSTALLATION, NO MESS OR DISRUPTION

BOOK A FREE HOME SURVEY CALL **07811 393 622**
OR BOOK ONLINE AT WWW.LAKESSOLAR.CO.UK

NEVER BEEN A BETTER TIME TO BUY SOLAR

WE ACCEPT ALL MAJOR DEBIT & CREDIT CARDS



Help dad get back to *being dad.*

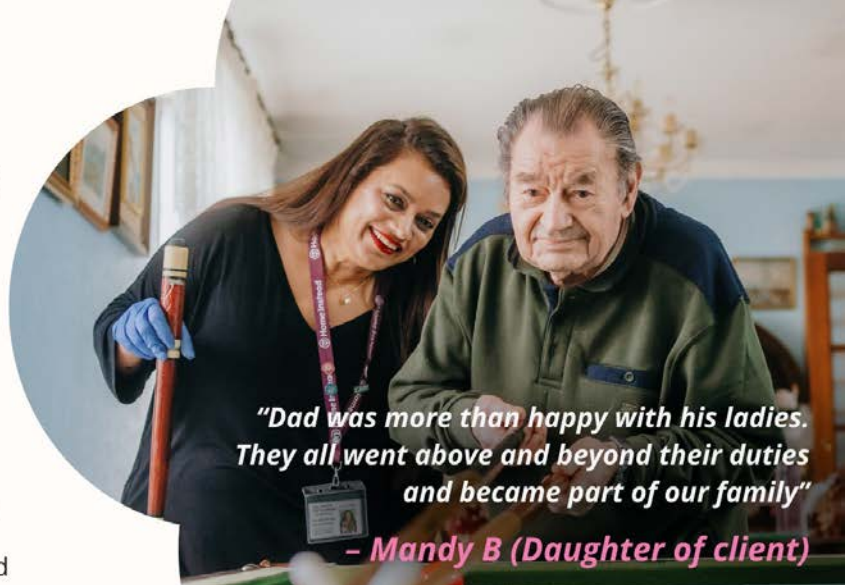
A little extra companionship and care at home can support a loved one and offer a break for family caregivers.

South Lakes' Leading Home Care Provider

We provide compassionate, relationship-led support from the heart. Our companionship care matches the best Care Professionals to your loved one's needs and schedule, providing the perfect level of support to stay happy, healthy and living independently at home.

Companionship-led care

We can join in social activities, helping to make new friends and get out and about in the community—or just sit and chat over a cuppa. We're here to help from 2 hours a week.



"Dad was more than happy with his ladies. They all went above and beyond their duties and became part of our family"

- Mandy B (Daughter of client)

Inspected and rated

Outstanding ☆



Speak with our team about your needs and learn what makes Home Instead different.

01539 267220

homeinstead.co.uk/south-lakes

9.9

Home Instead South Lakes has a Review Score of 9.9 out of 10 based on client reviews.

homecare.co.uk

Butterworth Cleaning Services Ltd

CARPET - FLOORS - ALGAE CLEANING



CALL MARK:

015242 71348 - 07989 402 333

CARPET - FLOORS - ALGAE CLEANING

REVOLUTIONARY, JET-WASH-FREE,
FAST & EFFECTIVE EXTERIOR CLEANING
SERVICES AND SOLUTIONS

100% BIODEGRADABLE



BEFORE



AFTER



TURN SLIPPY...

BEFORE



...TO GRIPPY!

AFTER

We Transform Exterior Hard Surfaces

- DRIVEWAYS
- PATIOS
- TARMAC
- NATURAL STONE
- PAINTED WALLS
- CONCRETE
- RENDER
- CANOPIES & MUCH MORE!



CARPET CLEANING

HEAT CLEANS
DEODORISE
STAIN PROTECTS

WE'LL MOVE YOUR FURNITURE

**DRY IN
30 MINS**



**FREE SAMPLES
AND ESTIMATES
CALL MARK**

SEE OUR WEBSITE FOR OUR LATEST OFFERS
www.algaecleaning.co.uk • www.carpetandfloorcare.co.uk