

AKL

Around Kirkby Lonsdale

May 2023

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

Photo ©Christopher Hoyle 2023



SATURDAY 6TH MAY

10am-1.30pm

Coronation Café at The Lunesdale Hall

Raising money for Save Ruskins View

11am

Coronation Screening at The Lunesdale Hall

SUNDAY 7TH MAY

11am-6pm

Coronation Street Party in Market Square

7-10pm

Music Quiz Night at St Mary's Church

Tickets £5 from the Info & Gift Shop

MONDAY 8TH MAY

12.30pm

The Big Coronation Lunch at The Lunesdale Hall

Book with The Hub: 01524236404 by 4th May



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SUNDAY 7TH MAY

FREE!

11AM-6PM

11am - Coronation Service
in Market Square

Food & Drink



Live Music



Poetry

Kids Entertainment



Street Theatre

KIDS ACTIVITIES

All Day - Crafts & Games

12-3pm - Facepainting

12.30pm, 2pm & 4pm - Storytelling

1.30-4.30pm - Alpaca Petting

3pm - Balloon & Magic Show!

FREE!



Contact Us:

Information & Gift Shop
29 Main Street
Kirkby Lonsdale
LA6 2AH
015242 97177

lovethelunepr@gmail.com



Find out more: www.kirkbylonsdale.info/coronation

Kirkby Lonsdale Coronation Events

We are excited to announce that the Kirkby Lonsdale Coronation celebration will be taking place Sat 6 -Mon 8 May!

Saturday 6 May

Coronation Café & Screening

Raise money for Ruskin's View at the Coronation Cafe on Saturday 6th May, 10.30am-1.30pm at Lunesdale Hall, and watch the screening of the coronation at 11am .

Sunday 7 May

Coronation Street Party

Then celebrate with the whole community on Sunday 7 May at the Coronation Street Party, 11am-6pm in Market Square. The day will kick off with a Coronation Service at 11am, then we've got loads planned all day Sunday, including live music, food & drink, shopping, street theatre, poetry performances and more! Kids activities include crafts, games, face painting, storytelling & a balloon modelling and magic show!

Everything is completely FREE and there is no need to book.

Music Quiz

The weekend will go out with a bang at the Music Quiz Night on Sunday 7 May, 7-10pm at St Mary's Church!

Tickets are £5, book at the Information & Gift Shop, 29 Main Street (015242 97177).

Monday 8 May

The Big Coronation Lunch

On Monday 8 May, The Community Cupboard are hosting The Big Coronation Lunch at 12.30pm at The Lunesdale Hall. There will be a coronation buffet, aimed at our older community, and we request that people book by Thursday 4 May. Call the Hub on 015242 36404 (Mon-Fri, 10am-1pm).

Find out more: <https://kirkbylonsdale.info/coronation/> or enquire at the Information & Gift Shop, 29 Main Street.

We couldn't do any of this without the generous support of our sponsors - a HUGE thank you to Kirkby Lonsdale Town Council, The Royal Hotel , Kirkby Lonsdale Chamber of Trade, Christopher Robins Trust and Booths Country.

The Family Project Coronation Events

On Sunday 7 May in Kirkby Lonsdale Market Square from 11am to 12.30pm and 1.30-4.30pm, the Family Project will be offering games and various activities to commemorate and celebrate the King's Coronation.

Come and join in the fun of making a community Union Jack made from all of our handprints. Have a go at making a Flower Coronet – one you can bury in the garden and see the flowers grow later! Alternatively, come and create a love rock: put a love heart on a rock

and place it somewhere in the town for others to find! Lastly, be ready to receive a compliment (on a piece of paper) and be prepared to write one in return, with our compliment jar group activity!

We will also have several fun fair style games around to play including hook-a-duck. We hope to bring joy and fun to this special event. Come and say hello and join in our celebrations.

From the 1 May our Coronation Activity Trail will be available for people to explore in St Mary's Churchyard in Kirkby Lonsdale and St. Bartholomew's Churchyard in Barbon. Follow the trail and try out some of the different



activities and find out more about the different parts of the Coronation Service.

Messy Church is back on Sunday 21 May 4.30-6pm in Kirkby Lonsdale Methodist Church! There will be activities, storytelling and yummy food to finish! Do come along and give it a try. Messy Church is for everyone, any age and any background. All are welcome.

Lol Wood

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. Churchwardens: Mr Anthony Mason, Mount Pleasant, Gatebeck, LA8 0HS, 03301135289, masonsm@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

May

- 6-8 Coronation Events
- Sat 13 KLWI Coronation Tea Party, KLLH, 11am-3pm
Repair Café, KLLH, 10am-12noon
Plant Sale, Tunstall Church, 10.30am-1pm
- Sun 14 Open Garden Day, Whelprigg, 11am-3pm
- Thu 18 Jazz Evening, CVH, 7.30pm
- 19-20 The WI Blues, Memorial Hall, B-in-K, 7.30p,
- Sat 20 KL Gardening Assoc Plant Sale, KLLH, 10-12
- Wed 24 KL Singers & Sing Joyfully!, St Mary's, 7.30pm
- 27 May Clapham Art Group Exhibition
- To 4 Jun Clapham Village Hall, 10am-5pm daily.

Deadline for June AKL: Mon 15 May

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

Please note that classified advertising rates are changing from 1 June 2023. A single ad will cost £48; double £96; triple £144, quad £192.

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KL COMMUNITY CUPBOARD

Monday 8th May



Join us for a coronation buffet served from 12.30 at the Lunesdale Hall

Book your place before Thursday 4th May through the Community Hub (015242 36404).



Community Hub

015242 36404

Mon - Fri, 10 am - 1pm

Prescription and shopping pickup, laundry runs, etc for those who struggle to leave the house



• **MONDAY** • at the Lunesdale Hall • **MONDAY** •
 Lunches: We deliver and serve hot nutritious meals, (from 12 noon). Book on with Hub.
 Household Budget: Join our trained budget coach at our drop-in (11-1 pm)
 Knit and Natter: Pop in with your crafts (1-3 pm)
 • **THURSDAY** • at the Rugby Club • **THURSDAY** •
 Food Club: providing bags of surplus food bimonthly. Sign up on our website.
 • **PLEASE NOTE** • **PLEASE NOTE** • **PLEASE NOTE** •
 Our Tuesday Lunch & film and our Saturday Cafe are finishing for Summer end of April.

KIDS CINEMA


Pay-As-You-Can
 We provide popcorn, soft drinks and activities for those kids who don't want to sit through a whole film!

2 to 4.30 pm
Lunesdale Hall

Wednesday 31st May

How to train your Dragon 3: The Hidden World

Hiccup aims to unite the vikings and the dragons in order to bring peace on the island of Berk. (Rated PG)



Community Cupboard

The Cupboard offers a bag of ambient food to those facing food insecurities. We offer a non-judgement and confidential service to those needing one-off as well as more regular help.

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Kirkby Lonsdale Town Council

Let me depress you all by talking about Christmas 2023!

It was generally agreed that last year's Christmas Fair was the most successful yet. The event was coordinated by Phoebe Rodway, who was employed by the Community Interest Company (CIC) in conjunction with a large range of organisations across the town, given the umbrella name of the Community Share. Phoebe has left the CIC, although she is coming back on a short-term basis to help organise the Coronation weekend.

The CIC is facing considerable financial pressures and as a result cannot afford to employ a replacement for Phoebe. Without someone leading on the Christmas Fair it would either not take place or it would be a poor imitation of last year's event. This issue has been debated at Community Share meetings and a short-term solution now appears possible.

The CIC has drawn up a job description for a part-time post of Event Leader operating between June and December and it is estimated that the cost of the contract would be circa £5,000. No one organisation can afford to fund this post, but the Town Council has agreed to fund 50% of the cost (i.e., £2,500). On the assumption that other organisations who are part of the Community Share can contribute the remainder, and a suitable candidate can be found, then it looks as if a short-term hiatus has been avoided. However, a longer-term solution will need to be found and this will not be easy, given the financial situation of organisations in the town and the ever increasing call on resources.

Allan Muirhead

It was an emotional evening, attending my last meeting of Kirkby Lonsdale Town Council after serving as a councillor for some 25 years.

It was so generous of so many people to contribute to gifts for both Liz and I, and that, together with the comments accompanying them, was greatly appreciated.

It's been a privilege to serve our community over the years, and to have contributed to the council's many successes, and to assist in keeping up the pressure when success was eluding us.

The attributes a councillor needs are patience and persistence. It has been gratifying to have several younger members of our community come forward to join the council. I wish them well and hope their patience and persistence will continue to benefit our community.

The council works closely with the town's community interest company, with which I will continue to be involved.

Thank you again for your generosity and good wishes.

Allan and Liz Muirhead

There have been comments that the proposal for a large sculpture (The Ram) on the A65 roundabout is a waste of public money. Nothing could be further from the truth. The sculpture is being provided free of charge by Andy Kay, a local and internationally recognised sculptor, and the stone plinth is also being donated to the town. The costs to the town will be minimal (planning fees and highway protection measures) but the impact will be significant. Believe it or not there are websites celebrating roundabout art!

A number of communities across the country are engaging in projects to introduce red squirrels, as opposed to their nasty cousins, the grey squirrel. Robin Ree is exploring this locally and, if it proves possible, it could become an added tourist attraction to the town.

As I wrote at length last month, Allan Muirhead has decided to retire from the Town Council. Nick Cotton also decided not to stand for the new Westmorland and Furness Council. Nick has been a Town Councillor, SLDC Councillor, CCC Councillor and a representative on the Yorkshire Dales Board. The Town Council thanked them both for their hard work on behalf of the town and wished them all the best for the future.

Eight councillors were re-elected unopposed (myself, Issy Bradshaw, Geoffrey Buswell, Paul Cassell, Mike Marczynski, Braddan Quayle, Robin Ree and Maddy Williams). We have one vacancy, apply now.

Mike Burchnell,

Chair, Kirkby Lonsdale Town Council

Kirkby Lonsdale Singers And Sing Joyfully!

Folk Songs & Fun Songs!

Folk Music & Midsummer Songs from the British Isles & Abroad

Kirkby Lonsdale Singers and Sing Joyfully! are delighted to present their summer concert at 7.30pm on Wednesday 24 May, in St Mary's Church.

Programme includes beautiful folk song arrangements from across the British Isles, well-loved favourites by British composers and a few treats from across the globe!

We will be led by our musical director Anastasia Micklethwaite and accompanied by Ian Honeyman and local band 'Ruskin's View'.

FREE ADMISSION

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A Perfect Crust and our Coronation Tea Party

The Kirkby Lonsdale WI invites you to attend our meeting on Wednesday 3 May when Aidan Monks and Catherine Connor from Lovingly Artisan, Kendal, will tell us how they built up their successful bakery which has specialised in sourdough bread long before it became fashionable.

They work closely with farmers and millers to source the best flour they can, and champion the use of heritage grains to create breads that are good for the tummy, good for the soil, and good for the soul. The competition for this event is a homemade bread roll (competitions are for members only and are limited to one entry per person).

CORONATION TEA PARTY

Saturday 13 May, 11.00am – 3.00pm. On Saturday 13 May, the KLWI will be hosting a Coronation Tea Party in the Lunesdale Hall. Admission is free and all are welcome. There will be a range of delicious refreshments and homemade cakes available, in addition to a raffle.

At April's meeting, the charismatic [2019](#) winner of MasterChef, Irini Tzoroglou, explained what inspired her to enter the prestigious competition at the age of 60 after a 30-year career in banking. Her success has since spurred her on to become an author and olive oil sommelier. Irini also runs culinary cooking retreats on the island of Crete, her place of birth, has partnered with The Cookaway, a website selling recipe kits created by award-winning chefs, and is now also training to be a honey sommelier.

The evening included sampling the Mediterranean flavoured gin that she has developed with Shed 1, which has hints of rose pelargonium, fig olive, lemon leaves, and oregano. This was followed by an aubergine kritharoto and an almond kataifi desert.

Please come along and join us for our upcoming event 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.

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](#)

Facebook: Kirkby Lonsdale WI

Hot off the Hook

I'm crocheting dish cloths in aid of the town's Ruskin's View appeal. They're created from 100% white cotton and are washable at 60 degrees. Call into the Card Gallery or TIC or give me a ring at 015242 72305 if you would like to have one (or two) in exchange for a donation towards this worthy cause.

Sabine Janowitz

Clapham Art Group's 70th Annual Exhibition

Clapham Art Group will be celebrating its 70th year of exhibiting from Saturday 27 May through to Sunday 4 June and will again be held in Clapham Village Hall from 10am and 5pm daily. There will be an exciting and eclectic selection of all new framed paintings, mounted works and drawings on display and for sale. All work is by local artists, who are members of the group.

Originally founded by the artist Peggy McDonald and Art Teacher Cyril Harrington shortly after the Second World War, the Group first showcased their work in 1951. Its aims of fostering and encouraging the practice of drawing and painting informally among like-minded people from the North Craven area have stood the test of time and still serve the membership well today. The Group, which now meets regularly in Clapham Village Hall, come mainly from the north Craven area. Meetings comprise a programme of artwork plus experimental workshops, all devised and run by members.

Entry to the Exhibition is 50p and accompanied children are free. Delicious homemade refreshments will be available in aid of St James's Church. Everyone is very welcome.

Lunesdale Probus Club, Hornby

On 15 May, Peter Wiltshire will be speaking on the history of Lancaster Markets. On Thursday 15 June, the club will visit the Spitfire Collection at Squires Gate airfield Blackpool, touring Hangar 42 workshop collection of the Spitfire ground display team. There are several Spitfire replicas and a Hawker Hurricane MKI along with a unique collection of wartime RAF Airfield vehicles and equipment.

Coach and admission included. Guests are very welcome to join us on this trip. For itinerary, price and further details on this or other Lunesdale Probus Club matters please contact Roger Carter, hornby.carts@ic24.net or tel 015242 22283.



Monitor Your Local Peatland?

Over the last year, Yorkshire Dales environmental campaigning charity, Friends of the Dales have collaborated with Yorkshire Peat Partnership to recruit and train Eyes on the Bog volunteers to monitor peatland condition across various sites in the Dales. Eight small monitor teams are now in place, and so the charities are inviting those interested in volunteering for the scheme to come along to their next joint training event taking place Saturday 13 May, 10am – 3pm near Ribbleshead Viaduct.

Healthy peatlands are vital to biodiversity, water purity and crucial for preventing the thousands of years of carbon stored in the form of peat being released into the atmosphere. Eyes on the Bog is a IUCN programme which offers a scientifically robust, repeatable, low tech way for individuals and small groups from villages or parishes to review the condition of their own local peatlands two or three times per year.

If following the training event, people want to commit to becoming a volunteer monitor, they will be given easy to use kit enabling them to assess vegetation quality and measure the depth and fluctuations in the water table and also variations in peat quality and depth. Their findings are then fed directly into the Peat Data Hub hosted

by the University of Leeds and are an important resource for assessing the effectiveness of restoration and how peatlands are changing through time.

To find out more or book a place email: victoria.benn@friendsofthedales.org.uk or visit: www.friendsofthedales.org.uk

Walk: Exploring Frostror Fell

Timed to coincide with bus and train services to Sedburgh, Trustee, Ian McPherson will lead a delightful high level, five-mile, moderate walk around Frostror Fell on Thursday 25 May 11.30am-4.30pm. With stunning views of the Howgills and Lake District, the walk also offers the opportunity to see several breeds of moorland birds including curlew, stonechat and wheatear. Well behaved dogs on a lead are welcome.

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Community Interest Company

On 18 July, 2011, the Kirkby Lonsdale & Lune Valley Community Interest Company was registered with Companies House as a private company, limited by guarantee, without share capital.

That's the formal bit. I was one of the two founding directors, and I have been regularly asked over the years: 'Just what is a community interest company? And what do you do?'

In a sentence, it's a special type of limited company which exists to benefit the community rather than private shareholders. Any profit, or surplus, is used to grow and develop its business so as to benefit its community, or goes directly to benefit that community. In our case, the community is Kirkby Lonsdale, its population, its businesses, its attractions.

Why did we form the company? South Lakeland District Council were running the town's Thursday Charter Market, operating the free public toilets in Jingling Lane and at Devil's Bridge, and providing tourist information from their shop at 24 Main Street.

The market was a mess. Remember when only two or three traders turned up? The toilets were old, unclean, and generally unattractive, and there was no direct income from advising tourists what to do in and around the town. SLDC wanted rid of the lot.

I had been a town councillor for about 14 years at the time, and the town council was appalled when they were told the market, the toilets and the tourist information shop faced closure. Kirkby Lonsdale is a tourist town and these basic facilities were regarded as essential to contributing to the economic prosperity of the town.

The town council negotiated with SLDC who eventually agreed to lease all three facilities to the town at pepper-corn rents. When the leases were finalised, the town council realised that it could not properly manage these services on a day-to-day basis on top of all its other responsibilities. I made numerous inquiries about how best to devolve this responsibility and a community interest company seemed most appropriate.

Working with a local business lady, Judith Manifold, she and I produced a business plan which was agreed by the town council who then contracted out the management of these three services to the new community interest company of which we were the two founding Directors.

Next month, I'll explain what happened next - how the toilets were modernised, how the market changed, and how the 'tourist' information shop became a 'visitor' information shop. And how we started to spread our wings.

Allan Muirhead

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KL Gardening Association

We are looking forward to our summer programme of plant sale with coffee morning, coach trip, garden visits and the Annual Show.

Our Bring and Buy Plant Sale and Coffee Morning will be held on Saturday 20 May from 10am – 12 noon in the Lunesdale Hall. Come along to raise funds and enjoy a convivial social gathering meeting old friends and new. We welcome all contributions so please remember our plant sale when you are dividing plants or have extra seedlings. Plants can be left either at 10 Bective Road beforehand or outside the main door in front of the hall on Friday evening or early on Saturday morning. If you would like plants collected, please ring Margaret Clarke on 72045 or any committee member.

Our coach trip is on Sunday 11 June when we visit Dalem in the morning when they are holding their annual plant fair and in the afternoon we visit Chapelside, a beautiful garden in Mungrisdale where we will have afternoon tea. Our second garden visit is on Sunday 9 July to two private gardens near Crook and Windermere. 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

Wishing you all an enjoyable and sunny gardening year!

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. We look forward to seeing you soon!

Volunteer at the Information & Gift Shop!

Looking to try something new this year? Join a friendly and passionate team who love Kirkby Lonsdale! We are looking for volunteers for the Information & Gift Shop who enjoy sharing local information & knowledge with residents and visitors.

This is a great opportunity for someone who would like to learn more about the Kirkby Lonsdale community, enjoys talking to customers and is interested in the retail environment.

The Information & Gift Shop is open 7 days a week, 10.00am – 4.30pm and our volunteers work in half-day shifts. We sell books about local walks and history, hand-made products by local craftsman and personalised Kirkby Lonsdale products.

If you are interested in volunteering with us, please contact Harvinder at lovethelunepr@gmail.com, ring us on 015242 97177 or pop in and have a chat!

Plant Sale at Tunstall Church

Saturday 13 May 10.30am-1.00pm

We are holding our annual plant sale at the beautiful church in Tunstall to raise money for the repair of the stained glass windows. If you have never been, Tunstall Church (and its stained glass) are exceptionally beautiful. This is where the Bronte sisters went to church every week from Cowan Bridge, so there are lots of reasons to come and see the church and hopefully buy some plants. There will also be a produce stall, a gardener's tombola, tea and coffee and this year we are having a stall for second hand gardening tools. If you have any which could be sold in aid of the church, please can you come early with them.

Entry is free and there is plenty of car parking. We can take card payments, cheques, or cash.

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CranioSacral Therapy (CST) is a non-invasive, hands-on therapy designed to assist in improving the craniosacral system: structures that enable this are the meningeal membranes that surround and support the brain and spinal cord, the bones of the head to which they attach and the cerebrospinal fluid that surrounds and protects the brain.

Fritz is a local craniosacral therapist, working at the Dalesway Therapies practice – visit <https://www.daleswaytherapies.co.uk> or call 07817 665662 or 015396 21303 for more information.

Casterton WI April meeting

After the business part of the meeting was concluded, we had an illuminating talk from Kim Bradshaw, proprietor of the Zero Pantry, in which she told of her background in eco-friendly New Zealand and her subsequent environmental journey into setting up her business in Kirkby Lonsdale and now Sedbergh.

Some fascinating facts convinced her of the need to help others offset their carbon footprint e.g every plastic toothbrush ever made is still around in a landfill somewhere and will still be there in several generations to come, the water required to produce a cheap T-shirt would provide enough for a family in a third world country to survive for months, every dead marine animal found nowadays has plastic in their body and plastic has even been found in human breast milk! These all served to underpin her passion to convince others to manage their environmental impact carefully.

As a society, we have become so reliant on plastic, (only half of which is recyclable); it is easy to overlook its ubiquitous presence and she reminded us of the need to make conscious choices about what we buy.

Kim suggested many ways in which we could all play a part using the Reduce-Reuse-Recycle approach with Reduce being the key element:

*Using solid soaps and shampoo bars to reduce the plastic bottles we buy weekly
*Refilling containers with produce to save duplicating packaging
*Using washing/laundry pellets and then adding our own water rather than buying large bottles
*Making your own cleaning products using white wine vinegar suffused with essential oils
*Putting teabags into smelly trainers to reduce odours instead of using aerosols
*Using dryer balls when drying clothing to reduce energy usage by 28%
*Purchasing biodegradable freezer bags/sponge rolls to reduce plastic waste.

She informed us that in 2019, UK supermarkets produced 96000 tons of plastic packaging and that 50% of the plastic production in the UK is for single use. She emphasised that recycling is a very limited and costly process and therefore should be treated as a last option. We all need to do what we can to reduce waste in the first instance rather than hope the recycling system will do the job for us.

Kim ended by demonstrating some of the most popular and useful products she supplies in her shop which members were intrigued by and many planned to visit her shop on their next journey into town.

Our next meeting will be held on Wednesday 3 May when we will be having a Resolution meeting followed by a beetle drive and a coronation toast followed by cake. Everyone is welcome, please call Gill Sykes on 015242 72143 for further information.

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.

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).

Jazz at Casterton Village Hall

Thursday 18 May at 7:30pm.

Rose Room will be performing their mix of 1930s standards, original music and Gypsy Jazz favourites with their signature flair. 'Best Band' winners twice at the Scottish Jazz Awards, Glasgow-based Rose Room have become one of Scotland's leading ensembles influenced by the Gypsy Jazz genre.

Sharing a love of swing music and the style of the great Django Reinhardt and Stephane Grappelli, their vigorous and vivacious performances go down a storm with any audience as they serve up their 1930s 'Hot Club' standards, Gypsy Jazz favourites and self-penned originals with virtuosity, verve and panache recreating the excitement of Rive Gauche Paris.

Tickets cost £12 per person and can be bought online from <https://highlightsnorth.co.uk/event/rose-room/> (plus a small booking fee) or by calling Matt on 07531 143762. There will be a cash bar and raffle.

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.

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

May

4 Thu Kirkby Lonsdale	10.30am Holy Communion
7 Sun EASTER 5	CORONATION WEEKEND
Kirkby Lonsdale	11.00am Commemoration Service in the Market Square
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Morning Service
Casterton	5pm Commemoration Service
KL Methodist Church	10.30am Morning Service
St Joseph's	Sunday @7 9.00am Mass
11 Thu Kirkby Lonsdale	10.30am Holy Communion
St Joseph's	6.30pm Mass
13 Sat Lupton	7pm Lambing Service Brow Head, Cow Brow, Lupton
14 Sun EASTER 6	
Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Holy Communion
Barbon	10.30am Holy Communion
Mansergh	11.00am Holy Communion
Hutton Roof	11.00am Morning Service
KL Methodist Church	10.30am Morning Service
St Joseph's	9.00am Mass
18 Thu Kirkby Lonsdale	10.30am Ascension Day Holy Communion
St Joseph's	6.30pm Mass

21 Sun EASTER 7

Kirkby Lonsdale	11.00am Morning Service 6.30pm Evensong
Preston Patrick	9.30am Morning Service
Lupton	9.30am Holy Communion
Barbon	10.30am Morning Service
KL Methodist Church	10.30am Morning Service
St Joseph's	9.00am Mass

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

28 Sun PENTECOST

Kirkby Lonsdale	11.00am Morning Service
Preston Patrick	9.30am Morning Service
Lupton	10.00am Rogation Walk
Barbon	10.30am Morning Service
Casterton	10.30am Holy Communion
Hutton Roof	6.30pm Rainbow Service
KL Methodist Church	10.30am Morning Service
St Joseph's	9.00am Mass

(The type of service may have to change after AKL goes to print.

Please check church notice boards and website for up to date information)

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 or Nigel Bradshaw at kirkby_lonsdale_scouts@live.co.uk.

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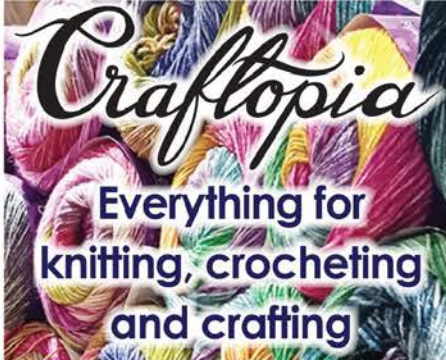


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citizens advice

"I recently started a new job where my boss has told me I'll have to work on bank holidays. This was never the case in my old job. Can my employer really make me work on a public holiday, and should I get paid extra if I do?"

Unfortunately, when it comes to bank holidays, whether or not staff have to work is up to their employer and you don't have to be paid more if you do. If you have a contract, this should set out your personal situation.

A contract might say that you will always get bank holidays off, or that you may sometimes be required to work them, or that you will always be required to work them. But if your contract says you get bank holidays off you shouldn't be asked to work.

Your contract might say something like: "In addition to bank and public holidays, your annual entitlement to holidays is X days". This means you get public holidays off in addition to your annual leave entitlement but it might not mean you're entitled to take the specific days off. You may be required to work a bank holiday, in which case you should get another day off instead.

Alternatively, it might say something like: "Your annual holiday entitlement (inclusive of bank and public holidays) is X days" - this means you have to take bank holidays off as part

of your annual leave entitlement.

A common misunderstanding around bank holidays is that employers have to pay you extra for working them. This is not the case. Unless your contract says you'll be paid extra you will just be paid your normal amount. Your employer has to follow what's set out in your contract.

If you don't have a contract, the legal default position is that your employer can tell you when you can or can't take time off. If you'd like to request a bank holiday off, use the normal method for requesting time off.

If you find you need to resolve an issue with your employer, first ask for an informal chat, where you can raise your concerns. If this doesn't get you anywhere, you may need to raise a formal grievance. If you need advice on this, contact South Lakes Citizens Advice.

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
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